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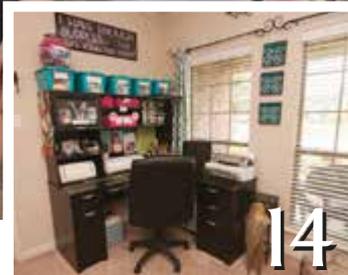
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Varsity volunteers care about the growth of Burluson Spartans Youth athletes.

Photo by SRC Photography.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



Editor's Note

Hello Joshua, Crowley and Burlison!

Our imaginations are powerful, taking us down uncharted paths, if we'll follow. Lately, I've met an artist in Crowley about whom I'll one day write, and you'll get the pleasure of learning how she manages her inspirations within her family life. Meanwhile, that's my greatest task: negotiating every call upon my time with freshly devoted talent and cheer.

The successful people in our community do take a positive approach to their many duties. Learning from these individuals, who run effective families, hobbies and businesses, has been one of my greatest joys during *BurlisonNOW Magazine's* history. You all have made me a better person, and I am grateful.

As we're giving thanks this month, at celebrations of Veterans of Foreign Wars or of America's plenty, let's remember the positive in our community. This simple practice, to focus on those things of good report, will actually trigger our neurons to function better. When this happens, our bright ideas will light our collective journey.

Happy Thanksgiving!

Melissa

Melissa Rawlins
BurlisonNOW Editor
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As we count our blessings this year, we count ourselves extremely lucky to have family, friends, and customers like you. Thank you for all the support, encouragement, and for making this year an incredible success. We couldn't have done it without you.

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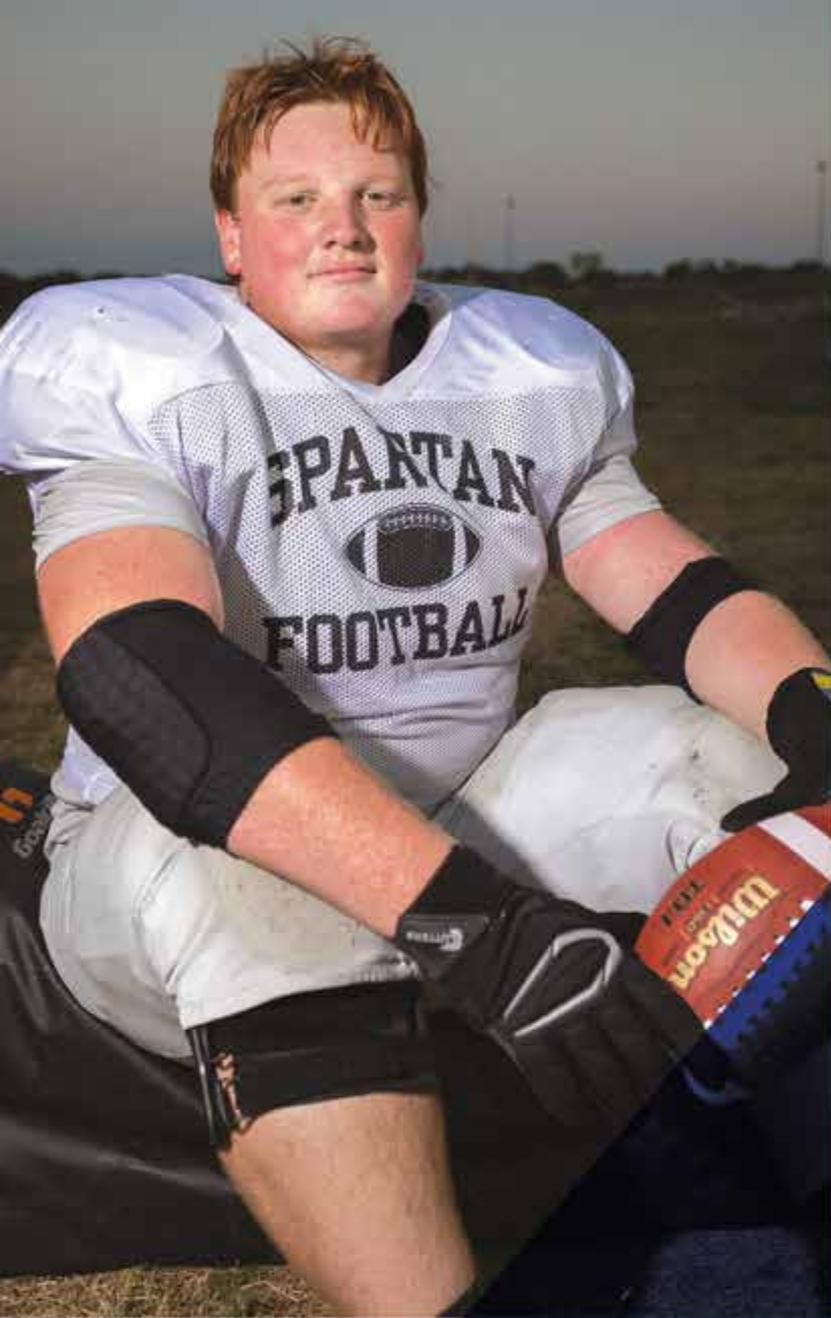
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FORWARD



Friday nights at Centennial High School are high-spirited celebrations. Varsity football players feel the excitement from fans hyped up on hope. Cheerleaders generate exhilaration with Spartan pride and school spirit, fueling much of the energy exhibited on the field. And some of those cheering are only half as tall as some of the others, who are twice their age. The fully uniformed little Spartans cheering on the big Spartans are athletes with the Burleson Spartans Youth Association. All of them know that the next day, the roles will reverse, and the big Spartans will be cheering on the little ones.

“It all started with a couple of high-fives and a little bit of kindness,” Kyle Perry said. A senior with almost three seasons under his belt, Kyle plays on the offensive line for the varsity Spartans and has already committed to being a Black Knight for The U.S. Military Academy at West Point, starting in 2018.

In 2016, when Centennial High School hosted a gathering for fans to meet the teams, Jeff and Shanon Cox brought their BSYA team. “I saw the Spartans Youth team looking in awe at the older team walking by,” Kyle said. “Since we play the same sport, and we’re all one big Spartan family, I approached the kids with a couple high-fives, introduced myself and asked if they’d come to our games.” Jeff, football coach for BSYA, called Kyle later to tell him his athletes were helped just by his friendliness, and that they had indeed gone home and asked their parents about attending a Friday game.

WARDSPAS

— By Melissa Rawlins



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Jeff and Kyle eventually decided it would be good all around for a few high school football players to mentor the BSYA football players. Kyle coordinated it last year, and between eight to 15 players joined him after their own practices for practice with the boys. “We try to carry on the tradition,” Kyle said. “As the varsity football team, we know what it’s like to be in their shoes.” And so they give their time and energy to inspire these younger kids to develop good workout habits.

This year, BSYA asked Kyle to recruit cheerleaders into the mix. Amanda Kaminski, a senior who started cheering when she was 7 at the Tumble Club in Joshua, thought it would be a good opportunity to help kids develop into middle school and high school cheerleaders. Amanda will study Early Childhood Education in college to prepare herself for a teaching career.

Joined by two other seniors, Hailey Reed and Raigan Robinson, Amanda is volunteering to coach the BSYA girls. They bring all they’ve learned to the practice turf. Early on, they taught the girls to think of their teammates. “Cheer is a lot about trust,” Amanda said. “You have to try as hard as you can to get along, because you have to trust the people under you and above you.” At camp, Amanda encouraged the youth not to laugh while stunting, telling the little





girls: “Hey, your friend won’t want to be your friend anymore if you drop them!”

Although many of the youth cheerleaders don’t yet understand safety, Amanda has years of experience and keeps her focus on teaching the Spartan youth how to be safe. Some run up to her offering to show her a back handspring, while some squirm and hesitate to perform a new move. Either way, “Coach Amanda” tells them not to do it. She and her varsity volunteers are moving forward the BSYA mission of teaching children to participate in athletics based on good sportsmanship, self-discipline, self-respect and teamwork in a fun, learning environment.

BSYA encourages and promotes the fundamentals of sports, leadership and structure through the reinforcement of positive goals. This mission has been easy for Kyle to support. They start off their practices with a motivational quote, similar to those used by CHS Coach Kyle Geller. When he begins working specifically with the offensive line, Kyle quotes CHS Offensive Line Coach Eddie Grimes. “He always tells us to come off low and hit them in the shoestring of the shoulder pads,” Kyle said. “That’s what I tell the Spartan youth. It’s about where you place your hands, so you’re in position to make a successful block, so the running backs can do what they need to do to score a touchdown.”

At the skills camp earlier this summer, three CHS alumni — Weston Hunter, a sophomore who plays for Howard Payne University; Jacob Collier, a freshman who plays for Texas Wesleyan University; and Charlie Lambert, a freshman who plays for Avila University — joined Kyle and 10 other varsity football players — juniors Ryan Chappell, Trevor Suggs, Brayden Chandler, Kyle Burns, David Robinson and Brendan Jenkins; and seniors Wellington Bridges, Carter Strahan, Kevan Romero and Cole Porter.



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During the camp, to set his standard for the fall workouts the youth football players faced, Kyle used a quote from Kevin Durant: “‘Hard work beats talent when talent doesn’t work hard.’ It doesn’t matter how good you are. As long as you are coachable and can outwork everybody else, you’ll be favored by other coaches.”

Throughout this school year, parents have been bringing their boys and girls, ages 4 to 12, to three two-hour practices every week. They park near the baseball fields behind Centennial High School and set up lawn chairs to watch the youth practice on fields on the other side of the tennis courts. This is right next to the field where the cheerleaders practice and only one football field away from the practice field where the Centennial varsity team practices.

When the varsity volunteers have had a chance to drink some water, they head to the BSYA practice fields with the goal to be effective coaches for the younger kids. The girls practice jumps, toe touches, herkies, pikes, right splats, left splats, cheers and chants, while the young boys practice plays and defenses necessary for success during their Saturday games against opponents from cities like Weatherford, Aledo and Azle. “We care about the growth of these athletes,” Kyle said. The satisfaction is in seeing the boys and the girls become better young people.

Playoffs start this month, not only for BSYA, but also for the Centennial Spartans. These varsity players and cheerleaders still have homework to do at the end of their nights, and some of them fit all this around work schedules, too.

“It takes a lot of planning to be able to do all these things,” Kyle said. “But, if you want to do something, you’ll do it. It’s all worth it in the end, watching the young athletes and my teammates and myself grow into the young people God has wanted us to be.” **NOW**

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— By Erin McEndree

*At Home With David
and Janet Trompler*

A huge Thanksgiving turkey greets family and strangers alike in front of David and Janet Trompler's home. Janet lines the landscape with pumpkins and places a handmade fall wreath on the door. It is not uncommon for people to stop and ask to take pictures of their children with the seasonal decorations that Janet puts in the yard throughout the year. Next to the lawn decor is a never-changing tribute that says God Bless our Law Enforcement, First Responders and Veterans. David and Janet like to show their support and say, "Thank you," to the men and women who keep them safe. The fun exterior of this home gives a small glimpse of the glitter and whimsy that awaits inside.





Six years ago, after their children “flew the coop,” David and Janet decided to downsize from their 8-acre farm, where they enjoyed horses, four-wheeling and a swimming pool. “It was a lot of work, and when our free labor was gone, we decided to move to town,” David joked. They chose a large corner lot, which would provide some extra parking space for David’s trailer and their large family that visits often. While their home was being built, they lived with their son, Casey, for three-and-a-half months.

There were only two houses on the street when they moved in half a dozen years ago. “We saw every house as it was being built,” David said. “We have great neighbors, and most of them are retired like we are.”

David admits he is mostly “retired” from his 48 years in commercial tire sales. He still has a few trucking accounts that he takes care of, which usually only takes him a couple of hours per day. Janet



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loves finding craft projects, decorating for birthday parties and repurposing discarded, forgotten items. “I love taking things that are ugly and making them sparkle,” she said. “I can bedazzle and embellish old things with some paint and glitter for a new purpose.” She has a great eye for seeing the potential in old rusty items. There is turquoise sparkle, Janet’s

favorite color, everywhere in her home.

“I truly don’t know what it will look like when I get home,” David said with a laugh. “It changes all the time.” They have updated the carpet and the furniture. Janet likes to shop at Hobby Lobby and Kirkland’s for accent pieces. Sometimes, she calls David to bring his trailer for larger pieces.

One bedroom is Janet’s craft room. “This is where the madness happens,” she quipped. She creates wreaths for the holidays, embellishes angel wings with glitter, paints crosses and makes decorations for all the grandkids’ birthdays. “Hobby Lobby has made it so much easier to get supplies,” Janet said. “My daughter, Ashley, wants to help me create an account to sell my angel wings and decor, but I love giving them away.” Janet admits she is a neat freak, and it shows in her organization around the house. Tubs in the office and pantry are neatly arranged and labeled. She neatly stores her printers, projector, die-cut machine, laminator and cricket machine. Even the linen closet has labels for blankets and towels.

The other bedroom is decorated for her granddaughters. The four-poster bed has hot pink, sheer curtains. Glittery angel wings hang on the wall. A large sombrero that reminds Janet of their cruise to Mexico with their children hangs on the bed. “Our faith and our family are very important to us,” she said. “David and I have been married for 39 years. We’ve been

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Decorating for each holiday is another thing Janet loves to do. Besides the turkey in the yard and pumpkins in the landscape, the entryway and fireplace mantel are focal points and are filled with orange pumpkins covered in glitter, leaves and lights. A soft glow shines on the words, *Happy Fall Y'all*. The mantel is flanked with two windows with floor-to-ceiling, turquoise-and-white curtains. The dining table is set with fall colors. Two large pilgrims, a man and woman, serve as the centerpiece. The plates are painted with pumpkins and gourds. More orange leaves are draped over the hutch, where Janet keeps two sets of china dishes.

“I started collecting a set of dishes with the roses on them when I was 13,” Janet said. “My brother found the same pattern when he was in the Army stationed in Germany and sent another set to me.” Janet acquired the other set after collecting stamps from Piggly Wiggly in the 1970s. A pair of squirrels that Janet covered in glitter sits among the plates and cups, along with a large bird cookie jar.

A large turquoise tea pitcher with a bird sits atop the refrigerator in the kitchen. Birds, a set of Boxer salt and pepper shakers and long curtains in the window also have the bluish-green hue. Large turquoise letters spelling *EAT*, *PRAY* and *HOME* are arranged above the dark kitchen cabinets. “We don’t need a kitchen,” David laughed. “We eat out almost every meal. We go to the restaurant that has the special that night.” Monday night, however, the special is meatloaf. Meatloaf Monday is reserved for a family dinner with the kids and grandkids.

“We love being busy with the grandkids,” Janet shared. “We know every fast-food place with a playground between here and their house.” Janet’s passion for decorating includes themed birthday parties for each grandchild. She makes all the party decorations, banners, invitations, goodie bags and everything in between. “I thought we would slow down after our children left home, but now we are busier than ever with our grandchildren, Reese, Blakely and Hunter,” she said with a laugh.



Starting the busy day right is important for David and Janet. They love their colorful patio in the morning, where they drink coffee, and David soaks in the hot tub. The brick landscape wall contains potato vines, cannas, yellow sunflowers, boxwoods and purple hyacinth vines tangled around the lattice across the back fence. A large seating area under the pergola is anchored with a navy, white and turquoise rug. Bird feeders from the neighbor attract several species that David and Janet enjoy watching.

David grew up on a farm and raised their kids on a farm. His son, Casey, recently decided to move to a farm, himself, so he could raise his children in the same type of environment his parents provided for him. “I can help him with the farm aspect and hunt and fish with them,” David said. “Janet can help them with any decorating they may need.”

The Tromplers love their big corner lot and big family. They are also quite fond of the fact that they have all the time they need to enjoy both. **NOW**



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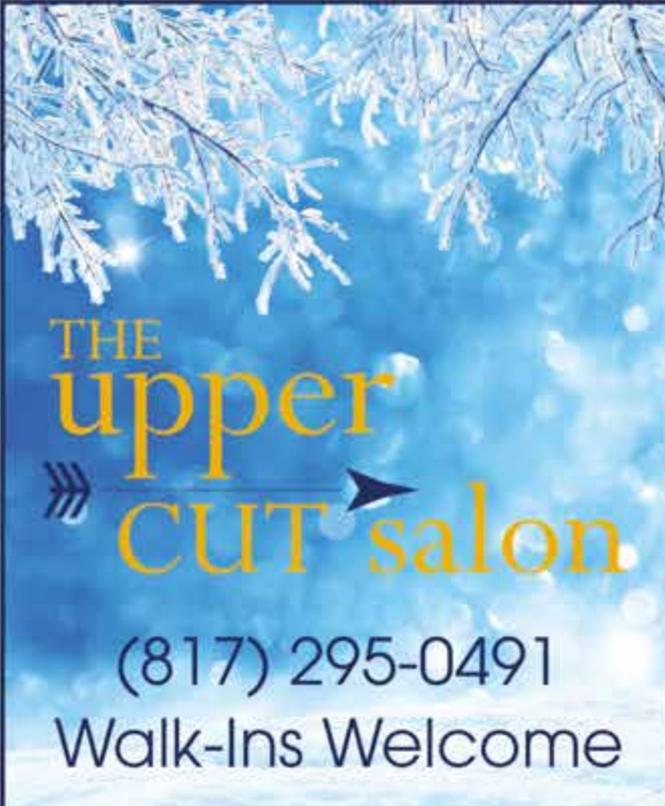


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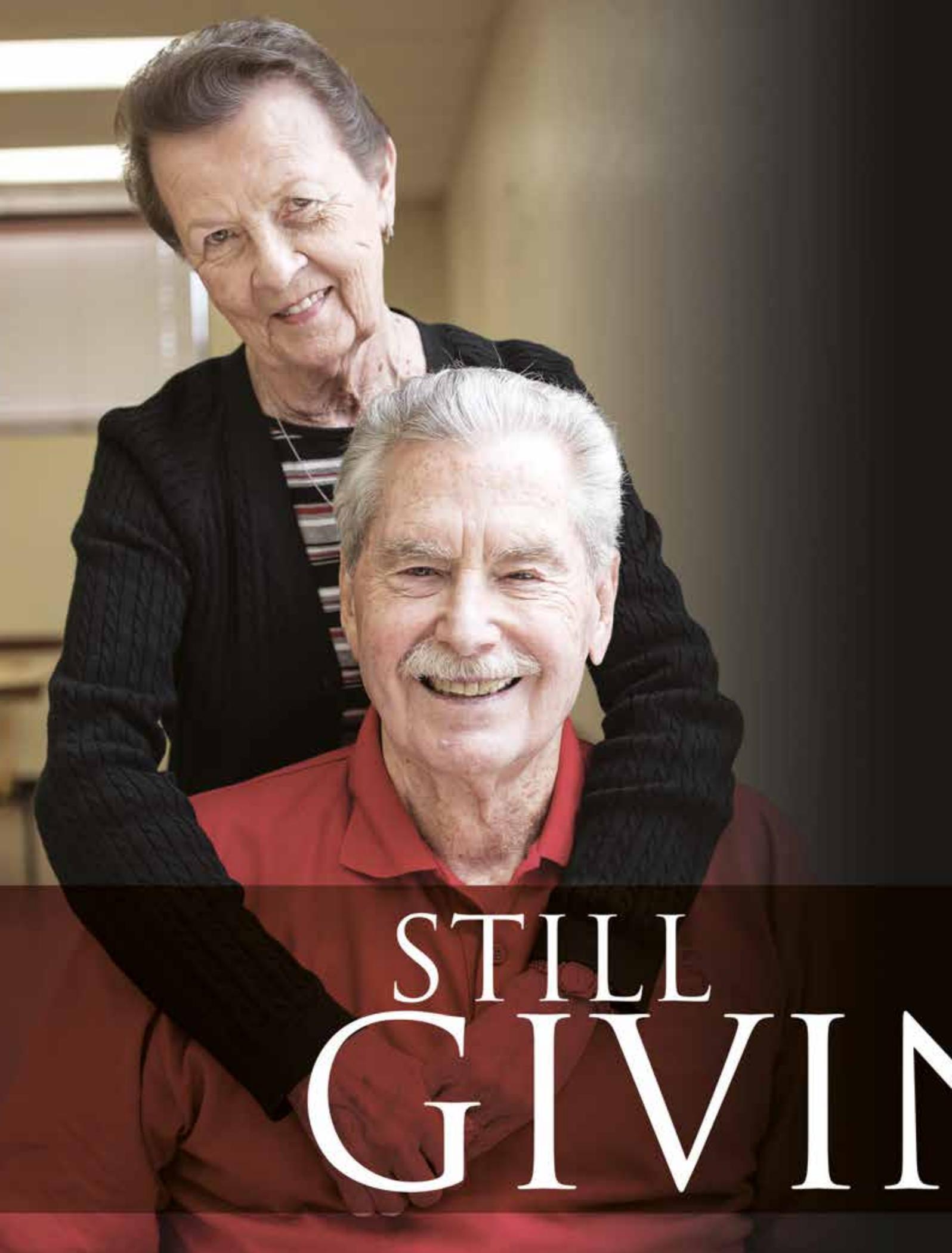
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When serving others is in the heart, even retirement cannot stop it. Bob and Jo Spurlin have lived life together for 58 years and served the community of Burleson for most of that time. "We are still around, but not as active," Jo said. Having a common purpose has kept them involved in the public school system in Burleson for many years. They continue to contribute during their retirement. Both serve on the board of the Burleson Area Retired School Employee Association.

"I grew up in Rio Vista until my dad transferred me to Cleburne High School without telling me," Jo laughed. "He told me to take bookkeeping and shorthand. The bank president at the time was my dad's friend, and after I graduated, he offered me a bookkeeping job at the bank." Bob grew up in Cleburne starting in fifth grade. He was attending Baylor University when he met Jo on a blind date.

"A friend in Cleburne wanted to go on a date but could not go unless it was a double date," Jo recalled. "She asked if I wanted to go." Bob and Jo married in December 1958. Jo gave the bank president a one-month notice. Bob was studying geology at Baylor. "We rented an apartment on the Army barracks for \$55 a month," Jo said. "It had a bedroom, kitchen and living room." She got a job in Waco sight-unseen. "The bank president must have given me a good recommendation," she mused.

— By Erin McEndree

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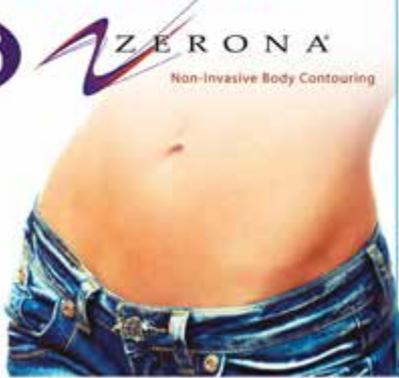


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Though Bob earned his geology degree from Baylor, he couldn't find a job in his field near Waco. "The superintendent for Cleburne ISD was my high school principal. He asked me to teach a self-contained class for sixth-graders," Bob said. "I didn't go to school to be a teacher, but I accepted the position." That year, Bob taught while simultaneously working toward getting his teaching degree from Texas Wesleyan. He didn't stop there, and in a span of three years, he earned a teaching certificate, elementary principal certificate and a master's degree. He went on to serve BISD as a teacher, principal, assistant superintendent and school board member.

During that time, Jo worked for several different businesses as a secretary, including First National Bank when it initially opened. She then began as a secretary for BISD from which she ultimately retired. "I have seen lots of changes over the years," Jo said. "I learned the computer when we converted to them at school." Jo also remembers the population sign in Burleson that read 2,451. "Now, it is all homes and businesses," she said.

Bob and Jo have two children. Having your parents in the schools is good sometimes and not so good other times. "Our son did not want the other kids to know his dad was the principal," Jo laughed. "But our daughter was different. She would wave at her daddy." Bob and Jo passed their passion for teaching on to both their daughter, who has been a teacher for 28 years in Joshua, and to one of their granddaughters, who is a math teacher in Arlington.

Being a part of the school district for so long, the Spurlins have compiled a list of stories. "You would be surprised how many kids I have had to get out of their cars because they were scared," Bob laughed. "I carried a girl with rheumatoid arthritis from her car upstairs to her

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classes. Then, at the end of the day, I carried her back down. Now, she is a registered pediatric nurse.”

“I remember a lady calling the house and telling Bob her two boys were fighting and would not go to school,” Jo laughed. “I put Bob on the phone, and he told them to straighten up. He said he would be waiting on the steps for them at school.” Bob has many stories of kids running away from school and missing the bus, on purpose. When those things happened, he had to handle the situations.

“I had to climb into a kid’s tree house and coax him down with a piece of peppermint once,” Bob reminisced. “Kids see us now in town, and I don’t recognize them, but they tell us who they are. It is interesting to see what they are doing now.” Jo fondly remembers helping one child who served as an office aide. That former student now serves on the BISD school board. Seeing how some of the students stayed in the area and are contributing to Burleson makes Bob and Jo even more proud of their service.

To stay connected to the community, Bob served on the BISD school board for 12 years after retirement. He also served with several organizations, including The Salvation Army advisory board for Johnson County, and he is currently on the county appraisal board. “I am the chauffeur for Bob when he has to go to a meeting now,” Jo said.

When Bob retired in 1994, he and Jo wanted to be able to give back to the students of Burleson. They helped establish the Burleson Area Retired School Employee Association that year with the help of three other couples — Mr. and Mrs. Bill Stribling, Mr. and Mrs. Dick Nash and Mr. and Mrs. Nick Kerr. The organization’s mission is to fill the





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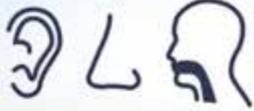


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Bob and Jo Spurlin help clean up after a BARSEA meeting.

gap between local members, the school district and the state, as they promote and preserve the Texas Teacher Pension Fund. The organization also funds a scholarship awarded each year to a senior. "It started when one of the senior classes had money left over from their prom. They wanted to start a scholarship, and we helped them set it up," Bob explained. "Now, with over 140 members, BARSEA funds the scholarship with fundraisers and selects the recipient." Applicants must submit an application that includes their family history, grade point average and write a paragraph about their future plans and college pursuits.

Until 2014, when Bob had a stroke due to an aneurysm, he and Jo enjoyed fishing together and with their grandkids. Several "keepers" are mounted on a wall in their home. They took trips in their travel trailer and spent time with family. They went to grandkids' basketball games and to football games to see their granddaughter perform on the drill team. Now, they spend most of their time reading. Bob reads short stories and westerns on his computer. Jo enjoys mysteries on her Kindle. "Our son is a computer consultant and got us set up with books on our devices," Jo added.

The Spurlins are thankful they passed on a legacy dedicated to helping students succeed. They have slowed down quite a bit, but they stay involved in the community by participating in the BARSEA, and are grateful they can give back by helping instill hope for the future into the lives of students. **NOW**



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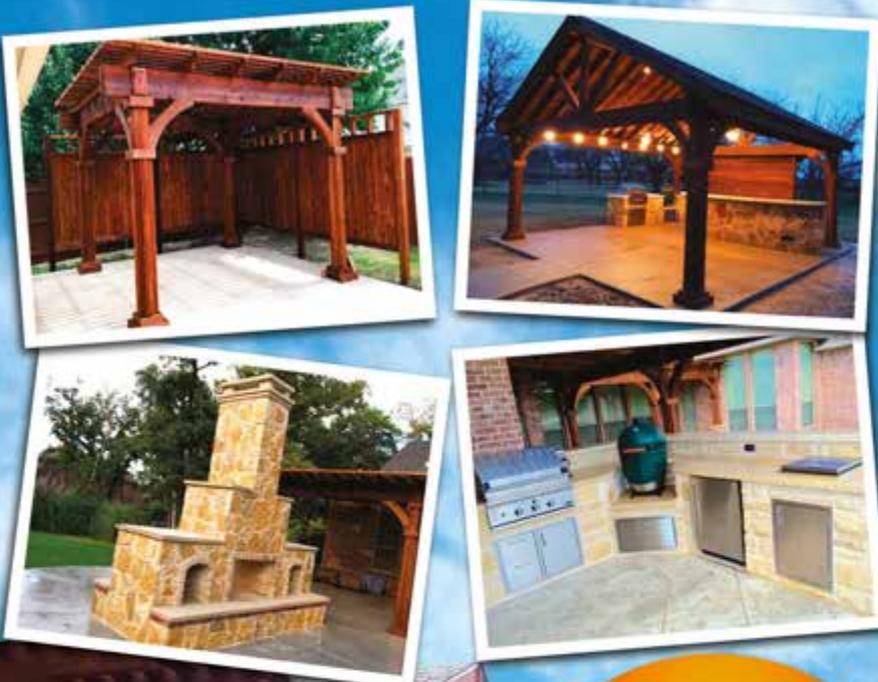


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Rusty Short, FNP, works well with Short Family Medical Center's medical assistants Ashley Miller; Jordan Krueger; Jessica Leonard; and Stephany Johnsey, R.N., who is a family nurse practitioner in residency.

Taking Her Time

The providers at Short Family Medical Center listen and teach as part of healing. — By Melissa Rawlins

People in Johnson County choose Short Family Medical Center for their health care needs for three reasons. First, their friends recommend “Dr. Rusty,” otherwise known as Family Nurse Practitioner Rusty Short. Secondly, she and her staff cultivate personable, honest relationships with patients, positively impacting their total health. Finally, the practice welcomes cash payments, as well as most insurances.

“The only insurances we don’t take here are Medicare and Medicaid,” Rusty said. “When you’re not yet eligible for either of those, our cash payment policy comes in really handy because \$100 for an office visit is sometimes cheaper, even for privately insured patients.”

Rusty and her husband, Jack Short, D.O., have been health care providers for a combined 44 years. When he suffered illness and injury in 2006, Rusty gained the perspective of her patients. “I learned a lot of humbling things from the other side of the hospital bed, including how illness affects both the patient and their family,” she said. “I like to take time with my patients, to listen, because I’ve been down that difficult-to-navigate road.”

She enjoys teaching her patients. “Unless you’re willing to be an active participant in your own health, just a pill is not going to help you,” Rusty explained.

Patients come to Short Family Medical Center for minor emergencies, plus gynecology, pediatrics and acute and chronic

conditions. They trust Rusty with their personal lives. “I worked in ER for 23 years,” she said. “I decided I wanted to do old-style family practice, to promote progress, while being a provider who really knows my patients — their everyday struggles, their joys, everything.”

“One young lady I’ve been caring for 11 years came in for her sports physical,” Rusty recalled. “She wanted to have a picture with her doctor to post on Facebook. When they remember me that way after many years, that’s my reward, like my pot of gold at the end of the rainbow. It’s wonderful to see them turn out well, even if the road wasn’t always smooth.”

Short Family Medical Center has grown with the community’s support. The cash-only practice opened in 2010 in a little white house that has since been demolished to make space for the Ellison Building, into which Rusty moved her practice in 2012.

The new offices include a room where no-hassle blood draws are conducted on-premises, a surgical procedure room with a convertible table that acts as a chair from which patients can look out the window at trees and relax and a gynecological exam room designed for the privacy and comfort of their female patients. There are three other exam rooms, two with a picture window bringing the outside in and the third showcasing a huge, electrifying painting of a horse created by Rusty herself.

“Everybody knows I’m horse crazy, and they ask about my horses, my husband and my dog. I find that to be the ultimate compliment,” she said. Not only adults but many children prefer to dress in cowgirl boots and cowboy hats when they come in — just like Rusty. After children are seen, she always invites them for a ride on Brownie, the wooden rocking horse that lives in the relaxing lobby.

The vibrancy of this practice welcomes people who feel Rusty will understand them. Whether your gallbladder is giving you fits, or you simply desire a wellness exam, Rusty and the staff at Short Family Medical Center want to give you a comforting feeling of family. **NOW**



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Sherry Cumby, #82, surrounds herself with awesome women who organize the Stonecroft Women's Connection every month.



Cami Wimberley is one of the Facebook Texas Pride winners of the State Fair of Texas Family 5 Pack.



Dave Garrett shows team spirit and support for his son, Levi, who plays for the Joshua Owls.



Proud of their graduate, Murad Babaton, Alister and Genevieve wrap hugs and love around their dad.



Jessie Reynero and her daughter, Vickie, with Mikey Lopez and Yvette Lopez, enjoy a mangonada raspas under their canopy near The Zone.



Stephanie Brannon serves up her homemade pumpkin spice biscuits at Dwell.



Shanna Hopkins eats with her daughter, Emma, during Lunch with Someone You Love.



Joshua police officers receive blessings from the newly formed Joshua Ministerial Alliance at a ceremony remembering September 11, 2001, and all who lost their lives that day.



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Required Withdrawals From Retirement Plans: What Should You Know?

You may spend decades contributing to your IRA and 401(k). But, eventually, you'll need to use this money. Before that day arrives, you'll want to be familiar with the rules governing withdrawals — and you'll want to know just how much you should take out.

To begin with, withdrawals from traditional employer-sponsored retirement plans like these fall under the Internal Revenue Service's "required minimum distributions" (RMD) guidelines. (You aren't required to take these distributions from a Roth IRA.) Here are some of the key RMD points to keep in mind:

- **You need to take distributions by age 70 1/2.** You generally should begin taking RMDs in the year in which you turn 70 1/2. If you don't take your first RMD during that year, you must take it no later than April 1 of the following year. If you do put it off until April 1, you must take two distributions in one year. If you don't take your RMDs on time, you may have to pay the IRS a 50-percent penalty tax on the taxable portion of your uncollected distribution — so make sure you know your dates.



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- **You can take more than the minimum.** You can withdraw more than the RMD, but, as the word “required” suggests, you can’t withdraw less.
- **You may be able to delay RMDs in an employer’s retirement plan if you’re still working.** If your employer’s retirement plan permits it, you may not have to take RMDs if you are still working and you are 70 1/2 or older. However, this exception won’t apply if you own 5 percent or more of your company.

To determine your RMD, you’ll need to use either the Uniform Lifetime Table, which is based on your life expectancy, or the Joint Life Table, if you have a spouse who is the sole beneficiary and who is more than 10 years younger. Your tax advisor can help you make this selection.

So, now that you know the basic rules of RMDs, you’ll need to consider their impact on your retirement income. As mentioned above, you can certainly take out more than the RMD, but should you?

If you need the extra money, then you’ll have to take it. However, when determining how much you should take beyond your RMDs, you’ll need to weigh some other factors. For one thing, if you can delay taking Social Security, you’ll get bigger checks, so you might be able to lower the amounts you take from your 401(k) and IRA.

Another factor to consider is the size and composition of your investment portfolio held outside your retirement accounts. If you have a sizable amount of investments, with some of them providing regular income, you may be able to afford to take out only your RMDs, or perhaps just slightly more. On the other hand, if your 401(k) and IRA make up the vast majority of your investment holdings, you might need to rely on them much more heavily.

In any case, though, you will need to establish an appropriate withdrawal rate for all your investments to ensure you won’t outlive your money. A financial professional can help you calculate this rate.

Do whatever it takes to maximize your benefits from your IRA and 401(k). They’re valuable assets — so use them wisely. **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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In and Out of Control

— By Betty Tryon, BSN

One day a sufferer of bipolar disorder or manic-depressive disorder could be on top of the world, working tirelessly for 24 hours, and then the next day not be able to get out of bed. Bipolar disorder is a mental health condition that causes these massive mood swings and can make life very difficult for the sufferer, as well as for their loved ones.

It should be noted that symptoms can vary widely with each individual and are severe enough to interfere with daily life. There are several different classifications of the disorder. This writing refers to bipolar I and bipolar II. Bipolar I is the most severe form of the disorder. This diagnosis is made if a person has experienced at least one manic episode. Depression may also accompany bipolar I. Some of the symptoms exhibited are engaging in reckless behavior that could pose a danger to the person; increased energy; decreased need for sleep; hyperactivity; thoughts that race or jump about; having a compulsion to talk constantly and rapidly; and exhibiting bizarre behavior, such as hypersexuality, or pursuing extremely improbable plans. These symptoms can present themselves for days or months.

Although with bipolar II, the mood swings are less intense, they still cycle between highs and lows. There are no manic or psychotic phases with this classification. The mood swings are called hypomanic episodes, or hypomania. The symptoms

are almost the same as the manic stage, but less severe. Some of them are: having flights of ideas that keep going from one thought to another, a constantly elevated mood of pleasure or irritability, being easily distracted, hyperactivity, sleep disturbances and having a very inflated sense of self-esteem. With bipolar II, most people fall victim to depression. Some symptoms associated with the depressive episodes of bipolar II are lethargy and loss of pleasure in things that once interested them. They might feel unreasonable guilt or feelings of unworthiness, and some may entertain thoughts of suicide.

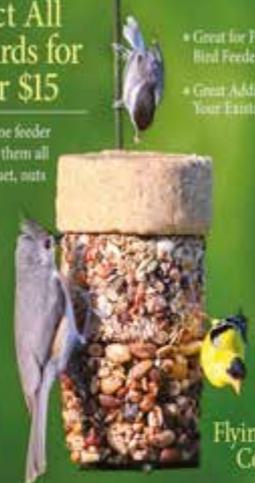
There is no cure for these mental disorders. However, symptoms can be managed for a better quality of life. Under the care of a psychiatrist, a treatment plan of medications and psychotherapy can be specifically tailored to the patient's condition. With a focused interest on the plan from specialists, someone suffering from bipolar disorder can find a way to maintain a positive self-image, manage the stress and mood swings and function as well as possible in their life. **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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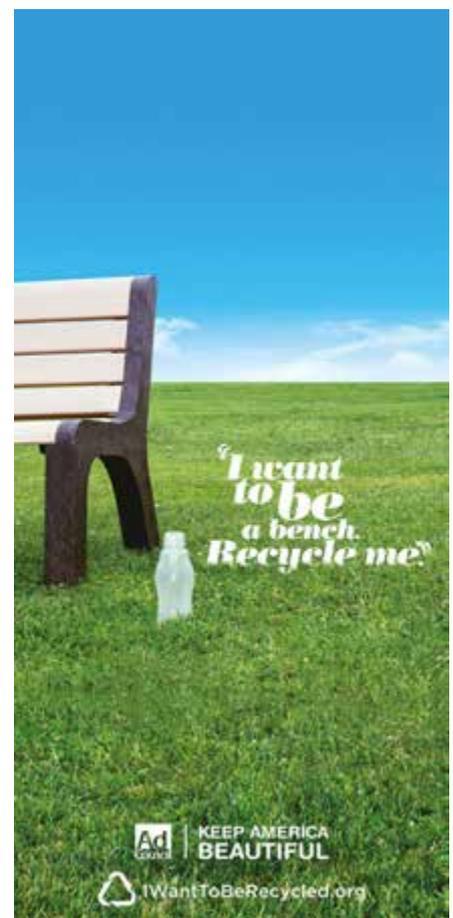
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November 3

Par-Tee for Backpacks: 7:00 a.m.-2:00 p.m., Hidden Creek Golf Course. Support First Methodist Church Joshua's Backpack Program, a ministry that provides meals every weekend to food-insecure students in Joshua ISD. \$400 for a team of 4; \$100 per player. www.joshuaumc.net/golf.

November 3, 4

Texas Heritage Festival: **Friday**, 9:00 a.m.-5:00 p.m.; **Saturday**, 9:00 a.m.-9:00 p.m., Russell Farm Art Center, 405 W. CR 714. Join this free celebration featuring draft horses, plowing, blacksmithing, chuckwagons, food, Western movies, General Store, Q&A with legendary western actor and horse trainer Don Reynolds, historic home tour, dance lessons, Western swing concert and dance with The Western Flyers, Johnnie & Bob Terry from Westerns on the Web, pie contest with awards, exhibitions and demonstrations. (817) 447-3316.

November 4

Power of Heels Holiday Bazaar: 10:00-4:00 p.m., The Academy at Nola Dunn, 201 S. Dobson St. Sponsored by Baylor Scott & White All Saints Medical Center Ft. Worth, this holiday bazaar is open for a \$5 admission. Contact Burleson Area Chamber of Commerce, (817) 295-6121.

November 10

BISD Veterans Day Performance: 9:30 a.m., Centennial High School Auditorium, 201 S. Hurst Rd. Light snacks and refreshments begin at 9:30 a.m. Performance begins at 10:00 a.m. RSVP by **November 3** to Lynn Quarzenski, (817) 245-1000 or lynnq@bisdmail.net.

Spartan Senior Celebration Golf Tournament: 11:30 a.m., lunch; 12:30 p.m., Tee Off, Hidden Creek Golf Course. This fundraiser supports the May 19-20, 2018, event providing CHS seniors a safe space to celebrate their graduation. For details, email: ssc18sponsors@gmail.com.

Larry Light & Pure Country Band: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Anyone 50 years or older is invited to dance to this country and western band for only \$5 per person. The dress code is casual. Contact the senior center at (817) 295-6611 for more information.

November 11

Special Veterans Service: 10:00 a.m.-1:00 p.m., Boulevard Baptist Church, 315 N. Burleson Blvd. Families and veterans are welcome to this worshipful event. For more information, contact Chad Handy at (817) 521-9333.

Veterans Memorial Dedication: 10:00 a.m., Joshua City Park, 831 N. Main St., Joshua. The public is welcome to honor Joshua's fallen soldiers, who are memorialized in the Veterans Memorial recently built by Braeden Lewis as his Eagle Scout Project. Call (817) 659-0215.

The Burleson Character Luncheon: 11:00 a.m.-1:00 p.m., Pathway Church. Recognition is given to winners of the Burleson Character Council's essay contest, judged by members of the Burleson Area Retired School Employees Association, and the John Mark Stallings award is presented to a special needs student who has exhibited outstanding character. For more information, contact Mrs. Jo Ann Smith, (817) 456-3972.

Open Hangar: 11:00 a.m.-2:00 p.m., Coyote Hangar, Campbell Field, Corsicana Municipal Airport, Corsicana. Free hot dogs and drinks. Bring photos and testimonials of your honored veteran. There will be an airplane ride drawing for the veterans. The event is sponsored by The Coyote Squadron, a unit of the Commemorative Air Force.

Military Veteran Tribute: 2:00-3:30 p.m., Veterans Memorial Plaza, 298 E. Renfro St., Burleson. Honor the service and sacrifices of military veterans under the gaze of the bronze eagle, a memorial to Purple Hearts. While in the plaza, visit the POW monument and study the bricks engraved with the names of local service members. Call (817) 426-9104.

November 13

Burleson Area Retired School Employees Association meeting: 11:30 a.m.-1:00 p.m., Burleson Senior Citizen Center, 210 S.W. Johnson Ave. Our state legislators will be present to answer questions. Bring your favorite dish to this luncheon meeting. All retired school personnel are invited to attend. Contact Linda Henderson, (817) 996-5261.

November 14

Senior Fall Festival: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Those 55 and older are welcome to enjoy games, food, prizes and entertainment. Bring a dessert. Contact (817) 295-6611.

November 18

Bird Walk: 8:30 a.m., Bailey Lake, 280 W. Hidden Creek Pkwy. Hosted by Wild Birds Unlimited of Burleson, the child-friendly morning stroll around Burleson's hidden gem is free, but requires good walking shoes and comfortable clothing. A few binoculars will be available to borrow. For more information,

contact Michelle Eder at burlapbirds@gmail.com

Ongoing:

Mondays

Crocheting class: 1:00 p.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. Free. Contact (817) 295-6611.

Toastmasters: 6:30-7:30 p.m., Burleson Area Chamber of Commerce. Contact Gary Miller, (817) 919-3243.

Tuesdays

Widowed Persons Service meeting: 8:00-11:00 a.m., Our Place Restaurant, 950 N. Burleson Blvd. Enjoy breakfast, fellowship and sharing your helpful heart. Contact Don Jordan, (817) 483-5458.

Tinker Tuesday: 10:00 a.m.-8:00 p.m., Crowley Public Library, 409 S. Oak St. This is a drop-in program with no advance registration required. For information, call the Crowley Public Library, (817) 297-6707, ext. 2090.

Burleson Kiwanis Club meeting: Noon-1:00 p.m., Golden Corral Restaurant, 301 S.W. Wilshire Blvd. Contact bur88kiwanis@gmail.com.

Second Tuesdays

Burleson Heritage Foundation meeting: 7:00-8:30 p.m., Burleson Heritage Visitors Center, 124 W. Ellison. Call (817) 447-1575 for more information.

Wednesdays

Burleson Business Connections: 7:30-9:00 a.m., Burleson Police Department Community Room. Contact Ruth Moor, (817) 517-9808.

Second Wednesdays

Burleson Area Recreational Cyclists: 7:00 p.m., Spokes Bicycles & Service, 111 S. Wilson St. Work with other cycling enthusiasts to create a more rider-friendly community. Contact Dave Garrett, (817) 447-3505.

Third Saturdays

VFW Post 6872 Breakfast: 9:00 a.m., 3409 CR 920, Crowley. Join the Ladies Auxiliary for good food and fellowship. (817) 645-2436.

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In the Kitchen With Steve Randle and Rick Hensley

— *By Melissa Rawlins*

Avid hunters and longtime NOW Magazines employees, Steve Randle and Rick Hensley, cook a lot in their homes and at their respective camps. At 5 years old, Rick began helping his mom in her kitchen, and then he was happy to man the grill or fire pit once he started hunting in his early 20s in Nacogdoches, Texas. Steve and his three sons have hunted turkey and deer in Comanche and Mills counties for over 30 years. Starting a brisket and a campfire Friday night, their pit and the camp fire smokes all weekend.

The recipes he and Rick share here are so simple, but they earn compliments from their friends and families. “And they’re great,” Rick said, “for sitting around a camp fire on a cool fall evening after you’ve been out hunting.” **NOW**

Rick’s Cajun Rib Eyes

Best prepared before you go out for the evening hunt.

2 1.25-inch-thick prime or choice rib eyes, bone-in or boneless

1 Tbsp. Tony Chachere’s Original Creole Seasoning

1 tsp. Lawry’s Seasoned Pepper

1/2 tsp. onion powder

1/2 tsp. garlic powder

1 Tbsp. Worcestershire sauce

1 tsp. soy sauce

1. Place the steaks in a 1-gallon Ziploc bag. Sprinkle both sides with dry seasonings; add the sauces.

2. Squeeze the air out, and zip the bag closed. Place it in your ice chest for at least 2 hours.

3. Let steaks get to room temperature before putting them on the fire.

4. For medium rare, and depending on the size of your fire, most steaks will need to cook about 5 or 6 minutes per side

Rick’s Venison Stew

2 Tbsp. bacon grease

1 Tbsp. olive oil

2.5 lbs. venison, cubed

1 tsp. Lawry’s Seasoned Salt

1 tsp. Worcestershire sauce

1 tsp. Worcestershire sauce

8 cups beef broth

12 medium golden potatoes

1 tsp. Tony Chachere’s Original Creole Seasoning

1/2 tsp. garlic powder

1/2 tsp. onion powder

1 large, sweet 1015 onion

4 celery stalks, diced bite-size

1 8-oz. bag petite carrots, sliced bite-size

1 10-oz. can Ro-Tel tomatoes, regular or mild

1 14.5-oz. can green beans

1/2 15.2-oz. can corn (optional)

Salt and pepper, to taste

1. In a large stock pot, combine grease and olive oil.

2. While it heats, season the cubed venison with salt, pepper and Worcestershire sauce.

3. Cook over medium-high heat until done. Add the beef broth; cook at a low boil for about 30 minutes, to start tenderizing meat.

4. Meanwhile, wash potatoes. Leaving the skin on, cut into medium bite-size pieces.

Add to the boiling meat mixture; simmer for another 15 minutes.

5. Add remaining seasonings, vegetables and canned goods and fast simmer 20 minutes.

6. If desired, use flour or corn starch to thicken it a little.

7. Salt and pepper to taste, and enjoy!

Steve’s Nanner Pud

5 3/4 cups cold milk

2 large boxes instant vanilla pudding mix

1 1/2 14-oz. cans Eagle Brand condensed milk

1/2 stick butter

1/2 box graham cracker crumbs

1 1/2 boxes vanilla wafers, reduced fat variety

3-4 ripe bananas

1 large tub Cool Whip

1. Combine milk with pudding mix. Stir in condensed milk, a little at a time, to avoid clumps; refrigerate.

2. Melt butter and mix with graham cracker crumbs. Spread crumbs on bottom of bowl or aluminum pan, saving some for decorations, if desired.

3. Put down a layer of wafers and sliced bananas.

4. When pudding is firm, fold in the Cool Whip, so the pudding has white streaks all through it. Save some Cool Whip for decoration.

5. Pour a little less than half of the pudding mix over the wafers and bananas.

6. Repeat the layers and end with all bananas covered, or they will turn brown.

7. Stand wafers up all the way around the edge of the bowl.

8. Sprinkle with crumbs, and add dollops of Cool Whip.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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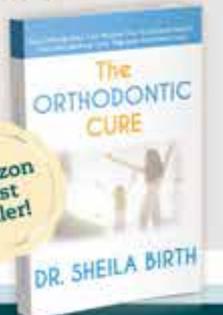
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