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Burlson Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Lynn H. Bates . Lisa Bell
Erin McEndree . Melissa Swedoski
Betty Tryon
Editors/Proofreaders, Pat Anthony

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
Shannon Pfaff . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose
Photography Coordinator, Amy Ramirez
Photographer, SRC Photography

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ON THE COVER



Delaney Storey and her friends are sending their science experiment to the International Space Station.

Photo by SRC Photography.

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Editor's Note

Hello, Friends!

This is the month I count my blessings with consciousness. Otherwise, my list of "I'd rather be ..." would grow longer than my Facebook friend list. Even if I started my wish list with "... skiing!" and followed that with "... taking a moonlit sauna in a Japanese onsen!" my mind would begin thrusting forward the list of "Yeah, but ..." reasons why my dreams are unreasonable. And listen! When you get a Panda Express

fortune cookie saying, "Set reasonable expectations" twice in a row, you start trying to lower your bar without compromising your potential.

So, for sanity's sake, I turned my dream list into a blessing list. This year, I started my "Thank goodness it's January because ..." list with "... my moonlit deck is only seconds away from my cozy, cat-covered bed, where my too-old-for-skiing bones can rest easy, while I read Robert Frost!" I'd love to read emails from you, my friends, letting me know what you're thankful for this winter. Until I hear from you, please have a safe and happy New Year!

Melissa

Melissa Rawlins
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- Kathy V.

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ROCKET TAKE TW



Kylie Morton, Delaney Storey, Bryston Baker and Westley Mitchell make a team that is out of this world.

“It changed the way I look at science. Science is more than you think it is. It goes beyond what you think.”



UP!

— By Erin McEndree

In recent years, NASA has proposed space exploration, private spaceflight and a scientific research station on the moon. Their vision is to fabricate a lunar base by the year 2024, where astronauts will create a permanent laboratory in which they will be living and working to create a settlement. A manned mission to Mars is the ultimate goal of this audacious project, and the lunar base is the departure site. NASA is planning for the future, and they realize the kids of today are the future scientists and engineers who will implement NASA's dream. Delaney Storey, a sixth-grader at Kerr Middle School, plans on being one of the entrepreneurs who will propel the dream of space living into the future.

Delaney found her passion for space experimentation during the 2014-2015 school year, while she was in fifth grade. The district





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required all fifth-grade students to enter the Student Spaceflight Experiments Program. The program was started in June 2010 by the National Center for Earth and Space Science Education — all supported by NASA. Students in grades five through 12 are encouraged to use their unique ideas to support space living efforts in the form of experiments. Trials are being conducted to determine how microgravity in space affects physical, chemical and biological systems compared to the Earth's gravity. Microgravity is the apparent absence of gravity, also called weightlessness.

The question posed by SSEP to all fifth grade students is: "How would you prepare now to live in space in the future?" Mrs. Susan Mundt, Delaney's teacher, facilitated the experiment in her class. "When Mrs. Mundt brought up the SSEP, I thought it sounded cool," Delaney said. Kids were encouraged to get in teams with people they thought they could work well with. Delaney was on a team with Kylie Morton, Bryston Baker and Westley Mitchell. There were teams all over the district, including high school. "Our idea came from Kylie. She said we should use something with the inside of diapers," Delaney laughed. "We had to research the scientific word and found out the inside of diapers is hydrogel polymers." After brainstorming ideas with their teacher and researching everything about hydrogel polymers, the team came up with their question. "What are the effects of hydrogel polymers when introduced to water in a microgravity state versus being



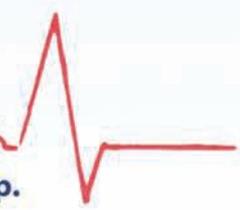
introduced to water in Earth's gravity?" Delaney admitted each step took weeks to prepare and research.

When Delaney told her mom, Heather, she was going to do a science project, she thought it was about tin foil and Styrofoam balls. She didn't realize until later that Delaney would be intensely involved in a nine-week program that would propel her daughter into a passion that has become her aim for the future. Delaney does extra study on her own about space. "I go home and learn more than what the teacher assigns," she said.

The students had to keep in mind all the rules. Their experiment had to fit in a 10-centimeter tube, and they also had to remember that the astronaut conducting their experiment could only perform two actions to the tube. For example, he could shake it vigorously or gently, or he could release a clamp or apply a clamp to the tube. The rules are very specific. The students also had to learn "space code" to write the six-page proposal and make a schedule for the experiment using space days instead of regular time on Earth.

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The research of the project materials was intense. They used hydrogel polymers from diapers and called the diaper company to get more information about them. They used a cotton ball that held water and called the company that made the cotton ball to get specific information about the cotton. They called the Burleson Water Company to research the water and document the pH level. Every step had massive amounts of study and investigation.

“We had to meet many deadlines. We would get emails from NASA that had suggested improvements,” Delaney said. “We changed it five or six times using their feedback. One change involved keeping the materials in the tube separated, so we came up with using a screen from the teacher’s bathroom faucet.”

The district had a science fair to determine which experiment would be selected to represent the Burleson area. Out of all the exhibits, grades 5-12, the one Delaney worked so hard on with her friends was selected to be transported on a supply mission to the International Space Station. The mission launched last June.

“We were so excited, and I watched the live feed of the launch on the SSEP website,” Delaney said. Two minutes and 20 seconds after the launch, a disaster occurred, and the unmanned rocket exploded in midair. “I was so sad. We got a group text from Mrs. Mundt that it blew up.” NASA allowed all 24 groups that had an experiment in the rocket to show off their presentations at the National Air and Space Museum in Washington, D.C., in July.

“I was so excited when the kids did their PowerPoint presentation in the museum,” Mrs. Mundt said. “They are



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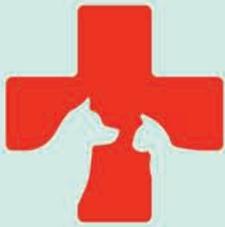


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- Dr. Susan Andrews, Chief of Staff,
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only 10-year-olds. They were asked questions and treated like professionals. People from around the world visiting the museum watched them." NASA also allowed the teams to repack their tubes in December for a "take two" launch this month. Now, they will get to gather data from the experiment in microgravity to compare with their controlled experiment here on Earth.

The program changed Delaney. "It changed the way I look at science. Science is more than you think it is. It goes beyond what you think," she said. "I want to become an astrophysicist and go to Harvard. I'd love to study space and help try to figure out how to live on Mars. I'm interested in gathering data from rovers and studying stars."

"Delaney is a unique person," Heather said tearfully. "She has become her own person with her own interests. She owns her passion for science and is not afraid to speak."

"I'm even taking a speech and leadership class," Delaney said. She is also involved in the Make a Difference Club. They go to the Life Skills class and help the children make cookies and crafts. They also go to nursing homes and assist the elderly.

Delaney, Kylie, Bryston and Westley are looking up this month, knowing their experiment will be on the next SSEP mission, scheduled for this month. "These are 10-year-olds that are experts with the knowledge and specifics of their experiment," Mrs. Mundt said. The program is designed to recruit students with a free spirit and ability to think outside the box. Delaney is taking the challenge and is planning to continue her education, focusing on her passion for space. **NOW**

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When tiny paws gently rest on your shoulders and stroke your hair, even a non-cat lover finds the sweetness hard to resist. Such attention from cats makes Roger DeWater happy. Roger wasn't looking for pets. He had a dog, and he never intended to own cats. Even the dog went to live with Roger's mom. He didn't like Roger traveling with a band — and not bringing him along.

When Roger's ex-wife planned to take a cat to the pound, he couldn't stand the thought of potential euthanasia, so he took the cat. A trip with his sons to visit their grandpa in Arkansas produced more cats. He conceded and grew to love felines. Since that time, several cats have come into his life, staying until they grew old and passed on.

Cats don't mind being left alone, finding companionship among themselves. Low-maintenance, they don't tear things up when left inside for extended periods. One of his cats likes to play rough, so he declawed her. For her protection, he keeps all of them inside now, where they grew accustomed to their more-than-comfortable lifestyle.

But pets behave differently, from stray or feral varieties. Roger noticed several cats in his backyard and determined they were feral from their behavior. At first, he didn't feed them, not wanting to attract an entire colony. However, he put water out for the babies. When he learned a neighbor fed them, he decided he might as well feed them, too. Most of the adult cats disappeared over time.

AN

— By Lisa Bell

With feral cats, you aren't sure if they are caught and, hopefully, adopted, or if perhaps a larger wild animal got them.

Two female cats remained and settled under his deck and shed to give birth. Suddenly, 13 cats/kittens lived in his yard. He worked with them patiently, providing food and water. It took nine months to gain trust. Finally, they reached a point where they came close enough for petting. At that point, they loved the attention. He grew more attached to some of the kittens than to others. The newfound relationship enabled him to catch the cats, so he could take them to

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the Crowley Animal Shelter for families looking to adopt a cute kitten. After all, he couldn't keep them. Crowley limits residents to three cats per household.

While working with the feral cats, a stray showed up one day. He sauntered right up to the bowl and helped himself to a meal. About a week later, the same cat showed up at the front door crying. He begged to come in out of the rain and hasn't left since.

Another of his cats, Merlin, is polydactyl. The genetic mutation gave this cat a thumb on his paws. Anytime Roger gets on to one of the cats for misbehaving, Merlin is right there. "I'm not sure if he is defending me or the other cat. He wants to defend someone," Roger said. The unique trait of this cat isn't that uncommon, and many people actually search for polydactyl cats. "The worst thing about multiple cats is having hair everywhere. It's hard to keep the house clean," he said.

In spite of shedding, Roger likes the independence of cats and their different personalities. Cats seem aloof and many

want interaction on their terms. "They're really very affectionate. The way they show affection isn't always the same way a dog shows it though," he said. One of his cats hates being held. Yet as bedtime approaches, she races Roger to the bedroom and plants herself on the bed. Her position forces Roger to be in close contact for the night.

After he captured the feral cats and took them to the shelter, Roger went in frequently to check on them. One cat in particular hid in her cage until he came in each day. "I started feeling really guilty about putting her in the cage, so I readopted her," he said. He took her home after she got shots and went through a spaying procedure.

At the same time, he noticed the other cats at the shelter and paid special attention to them as well. Three or four times a week, after working all day, Roger heads to the shelter to visit the cats. He tries to spend at least five minutes with each one, but especially those who are alone in a cage. Getting a feral cat adoptable takes time, and any kittens born at the shelter aren't eligible for adoption until they wean at 10 weeks. He holds, pets, talks to the cats and plays with them a little, as well. They enjoy the freedom to move around, but also crave human touch.

At the Crowley Shelter, the cat adoption rooms have modular designs where they can keep several cats together or separate them when needed. A new mother with her babies generally needs



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segmented space. Small kittens brought in together usually stay with each other until adoption occurs. They may combine two small litters, so the babies grow up as if they come from the same colony.

Roger said that the cats who inhabit space with others receive companionship from their environment. Nevertheless, they want human interaction. "Even though these cats cuddle together, they still need humans." He's not sure why they like him. He isn't a food source, but even the most skittish cat seems drawn to his gentle spirit.

Although he loves dogs, too, Roger doesn't have enough time to walk the dogs as much as they require. He can meet the emotional needs of many cats in a shorter amount of time. He likes the Crowley Animal Shelter. "It's a city shelter, but they run it more like a private one. They care about the animals. Sandy



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Mansfield and Denise Hill Huett are both great. They do so much,” he said. “I’m just amazed how much Sandy does and the hours she puts in.” He sees the employees taking care of the animals, protecting them and giving them a chance for adoption to a loving family.

To help protect feral cats, the Texas Coalition for Animal Protection offers programs for catching, fixing and releasing colonies of these animals. The Crowley Shelter always welcomes volunteers who care for the animals, help with transportation and, like Roger, simply provide love until adoption.

A few weeks after Roger’s dad passed, he witnessed the death of a kitten. “It made me really sad that day,” he said. He couldn’t do anything to help the kitten and had no idea why it passed. Sometimes these things happen. “Maybe that’s why I still go to the shelter. I just want the cats and dogs to have a better life,” he said. Roger, the cat man, helps get them ready for adoption, so their life will be better. **NOW**

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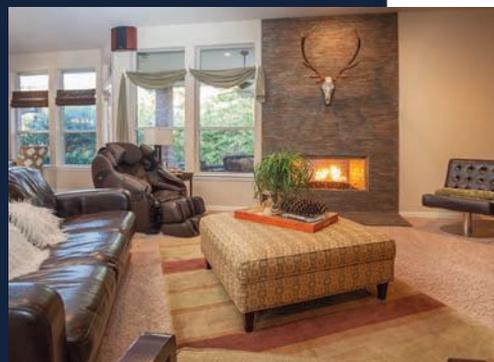
NATURAL COMFORT

— By Erin McEndree



At Home With Dan & Tami Brashear

When Dan and Tami Brashear finally decided on a home in 2001, after looking at more than 20 houses, it was a blend of both their styles. There were traditional elements Dan was drawn to and the open concept Tami desired. They both fell in love with the on-top-of-the-mountain feel when looking through the forest of post oaks and mulberries in the backyard. They added elements resembling both styles to make a comfortable home for the, almost, empty nesters.





“This was a custom-built home,” Dan said. “But for some reason, they did not take it. It was a great compromise for us.” For the first eight years, the backyard consumed their thoughts, time and money. There were multiple elevations that needed retaining walls. The patio had to be extended, so chairs would not fall off the ledge. Poison ivy had to be removed. Walkways had to be created and re-created to access the outdoor kitchen and fireplace on the lower terrace. There was too much physical labor for the couple. The plans changed often, creating many stops and starts. “Once, we found an entire sheet of plywood buried under the ground,” Dan laughed.

“There was no decent soil. It was full of clay,” Tami said. “I killed so many plants, until we replaced the dirt. It was a lot of trial and error.”

Tami admits she looks at magazines and HGTV shows but realizes it is unrealistic to have a beautiful backyard so quickly. She gets great ideas from magazines, antique bazaars and TV shows but admits the execution is more difficult than she likes. Her first project was painting her son, Trey’s, room and bathroom a deep gray. “I painted and stripped wallpaper and replaced the sink,” Tami said. “I never want to do that again.” The room is finished with sleek gray lockers and an industrial metal side table. Memorabilia from Trey’s musical

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performances are displayed. A huge Centennial logo, which Tami and Trey painted together, is above the bed.

"I've learned to trust Tami's judgment. She has a good eye," Dan said. Tami uses her practical side when choosing home decor. She saw a backsplash made out of wine corks cut in penny-width circles but decided it would not be a good selling point. She chose glass tile for the backsplash, after looking at it multiple times. Again, she chose a

cool tan called "Beach" instead of the pop of orange she desired.

The same glass tile is below the bar and is very durable. Tami replaced the multilevel countertop and made it more streamlined. "The off-white quartz countertop looks bigger and cleaner than before," she said. The island also had a makeover. The off-white swirls in the granite stone matched the solid color counters. The base of the island is painted "Edamame," a shade of green.

An upper pot rack was removed to open up the line of sight. Tami likes natural, organic colors, which is evident even in the names of the paints she chooses. The floor tile mimics hardwood. Polished and natural materials come together nicely over the kitchen table made from repurposed barn wood. The round light fixture above the table is brushed nickel. A large piece of driftwood creates a natural centerpiece.

A green buffet from Tami's great-grandmother is the same Edamame color



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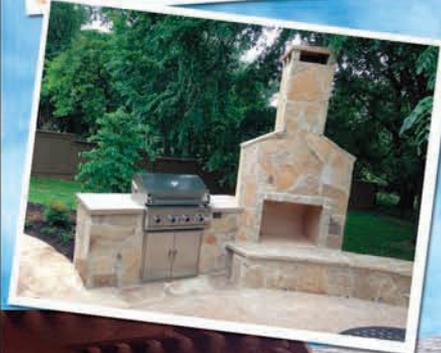
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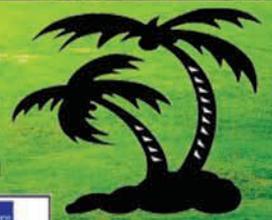


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and holds a huge wooden tray with iron handles. Three paintings of butterflies hang above the buffet. “I love the natural, organic feel of the butterflies,” Tami said. “Once, a neighbor said our home had a Zen feeling. I took that as a compliment.”

More nature elements exist in the master bedroom adjacent to the kitchen. “The master sold us,” Tami said. “There are huge windows looking over the slope of the backyard. The trees create a forest.” The neighborhood with large lots gave the couple the spread-out feeling they wanted. In the room, between two arm chairs, sits a huge domed trunk that came from a Conestoga wagon. It is packed with family keepsakes. A long, sage-colored bench is at the end of the bed. The master bath received a total makeover — the largest in the house. “The floor-to-ceiling wallpaper with flowers was removed. One sink was so low, I had to bend down to brush my teeth,” Tami explained. “We added two sinks the same height. We also removed a pony wall in the shower and replaced it with a glass surround.” Natural stones

including quartz, travertine and marble, make sleek lines in the shower and in the arched window high above. More butterfly pictures adorn the walls and kiwi-colored towels complete the color scheme.

The organic feel of butterflies shows up in the living room also. Two large multicolored winged creatures are displayed on the wall. The fireplace got a makeover as well. Stone now reaches the ceiling and fire flickers and reflects the glass around the flames. A European-style mounted red stag skull has a commanding presence above the fireplace. Just steps away in the office is a larger-than-life focal point — an Andy Warhol creation of the couple's engagement photo. It is in the typical pop art style with blue, red, green and orange highlights. A buffalo and big horn sheep mount hang on one wall. Other whimsical additions include aircraft seats under the wooden desk, an orange cabinet to hold memorabilia and a street-side painting of the Empire State Building.

Down the photo-lined hallway lies Dan's music room. He enjoys playing blues and country. He is inspired by Stevie Ray Vaughan and worked with his sister-in-law. Dan got to meet him, and Stevie played and signed Dan's guitar. It reads, "Play her with all your heart." Dan still occasionally plays at open mic nights at honky-tonks. His other interests involve hunting with his bird dog, Dakota, and sightseeing on his Harley-Davidson Road King. When not working as an HR executive, Tami sometimes rides with Dan, but she really enjoys being an involved member of the Centennial High School Choir Booster Club, as well as being involved with the Pathway Community Garden across from Pathway Church.

"I enjoy learning about the soil issues. We test the soil and research what organic options we have to establish good soil," Tami said. She enjoys using what she is learning in her own flower and vegetable gardens that include herbs, chard, romaine and tomatoes. She also enjoys the small pond and the water feature she designed. She admitted the patio is her favorite place. "It is rewarding to see what we have created using our money, time and commitment," she said. The comfortable design will be enjoyed for years to come. **NOW**



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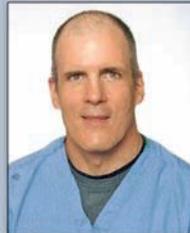


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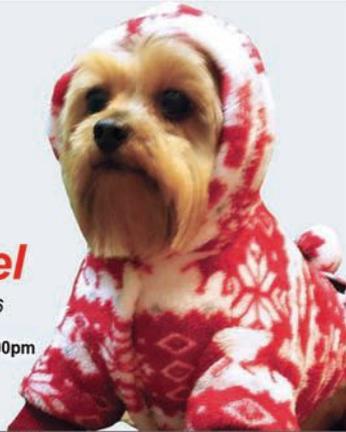
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Nutrition With a Twist

— By Melissa Swedoski

The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.

Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.¹





• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.² Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.³

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- **What to Eat:** Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.⁵

- **When to Eat:** For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.⁶ Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.⁷

- **How Much to Eat:** When it comes to “carbo-loading,” the amount a runner

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needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.⁸ Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

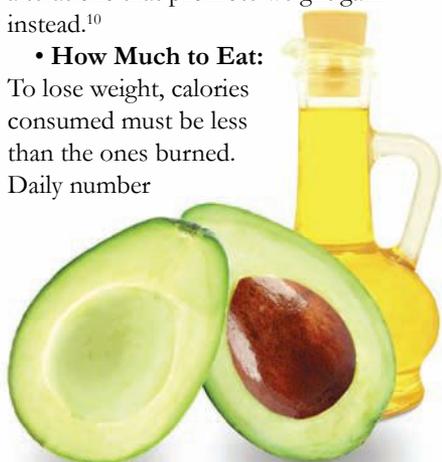
Losing Weight

Internet searches for “how to lose weight” are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

• **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best. Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.⁹

• **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.¹⁰

• **How Much to Eat:** To lose weight, calories consumed must be less than the ones burned. Daily number



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of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.¹¹

Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.¹²

- **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

- **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.




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• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.¹³

Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

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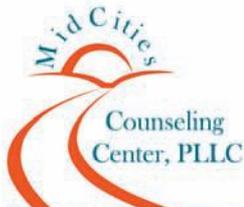


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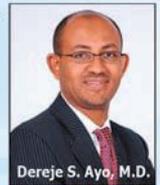
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Julie Roberts, Martha Russell and Rebecca Snider are a few of the fun family members joined in a mission to cater to their guests at The Cottage Market.

Personal Renaissance

The Cottage Market contributes to Burleson's upward swing.

— By Melissa Rawlins

If the name of Burleson's elegantly refreshing gift shop sounds familiar, you're a generous individual. The Cottage Market's owner, Julie Roberts, originally offered high-end, home-cooked desserts and stews as a fundraiser for Layland Museum of History in Cleburne. It was only logical to brand her Burleson boutique with the same name. Julie's retail store combines delicious foods and kitchen tools with upscale home decor people can either give away or use to enhance their own surroundings.

Inside the airy, 3,000-square-foot shop, classic furniture and accoutrements rest alongside trendier options, simply presented between creamy egg shell walls on dark brown wood floors. Manager Rebecca Snider works with Julie to keep quality items visible to discerning eyes. "I have a friend in a wheelchair who is

so happy to shop here," Julie said, "because she can move through our ADA-accessible store and relax."

The customer is top priority at The Cottage Market, run as a family business with behind-the-scenes help from Julie's husband and co-owner, David, and their daughter and social media coordinator, Katherine Roberts. Julie and Rebecca, related by marriage, travel to New York City, Las Vegas and Dallas to shop for the store. "Rebecca is the one who really got me out of my box. I can choose things I love all day long," Julie said. "But for younger people, Rebecca knows things that will be good on wedding registries, for instance."

Offering services to brides in need of organization, The Cottage Market provides monogramming and printing, which

they outsource to excellent, local printers. “People ask for the historic paper product we use for all our brides’ needs, beautiful Monarch paper,” Julie said.

The Cottage Market specializes in fulfilling customers’ desires. “If they ask for furniture to be refinished, Rebecca can paint it! And, she can arrange flowers beautifully. We have a fabulous group of talented people here,” she said, pointing to a gorgeous wreath made by Becky Snider and a floral arrangement made by Martha Russell, two staff members who are also related to her.

Offering tasteful and intimate necessities, like stationary by Crane, The Cottage Market also deals in decorative and functional art by local artists. For instance, the children’s section contains handmade stick horses and painted furniture by Ralph Garrett, mixed in with stuffed Jellycat toys and organic-cotton clothing by katebaby.

All kinds of interesting, yet extremely high-quality products await your discovery at The Cottage Market. The cooking corner offers unique balsamic vinegars by Fernando Pensato, goodies from the Bella Cucina food line and, of course, Le Creuset cookware. On an opposite shelf, Tocca products, like perfumed candles, hand lotion and perfumes, display nicely near a great variety of decor.

Rugs, pillows, sofas, chairs, tables and lamps are displayed near top-selling stoneware and glassware by Vietri. Brides also order personal items, everything from ridiculously fun mini-emergency kits by Pinch Provisions to luxurious, monogrammed robes and bags for bridal parties.

“Beatriz Ball silver platters are a wonderful line people tend to ask for,” Julie said. “They are very similar to Arthur Court. The functionality is the same, but process is a little bit different.” The Cottage Market also offers Pomeroy, a wonderful home decor collection from pillows to copper trays, and from lighting to picture frames.

Offering fresh, unique products in a boutique atmosphere, The Cottage Market has contributed to the upward swing in Burleson’s development. Give Julie and Rebecca a visit to see how they can assist with your personal renaissance. **NOW**

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Pathway Church's Family Ministries team, Josh Fortney and Cheyanne Davis, talk shop.



David Ferguson plants a metal cactus on a pine table at Ramhide Rustic.



Sophomore for Hill College, Devocio Butler, goes in for the dunk.



Friends Molly Galbraith and Alisa Palacios, with her son, Gavin, enjoy a bright morning viewing a painting by Bettie Bailey at The Porch.



Boston Dale Roberson enjoys play time and unwinding after a hard day in baby world.



Several NOW Magazine advertising representatives enjoy their annual Christmas party with smiles and merriment.



Five Lowe's Heroes and 3 City of Burleson employees help beautify Burleson during Lowe's Love Where You Live project landscaping the Burleson Public Library's outside area before the 2016 kid's clinics begin.



Richard Malaspina and Johnny Holder meeting for coffee at Huddle House in Joshua.

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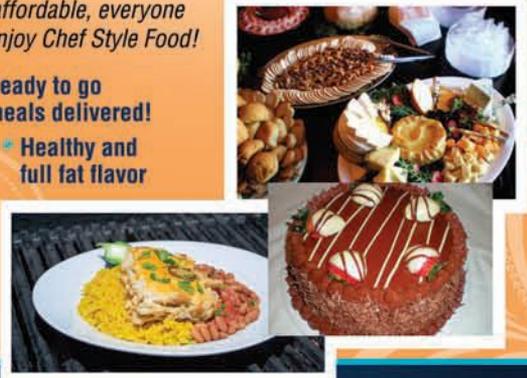
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Time for Some New Year's Financial Resolutions

If you're like many people, you might be mulling over some New Year's resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well? For example:

- *Pay yourself first.* Even if you aren't living "paycheck to paycheck," you probably don't have much trouble spending your money — because there's *always* something that you or a family member needs, *always* a repair required for your home or your car, *always* one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account each month into an investment.



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• *Take advantage of your opportunities.* If you have a 401(k) or similar plan at work, take full advantage of it. Contribute as much as you can afford — or at least enough to earn your employer’s match, if one is offered — and choose the mix of investments that gives you the potential to achieve the growth you need at a level of risk with which you are comfortable.

• *Focus on the long term.* In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile and the future often looks murky. Yet, if you can look past the uncertainties of *today* and keep your focus on *tomorrow*, you will find it easier to follow a disciplined investment strategy that gives you the opportunity to meet your long-term goals, such as a comfortable retirement.

• *Don't be driven by fear.* When the market is down, investors tend to react with fear. Specifically, they rush to sell their investments, afraid that if they don't cut their losses, they might sustain even bigger ones. If you can get past this feeling, you may find that a down market can offer you the chance to buy quality investments at good prices.

• *Forget about the "hot stocks."* You'll hear friends, co-workers and talking heads on television tout today's hot stocks. But by the time you might hear about them, they may have cooled off — and, in any case, they might not be appropriate for your needs. Forget about getting rich quick in the market — it probably won't happen. True investment success requires patience and persistence.

• *Cut down on your debts.* It's easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you'll free up money you could use to invest. So look for ways to conserve, cut back and consolidate — it will be worth the effort.

Making these resolutions — and sticking to them — can help you as you work toward achieving your financial goals. **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.



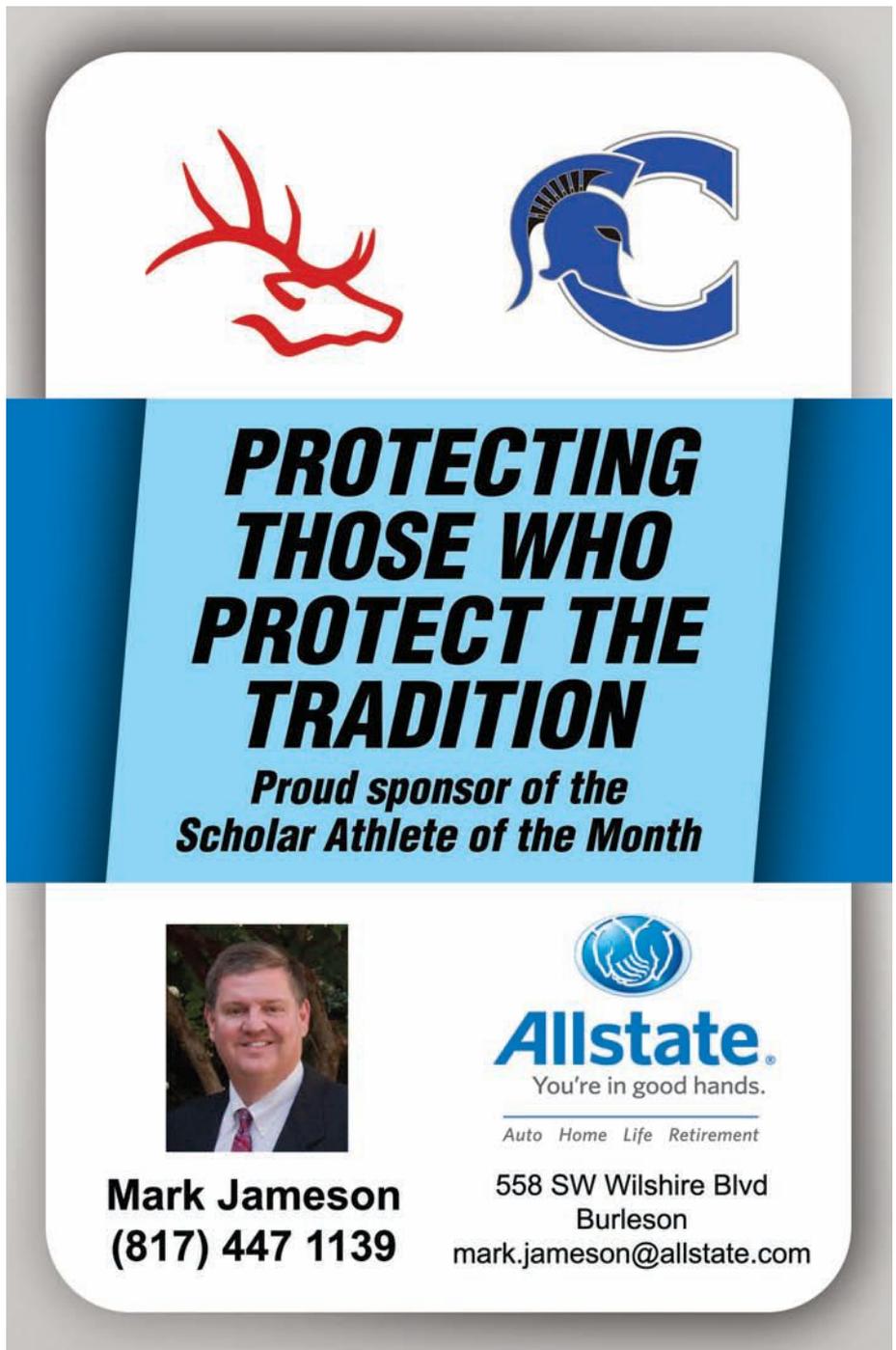
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A Galling Situation

— By Betty Tryon, BSN

For a small storage sac found under the liver, the gallbladder can make life easier or cause a lot of trouble. The primary function is to store bile produced by the liver. When you eat, it triggers the gallbladder to release bile, which is then used to digest fats. Bile reaches the small intestine through tubes called ducts. Unlike the liver, the gallbladder is not an essential organ. If it begins to cause chronic problems, it can be removed.

One of the problems that can plague individuals is gallstones. Hardened deposits of cholesterol, bilirubin and other components of bile can turn into one large stone or many small ones. Certain conditions or circumstances can make you more susceptible to the formation of gallstones. Improper dieting, such as fasting, losing weight too quickly and losing weight and then gaining it back can increase your risk of gallstones.

Women are more likely to have gallstones than men. Taking high dosages of estrogen, pregnancy and oral contraceptives may lead to the formation of gallstones. According to the National Institute of Health, “A large number of human and animal studies have proposed that estrogen increases the risk of developing cholesterol gallstones by increasing the hepatic secretion of biliary cholesterol, which, in turn, leads to an increase in cholesterol saturation of bile.” Diabetes, lack of exercise and a family history of gallstones are some of the other risk factors.

Some gallstones can form and cause no symptoms. Pain is the symptom that would most likely send you to the doctor for a diagnosis. The pain

could be mild or severe and may occur in the stomach area or in the upper right corner of the abdomen. Sometimes, the pain can radiate to the right shoulder or to the back. The pain may follow after a meal or be severe enough to wake you at night. If the gallbladder is inflamed, you may have fever and chills. Other indications that there is a problem with your gallbladder could be having light-colored stools. Bile is what gives your stool its brown color. If the ducts are blocked because of gallstones, bile cannot reach the intestines. Jaundice or a yellowing of the eyes and skin may be another indication.

If your gallstones are not causing a problem, then treatment is not necessary. Medications to dissolve the stones take months or years to work and may not be successful. Lithotripsy uses ultrasound waves to break up the gallstones. A cholecystectomy or surgery to remove the gallbladder may sometimes be the best option. To prevent gallstones, try to maintain a healthy weight and avoid rapid weight loss. **NOW**

Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/.

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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January 8

Joshua Citizen Police Academy application deadline: 5:00 p.m., 101 S. Main St. The City of Joshua's 2016 Citizen Police Academy, a 10-week program, is free of charge to residents 18 years of age and older. (817) 558-7447.

January 12

Business After Hours: 5:30-7:00 p.m., location to be determined. Free to Burleson Area Chamber of Commerce 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. If you are a Christian and wish to guide generations of courageous young men to honor God, lead with integrity, serve others and experience outdoor adventure, or if you are a young man desiring to learn the Christian walk, contact Toby Ford, Chaplain and Trail Master, tkf@dunaway-assoc.com or (817) 995-8466.

January 15

Acting For a Greater Cause: 3:30-5:00 p.m.,

Burleson Public Library, 248 S.W. Johnson Ave. Free life skills classes that teach acting while forming life-long friends and relationships. Headline Mentors and Performing Arts' classes incorporate anger management, time management, educational awareness, community involvement, self-esteem, self-worth, personal and public relations and coping skills. Youth 10-17 perform a recital consisting of a stage play created and directed by youth. Call (817) 426-9200.

January 18

Martin Luther King Jr. Day holiday: 8:00-5:00 p.m., City of Burleson. Trash and curbside recycling will be collected. Most city facilities will be closed.

January 19

Burleson City Council meeting: 7:00 p.m., City Hall, 141 W. Renfro St.

January 20

JACC Quarterly Luncheon: 11:30 a.m.-1:00 p.m., location to be determined. Joshua Jones, City Manager for The City of Joshua, will be the guest speaker. (817) 556-2480 or visit www.joshuachamber.org.

Filing Deadline for City of Crowley General Election: 5:00 p.m., 201 E. Main St., Crowley. The

Office of the Mayor and Crowley City Council Place 2 and Place 3 are up for election in the May 7 municipal race. Contact City Secretary Angela Winkle, (817) 297-2201, ext. 4000.

January 21

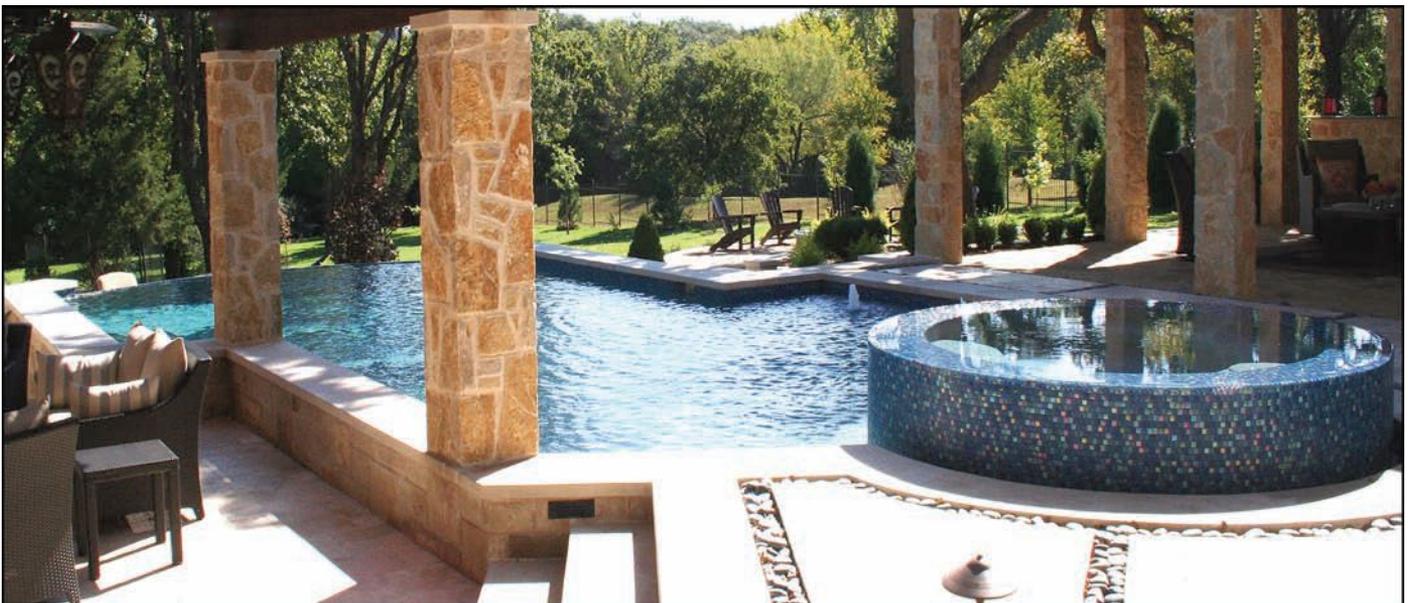
Winter Quarterly meeting: 11:30 a.m.-1:00 p.m., Victory Family Church, 455 N.W. John Jones Dr. Burleson Mayor Ken Shetter gives a review of 2015 and the vision for upcoming years. If tickets are reserved by Jan. 19, price is \$20 members; \$25 non-members. Call (817) 295-6121.

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.

January 30

Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia St., Crowley. For more information, contact Jim Hirth, (817) 297-1942.

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 Carole Dello Russo

— By *Melissa Rawlins*

Stuffed celery was a family favorite when Carole Dello Russo was growing up, and she remembers serving it to her dad to celebrate one of his promotions. Both parents and an aunt taught Carole to enjoy preparing meals. She went on to cook food that always brought her family to the table. After raising four kids, she's learning how to cook for just herself and her husband in their kitchen in Crowley. "Preparing smaller meals is still a challenge for me," Carole said. Yet she cooks big Italian feasts for the entire family on Sundays. When they are all gathered around the table, 14 people enjoy the food, fun and family time. And for dessert, their goal is delectable, delicious and usually chocolate! **NOW**

Sunday's Sauce

4-5 cloves fresh garlic, peeled and cut into small pieces

Olive oil

2 28-oz. cans crushed tomatoes

1 28-oz. can water

3 basil leaves or 1 Tbsp. dried basil leaves

1-2 tsp. salt (optional)

1/2 to 1 tsp. ground black pepper (or to taste)

Meatballs

1 lb. Italian sausage links, sweet, mild or hot

1. Lightly brown fresh garlic in a little olive oil in a large saucepan.

2. Add crushed tomatoes and water; stir, and then add basil, salt and pepper. Bring to a slow boil, and then reduce to a simmer.

3. Prepare meatballs (next recipe). When placing meatballs into the sauce, add Italian

sausage. No need to pre-cook the sausage, which can be added to sauce whole or cut in half.

Meatballs

2 lbs. ground beef (chuck is good)

1 cup Italian-style breadcrumbs

2 Tbsp. grated Romano or Parmesan cheese

1 egg

1/2 Tbsp. garlic powder

1/2 to 1 tsp. ground black pepper

1 Tbsp. dried oregano

1. While Sunday's Sauce (previous recipe) is simmering, place all meatball ingredients in a mixing bowl. Using your hands, mix until thoroughly blended.

2. Form into meatballs and drop into the simmering sauce. Cook on low heat for 2-3 hours, covered at first then uncovered for the last 30 minutes.

Lazy Day Cake

3 cups all-purpose flour

2 cups sugar

5 tsp. baking powder

1 1/2 cups milk

3/4 cup oil

2 eggs

3 tsp. vanilla extract

1 tsp. salt

1/4 cup powdered sugar

- 1.** Grease and flour a Bundt cake pan.
- 2.** Mix all ingredients together with a hand mixer until smooth. Pour into the Bundt pan and bake at 375 F for 45 minutes, or until a toothpick inserted into the cake comes out clean. Cool the cake for 10 minutes and remove it from the pan.
- 3.** Sift some powdered sugar onto the cake before serving.

Fried Zucchini Fritters

2-3 zucchini squash

1 egg

1/2 to 3/4 cup flour

2 Tbsp. Romano or Parmesan cheese

1/2 to 1 tsp. salt, or to taste

1 Tbsp. milk (optional)

1-2 cups vegetable oil

- 1.** Using a cheese grater, coarsely grate zucchini into a mixing bowl.
- 2.** Add egg, 1/2 cup flour, cheese and salt, to taste. Mix with fork until flour is mixed thoroughly. If it's too runny, add a little bit more flour. If it's too stiff, blend in 1 Tbsp. of milk.
- 3.** Pour oil into frying pan until 1/4- to 1/2-inch deep. Heat until oil bubbles around a test spoonful of the mixture that has been dropped in it. Fry spoonfuls of zucchini mixture until golden brown and the middle is cooked, about 5 minutes on each side.
- 4.** Drain zucchini on a plate covered by a paper towel and garnish with more Romano cheese right before serving.

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

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