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JANUARY 2017

# NOW

## A Soaring Future

The Civil Air Patrol is one of  
Allan Kelley's favorite things

## A Memory Maker

At Home With Marsha Bloxom

Running on Fish Power

Add Resolve  
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Start Fresh

Dining Deals

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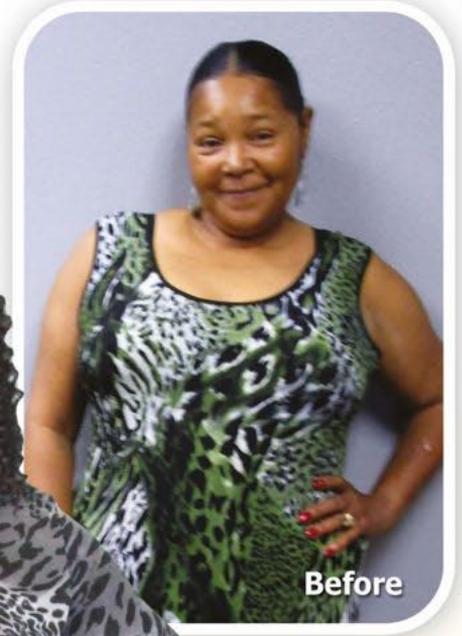
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## ON THE COVER



Allan Kelley spent the last year training for emergency service missions with the Civil Air Patrol.

Photo by SRC Photography.

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## Editor's Note

*Hello, Friends!*

I just finished celebrating my birthday and am headed into the beginning of my 50th year breathing oxygen on this planet. A year from now, I will have marked the big 5-0, but this year, I'll simply live it. What a year it will be! I have a few goals, not the least of which is to do justice to your community in the pages of *BurlsonNOW Magazine* in this, its 10th year.

My personal goals are associated with taking the Word to offenders in both TDCJ and Federal Bureau of Prisons and with loving my family better than I did last year. Thankfully, the people in Burlson, Joshua and Crowley keep inspiring me by their loving qualities. And I can't get enough! If you know people you want to brag on, please let me know about them. My list of nominees is getting longer and longer, and it's my pleasure to introduce them also as, month by month, we tell good stories about good people.

Have an awesome 2017!

### Melissa

Melissa Rawlins  
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**Amber Chacko lost 26 pounds in two months!**  
After 3 children, hypothyroidism, and finding out she is gluten intolerant, Amber needed to find a holistic & effective weight loss approach ... and she did!



**Sharon George has lost 51.3 pounds in four months!**  
Being able to cut down on medications and feeling the best she has in years are just a few milestones on her journey to health!

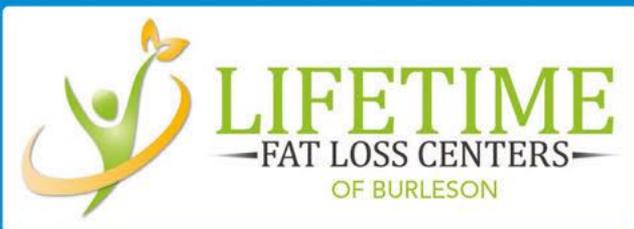


**Al Crane has lost 38.6 pounds in 10 weeks!**  
Al has gone down eight sizes, has not had heart burn since the start, and has thoroughly enjoyed the energy he now has to play with his grandchildren.



**Heather Martin lost 52 pounds in five months!**  
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— By Erin McEndree

# A SOARING FUTURE

*Allan Kelley, age 14, has his whole life in front of him. He is a typical young man who has a variety of interests including band, animals and the military. Allan is an only child who is homeschooled, and he attends Travis Academy of Fine Arts. He also gives of his time to help others. One of his favorite things is being in the Civil Air Patrol.*

In the late 1930s, many civilians who had flying skills and planes wanted to use those skills in defense of the country. The Civil Air Patrol was created on December 1, 1941, a week before Japan bombed Pearl Harbor. Members of the Civil Air Patrol saved countless crash victims in WWII and performed crucial missions. Presently, the CAP supports local and national agencies with their services.

There are three primary missions of the Civil Air Patrol: aerospace education, cadet training program and emergency services. Aerospace education deals with general awareness of travel in and above the Earth's atmosphere and the machines used for transmission. The cadet program trains those 12-21 years old in aerospace education, leadership, physical fitness and moral leadership during a 16-step program. The program is year-round where cadets learn to fly, lead and get in shape. It forces them to dig deep, aim high and achieve excellence in all areas of life. Cadets are also trained for emergency service missions that include search and rescue, disaster relief, humanitarian aid, Air Force support and drug detection.

"The Civil Air Patrol is like the volunteer fire department," Allan said. "My trumpet teacher was in the Civil Air Patrol as a kid and that is how I found out about it. My mom Googled it to research it a year ago, in December, and my stepdad took me to check it out.

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Allan's mother, Chandra Manasco, and grandparents, Martin and Kay Rechnitzer, support him as he pursues his goals.

I got to go on an orientation flight to see if I liked it."

Two hours each week, the CAP meets at Spinks Airport. In the 16-step program, they learn marching drills, safety, aerospace and character development. They are prepared physically as they run miles and do push-ups and curl-ups. The core values in any military program are integrity, voluntary service, respect and excellence. Allan lives his life by these values. "We get to wear camo uniforms called battle dress uniforms (BDUs), but on occasion, when we get to play a game of football, we can wear our civvies," Allan said.

"We have booklets we must read, and we take tests to advance our rank every 56 days," Allan said. Topics include intro to flight, aircraft systems, air environments and rockets. There are experiments in the back of each lesson to administer. "Not even 1 percent get through the whole 16 levels of the program," Allan said. "They want to see how dedicated you are." There are scholarship opportunities available after the 10th level. "Without the cadet program, I would go into the military as an E1, which is the basic rank," Allan explained. "But now, if I choose to go



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into the Air Force, I will enter as an E3 because I know all the drills and have knowledge from the program.”

Allan attended Basic Encampment at Camp Bullis in San Antonio. His first orientation flight in a Cessna was out of Lackland Air Force Base. “We were taught to fuel the plane and inspect the engine,” Allan said. “We did 90-degree turns, and it was so cool to be at the controls.” There are other camps for cadets all over the nation. They learn drills and participate in physical training. “I learned that we all have many things in common,” Allan said. “At first, we can’t talk much because we are so busy, but we eventually learn that everyone is going through the same stuff. We bond through our pain. We do everything together — sweat, eat and suffer.”

Allan has military service in his lineage. His great-grandfather, Andreas Rechnitzer, was a high-ranking officer in the Navy. He was an oceanographer and friends with Jacques Cousteau, the ocean explorer. His other great-grandfather, John Fannin, trained pilots to fly the Texan II, a T-6A, in WWII. This was the primary trainer used to train Air Force and Navy pilots.

Service is a large part of the program and Allan carries that into his life, as well. “As cadets, we serve the community. We participate in service events at air shows, open houses, graduations and parades,” Allan said. “We conduct the color guard ceremonies.” Allan enjoyed experiencing radio communication while helping with a 5K run for special needs children. “We received training on the radio and transmitted information with other groups to let them know where all the runners were,” he said. “A top-ranking

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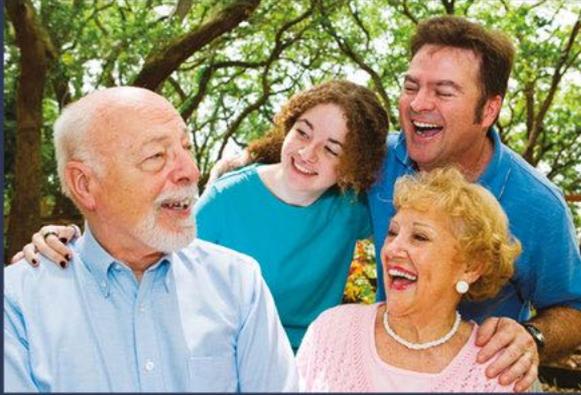


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official taught us how to keep an eye on flights and how to communicate back to headquarters.” Allan has also served with his mother and grandmother delivering Meals-On-Wheels for five years now.

Allan has many other interests. He plays the trumpet in the praise band at church. He also plays trumpet in the wind ensemble and jazz band at Travis Academy. He plays on the drum line and sings in the choir, and he loves animals. He has a bearded dragon, French Bulldog, a Poodle-Miniature Pinscher cross, a guinea pig and two chickens that lay eggs. Allan combines his love for flying and computer graphics with a game called Kerbal Space Program. “It allows me to build rockets and space machines and launch them in the solar system. I have to account for the gravity, thrust and lift. It is very technical,” Allan said. “It has taught me some of the basics of flight and actually helped me read the control panel.” Allan also decided he needed some extra money, so he began mowing his neighbors’ lawns. He stays busy all the time.

Homeschool is important to the family. Allan’s mom, Chandra Manasco, teaches him math and history, and her sister-in-law teaches him biology. Allan is taking Japanese at the Fort Worth Japanese Society. His family hosted a Japanese exchange student, and Allan became interested in the language. “One day, I would love to go to Japan and speak with the people and visit my friend,” Allan said.

There are so many options for Allan regarding his future. He is thinking about becoming either a veterinarian or a game designer. Allan’s mom suggested playing his trumpet in the military band to combine his musical and military interests. No matter what the future holds for Allan, Chandra said, “We are encouraging him to do whatever he does, as if he is doing it unto the Lord and use his gifts and talents for Him. It is exciting to see where God leads.” **NOW**

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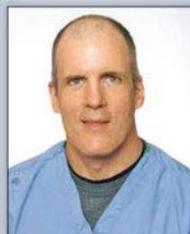


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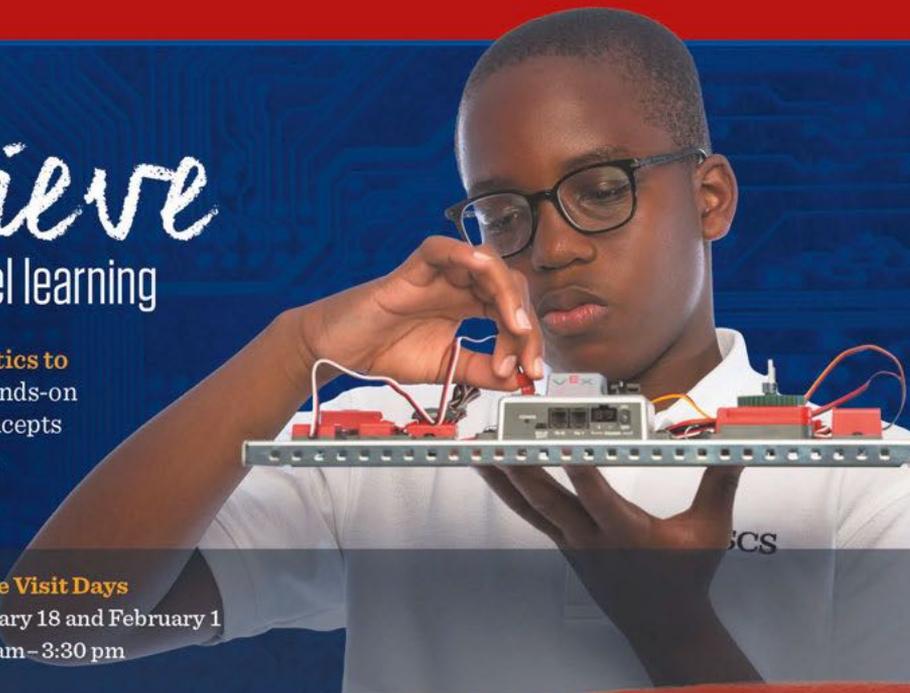
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# A Memory Maker

At Home With  
Marsha Bloxom

— By Melissa Rawlins

*January is a month of rest at Marsha Bloxom's home. Her clean dining room contains only memories of the four generations who gathered for last years' festivities. Now, as her workdays end at Tarrant County Criminal District Clerk's office, she puts that world aside and enters a calm refuge in her Craftsman home. It is believed to have been ordered from either the Sears' or Montgomery Wards' catalog, and built sometime between 1915 and 1918. The deep, wraparound front porch welcomes friends and family and gives Marsha a great place to grow plants. She shares the backyard and deck with her 2-year-old Rottweiler, Ellie, and enjoys the feeling of being out in the country.*



In fact, her 1.16 acres in Old Town Burleson contains part of Little Booger Creek and is part of the original Warren Survey that also included the wonderful 1898 farmhouse where her mother and stepfather, Jim and Bettie Bailey, live. Just a few blocks away stood this home, formerly owned by the Sumerlin-Hardgrove family. Letha Hardgrove lived in the home until the death of her husband in the 1940s, at which time she turned it into a duplex and moved to Fort Worth.

“When I was a teenager and racing around town, I may have seen it, but it never registered. I never would have dreamed I’d live here,” Marsha said, recalling the first time she laid eyes on this house was well after moving to Fort Worth, marrying David Bloxom and moving with him in 1975 to Tehran, Iran. For three years, they experienced Iranian culture, while introducing some of their own. “We drove a 1941 Willys Army Jeep.

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You didn't see very many blondes driving over there!" she quipped.

After returning to Fort Worth, Marsha was pregnant with her eldest daughter, and while visiting her parents, she and her husband took a walk and saw this house. They fell in love with it, and Marsha knew its hardwood floors would showcase her Persian rugs perfectly. They decided to restore the place and live in the country.

They left the colorful kitchen floor — made of oddly shaped tiles placed in concrete and impossible to remove — but opened up the space, removing a wall and

door that led to what is now the sunroom. "David used his grandfather's plane to hand plane grooves and, in conjunction with the snowflake-pattern frosted glass, made the cabinets look original to the house," she recalled. "The ceiling is original shiplap. We placed trim board to seal and decorate it." On shelves to the right of the sink, she has a collection of new Fiesta Ware that matches the tiles in the kitchen floor.

To the left of the sink is her collection of at least 50 creamers, each representing animals. "It all started with the *Puss in Boots*

cat creamer I found in my parents' garage when I was probably 26," Marsha said. Several are tucked next to the 1930s-era Fiesta Ware displayed in the dining room.

They certainly lend a festive air to birthday parties hosted here April through July. Marsha is proud of her two daughters, who went on to college after growing up in this home. Hillarie graduated from Texas A&M University and Larrin from Texas Wesleyan University. Larrin Ford and her husband, Greg, live in Fort Worth and have two children, 14-year-old Aizlynn and 5-year-old Gregory. Hillarie Forister and her husband, Clay, live in Needville and have two daughters, 5-year-old Corrinne and 3-year-old Helen.

This home was constructed in a time without air conditioning. With no hallway,



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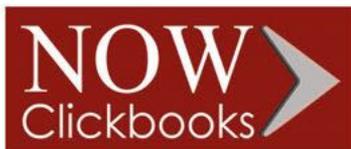


Having lived here 37 years, rearing her girls and participating in Old Town's revitalization, the memories make Marsha's home her favorite place to be.

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it relies on cross ventilation. Built on part of a former pecan grove, its large trees and overhanging eaves help keep the interior shaded and cool. From the dining room, one can look through the creamy yellow formal living room, decorated in family heirlooms and Persian rugs, into the foyer and beyond to two rooms that are linked by another door: the grandchildren's lilac bedroom and the guest bedroom.

The guest bedroom's taupe walls display heirlooms like the christening dress given to Marsha's eldest daughter. The antique bed seated inside the bay window creates a royal effect. On the eastern wall hangs a framed cross-stitch bought in an antique store for its message: *True and loving, loyal and fine; God protect you, Mother o' mine.*

Below, Marsha has hung a not-so-still-life painting by her mother of bees buzzing around flowers. Ironically, this very room once buzzed like a hive. Marsha's hired bee retriever removed 40 pounds of honey from the walls encasing the bay windows.

Through the oversized doorframe, Marsha's grandchildren's bed is solid iron. Marsha bought it when she was 16, inspired by the iron bed she saw on the TV show *The Love Boat*. She spent \$50 of her babysitting money on it. Behind the bed is a sealed door, once the back entrance to the duplex. Two other doors, to the master bedroom and the bathroom, give this room a grand total of five.

The bathroom contains a beautiful pedestal sink that once was Marsha's father-in-law's birdbath. "It came out of his father's barbershop and had sat outside for years," she recalled. "I bought him a different birdbath and had his porcelain to create my sink." Early on, she and David added an arch to accent the claw-foot tub original to the house. Recently, Marsha painted the walls greenish gray. She hung a still life of poppies painted by her mother above the tub. On the

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adjoining wall, framed in pressed tin rusted nicely to the color of a dying poppy, an Iranian princess holding poppies guards the area near the lavatory.

From here, another door leads to another bathroom, containing a vanity-turned-lavatory bought at a Lord's Acre sale in Joshua. "A gentleman and I were bidding against each other for the dining table and buffet out of the

church parsonage," Marsha said. "I got to the point I had to stop." Afterward, she approached him and discovered he only wanted the table, while she only wanted the buffet, and he agreed to the sale.

Another door leads to the sunroom, enclosed from the original porch. Its four walls are all shiplap, promoting a cabin feeling. Marsha's collection of antique, stained-glass windows cast a pretty light in the southern windows. The wood-burning stove is well-used during the winter, warming up the sunroom and the adjoining master bedroom.

When it's too cold to sit on her porch and listen to music wafting through the night air from downtown, Marsha can simply imagine the haunting sounds



reportedly made right here nearly a half century ago. "When Mrs. Sumerlin was alive, she played her accordion and sang to her canaries, which lived in the basement," Marsha related. Having lived here 37 years, rearing her girls and participating in Old Town's revitalization, the memories make Marsha's home her favorite place to be. **NOW**



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# RUNNING ON FISH POWER

— By Erin McEndree

*An ancient system for producing organic food in a self-sufficient growing unit is emerging in popularity and becoming more widespread throughout Burleson and Mansfield thanks to Burleson resident, David Cohen, and Loretta Messinger. This relatively new design to the United States called aquaponics has David and Loretta partnering to create an experimental classroom. They share knowledge, collaborate with others and provide hands-on experiences at a farm on FM 2738 with a system running on fish power. "People can come here to DFW Aquaponics Farms to learn and be involved to see if they like it," David said. Families are bonding through their experiences with the garden, and children are learning a healthy way to grow produce.*

The aquaponics system filters waste from fish, and the nutrient-rich waste water acts as a fertilizer that supplies herbs and vegetables with the substance they need to live and grow. Plants turn the waste the fish make back into clean water for the fish. It is the most productive form of agriculture per square foot that does not create waste products to pollute the environment. Grow beds can be 10 times the surface of the fish tank.

"I love the sound of the water at the garden and the earthy smell. If you take care of the fish and plants, they will take care of you," Lizzy, a 12-year-old, said. "I love knowing where my food comes from, with no GMOs or pesticides." Lizzy is Loretta's daughter and accompanies her to the garden often.





Aquaponics is a living system that depends on many parts working together to create a low-maintenance, environmentally friendly ecosystem. "There are no weeds, no chemicals or fertilizers, and no watering," Loretta said. "After the initial set up, there is minimal cost involved." Loretta lives in Arlington and feels very blessed to have found the Aquaponics Meet-Up group that allows her to combine her love of fish and gardening. "God kicked open this door for me when I was searching for my purpose. It's the perfect marriage for my two passions," Loretta said. "I have learned so much from David. I'm like his apprentice." She and her husband also created a smaller aquaponics system at their home where they harvest tilapia from their tank to eat themselves.

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Forms of aquaponics have been used for centuries. Ancient Chinese rice farmers experimented with aquaponics even before the 6th century. Their system included ducks, fish and rice. The ducks ate bugs and their excretions fed the fish and fertilized the plants. The Aztec system came about by necessity and consisted of floating movable islands in the swampy regions. Maize, beans and squash were planted that utilized a previously useless terrain. Aquaponics experiments began in the United States in 1969, with the first closed loop aquaponics system being crafted in 1980.

“My son, Adam, is a marine biologist who became interested in aquaponics seven years ago and asked me to help,” David said. They learned from others at the local Aquaponics Meet-Ups and wanted to begin educating others. “We started building the greenhouse so people could participate with the process and learn to operate the system. It’s like a community garden,” David said. “I’m not the garden guru, but I want people to come learn and experience the garden.” Ten to 20 people come each Saturday to help with the greenhouse. The first Saturday of the month is open to the curious public. Many people bring their children.

Logan, a 14-year-old with autism, has had a life-changing experience because of the hands-on responsibilities and knowledge that he gained. “My mind searched for the understanding to this new growing process. I would like to use my experience in ways that would enhance humanity, enhance me and possibly turn into a promising future,” Logan explained. “Coming to the farm and being away from the crazy world has empowered me to make a difference in other peoples’

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lives. I built my physical and mental strength as a result of paying attention to the projects.”

The Quonset-style greenhouse is 1,000 square feet and can produce 300-400 head of produce each week. There are two 300-gallon fish tanks holding about 60 catfish and approximately 80 goldfish. They provide enough nutrients to sustain the grow beds. David used channel cat and goldfish because they are hearty in the Texas climate. Styrofoam panels with holes float on top of the water. Special pots help the roots bathe in the nutrient-rich water underneath that serves as a constant food source.

Nate, a 9-year-old, comes with his father so they can spend time together. “I love Minecraft,” Nate admitted. “Getting to help build the greenhouse with a hammer and nails and craft something in real life is just about as cool as it gets.”

“Tanks for fish can be a variety of things,” Loretta said. “Be creative. You can use anything from a 55-gallon barrel or an old bathtub to a recycled food-grade tank or a swimming pool.” The grow beds are polyethylene-lined and hold a soilless medium. Crushed granite is the medium used to help plants with large stems and roots stand tall



David Cohen, Loretta Messinger and her daughter, Lizzy Messinger, enjoy watching plants grow through the aquaponics system.

# The Vine

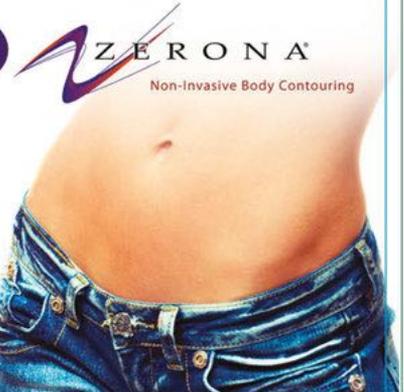
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Lauren Vines and her grandson, Logan Brown, enjoy the hands-on experience at DFW Aquaponics Farms.

and secure. Other materials to choose from are gravel or clay pebbles that are lighter in weight. Loretta plans to add red wiggler worms to the grow beds to recycle the solid waste from fish excretions. A pump circulates the water through an intricate maze of PVC pipes that connect the fish tanks to the grow beds. The only water loss is evaporation.

The New Year marked a turning point for David and Loretta. This month, David is providing an agricultural training seminar for nine days with a completion certificate — one weekend for three consecutive months. “My intent is to give people the knowledge and experience they need to see if an aquaponics system is right for them,” David said. “Topics will include the basics of fish and plants, building a system, pest management, harvesting, maintenance and much more.” David and Loretta have worked hard on a curriculum that includes speakers and a chef to prepare a meal using the vegetables from the showroom garden. Some of the vegetables at the garden include broccoli, lettuce, spinach, cucumbers, tomatoes, pole beans and basil.

David has helped install 15 personal and commercial aquaponics systems including one at Wimberley High School that resulted in first place at the State FFA Convention. “These systems teach young people a healthy way to live,” David said. “I want to educate [the next generation] on this growing system that leaves a low carbon footprint, supplies local markets all year-round and helps the environment.” David and Loretta have mapped out a purpose and made goals to increase awareness to the community for years to come. **NOW**



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# RESOLUTION

*A new year means new goals for people all over the world. With each new calendar, though, many find it difficult to maintain their resolve and hit their goals. If your resolutions typically fizzle out before the winter has lost its cold, here are some simple tips to do better as you try to live healthier in 2017.*

## **SMALL CHANGES MEAN BIGGER RESULTS**

- *Make incremental goals.* Instead of trying to lose 15 percent of your body weight, make a real, attainable goal that you can meet in four to six weeks. Losing five pounds in a month should be motivation to lose five more. But if you are thinking 30 pounds or bust, that five-pound loss might become a disappointment. And when making those goals, be sure to increase and extend them as you start hitting your desired marks.

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— By Zachary R. Urquhart



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- *Take one step at a time.* If your current fitness level has you struggling to walk 1 mile without stopping, avoid resolving to run a marathon. Start with walking a length or time without stopping, and then add jogging or auxiliary exercises like pushups or jumping jacks. A good one-month goal for beginning runners is to complete a 5K run within six weeks of starting your training. The same principle applies for those who are already in better shape. If you can walk three miles without a problem, add incline runs or increase the distance to push your limits and increase your results, and try for a half or full marathon.

- *You do not have to overhaul your diet overnight.* Rather than cutting all sugar, fat and bread completely, start simpler. Substitute unsweet tea and black coffee for soda and a latte. Eat one less fast-food meal a week and opt for a homemade salad with a healthy dressing. If you cannot cut out dessert completely, make it a biweekly treat, and limit yourself to one helping. Instead of forcing yourself to eat nothing but kale and water, start with a smaller plate for portion control. As you get healthier, you can increase and adjust your goals accordingly.

### MOTIVATION IS KEY

- *Have a partner.* Losing weight, eating right and exercising can all be difficult to do, especially when you go it alone. Whether it's your spouse, a sibling or just a friend in a similar life stage, have a partner as you start your journey. It is best to have someone who wants to lose around the same amount of weight or hit the same mile time. That way you can push each other, instead of one person being the model for the other.

- *Set up rewards.* In addition to setting incremental goals, you should treat

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yourself when you hit those goals. You can give yourself a cheat day, a day of rest from running or even something like going to a movie or buying a new belt for your smaller waist. You do not have to break the bank, and you can write yourself notes or send yourself cards to encourage yourself along the way.

- *Include healthy competition.* Having someone you are competing against might make you more likely to reach your marks, but do not get upset if you lose a weekly weigh-in. Be sure to give yourself a fair game though. Women typically lose weight at a slower rate than men, and age often slows metabolism. So a 50-year-old woman probably should not compare herself to a young man just out of college.

- *Make it fun.* Find a local group of runners to make your exercise social as well as functional. If you hate running, try lifting weights, cardio-rich workout videos or alternate exercise like CrossFit training. Change up your routine times and locations, so you are not looking at the same scenery every time you work out. Most cities offer recreational sports leagues, so you can get the work in



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Psalm 65:11

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playing soccer, flag football or basketball. If you enjoy what you are doing, you will be much more likely to keep it up throughout the year.

### THE RIGHT TOOLS FOR THE JOB

• *Take out the guesswork.* People often think running is running, but when it comes to weight loss, there is a science involved. With a good heart rate monitor, you will be able to maximize your workouts by staying somewhere between 55 percent and 85 percent of your maximum heart rate.

• *Work to scale.* If your plan hinges on losing a specific amount of weight, you will need to make sure you have a good scale. On the other hand, if you are simply trying to improve your strength and endurance, a scale may hinder progress. When your maximum lifts increase and your running times decrease, stepping on the scale and finding out you have not lost any weight can kill the momentum of your exercise success.

• *Have a plan and write it down.* When it comes to exercise, do not just throw weights around or run without purpose. There are varying ideas as to what the perfect workout regimen is, but you should use a workout journal no matter what plan you try. Have your workouts written down ahead of time, so you stay focused. Jot notes as you go to adjust intensity, as needed. The same goes for your food intake. You probably do not need a note to remind you how unhealthy donuts are, but keeping a record of calories, noting healthy recipes you want to attempt and listing what times you should eat each meal and snack will drastically improve your overall success. With these tips, you can make this the year you remain resolute. **NOW**

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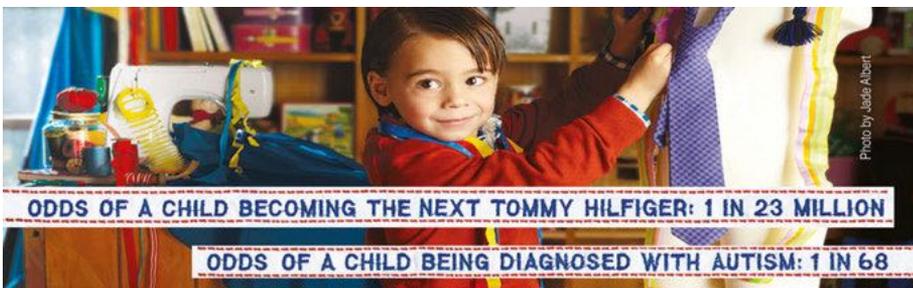
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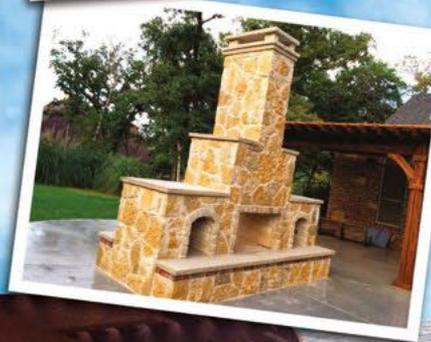
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Dr. Brandon Pettke holds a life-size representation of a mere five pounds of human fat, which he specializes in taking off of you with help from Stacie Slade, Melody Caldwell and Mylisa Mueller.



## Start Fresh

*Through Lone Star Progressive Medicine's holistic lens, people return to health. — By Melissa Rawlins*

While the culture screams, “Make your New Year’s resolutions,” health practitioners who care about your success are ready to teach you how. At Lone Star Progressive Medicine, professionals living with integrity offer answers to your questions about weight loss and pain management.

Since 2004, Dr. Brandon Pettke has practiced in this area, first in Crowley, before moving south on John Jones Dr. to Burleson. Last year alone, his patients lost over a combined 3,800 pounds. With help from Nurse Practitioner Mylisa Mueller, Office Manager Stacie Slade and Medical Assistant Melody Caldwell, most of Lone Star Progressive Medicine’s weight-loss patients lose 20-40 pounds within six weeks.

Utilizing genetic testing, via a noninvasive swab on the inside of the cheek, Dr. Pettke is able to advise the patient about what

exercises and menus will be most effective for their weight-loss goals. He also advises patients to change their lifestyles.

This is where Nurse Practitioner Mueller steps in. “In her own life, she is very proactive in terms of good diet, exercise and lifestyle changes,” Dr. Pettke said. “She’s been working in clinics focused on preventative [measures] for people who have diabetes, heart disease, cholesterol and blood pressure issues. She teaches how to change lifestyle habits to reverse disease processes.”

Lone Star Progressive Medicine is relatively unique, providing what Dr. Pettke calls lifestyle medicine. “We certainly utilize the medical side of the practice, but another prescription isn’t always the best answer or solution to the problems we see,” Dr. Pettke said. “Traditionally, this practice offered pain management

through physical therapy and chiropractic. Since nutrition has been a passion of mine for years, I wanted the practice to take a more holistic approach and include traditional medicine, too.”

Dr. Pettke asks his patients about how they are eating, exercising, sleeping, thinking and even the state of their spiritual life. “If you have a negative, angry outlook on life, you’re going to have physical ailments and symptoms. We look at those various things and help people with making changes,” he said.

“For instance, most people don’t even know, in many cases, it is possible to reverse Type 2 Diabetes through changing diet alone,” Dr. Pettke said. “I’m not regulating my diabetic patients’ meds, but their physicians are routinely lowering their dosages over time because we help people develop and maintain a focused lifestyle change that addresses the root cause.”

For patients in pain, Dr. Pettke adds the following therapies to the physical therapy and chiropractic care: cold laser therapy and decompression therapy for herniated and bulging discs and the option of trigger-point injections using natural substances derived from plants, like SARAPIN. The professionals at Lone Star Progressive Medicine inject knees and shoulders with SUPARTZ injections. “For chronic pain patients,” Dr. Pettke added, “our neuro-stimulator devices are Medicare-approved, insurance-covered, non-drug, non-injection and FDA approved for not only neck and back pain but sciatica, diabetic neuropathy and even shingles pain and post-cancer treatment pain.”

By taking a multidisciplinary approach, Lone Star Progressive Medicine is helping their patients get healthy and stay healthy, utilizing traditional medicine, physical therapy, chiropractic, lifestyle medicine and functional medicine. If you are interested in an integrated approach to your health care, the staff members at Lone Star Progressive Medicine are ready to help. They personally work on their own minds, bodies and spirits knowing that the healthier they are, the better they serve their patients. **NOW**

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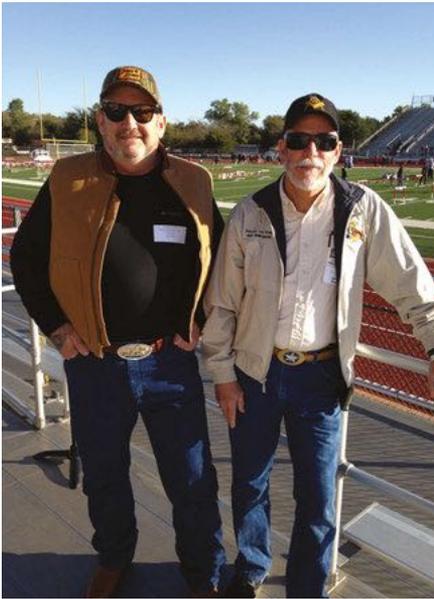
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*Richard Tackett and Martin Daley represent Masonic Lodge 649 as they volunteer to help at community events.*



*Looking Suite at Legacy Salons celebrates the holiday season '80s Style.*



*Christmas partiers from Powerhouse Retail in Crowley include Chris Hammons, Ronni Goble, Julie Webb, Gayle Powell, Brenda Pruitt, Vickie Saffle, Julie Conner and Lori Hamill.*



*BurlesonNOW Magazine's two Melissas, McCoy and Rawlins, enjoy a festive evening at a Support our Soldiers fundraiser.*



*Joshua Owls Brent Davis, Miguel Freeman and Roberts Bessent, with Hootie and Hattie, enjoy the day at the Burleson Friends Festival.*



*CASA volunteers and staff enjoy the Be the Voice inaugural banquet supporting children in Johnson County.*



*Matthew Collings, center, prepares students, Greg Davison and Micaleb Tomlinson, for a career in criminal justice.*



*Crowley residents celebrate Christmas with a beautiful choir at Nazarene Christian Academy.*



*The Lynes twins, Brooklyn and Brody, tell Santa what they want for Christmas.*



*Nona Reeves enjoys a joke with her caregiver, Bertha Ramirez, at Mustang Creek Estates.*

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# Consider Some New Year's (Financial) Resolutions

We've just opened the door to 2017, so you might be thinking about some New Year's resolutions. What's on your list this year? More visits to the gym? Learning a new language? Mastering the perfect beef bourguignon? All worthy ambitions, of course, but why not also include some financial resolutions?

By reviewing your needs and goals, you can identify some resolutions that are particularly relevant to your own situation. But here are a few suggestions:

- *Build an emergency fund.* If you needed a major car repair or a new furnace, or faced some other large, unanticipated expense, could you cope with it? If you didn't have the money readily available, you might have to dip into those investments intended for long-term goals, such as retirement. Instead, build an emergency fund containing three to six months' worth of living expenses, kept in a liquid, low-risk account.

- *Cut down on debts.* It's not easy to cut down on one's debt load. But if you can find ways to reduce your debts, you'll help improve your overall financial picture. Many debts are not "useful" — that is, they don't carry any tax advantages — so every dollar you spend to pay down those debts is a dollar you could use to invest for your future.



**Happy New Year**  
As the calendar turns the page, we wish you the best in the year ahead.



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• *Boost contributions to your retirement plan.* If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Your earnings have the potential to grow tax deferred and your contributions may lower your taxable income. Plus, most plans offer a selection of investment options, so you can choose the investment mix that fits your objectives and risk tolerance. Therefore, if your salary goes up this year, or if you think you can find other ways to free up some money, increase your contributions to your retirement plan.

• *Review your portfolio.* Is your investment portfolio still on track toward helping you meet your long-term goals? If not, you may need to make some changes. You'll also want to study your investment mix to make sure it still accurately reflects your risk tolerance. Over time, and often without your taking any significant actions, your portfolio can "drift" to a place where you are taking on too much risk — or even too little risk — for your needs and long-term objectives. If this happens, you may need to rebalance your holdings.

• *Avoid mistakes.* None of us can avoid all mistakes in life and in our investment activities. But as an investor, you'll clearly benefit from minimizing your errors. For example, it's generally a mistake to jump out of the market in response to a period of volatility. If you wait for things to calm down before investing again, you might miss out on the opportunity to participate in the next market rally.

• *Think long term.* Keep this in mind: You're not investing for today or tomorrow, but for many years from now. Try to keep a long-term focus when making all your key investment decisions. By doing so, you can avoid overreacting to short-term developments, such as a sudden drop in the market or a "momentous" political event that actually decreases in importance as time goes by.

Try to follow these financial resolutions as best as you can. You could make 2017 a year to remember. **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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### January 3

Ask A Business Coach: 6:30-8:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Do you have a problem in your life or business that you know must have a solution, but you just can't find it? Get help for free from a certified professional coach, all at no charge. Contact (817) 426-9212.

### January 6 — 15

Winter Dance Party: **Fridays**, 7:30 p.m.; **Saturdays**, 2:00 p.m. and 7:30 p.m.; **Sundays**, 2:00 p.m., Granbury Opera House. Recreation of the final concert tour of Buddy Holly, Ritchie Valens and The Big Bopper. For information or to purchase tickets, visit [www.granburytheatrecompany.org](http://www.granburytheatrecompany.org).

### January 6, 7, 13, 14, 19, 20

Ghost and Legends Tour: 7:00 p.m. and 9:15 p.m., The Nutt Hotel on the Historic Granbury Square. Weather permitting, paranormal expert Brandy Herr will walk you around the Square, telling about the famous and infamous characters of Granbury's past and present. \$10; \$7 for children 12 and under. Call ahead, at (817) 559-0849.

### January 10

Business After Hours: 5:30-7:00 p.m., location to be determined. Free to Burleson Chamber of Commerce members. (817) 295-6121.

### January 10, 11

12th Annual Chisholm Challenge: 8:00 a.m.-9:30 p.m., John Justin Arena, 3401 W. Lancaster Ave., Fort Worth. Wings of Hope Equitherapy supports extraordinary people living with special needs. Watch 13 of them compete in Western and English equitation, trail, western riding and showmanship in the Will Rogers Equestrian Center, at the beginning of the Fort Worth Stock Show and Rodeo. RSVP to Allison Gross, (817) 790-8810.

### January 14

Burleson Foodie Market: 10:00 a.m.-5:00 p.m., 1150 S. Burleson Blvd. If you are a junk foodie, health foodie or finger food foodie, come visit our booths of salsas, jams, jellies, BBQ and more while sampling some great food offerings. \$2 public admission. Email [info@ggaproductions.org](mailto:info@ggaproductions.org).

### January 19

The State of the City: 11:30 a.m.-1:00 p.m., Victory Family Church, 455 N.W. John Jones Dr. Texas Huguley Hospital Fort Worth South sponsors this luncheon and winter quarterly meeting of the Burleson Chamber of Commerce. For tickets reserved before **January 17**: \$20, Chamber members; \$25 non-Chamber members. (817) 295-6121.

American Cancer Society Relay For Life Kick-off:

6:00-7:00 p.m., The National Bank of Texas, 400 E. Renfro. Get involved as a volunteer, team captain or participant helping the American Cancer Society redouble its efforts to make this cancer's last century — not just in Burleson, but around the world. Call (817) 995-1667 or visit [RelayForLife.org](http://RelayForLife.org).

The 2017 Black Tie & Boots Presidential Inaugural Ball: 6:00 p.m.-midnight, The Gaylord National Resort & Convention Center, Washington, D.C. Elk Strutters Drill Team Captain, Lydia Lott, has been invited by the Texas State Society of Washington, D.C. to perform with the Texas State Educators Association All-State Dance Team at Washington D.C.'s premiere inaugural event. Burleson High School dance teacher, Megan Owen, will be attending as a chaperone. For details, contact Burleson I.S.D., (817) 245-0075. To purchase your ticket to the ball, contact Chelsea Brown at [TexasStateSociety@epiphanyproductions.com](mailto:TexasStateSociety@epiphanyproductions.com) or (703) 520-1140.

### January 21

Stargazing with Astronomers: 7:00-9:00 p.m., Elmer W. Oliver Nature Park, 1650 Matlock Rd., Mansfield. Free opportunity to learn about constellations with the aid of high-powered telescopes and experts from the Fort Worth Astronomical Society. Email [tiffany.gorrell@mansfieldtexas.gov](mailto:tiffany.gorrell@mansfieldtexas.gov).

### January 27

Power of Heels: 11:30 a.m.-1:00 p.m., location to be determined. Baylor Scott & White All Saints Medical Center Fort Worth sponsors this luncheon. For tickets reserved before **January 25**: \$20, Chamber members; \$25 non-Chamber members. Visit [www.burlesonchamber.com](http://www.burlesonchamber.com); call (817) 295-6121.

### January 28

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

### January 31

Shabby Chic Boot Painting Party: 5:30-8:00 p.m., Southern Oaks Golf Club Clubhouse, 13765 Southern Oaks Dr. \$35. Painting supplies, artists and instructors will be on hand to guide you. (817) 888-8545.

### Ongoing:

#### Mondays

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

#### 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](mailto:bur88kiwanis@gmail.com).

Civil Air Patrol TX-154 meeting: 6:30-9:00 p.m., Spinks Airport. Of 50 or more members in the South Fort Worth Diamondback Composite Squadron, many adult officers and cadets are residents of Burleson, Mansfield, Arlington, Crowley, Joshua and other area communities. For more information, contact Maj. Sharron Stockwell at (817) 995-3590.

Lifetree Cafe: 7:00-8:00 p.m., Alsbury Baptist Gym, 500 N.E. Alsbury Blvd. Everyone welcome to meet in the upstairs cafe for friendly conversation relating to life and faith. Sean Walker, (817) 707-9106

### 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.

### Fourth Thursdays

Dog Park Planning Committee: 6:30-8:30 p.m., Community Room, Burleson Police Department. Call Shannan Sutter, (817) 323-0255.

### 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.

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*

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## In the Kitchen With Angela Tolliver

— *By Melissa Rawlins*

As a home economics teacher for 22 years, Angela Tolliver inspired a love of cooking, as well as a reverence for quality, healthy, delicious meals for her students and those they love. Now she's a Realtor, and here divulges her original recipes for anyone making New Year's resolutions to save time, eat healthier and even lose weight.

Angela loves to try new recipes and fix gourmet meals. She and her husband are planning a vacation to Provence with one of her favorite chefs, George Geary. They'll stay in Julia Child's villa, take cooking lessons and immerse themselves in French cooking and culture. And when they return, they'll resume their Sunday afternoon dinners, filled with family and fun, and add a little continental cuisine to their traditional roasts and fajitas. **NOW**

### Stuffed Jalapeños

- 24 fresh jalapeños**
- 1 lb. breakfast sausage**
- 8 oz. cream cheese, softened**
- 1 cup Parmesan cheese, freshly grated**

- 1.** Preheat oven to 425 F. Wearing latex gloves, slice the jalapeños in half lengthwise. Scoop out the seeds and veins with a spoon and discard.
- 2.** Brown the sausage; drain fat. Mix the sausage, cream cheese and Parmesan in a bowl.
- 3.** Press the mixture into the jalapeño halves. Place on a jellyroll pan. Bake for 25 minutes or until tender. Enjoy!

### Quick Raspberry Chipotle Smoked Turkey Pizza

- 1/2 cup Fischer & Wieser Original Roasted Raspberry Chipotle Sauce**

- 1 large Boboli pizza crust**
- 1 lb. deli smoked turkey, thinly sliced or shaved**
- 8 oz. organic Pepper Jack or other cheese, grated**

- 1.** Spread desired amount of raspberry chipotle sauce on the pizza crust.
- 2.** Arrange turkey slices on top; sprinkle with grated cheese.
- 3.** Bake at 350 F in the oven for 10 minutes, or until cheese is melted. Slice and enjoy.

### Healthier Homemade Biscuits

- 1/2 cup quick oats**
- 1 cup white whole wheat flour**
- 1/2 cup bread flour**
- 2 1/2 tsp. baking powder**
- 1/4 cup butter, chopped**
- 2/3 cup milk**

- 1.** Preheat oven to 450 F

- 2.** Whir quick oats in a spice grinder to make oat flour. Mix with other dry ingredients in a food processor. Pulse to blend.
- 3.** Add butter. Pulse quickly several times until mixture resembles crumbs.
- 4.** Turn on food processor and add milk slowly. When it forms a ball, turn off the processor.
- 5.** Press with your hands until dough is about 3/4-inch thick. Cut into desired size and shape with biscuit cutters. Bake 12 minutes, or until browned.

### Sautéed Brussels Sprouts

- 1 lb. Brussels sprouts**
- 2 Tbsp. butter**
- 1 Tbsp. olive oil**
- 1 lime or lemon**

- 1.** Slice the stems off sprouts, and remove tough outer leaves. Chop sprouts.
- 2.** Heat butter and olive oil in a sauté pan. Add Brussels sprouts and sauté until they begin to brown.
- 3.** Remove from heat and squeeze lime juice on top. Enjoy!

### Sorbet

- 3 cups water/wine/fruit juice, or a combination**
- 1 cup fresh herbs**
- 1 cup sugar**
- 2 Tbsp. lemon juice**

- 1.** Bring liquid to a boil. Remove from heat. Pour over herbs. Cover and steep for 30 minutes. Combinations to try: grapefruit juice with basil or mint; white wine with rosemary; coconut water with chocolate mint.
- 2.** Squeeze out the herbs and strain.
- 3.** Add sugar and stir until dissolved. Add lemon juice.
- 4.** Chill and freeze, stirring every hour or so. Enjoy!

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