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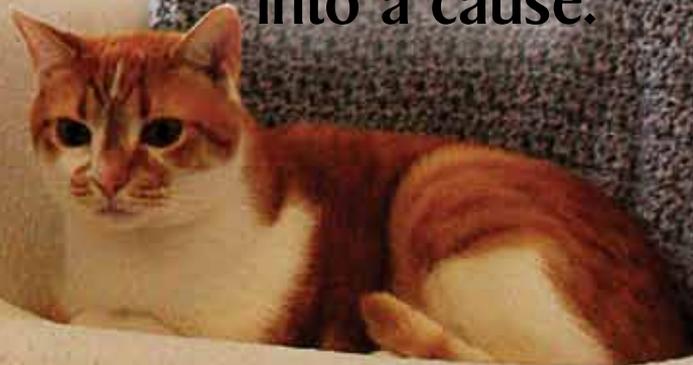
Giving the Canvas His Best Shot  
From the Heart

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In the Kitchen With Shelly Mims

## The Pet Rescuer

Melissa Stiles-  
Longoria's puppy  
passion turned  
into a cause.



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## On The Cover



Trace happily shares his modern home with the Thurmonds and two dogs.

Photo by Jill Rasco Photography.

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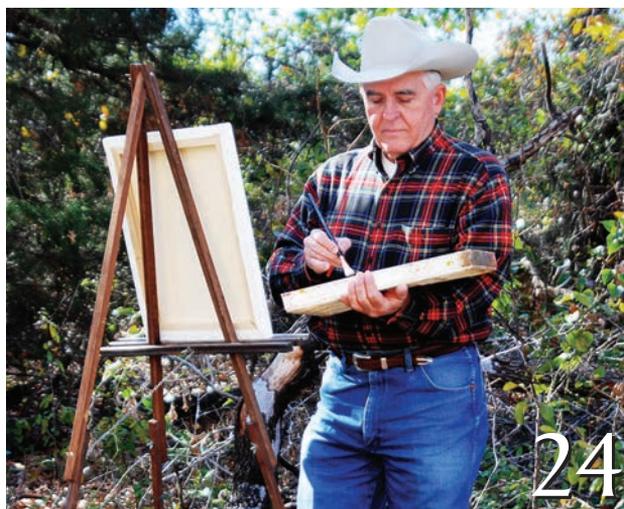


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# Editor's Note

Dear Friends,

Every mile we travel this month could feel like two, since it's cold and gray and sometimes slick. *But hey*, I tell myself, *without winter, spring won't be such a pleasure*. Every glance out every window could feel like dour prophecy, since there are zero leaves on most of our trees. *Come now*, I say to myself, *in this incubation period of only 29 days, surely you can give thanks and hope for the tiny green shoots*.

For now, we pour our hearts into warming each other up. And the neat thing is, we are changed in the process! All around our community people are caring for each other. A lot of them have organized others to help them with their pet projects. I'm working on stories about these folks, to share with you throughout the year. I really like the way William Blake put it: "In seed time learn, in harvest teach, in winter enjoy."

Stay Warm,

*Melissa*

Melissa Rawlins  
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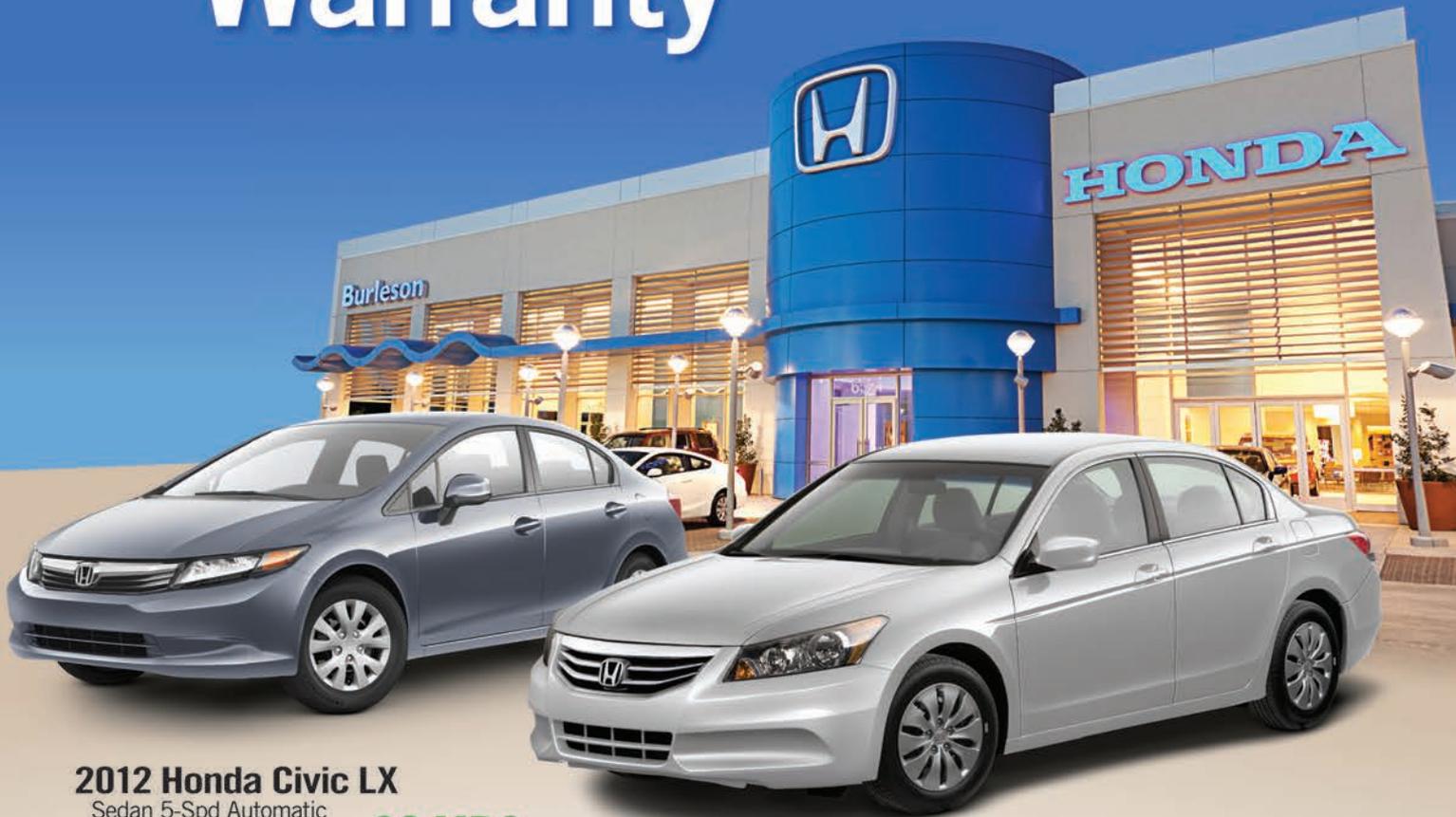
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# The Pet Rescuer



— By Julie B. Cosgrove



*Melissa Stiles-Longoria loves dogs, and has for as long as she can remember. “My mom says when I was around 2, I grabbed a dog who wandered up while we were attending a company picnic and wouldn’t let it go,” Melissa said. By the age of 8, she had made her first rescue. Melissa brought Molly, a German Shepherd and Blue Heeler mix, in the front door and asked, “Can we keep her?” Molly became her longtime childhood companion. Then, Melissa married Hector Longoria. “He knew I loved dogs,” Melissa laughed, “but I’m not sure he knew what he was getting into. Actually, neither did I.”*



In 2002, the couple was visiting Hector's parents in South Texas for Mother's Day when they saw an advertisement on a telephone pole for Chihuahua puppies. Hector gave in to Melissa's request to pick out just one as her Mother's Day present. "It was my first experience with a puppy mill," Melissa shuddered at the memory. "You could smell it before we got there. It was horrible."

The owners told them each puppy was priced at \$400, but all Melissa had was \$150. They showed her 18 adult Chihuahua females in a 5-by-3 run and told her to pick one. Her eyes immediately fell on Bella. Her back was hunched and she was shivering. The couple took the small dog home and had her examined by

a veterinarian, who told them the dog's spine was permanently malformed due to poor nutrition. Today, Bella lives happily with Melissa and Hector. She is what Melissa calls, "the diva of the pack." Bella may be small, but she lets the other dogs they rescue know she is the boss. Melissa grinned and admitted, "Everyone obeys her."

Two years later, Melissa found Barron, a white male Chihuahua, in the middle of traffic on Crowley Highway. He was obviously an abandoned, hungry dog. Melissa took him to her vet who discovered the animal had been shot. He had a bullet wound on his leg and a casing embedded close to his heart. Barron is also alive and well today in the Stiles-Longoria home. So is Buster, a paraplegic dog who has his own wheelchair thanks to another Burleson

resident named Jerry West who creates the specialized chairs.

People began to contact Melissa when they discovered stray dogs. She took them in, nursed them back to health, and then proceeded to adopt them out. Then, in 2008, she landed a job at the Russell Feed Store in Crowley where she formed connections with pet foster care people, other rescuers and also potential adopters. The more she learned the more determined she became to be a part of the effort to rescue animals and place them in proper environments.

Melissa began to network with Burleson Animal Services, Johnson County Humane Society and Lonesome Dove Equine Protection. Then, she organized Positive Outcome Chihuahua Rescue (POCR). Since January 2010, she has placed more than 100 dogs of all



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breeds in happy homes. "I take all kinds in, even cats and bunnies now, but only a few at a time so each gets proper care."

This pet lover thoroughly investigates each potential owner. In order to adopt one of her rescued dogs, potential owners must fill out a five- to six-page application with vet references and a thorough background check. Melissa is just as meticulous about how she cares for each stray. "I specialized in unwanted adult dogs — mostly Chihuahuas," she explained. "Each one is fully vaccinated. All of my dogs are neutered or spayed, and spend a minimum of a month with me."

Melissa watches their personalities surface and observes how they interact with the other dogs, with kids and with house sounds. Many need to learn to trust humans again. For that, Melissa relies on her "other child," a stray named Bronx. "Bronx is such a gentle, sound-



minded dog that the others learn quickly from him how to behave around people.”

Within days, a stray gains awareness that not all humans are cruel. Within a couple of weeks, most are well-acclimated to being house pets. Then, Melissa can properly assess in which type of home they would thrive best. “If they’re one who is fit for an older lady who needs a lap dog, or one that can romp and play with others, I’ll know.”

This rescuer relies on several people to assist her in her cause. Hector shares in the dog care duties on a daily basis. Her 16-year-old daughter, Renee, helps as well with kennel cleaning and feeding. “My mother,



Katy Stiles, is invaluable to me, as is Mary Convery, who assists me with the adoption process,” Melissa admitted. “Mary can always spot a good potential adopter.” Melissa also depends on four foster pet owners who take care of the strays after Melissa and Hector have nursed them back to health. Dr. Kevin Gibbs, who visits all seven of the Russell Feed Store locations in the Metroplex, offers low-cost vaccinations, and Texas Coalition for Animal Protection provides low-cost spaying and neutering. Since

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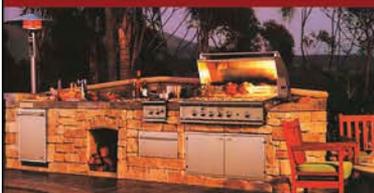
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Melissa pays for all this on her own, they are invaluable resources. "I will accept donations, and I always let people know by mail how their money was used, but I never charge an adoption fee," she added.

Not all the rescues have happy endings. Many times over the course of her mission, Melissa has taken animals that were not thriving to the North Texas Humane Society, so they could be humanely put down. "They do it for free if you have documentation that you have tried everything you can," she stated. "I stay with them until the end."

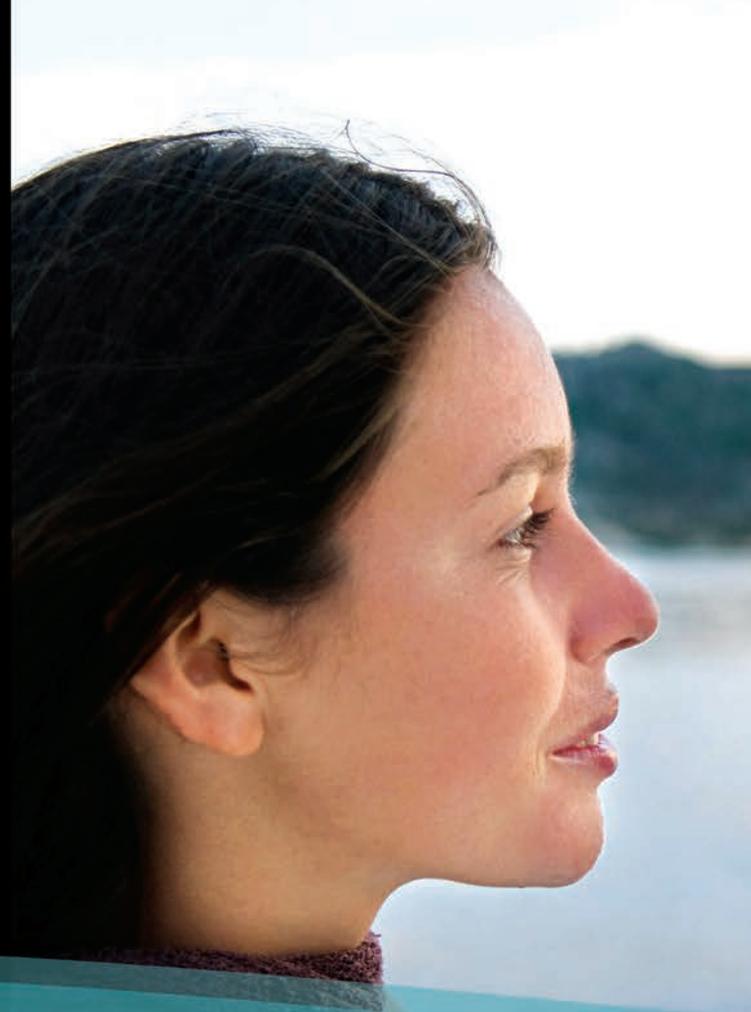
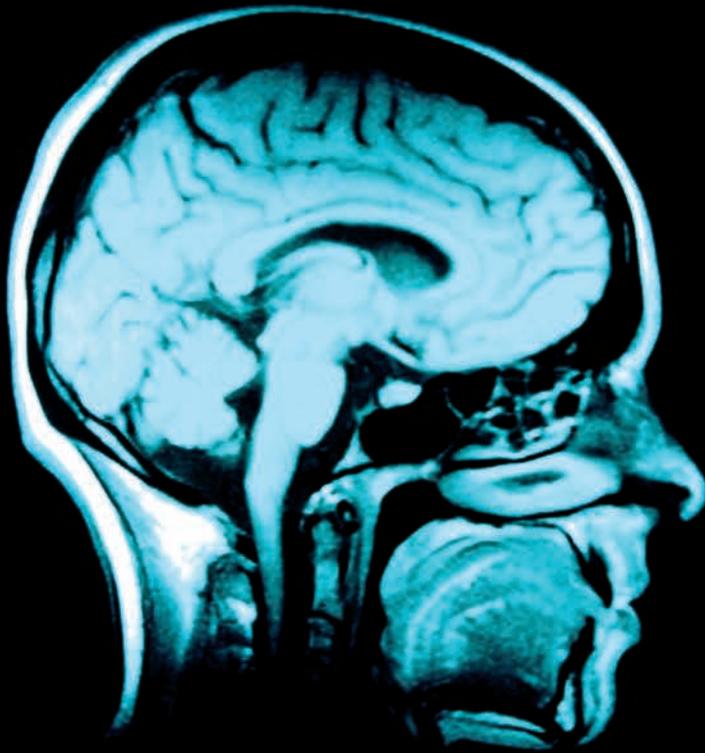
Melissa has developed a Ten Commandments of Rescue Caring, the 10th being you must stay until the very end. "It is tough. There are times when we get several in a row that just are not going to make it no matter how



hard we try." Her eyes became teary as she continued. "But it is networking on Facebook and through e-mail and seeing how many people out there want to help animals get adopted that pushes me to keep going."

Melissa has a mission to help dogs and other pets live happy, healthy lives. If the hundreds of animals she has touched over the past 10 years could talk, they would all surely thank her. "Each animal I come in contact with, whether they live or not, knows even if just for a few hours, that someone cared and loved them," Melissa smiled. "That's what it's all about." **NOW**

*Editor's Note: For more information, e-mail [Melstilo@att.net](mailto:Melstilo@att.net).*



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At Home With  
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# Life more simple

— By Carolyn Wills



*Jonathan and Angela Thurmond are a young, vibrant couple with a passion for family, travel and mid-century modern design. For them, home is where the heart is and, as it happens, their home is also where the art is. Their ultracontemporary, prefabricated house was designed by celebrated Aledo architect, Richard Wintersole. It was built in 2000*

and inspired by clients committed to functionality, quality and style. The Thurmonds purchased it in 2008. To them, the striking stucco and metal house is a work of art and, as caretakers, they are committed to preserving its integrity.

The 950-square-foot home occupies a half-acre lot in the middle of a quiet and otherwise traditional Burleson neighborhood. Around it are large, single-story residences which were likely built in the '70s. The tiny vertical box is a landmark, the "odd house on the block," and a residence with celebrity status. "It was featured on the cover of *DWELL Magazine* in 2002," Jonathan smiled. Its unique design and construction were



also highlighted in a coffee table book entitled *PreFab Modern Homes*, included in Fort Worth's American Institute of Architecture annual favorites and has been the subject of numerous articles and blogs. By all standards, it is exceptionally small, yet 24-foot ceilings, white walls and light-maple stained floors and cabinetry create a sense of spaciousness. "We like the openness of the large living, dining and kitchen area, the loft, tall ceilings and lots of windows," Jonathan said, "and the fact that you can't find one like it anywhere else."

The loft with a master bedroom and bath is toward the back so that an airy staircase and metal-railed, open-sided hallway allow the ceilings and light to dominate the first floor. "The lack of storage has been a little challenging," Jonathan admitted. "There's one closet in the bedroom, kitchen cabinets and some



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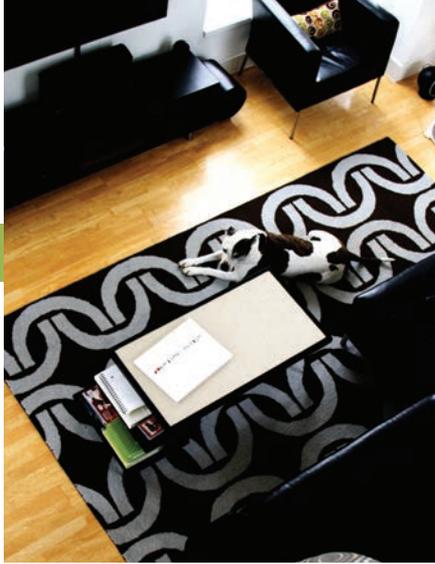
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linen storage in the bathroom, and that's about it."

A peninsula defines the kitchen with a row of maple-finished cabinets on both sides and dark blue laminate countertops. A modern wood dining table and side chest topped by a big starburst mirror make up the dining area, and the living room is furnished with dark leather seating and a low entertainment center. "I love interior design and especially mid-century modern decor from the '50s and '60s," Angela said. "I like to vintage shop in Dallas and also look for mid-century

homes. They tend to have flat or slanted roofs and are fairly small with lots of glass and windows and exposed beams on the inside."

Jonathan and Angela enjoy four-wheeling, snowboarding, vintage shopping and, most of all, spending time with their 4-month-old son, Parks. The two met while attending Southern Adventist University in Chattanooga, Tennessee. "Both of our dads were pastors, so we each grew up as nomads," Angela smiled. They were married six years ago, lived briefly in Orlando, Florida,

and two years in Nashville, Tennessee. "We wanted to buy a house. I have sisters in Fort Worth and Dallas and Jonathan has friends in Johnson County, so we decided to look in the Fort Worth area."

At first sight of the ultracontemporary house, they knew they had found their home. "I was talking to my sister on the phone from Nashville one evening while searching online," Angela said. "A new listing popped up. It was our style and fit our budget and, instantly, I knew it was the one. Jonathan flew to Texas the next day and we made an offer." They made the move in 2008 and, at the time, their family consisted of Trace, Angela's three-legged, gold and white cat, a 65-pound Terrier mix named Sydney and her Jack Russell friend known as Ike. "The house has been super nice for everyone," Angela said. "Trace wants to be where we are, and he can easily do that here. I found him when he was a kitten, and he's always seemed so grateful for his home. The dogs have their own beds near the front window and under the stairs leading to the loft. Sydney and Ike have a lot of energy, and they love playing in the backyard."

"We've done a lot of work on the

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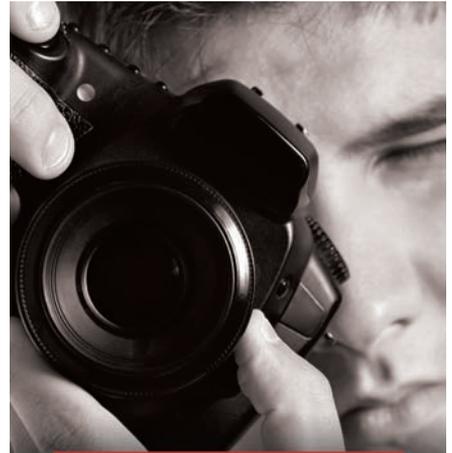
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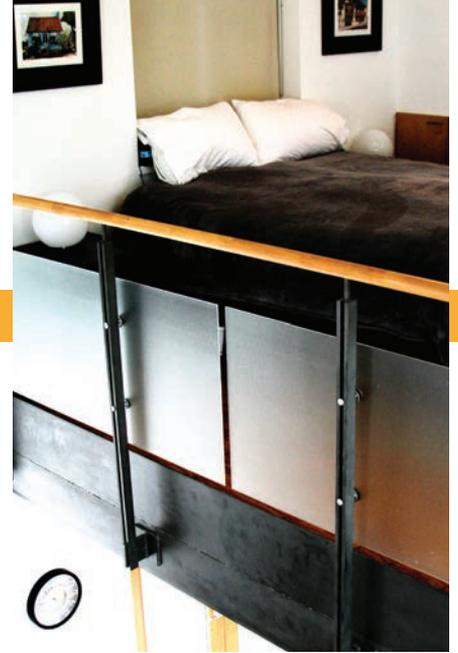
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outside,” Jonathan said. “We built a fence and solved the storage issue by adding a building with a shop, office and covered patio. We also stained the deck and did all of the landscaping.” To preserve history and integrity, they have made no changes to the inside or to the basic structure.

“We wanted to match the landscaping with the simplistic, low-maintenance style of the house, so we have a lot of potted plants, rock and cactus,” Angela said.

For the inside of the house, Jonathan and Angela have managed to discover the ideal artistic enhancement. “We were on a trip to Las Vegas and visited a gallery featuring the work of an Australian photographer named Peter Lik,” Jonathan said. “We ended up buying two large photographs that are now on the main floor of our house.” Peter Lik is an adventurer and self-taught photographer known for risking extremes like weather and location to capture the beauty of landscapes. His photographs are giant prints mounted between two pieces of Plexiglas to add depth to the photo. The two beautifully depicted and presented photographs Jonathan and Angela own are a colorful and dramatic shot of Horseshoe Bend in the Grand Canyon and a soft close-up of a field of grass in Wyoming.

As inspiring as a Richard Wintersole



and Peter Lik environment might be, nothing compares to Jonathan and Angela's latest work of art, son Parks Thurmond. "He's named after Jonathan's great-uncle," Angela smiled. "We were waiting for the right name. I've always liked older names and when I heard about Jonathan's great-uncle Parks, I knew Parks was it." Not surprisingly, with a new baby, life has changed dramatically in the two-story, ultramodern home. "We moved Jonathan's office out of the loft to make room for Parks," Angela said. "Jonathan sells supplemental insurance. A lot of his work is done in the evenings, so he has been a lot of help. He's very present as a dad, and Parks really loves his daddy."

Jonathan and Angela have lived in Burleson for more than three years now. "We're really happy here," Jonathan said. "I have great clients and love the people I work with. We've



had a lot of fun with our house, but Angela and I know that it is family and people who make the real difference and that, regardless of the design, home will always be where we live." **NOW**

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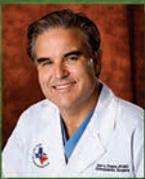
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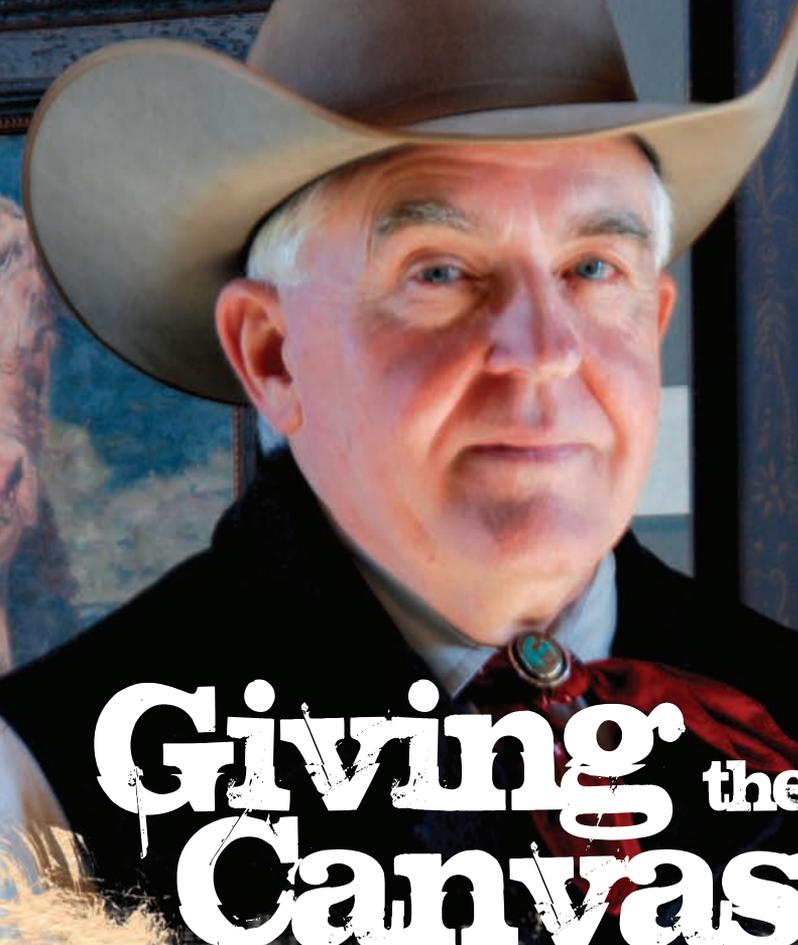


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# Giving the Canvas

# His Best Shot

— By Melissa Rawlins

*Chris Snoddy travels a lot. Whether to Yellowstone National Park; Colonial Williamsburg, Virginia; Glen Rose, Texas; or Great Falls, Montana — where he and his wife, Kim, drove to see the scene of the 1803 Louis and Clark expedition — Chris gathers information for his next painting. Enthralled with United States western frontier life, the Civil War and battles for independence*

*in Texas, Chris often travels to well-organized photo shoots, where he and other artists take pictures of scenes they will later paint. Painters pay models to come in proper dress from western periods. At one photo shoot there could be up to 50 artists photographing 30 to 40 models, who pose for multiple sessions in various settings. When a model is dressed incorrectly, Chris just does not use them.*

“There’s an artist named Dan Deuter in Colorado. He’s a living historian, and when he models, he makes it right,” Chris said, with a grin. “And Moses Brings Plenty is an Oglala Lakota American Indian model, born in South Dakota on the Pine Ridge Reservation, who is fun to paint.” Chris also enjoys taking pictures of Civil War cavalry re-enactors.

Since his earliest days on his family’s Leon River homestead in Gatesville, Chris has attempted to recreate the past. When Chris was in elementary



school, Roy Rogers inspired children everywhere to dream of being a cowboy. But Chris' inspiration was closer to home. He grew up around cattle and horses, attended the Coryell County centennial celebration and hunted arrowheads possibly left by Comanche Indians, who once camped not far from the Snoddy home. "Back then, western movies like *The Alamo* were a big deal, and I'd play games about our history with friends. We'd dress up like we were at the Alamo." Chris' imagination thrived on stories his grandmother told about his Swedish



ancestors, who settled the family land and raised cattle there, giving the Indians milk so they would have peace.

"The other side of my family came out of Tennessee and were Scottish," Chris said. "They'd fought in the Civil War." His dad was trained as a trooper for the U.S. Cavalry in WWII, only 90 years after Fort Gates was set up for the Cavalry protecting the U.S. frontier. The fort is gone, but not the city that grew up around it. But Chris appreciates reminders of the old times and now displays his re-creations in Burleson, at Preferred Image Salon and Day Spa and at Tastefully Unique, and in Weatherford at the Doss Heritage and Culture Center.

Chris' family encouraged his early

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drawings of horses in elementary school. "My first adventure in painting was a paint-by-number oil painting, when I was an eighth-grader. I did play around with watercolors," Chris remembered, "but got discouraged because the paper wrinkled after you put the water on it, and the colors would run together. Unless you're in an art class, you don't realize how to fix these problems." Chris never took an art class, though he did study drafting in vocational school at night after high school. As a draftsman for the city of Arlington and various corporations, he indulged his taste for precision. At home, Kim encouraged Chris' passion for drawing and painting. Along with scenes of folks in period costume, he has spent untold hours painting forts, missions, landscapes, flowers, cattle and horses.

Chris never tires of horses. "I like doing horses, especially pencil horses. I always gravitate to taking lots of pictures of them, too," he said. Chris' challenges vary painting to painting, but lately it has been straight lines and circles, like wagon



wheels, windmills and banjos. "The main thing is to have the patience not to give up." That is exactly the emotion invoked by *If Only It Had Strings*, Chris' oil painting of a young boy and a banjo. He cut off the toes of the boy, the bottom of the banjo as well as its knobs, and focused on details like the child's hands and the lighting. In fact, the contrast in this scene draws the eye into the shadows.

"That, to me, is the difference between somebody who paints with God-given talent and someone who's trained," Chris said. "I believe if you can't draw, you can't paint. If you can't accomplish the contrast with pencil, you can't paint it." Chris relies upon the gradations



of darkness in his array of pencil lead to achieve the darkness, or lightness, necessary to create contrast in his pencil drawings. To create contrast with paint, he chooses paint with the proper value, or intensity, for his specific purpose. "If you paint the painting with all the same value, it's flat. You have to pull your subject out where it is not the same value as the rest of the painting, so the background goes back and the subject matter comes forward.

"When you break down a painting, it's all just shapes," Chris explained. Some people say they can't draw faces or animals. I say, "Sure you can. Don't think of it as a face or an animal. Think of what shape it is." In the same vein, when people ask Chris what his favorite color is, he always answers, "Red, white

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and blue — because you can make every other color out of those.”

Art is emotion for Chris. Depending upon the emotion he pours into a given piece, there will be a dominant color. By the time he paints two or three canvases all in the same palette, he is tired of that color and wants to do something else. “It’s funny, you start a painting enthusiastically, but getting the details right drains me. So, I’m tired up to the point of the signature,” Chris said wryly. “There’s a big lift when I sign it, so I’m ready to start the next painting.”

His pencil sketches look like pictures. *Calvary Horse* reveals that Chris is caught up in detail. “Instead of having the whole horse, I’ll cut out just part of the horse and paint that,” Chris explained.



## Art is emotion for Chris.

His knack for adopting elements of successful western painters’ composition, combined with skillful handling of values, helps Chris sell more paintings, year after year.

“I don’t think I’ve reached the top of being successful yet,” said Chris, whose home is decorated with his older paintings he is not willing to sell. “You always think your next one is better than your last one. In fact, you try to make it that way.” Next on Chris’ itinerary: a photographic tour to Yellowstone. With his digital camera, he will mingle with other professionals, studying their approach to the same scene he is shooting, and learning even more about the western way of life. Then, back home where he can paint again, he will give the canvas his best shot. **NOW**

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# From the Heart

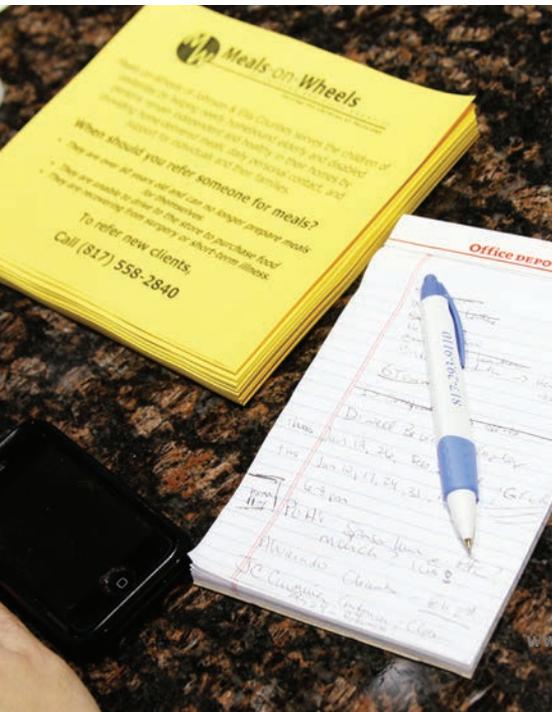
— By Carolyn Wills

*Pam Brandon has learned that life's decisions are best made from the heart. The youngest of five sisters, she grew up in Chicago and graduated from Bradley University in Peoria, Illinois. In 1981, she moved to Dallas to begin a 13-year career in marketing. While she was at it, she also met John, her husband of 25 years.*

“When our daughter and son were young, I decided to leave corporate marketing and start a children’s museum,” Pam said. Leadership and presentation skills had served her well and, with two young children, her capacity to learn and share were ready to take the lead. As she was envisioning a long-term venture, fate stepped in.

“My dad was diagnosed with Alzheimer’s disease,” she said. “My parents still lived in Chicago, so I felt it was important to pull back from the museum and help care for him. He was sick for about four years and when he died, he was in his mid-80s.” Shortly after losing her father, Pam and her family were handed another challenge. “My mother was diagnosed with Parkinson’s disease,” she explained. “My mother moved here to be close to me and one of my sisters who lives in Dallas. We cared for her until she died nine years later.”

Learning about caregiving or actually being a caregiver was not on Pam’s to-do list. Neither were paths she would have sought or anticipated, yet they were the paths that she would walk for at least 13 years and continues to walk today. “Caring for my parents changed my life,” she explained. “I became part of what is described as the ‘sandwich generation,’ because I had young children at home while caring for elderly parents. Through the years, I learned firsthand about caregiving, the critical need for more support in this area and the importance of patient advocacy. I feel blessed with the job I have today.”



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On behalf of Meals-on-Wheels of Johnson and Ellis Counties, Pam provides education, facilitates support groups and organizes community programs and conferences for people caring for loved ones. Last spring, St. Matthew Cumberland Presbyterian Church in Burleson hosted more than 80 people for Meals-on-Wheel's Empowering Seniors and Caregivers Conference. "There are many more resources and information for caregivers than existed 10 years ago," Pam said. "As a consultant, I have been developing this support program for Meals-on-Wheels for over two-and-a-half years now, and I love what I do. People are always surprised when I tell them that the fastest population growth today is among people who are 85 years old and up."

A lot of Pam's time is devoted to caregiver presentations and facilitating support groups, which are usually held at churches, community centers or health facilities. "Support groups can range from five to 15 people and presentations can be given to large groups," she said, explaining that presentations are the core of what she does. "The great thing is that none of this costs the community. The facilities provide the place to meet, and I bring the topics, materials and help



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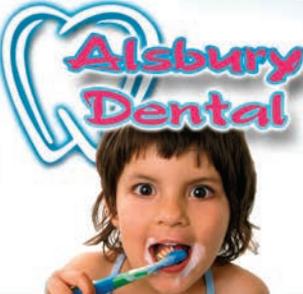
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coordinate and facilitate the program. We meet at the same time every month and, in addition to learning about resources, the group becomes a place for caregivers to share and learn from each other and more importantly, to cry and to laugh. I always let the facility know that it is most successful when there is a champion in the group, someone who has walked this walk and who believes in the power of support.”

From her years in corporate marketing, Pam is an experienced public speaker and meeting organizer and facilitator. As part of the caregiver

support program, she coordinates at least two conferences each year, one in Johnson County and one in Ellis County. “We provide four to five hours of information at a conference. Professionals and providers from senior service organizations talk about subjects like healthy aging and resources, legal issues, health and home assessment, paying for care including Medicare, Medicaid and other options, and in-home and housing options. Vendors who serve this market help pay for the conference. Attendees provide great feedback and are so appreciative of the information. Some say they could have stayed all day because there is so much to know. The next conference is scheduled for February 24 at First United Methodist Church in Cleburne.”

In addition to facilitating support groups and coordinating conferences and symposiums, Pam is available and often speaks to community groups like Rotary and Lions Clubs, health care facilities and churches. “I love to share this information whether it is with handouts, a PowerPoint presentation, speaking or teaching,” she said. “People who want to learn about the caregiver support program should call Meals-on-Wheels of Johnson and Ellis Counties for more information.”



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Information used in the Family Caregiver Education Program is accumulated from a variety of sources and includes fact sheets such as, "Elder Family Caregiver State, Federal and Local Resources"; "Dealing With Stress"; and "Symptoms of Caregiver Burnout." Another useful and sometimes enlightening handout is entitled "A Caregiver's Bill of Rights" by Jo Horne. "Education empowers people to be better caregivers for their loved ones and for themselves," Pam said. "It's interesting to know that spouses sometimes have trouble seeing themselves as caregivers. They have been married so long, they don't even realize they are providing care. Also, because we are living longer, it is not uncommon for retirees to be caring for elderly relatives, and, as a mobile population, long distance care giving is a growing concern."

Pam lives in Colleyville with her husband, two children, and Sadie, the yellow Labrador. "Our daughter is 20 now and starting nursing school. Our son is 17 and involved with his high school marching band. Now that they are getting older, John and I want to do as many family things as possible," she smiled. "We love to travel. A few years ago, we went to Europe and last summer to Maine." When she isn't sharing caregiver information, she is involved with her church and enjoys redoing furniture and camping with family and friends.

*"I learned firsthand about caregiving, the critical need for more support in this area and the importance of patient advocacy. I feel blessed with the job I have today."*

"I'm so thankful for the work that I do and the service provided by Meals-on-Wheels," she said. "Meals-on-Wheels of Johnson and Ellis Counties is very proactive about serving people in need. A lot of people are still unaware of help that is available to them as caregivers. Meals-on-Wheels is such a natural connection for spreading the word, and I'm excited to be a part of educating people. Like most endeavors, to do this kind of work and do it well must come from passion and the experience of having walked the path. When you do that, it isn't work." **NOW**

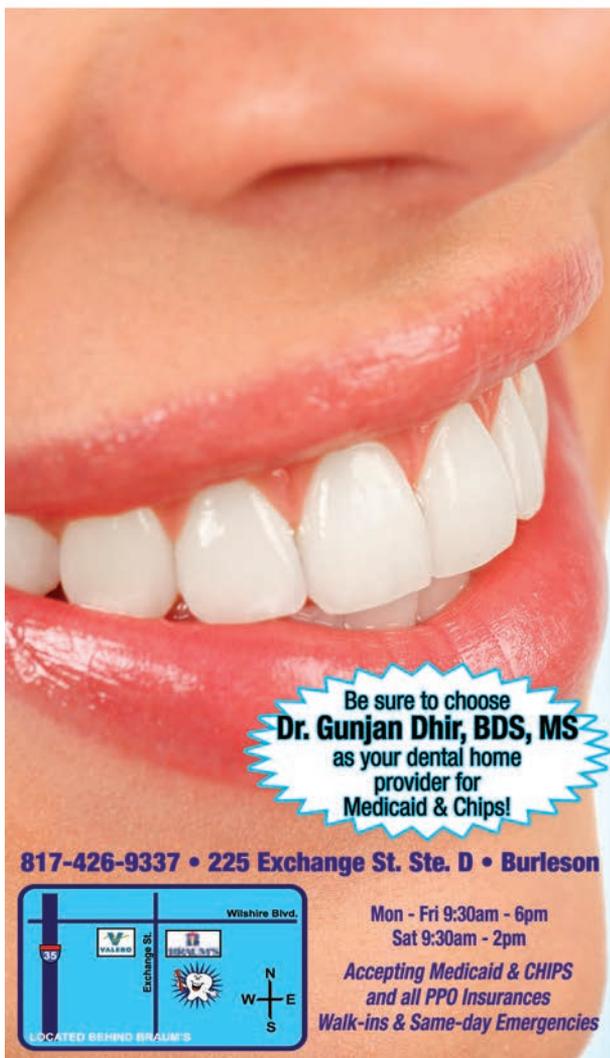
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# Licensed to Kill

*Exterminating pests with four, six or eight legs is just the beginning for Alpha and Omega, where customer service reigns.*

— By Melissa Rawlins

In 1998, Alpha and Omega Pest Control served Burlson from one truck, with only one person in the office. Back then, Tim Davis knocked on doors and sprayed houses against insects all day long. “Now we have seven trucks and three people in the office,” Tim said, proud of all the people who have helped grow the business. Today, Diana Henderson answers the telephone, figures out each caller’s needs and, if they are new customers, schedules their free estimate and evaluation.

Thorough inspections are integral to Alpha and Omega’s business. Their technicians try to be accurate with their assessment of each problem, customizing solutions to the individual pest in question. “Not every ant is the same,” Tim quipped, adding that at Alpha and Omega there are no contracts

to sign. “I want you to use my business because we did a good job, not because we convinced you to sign a year-long contract.”

Tim and his lead technician, Russell Johnson, have worked together for seven years and think alike regarding application methods, customer service and building a rapport with each client. “Without Russell, we wouldn’t be where we are today,” said Tim, who placed Russell in charge of training all the technicians.

The current team consists of Russell, Thomas Pyonk, Greg Avery, Darren Lytle and Heather Owen out in the field, plus Diana, Judy Brady and Debbie Bridges in the office. “We all work hard to make each other look good,” Tim said. “As a family-run business, I consider my employees some of my best friends.”

Tim has also surrounded himself with positive-minded

## Business **NOW**

business people and leaders in the community. He is active in all three local chambers of commerce, and for 13 years he has participated with the Burleson Rotary Club's efforts to help the community through fundraisers for scholarship programs. "Partnering with people like that should help you in your personal life — even if it doesn't help you in the business world," Tim said. "It certainly helped make me a better person."

His Alpha and Omega team serves each customer according to the motto on which Tim and his wife, Belisa, built the company: QUEST (Quality Uncompromised Every Single Time.) Tim discovered the strength of QUEST while working for a lawn care company when they first got married. "The company's out of business now, but QUEST was applicable to our business," he said. "Alpha and Omega has built its reputation on doing each job right the first time, using enough product to be effective, charging a fair price and taking enough time to develop a relationship with our customers."

Beyond spraying your house, setting traps and relocating fuzzy four-legged pests, the men and women at Alpha and Omega strive to be trustworthy. "Any time there's a problem, we take that very seriously and expedite somebody out to your home," Tim said. "We give each customer 110 percent to make sure you are satisfied and that your problem is solved."

"Whether it has four, six or eight legs, we are licensed to kill any insect or pest that is attacking your home or business, or the plants or trees surrounding your property," Tim said. He recommends starting 2012 by protecting your home through a service program with Alpha and Omega. "I suggest quarterly applications, because it's easier to keep pests out than to get them out!"

Alpha and Omega's prices are structured to keep pest control affordable to residents and business owners in Johnson County. For quality service with dependability and professionalism, consider giving Alpha and Omega Pest Control the privilege of servicing your home for the years to come. **NOW**

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Byron Black, founder of the Burleson Character Council, poses with Co-chair, Pat Worrell.



Reverend Mary Gean Cope welcomes Joanna Lasiter with Servpro to First United Methodist Church for the Crowley Chamber of Commerce 4th Quarter Membership Luncheon.



Bethany Norton, Terri Andow and Laura Penton — three gems in Crowley's Chamber of Commerce — help host the Chamber's quarterly luncheon.



The Robinson family — Robby, Delurah, Cheyanna and Macy — enjoy a muffaletta at Pinocchios.



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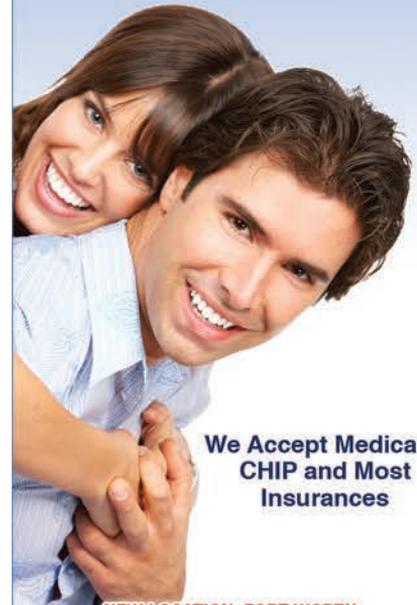
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# Investors Can Learn Much From Super Bowl Teams

It's Super Bowl time again. And whether you're a sports fan or not, you can probably learn something from the Super Bowl teams that you can apply to other endeavors — such as investing.

What might these lessons be? Take a look:

- *Pick players carefully.* Super Bowl teams don't usually get there out of luck; they've made it in part because they have carefully chosen their players. And to potentially achieve success as an investor, you, too, need carefully chosen "players" — investments that are chosen for your individual situation.

- *Choose a diversified mix of players.* Not only do Super Bowl teams have good players, but they have good ones at many different positions — and these players tend to play well together. As an investor, you should own a variety of investments with different capabilities — such as stocks for growth and bonds for income — and your various investments should complement, rather than duplicate, one another. Strive to build a diversified portfolio containing investments appropriate for your situation, such as stocks, bonds, government securities,



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certificates of deposit (CDs) and other vehicles. Diversifying your holdings may help reduce the effects of market volatility. (Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.)

- *Follow a "game plan."* Super Bowl teams are skilled at creating game plans designed to maximize their own strengths and exploit their opponents' weaknesses. When you invest, you also can benefit from a game plan — a strategy to help you work toward your goals. This strategy may incorporate several elements, such as taking full advantage of your Individual Retirement Account (IRA) and your 401(k) or other employer-sponsored retirement plan, pursuing new investment opportunities as they arise and reviewing your portfolio regularly to make sure it's still appropriate for your needs.

- *Stay dedicated to your goals.* Virtually all Super Bowl teams have had to overcome obstacles, such as injuries, bad weather and a tough schedule. But through persistence and a constant devotion to their ultimate goal, they persevere. As an investor, you'll face some challenges, too, such as political and economic turmoil that can upset the financial markets. But if you own a diversified mix of quality investments and follow a long-term strategy that's tailored to your objectives, time horizon and risk tolerance, you can keep moving forward, despite the "bumps in the road" that all investors face.

- *Get good coaching.* Super Bowl teams typically are well-coached, with disciplined head coaches and innovative offensive and defensive coordinators. When you're trying to achieve many financial goals — such as a comfortable retirement, control over your investment taxes and a legacy to leave to your family — you, too, can benefit from strong "coaching." As your "head coach," you might choose a financial professional — someone who can help you identify your goals and recommend an appropriate investment strategy to help you work toward them. And your financial professional can coordinate activities with your other "coaches," such as your tax and legal advisors.

Unless you're a professional football player, you won't ever experience what it's like to play in the Super Bowl. However, achieving your financial goals can be a fairly big event in your life — and to help work toward that point, you can take a few tips from the teams that have made it to the Big Game. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn Bates is an Edward Jones representative based in Burleson.*

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# Common Cold

— By Betty Tryon, BSN

It is that time of the year again. The common cold virus is everywhere. Even though viral upper respiratory infections can occur at any time, when it gets cold, we expect the sniffles to follow. Although it is easy to blame catching an infection on the change in temperature, the increase in colds during the winter is more likely from people being indoors together more and having more of an opportunity of passing germs between them.

Colds are caused by hundreds of viruses and are easily spread by direct contact. Anyone who is ill and sneezes or coughs in the air is releasing a multitude of viruses capable of infecting another person. Because there are so many viruses that cause the infection, you can become ill multiple times in a season. Your best course of action would be to try to prevent becoming sick.

High on everyone's list of prevention is to wash your hands frequently. If water and soap are not available, use a hand sanitizer. The cold virus can live on surfaces. If you touch an area that has been contaminated, you can easily transfer the virus to yourself. In that light, try to keep your hands off your face. If there is a member of the household who is ill, you can avoid getting sick by practicing good sanitation methods and disposing of contaminated tissues in the proper manner. Guard your health by drinking plenty of water and avoid smoking, even

secondhand smoke can be detrimental. Smoking irritates the nasal passageways, which interferes with its ability to filter out foreign substances. Try to get enough restorative sleep. Eat a balanced diet and take a multi-vitamin. Vitamins help your immune system. You cannot always tell if someone is sick so never drink after anyone. Just be on guard and avoid people who are sick.

If you do catch a cold, the bad news is there is no medication to make it go away. However, there are remedies to try to make your illness more bearable. Gargle with one-half teaspoon salt in eight ounces of warm water for your sore throat. Sucking on throat lozenges can help also. Drink plenty of fluids to help flush out impurities, to loosen mucus and to avoid dehydration if fever is present. Over-the-counter medications are usually sufficient for the symptoms of cough, runny nose, stuffiness and fever. A cold will usually last anywhere from 4 days to a couple of weeks. Although there are things you can do to feel better, try to not get sick by practicing good health. **NOW**

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

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# Calendar

FEBRUARY 2012

## February 3

Women's Heart Health Lunch: Noon-1:00 p.m., Huguley Fitness Center Amphitheater, 11801 South Freeway. This lunch is hosted in recognition of Heart Health Awareness Month by the Burleson "Be Healthy" Initiative and Huguley. Lunch will be provided. It is free to attend. RSVP to Victoria Sykes of Huguley at (817) 568-5497.

## February 7

39th Annual Crowley Chamber of Commerce Awards Banquet: 6:00-8:00 p.m., First Baptist Church of Crowley, 400 South Eagle Drive, Crowley. Guest speaker will be Tumbleweed Smith, who has been recognized by The Texas House of Representatives for creating a priceless resource of Texas folktales, lore and wisdom. Tickets are \$35. Call Bethany Norton at (817) 297-4211 or e-mail [info@crowleyareachamber.org](mailto:info@crowleyareachamber.org).

## February 11

Mother/Son, Father/Daughter Valentine's Dance: 6:00-9:00 p.m., The BRiCK, 550 N.W. Summercrest Blvd. A family event, full of dining, dancing, pictures and fun! Call (817) 426-9104.

## February 13

Metro Beekeepers meeting: 6:30-8:30 p.m., AA China Buffet, 1054 S.W. Wilshire Blvd. Novice and expert beekeepers in Texas will enjoy learning from each other at all Metro Beekeepers meetings. Contact Stan Key at (682) 459-1737 or [stankey.texas@gmail.com](mailto:stankey.texas@gmail.com) or visit [www.metrobeekeepers.net](http://www.metrobeekeepers.net).

## February 17

The Power of Heels — Meals, Wheels and Heels: 11:30 a.m.-1:00 p.m., First Baptist Church, 317 West Ellison Street. Join women and men from the Burleson, Joshua and Crowley communities to network and meet representatives from Meals-on-Wheels of Johnson and Ellis Counties. Tickets: \$15/members; \$20/nonmembers. Contact the Chamber at (817) 295-6121.

## February 18

Athena Society of Burleson Mardi Gras 2012: 7:00 p.m., Walnut Creek Country Club, 1151 Country Club Drive, Mansfield. The 9th Annual Mardi Gras Gala benefits Johnson County residents and cancer patients through the Center for Cancer and Blood Disorders and the Careity Breast Care Center at

Huguley Memorial Medical Center, Pediatric Palliative Care at Cook Children's plus Educational Opportunities for Women and New Journeys Christian Women's Job Corps. Visit [www.AthenaSocietyofBurleson.org](http://www.AthenaSocietyofBurleson.org) or call (817) 295-1816 or (817) 447-9849.

## February 18

Joshua baseball and softball sign-up deadline: Youth ages 4-15 are invited to sign up for 2012 baseball and softball. Play begins in March and games are played at Joshua Baseball Fields. To sign up, call David Estes at (817) 371-2619.

## Ongoing:

### Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., The Burleson Chamber of Commerce on Wilshire Blvd. Join other professionals to encourage each other to speak effectively and persuasively in public settings. We have fun, too! Contact Neal Jones at (817) 343-2589.

*Submissions are welcome and published as space allows. Send your event details to [melissa.nowmag@sbcglobal.net](mailto:melissa.nowmag@sbcglobal.net).*

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## In The Kitchen With Shelly Mims

— *By Melissa Rawlins*

Her mother and both grandmothers modeled the art of culinary love for Shelly Mims, who grew up in Burlleson. Her paternal grandmother lived in Malakoff, where Shelly spent two to three weeks every summer. This is when she learned to make Italian sauce from Granny Lummus, who never measured any ingredients but did take time to place each in a bowl so that Shelly could measure it out and record how much her Granny really used. Shelly can still picture her petite, 4-foot-9-inch Italian grandmother instructing her that cooking is “all by how it looks, how it smells and how it tastes.” After much trial and error, Shelly has become an artist in the kitchen and enjoys making friends and family feel special by cooking for them. **NOW**

### Granny’s Italian Sauce

- 1 large Tbsp. Crisco**
- 4 cloves garlic, crushed**
- 1 large onion, chopped**
- 1 bay leaf crushed**
- 1/2 lb. ground pork**
- 1/2 lb. ground beef**
- 1/2 lb. sweet Italian sausage**
- 1 cup sherry cooking wine**
- 4 28-oz. cans crushed tomatoes**
- 3 6-oz. cans tomato paste**
- 1 Tbsp. oregano**
- 1 Tbsp. Italian seasoning**
- 1 Tbsp. parsley**
- 1/4 tsp. salt and pepper, to taste**
- 1/2 tsp. sugar, to taste**

- 1.** Melt Crisco in a large Dutch oven. Brown garlic, onion and bay leaf.
- 2.** Add pork, beef and sausage.
- 3.** Add shery to meat mixture and cook meat until browned.

- 4.** Remove meat from Dutch oven and set aside. Add crushed tomatoes a little at a time, until all grease has been absorbed. Add the tomato paste, stir until well-mixed. Cook on medium heat for 30 minutes.
- 5.** Return meat back to Dutch oven and add seasonings. Cook sauce for 3 hours on low heat or until a thick consistency.
- 6.** Add water to thin sauce and cook for another hour.
- 7.** Italian sauce may be served over your favorite pasta or used to make lasagna.

### Spinach Artichoke Dip

- 1 10-oz. pkg. chopped spinach, thawed and squeezed dry**
- 1 14-oz. can artichoke hearts, chopped**
- 1 clove garlic, crushed**
- 1 cup mayonnaise**
- 3/4 cup fresh Parmesan cheese, grated**
- 1/4 cup Mozzarella cheese, shredded**
- Tomato, chopped (for garnish)**

- 1.** Preheat oven to 350 F
- 2.** Mix all ingredients, except tomato, in a bowl and pour into a greased pie plate.
- 3.** Bake for 20-25 minutes or until bubbly and golden brown on top.
- 4.** Top with chopped tomato.
- 5.** Serve hot with pita/bagel chips, toasted bread slices or tortilla chips.

### Strawberry Spinach Salad

#### *Dressing:*

- 1/2 cup vegetable oil**
- 1/4 cup red wine vinegar**
- 1/2 cup sugar**
- 1 1/2 tsp. onion powder**
- 1/4 tsp. Worcestershire sauce**
- 1/4 tsp. paprika**

#### *Salad:*

- 1 pint fresh strawberries, halved**
- 1 12-oz. pkg. fresh baby leaf spinach**
- 1 1/2 Tbsp. sesame seeds**

- 1.** Mix dressing well until sugar dissolves.
- 2.** Toss salad ingredients together.
- 3.** Dress salad just before serving, since spinach breaks down quickly.

### Éclair Dessert

- 2 2-oz. pkgs. instant French vanilla pudding**
- 3 cups milk**
- 1 9-oz. tub of Cool Whip**
- 1 lb. graham crackers**
- Chocolate Topping:***
- 1/3 cup chocolate chips**
- 3 Tbsp. butter**
- 2 Tbsp. corn syrup**
- 1 Tbsp. vanilla extract**
- 1 1/2 cups powdered sugar**
- 3 Tbsp. milk**

- 1.** Mix instant pudding and milk together with mixer on medium speed. Fold in Cool Whip. Mix well.
- 2.** Line a 9 x 13-inch pan with whole graham crackers.
- 3.** Prepare chocolate topping by melting chocolate chips in saucepan with butter and corn syrup on low heat. Add vanilla, sugar and milk to chocolate mixture. Stir well.
- 4.** Spread half the pudding mixture on top of graham crackers. Add another layer of crackers and spread remainder of pudding on top. Add last layer of crackers.
- 5.** Frost with chocolate topping and refrigerate at least 8 hours.

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