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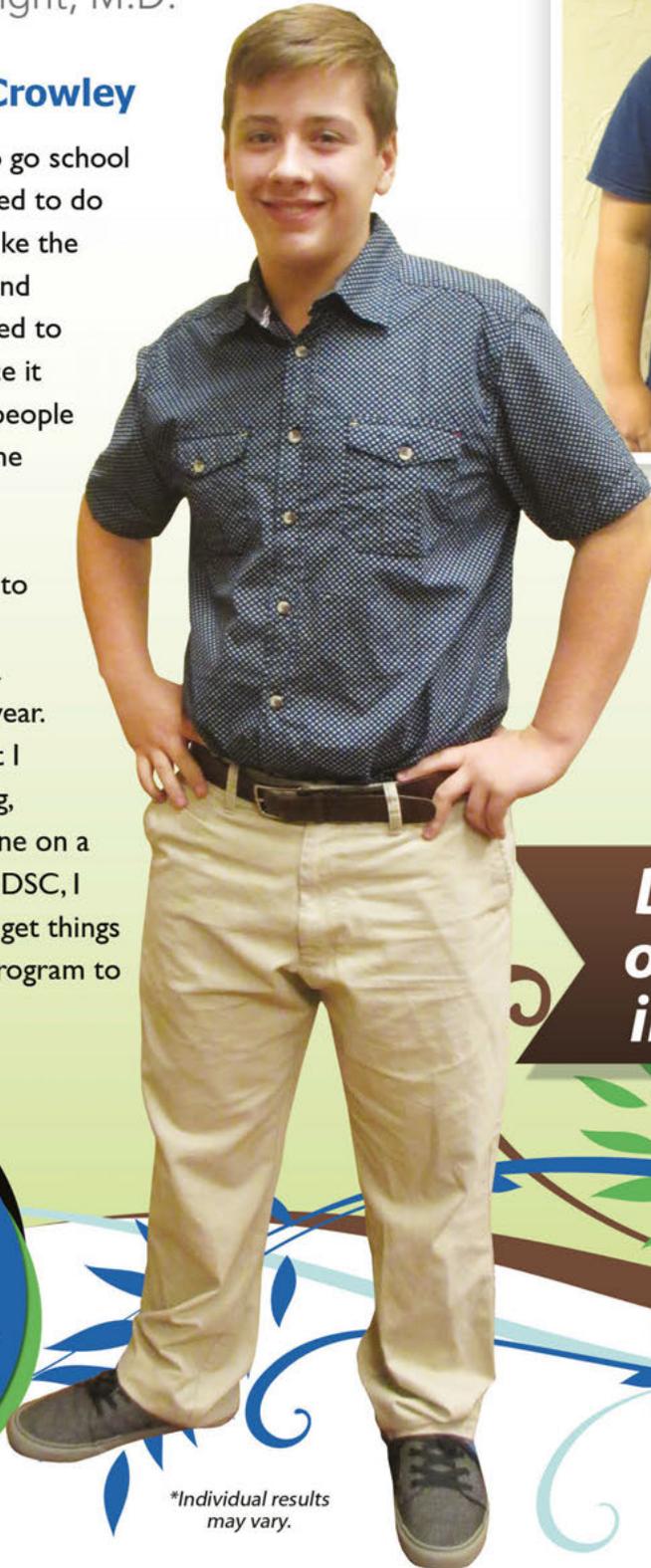
Dr. Richard R. Knight, M.D.

Dalton T., 14 years old, Crowley

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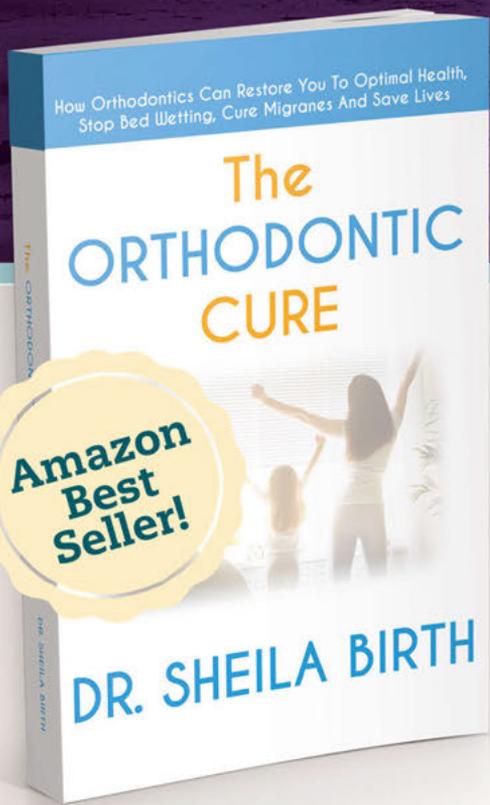
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ON THE COVER



Those closest to Lela Jackson say she's an excellent storyteller.

Photo by SRC Photography.

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Editor's Note

Hello Burlson, Crowley and Joshua!

What could be better than a fridge full of fresh, brown chicken eggs, luxurious leaves of Swiss chard and lettuce, garlic bursting with aroma and sweet creamery butter? In my book, nothing makes a better breakfast, lunch or dinner. The blessings are bigger when the eggs are gathered out the back door and the veggies, too. The only thing I'm missing is a dairy cow or, better yet, a goat! I dream of

having nothing else to do but whistle while I mend fences, milk my goats and then make soap all the day long.

Until that day comes, I enjoy writing about people like you, who love living the life you've been given and work to make your dreams come true. The Burlson ISD Board of Trustees is a fine example. They listened to trusted community members, set monies aside and brought to the district a renewed Agricultural Science facility where high school students practice caring for animals.

I have one tip for them: If life gives you chickens, make fertilizer!

Melissa

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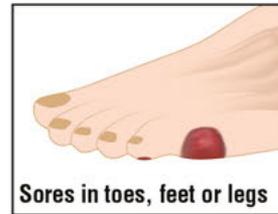
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Umbrella

of

When Lela Jackson says, “Life is learning to dance in the rain,” her listeners almost feel the droplets splattering away from her invisible umbrella of joy. First, she learned life involves periods of rain — sometimes driving hard — and then, Lela found creative activity develops peace in the midst of storms. The writing of her first volume of stories, If Houses Could Talk: Oh the Stories They Would Tell, has been a method of dancing in the rain. The book contains three triumph-over-tragedy stories told in beautiful language. “I love words, expressions, sayings,” Lela said. “One of my favorites is by

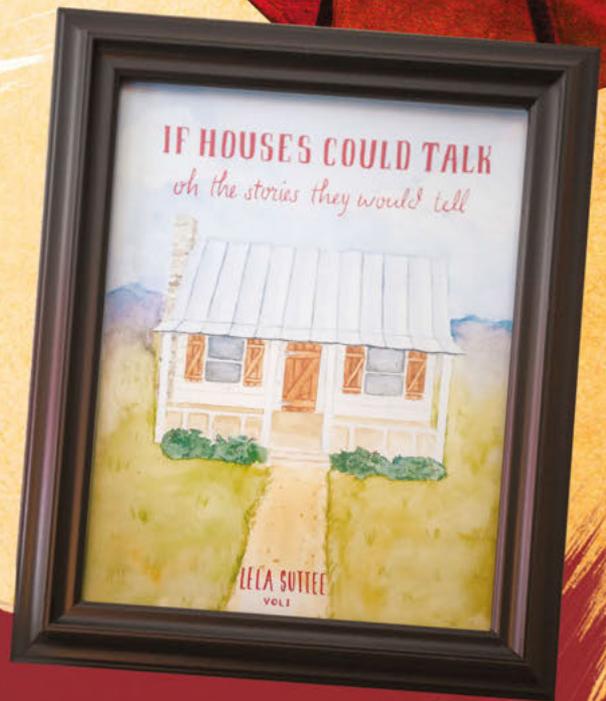
Abraham Lincoln: I have been driven many times upon my knees by the overwhelming conviction that I had no where else to go.”

Even before she wrote her first book, though, Lela engaged in sewing, quilting and scrapbooking, as each craft was introduced by family or friends. She found these art forms all allowed her to tell a story. And those closest to her say Lela’s an excellent storyteller.

When she married Ray Jackson 34 years ago, Lela’s new mother-in-law taught her to sew. Years later, while shopping for material, she noticed a quilt covered in house-shaped designs and signed up for a class, not yet knowing what a quilters’ template was. The teacher let Lela stay in the advanced class anyway, and the result is Lela’s colorful first quilt, covered with houses and buildings one might see on a country drive: a

Lella Foy

— By Melissa Rawlins



music store, chicken coop, restaurant, barn, optometrist and an antique store modeled after her mother's store, Suttee's Antiques.

It was, in fact, her mother who inspired her first book and her pen name, Lela Suttee. When Lela was a little girl, as they traveled on vacations or on what her family called "junk hunts," Mrs. Suttee often said, "Oh, look at that old house! I bet it has a story." Her fascination with old houses stayed with Lela, who nurtured the question in her heart as she nurtured two daughters in the new home she made with Ray.

Lela sewed their clothes, but most of her creativity came after they were grown. Writing, though, has been Lela's constant companion. She has always journaled, and keeps the past 15 years of journals stored in the top of a closet. Since her teens, she has written poems, each a story told in rhyme. Her goal is to publish a book of poetry called *The Family of Poets*, including one from her sister and one from each of her daughters, along with her own.

"My writing has been a real joy to my heart because with writing, I've finally found a way to sing *my* song."



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Lela’s mission with every story she tells is to teach something, while moving her readers emotionally. Her personal story is just as touching. The baby of her family, she suffered low self-esteem her whole life. “My writing has been a real joy to my heart,” she said, “because with writing, I’ve finally found a way to sing *my* song.”

She concludes her poem about peer pressure, which describes the reasons it’s important for anyone to sing their own song, like this:

*One day I’ll break free
to follow my Heavenly Father’s advice
and then, one day,
I’ll be in Paradise!*

Learning to express her own thoughts has been a process nurtured, foremost, by her faith. “I was unlike the other kids who made fun of me,” Lela said. “I did not have a backbone, and though I was religious, I did not have a close relationship with my Heavenly Father, so I couldn’t rely on Him.” At the age of 16, she quit high school and began babysitting for one of her five sisters.

“But after I became one of Jehovah’s Witnesses, I went places and did things and read and grew and learned,” she said. “My parents were older, and my mother sheltered me, so when I became one of Jehovah’s Witnesses, I couldn’t be sheltered anymore. They’re the ones who taught me how to drive!” With a group of Witnesses, Lela earned her GED. Over the last 30 years, she has studied the Bible and other religious literature

and believes that's where her education in reading, writing and speaking came from. "I'm a very simple writer, but I can convey a message and say it correctly," she stated.

She taught herself to use the dictionary to get a broader understanding of a word's meaning. Her sister, Carla, also a reader and writer, told Lela: "Now get a thesaurus, so you won't be using the same word every time." Eventually, technology ushered Lela into virtual halls of



research that she desperately needed to bring the stories her houses tell to vivid life.

"Google is my best friend," Lela giggled. "In fact, when I was writing the story told by a plantation home in Alabama for my next book, I wanted to be historically accurate, even though it's fiction. When the slaves in my story talked, I tried to mimic how they would have said it. I did a lot of my research through Google. I found out the Freedmen's Bureau helped whites and blacks after the Civil War, because it was rough for everyone."

Twenty-five years ago, Lela was considering simply the *idea* of a house telling a story. Now, this self-confessed "hopeless romantic" is about to publish the second volume of *If Houses Could Talk: Ob the Stories They Would Tell*, which is full of stories about how justice is served — stories in which the bad guy never wins. "I know life is real," she said,



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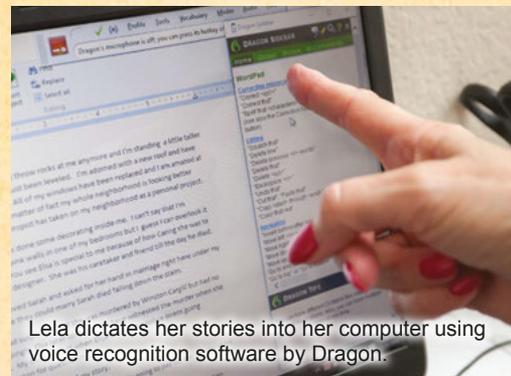


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Lela dictates her stories into her computer using voice recognition software by Dragon.

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“so in these stories, bad things happen, but there is something good that comes out of it.”

When her grandson, Parker, told his Bransom Elementary School teacher about his grandmother, whom he calls Geeda, Lela was invited to share with Parker's class about setting goals and what she had to do to reach hers. “Parker got to sit by me while I spoke from the rocking chair in the library,” Lela recalled. “Every day I ask myself if what I'm doing that day is getting me closer to what I want to be doing tomorrow. I will make the decision to not do something if I feel it's not helping me reach my goals.”

Lela never thought she could write and publish books. “I had not the courage,” she said. When her husband met Mae Hoover of The Foundation for Publication at a networking meeting about three years ago, he hired Mae to share her self-publishing experiences with Lela. “Thanks to my husband, whatever I wrote that week, she critiqued and edited. Her encouragement through each week kept me going so that I published *Volume 1*.”

With *Volume 2*, however, Lela's encouraging herself. In her cozy writing studio, amongst a bulletin board full of inspirational quotes, Lela treasures this one: “What if I fail? O darling, what if you fly?” **NOW**

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Always in Motion

— By Erin McEndree

At Home With Michael and Julianna Farmer

Walking by faith is challenging when the future is unknown and change seems to be the norm, but Michael and Julianna Farmer choose to follow the path even though they cannot see the end. Several changes have occurred that took their lives on a different path than expected. “We will see where God wants us to go,” Julianna said. “We really don’t know at this point.” Their home is an extension of their life, and it is constantly changing, as well. It is a fluid canvas in constant motion that allows Julianna to express her love for embellishing living spaces by repurposing what someone already owns.

Julianna enjoys tending to her decorating and design business where she often acts as a liaison between clients and contractors. She enjoys using her own home as a test space when she has an idea. “I love decorating rooms and rearranging furniture often. Repurposing is my niche,” Julianna confessed. “I can add details to soften hard lines, like pillows and table cloths. Painting an old piece is a good way to totally change furniture to be used in a different way.”

As a stay-at-home mom, Julianna is also busy homeschooling their three sons — Jake, 13; Henry, 10; and Mitchell, 5. “When Jake was about to start to school, we prayed and were called to do something different,” Julianna said. A room dedicated solely for school has a large wooden table by a huge window. The walls are covered in maps and art projects. Clutter-free shelving with baskets





holds supplies and keeps materials neat and within reach. "We are so busy, but it's a good busy because we are together all the time," Julianna said. "We are involved in our church, Meals-on-Wheels and so many school responsibilities."

Presently, Michael is a police officer and firearms instructor. He is also pursuing a degree at Dallas Theological Seminary two nights a week. He believes he is being prepared for a big change and new season when he retires in the distant future. They don't know what the future holds, but they are confident that God does.

Sleep is important for Michael, so Julianna accommodates this need with the decor she has chosen in the master bedroom. The walls are navy with heavy, cream-colored, floor-to-ceiling drapes that block much of the light. A seating area at the end of the bed comfortably fits two oversized armchairs.



"The most beautiful world is always entered through imagination."

~ Helen Keller



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Michael and Julianna grew up in Arlington and went to high school together and shared a common interest. They both played the trumpet in the band. “Michael was far better than I,” Julianna said. “He was first chair, and I was last.” The couple lost track of one another when they went to college. Michael went to The University of Texas at Arlington and Julianna attended the

University of North Texas. “We met again getting lunch. He invited me to a Christmas concert at church, where he was playing his trumpet,” Julianna said. “We were married 11 months later.”

Music still fills their home. Jake and Henry play piano and trumpet. They practice on a piano from Michael’s granddad’s church. A trumpet from Julianna’s uncle is displayed on the wall above the piano and a 6-foot church pew rests against the wall. “My dad saved several church pews that were going into a bon fire,” Julianna said.

She admitted she was involved in a variety of musical genres including the viola, trumpet, piano and choir. “I did not excel at any of them,” Julianna laughed. “But it made me have a great appreciation for how hard it is.” Atop the piano sits a tall glass container filled with Snapple lids with fun questions on them, which is from their grandpa. This decorative conversation piece poses as one of Julianna’s decorating tips. “Sometimes, we have sentimental kid stuff, like rocks and shells we don’t want to get rid of,” she explained. “Displaying



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them in a big glass jar helps keep them neat and tidy.” The buffet close to the kitchen displays another large jar filled with important items found by the boys.

Eight years ago, Michael and Julianna built their home. With an eye for design, Julianna chose the finishes, paint and stain colors and textures throughout the home. Kitchen cabinets are almost black. They contrast the light tile floors. Swirls of khaki and black granite lay atop the counters and island that provide extra space for the boys to help prepare meals and snacks. An arch above more counterspace looks into the living room.

A large room off the kitchen doubles as the laundry room and pantry. The shelves are open. To get a sleeker look, “put floor-to-ceiling drapes in front of them for less clutter and cleaner lines,” Julianna suggested. “This is a good solution if you are like me and don’t like looking at shelves with boxes and cans.”

The living room has a rustic feel with a leather couch, a coffee table made from an old cart with iron wheels and a deer head mounted on the wall that Julianna shot while hunting with her family. “The boys enjoy hunting with their grandpa on the deer lease,” Julianna said. “We joke that Michael married me for the deer lease. My dad taught him how to deer hunt.”

Down the hallway is what Julianna calls their life story on the wall. Wedding photos, baby pictures and a photo of Michael playing trumpet in the Honor Guard don the space in sleek silver frames. Each of the boys’ rooms has its own story, too. Jake’s room is gray-

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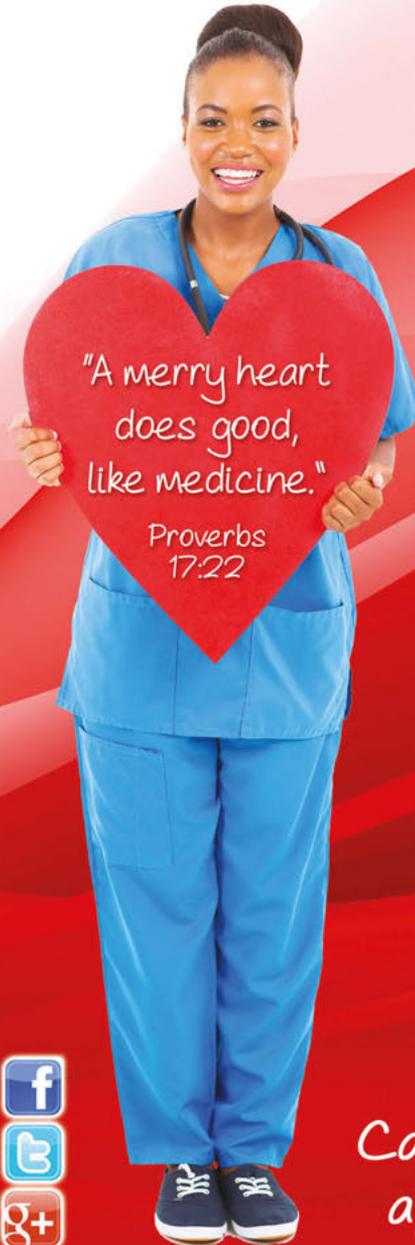
blue with black furnishings. He enjoys putting Bionicle LEGOs together. A Ferris wheel, the capitol building and other figures are displayed on top of the armoire. The curtains that cover the large windows are accented with a rope. Henry's room is navy and red. Julianna repurposed Michael's desk by painting it red to match the color scheme. Large, black shelving holds books and toys. A teepee sits over Mitchell's bed. The dresser is another piece Julianna created from the boys' changing table after its original use was complete. Art pieces that Julianna made hang in each boy's room and throughout the home.

"I enjoy taking items people already have and changing their function," Julianna said. Sometimes the Farmers feel like their lives are being repurposed. They are good at adapting to what they originally envisioned. Sometimes, the journey goes in a different direction. Walking by faith on the path helps this family graciously deal with constant activity. Even though they may not know what the future holds, they know the future looks bright. **NOW**

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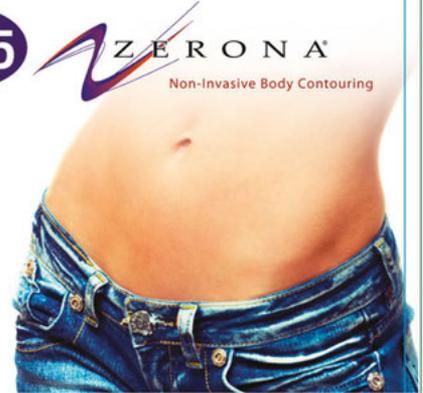
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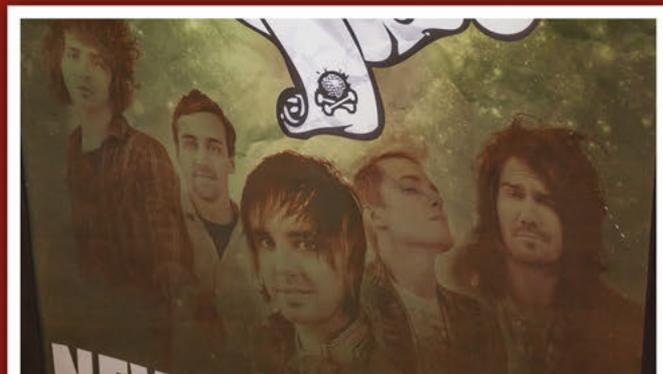
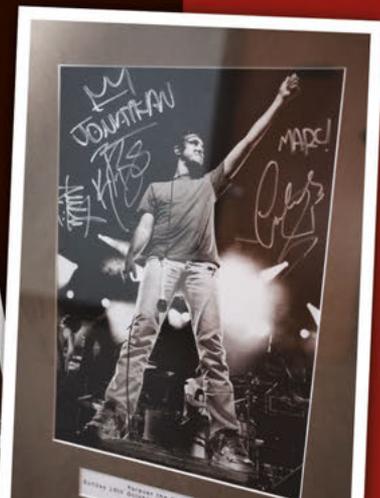


At only 32 years old, Jonathan Cook has seen and done more than most folks twice his age. He's a great golfer, a successful real estate agent, loving husband and father, devoted to his faith, and he even knows a thing or two about restoring old cars. And the Burlison resident has seen the world in one of the coolest ways possible. He is the lead singer of the rock/pop band, Forever the Sickest Kids. "God has certainly blessed me," Jonathan said humbly, "and I am very thankful for all that has happened in my life."

From 2007-2013, Jonathan and his bandmates bounced around the planet from the United States to the United Kingdom, Japan, the Philippines, Indonesia, Australia multiple times, Brazil and more. And yes, he admits loving it and missing it, sometimes. "Our fans are the greatest," he said. "The people we see, the



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The catchy name Jonathan and his bandmates gave to the band quickly caught on with their fans. For some, he said their music even made a life-saving difference. He recalled a story of a female fan he met in Canada. “She took a bunch of pills and was ready to commit suicide, but then she heard one of our songs and started dancing and spit them out,” he said. “That was life-changing for me. It meant that our music was actually affecting people in a good way.”

In Las Vegas in an autograph line, they met a young girl who said she stopped cutting herself after listening to their music. “She said our music got her mind off the darkness,” he shared.

However, Jonathan also found himself wanting a family of his own. In 2014, he married his wife, Cierra. They have a 1-year-old son, Gates Monroe Cook. “GMC for short,” Jonathan said with a laugh.

“Another one of my passions is automobiles, anything with a motor,” Jonathan said. He collects classic cars, and his face lights up as he tells of a 1977 Cadillac Seville he bought that only had 30,000 miles on the odometer. “I found it in a barn of one of my listings. Bought it for \$500,” he said. “I put a new fuel tank, new fuel lines and a battery on it, and it fired right up. Every motor's natural tendency is to run.”

As for leaving the band to start a family, Jonathan said, “I was traveling so much. I knew I couldn't raise a family doing that.”

Making tradeoffs is one of this man's strengths. Jonathan always thought he wanted to be a part-time rancher, but there is no such thing. “My dad raised emus. He flew to South Africa to bring

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Boer goats to America. I loved it," he confessed. "The land was so beautiful when it was covered with cattle." But he believed he could not give justice to the ranch and his business as a Realtor for Keller Williams, where he won the 2014 Regional Rookie of the Year Award for the North Texas, New Mexico and Memphis Region. "I said, 'Ranching is not for me,' so I sold all of our head of cattle (27) and all but one-and-a-half acres (out of 30)," he said.

Jonathan always knew, however, that business was in his future. It was what he studied in college following graduation from BHS. Even while in the band, he handled the majority of their financial affairs. "I got to see how money worked in places all around the world," he said, "and as the band grew, when I came back to my hometown I was well-received. People already knew and trusted me."

Working with his mother as a youngster, Jonathan learned about business. She was a country craft peddler and would travel to shows. "I was her 9- and 10-year-old salesman, and as I grew up, my deals became larger. Later, I would sell Nintendo, then cell phones, motorcycles, cars, and the natural progression was to sell property," he said.

"Jonathan is a great connector," said longtime friend Dennis Tuttle. "He's great at getting people to bond together. He has a passion for people, whether it's golf, hanging out or business, whatever he's doing with you, he makes it special."

He transferred from Northwood University to Dallas Baptist University to help start the school's golf team. A very good golfer, he helped the team reach the National Association of Intercollegiate Athletics Tournament, and he recently won the First Flight of the Dallas Tour Championship. He noted these as top accomplishments. "It was quite a dramatic finish," Jonathan said, noting he





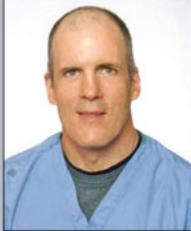
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won the Dallas title by a stroke. "I have a goal to be on the Champions Tour by age 50."

Receiving lots of invitations to golfing events, one in particular was especially memorable for Jonathan. "I worked with a friend and Bernhard Langer at a recent tournament," he said. "That was very cool and a real highlight."

Jonathan would like to do something with Forever the Sickest Kids again, but at the moment, his bandmates are following his lead. One recently got married, another got engaged and another just had a baby. "We're in a season of life where leaving our families doesn't appeal to us," Jonathan admitted.

They've had offers including doing something with Carson Daly and touring with Blink-182. Also, Jonathan said there has been talk of a 10-year reunion show. "Our fans are dying for it," he said. "We get so many requests for one more tour."

In the meantime, Jonathan keeps his voice in shape by singing in the praise band at Lifegate Church. He also has been in a praise band at five different churches. "It's another passion of mine," he said. "It keeps me polished. It's like starting an old car once a month."

Another longtime friend, Chuck Shetter, praised Jonathan's attitude toward life. He said that will continue to bring him great things. "He approaches life with a passion and positivity that I have always admired," Chuck said. "I'm proud of the father, husband and friend he has grown into. I expect Jonathan to be successful in all his future endeavors, and it will be well-deserved."

Jonathan has several personal goals, such as recording an acoustic album and a worship album. And, he'd like to create some music with Cierra. "My wife is a very good singer," Jonathan said. "I'd love to record an album with her." **NOW**

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A Perfect Proposal

— By Carolyn Wills

Somewhere between the magic of falling in love and the union of “I do” comes the all-important question of, “Will you marry me?” It’s the marriage proposal — that thrilling, risky, sometimes awkward hope — asked and answered throughout time. Today, the occasion of becoming engaged remains a special, celebrated passage. In fact, the world is “awhirl” with ideas, options and resources on how to plan the perfect moment.

Wedding-related websites, magazines, consultants, bloggers, florists, jewelers and churches have long provided in-depth information. And, now, specialized companies actually design marriage proposal packages.

There’s even a National Marriage Proposal Day. Who knew? It happens on March 20, coinciding with the first day of spring and the Vernal Equinox. The year it was first observed is unknown, but its origin is credited to ... wait for it ... a fellow Texan named John Michael O’Loughlin.

Has, then, the occasion of getting engaged been elevated to a new art form? In recent years, the important question has been delivered via flash mobs, Skyping, skywriting, texts, Facebook posts, Twitter, YouTube videos, live TV and stadium Jumbotrons, and all while new digital and virtual options keep emerging. According to statistics, though, there’s still something to say about good ole tradition.

A 2013 Engagement Ring and Jewelry survey commissioned by The Knot, a multiplatform wedding resource, suggested that tradition still prevails when it comes to the engaging moment. Overwhelmingly, 91 percent of suitors say they planned their



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proposal, while 47 percent planned it meticulously. Nearly 60 percent “popped” the question privately (between the beloveds), while the remaining 40 percent went public. A whopping 88 percent actually used the words, “Will you marry me?” And 81 percent proposed on bended knee.

Additionally, a 2014 Associated Press-WE tv Poll found that while 75 percent of Americans would be fine with the woman proposing, only about 5 percent of currently married couples polled confirmed that that’s what actually happened. Also, according to David’s Bridal’s “What’s on Brides’ Minds” survey, brides strongly prefer personal, low-key proposals to elaborate public displays.

While it’s comforting to learn that tradition has held value, and it’s exciting to hear about new options, ultimately and importantly, isn’t the unique, meaningful and memorable meeting of two loving people all that really matters? Creating the marriage proposal that adds a happy chapter to a romance and a forever story for the couple and their family throughout the years, starts with two people knowing each other, understanding they are moving in the same direction and, then, paying attention to what is special to both parties, as in the following scenarios:

Sweet and Simple:

Amy, a mother in Burleson, Texas, with two teenagers, had been single for six years. “I asked God, if it was in His plan, to bring someone into my life,” she said with a smile. Not long after, church friends introduced her to Billy. “His wife had passed away,” she shared. “By the second date, we ‘knew’ we were right for each other.” For alone time, they would take daily walks and, on one of those walks, they happened onto a new street

waiting for houses to be built. It was the beginnings of a new neighborhood and, as it happened, the perfect moment for Billy to propose. "We met in August and married in October," Amy added. "I wasn't expecting a proposal on our walk, but it couldn't have been more perfect."

The Asked/He Answered:

Then, there's Kate and Aaron in Wickenburg, Arizona, who had been together for 13 years. "I told him it was time he proposed," Kate said with a grin. She added that it should happen by Christmas Eve, and she wanted to be surprised. As time passed, she would announce that Christmas had come and gone and she was fine with things as they were. Fast forward to April, her birthday and an invitation from Aaron for a morning ride at the ranch, where he is head wrangler. As they headed into the desert, he sidled his horse next to hers. "I could get off and kneel?" he smiled. For Kate, it was a complete surprise.

Bell's Tweet:

Kristen Bell is proof that it works for the woman to propose. Disney's *Frozen* star asked her longtime boyfriend, Dax Shepard, for his hand in marriage via a Tweet!

Two Best Ever Proposals:

Excerpts from "Best Wedding Proposals Ever" by Kate Store, *New York Post*, March 20, 2015 (National Proposal Day):

A prospective groom devoted a year to preparing his proposal. While vacationing in Aruba with his beloved, friends and family, he surprised her with a video of him proposing 365 times.

A surprised prospective bride was greeted by a town car after work and taken to a Los Angeles theater where her boyfriend had arranged for their love story to be performed



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as a musical. For the final act, he appeared on stage, kneeling toward her with a beautiful engagement ring and a hopeful, "Will you marry me?"

A Royal Proposal:

According to Britain's *Daily Mail Reporter* (November 2010), Prince William proposed to Kate Middleton in an isolated log cabin (no electricity and accessible only by air or horseback) while on a stopover during a Kenyan holiday. Kate reportedly said, "It was a wonderful 24 hours ... so romantic!"

Clearly, the prospective couple who respect each other's dreams and boundaries down to the tiniest of shared interests, favorite colors, flowers, foods, music, humor and traditions can take heart. When the moment of the all-important question arrives, the question will already be answered. **NOW**

Sources:

1. National Marriage Proposal Day: www.dates.about/travelingtheworld.com/special-holidays/national-proposal-day
2. The Knot 2013 Engagement Ring and Jewelry Survey Infographic by Hearts on Fire: www.heartsonfire.com
3. 2014 Associated Press and WE tv Poll: ap-gfkpoll.com/uncategorized/our-latest-poll-3
4. David's Bridal's "What's on Brides' Minds" survey: "Most Brides Don't Want An Elaborate Marriage Proposal" www.huffingtonpost.com/2013/02/06/marriage-proposals
5. *New York Post*, March 20, 2015: "Best Wedding Proposals Ever," Kate Store
6. *Daily Mail Reporter*, November 2010: www.dailymail.co.uk/news/article-1331191/Prince-William-proposed-Kate-Middleton-remote-Kenyan-hut

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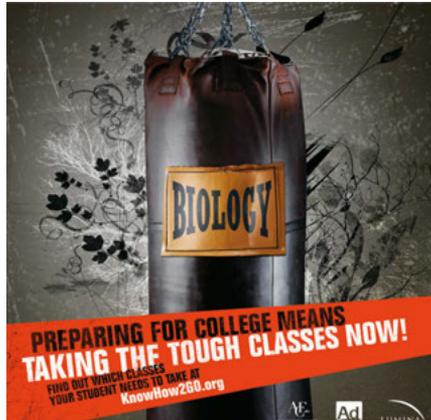
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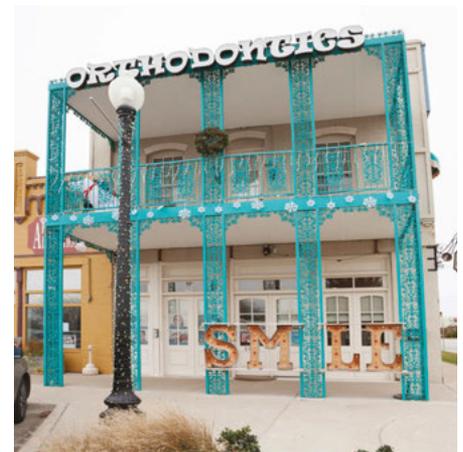


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Dr. Sheila Birth discusses with a patient how his mouth is shaped, according to images made visible by the 3-D X-ray technologies at Professional Smiles.



RESTORING YOUR HEALTH

Technologies in use at Professional Smiles make orthodontics comfortable and functional.

— By Melissa Rawlins

Who ever thought of curing overall health issues with orthodontics? In the expansive practice of Professional Smiles Orthodontics by Birth, Stewart & Fletcher, people are being treated for concerns like migraines, ADHD and even bedwetting, in addition to conventional orthodontic makeovers.

Since 1986, Dr. Birth has helped adults, teens and children develop healthier structure to their teeth. After 2011, when Professional Smiles began using a 3-D X-ray, the orthodontists have been able to analyze the size of their patients' airways and intervene in cases of sleep apnea. Working closely with a board-certified sleep physician, Professional Smiles' home studies allow patients to conduct a sleep study in their own bed.

"Yes, you can die from crooked teeth. If the bite is not where

it should be, it can lead to sleep apnea. The CPAP has been the traditional way to manage sleep apnea," Dr. Birth explained. At Professional Smiles, they either make an appliance to bring the lower jaw forward or widen the arches with Invisalign or braces. This allows the tongue to move forward, expanding the airway and stopping the sleep apnea.

Dr. Birth's book titled *The Orthodontic Cure* is selling briskly on Amazon. In the book, she describes expanding her son's crowded mouth and the surprising results. He quit snoring, got better REM sleep and stopped bedwetting.

In conjunction with 3-D X-ray diagnostics, Professional Smiles uses a protocol called TruDenta to treat migraines, headaches, tinnitus, blurred vision and neck pain, amongst other symptoms

Business **NOW**

caused by imbalanced neck muscles, jaw joints and teeth. In this system developed by a neurologist with a Ph.D. in sports medicine, dental force imbalance is corrected and a cold laser is applied on the teeth.

"Patients feel no pain anymore," Dr Birth said, explaining that professionals in the Old Town Burleson practice teach people how to help themselves. "On jaw joint issues like TMJ and headaches, for instance, a lot of it is due to poor posture. If your head is over your shoulders, it weighs 12 pounds. If it's too far forward, it weighs 25 pounds. We teach them exercises to enable them to take control of their muscle balance."

They also help people to afford orthodontics, TMJ and sleep apnea treatments. Professional Smiles files insurance claims for patients' medical and dental services, and offers Care Credit.

Dr. Cristi Fletcher has been here 10 years, Dr. Charles Stewart, 20, and Dr. Birth, 30 years. Ten years ago, the partners purchased the entire historic building and added more to the western side, producing an orthodontics practice with over 4,000 square feet in which to move freely between the radiology room, operating suites, headache-treatment rooms and the in-house lab where they make retainers the same day they take off braces.

Photos of the original structure hang in the downstairs lobby, where the walls are leathery beige, with highlights of teal on top of exposed brick. Lovely hardwood floors and tall baseboards call to mind the building's history. Patients are welcome to arrive earlier than their appointment and give themselves a history lesson while touring the lobby. "There have only been four owners," Dr. Birth said. "It's one of the oldest buildings in Johnson County and is as old as many of the buildings in Tarrant County."

Professional Smiles maintains Burleson's integrity. They also work to educate the public regarding the fact that orthodontics has health benefits beyond cosmetics. Consult with Dr. Birth and her highly skilled team. You'll be treated with dignity while they work toward restoring your health. **NOW**

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Brock Elementary 3rd grader Kash Loyd is very excited about being named Minibareback World Champion at the Junior National Finals Rodeo in Las Vegas.



Cathy Young Junior, representing Commissioner Roy Charles Brooks, is joined by her mother, Joann Young, at the Crowley Chamber of Commerce luncheon.



At Grumps, Dawson Schmitt celebrates becoming a big brother.



Jaime and Tiphonie Ferrer celebrate the Cowboys making playoffs!



With his dad, Tyrel, Jaxen Vickers picks up a birthday gift for his beloved sister from Woolard's Custom Jewelry.



Gatsby-themed birthday party celebrates Beverly Freeman's 40th birthday at Fresco's.



Harvest House's Harvest Bowls 2nd place team from Next Step lead by Haverdy Avant and Theresa Young.



Siblings Izzie and Boston Roberson sharing laughs and playtime.



Johnson County Super Chefs won 1st place in their division at regional competition in Belton.



Kirk and daughter, Katy Conger, enjoy quality time together at the local restaurant, Our Place.

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To begin with, then, take a look at these terms:

Risk tolerance. Your risk tolerance is essentially your comfort level with taking risk. For example, if you have a high tolerance for risk, you may be comfortable investing aggressively. Conversely, if you tend to be risk-averse, you might lean more toward more conservative investment vehicles that offer greater protection of principal.

Required risk. While the term “required risk” may sound odd, it is actually an integral component of your ability to invest successfully. Basically, your required risk is the level of risk necessary to help you achieve your investment goals. The higher the return necessary to reach those goals, the more potential risk you'll need to assume.

As you invest, you'll need to balance these two aspects of risk. For example, what might happen if you have



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a low-risk tolerance, leading you toward “safer,” low-growth investments, but your goal is to retire early? For most people, this goal requires them to invest in vehicles that offer significant growth potential, such as stocks. And, as you know, investing in stocks entails risk — specifically, the risk that your stocks will lose value. So in this situation, your risk tolerance — the fact that you are risk-averse — is going to collide with your required risk level, the amount of risk you are going to need to take (by investing in stocks) to achieve your goal of early retirement.

When such a collision occurs, you have two choices. First, you could “stretch” your risk tolerance and accept the need to take on riskier investments in exchange for the growth potential you will require. Your other choice is to stay within your risk tolerance and adjust your ultimate goal — which, in this example, may mean accepting a later retirement date.

Obviously, this is a personal decision. However, you may have more flexibility than you might have imagined. For instance, you might feel that you should be risk-averse because you have seen so many fluctuations in the financial markets. But if you have many decades to go until you retire, you actually do have time to recover from short-term losses, which means you may be able to reasonably handle more volatility. On the other hand, once you’re retired, you won’t have as many years to bounce back from market downturns, so you’ll have less “risk capacity” than you did when you were younger.

In any case, by balancing your risk tolerance and your required risk level — and by understanding your risk capacity — you can be better prepared to take the emotion out of investing. When investors let their emotions get the better of them, they can make mistakes, such as chasing “hot” stocks or selling quality investments due to temporary price drops. By having a clear sense of what risk really entails, however, you may be able to avoid costly detours — and stick with your long-term investment strategy. **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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Gingivitis and Your Heart

— By Betty Tryon, BSN

Having a pretty smile is not the only reason for good dental health. For the last 20 years, researchers have been investigating the possibility that poor dental health may be a potential link to heart disease. Although there is a definite connection, the premise could not be definitively proven. One thing the researchers were clear about was good dental health does not prevent heart disease. Because the connection seems strong, it does warrant a deeper look into the possibility of a link and a more focused and consistent attitude toward care in maintaining good oral health.

Gingivitis or inflammation of the gums is a condition that should be treated as soon as possible. This could be a reason or link that may predispose one toward an increased risk of developing the complications of heart disease. Inflammation is a sign of gum disease. The bacteria that resides on the gums gets into the circulatory system and sets up the scenario for heart disease and other complications.

Normally, your mouth is full of many different types of bacteria that belong there. It's a certain type of pathogenic bacteria that finds its way into your mouth that will cause decay and gum inflammation. These types of bacteria will break down the barrier healthy gums provide and allow harmful bacteria to enter the circulatory system. Wherever the bacteria land and begin to colonize, they set up the process of inflammation that damage tissue, including blood vessels in

the heart. This disease process can not only predispose one to cardiac disease, it can also make existing heart problems worse. If you have a heart condition, you should check with your cardiologist to determine if antibiotics are necessary before any dental procedures.

More research is needed before anything definitive can be proven. The findings, so far, are very suggestive of a link, so good dental health is vital. Any gum disease or signs of a disease, such as sore and swollen gums, should be treated. Daily dental care is important in keeping the mouth as clean as possible. Your toothbrush can harbor a multitude of germs and should be rinsed thoroughly after each use and stored upright to air dry in between brushings. Replace it after three months or when the bristles start to turn up. Daily flossing is necessary to clean in between teeth. It's important to have regular dental checkups to make sure your mouth and all its parts are healthy. Keeping a clean, fresh mouth makes sense both aesthetically and medically. **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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February 7

Young at Heart: 10:00 a.m.-noon, Boulevard Baptist Church, 315 N. Burlison Blvd. All ages, especially senior citizens, are welcome to this free fellowship time that includes food and music. Chad Handy, (817) 295-4342.

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

February 11

Father/Daughter & Mother/Son Valentine Dance: **Early Session**, 4:00-6:30 p.m.; **Late Session**, 6:30-9:00 p.m., Burlison Recreation Center (BRiCk), 550 N.W. Summercrest Blvd. Make memories to warm your hearts for a lifetime. The fun includes pictures, corsages, dinner, dancing and games. Hosted by the City of Burlison's Recreation and Lifelong Learning Department. Purchase pre-event tickets for \$16 per couple, or \$8 per person, at the BRiCk, (817) 426-9104, ext. 2090.

February 14

Trail Life Troop TX-0110 meeting: 7:00-8:00 p.m., Burlison Church of Christ Community Room, 1150 N.W. John Jones Dr. Lead with integrity, serve others and experience outdoor adventure. Contact Toby Ford, tkf@dunaway-assoc.com or (817) 995-8466.

Daddy & Daughter Valentine's Date Night: 7:00-9:00 p.m., Against The Grain Studio, 111 E. Bridge St., Granbury. A special night of daddies treating their princesses like royalty and making memories. Visit Against The Grain Studio on Facebook for details.

February 16

BACC Annual Awards Luncheon: 11:30 a.m.-1:00 p.m., Pathway Church, 325 N.W. Renfro St. For more information, call (817) 295-6121.

Burlison ISD Choice Night: 6:00-8:00 p.m., Centennial High School. Parents and students are invited to learn more about the education choices available to students in Burlison ISD. www.burlisonisd.net/choiceschools/

Build a Better Business: 10:00 a.m.-noon, Crowley Public Library, 409 S. Oak St. Over coffee and conversation with Andra Roussel, from InfoGroup, learn about the powerful capabilities of the Crowley Public Library's Reference USA database, the premier online research and reference tools for area business professionals, sales reps, small business owners, marketers, government agencies, job seekers and students. Call Christina Winner, (817) 297-6707, ext. 2090.

February 17, 18

Friends of the Library Book Sale: **Friday**, 9:00 a.m.-5:00 p.m.; **Saturday**, 9:00 a.m.-2:00 p.m., Crowley Public Library, 409 S. Oak St. For more information, call the Crowley Public Library at (817) 297-6707, ext. 2090.

February 18

Concealed Handgun Class: 8:00 a.m.-noon, Joshua Fire Station, 770 N. Main St. Joshua Citizen's Police Academy Alumni Association offers this class for \$75. Register with Pat Grace, (817) 659-6964.

Daddy Daughter Dance: 6:00-9:00 p.m., The Oaks Event Center at Southern Oaks Golf Club, 13765 Southern Oaks Dr. (817) 677-1640.

February 23

Relay For Life Team Captain meeting: 6:00 p.m., The National Bank of Texas, 400 E. Renfro. In raising funds for the American Cancer Society, Relay for Life Burlison has quite a track record. If you wish to be involved in any capacity, you are urged to attend. Contact Misty Harris, (817) 426-6268.

Crowley Area Chamber of Commerce 44th Annual Awards Banquet: 6:00-11:30 p.m., Crowley Recreation Center, 405 S. Oak St. For details on participating as a sponsor or a guest, contact (817) 297-4211 or info@crowleyareachamber.org.

February 24

Business Talk Friday: 11:30 a.m.-1:00 p.m., Burlison Public Library, 248 SW Johnson Ave. Keynote speaker Erik Swanson, an award-winning success coach and author, presents the topic "Social Millions," covering social media, social marketing and social branding. Free boxed lunch for people who pre-register via www.burlisonchamber.com

March 4

Mardi Gras Gala: 6:00 p.m.-midnight, Walnut Creek Country Club, Mansfield. In the true New Orleans tradition, breakfast is served at 11:00 p.m. after a VIP reception, casino play, silent and live auctions and hors d'oeuvres. Details on sponsoring this event, hosted annually by the ATHENAs to support their charitable programs, are available online at www.athenasocietyofburlison.org/athena-gala/.

Ongoing:

Monday

Crocheting classes: 1:00 p.m., Burlison 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. Burlison 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.

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

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

Second Tuesdays

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

Second Wednesdays

Burlison 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.

Saturdays

Russell-Boren House tours: 10:00 a.m.-2:00 p.m., Russell Farm, 405 W. CR 714. Free. Built in 1877 by Martha Glenn Russell, an independent pioneer woman, the house sheltered not only Martha and her five children but also descendants of the Russell family for 135 years. (817) 447-3316.

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.



In the Kitchen With Mychaela Reaves

— By *Melissa Rawlins*

High school senior Mychaela Reaves is president of the student council at Impact Academy, and also a member of its six-person culinary class. Enjoying teamwork with her peers, Mychaela is learning more about different types of foods than ever before. She shared her Spinach Bowl recipe with her classmates. Their teacher, Rachel House Sparks, taught them the others below. “The Ultimate Cheese Pizza was enhanced by Tori Blanton and prepared in class by Mychaela Reaves, Tori Blanton and Jalen McInahan during a battle of the sexes,” Mrs. Sparks said. Landon Thomas was the main contributor to making the Monte Cristo recipe, which was the entire culinary class’s favorite. Practicing proper table service every Wednesday, Mychaela and her Impact classmates have fun while learning to be gracious hosts and hostesses. **NOW**

Cheese Ball

- 16 oz. cream cheese**
- 6-8 oz. deli thin-sliced ham, to taste**
- 1 cup crushed pineapple, drained**
- 1/2 cup walnuts, crushed**
- 1/4 cup walnuts, chopped**

1. Mix together first 4 ingredients.
2. Roll mixture into the shape of a ball; roll cheese ball in 1/4 cup chopped walnuts to evenly coat.
3. Place on serving dish; serve with crackers.

Ultimate Cheese Pizza

- Fresh garlic, to taste**
- 2 oz. pesto**
- 1 medium or large pizza crust**

- 8 oz. mozzarella cheese**
- 8 oz. asiago cheese**
- 8 oz. shredded Parmesan cheese**

1. Preheat oven to 400 F.
2. Dice the garlic as you enjoy it; mix garlic with pesto. Cover pizza crust with pesto/garlic mixture. Layer the various cheeses in the order listed.
3. Bake in oven approximately 15 minutes, until cheese is melted; enjoy.

Monte Cristo

Serves 1.

- 2 Tbsp. oil**
- 2 slices Texas toast**
- 2 slices deli ham**
- 1 slice Swiss cheese**

- 1 cup pre-mixed pancake batter**
- 1 Tbsp. raspberry glaze or red pepper jelly**

1. Heat oil over medium-high heat in a frying pan.
2. While pan heats, make a sandwich with the Texas toast, ham and cheese.
3. Dip the whole sandwich into pancake batter, drain excess batter and place in hot oil away from you to prevent splashing hot oil on you.
4. With a spatula, carefully scoop oil from pan onto the sides of the sandwich; cook until golden brown.
5. Flip sandwich over, away from you, and cook until the second side is golden brown.
6. Place on plate and serve with raspberry glaze or red pepper jelly.

Spinach and Artichoke Dip in Bread Bowl

- 2 loaves round Hawaiian sweet bread**
- 1 cup mayonnaise**
- 1 cup sour cream**
- 1 1-oz. pkg. ranch dip mix**
- 1 13- to 15-oz. can artichoke hearts, drained and chopped**
- 1 10-oz. pkg. frozen spinach, thawed and well-drained**
- 1 8-oz. can sliced water chestnuts, drained and chopped**
- 1 cup Parmesan cheese (optional)**

1. Preheat oven to 350 F.
2. Carefully hollow 1 loaf of bread, leaving 1 inch on sides and bottom to make a bowl. Cube removed bread and the additional loaf.
3. Place bowl and cubes on a baking sheet and bake for 10 minutes.
4. Blend mayonnaise, sour cream and dip mix together in a large bowl. Add artichoke hearts, spinach and water chestnuts; mix well. If desired, blend in Parmesan cheese. To serve hot, microwave on high 4-5 minutes, stirring occasionally. To serve cold, simply cover and refrigerate until chilled.
5. Transfer dip to bread bowl and serve with toasted bread cubes.

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



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