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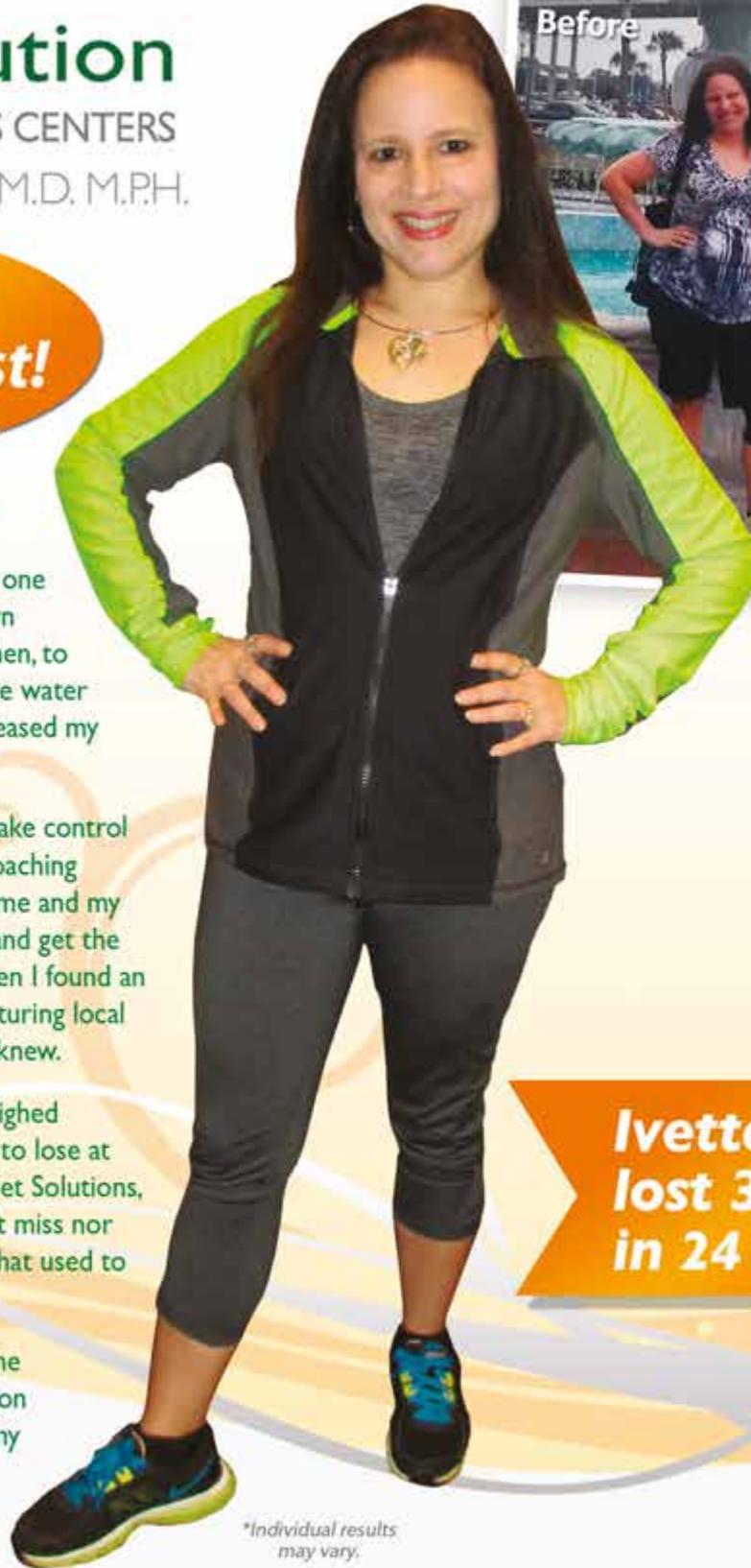
Ivette H., Burleson

The first half of 2015 was a difficult one for me. My metabolism slowed down considerably due to menopause. Then, to top it off, I tore my MCL while white water rafting. No matter how much I increased my exercise, I could not lose weight.

At mid-year I decided I needed to take control of my weight. I searched to find a coaching weight-loss program that would fit me and my life style so that I would stick to it and get the results I was looking for. This is when I found an advertisement for Diet Solution featuring local people, some of which I personally knew.

Every week I would go in to get weighed because my personal challenge was to lose at least a few ounces each time. At Diet Solutions, I found a lifestyle change, and I don't miss nor do I crave all the carbs and sugars that used to be a part of my daily consumption.

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ON THE COVER



*Tiffany Carlen's life lessons
launched It's A Girl Thing,
her first country record.*

Photo by Vanessa Polozola.

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Editor's Note

Happy Spring, Friends!

On Earth Day this month, I'll be thinking of my mom. That's her birthday! She once gave me a glass bluebird, which I keep in my kitchen window. That inspired me to wonder why I've only seen one in all my time here. An Internet search revealed it will be uncommon to see any Eastern Bluebirds after this month until summer is over.

Thought sacred by the Navajo Indians because of its sky blue feathers, the fast-flying harbinger of spring is such a symbol of happiness, love and hope that they show up as characters in half a dozen copyrighted songs!

I'll never forget that bright, blue-and-red-and-white beauty nearly dancing in front of my windshield, leading me up the curvy hill to my driveway. If I saw one once, then surely I will see another in the course of my blessed life. I hope you all stay eyes-wide-open so you, too, will receive the joyful gift.

Have a great month!

Melissa

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"I've tried other weight-loss programs, and they never worked for me. Since beginning the LFLC program, I feel great and have more energy than before. I have lost 79 lbs, and I am down 8 pant sizes! The LFLC team helped and coached me in every way. When friends ask about Lifetime Fat Loss Centers, I say, 'go there and nowhere else!'"* - Michael M.*



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Saying

Social media plays a significant role in the creative life of Tiffany Carlen. Every time she conquers a fear and says, “Yes!” to an opportunity taking her outside of her comfort zone, she posts for all her friends to see her step of faith. For instance, last year she was panicked when she was invited to share her infectious, passionate country songs at the CMA Music Festival. “I don’t necessarily like being the center of attention,” Tiffany shared. But she’s learned to embrace the role she has to play in order to achieve success in her musical endeavors. Flipping an internal switch, she’s able to give people what she needs to deliver. Learning how to do that took years.

The moment the lesson settled in her heart was last summer, while recording vocals for her album, *It’s A Girl Thing*. She had tracked vocals once before, in 2014, when she joined a host of local musicians at Fort Worth Sound with Bart Rose. After sending the album off to Richard Dodd, a Grammy Award winning producer in Nashville, his honest feedback confirmed her gut feeling that her vocals had not matched the output of her musicians: Josh Rodgers on drums, Aden Bubeck on bass, Boo Massey on guitar and Milo Deering “on every stringed instrument you can imagine.”

Richard encouraged her to revive the album by re-recording her vocals with coaching from him

Yes

— By *Melissa Rawlins*

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and Roger Alan Nichols, a vocal producer in Nashville. To get *It's A Girl Thing* done right, it took their honesty, Tiffany's humility and a serendipitous loss. Her mother passed away March 31, 2015, right after Tiffany's inspiring conversation with Richard.

"Everything is in God's timing," Tiffany said. She was in and out of the hospital with her mother for five months. When she was in the studio, she used her grief to channel all her emotions into the songs. "I wore her ring around my neck and felt she was there with me. She was my biggest fan."

Her mother always encouraged her artistry, along with her dad, who reared her singing in church. Tiffany's grandmother, Katy Dunn Carlen, was part of the Dunn Sisters Trio and taught her the C chord on the piano. "Next thing you knew, I was playing by ear and writing songs," Tiffany said. Six years of lessons rounded out her uncanny ability to memorize everything she played. Everything she has recorded, thus far, she has written and composed herself.

When Tiffany was a senior in high school, her parents separated, and making her own money began at a much younger age. She struck out on her own at 19 — landing in a bar in Florida, managing karaoke events and pool tournaments.

Destined for greater things, she worked her way up the corporate ladder, which brought her to Fort Worth. She then relocated to Lubbock to be with her husband, Todd Hurd.

She found herself in an incredible music scene that was hard at first to break into, as Tiffany was traveling 85 percent of the time for her job. So she networked with Todd to build his law firm and weaved her way into the community. She had also quit smoking. "That was one of the best things I did for my life, for my voice," Tiffany said. She had an opportunity to sing in one of



the shows at the Cactus Theater and met Jay Lemon, who has been her vocal coach for 12 years. "And Todd started pushing me to pursue my dream."

After joining a band in Lubbock, Tiffany made connections with songwriters, musicians and audiences from Lubbock to Stephenville to Fort Worth. When she moved back to this area seven years ago, she took time to find out who she was comfortable working with and who would respect her as a female artist. "It's a challenging music scene for a woman. I had to make connections. Plus, I had babies," she said. "My family is a welcome distraction, making for great mommy, wife, heartbreak and strife stories."

Tiffany had to start showing people what she could do. Her husband insisted

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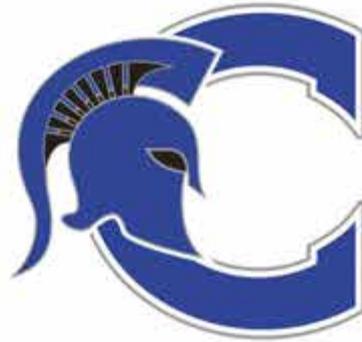
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she finally record her single, "It's A Girl Thing," and in 2012, the first version was released. A year-and-a-half later, she re-entered Fort Worth Sound to track "Texas Song." She co-produced it with Bart Rose, and drummer Josh Rodgers convinced her to set dates for recording the album. "I had to force myself to have that 'Yes!' moment," she remembered. "Saying 'Yes!' to myself was one of my greatest challenges, because I felt selfish."

At 42, Tiffany wanted her first album to reflect her ability. In a very pointed conversation, before stepping into the recording box in Nashville, Richard coached her to become an actress in front of the microphone. "You have to flip a switch. When you first write a song, all those feelings are raw," Tiffany said. "Then, you get into the studio and have to bring yourself back to the moment when you wrote it, and I struggled with that." Losing her mother gave her the deep emotion to bring her songs back to life.

Roger coached her to create a fluid, fluent conversation with her lyrics. He challenged Tiffany to give him the guts of a song called "Nobody," telling the story about being tired of feeling like the invisible woman. Roger said, "It's powerful, but the impact isn't there. You need to basically punch him in the



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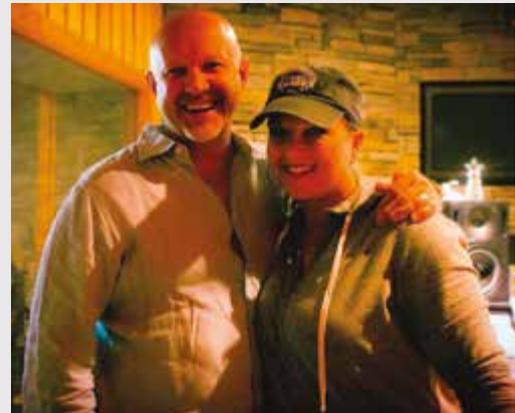
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face with your words!" The rewritten chorus, "Stop looking right through me, and take a look at the new me, 'cause I'm somebody baby," now empowers every woman.

The album, *It's A Girl Thing*, is out on the streets because Tiffany believes she *is* somebody. Following her mother's entrepreneurial footsteps, she invented Tiffie Sleeves, in 2009, and operates her own business. She's a self-proclaimed "bad juggler," but makes it all work, even with her husband's hectic law practice. "I'm really fortunate to have my mother-in-law, Diane," Tiffany said, "picking up the pieces. My sister, Tamara, chips in, too." Tiffany is inspiring her children to pursue their passions, as well, showing them they can make life work and accomplish anything, with purpose.

To help her fight those ubiquitous fears about money, time and energy, Tiffany reads a daily devotional called *The Confident Woman* by Dr. Joyce Meyer. "It's God talking to me: 'Would you quit being so afraid? It's doing nothing but freezing you. The devil works really hard trying to stop you from serving your greater purpose.' I know God gave me a gift, and I have a responsibility to do what He wants me to do. God pushes me on." And so, she keeps saying, "Yes!" **NOW**



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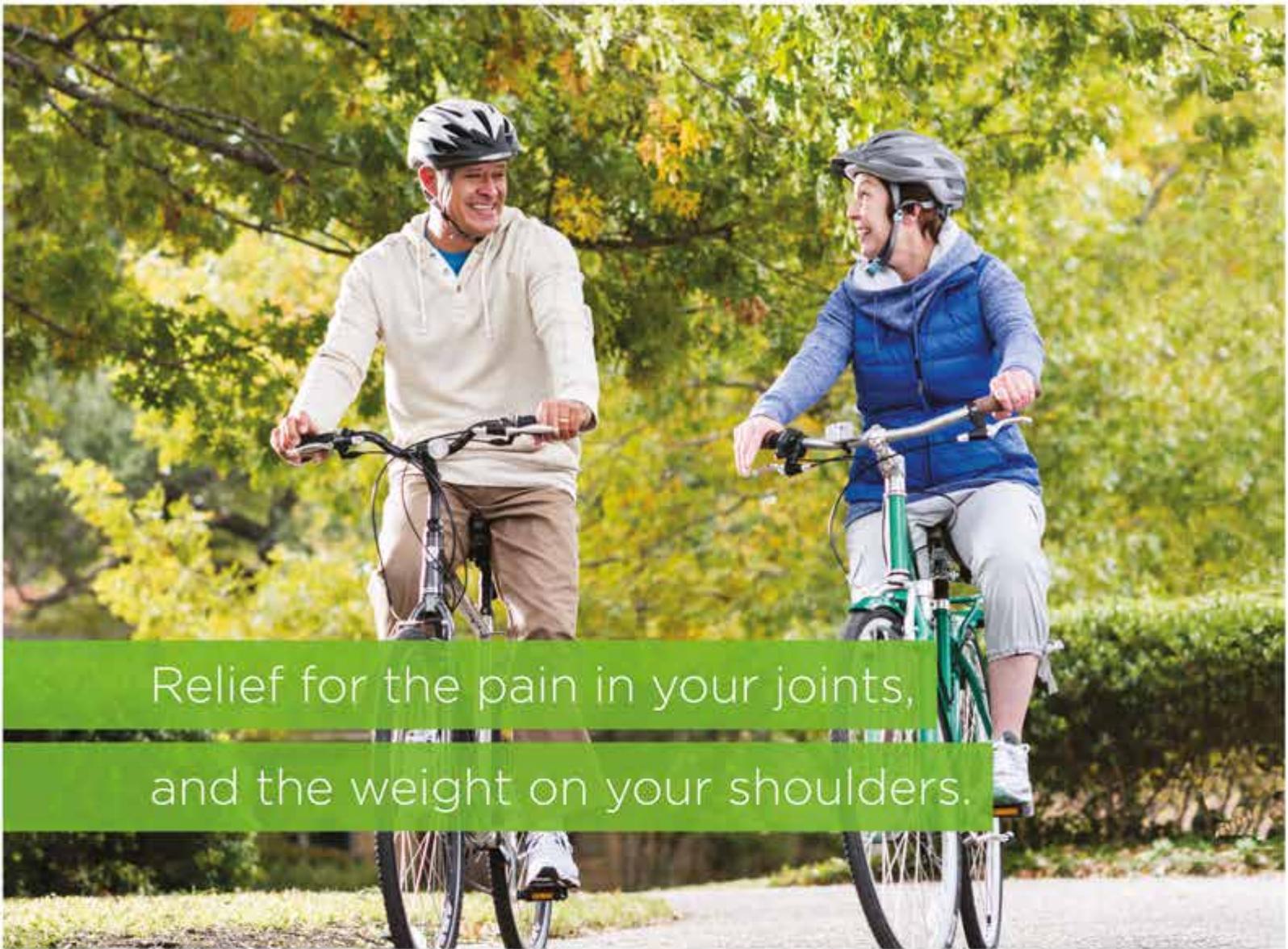
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Moving Forward

— By Erin McEndree

A death of any kind can be devastating, but the death of a spouse at any age is especially difficult because there is an overwhelming feeling of emptiness and the loss of a best friend. Widowed Persons Services is an organization that helps people navigate through grief after the death of a spouse by offering support, guidance and a safe place to heal. People do not tend to think about this service until they need it. That's what Art Price discovered when his wife, Dorris, passed away from cancer in July 2014. "I got a note from WPS inviting me to their weekly breakfast, so I went," Art said. "I realized a lot of people were in the same situation I was in and had gotten past the point where I was. They were having fun."

“It was *great* to see people in a healthy environment. It helped me see it was OK to have *fun*, get out and *laugh*.”

Left to right: Carol Johnston, Art Price and Ruth Turner.

WPS was established in 1973 in the Grand Rapids area by the American Association of Retired Persons, after extensive research documented the needs of widowed persons in society. Evidence demonstrated widowed persons were better helped and adjusted more readily to their loss when others with similar experiences provided encouragement and counsel.

Locally, WPS of Tarrant County has over 1,600 members who are seeking comfort and encouragement from others who understand and have gone through or are going through similar hardships. “Those of us who have worked through our grief and found there is a future are the ones who must meet others in

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the valley of darkness and bring them into the light," Ruth Turner said. Ruth is the president of the Tarrant County WPS chapter.

Loss was not new to Art. He lost his parents, a brother and a sister. Art's dad was a pilot in WWII, and Art followed his example. Art joined the military, and at 19, he was a helicopter pilot in Vietnam. He saw great devastation and loss. "I lost a lot of close friends in the service," he said. "I always felt guilty I survived, but I dealt with it by talking about it. I had to get it all out of my system. I chose to hang on to the funny things and good times rather than focus on the horrific things."

When Dorris passed away, however, it was different for Art. "I'm not a depressed person, but I felt myself sliding onto the self-pity train," he said. "It is a hard train to get off of." Grief can alter someone's ability to perform daily activities. People may begin to isolate themselves from others when they are grieving and slip into depression, if they do not seek support. Art identified this feeling and made changes.

Art began to attend WPS events, such as the breakfast, dances, casino trips and karaoke nights. "It was great to see people in a healthy environment," he said. "It helped me see it was OK to have fun, get out and laugh." He became very involved for many months and was comforted by the support and encouragement he received from others who truly understood what he was going through.



After the loss of a spouse, the remaining partner will have a variety of normal emotions ranging from anger, yearning, suffering and sadness. Each person will face these emotions in their own unique way. It is important not to mask the feelings, but to validate the bereaved spouse's feelings and help them understand they are normal. Each person is on their own timeline, also. Some come to accept their new circumstances quickly, but others may take years to come to terms with the loss. Honoring the deceased spouse in some way may help someone move the obstacle of feeling stuck and help them move forward in their new life role. The goal is to not slip into depression.

WPS helps people move into a rich, full and meaningful life. There are always new things to uncover, new dreams to dream and new friends to discover. The support Art found while attending WPS activities helped him feel like it was alright to have fun and not feel guilty about seeking out entertainment and enjoyment with others.



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- Dr. Susan Andrews, Chief of Staff,
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Ruth suggests getting rid of old stuff like grief and hurts. She encourages harmony and the feeling of being grateful for who we are. Ruth stresses simplicity, harmony, order, peace and gratefulness. “Do something good for yourself and others. Gratitude unlocks the fullness of life and turns what we have into enough and more,” she said.

Ruth also helps organize grief support sessions led by trained widowed persons. Attendees can receive individual counseling with outreach volunteers. Many social interactions are available including weekly breakfasts, monthly dinners and game nights. Larger trips, such as cruises and casino visits, are also available to help those dealing with loss move through life’s journey. WPS of Tarrant County is represented every year in the Burleson Lions Club Fourth of July parade. Ruth keeps the float and all the banners and signage at her house.



“The key is to stay active,” Art said. “I began to volunteer at Huguley Hospital as a rover in the lobby, directing people and delivering flowers. I also fished and played golf at the Mountain Valley Country Club in Joshua.” Art explained he felt a brotherhood with the men he played golf with much like the brotherhood he experienced in the service.

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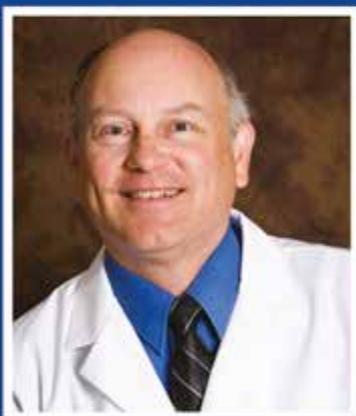


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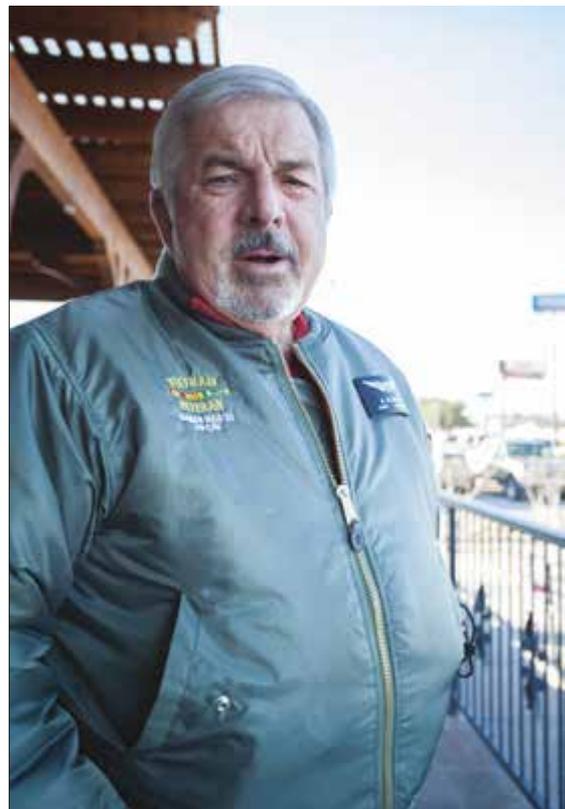
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“Being involved helped me from going crazy,” Art said. “In June, [a year after Dorris passed], I decided I was getting the same results because I was doing the same things. So, I decided to do something different to get different results.”

Art joined OurTime, an online dating site for men and women over 50. “It was still tough, but apparently, I was a hot commodity online,” he laughed. “I met several women at nonthreatening places like Starbucks. I wasn’t looking to get married.” Art enjoyed the conversation. Then he met Cindy Sue. She was 5-foot 11-inches tall and beautiful. She knew how to have fun. She was animated when she talked, had an Irish background and was Catholic like Art. “I knew instantly, and I think she felt the same connection. We talked for three hours and began going out two nights a week.”

Aiding widowers and widows recovering from the trauma of losing a spouse, WPS helps rebuild peace in people’s lives. WPS fulfills that mission when a person remarries, although it is not a dating club. It seems to have worked well for Art. “I admit I don’t do as much with the WPS any longer,” Art smirked. “I am too busy chasing Cindy Sue.” He and Cindy Sue are getting married in May. **NOW**

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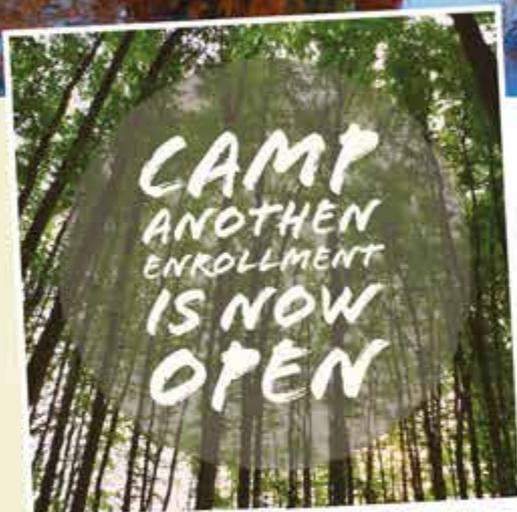
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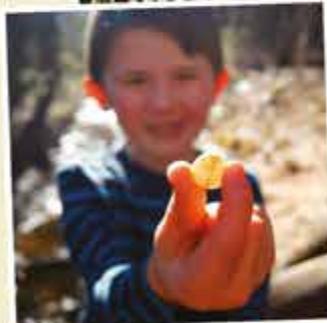
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Vintage FLAIR

AT HOME WITH DANNY & TERRY SJOTVEDT

— By Carolyn Wills



Before moving to Texas last summer, Danny and Terry Sjøtvedt (pronounced "shot-vet") and their three children lived in a 100-year-old, Craftsman-style house in the small Northern California town of Penryn. They had lived there for 15 years. Waving goodbye to that beloved house was bittersweet, yet Texas was the place they had visited for 20 years, and the time had arrived to call it home. "We have family here," Danny said. "Terry has a sister in Joshua, another sister in Burleson, a brother in Arlington, and I have a sister in Burleson."

"Also, our kids had made a lot of friends," Terry added. "The kids were first to approach the idea of moving, and if they hadn't been excited, we wouldn't have done it." Their 19-year-old daughter, Angela, had already graduated from high school. Now their 17-year-old son, Trevor, is a junior at Joshua High School, and their 15-year-old daughter, Arica, is a freshman. "They've all done extremely well with the transition," she smiled.

Moving meant trading their 100-year-old home for a four-bedroom, Texas traditional built in 2007. "It's so



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completely different from what we were used to,” Terry shared. “I’m surprised, though, by how much we’re enjoying it. We love the neighborhood, and it’s been a lot of fun decorating and adding character to the house.”

Decorating is something Danny and Terry know a lot about. In California, they owned a vintage and antique shop and have now opened Bricoleur Vintage Home, a boutique decor store in Old Town Burleson. “The name applies to ‘someone who makes creative and resourceful use of whatever materials are available, regardless of their original purpose’ and that’s something our whole family loves to do,” Terry smiled. “A great day for us is going to a flea market or an antique shop.”

The outside of their nearly 2,300-square-foot brick and Austin-stone home is lovely, yet it’s the inside that truly tells the story of this creative family. The home opens to a small foyer with 10-foot ceilings and an arched entrance to a spacious open living/kitchen/dining area. To the left of the foyer, what was intended as a formal dining room has become the family’s music room. “The kids love to sing,” Terry said. “They sing three-part harmony, mostly a cappella.”

The music room, the first hint of the Sjøtvedts’ love for “old things with stories,” is used for fun, music, reading and fellowship and is frequently filled with young people. There’s a piano, etchings from the 1890s, family photos,

chairs recovered with vintage European grain sacks, two antique clocks and a beautiful old lawyer’s bookcase stocked with hardbound books by authors like James Oliver Curwood and Zane Grey. “The entire family loves to read,” Terry said.

The home’s floor plan is ideal for a family of five. The music room offers privacy, and beyond the foyer, the core living/kitchen/dining area is open, spacious and bright. The teenagers’ rooms and bathroom are on one side of the house, while the master suite and bath are secluded on the opposite side. The home is distinguished by tall ceilings and neutral colors, as well as architectural details like a massive wood-burning



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The kids' rooms reflect their individual styles.

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fireplace defined by an angular ceiling soffit, plus crown moldings and arched throughways from the foyer and kitchen. Most importantly, though, the home has character.

The living room features a family-sized, off-white, slipcovered sofa. "We bought the couch for maybe \$25," Terry said with a smile. "Danny raised the legs to make it taller, and I made the fitted slipcover from drop cloths. We love finding beauty in things thought to have outlived their use."

The living room includes an array of antique wall mirrors mounted together. "They add light," Terry shared. "A neutral theme helps to brighten things, too, and then it's fun to add texture and bits of color like the touches of blue and green in the vintage European grain sacks."

A focal point of the living room is an antique table topped by two salvaged doors. The room is further characterized by items like two old European olive buckets holding firewood, an industrial stool serving as an end table and a weathered wood trunk coffee table with a whimsical display of blue glass fishing floats in a bowl.

Possibly the most remarkable piece in the house, though, is the hand-crafted 10-foot long, rectangular dining table. "Danny restores and rethinks furniture," Terry said. "The wood for the table came from a workbench in the basement of a winery in Napa, California." After hauling that solid slab home, Danny cleaned it, careful to leave scratches and carved initials, and then he turned it into a magnificent table.



Also in the dining space is a cupboard filled with white ironstone dishes. “My favorite is the pedestal cake plate, which is a rare piece these days,” Terry shared. The kitchen is big with ash cabinetry, ample storage and handy pantry. “I love to bake, and the kids cook, too,” she shared. “Arica is the bread maker.”



The master suite is secluded and spacious. “The bath with its walk-in closet is big enough to be another room,” Terry said. Against one wall of the bedroom is a 12-foot long railway bench. The bedroom also features an iron bed, vintage oil paintings and an oak dresser. “Danny is a craftsman,” she added. “He built that dresser when he was 20 years old, when we were courting.”

The kids’ rooms reflect their individual styles. “Angela is an artist,” Terry explained. “She makes hand-inked signs and cards, has created a jewelry line called Random Bits and has a knack for design.” Like their mother, Angela and Arica collect old quilts and oil paintings. Arica’s room displays vintage license plates and magazine covers, while Angela’s features painted furniture and vintage suitcases for storing jewelry materials.

“All of our kids are artists,” Terry added. “Working together is part of who we are.”

It seems as if the family has settled into their new Texas home quite nicely. “We’re also enjoying our neighbors and neighborhood in Joshua. Sometimes, we hear the high school band playing and the announcer at the football field,” Danny said.

Twenty-four years ago, Danny and Terry sang a duet at their wedding. The song, “Household of Faith,” held a promise of being a family in a house that would be a home built strong with faith. Twenty-four years later, and from California to Texas, Danny and Terry continue to honor their promise. **NOW**

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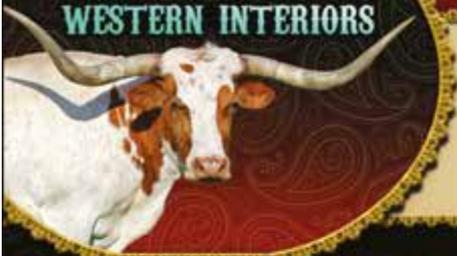
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Added Appeal

— By Carolyn Wills

How cool is it to add a pergola to a home? Potentially, very cool. With the right design, this time-tested outdoor structure can increase a home's curb appeal and useable living space, and when the time comes to sell, it might be the one "extra" that wins a buyer's heart.



The love affair between homebodies and pergolas began long ago. Earliest evidence traces back to a garden plan belonging to an Egyptian high court official around 1400 B.C. Initially, pergolas were perceived as elite structures reserved for the wealthy. In the mid-1600s, they were seen at European villas and majestic estates while, at the same time, in Eastern Asia, they were being treated to curved beams to match magnificent arched pagodas. During the Italian Renaissance, architects and garden designers upped the artistic aspect by using enormous and dramatic stone pillars.¹

Today, these structures are in reach of most homeowners thanks to modern technology and materials. Although, for the most part, not as elaborate as their forerunners, present-day pergolas offer function and affordability at a time when "at-home" outdoor living is high on the list for homeowners and buyers.

A recent preference survey by the National Association of Home Builders and *Better Homes and Gardens* shows that, in 2016, homebuyers of all ages want storage, energy efficiency and outdoor space. What's more, emerging homebuyers



known as Millennials especially want outdoor living places to entertain family and friends.²

This excitement is not limited to emerging buyers nor is the trend new. In 2014, Saber Grills surveyed 1,500 homeowners to discover 83 percent say outdoor living space is their favorite part of the home. Interestingly, Saber Grills calls Baby Boomers “super relaxers”

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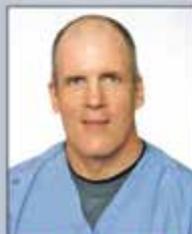


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who consider outdoor amenities as major factors in home buying and who are also very engaged in making those amenities comfortable.³

Across all ages, then, home ownership is sparking a desire for outdoor living spaces, be it a pergola, deck, patio, porch, pool, outdoor kitchen, garden, stand-alone fountain, fire pit or barbecue. On the simplest level, pergolas are practical and relatively affordable. On a grander scale, they can tie together multiple outdoor structures, lend definition to landscaping and upgrade a home's aesthetics.

If popularity inspires options, it's understandable that pergola styles, sizes and materials seem endless these days. As with any home addition, though, preplanning is the difference between loving or regretting a finished project. The following are essential "preplanning pergola" considerations:

Purpose

First, consider how the pergola will be used. Is it to shade a garden or passageway, cover a patio, extend entertainment space, tie together existing structures or, maybe, add a quiet spot for meditation or yoga? Will it need features like lighting and electricity?

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Today, pergolas are made of everything from vinyl and fiberglass to varieties of wood. Construction options range from “do-it-yourself kits” found at home improvement stores, retailers and manufacturers, to skilled do-it-yourselfers building from scratch, to hiring a professional designer and/or architect and contractor. Costs, then, vary dramatically.

Writing for the website, Landscaping Network, North Coast Gardening owner,



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Genevieve Schmidt, said, "Installation of a small open-roof pergola made of inexpensive wood can be as little as \$3,000 while more elaborate pergolas with solid cedar or redwood beams and a solid roof can run \$15,000 or more, particularly if engineering and permits are involved." She adds that Dan Berger of LandPlan's Landscaping, Inc. in Pleasanton, California, cites costs ranging from \$3,000-30,000 with the higher end reflecting large structures with a solid roof.⁴



Design

Typically, pergolas are square or rectangular with a slatted, latticed or solid roof supported by two or four beams. They require weather-resistant materials which are, most commonly, painted or stained cedar or redwood, and they can be free-standing or attached to a structure like a house or garage.

Optimum pergola size and design is best dictated by budget, anticipated use, sun patterns, landscaping, style and size of the home, property and any other outdoor structures. For example, a pergola that is 10 feet by 10 feet with at least an 8-foot ceiling height will comfortably accommodate two chairs and a small table. If the intention, then, is to entertain large gatherings and/or accommodate an outdoor kitchen, the project definitely calls for a bigger structure. Pergolas are adaptable to any width as long as they include the proper number of beams to support the roof.

Accessories are also important considerations. A simple garden or garage pergola is quite different from an elaborate dining/entertaining space with needs for lighting, electricity and climate control.

Lighting can be as simple as bulbs strung from an outside outlet or as



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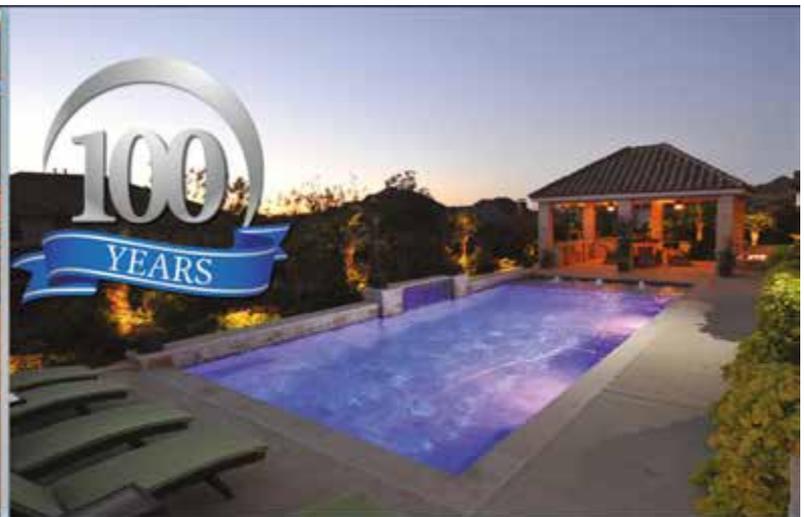
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complex as a mix of general, task, overhead and accent lighting. For safety's sake, all lighting or other electrical fittings in or near a pergola should be waterproofed to a rating of IP67 or better and, importantly, all electrical installations should be performed by a licensed electrician.⁵

Other possible pergola accessories include solar panels, misters, ceiling fans and heaters. Solar panels lend energy efficiency, while misters and ceiling fans (especially in Texas) provide comfort on hot days and nights. Free-standing or wall-mounted heaters serve warmth in colder times.⁶

When incorporating any accessory, it's important to hire experienced installers and licensed electricians. As an afterthought, accessories can be costly and time-consuming, so preplanning is critical. Pergolas are the answer to outdoor fun with the comforts of home. **NOW**

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Through glass art, collector cars and one beautiful mountain, Tacoma stimulates the senses.

Perched on a hill along the waters of Washington State's Puget Sound, nestled between the shoreline and the ever-present Mt. Rainier, sits Tacoma, Washington. This little-known gem of a city is less than 30 minutes from Seattle-Tacoma International Airport. With its calm, but culturally rich, downtown core plus 43 miles of shoreline and wooded landscapes, Tacoma is the perfect microcosm of the Pacific Northwest.

In the last decade, this tough-spirited city has transformed from a gritty industrial town to a Mecca for art-lovers and outdoor enthusiasts. From tattooed glass artists breaking a sweat in the hot shop, to growling engines of classic muscle cars, Tacoma's art scene is one with some muscle.

Tacoma is the hometown of world-famous glass artist Dale Chihuly. A pioneer in the glass-art world, he grew up in a humble, middle-class home in Tacoma's charming Proctor District. His work and personality are now interwoven with the community. Chihuly's glass sculptures can be seen at the Tacoma Art Museum and at the internationally recognized Museum of Glass.



The Museum of Glass is a striking piece of architecture where contemporary glass art is not only displayed — it's made. Visiting artists are found in the hot shop making the stunning pieces you'll find at museums, in private collections and shining outdoors, too.

Find glass art from Chihuly and other artists as you walk through downtown Tacoma streets, or into one of its libraries or pubs — even at the local McDonalds.

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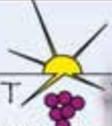
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More than 100 individual artworks of Chihuly's signature-style pieces adorn the bridge connecting downtown Tacoma to the Museum of Glass and Dock Street waterfront promenade.

Follow the former tracks of the railroad inland to find the Tacoma Art Museum, with its permanent exhibit on the art of the American West. This internationally recognized collection includes more than 300 rotating works of art that dive into the mythology of the Old West, giving a fresh perspective on well-known cowboys-and-Indians folklore.

If there is anything that matches Tacoma's artistry, it's the city's love of chrome. The passion for collector cars is palpable from the scenic byways to the museum district. Tacoma is home to the world's largest privately owned car collections, housed in two beautiful and unique museums.



America's Car Museum sits in shining metal next to the iconic Tacoma Dome. It houses pieces of America's golden era of automobiles.

The LeMay Family Collection at Marymount offers a charming counterpoint



to the polished America's Car Museum. Walking in feels more like visiting your uncle's garage than entering a museum. Here you'll peek into the lives of the LeMay family. On the grounds of what was formerly a Catholic boys' school campus, see icons of the past and pop culture like the DeSoto from *Happy Days* and a two-stone wheeler from the live-action *Flintstones* films.



Don't leave Tacoma without visiting Point Defiance Park, a 756-acre urban park that jets out at the north peak of the city. The park is home to Point Defiance Zoo & Aquarium, which offers unique immersive experiences. Get eye-to-eye with a shark at the aquarium's shark dive. Or have some parakeet playtime in a sanctuary of free-roaming, friendly budgies. Up-close sightings of tigers, elephants and monkeys are almost guaranteed in the five-acre Asian habitat.

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Family-friendly attractions dot the small mountain communities nearby. Northwest Trek Wildlife Park is a must-see if the kids have ever dreamed of racing elk and deer through the mountains. But don't worry, the kids will be safe in a tram as they travel through the 725-acre wildlife reserve. Those young — and young at heart — will love the Mt. Rainier Scenic Railroad and Museum, a steam-engine train ride through the alpine wilderness.



On the other side of the mountain awaits a paradise for skiers in the winter and hikers in the summer. A 10-minute ride up the Mt. Rainier gondola at Crystal Mountain — which climbs 2,500 vertical feet — leads to lunch at Washington's highest restaurant with unparalleled views of Mt. Rainier and the Cascades.

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By Jaime Vogt. Photos courtesy of Travel Tacoma & Pierce County.

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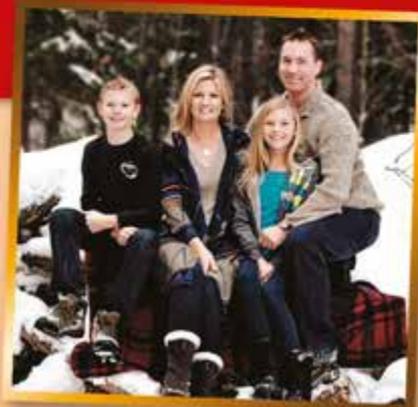
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Meeting the Need

Rawhide Rustic provides the best-quality furniture at very affordable prices. — By Melissa Rawlins

When Mike and Kim Bartolowits moved their rustic furniture store from Old Town Burleson to Joshua last year, their reputation preceded them. Still meeting the needs of every customer, Mike and Kim and their well-loved salespeople continue offering the high-quality furniture and accessories they're known for. Now, they also provide a more comfortable shopping experience in their sprawling showroom and warehouse, thanks to their easy-in, easy-out access from Hwy. 174 and a spacious parking lot.

Longtime manager, David Ferguson, and saleswoman, Kelly Burgess, are always on hand to befriend customers. They'll take you directly to the piece that will meet your heart's desire.

The store has a total of 8,000 square feet, offering different vignettes full of ideas for furnishing your home. Kelly and David help people put together their bedrooms, living rooms and dining

rooms by offering a wide selection of unique rustic pieces. If your desired look is not already on Rawhide Rustic's showroom floor, catalogues are available. While customers search for their favorite piece of furniture, they can look around for candles, cowhides, rugs, Montana purses, western art, handcrafted crosses, western lamps and other western decor.

For 16 years, Mike has been in the furniture and mattress business. He has evolved since 1999 from offering antique reproductions to traditional furniture to rustic, which he introduced in 2008. He began with a light-colored Brazilian pine finish, which is still popular today. According to Mike, "the light finish still holds strong. I don't think it will ever go away."

But in the last five years, rustic decor has taken on a new look. At Rawhide Rustic, you will now find a great selection of brightly

Business **NOW**

painted furniture, as well as natural and dark stained pieces. The distressed look, giving wood an aged patina, is also very popular. “With colors such as scraped turquoise, red, black and white, we offer people a new accent,” Mike said, adding, “David and Kelly are very good at refinishing and customizing color.”

People from as far as Meridian and Georgetown enjoy discovering the new rustic designs with the fun salespeople at Rawhide Rustic, and deliveries are available. Sometimes importing directly from Mexico and passing on those savings to customers, the company often hosts truckload sales at their stores.

For customers who like to travel, Rawhide Rustic operates stores in Cleburne and Granbury, in addition to the one in Joshua. All three stores have slightly different offerings, so they're worth the trip. And the customer service in each location is excellent.

“Go tell Rawhide Rustic what you're dreaming about.”

If you're getting ready for summer by planning for a change on your home front, you'll find the managers at Rawhide Rustic very willing to meet your needs. “We've delivered furniture and mattresses to many types of homes, from mansions to apartments. We have something for everyone,” Kim said, describing several affordable large- and small-scale furniture sets. Offering an all-wood bedroom suite for under \$1,000 — mattresses sold separately — Kim and Mike are dedicated to selling quality that will last.

“Not only do we carry great furniture and mattresses,” Kim said, “we've also got a great selection of bedding, drapes and accessory pillows to complement rustic decor.”

Go tell Rawhide Rustic what you're dreaming about. Whatever it takes to find the right piece, the right style and the right color, Mike and Kim's team will do it for you. **NOW**



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Chris Taylor presents the 2016 JACC scholarship to Nicole Wester, who will attend Texas A&M University.



CampGladiator trainer Erica Bevel talks health with BurlesonNOW editor Melissa Rawlins.



Burleson Rookie Firefighter of the Year Ben Eason stands proudly with Chief Ken Freeman and Deputy Chief of Training Brent Batla.



Sarah Youngblood brought her children to the dedication of the STEAM campus, because she hopes they will all attend in the future.



Joey McKenzie works on Ridge Roberts' fiddle, getting it ready for the Twin Fiddle Productions Fiddle Workshop and Concert.



Mike Walker, Tressa Sheffield, Pastor Ron Williams and Chris Sheffield of Faith to Faith Ministries give away nine tables of free bread and pastries.



Addison Carpenter transforms into a tiger at the new Kroger Marketplace.



Joshua High School JROTC cadets are the winners of both divisions of recent state rifle championships.



Cast members Skylar Armstrong, Abbeygayle Nielsen and Tristan Arnold join his girlfriend, Britagnie Allenson, after the opening night of Bells Are Ringing at Burleson High School.

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Don't Let April Showers Leave You Soaked: What you need to know about flood insurance.

“April showers bring May flowers,” isn't just a cute springtime saying. We experience heavier rain during these months, and this increase in precipitation raises water levels and can lead to flooding. One way to prepare for wetter weather is to purchase flood insurance.

Flood insurance 101

- Flood insurance is offered through the Federal Government's National Flood Insurance Program (NFIP). You can obtain flood insurance through local insurance companies.
- A standard flood policy covers the building and contents. Building Coverage protects the structure of your home or business. Contents Coverage protects your personal property, such as clothing and furniture.



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Know the risks

- Floods and flash floods occur in all 50 states, including Texas.
- According to the Federal Emergency Management Agency (FEMA), roughly 25 percent of all claims paid by the NFIP are for policies in low- to moderate-risk communities.
- Floods often happen when bodies of water overflow or tides rise due to heavy rainfall or thawing snow. Flash floods may occur without warning when a large volume of water falls in a short time.
- After fires, floods are the most common natural disaster in the U.S.
- Consumers should be aware that most homeowners, condominium, manufactured home, renters and business insurance policies do not cover flood damage. Property owners may need separate flood insurance coverage to protect against losses from floods during hurricanes, thunderstorms or any time of the year.

Getting coverage

- Consumers can request flood insurance through their insurance agent.
- Depending on where you live, the average cost of a \$50,000 flood insurance policy is slightly more than \$200 annually, about 56 cents per day, while a \$100,000 policy is about \$500 annually, or \$1.37 per day.
- In general, a flood policy does not take effect until 30 days after you purchase flood insurance. So, if the weather forecast announces a flood alert for your area and you go to purchase coverage, it's already too late. You will not be insured if you buy a policy a few days before a flood.

Costly consequences

- If a consumer is impacted by flooding and they do not have flood insurance, the cost to rebuild their lives could be in the tens of thousands of dollars.
- Flooding is the most costly natural disaster in the U.S., causing more than \$2 billion of property damage each year.
- Just one foot of water can destroy up to 60 percent of a home's contents.

Don't let spring rains leave you soaked. You should consider your need for flood insurance now. **NOW**

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Calendar

APRIL 2016

April 8, 15, 22, 29

Stars in the Park: 7:30-9:00 p.m., Bicentennial Park, 900 E. Glendale. City of Crowley hosts this Spring Concert Series. (817) 297-2201, x4300.

April 9

Crowley Clean Up: 9:00 p.m., Crowley Recreation Center, 405 S. Oak St. All are welcome for this Texas-wide Trash-Off. (817) 297-2201, x4300.

April 12

Story Time: 10:00 a.m., Crowley Adventist Church, W. FM 1187 and Cleburne Road. Contact Judith Jamison, judyjrd@sbcglobal.net.

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

April 16

An Evening of Fiddling & Western Swing: 7:30 p.m., Graceview Baptist Church, 1440 S. Burleson Blvd. Enjoy The Western Flyers, with special guest Leon Rausch, "The Voice" of Bob Wills and his Texas Playboys. \$12. (817) 240-2346 or visit www.mckenziefiddlestudio.com.

April 21

Spring Quarterly meeting: 11:30 a.m.-1:00 p.m., NorthPointe Church, 2450 S.W. Wilshire Blvd. Hear the "State of the State" presented by Texas State Representative DeWayne Burns, District 58, featuring Glenn Hegar, Texas State Comptroller. If tickets are reserved by **April 19**, price is \$20 members; \$25 non-members. Call (817) 295-6121.

Breast Cancer Care Support Group: 6:00-7:00 p.m., Pathway Church, 250 N.W. Tarrant Ave., Suite L. Call Nedra Lamar, (817) 915-5529.

April 22

Paw Pals Application Deadline: **Tuesday-Friday**, 11:00 a.m.-6:00 p.m.; **Saturday**, 11:00 a.m.-4:00 p.m., Burleson Animal Shelter, 775 S.E. John Jones Dr. All pre-teens considering a career involving animals are invited to sign up for a free educational program. Download an application from www.bit.ly/PawPalsapp2016. Call (817) 426-9283.

April 23

Car Wash: 10:00 a.m.-2:00 p.m., O'Reilly's Auto Parts, 209 N. Broadway, Joshua. Support Joshua High School ROTC Cadets. (817) 202-2500, x1148.

Be Healthy Community 5K/10K and Fun Walk: 7:00 a.m.-noon. 141 W. Renfro St., Old Town Burleson. Max entrance fee \$35; extra T-shirts \$10. Contact Lisa Poteete at lpoteete@burlesontx.com or (817) 426-9682.

April 29

Relay for Life: **Friday-Saturday**, 7:00 p.m.-7:00 a.m., Kerr Middle School, 517 S.W. Johnson Ave. www.RelayForLife.org/burlesontx.

April 30

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

Warrior Race: 8:00 a.m.-noon, Bess Race Elementary, 537 S Heights, Crowley. Run in the 5th annual 1 mile/5K race to raise money for Center for Achieving Self Development. (817) 205-1445 or www.centerforasd.org.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

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In the Kitchen With Robert Boot

— By Melissa Rawlins

The eldest of five Air Force “brats,” Robert Boot began cooking dinner for his brothers and sisters when he was about 12. Cooking for his family is still a joy for Robert. At times, he knows his creativity has ruined a perfectly good meal. But his high school sweetheart, Penni, and their sons, Jacob, Jordan and Josh, take it all in stride and find their dad’s desire to “spice things up” makes eating from Boot’s kitchen a real treat. Sometimes, Jordan brings his new family, Gena and Ryder, to dine with the Boots. Striving to eat healthily, sugar is one item they have chosen to eat less of. However, Robert’s dad taught him how to make a rich French Toast that has become one of his family’s favorites. **NOW**

French Toast

Serves 4 to 6.

- 4 eggs
- 1 cup half-and-half
- 1 tsp. cinnamon
- 1/2 cup brown sugar
- 6 slices sourdough bread or sourdough raisin bread

1. Mix eggs, half-and-half, cinnamon and brown sugar in a glass pie plate.
2. Set griddle to around 400 F. Dip both sides of each slice of bread in the mixture; put slices on greased griddle.
3. Flip toast often and cook until the middle of the French toast is firm.

Lasagna Boats

Serves 4.

- 2 spaghetti squash
- 2 Tbsp. organic coconut oil
- 1 Tbsp. garlic salt

Sauce:

- 1 cup mushrooms, sliced
- 1 purple onion, chopped
- 9 mini peppers: 3 each — red, orange, yellow
- 1 lb. hamburger meat, browned
- 1 24-oz. jar Arrabbiata pasta sauce
- 1 cup ricotta cheese
- 2 cups mozzarella cheese, grated
- 1/2 cup Parmesan cheese, grated

1. *To prepare spaghetti squash:* Cut squash into halves. Scoop out the seeds. Preheat oven to 400 F. Rub coconut oil onto raw surfaces of the squash and season with garlic salt. Flip squash, skin side up, and bake about 1 hour.
2. *To prepare sauce:* Sauté mushrooms, onion and sliced mini peppers. Add to cooked ground beef, and then add Arrabbiata sauce. Let simmer.
3. After squash is cooked, flip over and using a fork, lightly fluff up the flesh. Make a layer of the ricotta cheese, and then fill with the

sauce. Sprinkle with mozzarella; return to oven until the mozzarella is melted. Take out and top off with some Parmesan.

Boot’s Chili

- 3 lbs. hamburger
- 1 purple onion
- 1 Tbsp. minced garlic
- 1 yellow onion
- 1 10-oz. bag organic frozen corn
- 2 pkgs. 2-alarm chili kits
- 2 15-oz. cans kidney beans
- 2 15-oz. cans pinto beans
- 2 15-oz. cans black beans
- 2 15-oz. cans Ro-Tel
- 2 15-oz. cans stewed tomatoes
- 1 quart water

1. Cook hamburger meat, purple onion and garlic in a separate pan.
2. Put the yellow onion and the remaining ingredients in a large pot; add 1 quart of water and bring to a boil.
3. Add hamburger meat mixture; reduce heat to low. Allow to simmer for an hour, stirring occasionally so chili does not burn on the bottom of the pan.

Green Chili Turkey Stew

- 1 Tbsp. minced garlic
- 2 lbs. leftover turkey meat
- 5 large potatoes, cubed
- 1 large yellow onion, chopped (may substitute 2 bundles green onions, chopped)
- 8 Hatch green chilies, diced
- 1 10-oz. pkg. frozen organic corn
- Salt and pepper, to taste (may substitute 2 Tbsp. fajita seasoning)
- 1-2 quarts water
- 2 cups half-and-half
- 2 cups shredded sharp cheddar cheese

1. Add first 7 ingredients to a large pot and fill with 1 to 2 quarts of water (enough to cover all the ingredients). Bring to a boil; add the half-and-half. Let simmer for 1 hour.
2. Garnish with shredded sharp cheddar cheese.

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

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