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APRIL 2017

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Pedals of Happiness

Bicycling has taken
Neil Sawyer many places

A Colorful Motivation

At Home With
Paul and Sarah Elkins

A Village of Support

It's Pool Time

The Joy of Life

Dining Deals

In the Kitchen With

Jan Clark





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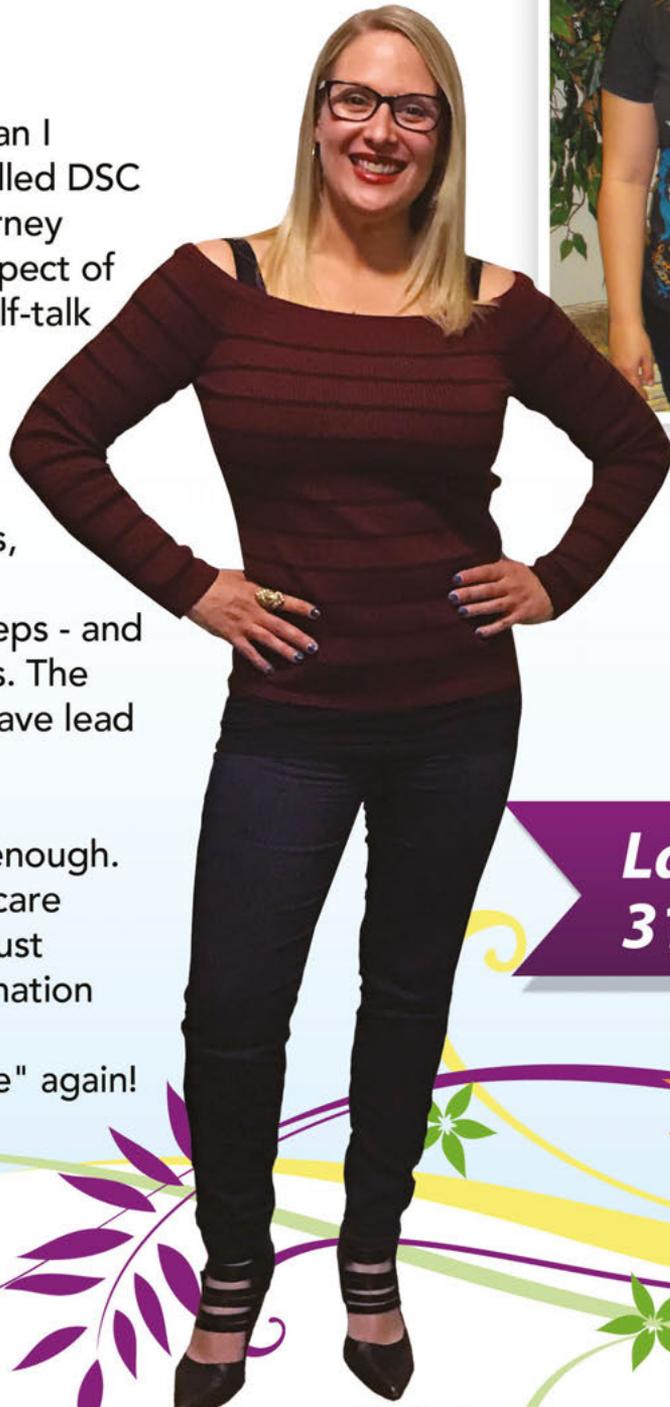
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ON THE COVER



Neil Sawyer leads a group that gathers in Old Town each Thursday morning for a "Burlson and Beyond" ride.

Photo by SRC Photography.

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Editor's Note

Hello Burlison, Crowley and Joshua!

As William Shakespeare might have said, the drafts of March have perished with the sunshine. So we find ourselves relishing warm days and crisp nights. Much can be accomplished when it's pretty outside, including deep spring cleanings inside.

These are the days I like to spend "organizing my sock drawers." Bright light streams through the windows long enough for me to see the difference in colors well into the evening. Yes, it's no burden but a simple fact: It is getting tougher for me to recognize the subtleties of blacks, blues and grays. Maybe that's why I'm preferring purples, greens and oranges. Or maybe I just like vibrant colors as part of living life to the fullest.

My abundant life includes eating as healthy as possible, walking daily with the dogs and smiling as I fall into my seven-hour sleep every night. I'm quite convinced that when I take good care of my blessed body, I'll give more cheer to everyone I meet this month!

Enjoy your sunshine, friends!

Melissa

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PEDALS OF *Happiness*

In 1977, Neil Sanyer decided to give bicycling a try, just for fun. Four decades later, as the 75-year-old Burleson resident pedals his way through life, he's enjoying it more each day. "We had a little pop-up tent trailer, and I rigged it to have a couple of bicycles on top," he recalled. "I started with a mountain bike, typically where people start. The Cleburne State Park has a nice paved road and a nice trail. It's an excellent way to start as a beginning rider." It wasn't long before Neil realized this was more than a hobby. Riding soon became a passion that has since taken him to other parts of the world.

Today, he is a ride leader for the Fort Worth Bicycle Association. He leads a group that gathers in Old Town each Thursday morning for a Burleson and Beyond ride of between 40 and 55 miles. Plus, he rides another couple of days out of the week, as well. "It started out as just a camping experience,

but I enjoyed it so much I said, 'I've got to get a road bike,'" Neil remembered. "We belonged to a camping club and went to all the state parks. Sometimes, I'd be the only one there with a bike."

The biggest plus to being an avid rider is simply being outdoors, a feeling Neil has always loved. It's the same reason that 50 of his 75 years of living he's owned a convertible sports car. "The No. 2 reason is the exercise value of biking," Neil said. "It's not hard on the knees. And, the third reason is the camaraderie. We all have similar interests."

He prefers riding in a group for two reasons. It's safer, and it's faster. "When you're out by yourself, there's no challenge of other people with you, and you might have a tendency to just slow down and take in all the scenery — which is not a bad thing if that's what you're out there to do," he said. "Also, it's obviously safer because others are there in case something happens, like an accident."

Neil retired in 2005, after working 35 years for Pier I Imports. After living in the Texas Hill Country for a year, he and his wife, Carolyn, relocated to Burleson. In 2006, his Fort Worth bicycle group moved to Burleson (they're still part of the FWBA), and Neil took over as ride leader in 2009. He names rides after things he's seen in the area, such as the Zebra

ness

— By Rick Mauch

Ride, which is named after an actual zebra. The same goes for the Elk Ride. “You didn’t know if that zebra was smiling or going to bite your hand off,” Neil said with a smile. “And that elk was huge.”

Steve Barter has known Neil for 10 years. He thinks his friend is the perfect choice to lead the Thursday rides. “When riding gets difficult, we can always count on Neil to lighten things up with a pun, song or quip,” Steve said. “He’s always ready to lend a helping hand or to lead an effort. He inspires those around him to do their best.”

Neil and Carolyn have two daughters. Ashley is a banker in Fort Worth, and Courtney teaches prekindergarten at J.T. Stevens Elementary in Fort Worth. Courtney attended this same school as a child, and it is where she was named Elementary Teacher of the Year a few years ago. Neil and Carolyn also have a granddaughter, Taylor, a 20-year-old studying at The University of Texas at Arlington to become a nurse.



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Neil is originally from northern California, where he played tennis in high school and junior college. He earned the nickname, "The Backboard," because of his steady baseline play. He still plays today and will likely play even more when he gets his new hip. "It's not like cycling," he said. "Tennis is rougher on the knees, the hips and the whole body."

When Neil returns to tennis action, he will head to Alvord. That's where he and some friends recently finished renovating a tennis court at one of their favorite RV parks. "It took us 14 months working Sundays from 8:00 a.m. to 2:00 p.m.," he said. "We did everything."

Though he's been playing tennis since age 9, the sport will never replace cycling as his greatest passion. For example, tennis never took him to other countries as cycling did in 2014. "Eleven of us went to the real Italy. We stayed in the Belvedere Bike Hotel in a little town called Riccione, right on the Adriatic Sea," he said. "It was absolutely beautiful and some of the toughest and greatest riding you can imagine."

Neil recalled that they had their choice of five different rides. At the top of one road was a mountain-top fortress called San Marino. "We and our wives had lunch at the top of the mountain," he said. "Oh man, it was unforgettable. I'm still buying stuff from the Belvedere Bike Hotel to match the stuff I bought when we were there."



In all, it was seven days of cycling he will never forget. The trip also included stops in Rome, Venice and Florence. "Neil is always on the go, never slowing down as most do at his age," Steve said. "He avoids naps at all costs. He even considers them a four-letter word."

This is evident by the many "T-shirt Ride" events in which he's competed, where participants receive a T-shirt and the satisfaction of completing a tough course. He's ridden virtually every event



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around, including the famous Hotter’N Hell Hundred in Wichita Falls, named so because it’s grueling, and the event is held in August. “It’s hard. There’s no hills, but the wind works against you,” he said.

He’s also ridden in the Leakey Death Ride, also extremely challenging, though held in the cooler weather of October. It includes a 60-mile ride on Friday and a 100-mile ride on Saturday, followed by various distances on Sunday.

“The hottest ride I’ve ever done was the Hotter’N Hell, and the coldest had to be one winter in Aledo,” Neil recalled, noting the temperature was in the upper 20s to low 30s. “They were gracious enough to hand out gloves — to put over the gloves we already had on.”

But no matter the weather, Neil plans to continue cycling as long as he can move the pedals. He said the club has riders of all ages, and they like to ride the Burleson Honey Tour every year. “It’s a fun one to do. A lot of the route is the same as the one we ride on Thursdays, and that familiarity means there are no danger points,” he said. “We’ve got people 80-85 years old. Some people have electric bikes. There’s a place for everyone.” **NOW**



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At Home With Paul and Sarah Elkins

A COLORFUL MOTIVA



Sometimes, motivation to finish a project comes in unexpected ways. Paul and Sarah Elkins moved into their home about 10 months ago and had many plans to change the common “builder beige” in which their home was bathed. Since the final decision to put their own stamp and paint color on the home, Sarah has made many design changes. She has an eye for coordinating colors, fixtures and textures and consults with clients through Best Homes to select paint, lighting and flooring for clients’ new homes. Recently, Sarah decided it was time to focus on her own home and finish the vision she has always had.

"I have always had a passion for design," Sarah said. "When I was a little girl I picked yellow shag carpet and yellow furniture with flowers." She still has the yellow desk that reminds her of when her love for design blossomed. For years, she worked with an interior designer in Hobbs, New Mexico. "In 2008, Paul and I moved from Midland for his job. He is CEO of Members Credit Union," Sarah said. "Last May, we moved to this home because it was close to my mom and Paul's work." They fell in love with the smaller home for its extra-wide hallways and two bar-type seating areas in the kitchen. "The kitchen is where everyone gathers," Paul explained. "We like to entertain and have our family and church groups here."

A cross paper towel holder sits atop the granite countertop on the island in the center of the kitchen. New lighting was added over the island that matches all the way down the long, wide hallway. The cabinets were recently painted white, and a new backsplash, also in white, was added. Huge colorful platters sit on the cabinets close to the ceiling.

ATION

— By Erin McEndree

Sarah bought a large buffet at an auction and painted it lime green with silver accents. Green, yellow and red fruit in tall glass containers add even more color to the space. Grandkids' paintings and artwork are displayed on the wall above the buffet. Two pictures that Paul's mom painted are mingled with the grandkids' art. One is a painting of a yellow chicken. The other is a pencil drawing of the couple's previous Basset



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Hound. Two green, fuchsia and gold chairs flank the buffet and will stay until their daughter comes to retrieve them. The pantry in the kitchen has an orange damask pattern that mimics a focal wall in the living room.

A large family photo, as large as the television, hangs above the TV cabinet in the open-concept living, dining and kitchen area. The cabinet displays quilts from both sides of the family. Paul and Sarah have three children and four grandchildren. They love their large family, and it is apparent with photos displayed throughout the hallways,

including wedding photos and baby pictures. Above the white stone fireplace is one of Sarah's reoccurring whimsical additions. "I love the monkey in orange in this picture," Sarah giggled. "It is fun and very eclectic. I have to have color." Several very colorful monkeys from the same artist can be found throughout the home. Orange is the pop of color Sarah likes in the living room. She also likes to accent her decor with crowns. A huge golden crown sits on the coffee table.

A large, black farmhouse-style dining table seats 10 in the dining area. Large overstuffed chairs are at each end. A



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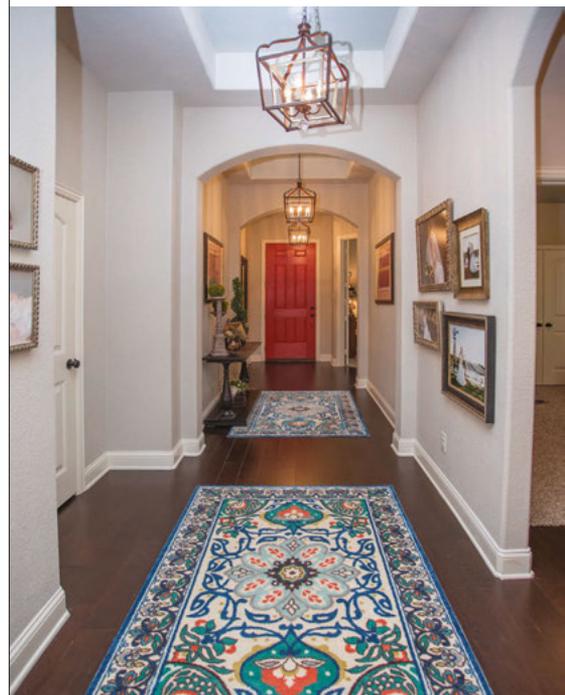
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wooden toolbox from her grandfather is the focal piece on the table. Nestled in the greenery is a cornbread pan and a cheese grater that remind Sarah of her grandmother.

The hallway has tall tray ceilings with soft blue at the very top. Through arched doorways in the hall, two bedrooms are awaiting family. "Sarah was motivated to finish projects for the grandkids," Paul said. There are shelves for toys and books and a little kitchen set up in one corner. A daybed is for sleepovers. The other guest room has a turquoise, four-poster bed that Sarah saved from someone's trash. Staying with a theme, a monkey hangs on a lamp beside the bed.

The powder room between the rooms is decorated with royal blue cabinets, towels and rugs. The shower curtain has blue and green stripes. Sarah's whimsical side shows again with another monkey in a royal blue dress sitting on a toilet with a



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roll of paper strung out wildly.

Sarah chose red for the front door on both sides. "I chose it because all the doors looked the same in the neighborhood," she explained. "I need my color." The front room next to the red front door used to be Sarah's office, but now it's a TV room where she and Paul read and drink coffee in the morning. Paul and Sarah enjoy reading the Bible, and Sarah enjoys cozy mysteries.

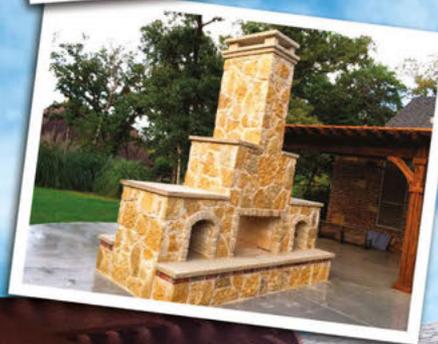
The bathroom is painted in a soft blue color called sea salt, as is one accent wall in the master bedroom. A huge pile of decorative pillows covers half the bed. "Paul says I have too many. I admit, I move things around a lot and paint often. Our home is ever-changing," Sarah said. "A friend joked about my house in Hobbs and said it would be a lot larger if I didn't paint it so much." The wall is covered with memory blocks, initials, keys and more crowns. A cherished wall hanging from her children has Proverbs 31:25 displayed: *She is clothed with strength and dignity. A zebra pattern dons the chest at the end of the bed.* Sarah's goal is to recover it to match the hues in the room, and admits their dogs, Hampton and Henley, need it to get on the bed. The bathroom cabinets are stained black. They had the handles monogrammed with their initials. Tan tile surrounds the shower and tub.

A colorful rug of yellow, orange and black leads to the small backyard that needs a makeover according to Sarah. "I do not like the upkeep of watering and mowing a yard," Paul admitted. "We want to make a brick patio and maybe a fountain."

They will find motivation someday to finish more projects. Maybe springtime, warmer weather and sunny days will inspire her to put her decorative touches on the outdoors. Whatever Sarah comes up with, it will have color. **NOW**

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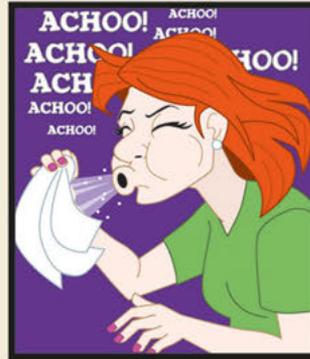
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— By Erin McEndree

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When Lisa's son, Gabe, began to regress and not meet age-appropriate markers at 18 months, she decided to seek advice. Deep in her heart, she already knew the answer. She suspected autism because she knew the markers and signs: delayed speech, repetitive motions, little eye contact, fixations and lack of spontaneity. There was such a long wait to see a specialty physician. Special schools were full or miles away. Doctors were vague. Strategies were slow to see results. It was frustrating.

Lisa became an advocate for families in similar situations. "I did not want other families to have doors closed," she said. In March 2009, with the encouragement provided by her husband, parents and friends, Lisa founded a support group for families affected by autism called Parents Defeating Autism — now known as Center for ASD. Their mission is to bolster emotional and financial support. "It grew slowly in the beginning but has grown to support all kids with disabilities, such as: cerebral palsy, Down syndrome and behavioral disorders," Lisa said. "We do not turn away any family."



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There are four core team members with different areas of expertise that mostly volunteer their time and talents to the center. Lisa is the founder and director. Misty Hawley is the coordinator. Catrina Moak is the lead teacher, and Felecia McCarthy serves as the administrative assistant. "God always shows me what to do next by bringing the next right person in my life," Lisa said. "We all balance one another. It's a wonderful core group."

Another mission includes outreach to the community. They work with the community to bring awareness, compassion, acceptance and change on behalf of families affected by autism and other disorders. The support group gathers every Monday at the Community Life Center in the First Baptist Church in Crowley, but Lisa's goal is to double the number of meetings because it helps the families and kids so much. "It is a safe place for families where kids are not judged or excluded if they have behavioral issues," Lisa said. "It is just normal here. Kids have meltdowns, and it's all OK."

There are many activities provided for children and families to enhance their life experiences and foster growth. Hands-on sensory stations include art, music therapy and LEGOs. "Kids struggle with many of these skills, but it gives them an outlet and shows us hidden skills we may not even know about," Lisa said. "We pride ourselves in giving the world to our special population, so they may find their comfort zone and their passion, and we can help them build on their strengths." Parents discuss their struggles, challenges and rewards with other parents. A licensed counselor is also available





once a month to discuss concerns and questions parents have, and a music therapist comes in twice a month for children. It is important to Lisa to have professionals available for the families. It is also important for the children to be involved in social and community activities, so they can improve their skills and dispel any stereotypes the public may attribute to these special kids. The center has partnered with the Crowley Public Library for special programs for the children. The children go to the Crowley Public Library for reading time, to participate in fundraisers and host a number of yearly field trips and summer camp for those with special needs. They also have volunteer opportunities with the recreation centers and local donut shops. "We want to make the community aware of special needs," Lisa said.

The center has a Junior Volunteer Program. Every month, groups from Crowley High School, Nolan Catholic School, Tarrant County College and Burleson, Joshua and Cleburne ISDs invest their time with the children. They get firsthand knowledge about children with special needs, and their compassion and understanding grows.

All these activities are creating lasting relationships between families. They spend time together and socialize beyond the support group. They bond with other families with the same issues, and friendships have grown. "Families have made true relationships," Lisa said. "I love knowing I have been the mediator to help families realize they are not alone." Lisa's passion for the center and her tireless efforts touch more people than she knows.

Some days it is a struggle, but the staff and others often let Lisa know she is making a difference wherever she goes. One text she received stated, "Thank you one more time for introducing me to the parents. You truly blessed me more than you know. You are an answer to prayer. Thank you for paying attention to God's prompting."

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Lisa Boultinghouse is supported by her family in her calling to assist families in need.

with local donors, to help raise awareness and funds for the center. There is a softball tournament every year, and the 6th Annual Step Up For Autism walk is in April. These events help families and children have the funds to participate in activities or therapies they might not be able to afford otherwise. “Each family chooses their own therapy for their child. We are not advocates for anything specific,” Lisa explained. “Whether it involves nutrition, medication, counseling or other treatments, we support the journey parents choose, with acceptance and knowledge.”

The number of families affected by autism has dramatically grown since the center opened. “Growth has exceeded our level of fundraising by three times in one year,” Lisa said. “Sometimes it is a struggle, but we want to stay true to our roots by offering resources for free or low cost.”

One goal for the spring is to have adult life skills available. “The intention is to teach adults job skills, such as a craft that they can do so we can pay them,” Lisa said. “My dream is to have a home for adults to live, where families rotate care.” Lisa wants to expand each person’s independence, provide safe, consistent and loving care and relieve stress for many families. With God, Lisa knows anything is possible.

Lisa assists families who are trying to piece together their complicated life puzzle. When others come together and offer a piece, the whole group benefits. “The change I see in people, families and children is hard to comprehend,” Lisa said. “I get to be part of that. It takes a village — a patient, loving, supportive village. I am so blessed to be doing the work God wants me to do.” **NOW**

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With the temperatures rising in North Texas, now is the perfect time to think about that addition you have always wanted in the backyard. Whether your goal is a simple patio remodel, a more extensive pergola or screened-in porch or a full-out addition of a swimming pool, there are some important keys to keep in mind for home improvement jobs of all sizes.

DO WHAT YOU CAN, BUT KNOW YOUR LIMITS

- *Trust your instincts.* If your task is focused on changing the style of your existing backyard, you can probably find ideas online or by watching decorating shows on television. That, coupled with trips to home goods stores, flea markets and garage sales may be all you need to easily give yourself a new backyard.

- *You can do more than you know.* One popular idea these days is to add a shade area in the back with a pergola, instead of building a sunroom or extending your roof. You will want a professional to pour new concrete, but you can likely add the beams and create the roof

A photograph of a wooden patio table with a potted plant on it, overlooking a swimming pool. The table is made of light-colored wood and has a decorative design on its legs. The plant is in a dark pot with a white floral pattern. The background shows a swimming pool with water and a stone wall. The text "IT'S POOL TIME" is overlaid on the bottom half of the image in large, white, bold letters.

IT'S POOL TIME



— By Zachary R. Urquhart

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yourself. Consider corrugated tin, a relatively inexpensive option that offers shade in the summer and the joy of listening to the rain in the fall.

- *Seek help when needed.* While DIY projects can save money and be a fun way to spruce up your home, there are many things you simply cannot do without a professional. You have plenty of options, depending on your project, so be sure to look into both large and small companies to find the one perfect for your needs.

PICK THE RIGHT HELP

- *Interview several businesses.* Before you agree to spend a large amount of money, meet face-to-face with multiple companies. If you are adding a pool and redoing the porch, meet with some that do only one part and some that do it all. A great pool company does not necessarily build great patios, and vice versa. Make sure bids have the same language in charges, so you are comparing fairly when looking at pricing offered. And ask for proof of insurance. Otherwise, you could be liable for on-the-job accidents.

- *They will all sound good.* When talking to prospective contractors, realize that they have people whose job is to earn your business. While you should definitely rule out any company from which you get a bad feeling, do not assume the first nice guy you talk to deserves your business. Talk to people you know who have used such contractors, and ask them about their experiences.

- *Know what others say.* Before asking for references, ask for a firm number of installations or projects the company did the year before. Then, ask for

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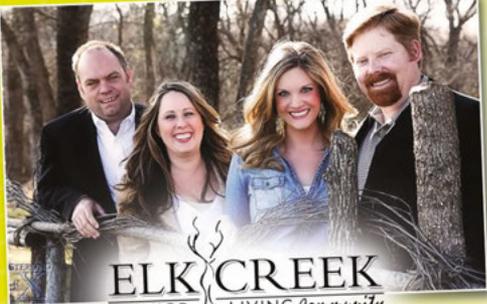
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those references. If they only give you information on half of the jobs they did, that might indicate half of their recent clients were unsatisfied.¹ And check online sites like Yelp or Google reviews, but do so with doubled caution. Companies will sometimes pay people to post positive reviews, so those cannot always be trusted. On the other hand, negative reviews are written with emotional vim and vigor, so one or two bad experiences do not necessarily mean the company cannot be trusted overall.

DECIDE WHAT TO BUILD

• *Choosing between screens and sunrooms.* Whether you already have a patio or not, adding a covered area can be a nice addition to transition from the house to the yard. A screened porch is probably a simpler and less costly job, but weather, kids and pets may all necessitate repairing the screen every few years. A sunroom offers better protection from the elements, but it will likely increase the cost of your project. A sunroom will also increase the square footage of your house, which can be a nice selling point, but also may have tax implications.²

• *Make it legal.* Unless you are adding screen to existing framework, you will probably need a permit for your porch project, and adding a sunroom will definitely need one. Even if you are doing the work yourself, you still have to file with the city. It is a relatively simple process that starts with going to your town hall. If your plans are denied, you can either appeal or amend



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the plans to meet the code. Every city code has nuances, so be sure to swing by your municipal building beforehand. There will probably be considerations for size, building material, air conditioning and electrical. You might also have neighborhood requirements for exterior style, so be sure to take all of that into account when choosing what to build.³

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The Texas heat will be here soon. By getting the necessary permits, finding a contractor you trust and coming up with a plan you love, you can get the backyard you have always wanted this summer. **NOW**

1. <http://www.riverpoolsandspas.com/blog/bid/81335/The-One-Key-To-Choosing-a-Swimming-Pool-Contractor-Without-Getting-Ripped-Off>
2. https://www.trulia.com/voices/Property_QandA/Is_an_enclosed_sunroom_counted_in_total_sq_footage_-339621
3. <http://www.midlothian.tx.us/74/Building-Permits-Inspections>
4. <http://www.riverpoolsandspas.com/blog/bid/29149/How-to-Choose-the-Right-Swimming-Pool-Size-for-You-and-Your-Family>

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www.sunsetwinery.com

Hours:

Friday-Sunday: Noon-7:00 p.m.
Special events described on website.



Bruce Anderson welcomes newcomers to enjoy the food and wine beautifully served at Sunset Winery.



The Joy of Life

Bruce Anderson's grapes come alive this month at Sunset Winery. — By Melissa Rawlins

Give yourself about 30 minutes to make a hospitality check on Sunset Winery. You'll find the cozy, pine-paneled tasting room filled with cheer and concern for your tastes, just like home.

That's how winemaker Bruce Anderson wants it. He and his wife, Birgit, once lived here in the hilltop, red brick house southeast of Old Town Burleson. The vineyard in the backyard was Birgit's brainchild. In 1996, she planted the idea of a winery in Bruce's mind and helped him tend Sunset Winery's growth for 19 years.

Before she passed in 2015, Birgit and Bruce thoroughly enjoyed extended trips through the wine regions of Argentina, the USA and Europe, and learned a lot from other winemakers — many of whom they met through Rotary International.

They also visited Portuguese cork forests, including a visit to the factory producing the corks that seal every bottle of their wines. Bruce explained Sunset Winery uses corks exclusively because they are a renewable resource and biodegradable.

Volunteers operate the corking machine when Bruce decides the wine he presses and ages in state-of-the-art barrels is ready to be bottled. The 12 wines he makes from grapes grown on-site and elsewhere in Texas are sold mainly in the Sunset Winery tasting room. Bob Arends or Teresa Nelson will help customers find the perfect wine, while giving a fruitful account of the wine story.

The first label series was primarily inspired by the types of Texas weather a person might experience while sipping a glass

of wine at sunset. “The weather alliterations were fun,” said Bruce, who will shortly add an as-yet-unnamed Albariño to the label.

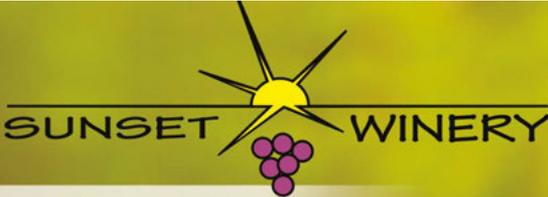
The quintessential gentleman comedian, Bruce’s second label series riffs on an old Texas cliché. “What do you expect in the ‘Best Little ... House in Texas’? Girls,” quipped Bruce. Intending to please a wide range of tastes, Sunset Winery’s popular sweet red, called Redhead, was the first in their second label series. “We’ll soon add Ruthie Riesling and Penny Pinot Noir, both from Chilean grapes,” he said. “My favorite cousin’s name is Penny. My mother’s name was Ruth. I hope they don’t mind.”

Sometimes Bruce takes his wine story on the road, giving people tastes of his wine at festivals. “We are always at the Wine & Beer Crawl in Burleson, GrapeFest in Grapevine and the State Fair of Texas at Fair Park, for a couple of days. We’ve been as far away as Montgomery, Wichita Falls and Hico. Otherwise we’re here,” Bruce said.

The wheelchair-accessible, family-oriented tasting room and deck give a home-away-from-home ambiance for Sunset Winery’s growing group of regulars. Newcomers are welcome, and should come with the intention of spending about \$5 to taste five wines. Once you’ve found your favorite, nice-weather days make the sizeable deck an appealing place to sit and sip.

Special events scheduled by Teresa are listed at www.sunsetwinery.com. “Our events are either wine tasting events or dinners, some of which feature our foreign wines,” Bruce said. This month’s dinner features French cuisine and wine. Other dinners will feature the food and wine of Italy, Spain and Portugal. All meals are catered locally, and the foods are at once authentic and yet not too exotic for Texans’ tastes.

You’ll enjoy tasting the food and wine, smelling the roses tended beautifully by Bob and talking with Teresa and Bruce and the other guests at Sunset Winery. Most of all, you’ll experience *joie de vivre* Texas style, while the grapes come alive on the vines. **NOW**



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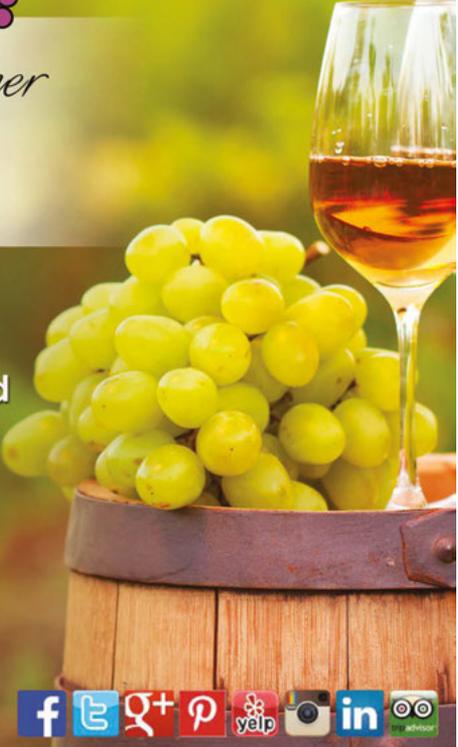
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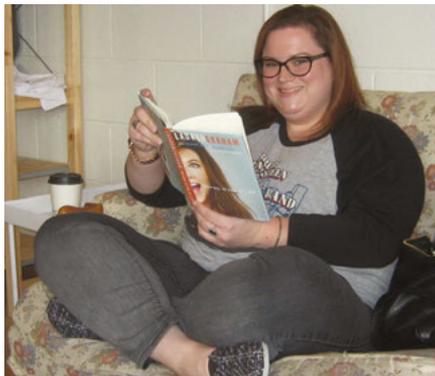
Bob Slaney escorts his wife, Mary, to the banquet where she was awarded the 2016 Mary Slaney Spirit Award.



Gloria Gillaspie signs a copy of her new book.



Several pickleball players take a breather during their Friday morning games at Crowley Recreation Center.



Lorann Schindler, a regular at Dwell Coffee and Nosh in Old Town, relaxes with her new book.



Audrey Gibson and Teri Trefger proudly receive the gratitude of the Burselson community for their services as ambassadors.



Amy Womack, whose hobby is growing roses, shares rose stories with Texas Master Gardener Gary Wylie after his presentation about Earth Kind Roses to the Burselson Lions Club.



James McCroskey, American National Bank, enjoys a laugh with Bruce Nelson, Legal Shield, at the after-hours networking hosted by Solis Mammography.



Randy Hamilton and his iKids Dental team accept the Shooting Star Small Business of the Year Award from the Burselson Area Chamber of Commerce.



Caryl Woodard and Linda Molina are just two of the people working behind the scenes to produce a successful Burselson Honey Tour.



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What's Smarter — Paying Off Debts or Investing?

If you're just starting out in your career, you will need to be prepared to face some financial challenges along the way, but here's one that's not unpleasant: choosing what to do with some extra disposable income. When this happens, what should you do with the money? Your decisions could make a real difference in your ability to achieve your important financial goals.

Under what circumstances might you receive some "found" money? You could get a year-end bonus from your employer, a sizable tax refund or even an inheritance. However the money comes to you, don't let it "slip through your fingers." Instead, consider these two moves: investing the money or using it to pay off debts.

Which of these choices should you pick? There's no one "right" answer, as everyone's situation is different. But here are a few general considerations:

- *Distinguish between "good" and "bad" debt.* Not all types of debt are created equal. Your mortgage, for example, is probably a "good" form of debt. You're using the loan for a valid purpose — i.e., living in your house — and you likely get a hefty tax deduction for the interest you pay. On the other hand, nondeductible consumer debt that carries a high interest rate might be considered "bad" debt, and this is the debt you might want to reduce or eliminate when you receive some extra



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money. By doing so, you can free up money to save and invest for retirement or other goals.

• *Compare making extra mortgage payments vs. investing.* Many of us get some psychological benefits by making extra house payments. Yet, when you do have some extra money, putting it toward your house may not be the best move. For one thing, as mentioned above, your mortgage can be considered a “good” type of debt, so you may not need to rush to pay it off. And from an investment standpoint, your home is somewhat “illiquid.” It’s not always easy to get money out of it. If you put your extra money into traditional investments, such as stocks and bonds, you may increase your growth potential, and you may gain an income stream through interest payments and dividends.

• *Consider tax advantages of investing.* Apart from your mortgage, your other debts likely won’t provide you with any tax benefits. But you can get tax advantages by putting money into certain types of investment vehicles, such as a traditional or Roth IRA. When you invest in a traditional IRA, your contributions may be deductible, depending on your income, and your money grows on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawals, and any withdrawals you make before you reach 59 1/2 may be subject to a 10-percent IRS penalty.) Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don’t take withdrawals until you reach 59 1/2, and you’ve had your account at least five years.

Clearly, you’ve got some things to ponder when choosing whether to use extra money to pay off debts or invest. Of course, it’s not always an “either-or” situation. You may be able to tackle some debts *and* still invest for the future. In any case, use this money wisely. You weren’t necessarily counting on it, but you can make it count for you. **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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Head in a Vice

— By Betty Tryon, BSN

Whenever someone says, “I have a migraine,” they get instant sympathy. Almost everyone understands that ‘head in a vice’ feeling. Imagine having a severe pounding pain in your head that goes on hour after hour. Life for that person literally comes to a halt. Twelve percent of Americans suffer from migraines. More women than men are likely to be afflicted with this problem.

Not everyone will follow the same pattern or recurrence of these headaches. Some will experience migraines maybe once or twice a year. Others can have migraines almost daily. At its simplest, migraines can be described as having sensory warning signs — increased sensitivity to light and sounds — before excruciating pain. There are four stages identified for a migraine. Not everyone will experience these four stages, and those that do experience them may not have them every time they have a headache. They are prodrome, aura, headache and postdrome.

The prodrome stage has a beginning time span of a few hours or even a couple days before the migraine begins. During the prodrome stage, your emotional state could range from depression to elation and you could experience bowel changes, food cravings and yawning. These first signs could be a signal that a migraine event may be on the way.

Auras are mostly visual disturbances where the person sees flashes of light that may be spots or in a zig zag fashion or maybe even temporary loss of vision. They can also be sensory, motor or verbal

disturbances, such as sensations of tingling or numbing of limbs, difficulty of speech, confusion and odd smells. When the aura begins, the headache is not long behind, although there are incidents of auras without resultant migraine pain. They typically start within one to two hours of the migraine and last from 10 to 60 minutes. They can occur before or during the migraine.

The attack of the headache is the most debilitating part of these stages. Migraines are usually on one side of the head but can become bilateral. Light, sounds, smells or physical activity can make pain worse. The person can experience nausea and vomiting, chills, dizziness and confusion.

Postdrome stage is defined as the time period after the migraine is over. Someone might feel the gamut of emotions, such as euphoria, depression or a sense of being drained over the incident. It may take hours to fully recover from a migraine attack, and you may have difficulty focusing and comprehending.

Ask your physician for a specific plan of action. When medical intervention is necessary, there are a host of health care professionals to help you find relief. **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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April 4

Young at Heart: 10:00 a.m.-noon, Boulevard Baptist Church, 315 N. Burleson Blvd. Chad Handy, (817) 295-4342.

April 7, 21, 28

Crowley Spring Concert Series: 7:30 p.m., Bicentennial Park, 900 E. Glendale. **April 7**, The Inspiration Band, performing '90s hits; **April 21**, Waylon Pierce, country; **April 28**, ESCAPE, a Journey tribute band.

April 8

Crowley Easter Egg Hunt: 9:00-11:00 a.m., Bicentennial Park, 900 E. Glendale. Pictures with the Easter Bunny start at 9:00 a.m. Bring your cameras. For more information, contact (817) 297-4211.

Aqua Egg Hunt: 10:00 a.m.-noon, The BRiCk, 550 N.W. Summercrest. Participation is limited in this totally amazing dive-in egg hunt in the Natatorium. Pre-register for \$2. Call the BRiCk, (817) 426-9104.

Bunny Daze: Noon-2:00 p.m., Hidden Creek Sports Complex, 295 E. Hidden Creek Pkwy. www.burlesontx.com.

Easter Egg Hunt at Russell Farm Art Center: 2:00 p.m., Russell Farm, 405 W. CR 714. Bring your own camera and Easter baskets and hang out with Joey the donkey and all his farm friends. For more information, call (817) 447-3316.

April 13

Quarter Auction: 6:00 p.m., Russell Farm Art Center, 405 W. CR 714. Your support helps Wings of Hope Equitherapy. www.wingsofhopehorses.org.

Party For Hope: 6:00-9:00 p.m., North Texas Jellystone Park, 2301 S. Burleson Blvd. Raise funds for American Cancer Society. (682) 622-9326.

April 15

No-cost Vision Screening: 9:00 a.m.-1:00 p.m., The BRiCk, 550 N.W. Summercrest. Call Bill Ayars, Burleson Lions Club, (682) 225-7445.

April 20

The State of Education: 11:30 a.m.-1:00 p.m., NorthPointe First Baptist Church, Joshua. Burleson Chamber of Commerce, (817) 295-6121.

April 21

Relay For Life Golf Tournament: Noon-5:00 p.m., Hidden Creek Golf Club, 555 E. Hidden Creek Pkwy. Contact Misty Harris, (817) 840-2702.

April 22

Be Healthy Burleson Annual Run: 7:30 a.m., Old Town Burleson, 141 W. Renfro St. The 1 mile fun walk is free. (817) 426-9682.

April 28

Business Talk Friday: 11:30 a.m.-1:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Pre-register via www.burlesonchamber.com.

April 29

Stepping Up for Autism 8:00 a.m.-noon, Bess Rance Elementary, 537 S. Heights, Crowley. Call (817) 205-1445 or visit www.centerforasd.org.

Trash Bash: 9:00-11:00 a.m., Warren Park. (817) 426-9842.

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 Jan Clark

— By *Melissa Rawlins*

Flexibility is key in Jan Clark’s kitchen, where cooking healthy also means keeping her recipes generic. When they can be adjusted simply by changing ingredients, they produce a wide variety of results. “Most folks think cooking is hard. It isn’t. Once you’ve got the basics, there is nothing you can’t make,” she said.

Through 46 years of practice, a lot of experimenting, studies in culinary school and accomplishments in cake decorating, Jan’s cooking has continually evolved because she has kept learning about how today’s food affects our health. Currently cooking mostly vegetables and fruit with a small amount of animal protein, she and her husband eat salads and soups for lunch, and cooked vegetables with poultry or fish for dinner — all as close to raw as possible and usually organic. **NOW**

I Do Like Brussels Sprouts

- 1 16-oz. pkg. frozen petite Brussels sprouts**
- 4 oz. low-salt chicken broth**
- 1/4 tsp. each salt and pepper**
- 1/4 tsp. garlic powder or granules**

- 1.** Heat a large saucepan on medium-high heat for 1 minute. Add all ingredients; stir.
- 2.** Cook covered, until sprouts are done, about 8 minutes, stirring occasionally.
- 3.** Measure 1 cup per serving.

Simple Soup

Makes 2 servings.

- 16 oz. low salt chicken broth**
- 1 stalk celery, chopped**
- 1 cup chopped spinach**
- 6 oz. cooked and chopped chicken or turkey**

- 1/4 tsp. each: basil, rosemary, thyme, sage, savory, garlic powder, salt, pepper and turmeric**

- 1.** Put everything in a large pot and bring to a simmer. Cook 5 minutes.

Poach It!

Poaching protein is the easiest way to keep it moist and appetizing.

- 32 oz. chicken or vegetable broth**
- 1/4 tsp. each: garlic, onion powder, rosemary, thyme, sage, dill or curry (to taste)**
- 6 oz. thawed chicken, turkey or fish**

- 1.** Simmer broth in a pot. Add spices you like.
- 2.** Put the meat in the simmering broth and cook 5 minutes per side for poultry and 3 minutes for fish. Serve with any vegetable.

Apple Cider Vinegar Dressing

Makes 1 cup.

- 4 oz. apple cider vinegar**
- 2 oz. lemon juice**
- 1/4 tsp. each: turmeric, oregano, basil, savory, thyme, rosemary, parsley, garlic powder, salt and pepper**
- 1/3 cup onion, chopped**

- 1.** Combine all ingredients and mix well. (An immersion blender works great!)
- 2.** Use on salads or other things to perk up the flavor.

Fish Dinner for Two

- 6 oz. cod or other white fish, fresh or thawed**
- 2 cups frozen broccoli florets**
- 2 oz. Apple Cider Vinegar Dressing**

- 1.** Place fish on a sheet of aluminum foil. Cover with broccoli and dressing.
- 2.** Fold to make a sealed packet. Bake at 350 F for 20 minutes.

Dandy Dessert

Makes 2 servings.

- 1/2 cup apples, chopped**
- 1/2 cup strawberries, chopped**
- 1/2 cup blueberries**
- 1/2 cup raspberries**
- 1/4 tsp. cinnamon**

- 1.** Wash fruit and pat dry.
- 2.** Dust with cinnamon. Stir and enjoy.

Anytime Protein Snack

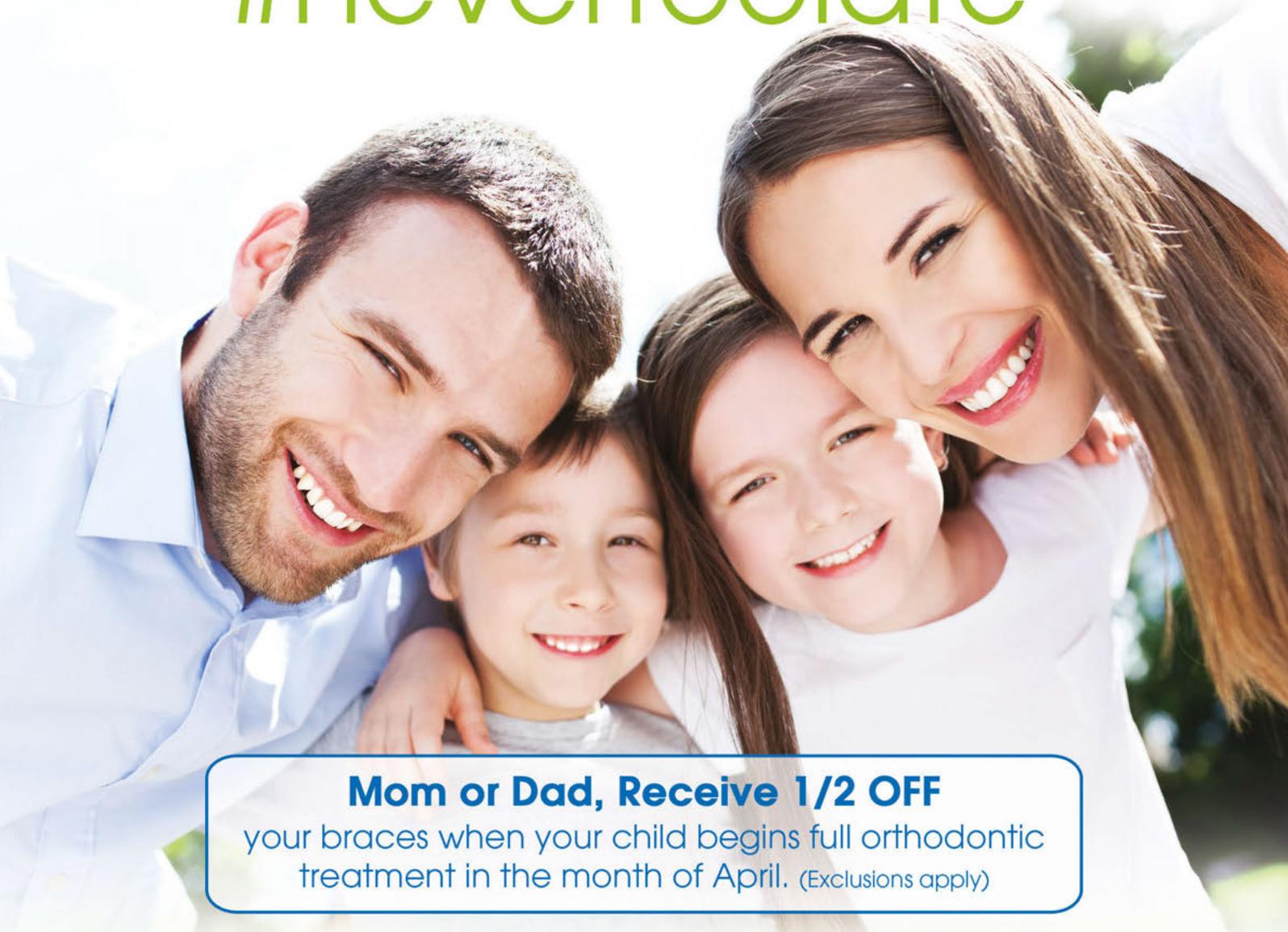
Makes 1 serving.

- 1/4 tsp. stevia (optional)**
- 1/4 tsp. vanilla extract**
- 4 oz. plain Greek fat-free yogurt**
- 1/4 cup raspberries, blueberries or chopped apple (any variety)**
- 1/4 tsp. cinnamon**

- 1.** Mix the stevia, if using, and the vanilla into the yogurt.
- 2.** Fold in the fruit of your choice.
- 3.** Dust with cinnamon.

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

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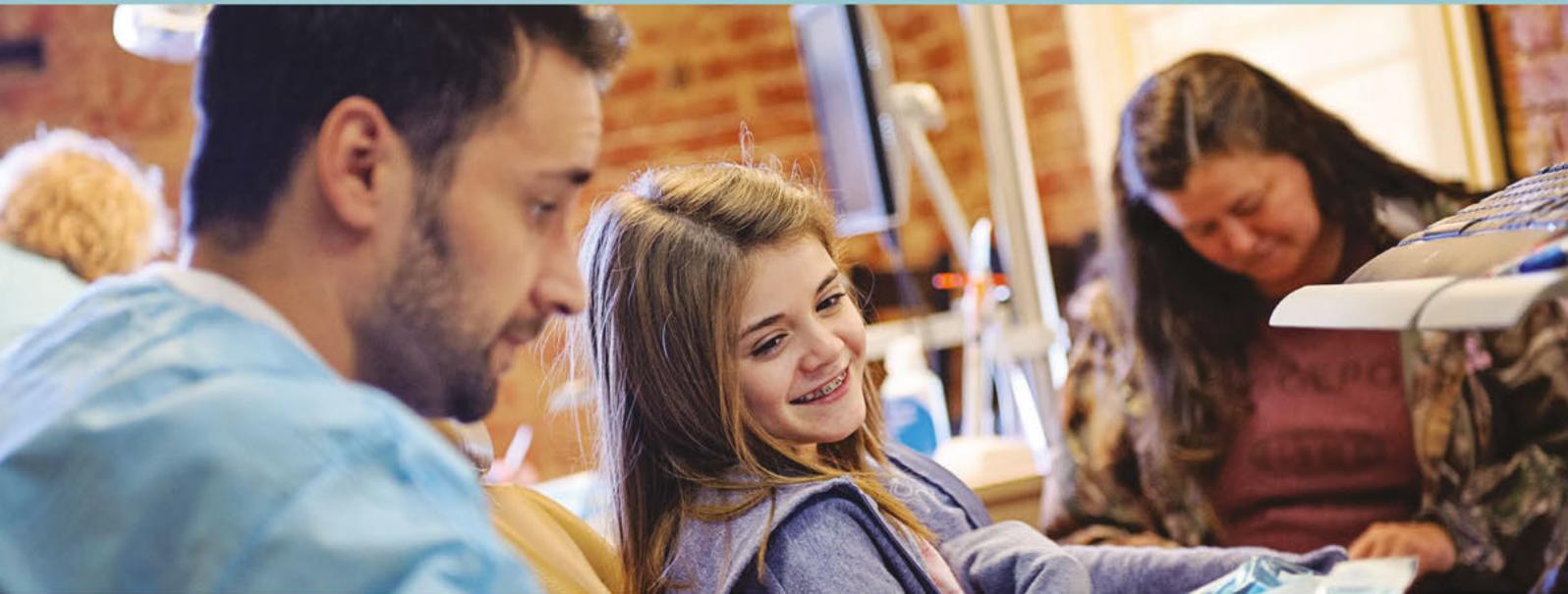


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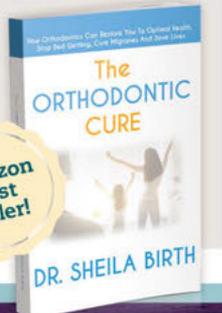
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