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ON THE COVER



Jeremy Perez keeps on the safe side of extreme motocross.

Photo by SRC Photography.

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Editor's Note

Hello, Burlison, Crowley and Joshua!

What did your mama teach you? Counting all her blessings ought to increase her esteem in your eyes, while also building your own self-confidence as we celebrate Mother's Day this month. One of the many life-promoting lessons I received from my mother is the value of time management. As I've honed my technique in this area, I've learned the importance of prioritizing. One of my priorities during winter months, when I'm prone to various

respiratory ailments, is getting lots of sleep.

Snoozing is low on my priority list during spring, when early, moist mornings in the garden make weeding easy. As Amos Bronson Alcott said,

*"Who loves a garden still his Eden keeps,
Perennial pleasures plants, and wholesome harvests reaps."*

And while the vegetables near maturity, I'm gathering clean mason jars and washing out the pressure cookers gifted to me by none other than my beautiful mother.

Enjoy counting *your* blessings!

Melissa

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LIM



There is no concept of fear or giving up in 6-year-old Jeremy Perez's vocabulary. Even from the top of a 10-foot ramp, he loves seeking the next adrenaline rush on two wheels from his wheelchair. Wheelchair motocross is the fastest growing wheelchair sport in the world. For over a year, Jeremy has been sailing down ramps and learning that he has no limits. Theresa Adair, his aunt who is more like his mom, has made it her mission to help Jeremy soar in whatever he sets his mind to accomplish. Presently, he focuses on the next lesson and thrives in each competition.

Jeremy was born with sacral agenesis, a congenital disorder in which the lower spine does not form correctly in fetal development. It is not a common condition. It only occurs once in 25,000 live births. "Sacral agenesis is so rare, there isn't an organization in the region that is specific for it," Theresa said. "We did find a Facebook group called iSACRA (International Sacral Agenesis Caudal Regression Association) when he was about 1 year old that has been a great resource. But locally, we come together with the Spina Bifida Association — that is as close to Jeremy's condition as we have found in the area.



TITLESS

— By Erin McEndree

“We found a place where Jeremy gets therapeutic recreation,” Theresa continued. Rise Adaptive Sports assists persons with physical challenges to participate in recreational sports. No child with a disability should sit on the sidelines. Jeremy participates in the same opportunities as other children. He wanted to go down one of the ramps, and a volunteer helped him. “He learns fast and caught on quickly,” Theresa continued. “After he did it the first time, he did it over and over.”

Jeremy has been safe with this extreme sport, only receiving a scratched chin and some bruises. He is taught that staying focused and in control helps him stay on his two wheels. Safety gear is also required. “Jeremy wears a helmet, elbow pads, knee pads and gloves,” Theresa said.

“This is what Jeremy wants to do,” Theresa explained. “We don’t hold him back. He is capable of anything he wants to do. I see parents who don’t let their kids soar, but we know Jeremy can go as far as he wants. If he wants to try it, we let him.”





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**"I LEARN TO GO DOWN
THE RAMPS WITHOUT
FALLING AND WITHOUT
BEING SCARED.**

I AM GNARLY."

One challenge Jeremy is working on is hopping over the metal coping at the top of the ramp that holds skateboard wheels. Theresa videos Jeremy in each competition and shares it on his YouTube channel. "I like to say, 'Kids, don't try this at home,'" Theresa laughed. Jeremy has over 1,000 followers on Instagram. Theresa wants to show others with disabilities they can do anything they set their minds to, and the videos prove even young kids can learn and compete in any sport they desire. She also wants to encourage parents to let their kids soar.

"They don't hold me back from anything at motocross," Jeremy said. "I am gnarly." He has been to many skate parks. Every two weeks, he goes to Alliance Skate Park to practice with coaches from Rise Adaptive Sports. "I learn to go down the ramps without falling and without being scared," Jeremy said. He is taught to carve the corners, so he can flow in and out of turns, gracefully keeping up his speed. There are volunteers to help push kids up to the ramp in their wheelchairs. However, for



Aunt Theresa Adair is proud of Jeremy Perez for pursuing his dreams.



the tallest ramps, Jeremy is able to walk up the stairs on his own.

Jeremy and Theresa traveled to California last year to Venice Beach Skate Park where Jeremy received an award for the most Stoked Skater. He has met one of the world's best WCMX competitors several times. Wheelchair daredevil Aaron Fotheringham, also known as Wheelz, has been influential in helping wheelchair sports progress over the years. Wheelz opened the 2016 Paralympic Games in Rio to the song, "Heart Knows No Limits." He sped down a ramp and flew in the air performing a backflip through a giant O. "I want to do tricks like him," Jeremy said. He has met Wheelz four times and taken photos with him.

There has been a transformation in wheelchair sports in the last decade. Many recreational activities have been turned into professional sports. The new era has ushered in more sophisticated equipment to meet the needs of the specific sport. When Jeremy became involved in WCMX about a year-and-a-half ago, Theresa found the booklet about his wheelchair and modified it for better suspension and balance. "I tweaked a few things to help with the center of gravity," she said. "I dropped the seat lower to have his arms in a better position." Hooks broke off the back of his chair while Jeremy was participating on the ramps.

When Jeremy is at home, he likes playing his Nintendo DS. "He climbs on everything at home. He has strong arms and does wheelies all over the house," Theresa said. "He enjoys going to workshops at Home Depot to build birdhouses and toolboxes. One of his favorites was a pencil box shaped like a skateboard." Jeremy also plays Buddy Ball in the spring and fall. Buddy Ball is

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baseball for anyone with a disability to help them learn teamwork and promote self-esteem. Volunteers assist kids in batting and rounding the bases, when needed. In school at Caddo Grove Elementary School, Jeremy's teachers say he is good at reading and math. He participates in physical therapy, where he works on balance by kicking a ball and on narrowing his wide gate by walking lines.

Jeremy wants to compete at Venice Beach again in July. "I want to be the best," he said. He competed in the World Competition on April 22 and 23 at Alliance Skate Park in Grand Prairie. Last year, he competed in the same competition, and he won.

Sir Philip Craven, president of the International Paralympic Committee, said, "Paralympians will switch your focus from perceived limitations, to a world full of possibility and endless opportunity. They will surprise you, inspire and excite you, but most of all they will change you."

There is no limit for people with disabilities. Sports such as basketball, soccer, rugby, hockey, softball, swimming, tennis, downhill skiing and track and field are adapted for participants with disabilities. "Most people have never heard of wheelchair motocross," Theresa admitted. "However, we are committed to helping Jeremy soar. Our future goal is to get him a new wheelchair that is adapted more for motocross maneuvers."

While Jeremy is having fun and enjoying the thrill of speeding down ramps and learning trick moves, Theresa hopes his resilient spirit touches others and inspires them to never allow their disability to hold them back. Jeremy does not consider himself disabled. He considers himself able to do anything he sets his mind to do. He is limitless. **NOW**



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A Crazy Revival

— By Melissa Rawlins



At Home Wit

The front porch of this renovated ranch house, where breezes blow and people pass in and out of an oversized door, feels serene. The yard's stylized tree trunks, revitalized by sculptor Pete McCaskill, remind the loving family inside these 85-year-old walls that their mission is revival. Headed by Lisa Schwarz, the 53 staff and volunteers who call themselves Crazy8 Ministries moved in just two years ago.

Their giraffe-patterned, rock-walled home was first built in the '30s and then remodeled in the '70s, when its owners added the back section, with its beautiful patio, and the second stories over both the house and the garage. At that time, the husband and wife living here installed the fine, heavy wood trim and built-ins throughout the structure. "They hired in Pete McCaskill to do those wood carvings," Lisa said. "They were a sign from the Lord that this land was reserved for us, because one of the original things God used to inspire me to build a ministry like this was the wood carving I saw at Russell Farm Art Center, where the artists were taking something considered dead or petrified and making it useable."

Convinced that this will be a place where people's lives will be fashioned into something new, Lisa asked the community to help provide funding to purchase this home two years ago. Crazy8 Ministries moved here right before July 4, 2015. In that two years, volunteers and staff built counseling rooms



h Lisa Schwarz

upstairs and moved portable buildings onto the land, so they could provide housing for women and children.

The staff spends the majority of their days inside the main house, however, and have fantastically blended their personalities into its every nook and cranny. Their spiritual mother, Shirley Greenroy, explained: "We're one family fellowshiping with each other, and each ministry interacts with each other. Those spokes fit into the cog of the wheel, which is the love of the Lord ministering out of this place to the hearts of the people."

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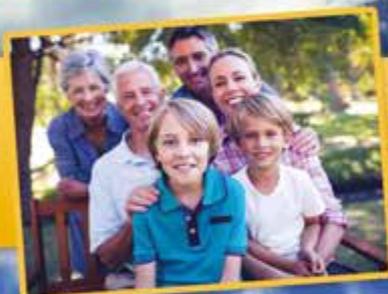


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Shirley had *YOUR BANNER OVER ME IS LOVE* painted on the wall above the old roll top desk, left at the top of the stairwell by the former owners. Dark wood floors, sturdy banisters and a slope-ceilinged turret give the illusion of a castle tower. Lance Brown's gigantic, colorful painting of the Lion of the Tribe of Judah represents the home's purpose to fight for the future of every client coming up these stairs for counseling.

Just off this landing, Biblical Counseling and Discipleship Director Kelly Rogers created three private rooms from what

once was a large living area. "It's not stately decor, but it will help minister peace and joy, no matter the circumstance," Kelly said. The Green Room's dark wood, built-in window seat and cabinetry were already there, so to meet the needs of the masculine clients Kelly simply added outdoorsy upholstered furniture, rugs and plants. The Hope Room has pink walls sporting an over-sized, blue vinyl silhouette of a girl swinging, altogether speaking freedom.

Every upstairs room has a bucolic view of Johnson County countryside. Kelly likes





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to pull up the comfy denim armchair she got from Goodwill and look out at the windmill during times of prayer. She designed her space and funded its decorations herself. Stimulating and playful, her office mimics nature with its sky-blue ceiling. She contrasted an orange and white couch with pillows in black and white. Her gallery wall is a fun, three-foot panel of green verging on gray, topped by a collection she appreciates, like her children's artwork and a yarn pom-pom. Here, Kelly sometimes meets child clients, and likes to sit on the floor.

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Lisa also sits on the floor when counseling kids in her space downstairs. Its decor intentionally inspires calm confidence. Two or three basic colors, including a pink called "romance," reflect her personality. She kept the heavy black desk, dark wood trim and the fan. She recently added to her southern wall a farmhouse-style plaque handmade by two of her team, Brittany Detty and Jennifer Schumacher, featuring the verse, *WE LOVE BECAUSE HE FIRST LOVED US. 1 John 4:19*. "That concept was a paradigm shift in my own healing process. It's about what He's done for me and all that He wants to pour into me, and when I stand in a place of receiving and agreeing with His love, then I begin to love others."

Clarity is the gift in this environment where Lisa sits most mornings with a steaming cup of cinnamon coffee in one of four blue sateen chairs situated around an oval antique coffee table to pray before her working time. These re-upholstered armchairs came out of First Financial Bank of Burleson, along with several others that welcome people to relax in the Wedgwood-blue foyer.

Even more of those armchairs furnish the beige-carpeted family room. Here, where French doors open to an inviting brick patio overlooking the ranch, people gather for meals or fellowship. Atop the fireplace mantel is a gift from a sponsor of one of Crazy8 Ministries' fundraisers. Red Hot Radio's painted guitar is never used, though, because people bring their own instruments when the Crazy8 family worships in that great room.

Sometimes they pray in the garage apartment known as the Treehouse, where Welcome Home Ministry Director Kat Doerr and Housing Manager Paige Martin host Bible studies, counsel some clients and meet with the residents. Robins-egg blue walls promote the homey atmosphere, as do the couch, fluffy carpet and farmhouse table. A colorful door she propped in the corner behind her desk has become a conversation piece. "I think God places open doors before these women, giving them an opportunity."

Outside her window, she can see a wooden ramp built by volunteers from Cana Baptist Church to help bring this home up-to-code for guests using a wheelchair. Such community effort is exactly what this month's City On A Hill Festival will celebrate, all under inspiration by Crazy8 Ministries and direction by Outreach Ministry and Connections Coordinator Liz Jordan.

Liz shares her bedroom-turned-office with Tammy Murphy, who selected the table against the pale yellow wall and decorated it with a sugar cube box filled with flowers representing new beginnings, and surrounded by two angels watching over the revival. "Our space is a perfect mesh between me and Tammy. Hers is coastal, mine is farmhouse shabby chic," she said, adding that they purchased their tables and mirror out of their All Things New Resale Shop.

Its manager, Brittany, works in a nook of this home with Lisa's assistant, Jennifer. From their vantage point, surrounded by solid wood shutters and cabinetry, communication flows across expansive, green-granite kitchen counters all the way to the front desk, where Sharron Watts smiles at every visitor. In this home, everyone is free to receive love and definitely focused on giving it. **NOW**

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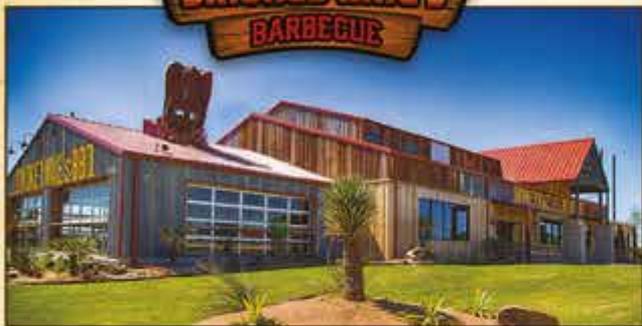
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STEEPED IN HOPE

— By Erin McEndree

Difficult situations inspire some people to become advocates for change, support and awareness for others going through the same situations. Kirsten Harris knows what it feels like to lose a family member, close friends and even pets to cancer. Because of her experiences, she is largely involved with Relay For Life to help memorialize those who have passed and encourage those fighting to persevere. Kirsten has been on a Relay team for 14 years. “I want people to know cancer is a very big deal, and Relay For Life is not just a social event,” she said. “I want people to take it seriously, help others and support finding a cure.”

In 2004, when Kirsten was 4 years old, she joined her mom, Misty, on a Relay For Life team to support her grandfather who was diagnosed with lung cancer. “I have pretty much grown up with Relay For Life,” Kirsten said. When her Poppie passed away, their family continued to be part of a team to honor his memory and show support to others who battle cancer, those who are caregivers and





those who are mourning for someone who passed away. "It is our way of remembering my Poppie's memory while trying to help save the lives of others," she explained.

Cancer is no stranger in the Harris household. "I lost my Uncle James to tracheal cancer and a dear friend, Kelly, to breast cancer," Kirsten shared. "I have also lost my Boxer, Eggie, to muscular cancer and my Rat Terrier, Scrappy, to spinal cancer." Cancer is no respecter of race, age, gender or species. "Cancer does not care who you are," Kirsten said. And the toughest stories involve children.

"There are quite a few kids with cancer involved in Relay," Kirsten said. During one luminary ceremony, when the lights were turned off and a flicker could be seen from the glowing paper bags around the track, the large screen TV glowed with photos of people who had passed away during the year. Kirsten thought of her Poppie and tears rolled down her face. A small girl sat next to her and sobbed, too. "We looked at one another and had a moment of unspoken emotion and hugged," Kirsten said. "However, the end of the video always shows people who are still fighting, and it brings everyone's spirits back up."

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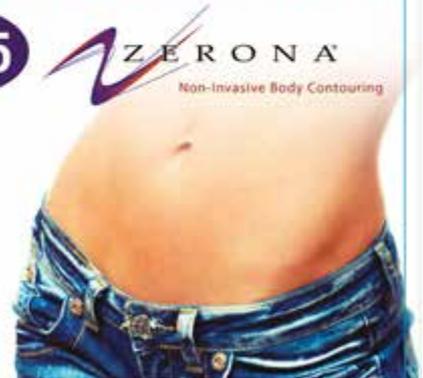
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Kirsten is busy most of the year being the spokesperson for Relay and helping with fundraisers. She is passionate about getting the word out every year to youth that prevention can be achieved with early detection. "Advertising is one of the hardest obstacles we face," Kirsten said. "We share the event on social media and share by word-of-mouth." This year, Relay For Life will be held May 12 at Kerr Middle School. Kirsten is getting geared up to get as many signatures on her T-shirt as she can from cancer survivors who show up to walk around the track. People are always greeted with a smile, words of encouragement and a hug from Kirsten.

"Kirsten always looks for people to help, even if it is another team," Kirsten's mom, Misty, said. "She helps get donations, sell pizza and motivates others to pick up the debris around the track."

The Relay For Life in the Burseson area is a large event each year with close to 2,500 attendees showing up to celebrate. "Last year, we had 475 participants registered on 50 teams," Kirsten said. "My team makes up 15 percent of the registered participants and is one of the top grossing teams."

Misty is very involved with Relay For Life. She is currently serving three teams. She is the team captain for The National Bank of Texas, participant on Friends for Life #1 and a caregiver on Friends for Life #2. Misty stays involved with many aspects of the event. "I am also chair of the National Bank of Texas Golf Tournament, team captain for The National Bank of Texas and one of the committee's three leaders as the Funding the Cure Lead," Misty said. The committee members meet almost year-round doing the background work of raising money and sponsors. Each month, speakers are invited to speak about a variety of

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topics related to cancer. Loss, stages of treatment, remission or struggles of being a caregiver are some of the topics discussed to support members.

“Kirsten provides me with support,” Misty said. “She is always motivating me to go to the meetings and stay up all night at the event when she says she believes in me.” There are times when Kirsten napped on the concrete floor in the concession stand or on the metal bleachers. But remembering their loved ones and supporting those who are going through similar situations is worth the lack of sleep and sore muscles the next day.

When Kirsten is not at school or working on the relay, she loves to read and play with her dogs and cats that she adores. She also has a part-time job that keeps her busy on weeknights. “When I graduate, I’m thinking about taking



Misty Harris (mother) with Kirsten Harris.



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online college courses to get my basics out of the way,” Kirsten said. “Then I may pursue law enforcement or become a doctor.”

“Relay is more than just donating or raising money,” Misty said. “It is about the bond that forms between people who are facing life-changing events. People truly don’t know how their life changes when someone they love is diagnosed.” The stories people tell at the event give people relief and hope as they realize they are not alone with the struggles they go through.

“When my Uncle James lost his battle with cancer, our RFL team helped our family through the tough emotional time,” Kirsten said. “During each stage of treatment, the American Cancer Society helped advocate insurance and helped with medical bills. There were even rides provided to the hospital for treatment.” Kirsten has seen women receive free wigs through the Look Good, Feel Better program. “The biggest inspiration is to see how individuals come together to help and support one another,” Kirsten said. “It connects strangers together in endless friendships.”

Cancer is so limited, according to a poem by Dr. Robert L. Lynn, which Kirsten mentioned. “It cannot cripple love. It cannot shatter hope. It cannot corral faith. It cannot eat away peace. It cannot kill friendship. It cannot shut out memories. It cannot silence courage. It cannot invade the soul. It cannot reduce eternal life. It cannot quench the Spirit.”

Kirsten will continue to be an advocate for cancer education and help others limit its effect on their lives because she is steeped in hope for a future cure. “We all need to live healthier because the next generation depends on us,” she said. “More people need to know what they can do about cancer and how to stop it.” **NOW**

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Summertime Is Easy

— By Zachary R. Urquhart

Every year, kids excitedly await the last school bell before vacation begins. And every year, a week after school is out, kids all around can be heard saying parents' least favorite two words, "I'm bored." But using this helpful guide, you can fill your summer with new, fun and, sometimes, free activities.

Sign up for camps!

- *Dance around town.* Every summer, there are dozens of local dance, cheer and art studios that offer one-week camps. These camps often double as a trial for prospective new patrons, so they are a great way to spend a week and, at the same time, to see if there is long-term interest. Ask your friends what weeks they are signing up for, so your child will know some people when they arrive the first day.
- *Be a good sport.* Most high schools offer sports camps for youth up through middle school. These camps are a good way for high school coaches to meet future athletes, but they are also great for kids to learn fundamental skills, technique and strategy. While seeing kids that may eventually play for them is a bonus, schools do not limit attendance to those in their zones, so you can get football speed training from recent state champion coaches, or technical work from some of the most esteemed soccer coaches in the state.
- *Check dates.* With the number of studios, schools and private entities offering camps for all different ages and skill levels, you will want to spend some time looking for the right fit. Whatever

else you do, though, make sure you know when the registration deadlines are. While some might extend registration with an added payment up until the day of the camp, staffing and equipment considerations may make others hold to a solid deadline, so do not let missing a postmark date keep your kid from the camp they want.

VBS, by many names.

- *Look for schedules.* With so many churches offering vacation Bible schools to the public, the first step needs to be looking for a calendar of the offerings. While you will not always find one codex with every option, you might call your city hall to see if they have something consolidated. You can also reach out on social media. There are Facebook pages where people throughout the area post their church's activities. VBS may be in the morning, afternoon or evening and, generally, goes for four to five days, with some churches using the following Sunday service as a grand finale.
- *Ask your friends.* There are literally hundreds of programs offered by local churches throughout the summer. It is not difficult to schedule a different vacation Bible school every week for a few months, if you are so inclined. Ask friends which ones they have tried, and find out what types of activities each one offers. Some churches do simple activities in the park, and you can show up for just a few days. Others, though, will require registration ahead of time, as they have professional instructors in various fields come to make the activity portion as great as possible.
- *Figure out the code.* These days, different churches take different philosophies when it comes to VBS. VBX typically means the kids will have one specific activity that takes a lot of their time.

Kids' Camp denotes more of a camp atmosphere, with varied activities mixed with the study portions. VBS in the Park is often an outreach seeking to bring in guests from nearby areas throughout the week. And traditional VBS normally blends Bible stories with songs, crafts and large group games.

Free is a great thing.

- *Movies in different places.* While many movie theaters offer cheap summer showings once a week, usually for films that have been out for a year or longer, cities often run special movie days and nights throughout the summer, sometimes in local parks or at other outdoor venues. Most local libraries show movies as often as once a week in the afternoons. Because these city events are planned well in advance, they are advertised weeks before showings, so a quick check of your city's website will give you all the details you need.

- *Libraries have more than just books.* In addition to family-friendly movie showings, most public libraries ramp up a full slate of summer activities. From bringing in magicians and other performers, to presenting informational sessions on a variety of topics, your local library is probably a great spot for free family fun, while you get out of the sweltering Texas heat. If nothing else, you can grab a summer reading log and have your kids earn treats and prizes for opening books during their months off from school.

- *Free events with memberships.* If you have passes for local zoos, botanical gardens or museums, be sure and check out their catalogue of events. While they always offer exciting exhibits, most places add a few seasonal specials to entice new families. If you are not a member yet, it may be worth spending \$100 or so for a yearlong membership that lets your entire family have access to special activities, concerts and, usually, even gets you passes to bring friends along for a visit.

The summer can be a great, relaxing time to break from the routine of school and work, but it can sometimes turn into an exhausting endeavor trying to keep your kids from the doldrums of too much free time. With trips to these great local spots, you can be sure your summer is one to remember. **NOW**

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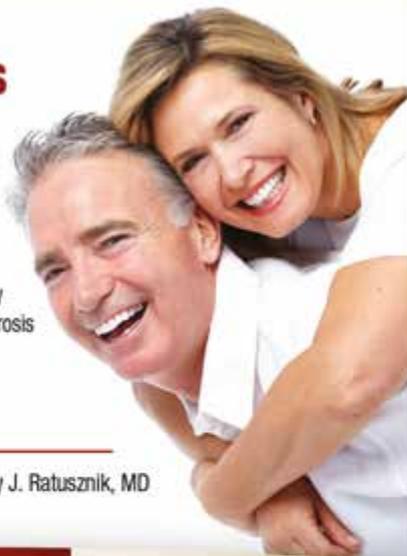
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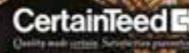
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Inner Health and Outer Glow

Trust your hair, skin and nails to caring people at United Dermatology Associates.

— By Melissa Rawlins

It's only been three years since Dr. Jeannine Hoang opened United Dermatology Associates in Burleson. The Arlington native began performing cosmetic services and treating medical conditions in Mansfield 10 years earlier, and found her practice growing as she treated patients of all ages. She brought on more providers and opened locations in Arlington, Flower Mound and Burleson in order to help the many people requiring her specialty services.

United Dermatology Associates performs surgery, internal medicine, pediatrics and cosmetics. For the board-certified founder of this comprehensive treatment center, every day is interesting and rewarding as she and her colleagues move between performing medical procedures, treating complex skin diseases and conducting

a myriad of cosmetic procedures like BOTOX injections or chemical peels.

From the beginning, Dr. Hoang intentionally hired exceptionally proficient physicians' assistants to round out her practice. "Our PAs have philosophies similar to mine and a great bedside manner," the owner of United Dermatology Associates said. "Our physicians' assistants do a great job for our patients because they are well-trained and highly educated from the dermatology standpoint.

"My staff is very aware of what I do, how I practice and how I speak to patients to educate them," said Dr. Hoang, who promotes proactive skin care through a healthy lifestyle. United Dermatology Associates sells pharmaceutical-grade vitamins and minerals because Dr. Hoang believes some medical problems can

be exacerbated by nutritional deficiencies. “If I feel their issue might stem from some internal root cause, I might send my patient to the homeopathic doctor I partner with.” She also counsels about exercise, nutrition and stress-relieving techniques.

Dr. Hoang fully trusts Physician Assistant Uyen Mimi Phan to take excellent care of people in Burleson four days per week. “Mimi goes above and beyond. She cares so much about making sure patients’ medical and cosmetic needs are provided for,” Dr. Hoang said. Always considering the practice from the perspective of the patient’s experience, Mimi maintains a thorough approach steeped in solid medical methodology.

For example, Mimi and Dr. Hoang usually conduct a biopsy the day of a patient’s initial appointment when they express concern about a spot on their skin. Later, the laboratory results will determine the treatment. If it’s a superficial skin cancer and requires a simple excision, Mimi or Dr. Hoang can provide in-office treatment for most skin cancers, including melanoma — known as the most deadly form of the three most common forms of skin cancer. If the cancer is deeper, they may refer to a general surgeon. “The deeper it goes, the greater the chance it might have spread,” Dr. Hoang said, “so our patient will undergo a staging workup, including blood work and scans.”

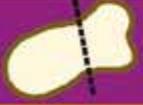
United Dermatology Associates offers medical, surgical, pediatric and cosmetic dermatological services for all your skin care needs. Two medical assistants shadow Mimi or Dr. Hoang in the exam room and during procedures. The MAs conduct cosmetic chemical peels and noninvasive medical procedures, as well as the PDT light treatments on wide areas of precancerous cells, like a face, a scalp or an arm.

The front-line staff answer all queries, conduct insurance verifications and explain their reasonable self-pay rate of \$100 for new patients and \$75 for follow-ups. Since United Dermatology Associates is customer-driven, the entire staff does as much as possible to treat patients in-house and to prevent unnecessary subsequent appointments. You deserve the comfort of this team of caring individuals, dedicated to bringing out your total glow. **NOW**



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Barista Garrett Bussey serves up a cold cinnamon-almond milk macchiato at the Crowley Starbucks.



Bill Taylor sits inside the footprint of *Paluxysaurus Jonesi*, a sauropod whose remains were found near Glen Rose, Texas, and have since been moved to the Fort Worth Museum of Science and History.



Caryl Woolard enjoys riding a bike whenever she can, wherever she can.



Cheyenne Skye Goss, far right, is excited about the Reference USA tutorial given by Andra Roussel, center, and Christine Winner, Crowley Public Library Director.



Mustang Creek Estates residents Phillip Block, Patsy Long and Joan Burrell read to students at Clinkscale Elementary in celebration of Dr. Seuss' birthday.



Receptionist Carolyn Carlson cuddles Sophie, one of the Children's Advocacy Center of Johnson County's therapy dogs.



Joshua's Assistant City Manager Mike Peacock receives the Butch and Peggy Maxfield Service Award and celebrates with its namesake, Peggy Maxfield.



Logan has tons of fun with his father, Jeremy Clark, representing JC Welding at the Joshua Area Chamber of Commerce Awards Banquet.



Georgette Bloom and Jean Bauer chat during the Wednesday Burlison Breakfast Club networking meeting at the Police Department's Community Room.



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Teach Your Children Well ... About Finances and Investing

High debt levels ... lack of savings ... the inability to budget — these problems all have several causes, but one of them is almost certainly financial illiteracy. Too many of us just never developed the money management skills necessary to cope with our complicated — and expensive — world. But if you have young children, you can teach them some money-smart lessons — and who knows? You could use the opportunity to give yourself a few valuable reminders, too.

Here are some suggestions for a financial “curriculum”:

- *Save for a goal.* In our highly commercialized culture, it’s almost inevitable that your children will eventually become somewhat acquisitive. Obviously, it’s important to teach them that they can’t have everything, and they certainly can’t have everything right now. So, once they are old enough to receive an allowance or to earn money in some fashion, encourage them to set a goal for something they want, such as a toy or video game, and to put money aside every week for that goal. It’s also an excellent idea to model this behavior yourself. So if you are considering making a major purchase in the not-too-distant future, such as a car, show your children how you are setting aside money regularly



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for this purpose, rather than borrowing as much as you can or putting the entire purchase on a credit card.

- *Establish a budget.* It can be challenging to create a household budget and just as difficult to stick to it. But for most people, it's worth the effort. You'll be doing your children a favor by showing them how you have a certain amount of income and where it goes — mortgage, utilities, groceries, retirement accounts, etc. — each month. Explain to your kids that by staying within your budget, you can help avoid problems, such as debt and extra fees tacked onto bills for late payments. You might also want to point out that, as your income rises, you can gain greater flexibility in budgeting. Here's the key point: Living within your means pays off in the long run.

- *Have fun with investing.* It might surprise you, but even young children enjoy learning about the investment process, especially if you explain to them that they can be an owner of a company that makes a product or service they like. You might want to pick such a company and, along with your child, chart its course over time. You could give your child a pretend \$100 bill to “invest” in this company, and then see how its value changes, explaining along the way that various factors — such as the popularity of the company's products, the skill of its managers and so on — will affect the stock's price. At some point, you may even wish to purchase real stocks for your child and place them within a custodial account. And you might also want to show your child how your own stocks and other investments are performing. The investment world can be fascinating, and by sharing your enthusiasm for it with your children, you can encourage them to invest throughout their lives.

Knowledge is power. And the more knowledge about finances and investing that you can impart to your children now, the more empowered they will be to make smart financial moves in the future. **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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May 6

bRUNch: 8:30 a.m.-1:00 p.m., Crowley Area Chamber of Commerce, 201 N. Hampton Rd. \$20 per person to support not only the Chamber, but also the Leonard Morfield Scholarship Fund. Contact (817) 297-4211.

May 9

After Hours Networking: 5:30-7:00 p.m., Grumps Burgers, 108 S. Main St. Free to Burleson Area Chamber of Commerce members. (817) 295-6121.

May 11

Baseball and Books: 6:00-8:00 p.m., The Historic Farr Best Theater, Downtown Mansfield. The Mansfield Public Library hosts Scott Cain, Mayor of Cleburne and the author of *Cleburne Baseball*, discussing the background information collected to create his book. (817) 728-3692.

May 13

Party with Purpose: 7:00 p.m., J. Gilligan's Bar & Grill, 400 E. Abram, Arlington. Local nonprofit Scared Sidless presents the 4th Annual Concert/Auction/Raffle benefiting the kids of Camp Cullin, a retreat from grief. www.scaredsidless.com.

May 17

JACC Quarterly Luncheon: 11:30 a.m.-1:00 p.m., True Life Church, 301 S. Main St., Joshua. RSVP early to (817) 556-2480.

May 19

Power of Heels Luncheon: 11:30 a.m.-1:00 p.m., First United Methodist Church, 590 McAlister. Judy Hoberman, author of *Selling in a Skirt*, speaks to the topic "Equal Not Identical." \$20 for members purchasing their tickets before **May 17**. Call the Burleson Chamber of Commerce, (817) 295-6121.

May 20

March for Kids of Character: 9:00 a.m., BHS Flag Pole, 100 Elk Dr. Students will sign in with their school and, wearing their school T-shirts, will march around the BISD stadium track. Burleson Character Council will recognize each school's Students of Character. (817) 245-1131.

City on a Hill: 10:00 a.m.-3:00 p.m., BISD Stadium, 100 Elk Dr. Join the festival celebrating working together as the body of Christ in order to transform our community. Crazy8Ministries, (817) 202-8408 or www.crazy8ministries.com.

Car Show and Concert: 5:30-9:30 p.m., Bicentennial Park, 900 E. Glendale, Crowley. The In-N-Out Burger food truck serves from 7:00-8:30 p.m., and The Wonders perform for your pleasure from 8:00-9:30 p.m. For more information, contact Julie Hepler, community services administrator, jhepler@ci.crowley.tx.us or (817) 297-2201, ext. 4300.

May 27

Honey Tour Bike Ride: 6:30 a.m., Centennial High School, 201 S. Hurst Rd., Burleson. Enjoy springtime in Johnson County! \$25 per rider, when registering before **May 15**. \$35 at-the-door entry. Register via honeytour.athlete360.com or contact BACC, (817) 295-6121.

Battle of the Bands: 1:00-6:00 p.m., BRiCk, 550 N.W. Summercrest Blvd. Local bands compete against each other while entertaining us all. If you're a band looking for exposure or you just have questions, contact Colton Carnes at (817) 426-9113 or email ccarnes@burlesontx.gov.

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 Mulholland

— *By Melissa Rawlins*

Jan Mulholland's culinary mishaps have been minimal compared to all her marvelous memories shaped in kitchens with her mother, aunts and grandmother and, later, her own daughters. Through the years, what has made Jan a good cook is her willingness to try again, as well as to experiment.

She moved to Burleson from Arlington in 1992 with her husband, David, and his two daughters. They have established firm roots here and, in the process, have learned that eating healthy can be delicious. "I try to cook mostly with non-processed ingredients, opting for organic, grass fed, etc., when possible." At holiday time, however, Jan will often splurge, and for Father's Day, she will definitely prepare for David her signature apple pie — the recipe she first made while they were dating. **NOW**

Apple Pie

- 1 double-crust frozen pie dough**
- 5 medium apples**
- 1/4 cup flour**
- 1/2 tsp. nutmeg**
- 1/2 tsp. cinnamon**
- Pinch of salt**
- 3/4 to 1 cup sugar**
- 2 Tbsp. butter**

- 1.** Preheat oven to 425 F Prepare the pastry for a two-crust pie, following the directions on the box.
- 2.** Peel and thinly slice apples until you have 5-6 cups prepared.
- 3.** Stir flour and spices together with 3/4 cup sugar, if using red apples, or 1 cup sugar, if

- using green. Mix the apples in gently, and then pour the mixture into the prepared pie pan.
- 4.** Dot the top with butter; cover with top crust. Put slits into top crust, and then use your thumb to seal the edges. Cover with a metal pie ring or a 2- to 3-inch strip of foil.
 - 5.** Bake 40-50 minutes, removing the ring of metal during the last 15 minutes of baking. The pie is done when the crust is brown and juice is bubbling through the slits.

Levi's Special

- 4-5 chicken breasts**
- 8 oz. Frank's Red Hot Original Cayenne Pepper Sauce**
- 8 oz. Coconut Aminos, Soy-Free Seasoning Sauce**

- 1.** Put all ingredients in a slow cooker, lined to help with cleaning. Cook on low for 6-8 hours, or until meat can be shredded with a fork.
- 2.** Serve as is, as a topping for spaghetti squash or even in a lettuce wrap. *Note:* This stores well for later use.

Slaw Stir Fry

- 1 medium onion, diced**
- 1 Tbsp. olive oil**
- 1 lb. ground chicken**
- Salt, pepper and powdered garlic, to taste**
- 1 10-oz. bag power slaw or broccoli slaw**
- 2 Tbsp. Tessemae's All Natural Olive Oil and Lemon Dressing**
- 1 egg, beaten**

- 1.** Sauté onion in olive oil; set aside.
- 2.** Brown chicken and seasonings; mix in the onion.
- 3.** Stir fry the slaw in the dressing until tender. Stir in the chicken mixture.
- 4.** Scramble the egg into the mix just before serving.

Chicken Fingers

Recipe inspired by The Paleo Mom.

- 1/2 tsp. sea salt**
- 3/4 tsp. paprika**
- 1/4 tsp. coriander**
- 1/4 tsp. cumin**
- 1/2 cup almond meal**
- 1 egg, beaten**
- 1 lb. skinless chicken breast, cut into strips**

- 1.** Preheat oven to 425 F Line a 9x13-inch baking dish with parchment paper.
- 2.** Combine seasonings with almond meal on a plate. Put the egg in a shallow bowl. Dip the chicken strips in the egg first, and then in the dry mixture.
- 3.** Place the coated strips in the baking dish. Bake for 15-18 minutes, turning them halfway through.

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



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BREAKTHROUGH RELIEF FOR BACK PAIN AND SCIATICA

If you suffer from low back pain and sciatica, you are one of the over 20 million adults in the US with this, often crippling, spinal condition.

Shooting, stabbing and burning pains from the lower back, sometimes with the additional pain through the buttocks and down the legs are all symptoms of a pinched nerve, often called "sciatica."

In severe cases, it can lead to muscle wasting, numbness, and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of a non-surgical integrated approach for this condition.

In Burleson, you can now receive this integrated care in the office of Lone Star Progressive Medicine. The Lone Star Progressive Medicine team has helped over 3,000 patients find relief with agonizing lower back pain and sciatica.

According to Dr. Pettke, "We use a combination of advanced medical, chiropractic, and functional movement evaluations, along with diagnostics, to precisely diagnose the cause, or causes, of a patient's lower back pain and sciatica. Once we know the cause, we can then create a unique program for treating and rehabilitating the damaged area causing the pain. This typically results in fantastic long-term results for patients."



Because the treatment is non-surgical, safe and easy, most patients report very rapid relief from their pain, even when they have suffered for many months or years and tried numerous traditional treatments.

To find out if Lone Star Progressive Medicine can help you, you can call to schedule a complimentary consultation. They have a limited number of complimentary consultations each month, so call now so you can be seen soon. Their office number is 817-297-7100.

Don't suffer from the pain and immobility any longer. Discover the treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

They accept most major health insurances, including Medicare, which covers care in their office.

LONESTAR
PROGRESSIVE MEDICINE
BURLESON

LEADERS IN LIFESTYLE MEDICINE

Sherif Shamaa, M.D. | Melanie Hampton, RN., A.C.N.S. | M. Brandon Pettke, D.C.

We offer a **NO COST,**
NO OBLIGATION Consultation!
817-297-7100

Limited to the first 8 people. Expires 5/31/17

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