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## ON THE COVER



*Crowley's Parks Department earns compliments for their diligence.*

*Photo by SRC Photography.*

# CONTENTS

June 2015 • Volume 9, Issue 6



## 8 Accentuating Life

Jose Lugo keeps his priorities straight: first his family, then his parks.

## 16 Real or Replica

Hot rods bring people together and build relationships.

## 22 A Love Story

At Home With Jay and Lydia Ford.

## 34 Check It Out

Michele Wilson finds her calling as a librarian.

## 42 How Does Your Garden Grow?

Follow these tips to help your veggies beat the heat.



50 BusinessNOW

52 Around TownNOW

54 FinanceNOW

60 CookingNOW

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit [www.nowmagazines.com](http://www.nowmagazines.com).



## Editor's Note

*Hello, Friends!*

This is that precious time of year when grass still appears deep green, and gardens produce amazingly tasty goodies. The evenings invite families to hang out awhile under the twinkling stars. What a perfect month for celebrating dads. No matter who yours was — and even if there were times when he mowed you down, pruned you drastically and rained on your parade — he surely helped you shine, produce fruit and grow to verdant green.

A fabulous father I know once gave me a most relevant definition of green: Give thanks. Reject stinking thinking. Exit your home/office. Engage hearts. Never stop believing. I'm going green, starting by being grateful for the ways my dad prepared me to live life to the fullest. You've been blessed to be a blessing, too. This month, recall your father's wisest comments and share them with people you care about.

Happy Father's Day!

*Melissa*

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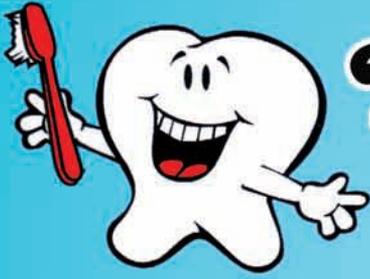
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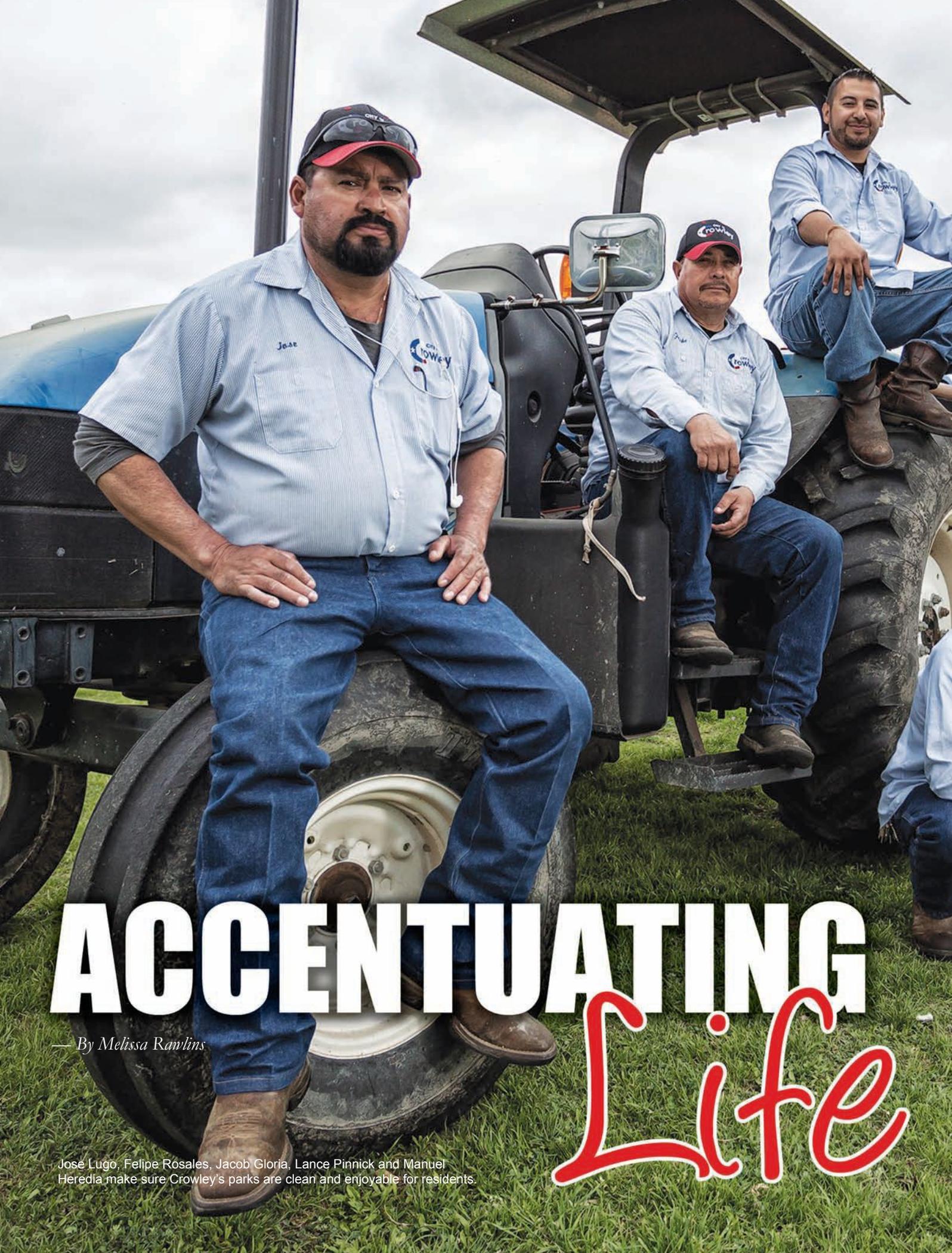
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# ACCENTUATING

# Life

— By Melissa Rawlins

José Lugo, Felipe Rosales, Jacob Gloria, Lance Pinnick and Manuel Heredia make sure Crowley's parks are clean and enjoyable for residents.



**“After we have finished with this work for the city, I relax, because I know we’ve done a good job.”**

*Jose Lugo looks at Crowley’s parks like his own house. “My house is clean. My parks are clean,” said Jose, who serves the city of Crowley Department of Public Works as foreman of a five-man crew for the Parks Department. These unsung heroes, who make all of Crowley’s summer fun an enjoyable experience, find great inspiration in Jose. An organized man by nature, he considers the people, no matter their age, to be his customers. “Everybody enjoys the parks,” he said. “I wake up every day to go out and work with my mind on the job at hand, to make sure my parks look nice for the public.”*



Year-round, Jose and his crew accentuate life in Crowley. Mayor Billy Davis presented them with a certificate of appreciation two years ago, noting their commendation by Texas Parks and Wildlife for their diligent efforts in maintaining the parks throughout the town. When Jose’s crew cleaned the creek at Bicentennial Park, a gentleman who likes to walk his dogs there took time to write a letter to the director of public works, Jim McDonald, noting that the grass is always nice and neat. He also indicated the trash is picked up, and the bathrooms are clean. Since this man believed several nests of water moccasins resided in that creek, he was especially proud of the bravery of the men serving the Parks Department.

Humbly, Jose receives these compliments and goes on about his work. With responsibility for landscaping three parks — Teeter Park, with its ball fields and playground; Bicentennial Park, with its pavilion, playground and splash pad; and the Dionne Bagsby All Sports Complex — as well as all city properties, Jose’s crew stays busy. Sometimes, when the load seems overwhelming, they pow-wow. “I like to hear any options that could help me to do my job,” said Jose, a true servant leader.

Jose got his start as a laborer with the city of Crowley 12 years ago, as part of his overall mission to provide the best for his family. Leaving the world of construction for the world of mowing, cleaning and trimming, he was a bit nervous when Jim McDonald and Bob Hardin interviewed him for the position. “I knew nothing about the job. The city gave me the opportunity to learn,” Jose

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said. “I dedicated myself to learn how to operate every piece of equipment we use.”

Now, his favorite tool is a new hauling tractor with bat wings. “My furrows are big. I can choke a lot of work with that tool in one day,” said Jose, whose crew stays very busy cutting Bermuda grass during mowing season. Bicentennial Park alone contains 35 acres.

Monday through Friday, the crew’s days begin with cleaning restrooms at the parks. Afterward, they pick up trash off the ground and empty trash barrels. Then the mowing begins. Once they’ve mowed each park, the crew mows public places, such as: City Hall, Crowley Animal Shelter, the fire stations, the recreation center, Crowley Public Library and Crowley Police Department. After those properties, they move to the roadsides. Sometimes, maybe once a year, one of the crew runs over a rattlesnake with





a tractor, but nobody is afraid of what might be lurking in the overgrowth. "We do what has to be done," Jose said. This month, in preparation for movie nights under the stars in Bicentennial Park, his crew might be found helping the Street Department set up the movie screens. Once mowing season ends, Jose and his crew look for projects that have to be done. In the winter, they start to cut oak and mesquite tree limbs. The chainsaw is Jose's least favorite tool, simply because it must be tightened so frequently. His crew is blessed with a mechanic on staff who fixes all the broken tools. Jose recalls that in his first six years working for the city of Crowley, he and his peers did the maintenance for everything from painting fences to fixing plumbing. But since he was made foreman five years ago, their department has gained a year-round maintenance man.

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When Jose was asked to be a supervisor, he understood he was being given responsibility to motivate the crew he was already a part of. Not the kind of person to leave his guys working alone, his days start early with the men. "But I feel privileged, because I'm the one in charge, along with my two supervisors," he shared.



At the end of the day, Jose and his crew are covered in grease, sweat and dirt. They have a place in the shop to shower, so if they need to change clothes before going home, they can. And it's nice to go home clean.

When the shop closes at 5:00 p.m., Jose goes home to his wife, Alma. They met each other in Fort Worth and have four children: three girls and one boy.

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Marc Antony Lugo was 6 years old when Jose began working for the city of Crowley. One of this job's best benefits is the pleasure of being home with his family at night.

"I still have time to talk, to discuss our day, and, if we need to fix something, we do some projects together," Jose said. "When I was working in construction, I was never available to see my kids grow, because I started working at 5:00 a.m. and came home at 10:00 p.m. My boy would try to be awake by the time I came back to the house, and sometimes, I would find him on the couch waiting for me."

Now Marc Antony, 18, his sisters and their mother enjoy life with Jose. All of the children still live at home. Tanya Christina Lugo, 23, and her 22-year-old twin sisters, Adriana and Cindy, share a deep admiration for their father. This being his birthday month, Cindy shared her heart in a beautiful card: "My dad has taught me to stand up for what I believe in, and I have seen him go out of his way many times to help others," she wrote. "He has given me roots and wings, so I can fly, and taught me to reach for the stars and follow my dreams!"

Even while serving his family, Jose is available if the city of Crowley calls him for an emergency. "When they need me to come take care of my park, I'm here," Jose said.

Sometimes, he brings his family to the park for relaxation. "All my family from Fort Worth, with my sister-in-law, are here with us every year for the freedom celebrations, Halloween, and sometimes, we make time to come for the summer movies or the spring concerts," Jose said. "After we have finished with this work for the city, I relax, because I know we've done a good job." **NOW**

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# REAL *OR* Replica

— By Lisa Bell



*Bright blue with no top, but big tires hug the street at the back. Who could miss such an incredible car touring around Burlison? Greg Murray will be the first to admit he had tons of fun working on the car, but for him, the 1923 Ford T-Bucket wasn't all about the cool car. The experience meant more to him — especially because his kids helped him with the project. "I won't say everyone should do it," Greg said. "But if you can't build a car together, find something you can do with your kids."*

The T-Bucket wasn't Greg's first car to restore. He started with a '71 pickup, working beside his dad. Greg always liked cars and worked on hot rods through the years. He never had the money or time to build a car from the ground up until about six years ago. At that point, he told his wife, Akala, he wanted to restore a car for fun and relaxation. She surprised him a little by simply saying, "OK."

Akala likes old cars, too, and really wanted a '57 Chevy Bel Air. But Greg prefers unique touches. Odd colors on a Bel Air didn't



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work well at car shows. So they opted for a car with no special rules — one where no matter what color they chose, whether they put designs on it or not, no one would care. And the motor sticking out and big tires on the back would make the car noticeable.

His kids, Cari and Sabo, helped Greg with the restoration. In spite of hard work, the project was something they enjoyed. When Greg came home in the evenings, one or both kids joined him in the garage for an hour or two until dinner was ready. Both kids played sports, so they fit weekend work on the car between sporting events.

They started with an original 1923 Ford T-Bucket. Greg tried painting the car, but he didn't like the way it looked. He wanted a professional finish, so eventually he traded in the original metal for an after-market fiberglass body. About 3 feet of the original chassis remains on the car. The remainder was replaced, transforming the ride to a smoother feel. Eventually, they replaced the rear end and brakes with new parts, as well, for safety reasons.

Cari contributed as much work as her brother, or more. Sabo, a burly guy, came in and helped with the heavier parts. Sometimes the family went to car shows to see what other people did with their cars. They didn't always agree on how their T-Bucket should look, but in



the end, they produced something all of them loved to drive. Both kids drove the car to school. The car attended every Elks varsity football game in 2010-11, as well. "It still has the Elk on the front," Greg said.

Although it doesn't seem like they put two years' worth of work into the project, the Murray family spent about that long completing the restoration. They started with a classic body and, bit by bit, produced a fun, quality car. "It was great. It felt good to spend time with my kids," Greg said.

Both kids grew up and moved forward in life. Sabo is away at college playing baseball. Cari is married with an 18-month-old child. "Now, I get sentimental about it," Greg said. "Having the kids there to help made it great. I probably could have gotten done a little quicker, but I didn't want to."

With both kids away from home, Greg and Akala employed their love

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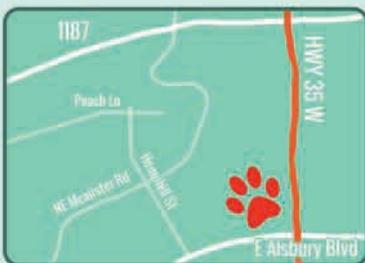
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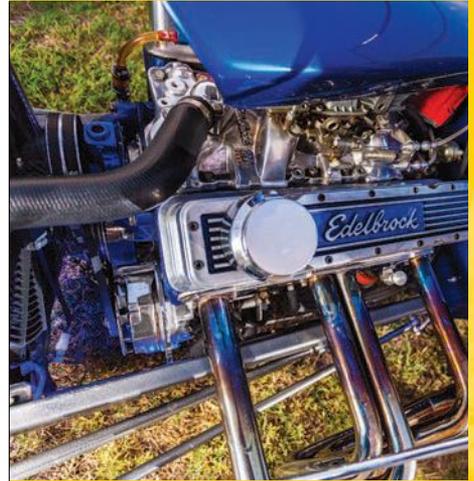
### Pet Tip of the Month

PLEASE: Never leave your animals alone in a parked vehicle. "On a hot day, a parked vehicle can become a furnace in no time at all, even if you leave the windows open. This can lead to fatal heat stroke very quickly," says Dr. Susan Andrews, Chief of Staff, Burleson Animal Emergency Hospital.

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for hot rods into a business. A couple of years ago, one of Greg's buddies got him interested in slot car racing. Around the same time, Akala started thinking about opening a party business. She pictured them taking a traveling slot car track to birthday parties so kids could race. Instead, they ended up with two stationary tracks. Greg built a drag strip to go with them, and Slots of Fun Raceway became a reality. The family atmosphere allows dads to share a love of cars with sons and daughters on a smaller scale. Surprisingly, husband/wife teams make up many of their regular customers.

"Any kind of car guy can slot race," Greg said. He sees dads and kids building cars together, developing a special bond. "If you can find a way to spend time with your kids, it's great," he said. Although Greg and Akala stay busy, they still find time to spend with Sabo and his baseball friends when they come for the weekend. Since Cari and her family live in Burleson, they see her frequently as well. Not quite the same as when they were younger, but the bond remains strong.

Currently, Greg is restoring a '65 Ford Econoline pickup for Akala. He anticipates a neat-looking vehicle with big tires and a bigger motor capable of popping wheelies. While he enjoys working on the Econoline, he misses the camaraderie of working with his children. "It gets boring," he said. "Big projects don't go as fast when working alone."

Greg will never regret restoring a car with his kids. He's not sure whether they learned much or not, although Cari replaced a radiator in her first truck. Greg gave her the truck after having it painted pink. She never tried sneaking off



— not that she could. In a much smaller Bursleson, everyone knew who drove that truck. “The radiator blew, so we ordered a new one online. A few days later when I came home, she had the radiator off and was putting on the new one,” Greg said.

Sabo drove the T-Bucket to school one week. A few days later, he and a friend hot-rodged down the street trying to outrun a rainstorm. Greg chuckled, describing big college baseball players bouncing down the street, hoping to stay dry.

Greg holds each memory close. “It’s just a car. The time I spent with my kids means so much more,” he said. “I remember every part and which kid helped with it. If someone offered me parts tomorrow and my kids could come work with me on a new car, I’d trade the T-Bucket for the parts in a heartbeat.”

Time drifts forward and life changes. Because Greg restored a car with his dad, it felt right to do the same with his own kids, at least once. Whether he ever does another one with them or not, he believes the project strengthened their relationships with each other. “I hope the relationship with my kids is as good as the one I had with my dad,” he said. Who would have thought a 92-year-old car could make such an impact? **NOW**

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# A Love Story

— By Carolyn Wills

Jay and Lydia Ford's lovely country home is located in an area of open fields near the line between Joshua and Godley. "I like a country house in the boonies," Jay smiled. Its charm is undeniable. Red-gated entrance, Austin stone exterior and front doors embellished with etched-glass lone stars highlight this Texas beauty. Greater than its strong design, quality and construction, though, is the story that built the home. Truly, it is a love story.



## AT HOME WITH Jay & Lydia Ford



Jay and Lydia were married 12 years ago. With Jay's two sons and Lydia's son and daughter grown, the newlyweds decided to move into Jay's existing home. "I was a bachelor when I built it," he smiled.

"It was a beautiful house," Lydia said. "Jay is a general contractor and can do just about anything."

Lydia is a Southern cook who loves spending time in the kitchen. While she appreciated her inherited kitchen, she soon noticed a lack of functionality, and after a few years, she suggested to Jay that



they re-do it. Rather than the chaos of remodeling, though, Jay believed it was time for his wife to receive the gift of a new house. With the help of an architect, Lydia designed the 2,415-square-foot home. Jay built it, along with a few surprises, and they moved in eight years ago.

As it happened, Jay had dreamed of a house when he was just 7 years old. "He drew a sketch and framed it with a photo of himself, his older brother and father," Lydia said. Amazingly, that childhood

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corner fireplace is an inviting, handmade cedar-framed rustic daybed.

"I love the kitchen," Lydia said. "We had 40 guests at our first Thanksgiving. We usually have family Christmas and Thanksgiving dinners and, sometimes, church gatherings, and it's wonderful to have this open area."

The spacious kitchen is accented by dark green walls. "Green is Jay's favorite color," she smiled. All of the countertops, including the large island, are a dark, almost black, granite. Off-white cabinets are custom-made of ash and finished with a brown glaze,

drawing bears a strong resemblance to the house Jay built for Lydia.

The three-bedroom, two-bath, one-story home is as warm and inviting as its owners. Inside the brick entryway, a spacious living room opens to the dining area and state-of-the-art kitchen. Above this "heart of the home" is a spectacular cathedral ceiling laid with pine shiplap sealed with a high-gloss finish. "I love the look of wood," Jay said. The effect of

natural light and cream-colored walls against distressed wide-plank wood floors, the dramatic cathedral ceiling and giant crossbeam between the living and dining room is breathtaking.

The Texas-style living room features comfortable furniture, an entertainment center and two giant upholstered ottomans custom-built by Jay. Next to a



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The open living/dining/kitchen area forms the center of the house, while the master bedroom and Jay's office are to the right and two bedrooms and a bath are to the left. "The master bedroom is so big, it's like an apartment," Lydia said.

"The master bedroom is probably my favorite," Jay added. Not only is the room huge, but the ceiling is another amazing cathedral with shiplap. "The ceiling was a surprise for Lydia," he explained.

The bedroom features a gas fireplace and easily accommodates a super-sized bed and the Fords' collection of pine furniture. "Jay and I have so much in common," Lydia admitted. "The pine dresser was mine before we married, and the entertainment center was his. We bought the bed and everything blends."

The large master bath, although beautifully done, is soon to be remodeled. Baths are great for easing sore muscles, and it's turned out that Jay's 6-foot height needs a bigger tub.

Jay's office, located just off the master suite, has a separate outside entrance. "I spend a lot of time in the office," he said. There's also a special place for his ever-present office assistant. Bailey, the Fords' 8-year-old Bichon Frise, loves to help out when Jay is around. "She's the perfect dog," Jay shared. "I don't know who loves her more, Lydia or me."

Officially, Bailey's room is the enclosed back porch. Jay simulated a half-door

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using an old window so she can see into the living room, and Lydia decorated the space. "She's so devoted and such little trouble that she really doesn't spend any time in it," Lydia said.

An especially treasured member of the family is 11-year-old Evander, the couple's beloved and only grandson. "He and my daughter lived with us for a while," Lydia said. "He and Jay are really close, and we love having Evander stay with us as often as possible." Naturally, one of the bedrooms is designated as Evander's (the one with the LEGOs), and throughout the house are photos of him and his "paw paw" on their many adventures.

Jay and Lydia are native Texans. Jay was born in Fort Worth and Lydia in the East Texas town of Center. "I work as a dental assistant for Dr. Ford Walker in Arlington," she said. Imagine the surprise when she and Dr. Walker discovered they were each born in the tiny town of Center and, although on different years, were actually born in the same two-story house, which served as the hospital.

While Jay and Lydia are not avid collectors, Lydia admits to a love for Coca-Cola Christmas villages. "I love Christmas," she grinned. At Jay's suggestion, her collection of beautiful ceramic houses remains on display throughout the year. Lydia is also fond of antique colored bottles, whimsical ceramic pigs and purses. The bottles line a tall window ledge that runs high above the front entry. The few pigs and purses are discreetly displayed in a built-in glass cabinet near the kitchen.

For personal and heartfelt reasons, Jay has a penchant for lighthouses. "Lighthouses have a special meaning," he explained. "In my late 20s, I was making all the wrong choices when Pastor Mickey Hollars took an interest in teaching me how to be a man. He saved my life and, like the song says, 'Jesus is the lighthouse ... if it wasn't for the lighthouse tell me where would this ship be?'"

An alcove above the entryway features a stunning, stained glass window. "Jay calls it his lighthouse," Lydia shared.

Clearly, the Fords' home is a Texas beauty. The fact that Jay built it is what matters most to Lydia, and the fact that Lydia loves it is what matters most to Jay. Theirs really *is* a love story. **NOW**

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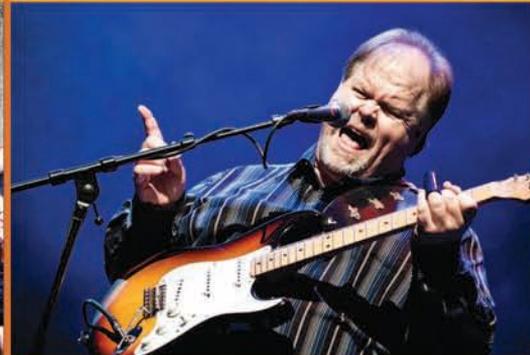
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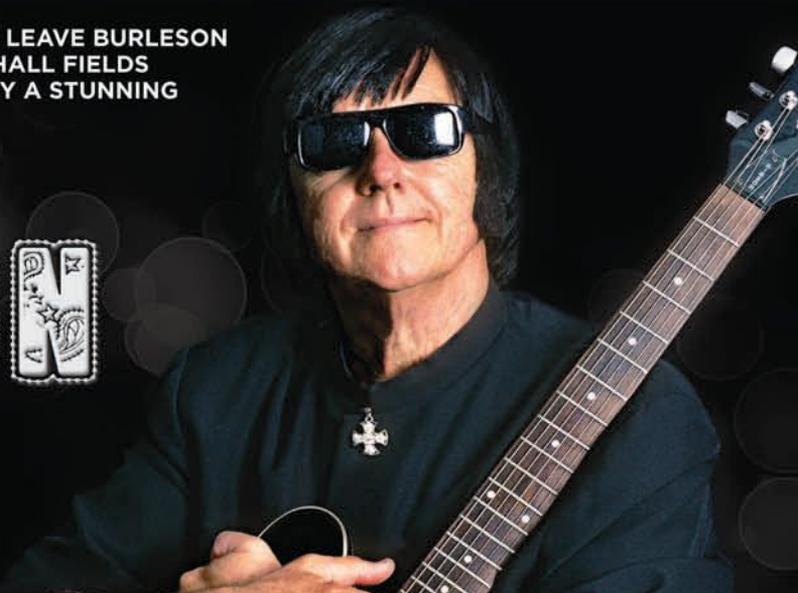


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# Check It Out

— By Lisa Bell



*Michele Wilson joined the Burleson Public Library in May 2014. She worked with Library Director Marc Marchand in a previous library system and was delighted to learn of the opening. "We were on our way to Walt Disney World when I learned I got the job," she said. "It made the trip relaxing."*

Michele earned her bachelor's degree from The University of Texas at Arlington and went on to get her master's degree in library science from University of North Texas in Denton. Her desire to become a librarian started during elementary school. "First, I helped the teachers and then the librarian," she said.

The school library wasn't enough. Her dad took her to the public library four days a week. It was here, as a third-grader, that the librarian got her hooked on the *Little House on the Prairie* book series. She also volunteered in the school library during those years. For Michele, a career as a librarian was the only option. "You either love it, or you don't," she said. "It's something I just had to do." Her profession took her to different levels



**"Working with them requires some creativity."**

and places, including elementary schools, high schools, college and public libraries. After almost 30 years in her career, she prefers working with children most.

Marc saw her dedication when they worked together before and appreciated her for it. For whatever reason, they clicked both professionally and at a personal level. Thrilled at the opportunity to work with him again, Michele didn't

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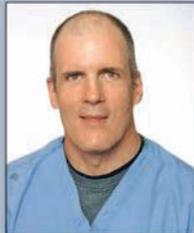


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hesitate to make the move from her previous job. Although Michele works in all areas of the library, Marc brought her to Burleson to focus on children. "Story time should be fun," she said. Forcing a baby or toddler to sit still for an entire book reading isn't necessarily fun. Working with them requires some creativity.



Why is Michele drawn to working with children? "I have a child now," she said, smiling. "They're absorbing — like sponges. You can make a difference just by talking to them, and they listen to what you have to say." She loves the way children express curiosity and use their imaginations. She can count on someone interrupting with, "Yeah, but ..." Adults apply logic to ideas, where children

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explore different answers. They're flexible in the way they think. Most of all, children smile more than adults do, and acting silly is perfectly OK with a child.

"Kids aren't afraid to roll around on the floor and pretend," Michele said. "During a story time where we studied lions, preschoolers had fun roaring. In



their minds, they became lions. Children learn in creative ways."

The library offers weekly story times for three age groups: babies, toddlers and preschoolers. Divided by age, the event isn't just about reading a book. Although Michele encourages reading, she uses other activities to teach the youngest. "We dance. We dance. We dance," she said. Some of her fondest childhood memories come from elementary school, when they learned square dancing. When her own 11-year-old daughter learned those same steps, it moved her. Her vision includes building those kinds of memories for small children.

In addition to moving with music, Michele uses other methods, such as finger play and flannel boards. She's working on improving puppetry skills, so she can have multiple puppets tell stories.

To serve homeschooled families, Michele provides a class the first and third Thursday of each month. The Crazy 8 Math Club pursues math-related

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activities. They don't always sound like math, but a toilet paper relay is all about squares and counting. The Go Wild, Read program reinforces and supplements homeschoolers with animal and science classes. Michele uses Texas Parks and Wildlife Department curriculum to present these subjects in a fun way.

One Saturday each month, the library hosts Young Builders Club. "We get together and build fun stuff using LEGOs," Michele said. She admitted little cars and such aren't too hard, but she isn't great at the big projects. The children, however, make some amazing things with the plastic bricks. "Some of these kids are really creative," she said.

Michele wants to draw children to the library and have them leave wanting to come back soon. "We wouldn't have libraries at all if we didn't reach the kids," she said. Although library staff reaches out to older children and adults, Michele believes reaching young children and

**"In their minds, they became lions. Children learn in creative ways."**

giving them a love for reading builds a foundation. Children who spend a great deal of time at the library tend to return as adults.

The Burleson library isn't just for children and offers more than books. The library is a resource for GED and ESL classes, as well as computer classes. They invite AARP into the library, so they can assist with taxes. In addition, they hold classes for small business owners or people looking for a life coach. They also have special programs available to meet different needs, such as diabetes management. The library offers several electronic resources for patrons, such as e-books and downloadable audiobooks, as well as genealogy, biographies and the new World Book database for children.

One of the most popular programs of most libraries is the children's summer reading program. During the summer,

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Sherri Dillon M.D.

there are performers and other special programs. The Burleson library has also chosen to take the program to a new level. They extended the program to encourage year-round reading, offering incentives for meeting goals. The new program, Burleson Reads, doesn't stop with children. Teens and adults can also participate and receive rewards for doing something they love — reading. Now, the reading program involves the entire family.

When Michele first came to the Burleson Public Library, another librarian and other staff had already planned the summer reading program, including a *Fancy Nancy* party as a major event.



Michele admits *Fancy Nancy* isn't her favorite book series. "I'm not a girly girl," she said. The day of the event, little girls showed up in their tutus and feather boas or all dressed up. A couple of little boys came, too, dressed in their finest attire. Marc, in a seersucker suit, played the part of a perfect gentleman, holding the door for everyone. Amidst the girly atmosphere, Michele enjoyed the day, complete with tiny sandwiches and teacakes. "I appreciate *Fancy Nancy* now," she said.

Michele has many ideas, starting with a bit of rearranging in the children's area. Some of the stuffed animals have moved on, but the birdhouses remain. "It just takes time," she said. With Michele on board, today might be a good time to check out the library. You might learn something new. **NOW**

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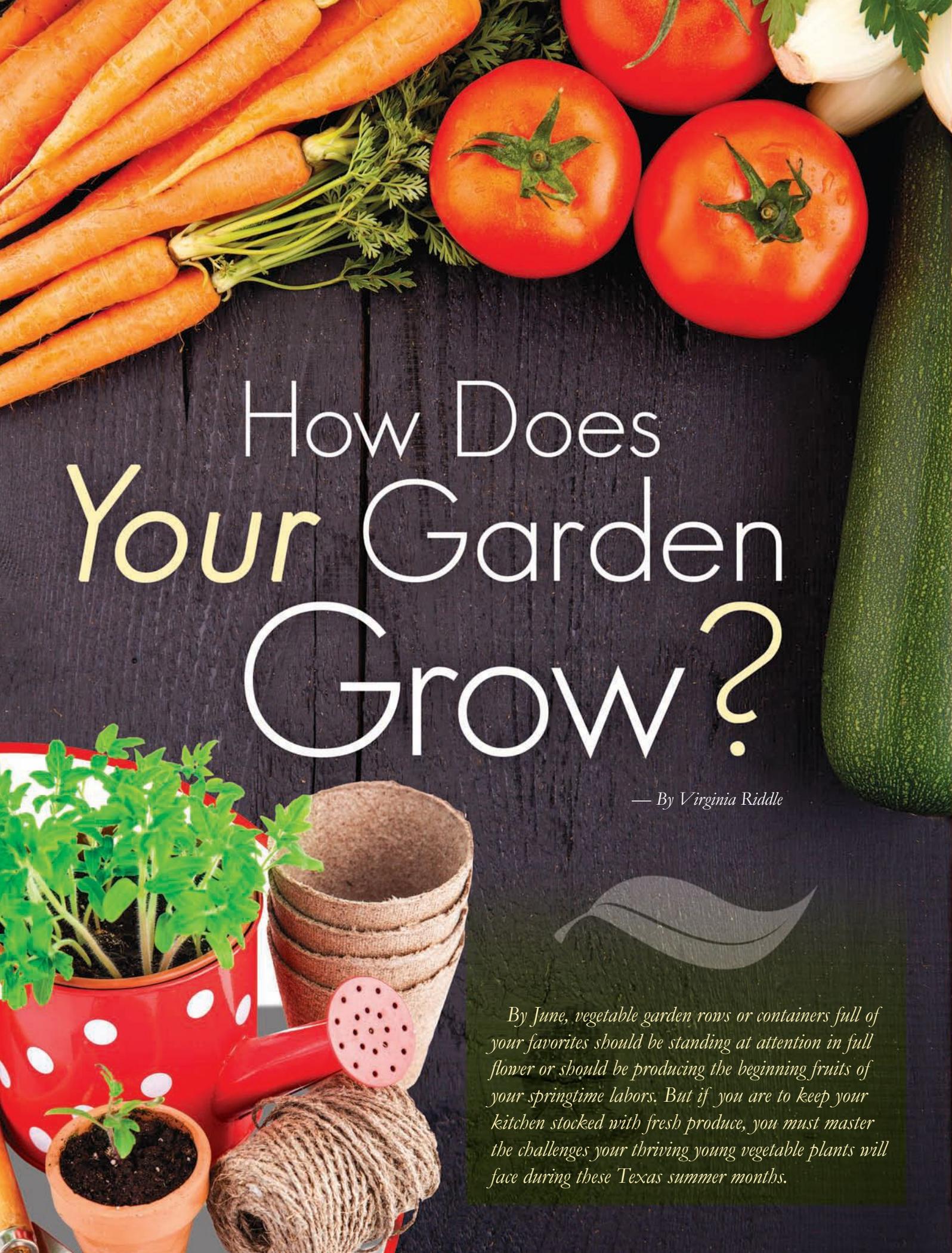
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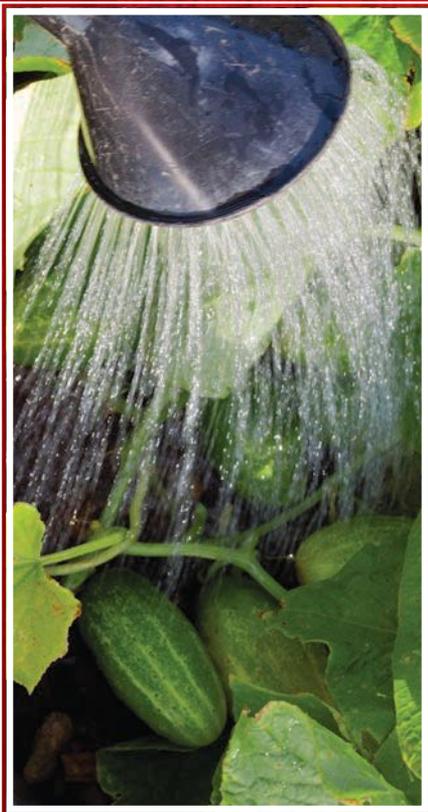
# How Does *Your* Garden Grow?

— By Virginia Riddle

*By June, vegetable garden rows or containers full of your favorites should be standing at attention in full flower or should be producing the beginning fruits of your springtime labors. But if you are to keep your kitchen stocked with fresh produce, you must master the challenges your thriving young vegetable plants will face during these Texas summer months.*

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will appreciate your plants' summer watering needs.

Some helpful watering hints include:

1. Watering too much or too little is a problem. When soil is dry to the touch, water to a depth of 1-2 inches at least once a week. Remember, leaves can wilt from being too wet or too dry.
2. Use drip or trickle irrigation to avoid waste. Run hoses slowly in furrows so every costly drop soaks in, and use overhead irrigation only as a last resort, since watering in this fashion allows water



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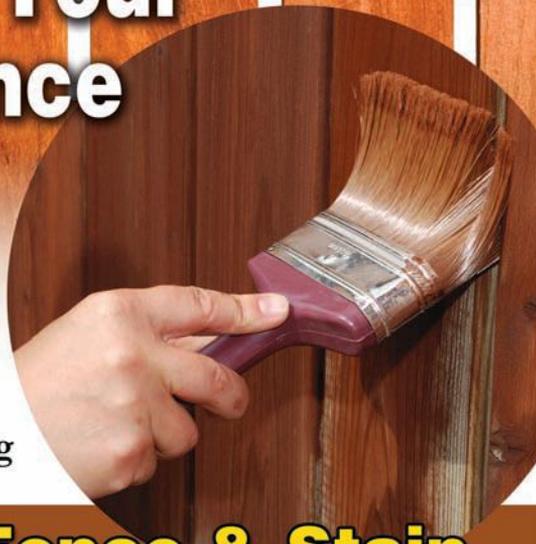
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to evaporate rather than soak in and promotes disease on leaves and rot of fruit. Use wicking or refillable watering bottles available at your garden center for container plants.

3. Water early in the morning or early evening to avoid greater evaporation during the heat of the day.

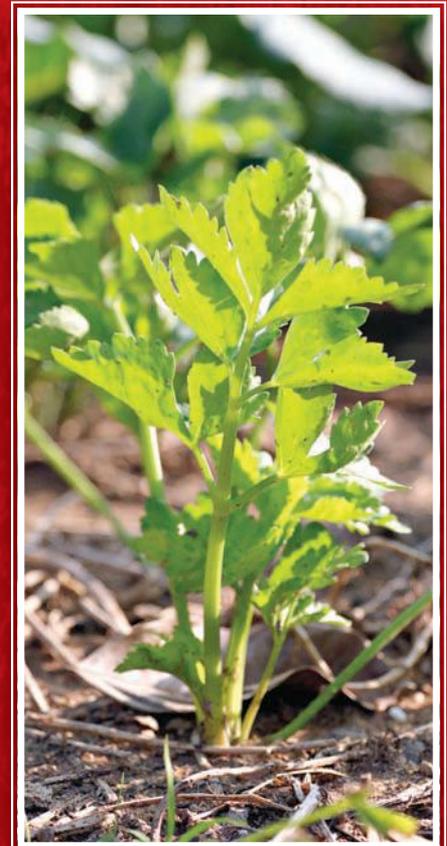
4. Keep your garden weeded since weeds drink precious and expensive water. Use a Cape Cod weeder, swan hoe and/or collinear hoe for weeding.

5. When plants are at least 4-6 inches tall, add more mulch around the stems. The best types of mulches are organic — bark, compost, pine needles or shredded leaves. However, if you use a black plastic liner, cover it with a thick layer of organic mulch, since it will soak up the summer sun's heat if left bare. Organic mulches lower or moderate soil temperatures.

6. Keep plastic buckets handy and use them to cover your smaller plants before occasional hailstorms occur.

## Insects

By including cilantro and mint in your garden plantings, you will attract beneficial insects, which include: bees, lady bugs and green garden spiders. For



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grasshoppers, spider mites and other problem insects that eat what you love, purchase horticultural oils and soaps that are sold at garden centers and use them as directed. If you use heavily based chemical sprays, be sure to scrub your veggies well before eating them!

## Animals

Bambi is cute until he consumes your nearly ready-to-eat corn. Deer, raccoons, skunks, wild hogs and/or rabbits can be discouraged by installing small-charge electric fencing that can be turned off and on. Additionally, a live animal trap can be used to capture, relocate and release small animal poachers into a more suitable habitat. Finally, mesh netting can be laid on the ground for about 10-15 feet surrounding the garden. Secure netting with ground staples. Deer and other four-footed hooved animals don't like poor footing. They are less likely to walk on something that might entangle them. Old CDs can be hung to scare away animals and birds.

Beneficial animals include: nonvenomous snakes, toads, frogs and earthworms. Be sure to know your snakes, and always stick your long-handled hoe under or into plants to check for their presence before you risk a snake or spider bite!

## Fertilizing and Feeding

Feeding vegetables during this growth spurt season is important, especially if your plants are growing in containers. Choose an organic or nonorganic, soluble complete-and-balanced plant food or high nitrogen fertilizer that is the right complement for your soil, based on its previous test. Your garden center expert or county extension agent can advise you. Follow the package directions for application and frequency. It's best to spray early in the morning, keeping the fertilizer off leaves, and water thoroughly right after feeding to avoid fertilizer burn from the hot sun. Organic compost tea or manure tea can be made by mixing a bushel of either with 20 gallons of water in a plastic

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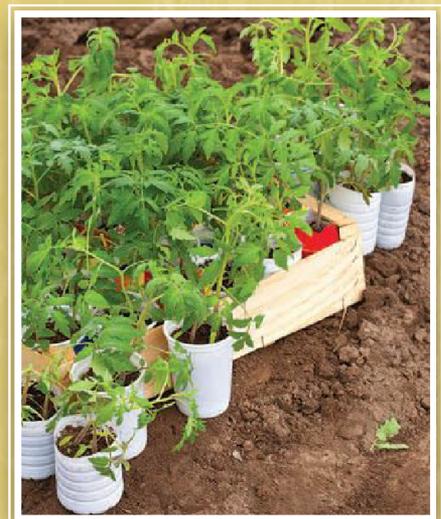
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garbage can. Let the tea brew for at least four days, agitating it once a day. Apply at plant roots with a spray bottle used only for this tea, then water thoroughly.

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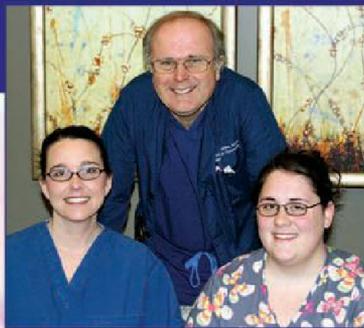
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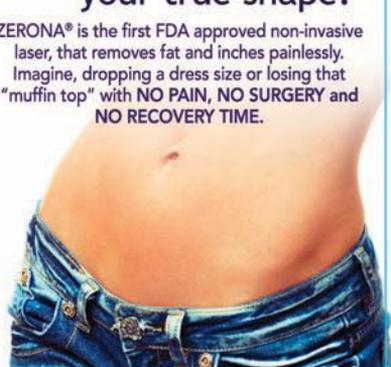
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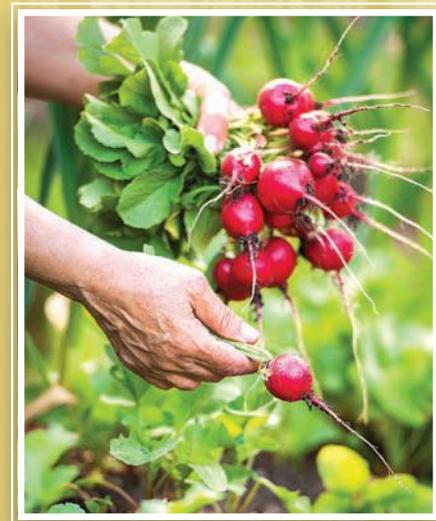
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to clean them with a 10-percent solution of laundry bleach to kill any organisms or insect eggs before you refill the pot with new potting soil.

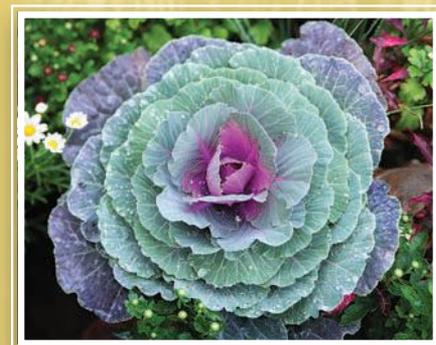
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Randy Hamilton, DMD  
Ross Hamilton, DDS  
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Monday-Friday: 8:00 a.m.-6:00 p.m.



Doctors Randy, Blane and Ross Hamilton designed their dental practice in Burleson to comfort kids like Lincoln Hamilton, while they receive comprehensive care.

## Simple by Design

*Children visiting iKids Pediatric Dentistry learn to value their health. — By Melissa Rawlins*

Children feel on top of the world after visiting the friendly people at iKids Pediatric Dentistry. In their newest clinic in Park Plaza, on Alsbury Blvd. at Summercrest Blvd., exams, cleanings and even dental surgeries are conducted in warmly decorated rooms designed for transparency. When young patients see other children calmly receiving tender loving care from a hygienist just a few feet away, they naturally feel confident their dental work won't be uncomfortable.

The dentists and their staff have an open-door policy and invite parents to be with their children during their treatment. With a strong dose of patience, doctors and brothers Blane, Randy and Ross Hamilton have refined their dentistry, as well as their chairside manner. When speaking with parents and patients, they encourage the basics: eating healthy foods, brushing teeth morning and night

and flossing daily. Their goal is to prevent excessive office visits by preventing cavities.

"We want every child to understand what's going on, and for them to leave being happy and confident about themselves," Dr. Blane said. "With our encouragement, they feel at home. When they leave, they feel they can accomplish anything."

"What greater calling is there than to influence young hearts and minds, and do it alongside your best friends who are also your brothers?" asked Dr. Randy, who practiced dentistry for the United States Air Force before opening the first iKids Pediatric Dentistry in Mansfield in 2010. Later, he invited his younger brothers to join his practice, and they now operate offices in Arlington, Keller, Fort Worth, Mansfield and Burleson.

"It's rewarding to see the cosmetic aspect of the dentistry we

## Business **NOW**

do,” Dr. Blane said, “but also to help a child some would have thought incapable of sitting still through an exam or cleaning.”

Dr. Ross, the youngest of the three brothers, earned his DDS from Baylor University and now finds every day fulfilling, as he promotes preventive care and oral health education for the families who make iKids their home dentist. “As a result of our goals at iKids,” Dr. Ross said, “we have the privilege of treating children who look forward to visiting the dentist.”

**“We want every child to understand what’s going on, and for them to leave being happy and confident about themselves.”**

The entire staff of kind, respectful people knows the value of smiling. Their customer service skills are amplified through specialized training at the corporate office in Mansfield. “iKids University is very similar to the training offered for those who work at Walt Disney World,” Dr. Blane said. Just by keeping smiles on the faces of all their patients, the staff of iKids makes the job of each dentist easier.

The Hamiltons never turn away a child, no matter their issue. Most of their patients are treated in-house and are offered, when necessary, either nitrous oxide conscious sedation or IV sedation. The doctors are also privileged to conduct surgeries in various hospitals around the area. iKids Pediatric Dentistry’s website details their treatment options and is an excellent place for new mothers and fathers to explore methods of caring for their infants’ health. iKids front office staff is able to answer many questions, including explaining all payment options in detail.

Children from every background come to iKids. The doctors’ mission is simple by design — to impart a sense of confidence to each child, so that each leaves knowing their teeth, their health and their very soul is important. If you want to give a long-lasting gift to your child, reach out to iKids Pediatric Dentistry, where they’ll learn to take good care of themselves for the rest of their lives. **NOW**



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*Kassandra Russell and Sol Granados get the library at Babe's Chicken Dinner House ready for guests.*



*Jazzlyn Like runs errands in Crowley with her mom, Jessica.*



*Ray Barraclough pushes her beautiful boys Danny, left, and Alex, right, through the Crowley Kroger looking for goodies.*



*At the U.S. Army Career Center, Staff Sergeants William Tryon, Alex Phillips, Clinton Lighfoot and Christopher Davis stand proudly before photos of some of this Spring's recruits.*



*Dyiamond Johnson and Aubrey Robinett are out on the town.*



*New Journeys Christian Women's Job Corps site director Shirley Ollman, bottom center, celebrates this month's graduation with a few students, teachers and staff gathering in their updated boutique.*



*BACC Ambassadors are all smiles with the Original from Scholtzsky's.*



*Sara Dicke and her daughter, Ellie, deliver food for Meals on Wheels.*



*Pastor Chad Benson cuts the ribbon to a chorus of cheers at the grand opening of Burleson's LifeGate Church.*

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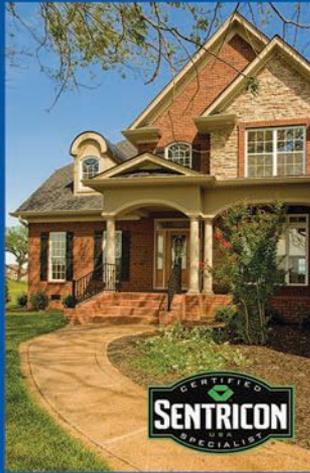
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# Why Would Someone Steal My Car?

When we leave our cars unattended, sometimes we wonder if they will be hit while we're not looking. Or, maybe a parking ticket will be stuck under the windshield wiper. But, one of the worst case scenarios is returning to find your car is simply gone — stolen. The Insurance Information Institute reports a motor vehicle theft takes place in the United States every 45 seconds.

While the most recent statistics from the Federal Bureau of Investigation's Uniform Crime Reports reflect a slight decrease in auto theft — U.S. motor thefts fell by 3.3 percent from 2012 to 2013 — the chances of having your car stolen are still one in 351, a number that rises in urban areas. In 2013, the South accounted for the largest share



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of thefts — 37.4 percent ([www.iii.org/issue-update/auto-theft](http://www.iii.org/issue-update/auto-theft)). That, in turn, means high premiums for law-abiding drivers when the cost of claims is passed along to honest customers.

### So, why would someone steal your car?

Professional car thieves sometimes steal cars to have them disassembled and sold for spare parts is one reason. Thieves also ship the cars to a foreign country and have them sold in their entirety. Other times a vehicle can be stolen simply because someone feels like taking a joyride.

### Here are some tips to help prevent your vehicle from being stolen:

- Always roll up your windows, and lock your car after leaving it.
- Don't leave valuables in plain view inside your vehicle.
- Park your car in your garage, driveway or in a well-lit area.
- If you leave your car running, don't leave it unattended.
- Don't hide a spare key inside or outside your car.
- Consider having your VIN etched onto your car windows. Engrave your VIN on your trunk lid and hood.
- Don't keep important documentation, like your registration, title or personal information, inside your glove compartment.
- Keep your car and house keys separate in case you need to give your car keys to a valet.

One of the best precautions you can take without even leaving the house is brushing up on your auto insurance policy and its theft coverage. Comprehensive plans cover the loss of vehicles as well as theft of separate parts, such as air bags. Check with your insurance agent to see if you are adequately covered. **NOW**

*Mark Jameson is a licensed Allstate sales associate based in Burleson.*

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www.nowmagazines.com 55 BurlesonNOW June 2015

# Have Some Fun — Your Health Depends on It!

Although many of us don't exercise as often as we should, we do know there are countless benefits to being physically fit. There's no time like the present to think of ways to incorporate fun and consistent physical activity into our busy lives.

The U.S. Department of Health and Human Services recommends adults have at least two-and-a-half hours of physical activity each week. Studies have shown that regular physical activity can help with weight control, lowering cholesterol and blood pressure levels, along with reducing risks for heart disease, diabetes and obesity.

If you have medical concerns and you're waiting to speak to your physician or health care provider before starting an exercise program, don't sit idly by! Here are six fun ways to stay active (and why you should):

1. *Play with your children or grandchildren.* According to the President's Council on Fitness, Sports & Nutrition, only one in three children have daily, physical activity. Not only that, just one in three adults get the recommended amount of daily, physical activity.

2. *Do household chores.* The U.S. Department of Health & Human Services cites that more than 80 percent of adults don't meet the guidelines for both aerobic and muscle-strengthening activities. Getting up and simply moving or carrying the laundry basket can make a significant difference in your health, if done regularly.

3. *Take the stairs, not the elevator.* Only about one in five homes have a fitness or recreation center within a half-mile distance, according to the

Department of Health & Human Services. Staying active and moving will burn more calories than standing idle in an elevator. Every calorie can make a big difference!

4. *Play in a swimming pool.* Head out to your nearest indoor or outdoor pool, but if you're looking for a structured class, why not take advantage of an aqua course? Low-impact exercises are conducted in shallow water and focus on a range of motion, balance, coordination, strength and flexibility.

5. *Walk with a friend at lunch.* Experts suggest 10,000 steps per day is a good goal to strive for in order to better your health. A short walk at lunch will make those steps easy to achieve.

6. *Dance by yourself or with others.* Fitness centers offer a variety of courses that incorporate dance. Low-impact options are available, as well as the high-impact, Latin-based Zumba course.

Health benefits can be found by participating in regular activities — alone or with family and friends. To be successful, it's important that you find activities you enjoy and find time to do them at least five times a week. So, get out there and have some fun — your health depends on it! **NOW**

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### June 4 — August 6

Citizens Police Academy: **Thursdays**, 6:30-9:30 p.m., Burleson Police Department, 225 W. Renfro St. This free 10-week academy is open to men and women, 18 or older, who submit an application packet. Call (817) 426-9881.

### June 5

Lunch & Learn: 11:30 a.m.-1:00 p.m., Burleson Public Library, 248 SW Johnson. Online Marketing for Your Small Business. Bring your bag lunch. Register at [www.burlesonchamber.com/calendar](http://www.burlesonchamber.com/calendar).

### June 5, 12, 19, 26

Hot Sounds of Summer: **Fridays**, 7:30-9:00 p.m., Old Town Burleson, 124 W Ellison St. Free fun under the stars with a different band every Friday night. **June 5:** J.D. Monson, country/classic rock; **June 12:** Escape, for fans of Journey; **June 19:** Buddy Whittington, blues; **June 26:** Le Freak, disco. Bring your lawn chairs and relax awhile. Contact (817) 426-9104.

Movies in the Park: **Fridays**, at dusk, Bicentennial Park, Crowley. The city offers a PG-rated movie each Friday evening in June. Free popcorn and drinks. Bring your lawn

chair or blankets. For details, call (817) 297-6707.

### June 5, 26

Family Night: 7:00-8:00 p.m., Joshua Community YMCA, 1009 Joshua Station Blvd. Always free. Family Activity Nights are open to everyone 3 years old to adults. For more information, call (817) 645-9622 or visit [www.joshuacommunityymca.org](http://www.joshuacommunityymca.org).

### June 8 — 11

Medieval Times Vacation Bible School: 6:00-8:30 p.m., Graceview Baptist Church, 1440 S. Burleson Blvd. VBS is free and open to children 4 years old through 5th grade. Kids will gather for a time of worship, crafts, games, Bible study and a whole lot of fun! Register at [www.graceviewbc.org](http://www.graceviewbc.org). For more information, contact Angie Catron, (817) 295-2165.

### June 9

Business After Hours Networking: 5:30-7:00 p.m., Top Texas Realty, 217 W. Bufford St. Free to BACC members. Contact (817) 295-6121.

### June 18

BACC Quarterly Luncheon:

11:30 a.m.-1:00 p.m., Pathway Church, 250 NW Tarrant Ave. Hear an update on Burleson and Johnson County law enforcement from Chief Billy Cordell and Sheriff Bob Alford. \$20 Chamber members; \$25 non-members. Get more information at (817) 295-6121, and register before **June 16** at [www.burlesonchamber.com/calendar](http://www.burlesonchamber.com/calendar).

Crowley Chamber Quarterly Luncheon: 11:30 a.m.-1:00 p.m., First Baptist Church, 400 Eagle Dr., Crowley. Founded in 1972, the mission of the Chamber is to further Crowley's free enterprise system. You can help! Join the Chamber and work with and for your neighbors! Call (817) 297-4211.

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

### June 27

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

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*

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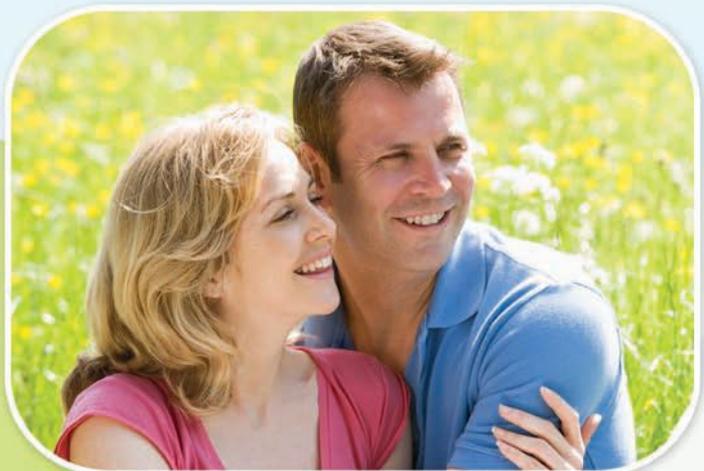
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## In the Kitchen With Le'Andre "Lee" Jones

— By *Melissa Rawlins*

Le'Andre "Lee" Jones' Kool-Aid Pie is not for people on a diet. But it's perfect for people with a sweet tooth! The recipes he shares here came from a lifetime of cooking with his mom and both grandmothers in Gary, Indiana. He came to Burleson seven years ago, drawn by our temperate climate, and works as a butcher at Albertson's. His grandmother inspired his macaroni and cheese recipe, which took him about 15 years to refine. "I never used flour or cream cheese. She had the recipe," Lee said. "She'd tell me what was in it but never gave up the secret. She encouraged me to figure it out. It was kind of a hunt, but I finally got it down like Grandma's!" **NOW**

### Kool-Aid Pie

- 1 8-oz. block cream cheese**
- 1 14-oz. can sweetened condensed milk**
- 1 13-oz. pkg. strawberry Kool-Aid**
- 2 9-inch graham cracker crusts**

- 1.** In a bowl, mix cream cheese with condensed milk.
- 2.** Once blended, add strawberry Kool-Aid. Mix well and spread into 1 graham cracker crust.
- 3.** Crunch up the other crust and sprinkle as much as you like atop the filling.
- 4.** Cover and refrigerate at least an hour, until firm enough to slice and serve.

### Seven-layer Salad

- 1 head iceberg lettuce**
- 8 eggs, hardboiled**
- 1 large red onion**
- 1 large jar Kraft mayonnaise**

- 1 big bag frozen peas, defrosted and drained**
- 3 cups sharp cheddar cheese, shredded**
- 8-oz. bacon bits**

- 1.** Wash and dry each leaf of lettuce.
- 2.** Peel eggs and slice in rings. Slice onion in rings.
- 3.** Using an 8x10-inch pan, layer all ingredients. Start with lettuce, followed by spreading mayonnaise on as though you're icing a cake. (The more you use, the easier it is to spread.) The rest of the ingredients may be layered in whatever order you desire, making sure you end with lettuce, shredded cheese and bacon bits.
- 4.** Chill in the refrigerator or serve immediately.

### Mac & Cheese

- 12 oz. Velveeta**
- 1 cup whole milk**
- 4 oz. cream cheese**

- 2 Tbsp. butter**
- 1/3 cup flour**
- 4 Tbsp. black pepper**
- 2 Tbsp. salt**
- 1 Vidalia sweet onion, chopped (optional)**
- 1 quart water**
- 1 1-lb. box elbow or shell noodles**

- 1.** In a saucepan, combine dairy products with flour and seasonings; stir over medium heat until cheeses and butter have melted and all is blended.
- 2.** Turn heat to low and stir until thickened. If desired, add chopped, sautéed Vidalia onion.
- 3.** Once cheese mixture is on low, start boiling water for the noodles. Continue stirring cheese sauce to ensure that it does not burn on the bottom of the pan.
- 4.** Preheat oven to 375 F.
- 5.** Cook noodles in boiling water to al dente, firm and not soggy. Drain. (Continue to stir cheese sauce while noodles are cooking.)
- 6.** Pour noodles into a deep cake pan; spread creamy cheese sauce over noodles.
- 7.** Bake uncovered for 30 minutes, or until the top is golden brown.

### Lee's Marinated Ribs

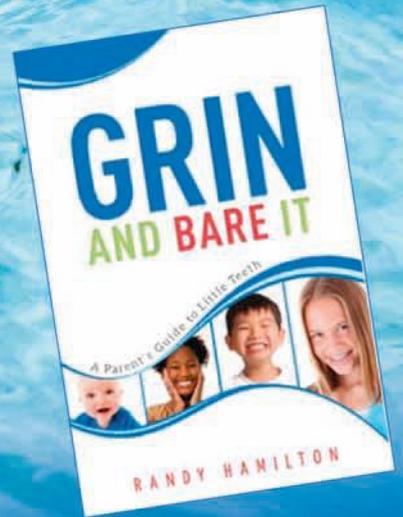
- 3 slabs pork spare ribs or baby back ribs**
- 3 12-oz. cans Jumex Papaya-Pineapple Nectar**
- 1 12-oz. can Jumex Mango Nectar**
- 12 oz. Mrs. Dash Garlic Herb Blend dry rub (or dry rub of your choice)**

- 1.** Using a covered marinating container, soak ribs in the two nectars overnight. The ribs must be fully submerged. This ensures moist, tender meat with no injections or tin foil wrapping.
- 2.** About 2 hours before eating, take ribs out of the juice and rub them down with the dry rub. For salt-free seasoning, use Mrs. Dash Garlic Herb Blend dry rub.
- 3.** Grill slabs, uncovered, over a charcoal grill brought to 275 F to 300 F. Cook 1 1/2 to 2 hours, or until meat reaches 165 F.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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