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## ON THE COVER



*Kenny Fritz has the presence of mind to play everywhere  
Coach Chad Crump positions him.*

*Photo by SRC Photography.*

# CONTENTS

July 2015 • Volume 9, Issue 7



# 8

**8 Integral to Defense**  
Kenny Fritz is blessed with many role models.

**18 More Than Animals**  
FFA prepares students for life in more areas than farming and ranching.

**28 Every Room**  
At Home With Bruce and Janice Feuerhelm.

**36 Revamping the Kid's Room**  
Bond with your child while helping them personalize their own space.



# 18

**44** BusinessNOW  
**46** Around TownNOW  
**48** FinanceNOW  
**52** CookingNOW

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## Editor's Note

*Hello, Friends!*

As we celebrate freedom, I'm looking forward to how we'll use it. Will we move joyfully through the rest of this month? I know a lot of people who will, and they're not all gifted with perfectly operating bodies or brains.

For the first time in 16 years, our nation hosts the Special Olympics World Summer Games at the end of this month. People with intellectual disabilities like Down syndrome, autism or fragile X syndrome,

convene for similar games here in Burlson every spring.

While we make summertime count, encouraging people throughout our community provide assistance to individuals thriving through similar disabilities. Each of our service organizations, from Kiwanis to Lions to Rotary, are great places to join the movement of helping those with special needs. Want other ideas for where to volunteer? Feel free to call me.

Here's to life!

# Melissa

Melissa Rawlins  
BurlsonNOW Editor  
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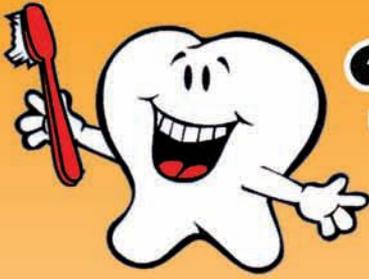


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# Integral to Defense

— By Melissa Rawlins



*Kenny Fritz has the physics of pitching a baseball all figured out. “The tomahawk starts like a C in your hand, and it moves at an angle when you throw it,” he explained. A rising star playing for The Hitmen, an elite team based in Burleson, Kenny throws a changeup, a two-seam fastball, a four-seam fastball and the tomahawk — an off-speed pitch developed by his grandfather. “My best is the two-seam, because it’s fast and has a lot of movement. I throw it really well.”*

His skills developed because his entire family is dedicated to seeing Kenny succeed in life. As soon as he showed interest in playing ball, his mom, dad, uncle and grandfather all began working with him. Once the T-ball stage ended, it was clear that the more they tossed to him and coached him to pitch well, the sooner Kenny would find his niche in baseball. Now his primary position is third base, though he also can be shortstop and pitcher. Every game he plays is attended by his brothers, parents and grandparents.

His head coach, Chad Crump, has asked this 9-year-old to play third base for The Hitmen during most of this season. “Kenny is a great kid, with an excellent glove and the smarts of the game,”

Coach Chad said. “There’s a lot of things to do. He’s got the presence of mind to play the position.”

His mind has been in the game almost from day one. His mother, Haley, dreamed Kenny would be an all-around baseball star. He was at his very first baseball game at 2 weeks old, watching Haley’s brother, Blake Dunson, playing for Burleson High School as pitcher and second baseman. Kenny understood what the players were doing by the age of 3.

His father, Tony, envisioned Kenny on the baseball field. “I grew up liking football a lot but wanted something Kenny could play that would keep him safe and healthy, while letting him develop hand-eye coordination, learn the values of teamwork and be competitive.”

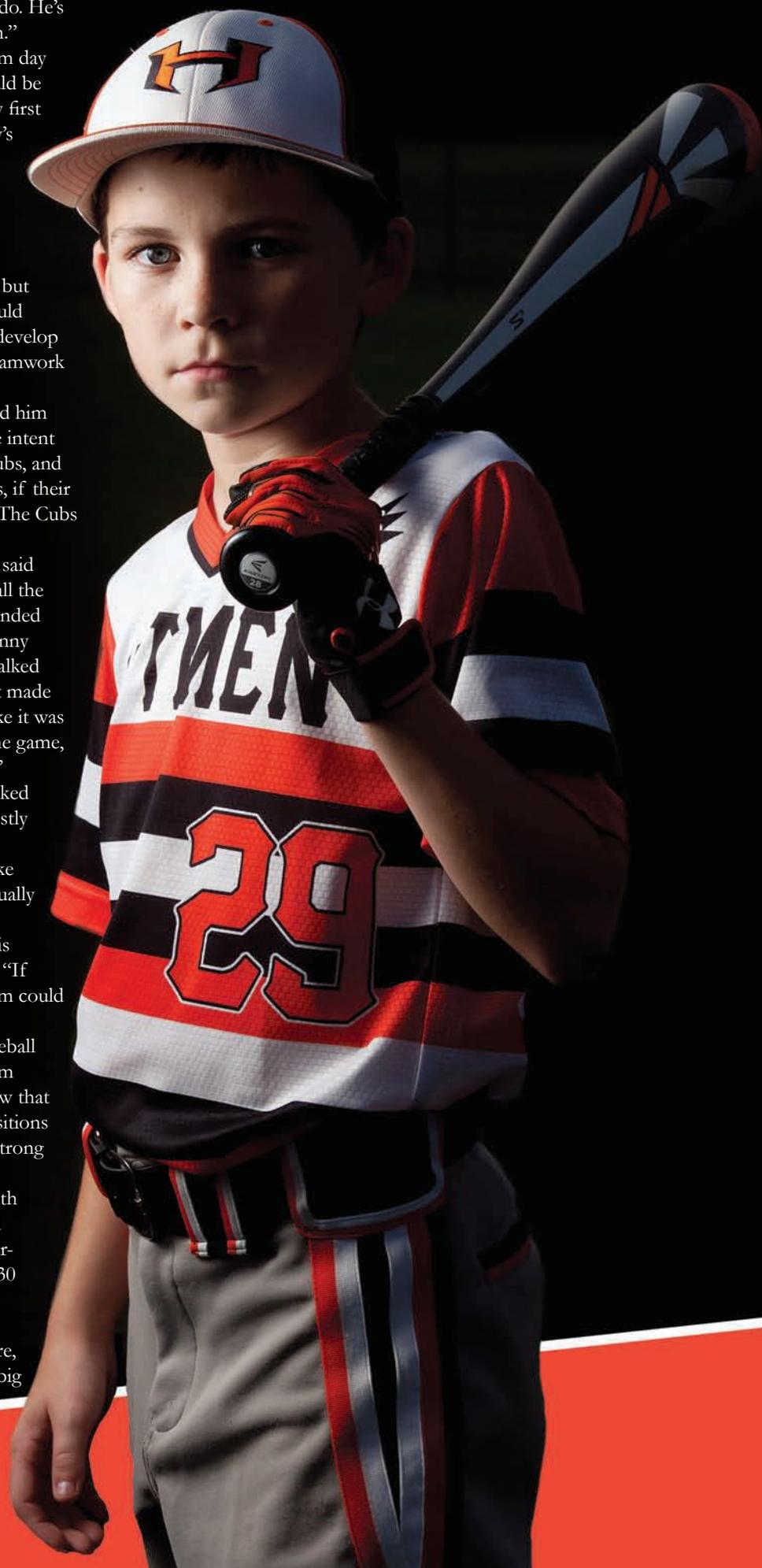
When Kenny was 4, Tony and Haley signed him up with Burleson Youth Association with the intent to play T-ball. Tony was the coach of The Cubs, and since BYA always puts sons with their fathers, if their fathers are coaching, Kenny was assigned to The Cubs with a bunch of other 4-year-olds.

“It was really neat watching him develop,” said Tony, who talked to his son about the game all the time. Practicing in the backyard with a bat handed down from his 13-year-old brother, Alex, Kenny listened to his father and did what they had talked about whenever The Cubs played a game. “It made me feel like he was paying attention to me, like it was sinking in. It made me think he really liked the game, to be paying that close attention, that young.”

Using a blue and black glove, because he liked the colors, Kenny played many positions, mostly shortstop. “I was quick. I knew what to do,” he recalled. “To play shortstop, it’s kind of like you’re the captain of the field, and you’re actually throwing the ball and fielding the ball.” It’s important to Kenny to always know where his runners are, so he can be integral to defense. “If you throw it to the wrong spot, the other team could score points.”

Moving on from T-ball to recreational baseball teams, Kenny took a break two years ago from shortstop and played third and first a lot. Now that he’s with The Hitmen, he still plays those positions plus shortstop. A very athletic player with a strong arm, Kenny is able to cover a wide area.

He keeps in shape by playing basketball with BYA, or shooting hoops and playing baseball with his dad and his brothers, Alex and 5-year-old Kellen. “A lot of times, we only play for 30 minutes, if it’s too hot. Other times, we’ll go out with our friends to play football,” Kenny said. Those are longer periods of time that are, admittedly, nice for Haley. “We always make big





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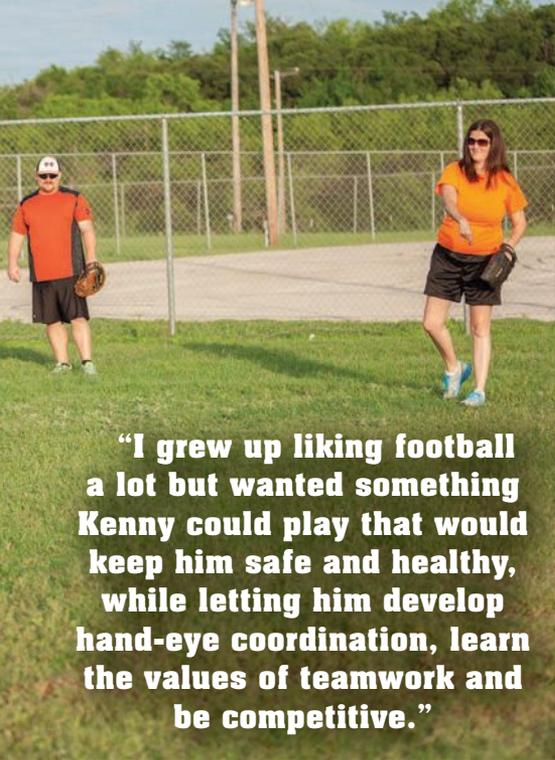
messes, and Mom and Dad are always the ones having to pick it up.” When Kenny plays at home, he often tosses the ball to his youngest brother, 1-year-old Kolt.

Haley is a fan of all kinds of sports for children. “My mom works at the Y, and Kellen tried out for the soccer team there,” said Kenny, who wants to play soccer at the Joshua YMCA, too. He sometimes plays soccer with Kellen and Alex in the backyard. “When Kellen wants to play baseball, sometimes, I actually put the ball on the T for him, but he likes me tossing it to him.”

When it's time to practice with intent, Kenny heads to the backyard with his dad. Tony gets in the back of a cage he built from an old swing set and a retired gate. It protects the fence and the neighbors' windows while Kenny throws over and over again, to keep his arm loose and prevent injuries during games. “Most of the elite players have dads like Tony, who know what's going on, so the kids know what is going on. They know



Kenny Fritz is surrounded by his supportive family.



**“I grew up liking football a lot but wanted something Kenny could play that would keep him safe and healthy, while letting him develop hand-eye coordination, learn the values of teamwork and be competitive.”**



what they’re working toward,” Haley said. She should know. She watched her brother, Blake, follow in the footsteps of their dad, Ken Dunson, who pitched for the baseball team at Texas Wesleyan University. Before all their successes came a lot of backyard pitching with their fathers. Now, Kenny is making memories, developing technique and building stamina, while pitching with his granddad.

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With his family's help, Kenny is preparing to support his team. "I really want to win the state championship this year," Kenny said. "With the team we were on three years ago, The Fury, we came in second, and Aledo won," Kenny said. This year, The Hitmen lost their opening tournament at Big League



Dreams in Mansfield. On that cold, wet, misting, sleeting February day, Kenny played the outfield. He caught a really hard pop fly while at short stop. "It palmed me. It was so windy and rainy the ball landed in the hand, not the pocket. It really hurt, but I held onto it, and so we got that out."

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Kenny has played hard this entire season. Yet, before each game, there are twice-weekly practice sessions. The other day at Teeter Field in Crowley, his team, his dad and his coach practiced a method of getting two outs — the double play. They've also been practicing hitting at the Burleson Dugout on South Dobson, where Haley used to take Blake to practice during high school.

With role models such as Haley, Tony, Alex, Blake and Granddad, it's no wonder Kenny is known as a team player. Always encouraging his nine other teammates, Kenny's dedication to The Hitmen shows in his every catch, every pitch and every word. **NOW**

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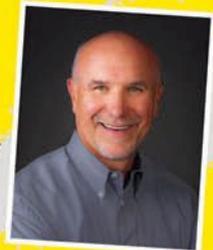


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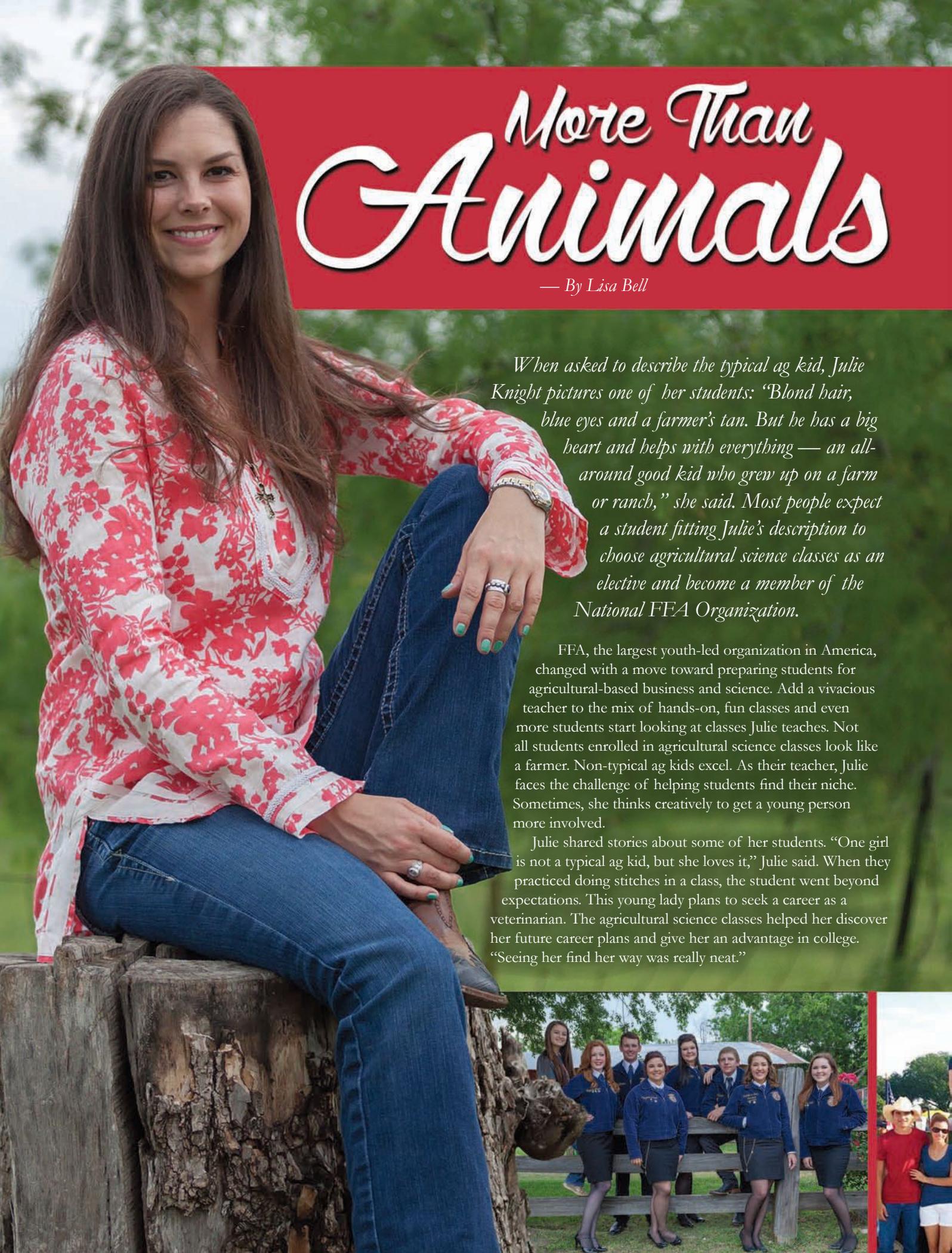
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# More Than Animals

— By Lisa Bell

*When asked to describe the typical ag kid, Julie Knight pictures one of her students: “Blond hair, blue eyes and a farmer’s tan. But he has a big heart and helps with everything — an all-around good kid who grew up on a farm or ranch,” she said. Most people expect a student fitting Julie’s description to choose agricultural science classes as an elective and become a member of the National FFA Organization.*

FFA, the largest youth-led organization in America, changed with a move toward preparing students for agricultural-based business and science. Add a vivacious teacher to the mix of hands-on, fun classes and even more students start looking at classes Julie teaches. Not all students enrolled in agricultural science classes look like a farmer. Non-typical ag kids excel. As their teacher, Julie faces the challenge of helping students find their niche. Sometimes, she thinks creatively to get a young person more involved.

Julie shared stories about some of her students. “One girl is not a typical ag kid, but she loves it,” Julie said. When they practiced doing stitches in a class, the student went beyond expectations. This young lady plans to seek a career as a veterinarian. The agricultural science classes helped her discover her future career plans and give her an advantage in college. “Seeing her find her way was really neat.”





Another student, also not fitting a typical description, judged dairy cattle. “He may never do it again, but the way it changed him was really neat,” Julie said. Many of her students plan to pursue careers in agricultural science. One of her seniors dreamed of becoming the agriculture commissioner for the state of Texas. While some want to farm or ranch, many of her students see themselves in government or industry science roles, working as veterinarians, vet techs or, perhaps, park rangers. Classes with teachers like Julie and involvement in FFA prepare students for these roles and others.

Julie grew up in Burleson and remains close to her family, who also lives nearby. During her high school years, she wanted to teach agricultural science as a career. When she entered college, endless possibilities of careers distracted her. For a time, she lost sight of the plans she had as a teenager.

When her cousin entered high school, Julie encouraged her involvement in agricultural science and FFA, telling her she could keep a pig at home. Julie



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believes that sold her cousin on the idea. As she helped her cousin, Julie remembered why she wanted to teach. "I loved helping her be successful," she said, "and realized that's what I really wanted to do."

Julie has been at Burleson High School for two years. She is one of two ag



science teachers and currently teaches four different classes. Equine Science is by far her favorite. In her spare time, Julie barrel races. Ultimately, she would love to become a professional barrel racer. Until she reaches that goal, she can't imagine doing anything other than teaching. "I have a lot of kids who say they want to be ag science teachers now. I think that is the biggest compliment," she said.

While agricultural science teachers spend time away from campus on events, they give a great deal of their personal time to the students, as well. Events often take place during evening and weekend hours. Sometimes, Julie spends more hours with her students than their parents do, especially during stock show season. The school year doesn't end for her in May or early June.



FFA offers group camps for officers in June, and she goes as a sponsor. They also have a group event for local officers. Last year, they did an obstacle course and then went camping at Benbrook Lake. These events allow officers to bond and grow as a team.

As the Fourth of July approaches, the students show their pride in FFA with a float they enter in the Burleson Lions Club parade. Several years ago, the alumni offered to provide materials if the students wanted to take on designing and building a float. In June, Twitter and Facebook posts go out. About a week before the parade, the teachers corral students back to the ag shop. Excited



and bubbling with creativity, the students have a lot of fun but work hard to create what they envisioned. Julie provides support and suggestions but then leaves problem solving and implementation to the students. FFA floats won the last two years.



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Sometimes parents, alumni and students have ideas Julie overrides. When they wanted to shoot candy or water from the tank base with an air compressor, she said, "Please don't. That could hurt someone."  
 During the parade, the students throw candy and squirt water on parade goers

*"I have a lot of kids who say they want to be ag science teachers now. I think that is the biggest compliment."*

but also take pride and show honor to the military. In 2013, they had a sound system playing "Taps." When the music began, they came alongside the float, placed a hand on it, removed hats and bowed their heads. Moving for those watching, the students took the actions seriously. Some of them know veterans. One student has a sister who went to boot camp earlier this year. Another FFA member also served in the ROTC. Although he carried the flag in parades and didn't ride on the float, he always helped build it.

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This young man shipped off as a Marine soon after graduation. For the students, honoring troops involves people they know personally.

Early in August, the officers begin plans for the coming school year. While the teachers provide guidance, as needed, the students take responsibility for planning and implementing plans for the entire year. From recruitment to each event, they build leadership skills. FFA, in general, seeks to develop character and skills far beyond agriculture. Whether a student pursues an agricultural career or not, Julie gets to help them develop these areas, which will serve them well in any job.

Julie looks considerably younger than her actual age, so she blends in with the students. However, she is careful to set herself apart as their teacher. She strives always to behave in a professional manner. With a strict no-gossip policy, she keeps herself set apart and models appropriate behavior for the students.

She looks forward to the completion of an ag barn for the school. They are in the beginning stages. When the students have a place nearby to keep animals, Julie knows the program will grow so quickly they'll have to build an expansion onto the new barn. And unless she's barrel racing professionally, she will be there — teaching her students! **NOW**

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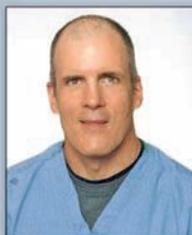


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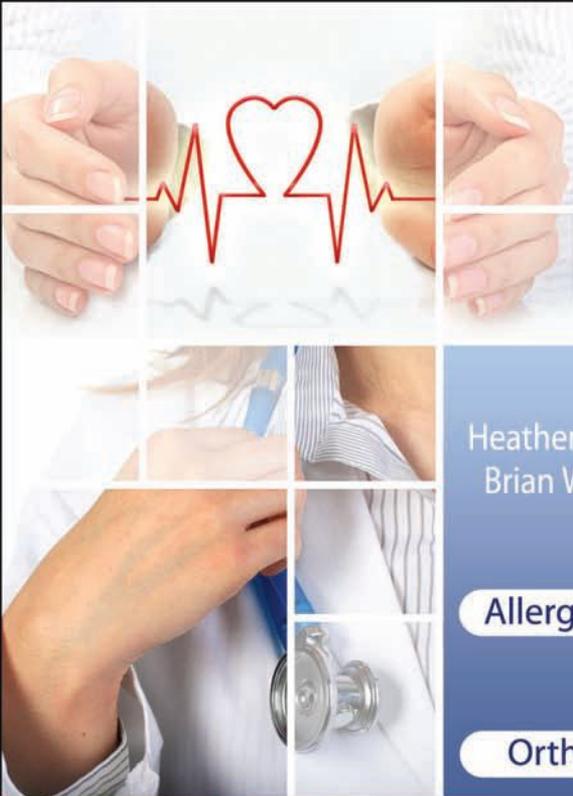
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— By Lisa Bell

# Every Room

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Janice grew up in Fort Worth but moved to Burleson 32 years ago for the country atmosphere and school district. Bruce moved from Iowa

to Fort Worth in 1987 and worked for General Dynamics. A single mom, she worked part time once a month at the Ronald McDonald House. Ironically, Bruce volunteered there every time she worked there.

Content with being single again, both Bruce and Janice had no desire to rush into a relationship. But, Bruce admitted he was interested, just not in a hurry. Janice wasn't even looking. Yet after two or three months of building a friendship, she asked him out for coffee. He planned dinner and the theater, but they talked too long to catch the show. They married January 1, 1999, and he moved to Burleson.

Several years later, the couple drove around looking at land. A lot snuggled in gentle hills drew them. They put down earnest money, with a contingency on selling their home. After many weeks, they didn't have a contract and released the property. A year later, they unintentionally passed the same land and noticed a for sale sign. This time, they purchased the land at its originally offered price and built their new home, moving in on April 1, 2004. "And I'm not fooling you," Bruce said with a smile.

The view behind their home is also no joke. From the moment of entering the front door, floor-to-ceiling windows reveal pure magnificence. "To have a house with a lot of windows was





important to us, because we both really love nature,” Janice said. “We didn’t know we had this view, because the lot was so heavily wooded.” Briars covered the property, climbing trees and covering everything. “There was so much, I used to ask God, ‘What is the point of briars?’” Bruce said. Removing the underbrush left a picturesque view — a massive mural from God’s fingertips.

Janice chose a French country style as the theme throughout the house. Fortunately, they have very similar tastes and love the beauty of wood. Their home captures a deep richness, with intricately carved wooden pieces in the formal dining area.

Over the years, they added many of their own special touches. “We love doing projects together,” she said. Large



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columns separate the entryway and formal dining area from the living room. At move-in, the columns stood bare. Bruce added crown molding and Janice painted them, forming a unique look. They replaced flooring and wrapped wood around the breakfast bar. Many of the rooms contain drapes and pillows Janice made. Much of the furniture has an antique look, although most of it isn't old. In one corner, they have an old radio replica, which includes a turntable.

Janice sprinkled pieces in every room that had belonged to one of their parents or grandparents. "I feel like if I can

have a little bit of them in every room, somehow I can feel their love in every room," she said.

A display case, purchased with part of an inheritance from Bruce's dad, highlights china, dishes and other items from both families. Janice purposely arranged items, blending their family heirlooms together and creating a treasured memory forum.

The TV room takes a slight departure from the French country theme, offering a wilder side of nature. The couple made a mirror together, adding a mat and beautiful frame. Placed against the wall

between their recliners, it helps enlarge the room. A walnut cabinet, almost 40 years old, sits in a corner — a piece Bruce made during college. A shadowbox hanging near Bruce's recliner departs from the overall theme but holds a great deal of meaning — partially because Janice designed it but mostly because of its contents. She positioned some of his dad's belongings — the log from a battleship where he had served during WWII, a picture of the ship, his hat and other artifacts. She surprised Bruce with this gift. "I remember playing with the hat when I was 6 or 7," he said. "I always

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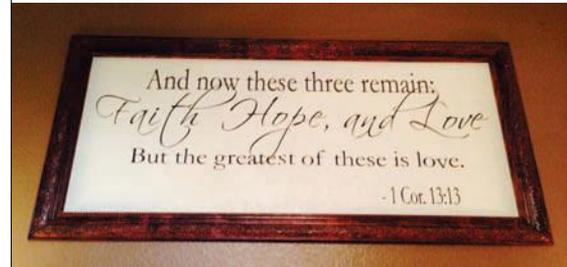


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wondered what happened to it. I'm glad my mom put it up."

The hallway approaching their bedroom holds pictures of family and extended family. Janice likes having the photos on this wall, so they see them on the way to bed at night and when they wake up in the morning. The master bedroom has rich wooden floors — a project Bruce took on as a surprise, while Janice cruised with her sister and nieces. Above their bed, a verse from 1 Corinthians 13 reminds them the greatest thing is love. Janice deposited dozens of her grandmother's earrings in a decorative bowl on the nightstand. In this room, a large bay window brings the hills into the bedroom, while a door opens to the patio for moments when they want to experience actual nature.

The master bathroom has unique features, as well. A stained glass cross hangs in front of a transom window above the tub. When Janice painted the walls a deeper brown, she didn't want



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to paint over wall words, also from 1 Corinthians 13. She left the lighter color on a small area, and Bruce created a frame to hang around the verse.

Off the kitchen, the breakfast nook — better known as the eagles’ nest — opens to the backyard. The landscaping and swimming pool create an inviting oasis for birds, a beautiful space to entertain family and friends and the perfect spot simply to unwind as the day ends. Bruce and Janice enjoy being joined at the pool by their family — their youngest son, Aaron, and their eldest son, Jeff, along with his wife, Rebecca, and their sons, 6-year-old Jason and 9-month-old Jett.

In one extra room, they placed many pieces belonging to family and another shadowbox Janice made for Bruce. This one displays his dad’s Navy dress blues



with some pictures. French doors open to a small area, which they hope to make a larger patio in the future.

The guest bedroom features a quilt Janice’s grandmother made and miniatures Bruce’s dad created — evidence of generational creativity. Janice recovered the bench and made pillows, pulling together colors from the quilt for a restful retreat.

Bruce’s favorite room lies at the top of a short staircase. They finished the movie room several years after building the house. She used black-out material to create the screen and they framed it. The addition of a snack bar holds a small movie-style popcorn machine. A small chair Bruce’s grandfather made adds character to the room that boasts comfortable theater seating. They enjoy time together watching movies. The greatest feature of the home comes not from wood or any other material but from the pride and love shown to each other in every room. **NOW**

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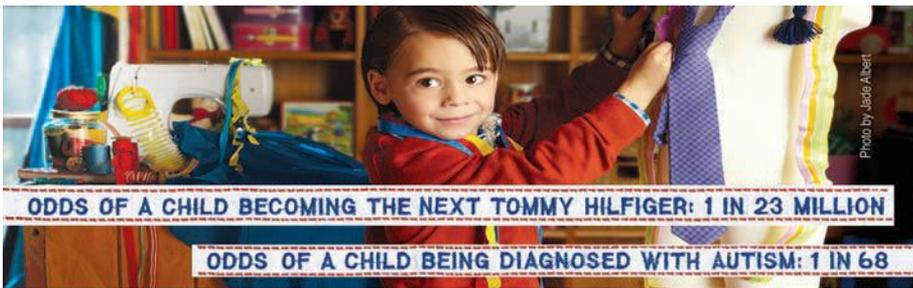


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A vibrant child's room with a yellow table, green shelves, and a blue roller. The room features a yellow table with a green base, a green shelf with books, and a green dresser with orange knobs. A blue roller is positioned on the right side of the image.

# Revamping the Kid's Room

— By Sara Edgell

*The decor of a house is a direct reflection of the family that resides within, and the same is true of a child's bedroom. As children grow, their interests, hobbies and tastes change. What they find appealing from ages 4 to 7 will very likely be different from an 8- to 12-year-old and definitely different from a teen. Luckily, remodeling, redesigning and redecorating their personal space to encompass the things they love doesn't have to be an expensive undertaking.*



## Getting Started

Use the experience as an opportunity to work on the project together and bond. The very first thing to do is talk about the things your child would like to see in the space. Discuss current likes and dislikes, favorite colors, interests, hobbies and needs.

A wonderful place to start is with a theme, as this can determine color palette, accessories, bedding and even furniture. For example, if a 12-year-old girl is dreaming of a shabby-chic, vintage cottage bedroom, the colors will likely be soft pastels. The decor will include lots of floral fabrics and refurbished furniture pieces, such as a whitewashed, vintage vanity and nightstand. Repurposed picket fence planks could also be used to build a headboard and/or shelving units, or they



could be used to line the walls, starting at the baseboard and coming half way up the wall.

Assessing the project and what it will entail before developing a plan is important. Make a list of items to be purchased, as well as those that can be repurposed, determine “do it yourself” projects versus those requiring the expertise of professionals and, lastly, decide a budget and stick to it. Then, you are ready to begin.

## Painting

Painting is perhaps the most inexpensive and easiest way to revamp a room. With a little prep and good old-fashioned elbow grease, a space can be completely transformed in a matter

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A photograph of a child's bedroom with a bed, desk, and chair, illustrating a colorful and playful theme. The room features a bed with a white headboard, a desk with a chair, and a window with a decorative valance. The walls are decorated with floral wallpaper and a large pink flower-shaped mirror.

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### It's A Girl Thing

Somewhere between "little girl" and "teenager," girls begin to develop an increasing interest in their bedroom's décor. With strong opinions about fun and fashion, most exercise a significant influence when it comes to decorating their rooms.

Just as little kids love the cozy, cocooning effect of playhouses, tents and forts, pre-teens girls love the intimate sleep areas created by tall headboards, mock canopies and screens. These can be elaborate and frilly, or tailored to a young girl's taste. Keeping in mind that teen fads are fleeting things, achieve your thematic decorating through easily replaced accessories such as pillows, lamp shades and art.

When selecting furniture for the pre-teen's room, a style that will grow with her is always the best choice. Think versatile, quality and non-trendy for this most expensive component of the project. Trendy furniture can be limiting, so avoid using something too cutesy that will limit your pre-teen's fickle taste. You don't want your decorating to become an annual event! With careful planning, your teen's newly decorated bedroom will delight her until she gets ready for the next big challenge in your lives: *college!*

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of hours. Because color can greatly influence mood, and since children are typically drawn to bright, bold colors, compromising on paint selections is crucial.

Take into consideration the size of the room. Lighter shades of blue, teal, purple and green can open up a smaller space, whereas darker, richer tones like plum, magenta, burnt orange and ruby can be overpowering, making the space feel even smaller and cramped. Lighting is another factor to consider. Natural light will show the truest color, whereas incandescent and florescent lighting will cast hues on the color, altering its appearance. Give your child the freedom to pick their paint color, with a bit of compromise considering these factors.

## Personal Touches

Decorative painting techniques are also an option. Many craft stores carry a variety of stencils that could be used to create a slew of personalized wall graphics. You can also make your own stencil using a piece of cardboard, pencil and box cutter. Simply draw the design on the cardboard and carefully cut it out. From the popular chevron pattern to more specific designs like sailboats and anchors, cheetah print or a favorite quote, stencils — whether store-bought or homemade — make the job a breeze.

While stencils are helpful, they will not enable you to create the whimsical ambience only a custom-painted mural can deliver. From magical fairytale forests to vibrant cityscapes, nothing can top the work of a local artist or painter. These individuals are easy to find and can bring your child's vision to life like no one else can do.

## Furniture, Storage and Lighting

Storage and functionality are two areas to consider. Understanding the activities the space will accommodate is key. For

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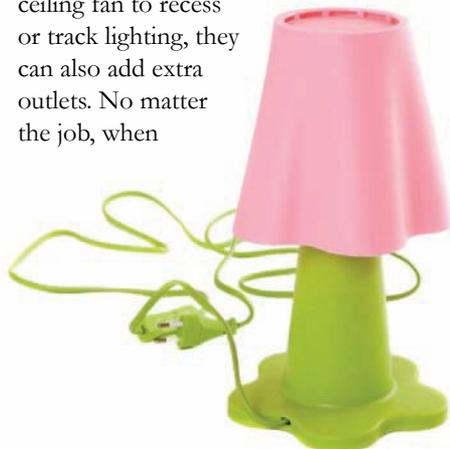
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example, is a desk needed for homework? Will a television and gaming system be kept in the room? Are there lots of toys or books requiring storage? All of these factors must be determined in order to decide the specific types of furniture the room will need.

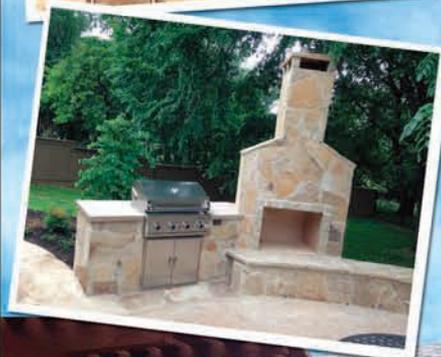
You may be able to carry over large pieces of furniture, such as a bed or dresser, into the new room or update them with paint to fit the theme your child has chosen. However, in some cases, purchasing new furniture may be necessary. If your child wants a super-cool and highly functional loft bed complete with a shelving unit and desk underneath, or maybe they desire their own hide-hole built into the window frame, hiring a carpenter is in order. These professionals can build custom pieces of furniture, shelving and closet organization, or even change the layout of a room by removing or building new walls.

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## Accessories

Additional personal touches can be added to the space with specialized accessories. These specialty items can be found anywhere and can be anything. For instance, a 7-year-old boy may want a sports-themed bedroom, complete with a basketball goal and scoreboard, a football field floor and custom-painted stadium wall.



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To complement these major room components, posters can be framed and hung on the wall. Sports cards could be used to decoupage the surface of a desk or the back of a shelf. Old baseball bats could be repurposed into a bed frame

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or curtain rods. Jerseys could easily be transformed into curtain panels or bedding. The trick is to be creative and allow your child the power of choice when picking accessories for their new space.

In the end, a room redo is all about updating the space to be a true reflection of the child who occupies it. By revamping your child's room to fit their

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*Wesley Benefael and Amanda Helms, two of the many TotalCare clinicians who take time to listen and find ways to help.*

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— *By Melissa Rawlins*

Focusing on wellness of the human body and spirit — not simply on treating a disease — Roger and Wes Saade, brothers, doctors and partners at TotalCare, are positively influencing and serving our community. The doctors, plus nurse practitioners and physician assistants, all specialize in compassionate family medicine, urgent care, pediatrics and wellness.

Founded in 2003 by Dr. R. Saade, who originally practiced in Joshua, the multisuite clinic on the corner of northwest Renfro and Hwy. 731 is convenient to all his former patients, as well as the new ones. He and his brother hope to help in Burleson, Crowley, Joshua, as well as all of Johnson and Tarrant counties. Since most people want to treat all their medical issues in one place, the clinic caters to various patient needs.

“We’ll do what is great for the patient,” Dr. R, as his patients call him, said. Since 2007, he has offered not only allergy testing but also a comprehensive allergy treatment. “Most insurance

covers allergy services, because they know statistics prove that patients’ future allergy visits are a lot less.” TotalCare also does neurological testing for people with numbness or tingling, cardiac stress testing, ultrasounds of the heart, dermatology and skin cancer removals.

Dr. R’s patients in Joshua inspired him to expand TotalCare clinic from strictly family practice to include walk-in appointments and minor urgent care. “Patients were saying, ‘We can’t make appointments. We need to see you when we need to see you.’ I said, ‘OK, if you guys want to come, come in.’” As word-of-mouth built his practice, word-of-mouth is also building his dream.

In 1996, he left the field of electrical engineering to follow his calling to medical missionary work. Investing in eight more years of schooling, Dr. R first earned his medical degree from the College of Medicine at Texas A&M Health Science Center

and then entered a program in Tulsa, Oklahoma, called "In His Image" with a purpose to train missionary doctors.

"At least for me, ministry is not limited to church nor to going overseas to do missions," Dr. R said. "Ministry is the way I interact with the world. So, the question is, how can I portray the love of Christ to anyone and everyone I come into contact with on a daily basis?"

Whether someone is grieving a loss, suffering in health, grappling with relationships or simply down and discouraged, TotalCare clinicians take time to listen and find ways to help. "I love the fact that I'm able to pray with many patients," Dr. R said, "and many times I'm also able, as are the rest of the providers, to build relationships with our patients even outside of the clinic. It may be as simple as encouraging someone to start their own blog or do humanitarian work in the local community.



**"I LOVE THE FACT THAT I'M ABLE TO PRAY WITH MANY PATIENTS."**



"One of the most altruistic people I know, Wes, followed in my footsteps, about two years behind me," Dr. R said. "He saw the ministry aspect of my work and how fulfilling it is to be able to help people through medicine and chose to be part of it." In 2009, they opened their location in Crowley, and two years later opened a TotalCare clinic on Hulen Street in Fort Worth.

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*Chase and son, Caben, enjoy time at play day at Warren Park.*



*Sawyer Jennings enjoys a yummy ice cream treat.*



*Summer Miller in the beginning stages of Flippin' Tires.*



*Deb Vargo, Pam Ayers, Daniel Hare and Barry Schlech plan Texas Patriots Tea Party's annual meeting.*



*First National Bank of Burleson's senior vice president Patsy Dumas, 3rd from left, receives the 50-Year Banker Award from the Texas Bankers Foundation.*



*NorthPointe Church's Dale Moore, left, and Garry Jordan, join National Day of Prayer co-coordinator Patti Pace as they count down to the worship at breakfast.*



*Proud parents Mike and Tina Maness pose with their daughter, Katy, as she graduates from UNT.*



*Mandy and her mom, Sara Stephenson, enjoy a Mother's Day outing.*



*Frost Bank's Frank Shiels enjoys a chat with Gene Estes in Last Oak Winery's tasting room.*



*Burleson Area Chamber of Commerce hosts a ribbon cutting for Heart for Kids.*

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## Step-by-Step Approach Can Ease Estate-planning Process

Like many people, you may enjoy investing. After all, it can be invigorating to put away money for your future, follow the performance of your investments and track the progress you're making toward your long-term goals, such as a comfortable retirement. However, you might be less excited about doing estate planning, dreading the perceived time, effort and cost. Yet, you can make the entire process more manageable by breaking it up into specific tasks.

What are these tasks? Everyone's needs are different, but here are a few suggestions that may be applicable to your situation:

- *Purchase life insurance.* If something were to happen to you, would your family be able to stay in the house? Would your children be able to go to college? You should have sufficient life insurance to take care of these and other essential needs. You might hear about various formulas for how much insurance you should purchase, but you



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### Happy Independence Day

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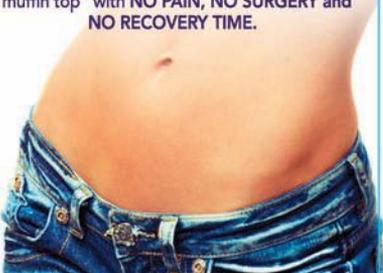
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may be better off by working with a financial professional — someone who can evaluate your assets, goals and family situation, and then recommend an appropriate level of coverage.

- *Draw up your will.* For most people, a will is probably the most essential estate-planning document. Regardless of the size of your estate, you need a will to ensure that your assets and personal belongings will be distributed according to your wishes. If you die intestate (without a will), your belongings will be distributed to your “heirs” as defined by state laws — and these distributions may not be at all what you had in mind.

- *Consider a living trust.* Depending on your situation, you may need to go beyond a will when drawing up your estate plans. For example, you might want to create a living trust, which can allow your assets to go directly to your heirs, avoiding the public, time-consuming and expensive process of probate. A living trust offers other benefits, too, so you may want to consult with a legal professional to learn more about this estate-planning tool.

- *Check beneficiary designations.* The beneficiary designations on your insurance policies and retirement accounts, such as your IRA and 401(k), are powerful and can even supersede the instructions left in your will. So it's in your best interests to make sure you've got the right people listed as your beneficiaries. Over time, you may need to update these designations to reflect changes in your family situation.

- *Make final arrangements.* Whenever you pass away, it will be a stressful time for your loved ones. To ease their burden, consider establishing a payable-on-death account at your bank, and then funding this account to pay for your funeral and related expenses.

- *Share your plans.* The most comprehensive estate plan in the world may not be of much value if nobody knows of its existence. Share your plans with your loved ones and heirs. It's important that everyone knows their roles in carrying out your wishes.

When dealing with any estate-planning issues, you'll want to consult with your legal and tax professionals. And by taking a step-by-step approach, you can keep the process moving forward — without feeling that you're being overwhelmed. **NOW**

*Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. 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.*



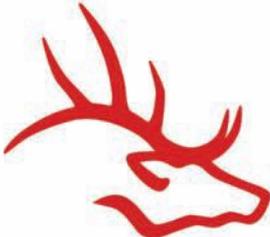
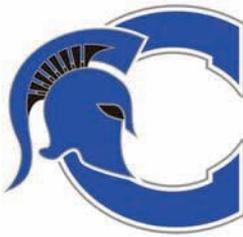
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## July 3

Joshua Independence Day Celebration: **parade**, 7:00 p.m.; **concert**, 8:00 p.m.; **fireworks**, 9:15 p.m.; Joshua High School football stadium. Doors open at 4:00 p.m. and vendors sell crafts while families enjoy a fine Texas Friday. After children parade around track in dressed-up bicycles, the family-friendly Vocal Trash plays again, back by popular demand. Sponsored by H.E.B. and CDI Computers; hosted by the City of Joshua and Joshua Area Chamber of Commerce. Call (817) 556-2480.

## July 3, 24

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.

## July 4

11th Annual Burleson Lions Club 4th of July Parade: 9:00 a.m., Old Town Burleson. Making its turnaround at Burleson Heritage Foundation and City Hall, the parade starts and ends at Kerr Middle School. Donate online, [www.burlesonlions.org](http://www.burlesonlions.org), to support programs providing vision care and scholarships for local youth.

Burleson Independence Day Celebration: **concert**, 7:30 p.m.; **fireworks**, 9:00 p.m.; Chisenhall Fields Sports Complex, 500 W. Hidden Creek Pkwy. City of Burleson gifts the community with a free concert by Al Nelson, whose music pays tribute to Roy Orbison, Paul McCartney and Elvis. For more information, call (817) 426-9104.

## July 8, 15, 22, 29

Summer Reading: 10:00 a.m., Crowley Public Library, 409 Oak St., Crowley. Free, fun programs to celebrate daily reading progress by youth. Contact Library Director Christina Winner, (817) 297-6707.

## July 11

Breakfast with Champions: 9:00 a.m., Crowley Public Library, 409 Oak St., Crowley. Teen girls ages 12-18 are invited to enjoy breakfast with Karen McNully, successful business owner, wife, mother and grandmother who served 13 years as a U.S. Army Missile Officer and currently works with the US Govt. Missile Defense Agency. Contact (817) 297-6707.

Crowley Celebration of Freedom: **parade**, 10:00 a.m., Main Street; **festival**, 5:00 p.m.; **fireworks**, 9:00 p.m.; Bicentennial Park. The City of Crowley expresses gratitude and support to our military and their families with a parade and activities featuring live music, a variety of food vendors, arts, crafts,

information booths and an old-fashioned baby contest.

## July 14

Business After Hours Networking: 5:30-7:00 p.m., Pinnacle Bank, 651 N.E. Alsbury. Free to Burleson Area Chamber of Commerce members. Contact (817) 295-6121.

## July 16

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

## July 17

Crowley Chamber Annual Casino and Auction: 6:30-10:30 p.m., Crowley Recreation Center, 405 S. Oak St. Support the Chamber's mission to further Crowley's free enterprise system! The big raffle item is a Skag zero-turn mower valued at \$4,199. Buy \$25 raffle tickets at Crowley Area Chamber of Commerce. RSVP to (817) 297-4211.

## July 23

Widowed Persons Service Dinner: 5:30 p.m., Fresco's Mexicana, 112 S. Main, Old Town Burleson. Men and women welcome to dine and talk about widowhood as you live it. Contact Louise Bodiford, (817) 295-6240.

## July 25

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

## July 28

Texas Patriots Tea Party annual meeting: 6:00 p.m., Cleburne Conference Center, 1501 W. Henderson, Cleburne. Presentation by Lt. Col. Allen West, President and CEO, National Center for Policy Analysis, and former U.S. Congressman. Dinner and fundraiser tickets \$25 per person or \$240 for a reserved table of 8. Contact Pam Ayers, [pam.ayers@att.net](mailto:pam.ayers@att.net).

## July 31

Power of Heels Luncheon: 11:30 a.m.-1:00 p.m., location to be announced. Meet community movers and shakers, and be challenged by a presentation on the role of women in key leadership positions in the medical profession. Sponsored by Texas Health Neighborhood Care & Wellness Center Burleson. Sweets provided by H-E-B. \$15 for Chamber Members; \$20 Non-Members. Register at [www.burlesonchamber.com](http://www.burlesonchamber.com).

## August 2 — 6

Family Camp: 6:00-8:30 p.m., Pathway Church, 325 N.W. Renfro. Sign up early for

this free week of fun, creative, engaging activities for both kids and their parents. With special guest speaker, Jim Burns! Call (817) 295-5832.

## August 7

Round Up For Riders: 6:00-9:30 p.m., Historic Hilton Hotel, 815 Main St., Fort Worth. Support the mission of Wings of Hope Equitherapy, and enjoy an evening of dinner, auctions and boots up. To purchase your ticket or table, contact Executive Director Allison Gross, (817) 790-8810.

## Ongoing:

### Mondays and Thursdays

Toastmasters International meeting: **Mondays**, 6:30-7:30 p.m.; **Thursdays**, 7:00-8:00 a.m.; Burleson Chamber of Commerce on Wilshire Blvd. Join other professionals to encourage each other to speak effectively and persuasively in public settings. Contact Neal Jones at (817) 343-2589 or Gary Miller at (817) 919-3243.

### Tuesdays

Lifetree Cafe: 6:00-7:30 a.m., Alsbury Baptist Gym, 500 N.E. Alsbury Blvd. Everyone welcome to meet weekly in the upstairs café to engage in friendly conversation relating to life and faith over coffee and snacks. Contact Sean Walker, (817) 707-9106.

### Fourth Tuesdays

Texas Patriots Tea Party meeting: 7:00 p.m., Cleburne Conference Center, 1501 W. Henderson, Cleburne. [www.texaspatriotsteaparty.org](http://www.texaspatriotsteaparty.org).

### Second Wednesdays

Burleson Area Recreational Cyclists: 7:00 p.m., Spokes Bicycles & Service, 111 S. Wilson St. Work with other cycling enthusiasts to create a more rider-friendly community. Contact Dave Garrett, (817) 447-3505.

### Saturdays

Russell-Boren House tours: 10:00 a.m.-2:00 p.m., Russell Farm, 405 W. CR 714. Free. Built in 1877 by Martha Glenn Russell, an independent pioneer woman, the house sheltered not only Martha and her five children but also descendants of the Russell family for 135 years. Middle-school aged and older students should be accompanied by their teacher or parents. For more information, call (817) 447-3316.

*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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## In the Kitchen With Araceli “Ara” Chavez

— *By Melissa Rawlins*

Love attracted Araceli “Ara” Chavez to Burluson, where she and her husband, Josh Dicke, started life together. She had honed her culinary skills in Mexico, with generations who love cooking from scratch. With her dad’s family, Araceli made corn tamales annually. “The kids cut the corn from the field, bringing it to my aunt to start the process on her mill,” she recalled. “Cooking is the one family activity that brought the most joy to my heart.” She returns that joy to family and friends with every meal and snack. When she prepares popcorn for their son, Michael, she gives him melted butter, even though her favorite addition is Salsa Valentina, which is always available at the popcorn counter in Mexico’s movie theaters. “Here, I bring my small bottle in my purse!” **NOW**

### Josh and Ara’s Best Breakfast

- 1 small sweet potato
- 1 tsp. salt (divided use)
- 1 tsp. pepper (divided use)
- 1 Tbsp. oil
- 1/4 small onion, thinly sliced
- 1 small tomato, thinly sliced
- 1 cup spinach
- 4 large eggs
- 12 oz. kefir cheese or sour cream

1. Slice the sweet potato very thin, no more than 1/4-inch thick. Season the sweet potato slices with salt and pepper on both sides. Place them in a nonstick skillet and fry them in oil on medium high.
2. Once potatoes are brown on one side, turn and brown the other side.
3. Layer onion slices, tomato slices and spinach on top of potatoes.
4. Stir eggs in a bowl; season them with salt and pepper. Pour evenly over the ingredients in the skillet. Turn to medium-low and cover.
5. Once eggs are cooked, stick with a fork

to make sure the sweet potatoes are soft. Garnish with kefir cheese before serving.

### Josh’s salsa

*Third-place winner in SalsaRita Festival.*

- 4 large tomatoes
- 1 small white onion
- 1/4 cup vegetable oil
- 5 dried arbol peppers (*chile de arbol*)
- 1/2 bunch cilantro
- 1 tsp. salt, or to taste
- 1 tsp. pepper, or to taste

1. Slice tomatoes and onions in large pieces.
2. In a skillet, fry the onions with vegetable oil until golden, and place them in a blender.
3. In the same skillet, fry the peppers. They fry quickly; open windows and turn on exhaust fan.
4. In the same pan, fry the tomatoes and cilantro, until soft.
5. Once everything is fried, place all in the blender with salt and pepper to taste. Pulse until consistency is smooth and thick.

6. Try it hot with chips; it will taste spicier when hot, and less spicy if you chill it.

### Mom’s Tuna Dip

- 1 7-oz. can chipotle peppers
- 1 12-oz. can tuna
- 1 8-oz. pkg. cream cheese
- 1 Tbsp. yellow onion, finely chopped (optional)
- 1 tsp. salt
- 1 tsp. pepper
- 1/4 cup milk

1. Blend 2 chipotle peppers (add more if you like spicy) together with remaining ingredients. Use only enough milk to assist the blender, but keep a thick consistency.
2. Enjoy with chips or crackers.

### Robby’s Fav Game Appetizer

- 2 16-oz. pkgs. small cocktail sausages
- 1 large lime
- 1/4 yellow onion, finely chopped
- 1 small bunch cilantro, finely chopped
- 1 Tbsp. Worcestershire sauce (or Jugo Maggi)
- 1 tsp. salt
- 1 tsp. pepper

1. Place sausages in a container. Squeeze the lime juice over them.
2. Add onions, cilantro, Worcestershire sauce, salt and pepper. Mix well.

### Popcorn for Michael

- 1/2 cup popping corn
- 1/2 lime
- 1 tsp. salt
- 1 tsp. brown sugar
- 1 tsp. ground cumin
- 1 Tbsp. butter, melted (optional)
- 1 5-oz. bottle Salsa Valentina (optional)

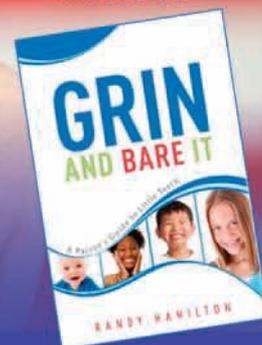
1. Pop the popcorn with a hot-air popcorn popper.
2. Juice the lime; stir lime juice around with popcorn. Mix with salt, brown sugar and cumin. These ingredients will stick to the lime on the popcorn.
3. Dip into melted butter or Salsa Valentina, if desired.

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

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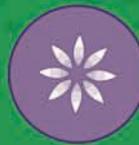
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