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## ON THE COVER



*Lee Hefley developed a love for coaching when he was still a teen.*

*Photo by SRC Photography.*

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## Editor's Note

*Hello, Friends!*

In our culture, September tends to seriousness for young and old alike. Students, teachers, coaches, athletes, parents, salespeople, manufacturers, city council representatives, journalists, gardeners, artists — everyone's operating from a renewed sense of dedication these days. There's an urgency to our work, for we know the months ahead hold great promise.

Twenty women in Crowley are busily preparing for the quilt show they have hosted every November since 1999. The FBC Quilters operate as a charity, and this last year they were forced to receive charity themselves after a fire started in the furnace area of the First Baptist Church Youth and Quilting Building. They thought recovery impossible until they began to be blessed by donations. Individuals, quilt shops, businesses and other quilt ministries gave the FBC Quilters a variety of replacement items and fabric to continue. Imagine the joy in their nimble hands as they continue their ministry this serious September!

*Melissa*

Melissa Rawlins  
BurlsonNOW Editor  
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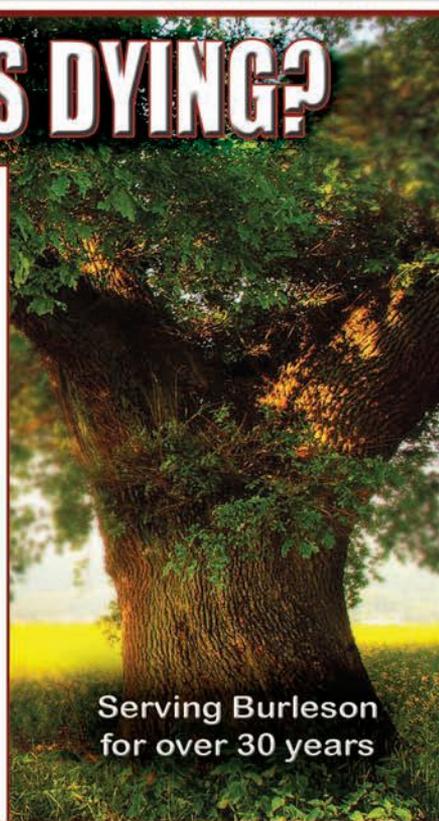


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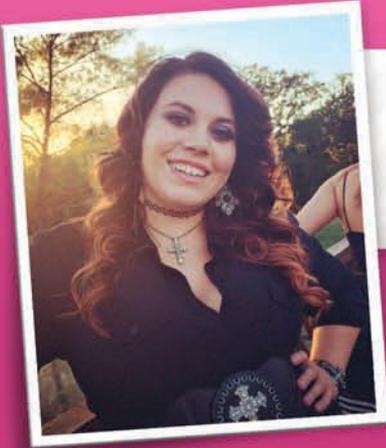
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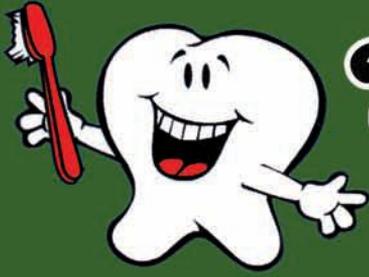


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# SETTING UP SUCCESS

— By Melissa Rawlins

*Trophies tall as toddlers top cabinets and shelves in Lee Hefley's tax office. These reminders of his teams' successes on the soccer field motivate him for each day's off-field accomplishments. One of those reminders is of his daughter, Elizabeth, now a junior at Burlison High School. She was born here, and at that time, Lee took what turned into a four-year break from soccer. He had played since he was 7 and coached since he was 18, but for his daughter, soccer could wait. When she*

*started playing, he resumed coaching. Now there's a trophy in his office brought home by Elizabeth. Lee coached her team to success in the 2008 Tournament of the Champions.*

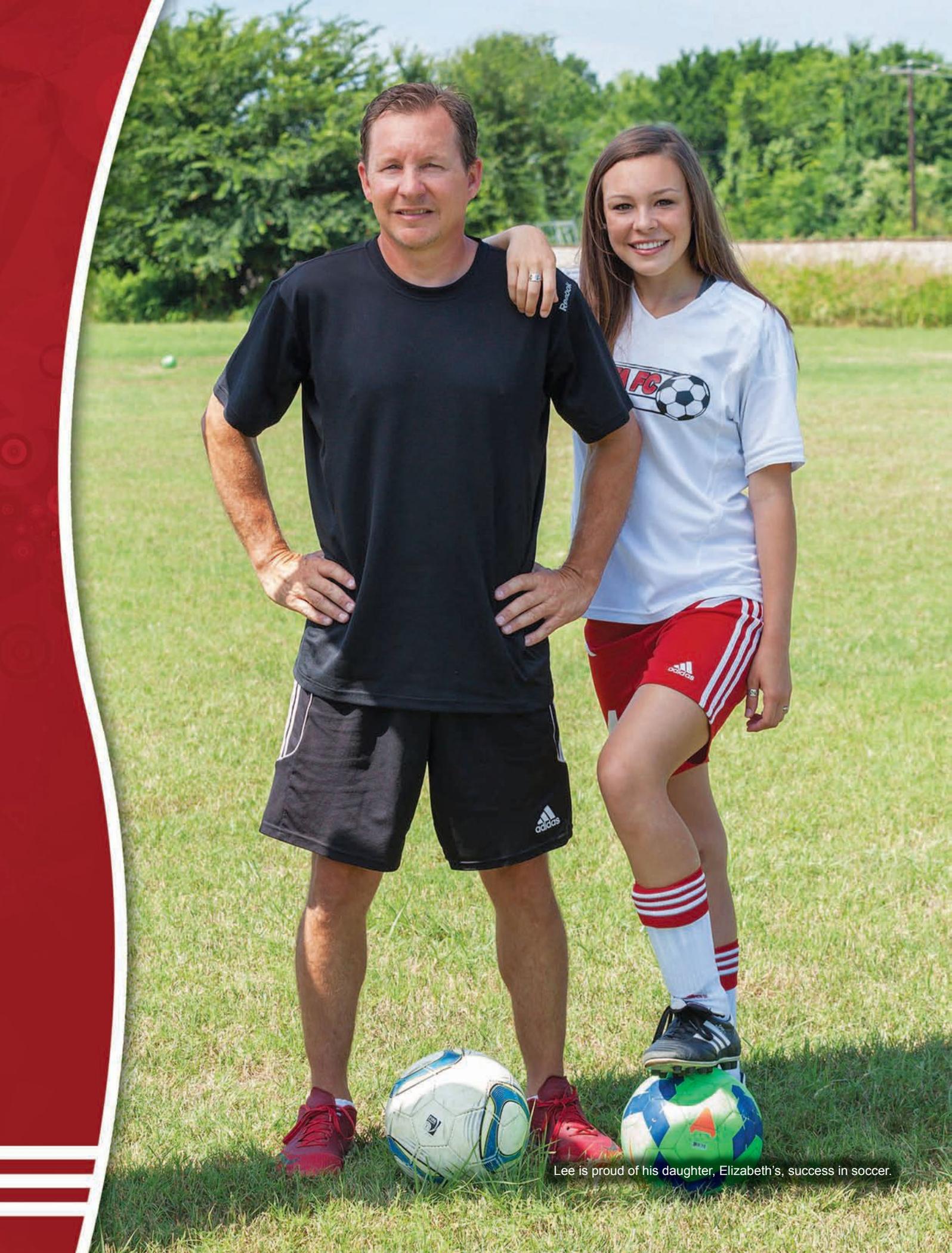
There are also plaques that have started falling apart because they're so old. He keeps a photo taken in Arlington in the fall of 1989 of The Challengers — the very first team he coached. The little girl kneeling on one knee next to a longer-haired Lee actually helps him coach Sparta Futbol Club now. Today, her name is Jennifer Kivlehen, and she has a family of her own.

Back then, soccer was all in the family. "My sister was playing for The Arlington Swarm, and my parents were coaching my sister's team," Lee said. "I was 17 and kinda started helping my sister's team, who were 12- and 13-year-olds." He found he enjoyed the interaction and developed a love for coaching at this time.

His first assistant coaching job was with head coach Fred Cartwright. There was a girl on the team whose sister, Jennifer, played on another team, which was in need of a new coach. At the age of 18, Lee became head coach of The Challengers and learned that the most important thing, beyond the soccer game, is preparation for life.

"As a coach, I try to set a positive example for each child and, hopefully, make a difference in their life," Lee said. He has had the pleasure of a few phone calls from former players, thanking him for his influence. Jennifer is one. "The strange thing is when I had her as a child, she was one of those really stern children who kept to herself and frustrated easily. I had to treat her more delicately and say, 'I like what you're doing, but let's do it this way.' She still got frustrated. She didn't want to hear it from me. Now, we do things the same way, she sees my side of it, and I see her side. We work together and have coached together a long time."





Lee is proud of his daughter, Elizabeth's, success in soccer.

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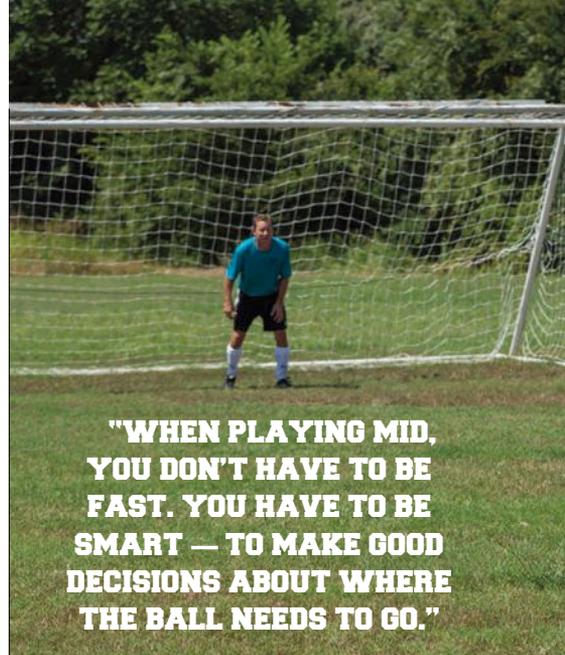
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Several of his own coaches stand out in Lee's memory. Top of his list are Mr. and Mrs. Hefley. "My mom was more of the compassionate one. My dad was stern," Lee recalled. He put those together, with the fact that he likes children, and realized a successful coach kids around with the players, makes it fun for them, treats each as individuals and gets on their level. "I have that ability. I guess I was just born with it," he said.

Lee played recreational soccer until he was 14, when he started playing competitively with the select team, Lone Star Kings. While a student at Martin High School, he played soccer, and during a game against Lamar High School, he learned something about himself. His coach — who was less a mentor than a motivator who could get the students pumped up to play — came to Lee for advice during that game. "I thought it was kinda odd and kinda neat that he thought I had the expertise to let him know who should be taking the penalty shots," he shared. Lee's team won that game, and he realized he was destined to be a coach.



When Lee started coaching in the competitive league, he worked with a gentleman named Walter Holmes, whom he calls “a second father figure.” Throughout his life, Lee has played recreationally in adult leagues for his own pleasure. He remembers one coach who never yelled, and for whom the team would do anything. “He had a disability, used a cane and couldn’t walk very well. Although he couldn’t do all the skills, he could use his board to instruct and would have individual players demonstrate the type of skill he wanted us to practice,” Lee said. “He knew the game. He instructed us and modeled good



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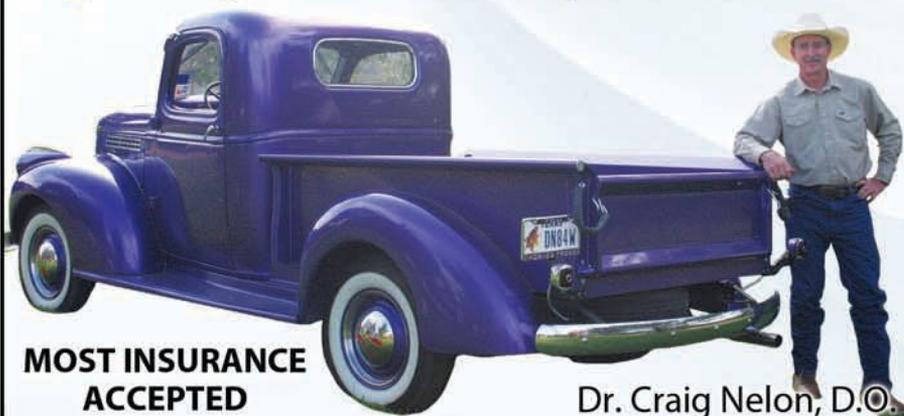
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communication. He gave it everything he had and enjoyed coaching us. We played for him and gave everything we could for him.”

Moments like these never leave a young man’s mind. Like eating healthy food, maintaining good friendships, playing golf and soccer and working out, maybe such moments keep Lee young and bright-eyed. Certainly they inspire him to give all he can to youth. Developing in young players a sense of camaraderie, leadership and accountability within the community, Lee is also preparing kids for the future, shaping their character and helping them transition through school into society. “Playing a sport gives you something to strive for, a sense of self-worth,” Lee said, “and the knowledge that you have something you can excel in. Kids look for anything they can be successful in. They try a lot of different things. If I can help in any way, I’m going to try.



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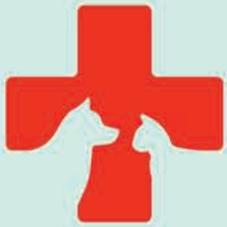


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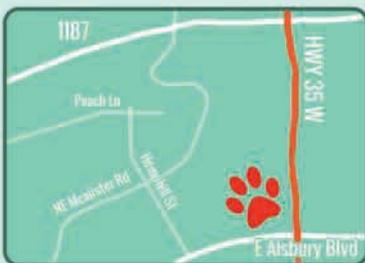
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“At times, I’ve thought, *At what point do I stop?* But it’s a passion, and they enjoy it too,” Lee said. Eight years ago, he started Sparta Futbol Club as a local sports club, so local youth do not have to go to Arlington to play and compete. Personally coaching two teams out of seven, with help from Nick Walker, Lee stays busy from the start of September through the beginning of December.

This fall, he’ll maintain his skills and practice what he preaches by playing midfield in Burleson Soccer Association’s adult league. “Playing against all these 20- and 30-year-old kids, I realize I’m not as fast as I used to be, but I’m quick,” Lee said. “When playing mid, you don’t have to be fast. You have to be smart — to make good decisions about where the ball needs to go. I’ve got good skill, can see the field well and can distribute to my other teammates and put them in a good position to be successful.” Lee is happy to leave the fun of scoring goals to the team’s forwards. His job is to create those opportunities for them. And, sometimes, he finds himself instructing his teammates.

Every achievement of each player Lee coaches becomes another little piece of history in their minds. And as they practice, sometimes scrimmaging with their coach, they’re keeping Lee on his toes. What fun it is, setting people up for success! **NOW**



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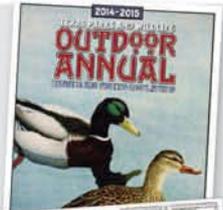
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# Pregnancy and More

— By Lisa Bell

*When the words pregnancy and center appear in the same sentence, we often conjure up mental images of pregnant teens or abandoned women in need of help. The Burluson Pregnancy Aid Center assists women who are experiencing crisis pregnancy, but under the educational directorship of Susan Keller Ford, the center offers so much more.*

Susan moved to Burluson in 1990 with a background in sales and marketing. When both of her children entered school, she returned to work part time, first as a religious education director for preschool to high school children and, later, as a youth ministry coordinator.

She also interacted with college students as they volunteered with the youth. During those years, she saw struggles among the kids that didn't exist 20 years ago. The roles prepared her for the position she holds with BPAC.

Susan met Jane Burton, executive director of BPAC, while the two of them taught second-graders at their





**“I’m a huge believer in the fact that students can make good decisions when they’re given the facts and knowledge.”**

church. Jane suggested Susan volunteer at the center, but at the time, she was unable to do so. When the economic downturn caused Susan’s position within youth ministry to end, she called Jane, hoping she might have an open position at the center. Jane did and encouraged Susan to apply. A few days later, Jane called back wanting her to apply for the education director position, instead. Ten years later, Susan has no regrets.

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where they can work, and staff members have offices. One room holds a high-tech sonogram machine, where expectant mothers can literally see the faces of their unborn children. A large room provides the perfect place for the many classes taught at the center.

One of the best rooms — the Baby Boutique — holds new clothing, toys, blankets and other items. Money isn't welcome in the boutique, but those registered in classes have many ways to earn Baby Bucks used for purchasing the items. People donate the new, sometimes handmade, gifts.

Not everyone who comes to the center is in crisis. Because of unique programs they offer, Susan sees ages from teens to those who are older and experiencing



their first pregnancy. Sometimes, parents come for a refresher course, or expectant grandparents join their teenager. Anyone is welcome, and the center never charges for services. The clients are so appreciative that many of them give back with donations or volunteer hours. "We couldn't do what we do without an incredibly supportive community," Susan said.

What they teach may surprise you. Of course, they have prenatal and parenting classes. The eight-week course includes information about the pregnancy, as well as nutrition, exercise and emotions. They also teach baby massage — a great way to bond with a baby while soothing and calming him or her.

"What we really want to do is build a relationship with them. We see many different circumstances, and we don't judge anyone," Susan said. "It's great to see how the teens, adults and everyone mesh and bond with each other." Clients develop relationships with the staff and other new parents that remain long after the last class ends.

Learning doesn't stop with birth. Many clients return for the Cradle Club, which

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helps new parents learn about newborns through the first year of life. Susan and her instructors teach ways to understand little ones and become better parents. “Then those sweet little babies turn into toddlers,” she said. “Those are the years when children are so misunderstood. They aren’t the terrible twos — they’re the terrific twos!”

Susan sees the years between the first and fourth birthday as an amazing time where parents simply need to understand age-appropriate behavior. Discipline tactics taught at the center work for a lifetime, especially when the child enters the teen years and, once again, filled with curiosity, seeks independence.

The extra curriculum Susan introduced goes beyond general parenting. Baby Sign Language, Sleep Easy Solutions and Dunston’s Baby Language help parents work through the first years and have a happy, healthy baby.

In 2005, the number of teen pregnancies concerned Susan. She and the BPAC decided they needed a preventative arm, and in 2006, they launched their first programs in cooperation with the Alvarado ISD.

During the school year, trained presenters go to Alvarado and Joshua schools to educate students. The program is abstinence based, and from student feedback the center receives through surveys, most kids are on board with waiting. “We’ve seen the teen birth rate in Johnson Country drop from 121, in 2005, to 65, in 2012,” Susan said. “That’s almost half.”

But the presentations they take to schools aren’t only about preventing pregnancy and STDs. The F.I.T. (Focus, Impact, Tasks) Program includes goal setting, self-esteem, peer pressure, refusal and decision-making skills. They

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also teach brain development, helping students understand why they sometimes make unwise choices without considering consequences. Brains do not fully develop until early adulthood, and even then, life experience is limited. Additionally, the students learn about relationships, dating and recognizing abuse.

One of Susan's favorite tools is the 40 developmental assets. The number of these assets a student has directly correlates with success in life. Most students do not have all 40 assets. She uses this tool to help students recognize and focus on the ones they do possess, instead of focusing on the assets they lack. Students choose to change the things they can and not focus on what they can't change. Regardless of circumstances in childhood, every student can lead a successful life.

The programs begin with sixth grade, as character building, and advance each year. By high school, many students commit to abstinence or secondary abstinence. Some embrace a 30-day challenge of no physical contact with their boyfriend or girlfriend. During that time, they take an honest look at their relationship.

"I'm a huge believer in the fact that students can make good decisions when they're given the facts and knowledge," Susan said. With future-driven education in the schools, she believes they will choose what is truly best for them. In the future, Susan plans to have a website available to parents where they can learn about challenges their teens face. She loves the idea of teaching parents some of these same concepts.

Susan celebrates her 10-year anniversary at BPAC in November. Although she can't solve every problem, she tries to make a difference in at least one person's life each day. "I don't consider it a job. It's a way of life I truly love. It's what I'm called to do," she said. "I can't imagine not doing it." **NOW**



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# Exceptional Creativity

— By Lisa Bell

*From the front, the Mercer home appears ordinary. But don't let the simple exterior fool you. This young couple put creativity to work, weaving a unique style and original pieces of artistic flair throughout their home.*

Tyler and Melissa moved from Red Oak to Crowley in April 2014 with their beautiful baby girl, Ellie, who recently celebrated her second birthday. Tyler works for a commercial construction management company in White Settlement. Although they wanted to stay close to family, he needed a shorter daily commute.

Melissa grew up visiting family in the Burleson area, so she felt very much at home in the community. They liked the house and

neighborhood, and the price range gave them an opportunity to make a few changes.

Although Tyler may do the heavy or more complex work, he's quick to point out Melissa's strengths. "My wife can use every tool I've got in the garage," he said.

"He's taught me," Melissa said.

Both Tyler and Melissa come from artistic families. Tyler's mother painted a picture of Melissa and Ellie sharing a kiss, which adorns a shelf in their living room. His grandmother was a big painter and very crafty. Melissa's mother sews and creates crafts. But Tyler recognizes his wife's exceptional creativity.

"She does it on the cheap, too," he said about her flair to take inexpensive finds and transform them into amazing decor. "She would've been a crafter anyway. Now she adds woodworking to her repertoire," he said.

A striking display in the entry hall captures attention. Large angel wings wrap around a display of Ellie's baby portraits,

## At Home With Tyler & Melissa Mercer





beautifully framed in unique shapes. Melissa made the shapes from cardboard. The delicate feathers of the wings also came from cardboard. A touch of paint and papier-mâché covering completed this unique way to celebrate their sweet toddler.

Melissa used a color scheme of blues, teals, whites and earth tones in most of the home. To honor the love of hunting that Tyler shares with Melissa's brother and father, she painted a small pair of deer antlers teal and included them in her living room decor. She made most of the bright pillows, which match or complement a large ottoman the couple created together.



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When developing your color scheme, remember the 60%-30%-10% rule of thumb. Your favorite color should play a dominant role (60%), while other colors should be proportionate to your dominant color focus.

Historically, there were definite rules about what colors went in what room of your home. Pale colors tended to be used in more formal setting, while bright primaries were associated with more contemporary, fun looks. But, for today's color choices, whatever you enjoy — go for it!

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A small desk in the living room stands beneath two pictures from San Francisco. “San Francisco is special to us. It’s where we spent our honeymoon. We just got back from there after our fifth anniversary trip,” Melissa said. She took the photos but enlarged and converted them to watercolors. The desk and chair came from her father’s storage shed. In spite of water damage, she rescued the set and refinished it to match their color scheme.

The dark, wood-looking laminate flooring found throughout the entire house is one major change they made. They

also took down a 4-foot wall between the kitchen and living room, forming an open concept. They replaced the countertops, added a new Vent-A-Hood, a frosted pantry door and tile backsplash. Then the two of them built an island from salvaged wood, which features a bottle opener on one side and an antique doorknob on which to hang towels on the other.

The dining table, buffet and high chair were all Craigslist finds. She refinished them white. Departing from, yet complementing, the blue/teal scheme, one wall features black lines with arrows.



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Melissa made a chandelier with spoons and a touch of bling. She added a decorated chalkboard — fun for writing special notes.

The master bedroom holds the bed Tyler's father made for them as a wedding gift. Complete with drawers underneath the bed, they love it. A faux fireplace graces one wall, creating a romantic touch. They built the frame and used a chalkboard with hand-drawn fire as the background.

The counter in the master bathroom sat low and wasn't what they really wanted. Instead of buying a new countertop, they built a wooden counter with a shelf beneath it. The unique look accentuates their comfortable style of living. Matching jeweled mirrors hanging in the bedroom and bathroom hint at her soft side.

The main house bathroom has wide, horizontal stripes on the walls. Melissa loves stripes, so using them in the small room let her express her taste without being overpowering. In this bathroom, they used an antique dresser and retrofitted it to hold the sink and provide storage. Wood and old-fashioned water faucets provide an artistic way to hang multiple towels. A bling-filled chandelier suspends from the ceiling, one of the few items purchased for decor.

The spare bedroom doubles as a space for crafts. A simple, small desk sits along one wall ready for different types of creativity. A ladder leans against one wall holding extra blankets or quilts for guests — most often used by Melissa's mother when she visits. Melissa built both the desk and the ladder.

Most of the furniture in Ellie's room came from Melissa's love of finding great



deals online. She often calls Tyler to pick things up for her. One time he willingly drove to Cleburne from a jobsite in Dallas. “He loves me,” she said with a giggle. Obviously proud of his wife, Tyler smiled.

“She’ll call me at work and ask, ‘How do you do this? How do you do that?’ If it’s too hard, I’ll do it when I get home,” he said.

“He’ll tell me, and I try my best,” she said.

Tyler finished Ellie’s room first, so she had a place to nap, while Melissa spent time working on the rest of the house. In addition to refinishing furniture and covering a high-backed chair, Melissa created a teepee as a reading spot in one corner. She also designed an arrow-shaped growth chart and made bedding for the crib.



Family means a lot to this young couple. Pictures hang in many rooms. A small hallway holds wedding pictures of their parents and grandparents, displayed in frames the couple made from old fencing. “We’ve done a lot with old fence pickets,” Tyler said.

After spending their first year working on the interior, the Mercers started creating a wonderful backyard. They recently added a deck. Ellie loves a wooden swing set she got for her first birthday. Nearby, Tyler and Melissa built a sandbox with a cover and doors that lift open to become benches. “That was a labor of love,” Tyler said. Under the cover, a small bling-filled chandelier sways in the breeze. “Every sandbox needs a chandelier.”

The patio is a favorite family gathering place — a place where they cook out and enjoy peaceful surroundings, while watching Ellie play with chickens, dogs and a cat. After spring storms knocked down a section of fence, who knows what Tyler and Melissa might make next with their exceptional creativity and teamwork? **NOW**

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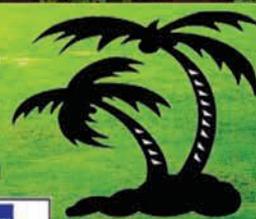
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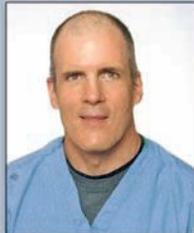


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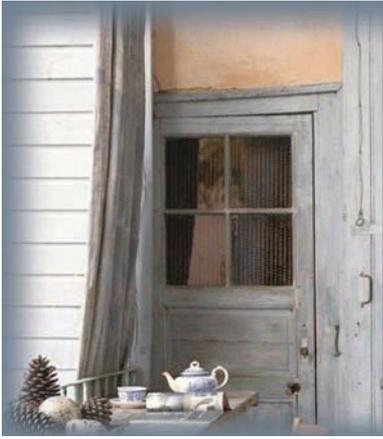
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# A Child's

# IMPACT

— By Lisa Bell



*Kindergarten to fifth grade is an amazing time in the life of children when they feel small, yet remain impressionable enough to believe they can change the world. Katherine Watts entered that environment as an instructional paraprofessional — part of a teaching team. “It’s very much a partnership,” she said. “It’s like I’m the Robin in the Batman and Robin team.”*

When a student needs additional help in math, reading or other subjects, a paratutor helps the student get caught up to his or her grade level. Burleson’s Taylor Elementary also uses paraprofessionals to enhance core curriculum. Labs range from math and reading to library and, in Katherine’s case, character building. In her position, she sees all the students from each of the different grades. She loves interacting with so many children on a daily basis.

From the youngest child to those almost ready to move to the new world of middle school, Katherine demonstrates respect and courtesy. She teaches them to value others, no matter who they are, and leads them to see people through different eyes. Apparently, the longstanding concept



*“At the end of the day, I want the kids to know they have value.”*

of treating others the way you want to be treated hasn't lost its effectiveness. During Katherine's first year at Taylor, student referrals dropped significantly.

While she's proud of her work, Katherine doesn't take all of the credit. "I'm very blessed to work at Taylor. We all like to work with each other," she said. "We're not staff — we're family." With a principal who wants to see kids succeed, the teachers respond the same way.

Katherine grew up in Aledo and still loves country living. Her husband, Dustin, grew up in Fort Worth as a true city boy. After getting married, they lived in Fort Worth for a while. When the couple accepted staff positions at Calvary



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Alexa Pulido finds an encouraging sticky note left anonymously by a fellow student.

Church of Fort Worth, they decided to move closer and connect with the community near their church. Burleson was the perfect fusion with a sweet mix of country and city and downtown Fort Worth nearby.

She treasured her job as a children's pastor, but when a friend switched classrooms and asked her to help, Katherine lived by her life motto: "Life is difficult on its own, and I want to be a person that helps make life better." She agreed to help and promptly fell in love with the school system. The idea of affecting more children every day warmed her heart, and she felt this was a great opportunity to carry out her life motto.

Ultimately, Katherine wants to become a school counselor and provide marriage and family counseling. In May 2016, she will graduate from Texas Wesleyan



University with a teaching degree. Currently, she attends classes full-time at both Burleson and Fort Worth campuses and online. With 6-year-old Aimee, 3-year-old Whitnee and Bailee (their white Schnauzer), Katherine stays more than busy. "If it wasn't for my husband and my mom, I would not be able to do what I do right now," she said. "My

husband is my biggest support at home. And my mom is a constant superhero, helping with the girls. Moms — they're superheroes."

Dustin encourages and supports Katherine as she gives her best to everything. Making the Dean's List, being a part of Mortar Board Honor Society, and receiving an award as Para of the Year gave him more reason to be proud of his wife. In spite of all she does, Katherine takes time for family and herself. They eat dinner as a family, sometimes on the back patio, where she relaxes in



her little piece of paradise. She enjoys jumping on the trampoline and playing in the yard with her daughters. As a couple, they leave the girls with a sitter for date nights. Katherine wants to model the right type of life for her children, so they learn to give their best, yet spend quality time having fun.

The same attitude follows her to the classroom. "Kids are perceptive," she said. "They know who's for them and who's against them. They know who's got their back." Seeing young children uncertain about whether they were smart enough to ever finish school or make a difference in life hurt Katherine's heart. "You have to respect yourself before you can truly respect others," she said. The first unit she taught covered self-respect. She aimed to teach them self-appreciation and that they can make a difference and be world changers.

To illustrate, she told stories of children all over the world where one simple act grew to unimaginable feats. They didn't have to wait until adulthood to do something. She shared an idea with the principal. "I love my boss. She's phenomenal," Katherine said. With full

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Katherine Watts with her family.



approval, she called two friends who founded Empty Bucket Ministries, an organization that builds water wells around the world. They came and shared what they had already done.

At the end of the presentation, Katherine told the children, "If you want to make a difference, I believe in you." The students began raising money. Katherine's mother and an anonymous giver offered to match the amount of donations the children raised. Their efforts paid for two-thirds of a well, raising \$2,409.

The students experienced gratitude for what they have compared to other children in the world. At the same time, the project gave them confidence in and appreciation for their abilities. A turning point for many of them, the lesson became tangible. "At the end of the day, I want the kids to know they have value. They have worth. And they have purpose. They can make a difference," Katherine said.

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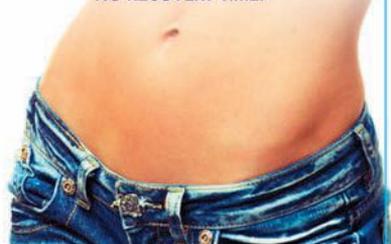
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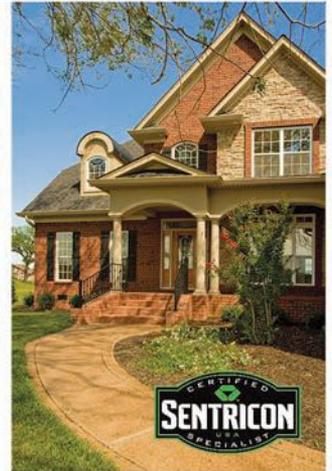
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The entire school actively participates in Rachel's Challenge. Encouraging sticky notes appear in random places for others to find. Mrs. Suttlegete's fifth-grade students designed shirts and sold them, donating profits to the American Society for the Prevention of Cruelty to Animals. With teachers and paraprofessionals working together, the kids have opportunities to change their lives and make them better. In the process, they build self-esteem.

Katherine loves incorporating silliness with a purpose in her classes. She uses funny voices while telling stories. Many of the activities are games that reinforce the lesson in a positive way. "Kids have more fun learning when you can be silly in an effective way," she said.

The students understand she's not their parent or even a best friend. "I'm going to love you like an aunt," she told them at the beginning of the year, and then she lived that promise. Unexpectedly, the teacher turned student. "I learned how quickly they forgive each other. It's beautiful," Katherine said. "It's so sweet to see how the students comfort each other when one of them is hurting.

"It's important for kids to know they are loved and respected, even by teachers," she said. As observant children, they learn from Katherine. They make a difference, even when they think no one sees. As a para influencing children, she sees the impact of a child. **NOW**

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# Finding Your Fun

*Patterns, textures, tools, colors and smiles abound at Flossie Scrapper. — By Melissa Rawlins*

If you aren't aware *scrapbook* is a verb, then you don't know any women. Scrapper Vicky L. Van Vleck, Flossie for short, began providing scrapbooking resources and classes in 2008. When her website and then her space at Canton Trade Days outgrew themselves, Vicky and her husband, Phillip, prayed about expanding. Formerly a business manager for a doctor's office, Vicky quit her job in October 2013 and went out on faith. The 1,800-square-foot scrapbooker's paradise naturally followed.

Knowing all her customers by name, Vicky gets a lot of help from her granddaughter, Brooklyn Cotten. Ever since Brooklyn's been alive, Vicky has been scrapbooking. She started 17 years ago, in her home, and before opening Flossie Scrapper, she maintained a whole room devoted to her hobby. "Crafting is therapy for me. It's very relaxing to sit down and actually make something," Vicky said.

"That's why I operate my classes in such a way that they're not stressful."

Vicky's greatest talent is helping people. "I pride myself on inspiring them — whatever I can do to help them feel confident," she said. "So many think they could never do the books I display. After one class, they're saying, 'Oh my gosh, I actually am able to do this!'"

Classes at Flossie Scrapper are very laid-back. Every student gets the same attention, no matter her experience level. Ladies who have taken multiple classes are usually very helpful to newcomers and help instill confidence in the craft. No one leaves frustrated. On Saturdays, when Vicky offers two distinct classes, students enrolled in both the morning and afternoon classes are served lunch.

All Flossie Scrapper classes are listed on the website, where

## Business **NOW**

students can register, pay and view photos of projects accomplished in each class. The mini-album, less intimidating than a 12x12-inch scrapbook, allows students to simply cover one event economically, because they're not investing in as many sheets of paper and embellishments.

✿ **"Crafting is therapy for me. It's very relaxing to sit down and actually make something."** ✿

Cardstock of every color imaginable, mainly 12x12-inch sheets, is offered alongside a variety of embellishments coordinating with the papers. Flossie Scrapper is a Prima premiere store. Other popular brands Vicky offers are Heartfelt Creations, Elizabeth Crafts, Bo Bunny, Sizzix, Simple Stories, Graphic 45, Authentique and Tim Holtz. The store sells a full line of tools like glues, punches, dry adhesives, pens, rulers, scissors, inkpads, ink daubers, deco art paints and Xyron products.

Flossie Scrapper's very popular class on Bible Journaling teaches ladies to take a verse that means something to them and journal in a special journaling Bible, using stencils, stamps, watercolor and acrylic paint.

The monthly card class helps participants create four to five greeting cards a month. Vicky sells a lot of supplies for card makers.

Flossie Scrapper also sells silhouette cameo cutting machines and offers a monthly class to teach crafters how to use the Silhouette Cameo. "Many people are intimidated when they buy it, and I can teach them how," Vicky said.

Little girls 5 years old and up, or ladies seeking a night out, are invited to set up a scrapbook party at Flossie Scrapper. Brooklyn and Vicky have everything precut for projects, ranging from purses to coupon books. Each participant gets a kit and help with putting it together. "For birthday parties, the mom brings the cake and refreshments, and I furnish the fun," Vicky said. If you're seeking a little creative fun in your life, Flossie Scrapper is the place to go. **NOW**

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Linda Johnson and Ms. Emma Allen call bingo at the Burleson Senior Citizen Center.



The Bonyer family and Damian Kemper, an exchange student from Hamburg, Germany, share in a family photo.



During the after-hours mixer hosted by Pinnacle Bank, personal banker Roxanne Yauger greets the new owner of Clint Musselman Allstate Agency.



Crazy8 Ministries' Lisa Schwarz chats with Joseph Sidawi, organizer of fundraisers at Chisholm Trade.



Keaton Bolton, Tristan McCallum, Bladen Singletary and Brooke Byrd hang out at Warren Park.



Caiden Miller is in the moment while eating icy, cold watermelon on a hot summer day.



Dave Garrett catches a baby shark while vacationing in Galveston.



Kennedy Gipson, 6, and her sister Emily, 8, pucker up with some lemons in their booth at Rough Creek Steakhouse.



Naomi Hillman visits Christian Brothers Automotive.



In the Burleson ISD Office of Communications, director Mikala Hill works with Latisba Torres and Crystal Matthews to put finishing touches on the Bootcamp program for new teachers.



Matt Aiken and Dan-O Strong host Connect With Council at a recent Burleson Area Chamber of Commerce function.

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# No Secrets to Investment Success

Many people look for the secrets to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the ground floor of the next big thing? Actually, these types of moves have little relevance to the vast majority of investors — even the most successful ones. So let's take a look at some steps you can take that *can* be effective in helping you work toward your financial goals.

- *It's time in the market — not market timing.* Some investors think they can succeed at “market timing” — buying when the price is low and selling when the price is high. And this would indeed be a good strategy *if* they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you're likely to feel from short-term price swings. And if you're always invested, you'll always be in a position to benefit from the next market rally.

- *It's buy and hold — not buy and sell.* Even if you aren't trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet,



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this constant buying and selling can be costly. Frequent trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You're better off purchasing quality investments and holding them for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

- *It's building a strong foundation — not getting in on the ground floor.* Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don't achieve anywhere near that level of success. So, instead of looking for the next big thing on the ground floor, try to build a strong foundation consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground floor to withstand the shifting winds of market forces.

- *It's cool-headed thinking — not chasing hot stocks.* If you browse the Internet or watch one of the investment shows on cable television, you are bound to read or hear about hot stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren't any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.*



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### September 3

The SWAG Affair: 4:00-8:00 p.m., Chisenhall Fields Sports Complex. Burleson Municipal Court and Burleson City Marshals, in partnership with K104.5, K105.7 and First Financial Bank in Burleson, host this free event offering the message: Sober – Wait – Awareness – Guidance. SWAG includes food, fun, prizes and giveaways as well as lots of educational and fun information.

### September 4

Lunch & Learn: 11:30 a.m.-1:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Free small business workshop on digital marketing presented by Tom Trost. Bring your own brown-bag lunch. Call (817) 295-6121.

### September 4, 25

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).

### September 7

Pathway Prep Kid's Triathlon: 7:30 a.m., Southwestern Adventist University. This timed event is open to children of all ages. Proceeds benefit Pathway Prep Christian Academy's Christ-centered University-Model school supporting home centered education in Joshua. Registration: \$40 per person or \$20 per relay participant. Contact (817) 480-2600.

### September 8

Business After Hours: 5:30-7:00 p.m., Hiley Hyundai, 320 N. Burleson Blvd. This fun evening of networking is free to Burleson Area Chamber of Commerce members. Call (817) 295-6121.

### September 12

Crowley Lions Casino Party: 6:00 p.m., Crowley Recreation Center. Hot dog, chips and a drink are available for \$2 while you play blackjack, craps and roulette. Proceeds go to support Lions Club International Foundation, Lions Organ and Eye Bank and to provide help for vision care to people in the community. \$25 in advance; \$30 at the door. Call (817) 996-7000.

### September 14

Burleson Area Retired School Employees Association meeting: 11:30 a.m.-1:00 p.m., Burleson Senior Citizen Center, 210 S.W. Johnson Ave. Guest speaker Andrea Buob, from the Huguley Fitness Center, presents "The Basics of Balance and How

to Maintain It." Bring your favorite dish to this luncheon meeting. All retired school personnel are invited to attend. Contact Linda Henderson, (817) 996-5261.

Texas Red Hot Radio Celebrity Charity Golf Tournament: 1:00 p.m., Mansfield National Golf Club. Benefitting Crazy8 Ministries, tee time for this 4-person scramble is only the beginning of the fun. Dinner, awards, live auction are followed by a concert! Email [Laura@trhr.com](mailto:Laura@trhr.com) for details.

### September 17

Crowley Area Chamber Quarterly Luncheon: 11:30 a.m.-1:00 p.m., Crowley Recreation Center, 405 S. Oak St. RSVP (817) 297-4211.

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.

### September 19

JACC Clay Shoot: 8:00 a.m.-2:00 p.m., Alpine Shooting Range, 5482 Shelby Rd., Fort Worth. \$100 per shooter, \$400 per team, supports the Joshua Area Chamber of Commerce, an action-oriented organization mobilizing citizens and businesses to advance Joshua through economic development. RSVP (817) 556-2480 or visit [www.joshuachamber.org](http://www.joshuachamber.org).

IBCA BBQ Cook-Off & Concert w/ The Bellamy Brothers: 10:00 a.m.-9:00 p.m., Chisholm Trade, 1821 W. FM 917, Joshua. Cook off starts at 10:00 a.m. Concert by The Bellamy Brothers at 6:00 p.m. All proceeds support Crazy8 Ministries, which offers counseling and shelter to women and outreach for couples, families and individuals. [www.crazy8ministries.com](http://www.crazy8ministries.com).

### September 25

Power of Heels: 11:30 a.m.-1:00 p.m., Location TBD. This Women in Leadership speaker series is sponsored by Baylor All Saints Medical Center at Fort Worth. Sweets after lunch are sponsored by H.E.B. \$15 for BACC members; \$20 for non-members and late registration. RSVP (817) 295-6121.

22nd Annual Crowley Area Chamber Golf Tournament: 8:00 a.m.-2:00 p.m., Hidden Creek Golf Course. RSVP (817) 297-4211.

### September 26

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

### September 27

Some Enchanted Evening Gala: 5:30-11:00 p.m., 205 S. Caddo St., Cleburne. The Brazos Chamber Orchestra hosts this night of beautiful music, plated dinner and dessert along with a silent auction. Tickets \$75. (817) 645-8067.

### 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 and Thursdays

Johnson County Roller Derby: **Tuesdays**, 7:00-9:00 p.m.; **Thursdays**, 7:30-9:30 p.m. The gym at 301 S. Main St., Joshua. For additional information, email [JCRollerDerby@gmail.com](mailto:JCRollerDerby@gmail.com).

#### 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.

#### Third Saturdays

VFW Post 6872 breakfast: 9:00 a.m., 3409 CR 920, Crowley. Join the Ladies Auxiliary for good food and fellowship. (817) 645-2436.

*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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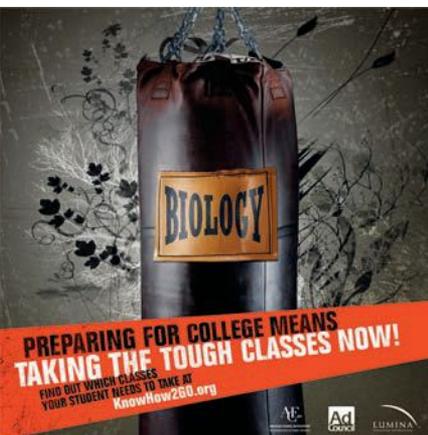
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## In the Kitchen With Christina Mickens

— *By Melissa Rawlins*

Believing we should all treat ourselves, occasionally, Christina Mickens finds cooking and baking food from scratch a reward in itself. Her family instilled in her a passion for cooking and making people feel special by preparing foods they love. Amazed by aromas from her grandfather's home-style cooking during her youth in Long Island, New York, Christina now enjoys preparing everything from Italian to Southern-style meals, while using mostly organic or non-GMO ingredients. "My mother has an awesome heart and loves to reach out to people through her cooking," said Christina, who is known for bringing treats to the Family Toyota of Burluson where both she and her husband work. "There's nothing like enjoying a cup of coffee with some biscotti or a Regina (sesame) cookie." **NOW**

### Balsamic-roasted Asparagus

- 1/2 Tbsp. olive oil**
- 5 cloves garlic, minced**
- 2 bunches asparagus**
- 1/4 tsp. sea salt**
- 1/4 tsp. black pepper**
- 1/4 tsp. balsamic vinegar**

- 1.** Heat olive oil in a pan. Add garlic and sauté until slightly golden.
- 2.** Add asparagus, salt, pepper and vinegar. Sauté on medium until asparagus is tender but still a little firm to the touch.

### Magnificent Potato Salad

- 3 extra-large russet potatoes**
- 4 cups water**
- 1 1/4 cups mayonnaise**
- 2 Tbsp. yellow mustard**
- 4 Tbsp. sweet relish**

- 1/4 cup raw sugar**
- 1/4 cup diced white onion**
- Salt, to taste**

- 1.** Wash, peel and evenly cut potatoes into large pieces. Boil in water until they break apart, but do not crumble, when tested with a fork.
- 2.** Drain potatoes and cut up in smaller pieces; place them in the refrigerator.
- 3.** After potatoes have completely cooled, mix in remaining ingredients. Place back in the refrigerator to continue chilling for about an hour or more.

### Christina's Easy Marinated Steak

- 2 6-oz. steaks**
- 1 Tbsp. olive oil**
- 2 Tbsp. dried sweet basil**
- 2 tsp. sea salt**

- 4 cloves minced garlic**
- 1/2 tsp. garlic powder**
- 1/2 tsp. black pepper**
- 1 tsp. paprika**

- 1.** Place steak in a shallow dish with a lid. (You may use a Ziploc bag instead.) Add all ingredients to the steak. Close lid or bag and shake until combined.
- 2.** Place in the refrigerator for a minimum of 4 hours and up to 2 days.
- 3.** Either grill, pan sear or bake steaks in the oven until done to your liking.

### Regina Cookies

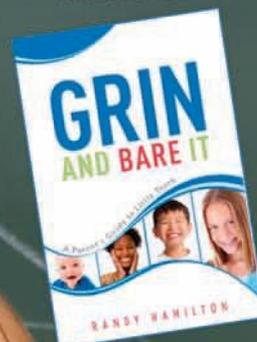
- 1 cup butter, melted**
- 1 cup sugar**
- 2 eggs**
- 1/2 cup plus 2 Tbsp. milk (divided use)**
- 1 tsp. vanilla**
- 1 tsp. lemon zest**
- 1/2 tsp. orange zest**
- 3 tsp. baking powder**
- 1/2 tsp. salt**
- 3 1/2 cups all-purpose flour plus more for kneading**
- 1 1/2 cups sesame seeds**

- 1.** Preheat oven to 375 F
- 2.** In a large bowl, cream butter with sugar. Beat in eggs, one at a time. Add 2 Tbsp. milk, vanilla, lemon and orange zests, baking powder and salt. Mix well.
- 3.** Add 3 1/2 cups flour and mix until a soft and pliable dough forms. Add a little more flour if dough is too sticky.
- 4.** Pile dough on counter and form into a ball. Be gentle with the dough. Cover and let rest for 5 minutes.
- 5.** On the counter, place: 1/2 cup milk in a small bowl, with a fork; 1 bowl of sesame seeds, with 2 forks; and a cookie sheet lined with parchment or oiled.
- 6.** Take tablespoon-size pieces of dough and roll each into a log shape.
- 7.** Quickly dip one log at a time in the milk. Do not soak. Immediately remove with the fork into the sesame seed bowl.
- 8.** Using the two forks, roll one log at a time around in the sesame seeds. Use the 2 forks to pick up and place on sheet. Leave a small amount of room in between each one. They will expand a little when baking.
- 9.** Bake for 15-20 minutes, until they turn a light golden brown color.

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

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