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Publisher of Murray Media Group, kelly@murray-media.com

Welcome to **FLOWER MOUND** TOWN LIFE

t is our pleasure to welcome you to Flower Mound Town Life Magazine, the newest publication from Murray Media Group. We are a full-service branding and marketing firm with a combined 40 years experience in directory and magazine publishing. While we deliver both graphic design and digital marketing, we have a passion for community based, lifestyle publications that focus on highlighting life in the area we call home.

Inside the pages of Flower Mound Town Life, you will find a variety of family and community articles as well as family-friendly, feel-good content with high visual appeal. We'll bring home the stories of the men, women, children, and businesses which you see every day.

Flower Mound Town Life would not be possible without the support of our advertisers. In their efforts to support our local community and its residents, we are able to bring you this publication. Please offer them our support as you shop for products and services in the area. Let them know that you saw them in Flower Mound Town Life.

We welcome your feedback, family/company photos, and story ideas so please send them to artwork@murray-media.com.

Please read more about us on Murray-Media.com

Sincerely, Kelly Murray

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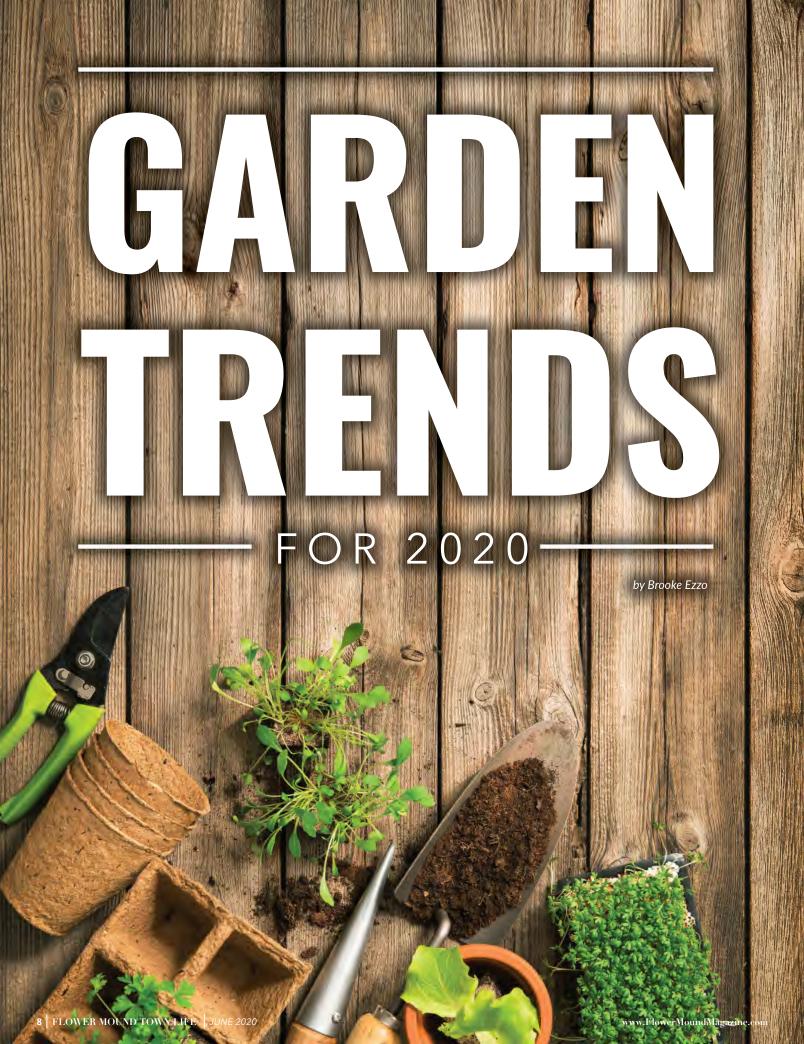
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eople have been gardening since the beginning of time. For some parts of the country, it is how they make their living. For other parts, it is a sustainable way of living. Gardening can be very therapeutic as well as pleasing to the eye. It can turn any space into something beautiful and functional.

This year has turned out to be a very eyeopening experience for us all. We have witnessed businesses closing and the comfort of convenience interrupted. The supply and demand scale for certain items has been thrown off, and many people have retreated to learning how to grow and make household necessities themselves.

The lack of certain foods in the grocery stores and practicing social distancing has led many people to start their own home gardens. If you don't have a green thumb but want one, here are some easy gardening trends for 2020 to get you started.

VERTICAL GARDENING

Herbs are something everyone loves to have on hand. Fresh basil, cilantro, parsley, and mint can easily been grown using vertical gardening. Growing plants and produce vertically also reduces the carbon footprint, improving the quality of air. This type of gardening can maximize space. Create an herb garden in your kitchen, a lettuce tower on your patio, or construct wood planters on your back fence. The sky is literally the limit when it comes to vertical gardening.

COMPOSTING

Instead of having to go out and buy gardening soil from the stores, starting your own compost is free and comes with many benefits. When you compost wasted food and other organics, you are basically eliminating the need for chemical fertilizers. Composting enriches your backyard soil, encourages the production of beneficial bacteria and fungi, and

absorbs water. Giving your garden a steady source of moisture and nutrients.

REPURPOSING

With the slow reopening of our communities and businesses, finding ways to repurpose household items in your garden saves time and money. Plus, repurposing never goes out of style. Some ideas are classic like pails and wooden crates, and some can be more creative. Old drawers can be constructed into a 3-tier flower tower, a chandelier could be painted and hung on a patio for flowing plants, or an old picture frame could be used for succulents and vertical gardening. It's a nice combination: spring cleaning and purposeful gardening.

GARDEN TO TABLE

Many of us love and live by this term. So why not take this season to ensure that some of your favorites are coming from your own backyard. The growing season is not over yet. There is plenty of time to

put some seeds in the ground or in your vertical planters. To round out the end of May, some great produce to plant now includes black-eyed peas, cantaloupe, cucumber, eggplant, green beans, lima beans, okra, peppers, pumpkin, sweet corn, sweet potato, squash, and watermelon. Peppers, okra, and squash tend to grow like crazy in North Texas, and don't forget most of your produce can be canned or frozen for later use.

There is a lot of value in learning basics of backyard gardening and planting foods that can sustain us. As we have witnessed the last few months, there isn't always a guarantee that what we need, when we need it, will be in the stores. There is a peace that comes with gardening and growing your own food, and we hope you find it!

To plant a garden is to believe in tomorrow.
-Audrey Hepburn



HOME RENOVATIONS & REMODELS **DONE RIGHT**

by Steve Gamel



ooking for an honest contractor who knows how to make your home renovation dreams become reality? Grant Embree, owner of Eco Construction Group, is the professional you need to call. Since 2007, he has helped his clients make informed designs and personal selections that make refreshing updates and add value to their homes.



HOME RENOVATIONS

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"In North Texas, remodeling your home is a smart investment with high return and rich reward," Embree says.

With family roots that span four generations in the area, he believes in providing quality craftsmanship and focusing on details that make his client's project the envy of the neighborhood.

Eco Construction Group prides itself on using only highly skilled, trade-specific professionals.

"That means that my tile guy doesn't double as my painter nor the framer as a roofer." Embree goes on to explain, "We work with one client at a time. My professionals don't leave a job early to go work on another one. My focus is helping clients stick to their budgets and finishing the project within the proposed time, all while paying attention to craftmanship and detail."

With Embree's integrity and strong work ethic, it should come as no surprise that Eco Construction Group has been the recipient of Best of Denton County award for the past three years. In a time when so many companies promise one thing, but do another, Eco Construction is a very wise choice.



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INSIDE **COMMUNITY**



GAMING UNPLUGGED

Sun., July 12 | 1:30 - 4:30 pm | Flower Mound Public Library 3030 Broadmoor Ln. • Flower Mound, TX 75022

The Public Library is hosting an afternoon full of tabletop games. Games will be provided or you can bring your favorite games from home. Join fellow gamers for some friendly competition in classic board games, role-playing games, and chess. All ages are welcome and registration is not required.



LEND-A-HAND

The Lend-a-Hand Community Enhancement Initiative helps homeowners who are unable to take care of exterior home repairs due to age, illness, or loss of income and are in threat of code enforcement citations and fines. Keep Flower Mound Beautiful is helping out a military veteran and needs volunteers. For more information about volunteering, please contact Marilyn at info@KFMB.org.

INSIDE **EDUCATION**



LEWISVILLE ISD AWARD WINNERS

More than 400 employees from across the district were nominated by their peers, and every school in LISD nominated a campus teacher of the year to be considered for an award in their category. Congratulations to the incredible educators and staff that continues to support our students and make Lewisville ISD a top rated district in the state.



HAWAIIAN FALLS NOW OPEN

Just in time for summer, Hawaiian Falls is now open! There is a new activity pool with basketball hoops, lily pads, and in-water lounge chairs. New lounge chairs around the pool and lazy river with massive umbrellas. For the safety of staff and guests, they have added 40 hand-sanitizing stations throughout the park. Buy your passes online at, www.HFalls.com.



RENT OUT MOVIEHOUSE & EATERY

Moviehouse & Eatery Flower Mound is staying closed to the public BUT they are offering small groups to rent out entire auditoriums starting at \$20 per person.

This is a great alternative for birthday parties and celebrations. Admission gets you bottomless popcorn and soda, but the eatery's scratch-made menu and handcrafted cocktails will be available for an additional cost. To book an event, contact Christy Razo at CRazo@Cinepolis.com. logo courtesy of Christy Razo



pictured Above Is Will Skelton

Will Skelton

Secondary Principal of the Year Marcus High School

Anne Apperson

Librarian of the Year Flower Mound 9th Grade Campus

Justin Lobello

School Resource Officer of the Year Flower Mound High School

Gina Boyd

Nurse of the Year Vickery Elementary

Michelle Schwolert

Secondary Counselor of the Year Marcus High School

Kwok Kwan Chiu

Child Nutrition Employee of the Year Flower Mound 9th Grade Campus

Rose Toth

Transportation Employee of the Year FMHS & TECC-East Bus Driver



f you were lucky enough to catch The Big Bake on Food Network on April 28, then you saw a familiar face take home the grand prize. Haley Popp, the owner of Hive Bakery in Parker Square, and her team dazzled judges with their cosmic love wedding cake on their episode, Anything but White Wedding.

For almost 16 years, Haley has been combining her love for the art world and baking, gaining major popularity within our community and on social media. Her talent couldn't be denied any longer, and Food Network sought her out.



She first appeared on Halloween Wars last fall and then got the call for The Big Bake that filmed in Toronto, Canada. She said the shows are loosely scripted and some of it is staged, but the preparation and baking is very real.

Before filming, Haley and her team had two weeks to prepare for the show. In the baking world, this is not a lot of time. They had to figure out what infrastructure to build, flavors of cake, a whole design, gathering materials, and more. Everything was shipped to Toronto and the Hive Bakery team set off to Canada.

Each day on set was jam-packed. Hive Bakery and the two other teams would wake up at 6 a.m. and head to set. There would be hair and makeup, interviews throughout the day, and then lots of baking. They wouldn't leave the set until 7 p.m.

"It's kind of grueling, honestly," Haley said. "You're whipped by the time it's over, so winning is the ultimate because it was worth it."

Haley said during the competition she could see the work of the other bakers. and she knew her team was going to win.

"We came with a plan. I don't lose," Haley said. "We were very prepared. We had everything done on the mark when it was supposed to be done."

After three days of non-stop baking, it was time for the cakes to be judged and the \$10,000 grand-prize winner to be announced.

Each team's cake was judged on a set of criteria; the cake had to be over a certain height, had to have moving parts, and of course, it had to taste delicious.

"Flavor was a big deal. We took a signature flavor that everyone around here loves —which is lemon lavender," Haley said. "Our cake was almost six feet tall, we had levitating planets, planets that rotated 360 degrees, and we had LED lights that twinkled."

"When they said our name, it felt amazing," Haley said. "I think I will invest the money back in the bakery or open another business."

She still speaks with the two other groups from the show. There's a sense of camaraderie when you go through days of intense filming for a baking competition together.

"Everyone was kind and rooting for everyone to at least finish," Haley said. "These shows are no joke. They give you five hours to achieve things that would take us at the bakery two weeks to complete."

She added, "Being on a national television show was awesome," Haley said. "I thrive under pressure, so I enjoyed it thoroughly."

She said Food Network has already called her for another show, but due to scheduling conflicts, she can't do it this time. But, she said with confidence that she will do a show again.

"I have a mad appreciation for Flower Mound and the surrounding areas," Haley said. "I never thought this would become as big as it did."

Haley lives in Flower Mound with her husband, Conrad, and their three children Roman, Willow, and Harper.





HELPING TEENS WITH HEALTH SUCCESS AND **HAPPINESS**

by Dr. Rebecca Butler (Lantana Resident), Board Certified in Pediatrics by the American Board of Pediatrics

t is important to empower your adolescents to make healthy lifestyle choices as young as possible. As your teen is getting older, they start to make more and more decisions for themselves; making healthy safe choices now can develop healthy habits for life. A great place to start is teaching them that taking care of their physical, emotional, and mental health is what makes it possible for them to accomplish the goals they set out to achieve.

#1: Fuel Up!

No matter how hard you may try, ultimately, they are in charge of what they eat and drink. The traffic light system can be a helpful tool in guiding food and drink choices. It divides foods by the colors of a traffic light:

GREEN (anytime foods) represents lowcalorie foods that are high in nutrients and can be eaten freely (fruits and vegetables). YELLOW (sometimes foods) represents foods that are high in calories but also high in nutrients (nuts, cheese, and grains).

RED (once-in-a-while foods) represents high-calorie foods that do not provide a lot of nutrients (desserts, fried foods, and soda).

Give them other tips such as; eating on a smaller plate (like a salad plate) with half of the plate consisting of fruits and vegetables and choosing water to drink with meals.

#2: Get Moving

Being active helps you to feel and sleep better. Aim for 60 minutes of physical activity a day. Most of the activity should make you breathe harder and get your heart rate up. Walking, biking, dancing, swimming, participating in organized sports, and weightlifting are a few ways to get moving and your heart pumping. The important thing is to find something that they enjoy doing and stick with it.

#3: Chill Out

Teens often feel stressed by school, work, and other things that come up. Teach them to manage stress by exercising, eating a healthful diet regularly, and getting enough sleep. Engaging in relaxation techniques such as meditation and yoga and decreasing negative self-talk may also reduce stress levels as life becomes increasingly more complex. Have them, literally, "make a date with themselves" to do something they love EACH day that decreases their stress. Activities such as yoga, reading, calling a friend, listening to music, writing, or spending time with a pet can help with stress management.

#4: Catch Some Zzzs

Getting enough good-quality sleep is an important part of staying healthy. Aim for 8 to 10 hours of sleep each night. Remove televisions and screens from the bedroom, including cell phones and laptops when schoolwork is complete.

#5: Set Goals

Learning how to set and stick to goals is an important life skill. First, identify a goal and write it down. List the things that need to be completed to obtain that goal and start working on each one in order of priority. When a goal has been met, celebrate with a nonfood reward, such as spending the day with a friend, buying a new water bottle, going on a hike, etc.



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?1

SUMMER TEMPS COMING SOON

by PJ Kratohvil, Owner of Complete Solutions

e've had a beautiful-mild introduction to summer but I believe the warm air is here. It's a good idea to pay a little extra attention to somethings going into this time of year to ensure your sod & landscapes are successful.

IRRIGATION

With the average household spending 40 to 50% of its summer water-bill on irrigation make sure to be water wise. Everyone says water infrequently and deep but in most of our smaller lot communities you will experience enormous amounts of run off, or water loss, that never makes it into the ground.

Since all terrain is different make sure you run a test on your irrigation. If you find your only run a zone for a couple of minutes before you see water run off then it's going to be better to set your system up to run shorter times more frequently. Also keep in mind that once established your trees and shrubs need less water than the turf so adjust your controller accordingly.

MULCHING

Mulching is one of the best ways to grow healthy plants and conserve water. 3" of mulch is typically a good amount. Remember to keep it as even as possible and do not to let it build up against tree trunks or bases of the plantings themselves.

CUTTING

When it is hotter outside try to keep the amount you prune off of your shrubs as well as your lawn to a minimum. On your grass spaces letting the grass become a little taller/thicker will help hold moisture at the base of the sod, allowing you to water less and keep things greener in between cuttings.



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OWNERS EXCITE) FINALLY I PEN AGAIN

by Steve Gamel

hen Jesse James Leyva created Jesse James Fit in Flower Mound and all five of his Outlaw FitCamp franchises in North Texas, he envisioned providing a different experience from the typical big-box fitness centers on every street corner. More importantly, he wanted people to have a sense of belonging, regardless of where they were in their fitness journey.

So, naturally, Leyva felt powerless when he, like many other businesses, was forced to shut down due to the coronavirus.

"When you're a trainer, you're also like a therapist," Leyva said. "People talk to us; we are an outlet, and we motivate them. Working out is like a drug, and it makes them feel good. When you take that away, it can drive people mad."

Leyva wasn't allowed to open his training studio or boot camps for nearly two months. In fact, gyms and hair salons – perhaps the two industries best known for making everyone who walks through the door feel better about themselves - were on the backend of Gov. Greg Abbott's phased plan to reopen Texas. Hair salons weren't allowed to reopen until May 8,

with gyms and fitness centers going back to work a week later. Now that they are finally open and regaining a sense of normalcy for themselves and their clients, they're only thinking of one thing: making up for lost time.

"We want everyone to know we are still here for them," Leyva said.

Luckily, clients of both industries never questioned that. Trista Ward Sanders, who owns Flourish Salon Suites in Lake Dallas, said she was bowled over by the support she and her hair and beauty stylists received throughout the shutdown. Flourish is the epitome of a simple, smalltown salon where every stylist is your friend, and there weren't many days that went by where stylists weren't getting texts

"People talk to us; we are an outlet, and we motivate them. Working out is like a drug, and it makes them feel good. When you take that away, it can drive people mad."

or phone calls from clients who simply wanted to check in on them.

When Flourish was allowed to open again, the response was immediate.

"The first thing I did was make a list and call everyone personally," Sanders said. "I called people all the way up to 9 p.m. that first day; people were calling and

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texting me as I'm trying to call them. And that was just the people who already had an appointment [that needed to be rescheduled]."

Sanders said she and her stylists have been busy every day since, and they've remained focused on being as safe as possible while taking the necessary precautions to avoid contamination. Because each stylist has a private room at Flourish, it's easier to sanitize according to CDC guidelines and cater to each client's needs. They are also working by appointment only, keeping the front door locked to avoid unnecessary foot traffic.

"Everyone has been so understanding," Sanders said. "They really want their hair done. And when we're done, they feel so much better about themselves. I enjoy the satisfaction of creating beauty and making people happy."

Leyva couldn't agree more. His wife, Tiffany, is just as invested in building their personal training business. But she's also a long-time hairstylist. They understand the

impact both professions have on people, which is why Leyva and the rest of his elite trainers did all they could to stay connected with their clients.

Throughout the shutdown, they were creating and sending out daily workouts, nutrition tips, and more to their social media followers. They also upgraded their facilities with digital thermometers and sanitation stations. At their Outlaw franchises, they reconfigured everything and even constructed 11x7 "cells" so that each client could have their own workout space while still being part of a group training session.

"Out of a pandemic, something amazing and awesome was happening," Leyva said. "For the first week [three weeks

"Everyone has been so understanding," Sanders said.

before we opened], we invited people to come to the studio to give them a guided tour of what we had done so that we could put everyone's mind at ease. We had changed so much, but more importantly, we wanted to catch back up with them. The next week, we transitioned to outdoor workouts, and then on the 18th, we opened. Everyone was so ready to get back in there. It turned out pretty darn good."

With pandemic shutdowns finally in the rearview mirror, the only thing Leyva and Sanders are interested in doing now is looking forward to what the future holds.

"We're still getting caught up right now," Sanders said. "But we'll get there."



s everyone grappled with the many challenges wrought by the COVID-19 pandemic, it immediately became evident to us how important it was to help our businesses, non-profits, and individuals impacted from this unforeseen phenomenon.

Our communities will

soon receive funds

based on a \$55 per

capita formula so they

can cover COVID-19-

related expenses.

When Denton County received \$147 million in Coronavirus Relief Funds from the \$150 billion set aside for counties and cities with populations in excess of 500,000 in the federal government's CARES Relief Act, helping residents recover became our top priority.

To help offset the economic impact suffered by many, the Denton County Commissioners Court created the Denton County CARES (Coalition of Agencies

to Restore Essential Services) program designed to designate funds to address countywide concerns.

The Court allotted funds in several categories, including business grants, housing assistance, and food as well as funds

to help cover COVID-19-related costs incurred by non-profits and our more than 40 cities and towns.

We also reached out to the United Way of Denton County and other local non-profit organizations to find out how we could help assist individuals where they need it most.

Our communities will soon receive funds based on a \$55 per capita formula so they can cover COVID-19-related expenses. We also are working with them to develop additional business grants for businesses within their communities as

> well as continue to assist their non-profits to provide food and housing assistance.

Let me assure you that none of these federal dollars will cover any revenue shortfalls for governmental entities - whether at the municipal or county

levels. Commissioners Court employed experienced outside counsel to review federal guidelines and help us design specific processes to ensure these funds are spent exactly as intended.

In Denton County, our teams have worked long days, weekends, and holidays to keep you informed about everything related to COVID-19. From the first case through now, we have provided daily updates on positive cases, recoveries and, tragically, the deaths directly related to this insidious virus. In fact, we provided more information than many of our fellow counties. We have worked throughout this period to ensure online services were available where possible and reopened as soon as health officials and the state deemed it safe to do so.

Our Sheriff's Office, Emergency Services Office, and Facilities Department worked collaboratively to ensure we have the proper Personal Protection Equipment available for employees and the public. They installed special stations in high-traffic areas, plastic shields in face-to-face transaction areas, and signage to guide the public into and throughout our buildings.

Denton County Public Health increased the number of testing locations throughout Denton County. As of May 28, state records show that more than 20,250 tests were conducted in Denton County. Currently, our Denton County Public Health teams are providing at least two testing centers each week one at the University of North Texas every Tuesday, with a second one at different locations throughout the county. The state has also set up several testing centers in the county. Additional testing centers will be announced for the coming weeks and months.

Our Emergency Services Office also supplied personal protection equipment (PPE) to our first responders as well as hand sanitizer from Mary Kay's Research and Development Facility and BENDT Distilling Co., both in Lewisville, to our long-term care facilities. Soon, we will be working with the Denton County Transportation Authority to provide our non-profit organizations with an estimated 200,000 masks to help them as they continue to assist our residents.

As our non-profits have seen tremendous growth in demand, some experiencing as much as a 400 percent increase from families who have never before requested assistance, we have worked to help the organizations meet these needs by funding grant requests submitted through the North Texas Cares program. To date, we have provided \$1.06 million through the United Way of Denton County to help our area 501c3 organizations. We anticipate continuing this process as more grant requests come in.

In mid-May, we launched Denton County OPEN (Operational Plan for Economic

Normalization) to offer Denton County businesses an opportunity to submit applications for up to \$10,000 in grants.

An estimated 1,337 businesses submitted grant applications

This month, we will

let husinesses know

if they have qualified

for grants and begin

sending checks to

assist them in the

recovery process.

from May 13 through May 20. Our call center fielded 496 calls and we received 255 emails seeking answers to questions about the grant application process. This month, we will let businesses know if they have qualified for grants and begin sending checks to assist them in the

recovery process. We will also soon announce additional grant opportunities for our businesses countywide.

In the next few weeks, we will expand a countywide housing assistance program to provide more relief for residents facing eviction. As of May 27, an estimated \$372,064 assisted 374 residents with rent, mortgage and utility payments or to keep them housed in extended stay hotels. We anticipate the need for housing relief will continue to grow in the coming months.

In addition, we are currently working on plans to expand food supplies to our local non-profits as well as fill in across areas where food deserts exist so that we can make sure no one in Denton County goes hungry. We are working with our local school districts, around 45 pantries as well as local food distribution companies and even our area farmers to bolster our

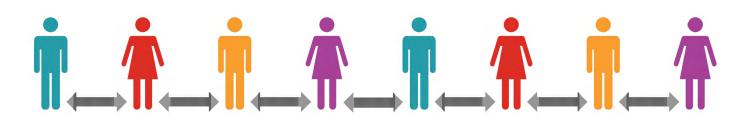
local food supply as needs increase. In the coming weeks, we hope to create more opportunities for residents to find the nutritional food they need to feed their

> families - whether by bolstering existing pantries with supplies, planning drive-thru opportunities to pick up food boxes or providing hot meals to neighborhoods in need through regional food trucks.

> Through Denton County CARES, we are also paying tribute to the memory of Gene

Gumfory, a longtime Denton County business owner and philanthropist who gave generously of his time and money to support many programs over the years. He established the Shiloh Field gardens, which continue his desire to provide tens of thousands of pounds of produce to feed the hungry among us. I want to offer a heartfelt thanks to his wife, Lynn, for her support in allowing us to honor Gene in this manner. We believe these efforts continue his lifelong mission to help people across the county in their journey to self-sufficiency.

As you can see, we are committed to being there for you in this time of great need. We are certain that, together, we can begin to recover from this pandemic and move toward restoring our vibrant, fast-growing economy. Because, together, we are Denton County Strong.



CONNECT WITH US If you have any questions or comments, please let me hear from you. andy.eads@dentoncounty.com 940.349.2820.























all around the mound

Photos were submitted by area residents. If you'd like to submit your photos for publication or if you have any questions please email us at artwork@murray-media.com.













Developing **CREATIVE MINDS**

by Brooke Ezzo | photo courtesy of What's That Guy's Name? | PHOTOGRAPHY BY GUY T

t 8 years old, Anita Robbins believed her favorite uncle when he told her that she was an artist. Years later, with over 15 years of experience as a professional artist, she is bringing the benefits of art education to our community in hopes of inspiring others.

house

Anita and her husband, Marty, own and operate Art House of Flower Mound. with two other locations in Highland Village and Southlake. Their passion is to nurture curiosity and talent by focusing on the importance of artistic development.

> Their certified instructors, including Anita, are passionate about teaching art history, elements of design, and helping to prepare students for a future in art.

The value of an art education goes way beyond being a studio artist, and it can lead to a profession in many different industries, including fashion, video game, interior, floral, or graphic design, video editing for film or TV, architecture, animation and illustration, and even medical prosthetics and forensics.

> As a family business, Marty and Anita are providing a personalized

www.FlowerMoundMagzine.com

experience for the community they love. Art House is a desired outlet for those looking to cultivate their talents and for those wanting to explore the world of art.

> "Everyone has a creative mind. We help bring that out," Marty said. "We encourage fun with a purpose."

Art House offers a wide range of classes year-round for all ages and abilities

and will continue to offer interactive adult classes via Skype. From oil painting and watercolor to anime, expressive art, cartooning, digital art, hand-lettering, and storyboards, there is a class for everyone.

"The Art House is for anybody," Anita said. "It is good for everyone to have their creative side stimulated."

Marty and Anita have taken great care in reopening their facility and will adhere to all rules during this historic time.

Locations: Highland Village • Southlake • Flower Mound 214.285.0084 • StudioArtHouse.com





ESTABLISHING A FITNESS ROUTINE

by Jesse J. Leyva, Owner of Jesse James Fit $\,\&\,$ Outlaw Fitcamp

here's one thing you can do that will increase your productivity, give you more free time, and help you meet your goals. So, what's the secret that almost all successful people use? It's this simple: having a daily ROUTINE.

For most people, the key to meeting goals is to develop a routine and stick to it! It takes self-discipline, but with a few simple tactics, it can be done.

Having a planned-out, daily routine does the following:

- Makes you more efficient.
- Creates structure in your life.
- Encourages good habits and eliminates bad ones.
- Forces you to prioritize things that are important.

As an example, it can be hard to make the decision every day to go workout. But if exercise becomes part of a routine you already have in place, it's much more likely you'll follow through.

Routines limit having to make decisions all day on which task you should tackle next. It also limits the stress from feeling guilty for not getting things done.

Here are some things you can do to help you stick with your plan.

10 things to do for success with a daily routine:

1. Prioritize what's important when planning your routine.

Think about just one or two things you really want to change when starting a new daily routine, and give those priority in your plan.

2. Set small goals.

Don't immediately go from hardly any exercise at all to exercising an hour a day.

Small goals are easy to attain, meeting them gives you momentum to keep going.

3. Write it out.

Use a planner or a calendar to write down your routine. Having it written in front of you will help you stick to it.

4. Be consistent with time.

To make exercise a new habit, it helps to do it at the same time every day.

5. Try to make it fun.

Put a new workout playlist together, find a group, do whatever you can to make your routine more enjoyable. Our Outlaw FitCamp classes are lots of fun!

6. Track your progress.

Have a calendar or planner where you can check off tasks as you complete them.

7. Reward yourself.

Set small goals and have a reward in mind for when you get there.

8. Start each morning with a plan.

Make a habit of looking at your calendar or planner first thing each morning.

9. Give yourself time for your new routine to become automatic.

Keep in mind that it takes most people about 90 days of doing something before it becomes a habit.

10. Don't get caught up in perfection.

Remember-progress, not perfection!

Establishing a good daily routine will make you feel great about yourself and proud of your increased productivity. We can help you easily fit scheduled workout sessions into your routine. Give us a call and we'll discuss options with you.



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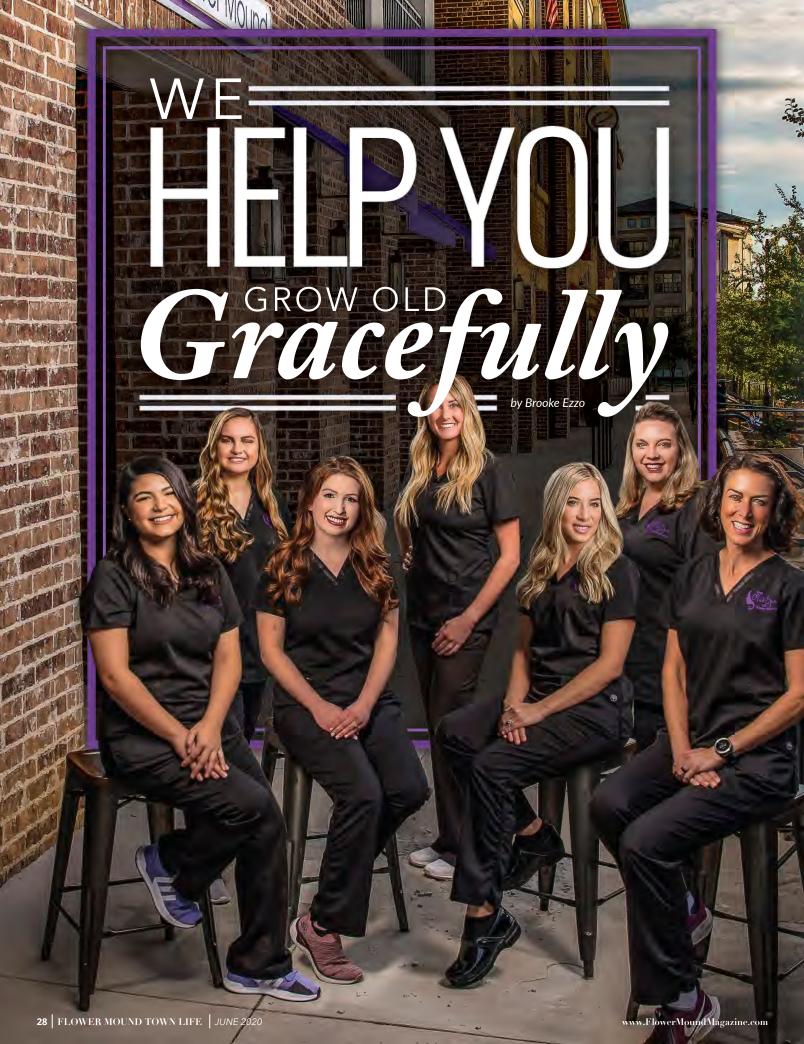


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here is no one size fits all when it comes to quality customer care. The incredible team at The Med Spa of Flower Mound prides themselves on continuing to exceed customer expectations.

Since opening their doors four years ago, Margaret and Phil Rodgers are determined to run their business on a firm foundation. They take no short cuts, only employ highly experienced

providers, and encourage ongoing education. This sets The Med Spa apart from others in their industry.

"Our philosophy is to take a conservative approach to bring out our client's own natural beauty utilizing the most up-to-date products and technologies," Phil said.

The Med Spa runs on community trust and integrity, being patient and education focused, and not venturing out of their wheelhouse.

Leading the charge is spa director Jennifer Buck, PLT/MA/RDMS. With over 20 years of medical experience and a passion for creating lasting client relationships, she believes The Med Spa is a safe haven for women and men looking to enhance their confidence.

"Every single person is unique. There is no one size fits all" Jennifer said. "It is important to us to tailor treatment toward each patients' needs."

It is also important to understand the difference between a spa and a medical spa. Jennifer and her team are required to meet all of the Texas Medical Board requirements. The staff is highly trained in every procedure in their full range of non-invasive offerings, and all of the providers are medically certified. Their Medical Director, Dr. Jessie Smith MD, Facial Plastic Reconstructive Surgeon, closely oversees The Med Spa.

"All of our providers are medical assistants, nurses, or nurse practitioners," Jennifer said. "We have

laser technicians who are licensed at a senior level or above."

This distinction is important. The Med Spa

adheres to a certain set of rules – rules that they follow without exception, adding another level of care to their services.

Unlike other Med Spas, they stay within the aesthetic field and do not venture into areas better fit for a specialist.

The Med Spa of Flower Mound has been a staple in the community for years because of their ability to make each client feel like family. From the moment you come in for your complimentary consultation to your last treatment, your skin health is a top priority.

"A big part of our job is educating our clients as to why we are choosing to recommend a certain skin routine or a specific procedure," Jennifer said. "It's

> a matter of knowing how everything works together to get the best results and how it will benefit their skin in the long run."

From SaltFacials and peels to CoolSculpting and cosmetic injections, their goal is to never leave you looking processed or fake.

"We want our clients to look natural." Phil said. "We impress upon our staff to encourage realistic expectations, and we will never try to sell you something you don't need just for the money."

Although they know they can't freeze time, their goal is to help you grow old gracefully. They would never recommend a treatment that could harm or scar your skin. The Med Spa works from the inside out, creating healthy and glowing effects.

LOOKING TO ENHANCE THEIR CONFIDENCE

Flower Mound

For the seven weeks while The Med Spa was closed due to COVID-19, the staff spent over 200 hours in ongoing education webinars. Jennifer said it was amazing to see how on fire everyone was to continue learning and how blessed they are to be with a company that prioritizes education.

As The Med Spa reopens they have taken extra precautions, on top of their already stellar health measures, even including a surgical grade UV light system to help prevent the spread of viruses. This system is utilized only in hospitals until now and The Med Spa of Flower Mound is the only med spa in the US to implement this system.

EVERY SINGLE PERSON IS UNIQUE

"It's amazing how loyal our clients are," Jennifer said. "We are doing everything we can to protect them."

This includes clients waiting in their cars until their appointments, wearing masks, and getting their temperature checked. Each appointment is spaced out so no two patients are in the lobby at the same time, and extra sanitation of each room is performed after treatment is completed.

Now that The Med Spa of Flower Mound has reopened, they are encouraging the community to continue supporting small business.

"It's going to take time for the financial stability of our community to recover," Phil said. "That is why supporting local businesses and prayer is so important."



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32 | FLOWER MOUND TOWN LIFE | JUNE 2020

CROSSING The Finish Line by Brooke Ezzo

ongratulations to the Flower Mound High School and Marcus High School seniors who graduated at Texas Motor Speedway on Saturday, May 23, 2020. Although the graduation ceremony looked different this year, the community rallied behind these students and showcased love and support.

Since the ceremony was unconventional this year, we wanted to give these students another opportunity to send a farewell message to their classmates.



RYAN LEE | Flower Mound High School Valedictorian Will be attending Vanderbilt University, studying Biochemistry and Chemical Biology

"I'm sure nobody expected this semester to end like this. Many opportunities were taken from us as we were forced into a tough situation. However, I saw my classmates continue to stay in contact with friends and find new activities, all while still remembering to do school work. Overcoming the difficulties that we faced, the Class of 2020 remained strong and, just like past or future graduates, managed to graduate successfully."



TARUN GUNAMPALLI | Flower Mound High School Salutatorian Will be attending the University of Texas at Austin, studying Computer Science

"I would make sure that everyone that comes after us doesn't take school for granted. Those eight hours might be forced upon you, but Flower Mound High School is where I met my best friends and best teachers. Take advantage of the resources you've been given and cherish every moment with your friends, so that you can realize that school isn't always a burden, but an opportunity."



CHAITANYA BASHYAM | Marcus High School Valedictorian

Will be attending the University of California, Los Angeles, double majoring in Physics and Mathematics

"I hope that the Class of 2020 has set a model for the younger classes to follow in terms of tenacity, compassion, and selflessness. During this past semester, I have seen many people saddened at events they had been looking forward to being canceled, including myself. However, rather than react with hatred, we came together to support one another. I hope future students in our community can continue this path of empathy and love."



AYRA CHARANIA | Marcus High School Salutatorian

Will be attending Duke University, double majoring in Global Health and Biology

"I hope history remembers the Class of 2020 as persevering. We refused to let a virus stop us from being proud of our accomplishments. We instead adopted it. We continued to work hard from home and follow social distancing guidelines in order to ensure the safety and health of our community. We continued to celebrate each other throughout the pandemic, though at a distance."

Community INCOURING The Passing of a Coaching LEGEND & MENTOR Steve Telaneus by Steve Gamel

hen Steve Telaneus first came to Marcus High School, the campus still had that new-school smell and dreams of what could be for the Marauders' track and cross country program were just being forged. To no one's surprise, it wasn't long before they were blessed with high-level athletes who consistently competed alongside the state's best.

But to take them from new kids on the block to a national powerhouse, it would take a special coach, mentor, and friend.



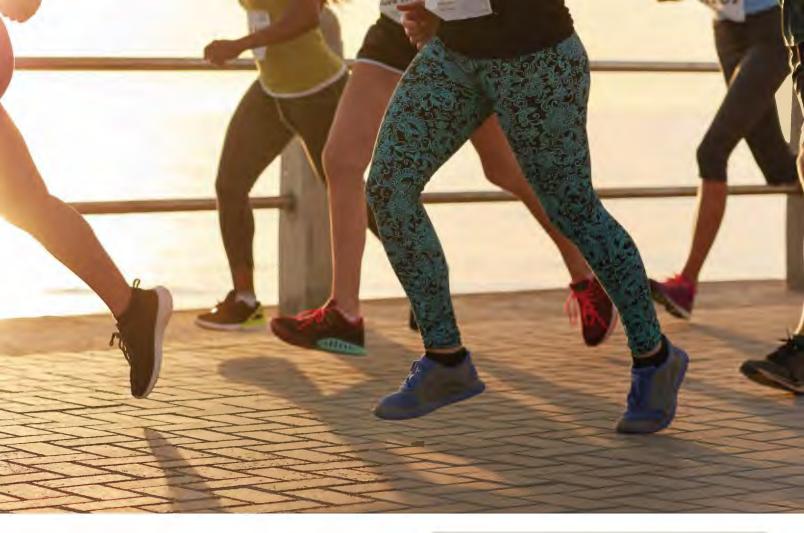
Steve Telaneus, the only track and cross country coach Marcus athletes ever knew, was all of those things and more. And just more than a month after his untimely passing, the community is still trying to wrap its brain around such a big loss.

Lewisville ISD confirmed May 1 that Telaneus, better known as Coach T, died at the age of 60. The school district did not provide a cause of death, though it was well-known that he had dealt with heart issues in the past. This included Telaneus nearly dying in 2002 when he suffered a heart attack at that year's district cross country meet.

"Obviously, if you knew him, he was a great mentor to all other track coaches

in the district," Lewisville ISD athletic director Steve Ford said. "His teams set the standard. Even if they didn't realize it at the time, they were the standard everyone was shooting for. We had actually sat and talked about him getting out [and retiring] at some point, but he seemed like he was in good health. It's just hard."

Telaneus cared about everyone he came into contact with, especially the athletes who he bent over backward for to put them in the best possible position to succeed. And succeed, they did. He quietly began coaching in Lewisville ISD in 1983, but it didn't take long for him to build Marcus into a state power when he started that program in 1986. Over the next 34 years, the Marcus girls cross country teams won team state championships in 1997, 1999, 2000, and 2015. Marcus also had three individual state champions in cross country – Amani Terrell (1996), Renee Metivier (1999), and Craig Lutz (2009 and 2010). Metivier and Lutz went on to be All-Americans in college.



Meanwhile, Telaneus was named the Cross Country Coach of the Year in 2002 by the National High School Coaches Association. He was also inducted into the National High School Coaches Association Hall of Fame in 2004.

Several former athletes and organizations paid their respects on social media.

"Long before he was building [Marcus track and cross country] into a national powerhouse, Coach T was Marcus Football's first receivers coach. And as you might imagine, he was awesome," the Marcus Football account tweeted. "Rest In Peace, Coach T. Your impact will be felt for lifetimes."

"The world has lost an amazing man," Lutz said on Twitter. "Coach T was the foundation to any success I saw during my running career. He was a great mentor and a great friend."

Lewisville assistant AD Cristie Liles agreed. She had known Telaneus for 18 years.

"He would go out of his way to make you feel apart of that school and culture," Liles said. "That was him. He was all about doing what was best for kids and find something they could be apart of – he'd say 'just give them a chance.' You can't replace anyone like that. Even if he retired at some point, which he planned on, those are hard shoes to fill."

He Was a Great Mentor and a Great Friend.









all around the mound

Photos were submitted by area residents. If you'd like to submit your photos for publication or if you have any questions please email us at artwork@murray-media.com.













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t's no secret we live in a pet-loving culture. Everywhere you turn, that bond between humans and animals is unmistakable, whether it's the little girl parading her new puppy through the neighborhood, a businessman taking time from his crowded schedule to play fetch in the park with his golden retriever, or the elderly lady at the bus stop with two kittens curled up patiently inside her oversized purse.

> Even when we take that long-awaited family portrait, the pets are always included - because they're family, too.

"Our tagline this year is lowest cost, best care. We really have focused on customer service and honing in on letting people know that we have compassionate, caring vets," Stacey said.

We love our pets; they are an extension of us. But all too often, good and wellintentioned pet owners simply cannot afford the most basic veterinary care such as spay and neuter services, vaccinations, and even dental care.

It's a scenario Stacey Schumacher has seen play out once too many times over the years, which has led to euthanasia and overpopulation at animal shelters. So she created a non-profit called the Texas Coalition for Animal Protection (TCAP), a low-cost alternative that partners with full-service veterinary clinics and animal shelters while at the same time filling a void for animals who deserve quality care at a price their owners "It's not our goal to take

business from veterinary

clinics," Stacey said. "We see

it as a partnership because

we're coming alongside them

and offering the basic stuff

everyone needs. And if need

be, we refer out for

specialized care."

"We started at one night a week in one location in 2002 and have grown so much since then," said Stacey, who as TCAP's founder and **Executive Director** has proudly watched

can afford.

her nonprofit grow to include seven locations. "What we do in terms of services is very limited, but we do a lot of it, and the vets we employ are subject matter experts.

"What overwhelms most pet owners is the cost factor. They love their animals, but the cost is sometimes unattainable."

TCAP, which is heading into its 17th year, is upfront that they aren't trying to replace full-service clinics. They specialize only in spay and neuter services, vaccinations, heartworm testing and prevention, microchipping services, and dental work such as routine cleanings, tooth extraction, and antibiotics. The level of care is equal to what you can find at vet centers but at a fraction of the price. For example, a full set of vaccines could cost a pet owner as

little as \$25. Spay and neuter services can range between \$35-\$65, which is roughly 70-80 percent cheaper than a vet clinic.

They offer wellness kits where customers can have all shots, microchipping, and spay and neuter services for as little as \$135. For a kitten, the same wellness kit can run as low as \$85. Both kits essentially cover everything a puppy or kitten would need in its first year of life. TCAP also works with several animal shelters in the area to provide spay and neuter services onsite to help service pets owned by customers who are unable to transport their pets to a TCAP location.

> Beyond that, if TCAP veterinarians notice anything that concerns them about a pet old or young - from a health standpoint, they will always refer a customer to a local veterinarian's office for a more detailed evaluation.

"It's not our goal to take business from veterinary clinics," Stacey said. "We see it as a partnership because we're coming alongside them and offering the basic stuff everyone needs. And if need be, we refer out for specialized care."

Stacey has always had a soft spot for animals. After working at a pet rescue in high school, she realized her dream was to help not just animals but also to help the people who love them. It all started in her hometown of Sulphur Springs where there was no spay and neuter program. Stacey took it upon herself to rent a van every month and transport animals from her mother's house to a low-cost clinic in the Dallas area. After work, she would gather them back into the van and transport them home.



Stacey led the Hopkins County Animal Protection League in Sulphur Springs to open a low cost spay and neuter clinic in the mid 1990s. Based on the success of the program in East Texas, Stacey then founded TCAP. Their locations are in Denton, Allen, Burleson, Fort Worth, Hurst, Weatherford, and Garland.

Stacey said that in 2018 alone, TCAP spayed and neutered roughly 55,000 animals, and they go to great lengths to make sure everyone who walks through their doors - on two legs or four - has a great experience.

"Our tagline this year is lowest cost, best care. We really have focused on customer service and honing in on letting people know that we have compassionate, caring vets," Stacey said.



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ESSENTIA entisti

by Dr. Matt Artho, Owner of Country Lakes Family Dental

"Remove child before folding," on it. There was also a sleep aid box that had the warning "may cause drowsiness." And, of course, we've all seen the hot coffee warning, "Caution, coffee may be hot." Labels can be important, but some labeling can be misleading. Recently, many businesses and healthcare offices, including dental practices, were labeled

The most obvious essential nature of dentistry is dealing with emergency situations, as dental emergencies have been handled throughout the closure

non-essential depending on the state

or county. Needless to say, there was

some frustration in dealing with these

inconsistencies that created confusion

provide my own input on why dentistry is

within the profession. So, I hope to

an essential part of your healthcare.

once had a stroller with the label,

consistently. There are few things more debilitating than dental pain from a tooth fracture or decay that has exposed the nerve of the tooth. Dental pain in this manner can easily inhibit an employee's ability to work, or worse, result in an emergency room visit. Even in an emergency room, some hospitals are limited in their ability to treat dental infections and refer them back to the dentist. Without proper care, the emergency can quickly escalate.

Another important aspect of dental care is the reality that most dental lesions do not resolve on their own. Typically, they get worse. What begins as a simple cavity can turn into a more significant issue that requires additional treatment or possible tooth loss. The beginning stages of decay are not detectable without routine visits and proper radiographs. Maintaining

these routine visits prevent not only dental situations from exacerbating, but also routine gum care for many patients is essential to prevent the spread of periodontal disease. Furthermore, the link between oral health and systemic health is well documented to prevent the worsening of a health condition.

Finally, no one wants to go about their business with a broken tooth or gum infection. Repairing broken teeth not only allows for proper eating and prevention of decay, but for teeth in esthetic areas, some patients may find it embarrassing to function publicly with a broken tooth.

The essential aspects of modern-day dental care are not only the restorative treatments but also the preventative. So, make sure to keep those essential appointments. Happy smiling!



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LVHK

by Brooke Ezzo | photos courtesy of Christine Hastings



"With people staying home right now, they have time for a pet," Christine said. "I think that's what has helped our adoptions."



n April 27, Flower Mound Animal Services adopted out their last dog and cleared their dog kennels. This is an incredible feat considering the rarity of empty kennels and the impact of the COVID-19 pandemic.

For 30 years, Animal Services has been providing education and resources for residents and animals. The shelter was built in 2004, giving a temporary home for surrendered and homeless animals. ever since.

Christine Hastings, Animal Services manager, said empty dog kennels do not happen often, but it's something to celebrate when it does.

"With people staying home right now, they have time for a pet," Christine said. "I think that's what has helped our adoptions."

She said animals always need a transition period when they get adopted from the shelter into a new home. Animals need time to learn about their new family, and the family needs time to learn about their

"This stay-at-home order allows people that transition time to give the pet," Christine said. "This is great because when they go back to work or things return to normal, they have had time to prepare."

Although the empty kennels were short-lived, the fact is that it happened, and it is a big deal. Christine said it's a constant flow. If the shelter starts to get low on animals, they are able to pull from surrounding shelters to help out.

"We are always getting new dogs in for adoption," Christine said. "We can pull animals, but we service the Town of Flower Mound, and we always want to leave enough space for the needs of residents."

Due to COVID-19, the shelter has had to shift in how they operate the facility. Because they are technically closed, they can't put on presentations, they can't have tours come through, and adoptions have gone to appointment only.

There are two parts to how the shelter is run. One part is animal services where they provide education to the public on topics like local wildlife, how to safe around wildlife, and dog park safety. Animal Service Officers work in the field by responding to calls about displaced wildlife and loose and injured animals.



nice change."

Flower Mound Animals Services runs off a budget from the Town and is also supported by the Animal Care Fund. The Fund donations are only used for the animals and emergency services.

"We use the donations on anything that will benefit the quality of life for the animals, like medical care and enrichment items," Christine said.

Each year, the shelter holds a Clear the Shelter event showcasing the animals they have available plus animals from

offer free adoptions as well.

"It is always our goal to empty our shelter," Christine said. "But, it's not that easy."

That's why April 27 is such a special day for the shelter. Empty dog kennels needs to be celebrated, and there is gratitude to the residents who adopted giving these loving animals a fur-ever home.

Animals Services currently has dogs and cats available for adoption, and those interested in adoption can find their fur-ever pet on the services' Facebook page or through PetFinder.

"It is always our goal to empty our shelter," Christine said. "But, it's not that easy."





nevitably, there comes a time when our parents or other aging family members need to make the transition to a senior living community. This can be a stressful and overwhelming time, for both the adult child and the senior.

How do you know when it's time to move? Watch for these five signs.

- **Isolation** your senior loved one is no longer attending church services, participating in hobbies, or socially interacting with friends and family.
- Health Decline/New Medical Condition - they are having difficulty managing medications. There's also forgetfulness and unexplained bruises possibly due to falls. Noticeable weight loss or weight gain is another issue. They may be having
- trouble getting to the store and preparing nutritious meals.
- Managing Finances they are not paying bills on time, or they are overpaying. Unusual payments are being made from their checking account is another possible issue. Unfortunately, many seniors can be a target for fraud.
- Messy House there is spoiled food in the refrigerator and clutter throughout the house - piles of newspapers, dishes, clothes, etc.

Poor Hygiene - there is infrequent bathing or laundry; they are wearing the same clothes for days, and their hair and nails are unkempt.

Do any of these signs sound familiar?

Your next question is likely, "What type of Senior housing should I look for?" There are literally hundreds of options in the Dallas/Fort Worth area. You could spend hours or even weeks attempting to Google your way through them all, but your best option is to reach out to a senior living expert for guidance. One call to us, and we will find the right option for your family member. Let's work together to get your loved one living their best life possible.





Nine Spur Ranch: AHEART FOR ANIMALS

by Brooke Ezzo

hey say winding roads often lead to beautiful destinations. That rings true not only for the rehabilitated animals that find their way to Nine Spur Ranch in Argyle but also for the incredible owner and operator.

Shishana Rourke has an amazing journey of her own. Born in the Caribbean, she was the first child legally adopted into the United States from St. Lucia. She was raised in Alaska but as part of the adoption agreement was able to travel to see her biological family every two years.

"It's been fun to be raised by both sides and experience so many different things," Shishana said.

She is one of two adopted into her Alaskan family, and she is one of 21 children on her biological family's side. This combination of different cultures has truly helped mold her into the caring, family-oriented, and determined person she is today.

From a young age, she's had a passion for animals, especially horses. At 10 years old, after saving all of her money, her parents allowed her to purchase her first horse.

"She was a Haflinger named Lenanna," Shishana said. "I poured my life into this little horse. I taught her how to say yes and no, to bow, to lay down, and to roll over."



Lenanna was pregnant, and once the foal was born, Shishana spent the next four years training him. This was the start of the path that has led her to where she is today.

Shishana graduated with a degree in Horsemanship and a minor in Management from the University of Montana Western, the agriculture branch off of Missoula. She also received an associate's degree in Equine Science, working with embryo transfers and the reproduction process.

For the last few years, she had been working for a company that recruited her here to Texas to work in equine reproduction. That is until she felt the nudge to quit her job and turn her attention to caring for and rehabilitating in-need animals.

"I thought, can I make this work? What am I going to do?" Shishana said. "And now, there is no question in my mind that this is what I am supposed to be doing."

A few months ago, someone reached out to Shishana asking if they could come out and see the animals. She wrote a post on Facebook about offering free, private tours of the ranch, and it immediately took off.

"It's been such a blessing, the community has been so supportive," Shishana said. "I've only been doing the tours for two months now, and people have really enjoyed it."

When you come to Nine Spur Ranch, you're able to roam around, see the animals up close, and even feed the goats. There is a zonkey, horses, a water buffalo named Hank, and a sweet potbelly pig named Petunia.

"I have had some horses that you can tell are so happy to be here," Shishana said.

Her future goals for the ranch include offering programs to schools where children who need help with speech are able to read to the miniature horses. She also wants to be an educational tool and resource for the community when it comes to taking care of and owning animals.

Shishana rehabilitates unwanted, forgotten, and abused animals back to life. Some stay at the ranch and others are sold to new, loving homes. These animals might travel winding roads, but Nine Spur Ranch is a beautiful destination.

For a private tour, visit www.Facebook.com/NineSpurRanch.











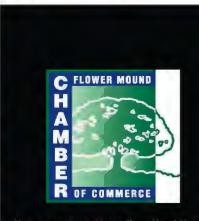












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THE STRESS

of Their Teen Years

by Jana Sosnowski

current trend in teenage circles is claiming bragging rights over who is the most stressed, which is often translated into who received the least amount of sleep each night. With a society that moves faster and faster with increases in technology, your daughter might be suffering from heightened levels of stress, particularly if her peer group comprises high achievers.

Dr. Roni Cohen-Sandler describes the stresses that plague teenage girls today as fear of exposure, need for autonomy, fear of repercussion, fear of raising parental anxiety, avoidance of flaws, and comparison to a perceived ideal. The need for autonomy is a typical rite of passage, but adults can help girls change their desire to hide flaws and avoid exposure to perceived weakness.

Dealing with stress as early as possible may prevent the drive to be the "most stressed out" or the student with the least amount of sleep. It can also prevent larger issues, including increased illness, craving for stimulants, lack of physical activity, and diminished academic achievement.

Helping a teenage girl develop a realistic view of herself and the world around her is key to her reducing her own stress. Parents who openly communicate about their own stresses with work may help a teen

girl realistically evaluate her perception of her school work and lower her fear of disappointing her parents. According to Dr. Cohen-Sandler, the root of stress is often found in family expectations, cultural pressures, and self-esteem issues. Open communication between parent and daughter can begin to ease some of these stresses. If beginning communication is difficult, assistance from a psychologist can increase both parent and daughter's willingness to talk.

Stress management is also assisted by the education of the parent and development of the girl's self-esteem via an understanding - by both parent and child - that perfect does not exist and the quest for the Ivy League school is often more damaging than encouraging. Girls who do not succumb to heightened levels of stress know from parents that enjoying themselves and finding their place in the world are more practical and sensible goals.



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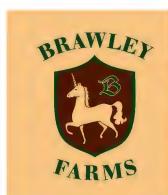
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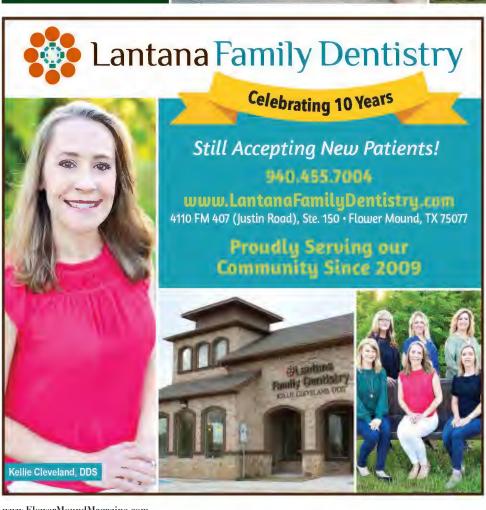


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We Got Your Six Stands Tall For HOMELESS VETERANS

by Steve Gamel

ive years ago, veteran David Jordan was homeless and contemplating suicide. Today, he's the owner of a thriving sandwich shop in Denton that he hopes will help get his new veteran relief program off the ground.

The sandwich shop is aptly called Patriot Sandwich Company. It opened in February and is a military-themed restaurant that honors each branch of the U.S. military by displaying memorabilia throughout the shop and having a menu that includes fun sandwich names such as the Fiery Napalm, Into The Wild Blue Yonder, and In the Trenches. A portion of all profits go to Jordan's nonprofit called We Got Your Six that supports homeless veterans in their transition to civilian life.

"With the nonprofit, we don't get grants or anything like that," Jordan said. "All of our money comes from private donations and fundraisers. I started Patriot Sandwich Company to help get We Got Your Six the money it needs."

Though We Got Your Six is still in its infancy stages in terms of needing money, the organization has been around since 2015 and has helped 29 families in four years. It was created to help homeless veterans who think they have been forgotten or abandoned. Jordan started it with fellow veterans Angela Messerlie and James Lopez with the long-term goal of building two facilities in Dallas, one in Houston, and another in San Antonio.

These facilities will allow for veterans to find shelter on property and get

involved in a two-year process that includes everything from housing and job placement assistance to debt management and credit repair, job skills and training, money management, team building, and community events.

own trials as a former veteran living on the streets. He is a proud 12-year veteran with the National Guard. He earned two Army Commendation Medals, one Army Achievement Medal, one Army Good Conduct Ribbon, and the Iraq Campaign Ribbon. "But not everyone has that. Once



Hence the name, We Got Your Six. In the military, that means, "I've got your back." The saying originated with World War I fighter pilots referencing the rear of an airplane as the six o'clock position. On the battlefield, your six is the most vulnerable position. So, when someone tells you, "I've got your six," it means they are watching your back.

"I had a family member who moved me from Kentucky to Texas and helped me get back on my feet," Jordan said of his many of them become homeless, their families don't want anything to do with them. The fact is that the average homeless vet is homeless for four to seven years. But you can't expect to take them in and prepare them to reenter society in three to six months. It might take that long just to get to the root of why they got to where they are and the psychological aspect."

He added, "Our process is two years, and it involves hands-on training and conditioning. It means a lot to me."



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REPRIORITZING To Be PRODUCTIVE

by Crystal Nerpel, Owner of Cloud Nine Organizing

s an organizing expert, I totally appreciate the importance of being productive and staying organized. But as a wife and mother, I also realize that life is never ever going to be completely organized and perfect. In fact, I usually embrace the small bit of happy chaos that keeps life interesting.

That being said, none of us expected the interesting chaos and confusion that the COVID-19 pandemic brought into all our lives. As a result of this unexpected confusion, your priorities may have shifted; what used to feel urgent can wait and what used to feel important is taking a backseat to other concerns.

Now, as Texas businesses are slowly starting to open back up and as residents are getting comfortable with the idea of venturing out, you may be tempted to start adding activities, obligations and distractions back into your schedule. We are all excited to start feeling "normal" again, but as you start making future plans, I encourage you to take a look at your priorities before you start overloading your schedule.

ASK YOURSELF A FEW QUESTIONS:

Is what was important to me before the pandemic still important to me now?

Have I stopped doing something during this pandemic that I don't really miss?

What tasks do I do that take me a long time but don't add much value to my day?

What tasks really get me closer to my goals?

If you have ever noticed that you are exhausted at the end of each day because you are super busy, but you don't feel like you've actually accomplished anything, it's time to reprioritize. Always being busy but unproductive will eventually take a toll;

mentally and physically. You're going to crash and burn.

In his highly popular book, The 7 Habits of Highly Effective People, Stephen Covey explains the Time Management Matrix and how effective people spend more time in Quadrant II, minimize time spent in Quadrant I, and worry very little about Quadrants III and IV.

Many people allow urgent tasks to interrupt their progress because they haven't taken the time to pay attention to their priorities. All you need is about 10 - 15 minutes everyday to plan ahead. Look at your next day's schedule and decide if there is anything in Quadrant III or IV that can be delegated or deleted.

So, as you adjust to your changing priorities, learn to say "no" to the tasks that are not important to the overall quality or success of your day.



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ASSISTANT CHIEF DEPUTY BARRY CAVER

ssistant Chief Deputy, Barry Caver, was raised in the Lufkin, TX area where he graduated from high school and attended Stephen F. Austin State University. Caver is a graduate of the 201st session of the FBI National Academy and holds a Master Peace Officer License and a Jailer License.

Chief Caver has been in law enforcement for 43 years, which began in December 1976 when he was hired as a dispatcher/ jailer for the Angelina County Sheriff's Department in Lufkin, Texas. He was 19 at the time. He later received his Texas peace officer certification and was employed in 1978 as a police officer with the Diboll Police Department. Caver was accepted into the training academy of the Texas Department of Public Safety in 1979, where he spent eight years as a Highway Patrol Trooper before being promoted to the position of Highway Patrol Sergeant in 1987. Caver was later promoted to the position of Texas Ranger Sergeant in 1989. In 1993, he was promoted to the position of Texas Ranger Lieutenant and stationed in Lubbock. In 1996, Caver was promoted to the position of Texas Ranger Captain, Company "E", stationed in Midland, Texas, where he remained until his retirement in 2008. Caver retired with a Special Texas Ranger commission and was a Reserve

Deputy Sheriff with the Parker County Sheriff's Office in Weatherford, Texas. On January 1, 2017, Caver was appointed by Sheriff Tracy Murphree as the Assistant Chief Deputy with the Denton County Sheriff's Office, where he currently leads as Jail Administrator.

Besides being instrumental for the Denton County Jail in dealing with the COVID-19 pandemic, Chief Caver has many notable accomplishments throughout his career. Caver assisted in the primary investigation of the Branch Davidian compound siege near Waco, Texas in 1993. Caver served as commanding officer and lead hostage negotiator during the incident involving a separatist group known as the Republic of Texas, which lead to a stand-off near Fort Davis, Texas in 1997. Chief Caver was also the commanding officer and incident commander on the raid on the Fundamentalist Church of Jesus Christ of Latter Day Saints' compound near

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Eldorado, Texas in 2008. With this incident, over 400 children were seized by Child Protective Services. Twelve arrests were made and 16 indictments returned on the alleged criminals involved.

Denton County Sheriff's Office is extremely honored to have the experience and integrity of Chief Barry Caver on our Command Staff! Chief Caver will graduate from Texas A&M Commerce in the Fall of 2020 with a Bachelor of Science Degree in Criminal Justice. He is married to Tammy Caver and has a daughter, two sons, and eight grandchildren.

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