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October 2009

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a Hobby!**

**Marathon
Mania**

**Boom
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Boom!**

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Perfect**

At Home With

**Lyle and
Sheryl McCoy**



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Burleson NOW

Editor's Note

Dear Readers,

Now is the time to revel in the beautiful place you call home. The growing city of Burleson hosts many fun events this month, starting on the 3rd with another fun day at the Farmers Market and ending on the 31st with Boo Bash. In between, Old Town businesses, Burleson Parks and Recreation Department, First Baptist Church and members of the Burleson Heritage Foundation are hosting the 16th annual Founders Day between 9:00 a.m. – 5:00 p.m. on Saturday, October 10. On that day in 1881, a man named Dodge signed the document that sold the area around Main Street to other men. The first lot sold now contains the block from Renfro Street all the way to Babe's. There is a picture of the signed document in the blue history book in the Burleson Heritage Foundation Visitors Center, which will be open during the whole Founders Day festival. The center is a fascinating, friendly air-conditioned place to take a break from the gun fighting exhibition, the two stages of live entertainment and the shopping, eating and walking down Main Street!

Melissa Rawlins
BurlesonNOW Editor



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Marathon Mania

— By Melissa Rawlins



Anticipation makes every moment sweeter, and this month the entire Hoaldrige family eagerly prepares for their whirlwind tour to New York City to cheer on Emily Kathryn Hoaldrige, who is running in the New York City Marathon on November 1. Around 9:00 a.m. (8:00 a.m. Texas time), Emily's father, Hank, both her mothers, and much of her Texas family will watch her burst away from the start gun, embarking on a 26.2 mile run through all five boroughs of Manhattan.

Strangers watching Emily stretch her 112 pound, 5'4" body as she prepares for the big run might not guess that this young woman only started running in 2008! She was a brand new second-grade teacher at PS 112, Jose Celso Barbosa, in Spanish Harlem. In her spare time, she went to plays and was involved in theater groups. Some of Emily's

friends had started running small four-mile races for charity in New York. One day someone asked her to join them.

"It was peer pressure," Emily laughed. "At that time I'd never run over one mile. The day of the race, I wasn't feeling well. I think I'd had tonsillitis the day before. I was the slowest, but very happy that I'd finished. As I continued running twice a month with my friends, my friend Stacy Ulrich said, 'We're thinking about running the marathon. Emily, do you want to do it with us?' Peer pressure again."

Inside, Emily thought she might die if she ran the marathon. But as she continued running 5K and 10K races with her friends over a couple of months, her time went from 15 minutes to run one mile to only 9 minutes per mile during a four-mile race. "Then I thought, *Well, I want to try it.* And so I signed up."

"The New York City Marathon is the place to be if you want to be part of something big," said Hank, who was a track star at Burleson High School in the '60s and now hosts a spiritual and motivational program of encouragement every


Sunday morning on Big Country 1460 AM out of Cleburne. His second daughter, Katie, tied her father's records before graduating from Burleson High School last May, and the only thing that might keep her from joining the family in NYC for Emily's big run would be her own freshman track and cross country team training schedule at the University of Texas at Austin.

More than 315 million people worldwide will tune in by television to watch the world's largest marathon. The first New York City Marathon, which was held in 1970, consisted of 127 runners. Their course looped several

***"When Emily
sets her mind to
accomplish
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she makes it
happen."***

times through Central Park, where Emily has been practicing her long runs to increase her endurance. Only 55 people crossed the finish line. Now, 38,000 runners participate in the New York City Marathon, and are selected through random drawings. Because Emily's first races were through a running club called New York Road Runners, she was automatically entered into the ranks of the marathoners.

Nobody in Emily's family is surprised at her sudden entrance into long-distance running. "I am proud of Emily for many reasons," said her mother, Jerri McNair, who is principal of Ben Barber Career Tech Academy in Mansfield. "When Emily sets her mind to accomplish a goal, she makes it happen. Emily's dad was a runner, but not a long-distance runner. Emily has always been a self-starter and was greatly moved as she stood on the sidelines last year watching the dedicated



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runners in the New York City Marathon.”

Many things move Emily, including Hollywood movies, which gave Emily her first glimpse of New York City and inspired her to move there after graduating from Burleson High School in 1999. “I loved that it looked so big, and so many lights, and always something to do,” she remembered. “Culturally, I was raised to go to museums and theater, and New York seemed like the center of culture. I suppose when I was 8, I wanted to be



The family posed for this portrait last May, during Katie's graduation from Burleson High School. Seated: Jerri McNair, Katie Hoaldrige, Emily Hoaldrige, Stacy Ulrich, Colene Hoaldrige. Standing: Mark McNair, Hank Hoaldrige and Ryan Mullins.

on Broadway.” Emily now has an undergraduate degree from the University of Oklahoma in musical theater performance.

“I took about a year in some professional theaters in Texas and Indiana, and then worked also for Circle Theater in Fort Worth for a year,” Emily said, adding that she worked three jobs to save money to move to the Big Apple. “I worked as a nanny and was in graduate school at Mont Clair State University in New Jersey for my Early Childhood Special Education degree,” she continued. “I would spend all day Saturday and Sunday in Manhattan. I'd see two or three shows a day. That first year, I saw every Broadway Tony nominated play, and I went to the Tony's. It was the most amazing year!”

That was four years ago. This year, Emily started her second year of teaching students with emotional disturbances. “We're most proud that she teaches autistic kids in second grade in NYC,



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and has a calling for that," Colene Hoaldrige, Emily's stepmother, shared. "Emily always has a smile on her face, and she works really hard for those guys. I know how tough they are because I've been a special ed. teacher!"

Hank and Colene are proud of all four of their children and grandchildren and are very excited about the challenge Emily has set for herself. "Well, I think when she comes across the line she will definitely have a smile on her face! She's worked extremely hard for two years to get through this marathon," Colene said. "We know it will be a great true test of her abilities, gifts and talents. She has some great talents she received from her dad, but more important than that is that God

***"Well, I think
when she comes
across the
line she will
definitely have
a smile on
her face!"***

has given her some great talents."

One of those skills is quilting, a talent Emily credits to sewing lessons from her Aunt Sisi, who will be joining the family in Manhattan to cheer her niece on through the grueling New York City Marathon. "She's very supportive," Emily said. "I'm very lucky."

More than anything, Emily looks forward to the feeling she will enjoy when she finishes the New York City Marathon. "As anyone training for a marathon would maybe say, my biggest fear is that something will happen and I won't be able to finish. No matter how slow or fast it ends up being," she said, "I just can't wait to see my family at the finish line." **NOW**



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Always Entertaining

— By Jaime Ruark

Lyle and Sheryl McCoy's home has been through quite a transformation since the family moved into the residence in 1989. After Misty, now 29, and twin daughters Stefanie and Tiffanie, now 26, moved away from home, empty nesters Lyle and Sheryl were left with big plans for their four-bedroom, two-and-a-half bath home. Knocking out walls to make room for one spacious kitchen and living area was just the

beginning for the couple who loves to entertain.

Both Lyle and Sheryl have been longtime residents of the Burleson/Joshua area. "Lyle has been here since '61 and I've been here since '67," Sheryl said. "We both were basically raised in Burleson and graduated there. We actually met in high school and have been married now for 32 years." The McCoy daughters graduated from Joshua High School and seem to have inherited their parents' love of the area. Misty lives in Burleson so she can help her parents run their local manufacturing company, Central Dynamic Manufacturing Inc., while the twins are close by in Dallas. Lyle noted, "When we moved here in '89, we were looking for a place just a bit outside the city. We used to live in Egan. We had about 12 acres, and we were there for 12 years. We've always liked the country life but still having everything you need close by."

The McCoy's moved to Burleson after finding a place outside of town with beautiful homes, large lots and friendly neighbors, in keeping with their love of country living. "The homes here aren't stacked on top of each other like you see a

At Home With Lyle and Sheryl McCoy





lot these days — there's space," Lyle said. Sheryl continued, "We also liked this house because it had four bedrooms, so the girls could have their own rooms. Now, of course, we've knocked out some walls and made everything more open. We joke with our girls that they can only come home one at a time." What was previously a four-bedroom house is now a two bedroom, which leaves just enough room for a very important guest: their 3-year-old grandson, Graycen. "He's a real live wire!" Sheryl laughed.

The remodeling began in March 2008 and was completed the following August. "We had a good contractor, and it went pretty quickly. It turned into a pretty massive undertaking," Lyle said. "A lot of the ceilings had to be raised and support beams had to be added, so it was quite an ordeal." The couple made the process a team effort, deciding on their new surroundings together. "We picked out all the granite and the rock and the ash flooring. We pretty much made all the decisions together," Lyle continued. "We really wanted to do it right, make everything nice." Three different types of granite are found throughout the house, from the kitchen to the master bath. "It took seven slabs of granite to complete everything," he added.

"When we started remodeling, we were actually only going to do the kitchen, and then it just kind of



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developed into redoing the whole house," Sheryl recalled. The entire kitchen, dining and living areas are now one continuous space, separated by a massive wraparound stone fireplace. The formal dining room was transformed into a separate kitchen area for their stainless steel appliances, vented stove and lazy Susan cabinets with convenient pull-out drawers. A new garden window for herbs is adjacent to their huge island and bar area. "After the girls moved out, we just really wanted a more user-friendly kitchen area," she said.

What used to be a bedroom and office now holds a pool table and dining table and chairs. The area opens onto a sunny breakfast nook, complete with another table and chairs,

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surrounded by windows. “We have a lot of family dinners here during the holidays and throughout the year and we do a lot of entertaining, so we wanted everything to feel open,” Sheryl said. New windows throughout the space add to the brightness of the light ash wood flooring and cabinets. Coupled with the mocha-colored, textured walls, the home truly has a warm, happy country vibe.

The master bedroom, with its calming mint-colored walls complementing the seafoam green granite of the master bath, was also enlarged. “We took out a bedroom so that we could have a walk-in closet and walk-in shower,” Lyle said. With a grin, Sheryl remembered, “My girls threw me a surprise 50th birthday party. We decided to try to see how many women we could get in my shower at one time. I think the final count was over 30.”

The McCoys remodeled the back room of their house with, as always, entertaining in mind. “We set up the





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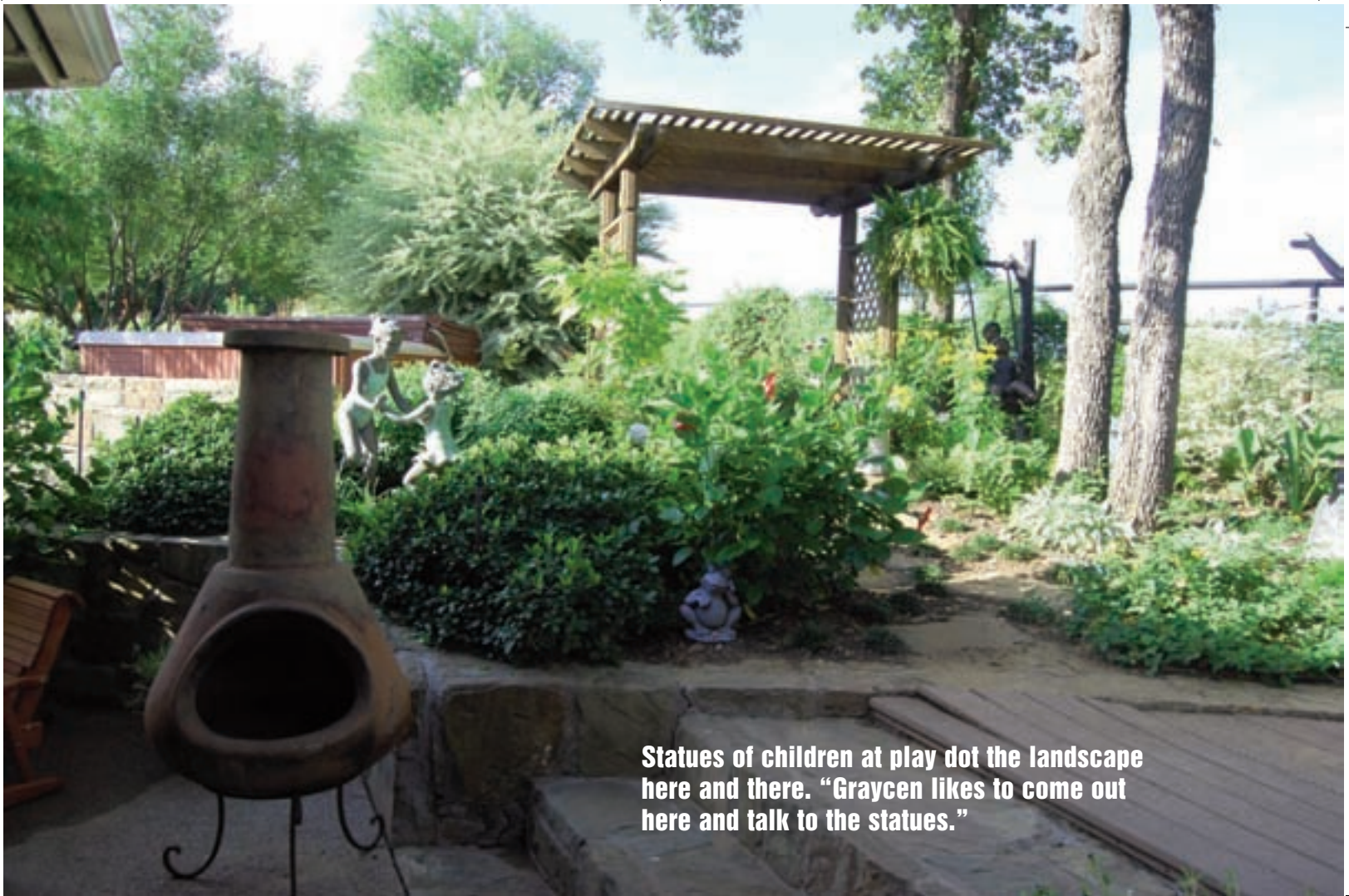
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back area of the house with a double refrigerator and a wine refrigerator, dishwasher, sink and ice maker,” Lyle said. “We do a lot of outdoor cooking, and now we don’t have to carry things back and forth from the kitchen.” Jake, the friendly black Labrador, looks through the glass doors to welcome visitors outside, where a hot tub, shaded table and grill area are surrounded by lush greenery.



Sheryl enjoys antiques and has filled her home with pretty finds, such as her pottery bowls, displayed in the kitchen, and gorgeous pastel-colored Candlewick glassware, collected in a hutch in the family room. Another interesting find is their White Mountain salesman sample antique ice

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cream maker. "We were at an antique show in Round Top, Texas, and my mother spotted this and told me, 'Lyle would love this because he loves to make ice cream,'" Sheryl smiled. The antique is treasured because, as Lyle shared, "We think of ice cream-making as something we do with family and friends, so it's something special."

Sheryl, who loves to garden, has obviously been blessed with a green thumb. "I love being outdoors. We have a lot of hummingbirds and

"I love being outdoors.

We have a lot of hummingbirds and butterflies out here, and it's nice to be able to watch them."

butterflies out here, and it's nice to be able to watch them," she said. The backyard is full of the vivid blooms of her lantanas, hibiscus, yellow bells and angel trumpets, as well as her garden full of tomatoes, cucumbers and peppers. Statues of children at play dot the landscape here and there. "Graycen likes to come out here and talk to the statues," Sheryl laughed. "They're his friends."

Lyle also enjoys being outside, whether he is fishing, hunting, helping with the gardening, or cooking for family and friends. "As long as the weather is good, you'll find us outside," he smiled. "Life is good. We've really been blessed." **NOW**



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Around Town



Cheerleaders posed for the camera while waiting to cheer. Top left to right: Alex Martin, Bridgette VanWorzel, Taylor Wilborn. Bottom Left to right: Katie Made, Destiny Romero, Kynall King.



Duke Simms guarded the entrance to the BHS stadium after the homecoming game was postponed due to inclement weather.

Around Town

It is that time of year again — when sleeping in and relaxing by the pool is replaced by early morning alarms and football games. Burleson ISD began the school year by welcoming several new teachers, while alumni and students alike cheered on the BHS Elks to a 34 - 14 victory over the LD Bell Blue Raiders at a rain-postponed Saturday homecoming game.



Leann Newman took time to thank veteran Jack Shelton for his service.



BHS Class of '95 alumna Amanda Stephens attended the game with her family.



State Representative Chet Edwards and Coach Phil Anderson thank vets Derek Johnson and Zack Blackstock.



Friends have a fiesta at Homecoming 2009.



Vicki Price and Lorena Bowles, mothers of BHS drill team Strutters, run the booster club booth.

Around Town NOW



Barleson Tea Party organizer Angela Cox recently met with Governor Rick Perry when he visited Dallas. Together they called for men and women to support massive reductions in government spending.



Barleson Citizens Police Academy Alumni Association's Richard Lamar accepts a \$500 donation from James Brown.



Janet Ayala welcomes Megan Wislery, the new dance/drill team instructor at BHS.



Lauren Pate celebrated her 18th birthday with friends Emily Williams and Kena and Ed Williams.



The Barleson Chamber of Commerce held a ribbon cutting ceremony to welcome Edward Jones-Beth Perry.



Mattress Giant celebrates its grand opening with a ribbon cutting ceremony.



Mark McLemore, former Texas Ranger, poses with boys from the Barleson Youth Association, who helped host the Friendship Games between Team USA and Team Japan.



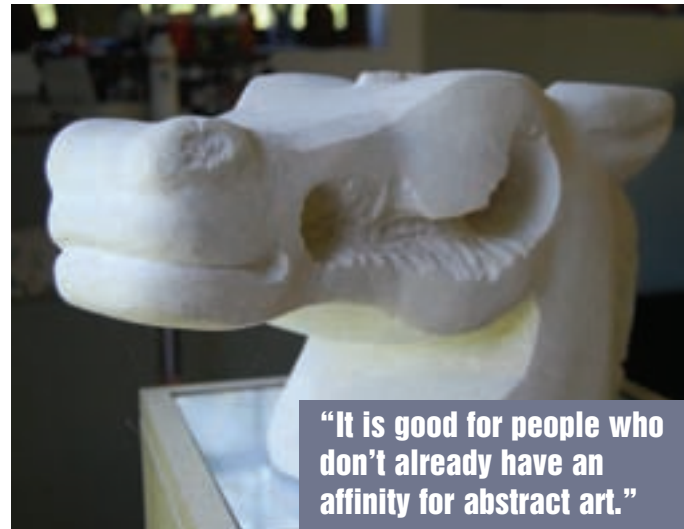
Sara Gilles cannot contain her excitement at becoming the new Life Skills instructor at BHS.

ARTS
NOW



It Is Not a Hobby

— By Melissa Rawlins



"It is good for people who don't already have an affinity for abstract art."

Out in her studio — half inside the revamped garage and half under the gnarled oaks — Jenny Franz wields her power drills, sanders and polishers with strength and purpose. When faced with a 4-foot square (or smaller) block of limestone or marble, Jenny's challenge is to convey in three dimensions the thoughts that have incubated in her brain.

"I am often thinking about a lot when I work," Jenny said, pointing to a life-size limestone carving of a man's head lying on its side. The piece is named *Stem Cell Dilemma*, and represents the monk Gregor Mendel looking at peas. Even in its abstractness, you can see the embryo carved on the neck when you view the head from behind.

"Sculpture is such a fascinating, more difficult thing than painting, because you're supposed to be able to walk around the piece 360 degrees and have it interesting from every angle. It's a much longer process than painting," added Jenny, who has many of her own oil paintings on the walls of her home. "Most of my stuff is abstract. If you get a little chip in a realistic piece, you could just go, *Oh, that finger came off; well, I'll just make a lock of hair cover that.* But in an abstract piece, you can't have a little nick in it. Every line has to flow."

In the subtractive sculpture Jenny does, she takes away material while trying to find the form. "If I take away something, I can't put it back. Knowing this, it's kind of exciting," she said, "because if you make a mistake with

sculpture, sometimes you have to redesign the entire piece!

"Sometimes it takes me days to refine my idea of what I want to accomplish with a little model of paper, thin metal or clay," Jenny explained. "Then I go to the stone. It takes me as much time to do the finishing process, that is the sanding and polishing, as it does to carve the entire piece. It's sometimes more difficult to make a small piece than a large piece because you have so little room for error when you're doing the subtractive process, so you have to go much slower, much more carefully."

This is a common thread in her discussions with the artists with whom she has collaborated through Burleson's Russell Farm Art Center. When teaching sculpture, Jenny reminds her students to take their time. "Pupils don't realize how hard it is, and they want to do it fast," she said.

The pleasure she takes in each moment adds to the passion Jenny has for her art form, which she chose nearly 13 years ago after accepting a neighbor's invitation to take lessons from a stone sculptor trained in Carrara, Italy. By the time she found her new thrill, Jenny had been a doctor for 25 years. "Both developmental pediatrics and sculpture offer challenging problem-solving situations where you're trying to find the answer and figure out what steps need to be taken next," she said. In her earlier work, evaluating and helping special needs children, Jenny collaborated with school systems, local

ARTS NOW

doctors, speech therapists, occupational therapists and all the groups of people who would intervene to help work out the solution for the child. "I absolutely had a passion for that. I just traded one passion for the other," she added. "With stone, I'm thinking, *Where am I going with this? Is my message going to get across?* That's the challenge."



Jenny has been asked to create a piece for the University of Kentucky Medical Center, where she earned both her undergraduate and her medical degrees. "I want to do something totally abstract. I have done a piece in limestone recently called *It Takes a Village*. It's half relief, and half in the round, and is a mother breastfeeding with hugs from community. It is good for people who don't already have an affinity for abstract art," Jenny said. "I'm thinking I might want to make a huge piece in marble [for the commission]." In her studio, Jenny has been preparing by "playing" with two faces floating together in a small piece of white marble.

After a day stirring up dust, the marble filings that she sweeps into a



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small pond near her workbench attest to the slow but sure formation of an idea in Jenny's mind, and its development into a touchable representation of her reasoning. Her challenges are part of every evening's discussion with her husband, Jerry, a retired cardiac surgeon now practicing pain management.



Jerry has supported Jenny's endeavors through 39 years of marriage. They celebrated her success together in 2005 in Tuscany, where Jenny represented the United States at an annual international art show. Over 200 of her sculptures are on display in private homes as well as a couple of galleries, including the Hue Gallery in Mansfield. One of her sculptures is at the Office of Religious and Spiritual Life at Texas Christian University, and another, a bust of Mr. Man and Mr. Feild, is on view at the Mansfield Historic Society. Always, Jenny is working to explore, to create and to follow her passion. **ARTS NOW**

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Sports
NOW

Boom Boom Boom!

— By Melissa Rawlins



Dudley Eudy, just back from a big dove hunt, fondly remembers the days when he was gaining the knowledge that he now passes on to anyone who wants to learn. “I went dove hunting with a one-armed man that kind of taught me how to hunt and raised me on hunting. We were sitting on a bucket and when the birds flew over and I shot, I fell off the bucket and landed on a big hornets’ nest! They actually chased me all over the pasture, and I got stung a few times and let me tell you,” Dudley recalled, “those guys hurt!”

“That was another lesson to me that you must be observant. It’s bad when the cows take off after you, and you leave all your equipment with the cows and you know you gotta go get it. I’ve left a lot of buckets and equipment in pastures,” said Dudley, who thrives on teaching young people all about making ethical choices. For Dudley, the best classroom is the great outdoors.

Growing up on Lake Tawakoni, fishing and camping with his father, Dudley has been hunting for over 30 years. Nine years ago, Dudley had his arm tattooed with a feathered ring (an American Indian dream catcher). “As a parent, it’s my responsibility to help my kids catch their dream,” he explained. “As a parent, it’s your job to see that your kid’s dreams are on the right road.” Dudley started Dreamcatchers Outdoorsman (DCO) in order to help other people’s children catch their dreams, too.

In his capacity as “dreamcatchersman,” Dudley organizes hunting trips for children and their parents who normally do



Growing up on Lake Tawakoni, fishing and camping with his father, Dudley has been hunting for over 30 years.

Sports NOW

not get the opportunity to go camping and hunting. "If you ever have a chance to experience something different, I say don't put it off. Put it on your agenda," he advised. "If you've never woke up in the woods and got the experience when nature is waking up or going to bed, you're missing out on so much. It's the wildest thing. It's a major adrenaline rush for me."

Dudley wants to share that rush. "Whether it's a cancer patient, a child whose parents have split up, or an autistic child, I can help that child experience

**"On my path,
I choose to
follow God and
the outdoors."**

my path," he said. "Today's society is about depression; it is filled with drugs and alcohol, our economy is struggling, and peer pressure makes you do weird things. We choose these wrong paths in life. On my path, I choose to follow God and the outdoors."

Other sportsmen agree with Dudley's concept and are supporting the work of DCO. Sponsors from Johnson County (Joshua Meat Processing Plant, Modern Taxidermy, Campbell's Paint and Body, Terry's Tire, Brad Mitchell Inc. Transportation, and KMP Group) fund the trips. While Dudley and DCO's staff patiently explain the myriad details of surviving and enjoying the hunt, a camera crew videotapes the families out in the wild.

"Everything can be replaced except a picture and a memory. It's just an awesome feeling to give these videos to the families," Dudley said. "My pro staff — Chuck Arthur, Dwayne and Bree



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Wink and Brad Mitchell — all have the passion like I do. Anybody in the world can be part of my pro staff. Just takes a little of your time, and the understanding that it's not for us but for the kids and [their] parent."

Dudley's concern that children understand the wild is nothing new. He tells a funny story about one of his sons, Justin, who is now a star football player at Burleson High School. "When Justin was a pre-K student, he went to school one Monday and commenced to tell a teacher how we field-dressed a dove. I got a call from the principal's office for a scolding because of how Justin worded the description of field-dressing. He said, 'You rip their wings off and stick your thumbs up their butt,' but he didn't say 'butt.' I thought they were going to send me to detention," Dudley laughed.

Teaching children and adults the ins and outs of hunting, whether it is tracking deer, handling a gun safely, respecting state law or fishing for striper, Dudley instills a sense of pleasure and thanksgiving into every moment. "In dove season, it's boom boom boom boom! It's one of my favorite times," he shared. "Take a dove, soak it in milk so the wild taste starts coming out of it, wrap it in bacon with a jalapeño and then stick it on the grill. When the bacon's done, the dove's done. I have cooked 'em with a stick. Just like roasting marshmallows!

"It's a great feeling to sit around the campfire with the kids telling their stories," Dudley said, crediting Muzzy Broadheads, Hunters Safety Systems and Cabelas for equipment and support for the numerous bow hunting and rifle hunting trips DCO will take children on this month and next. "That's when that child can tell something to their parents or to us that's been bothering them for a long time. Kids teach me. The learning process is what it's all about!" **NOW**

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Business
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KNOCKING Out Pain

— By Melissa Rawlins

Dr. Brandon Pettke — possibly the youngest chiropractor in Burleson — carries into each day a vibrant enthusiasm for relieving people's pain. "The body has an innate ability to heal and take care of itself if you just give it the right situation," said Dr. Pettke, who opened his practice in Crowley in 2004. Dr. Pettke lives in south Fort Worth with his wife, Michelle, and their 2-year-old son, Luke, and 1-year-old daughter, Leah. Following the majority of his patients, who lived in Burleson, Dr. Pettke moved his HealthSource Chiropractic and Progressive Rehab clinic in 2008 to its new location on John Jones Drive.

Dr. Pettke and his associate, Dr. Alex Klein, take what they call a "combination approach" to their patients' health, combining chiropractic care, for joints, with any or all of the following: decompression therapy, for discs; physical therapy or massage, for muscles; cold laser therapy, for pain and inflammation; and pharmacy-grade supplements, for feeding tissues of the body. "All together,

that's called progressive rehabilitation," Dr. Pettke said, highlighting some of the lesser known techniques in his office.

"Cold Laser Therapy speeds up the healing process by about 300 percent," he explained. "There's an Active Therapeutic Movement Device — we call it the miracle machine — that helps with physical therapy, training your mind and muscles to stretch your back." Since early 2009, Dr. Pettke has taught the use of that device, plus decompression, to other doctors for their continuing education.

HealthSource Chiropractic and Progressive Rehab's nutritional supplements are often recommended to patients. The most popular are: ArthraMend, with MSM and Glucosamine, for bringing down inflammation and healing joints; CardiOmega, omega-3 fatty acids that improve heart health and reduce inflammation; Nutritional Foundation, multivitamins that add to overall health; CalMag2000, therapeutic for those prone to osteoporosis; and NutraCalm, for easing

tension headaches and muscle spasms.

Patients can often be seen rolling around on giant rubber balls inside the 3,000-square-foot rehab facility. "That ball is for strengthening the muscles. If you have weak muscles in the lower back, for instance, the lower spine has more opportunity to move around and will be more susceptible to injury," Dr. Pettke explained. "If you strengthen the muscles, they act like a girdle to hold the spine tight and prevent injury. Our philosophy is that if you fix the structure (the spine) and the guide-wires (the muscles) you don't have a Leaning Tower of Pisa effect."

"We have eight people here to get patients out of pain as quickly as possible," Dr. Pettke said. "Jessy, Darie, Kristy and Cheryl are my chiropractic assistants. Our front desk receptionist is Tammy. Our office manager and insurance coordinator is Rebecca. We take patients through three steps: we get them out of pain; we rehab, or fix, their spine; and we prevent pain from coming back."

Business NOW

The clinic wants to help people prevent extra weight from coming back as well. "A physician-monitored weight-loss program will be launched by January 1," Dr. Pettke said. "This program has had phenomenal effects using diet, exercise, a customized program of supplements based off the patient's blood work and a behavioral re-patterning device."

Most insurance plans cover all of HealthSource Chiropractic and Progressive Rehab's services. "We have a lot of patients who went through traditional routes of pain medication



and surgery," Dr. Pettke said, "but when they come here, we take that combination approach and are able to knock out that pain."

This fall, while you are raking and mulching your yard, remember that HealthSource Chiropractic and Progressive Rehab is just around the corner at 1320 N.W. John Jones Drive. If you strain your back, relief is available. Just call (817) 297-7100 on Mondays, Wednesdays and Thursdays from 9:00 a.m.-noon and 2:00-6:00 p.m., Tuesdays from 2:00-6:00 p.m. and Fridays from 9:00 a.m.-noon. **NOW**

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Precious J. Marquart, M.D., has joined Huguley Medical Associates and will practice at Alsbury Family Medicine Clinic in Burleson with Dr. Nelda Cuniff. As a board-certified family physician, Dr. Marquart will provide comprehensive care for families and individuals of all ages, including treating acute illness, managing chronic conditions and providing wellness care.

Dr. Marquart has served as an Assistant Professor of Family and Community Medicine with Penn State Milton S. Hensbey Medical Center in Pennsylvania. She has also worked in private practice.

She is a member of the American Academy of Family Physicians, the American Medical Association and the Texas Medical Society.

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Almost Perfect

— By Jaime Ruark

Perfection is a lofty goal. To be able to say you have done something perfectly is quite a distinction, a benchmark that sets you apart from the crowd. Burleson High School junior Jamie Farris is an amazing young lady — intelligent, beautiful, athletic and sweet-natured. Among the many life goals she has set for herself is perfect school attendance, a feat that has remained unattainable for other students in her class in the Burleson school system. Barring any unforeseen occurrences, Jamie is going to reach her perfect goal.

Having spent her summer as a life guard and swim instructor at the community center, Jamie has remained in racing shape for the swim team, for which she competes in the relays, 50-meter and 100-yard races. Academically, Jamie is among the top five percent in her classes, with an aptitude in math and English, and plans to attend college as an English major. “I like math because there’s only one answer to a question,” she said, “but I think I want to be a writer.” Although she is currently unsure which college she will choose, she has already “gotten so many college letters it’s unreal,” noted Steven, her proud father.

At first, Jamie’s spotless record went unnoticed. When Jamie finished fifth grade with no absences or tardies and received a plaque honoring that accomplishment, however, the family started paying attention. Since then, among her many achievement awards each year is the perfect attendance award. “At first, it was just something she did, no big deal. She’s very level-headed and we never had to force her to go to school,” her mother, Anna, shared. “Now it’s really become a goal for her.”

There have been a few occurrences that have threatened Jamie’s perfect record, including a run-in with a copperhead snake the summer before her third-grade year. “We were at my uncle’s wedding in the country and my cousins and I were playing hide-and-seek at night,” Jamie said. “I was hiding behind a tree and I backed into something and as it turned out it was a copperhead.” The snake bit her on her foot, and her family rushed her to the hospital while the



poison crept up her leg. “I had to be on crutches, but since it was summer, I didn’t miss any school,” she smiled.

Some of Jamie’s peers might think perfect attendance is not a major feat until they consider the fact that she is alone in this accomplishment. Texas public schools meet 180 days a year, which means Jamie had attended 1,800 days of school, without once being late, prior to her junior year. That truly is quite an accomplishment, considering her busy schedule. “I wake up at 4:45 a.m. for swim team. Sometimes, I really don’t want to get up, but I make myself do it,” she said. “We swim for about an hour and then I come back home, shower and get ready for school.” With a laugh, Anna added, “Her schedule was killing her dad and me, but this year, thank God, we got her a car. Actually, she worked hard and saved up enough for the down payment, which to me is a big deal.”

Jamie is extremely self-motivated, but she also realizes the support of her proud parents has helped her accomplish her goals. “She used to not really think much about it, but now that she’s so close to graduating with a perfect record, it’s become a big goal,” Steven noted. “Her mom is definitely pushing her to get there.” Anna admitted, “I do push her, but it’s because I believe school is so important. Jamie and her sister, Jessie, are good girls. We’ve really been blessed. They both have good heads on their shoulders. I try not to be hard on them, but I want them to know how important

Education NOW

getting a good education is."

Assistant Principal Scott Shaha recognized that parental involvement is important. "[Perfect attendance] takes dedication not only on the student's part, but on the family's part as well," he said. "It's an accomplishment for parents who say, 'No, you're going to go to school,' even when the student wakes up and says, 'I'm not feeling well.' But you know, it's obviously important to Jamie to be at school every day. She takes pride in that. It speaks to the character of the student that education is so important to them that they're dedicated to being here every day since they started school. That's outstanding!"

"Sometimes, I really don't want to get up,



but I make myself do it."

As a junior, Jamie began the school year with 360 more days to go before she reaches her goal. That means there are 360 possible traffic jams, 360 opportunities to catch a cold or even 360 possible snakebites to keep her from a spotless record. However, with her eyes fixed firmly on the prize and her family backing her every step of the way, this admirable young woman has a really good chance at accomplishing her goal of perfection. **NOW**

Gastroenterology

Adil M. Choudhary, M.D.

Award-winning gastroenterologist Adil M. Choudhary, M.D., has opened a practice at Huguley Memorial Medical Center. Board certified in both internal medicine and gastroenterology, Dr. Choudhary treats inpatients and outpatients for conditions of the liver and digestive tract.

Dr. Choudhary has extensive training in gastroenterological and biliary endoscopic procedures. He is one of only 277 Fellows of the American Society of Gastrointestinal Endoscopy, The American College of Gastroenterology and the American Medical Association, among other organizations, have honored Dr. Choudhary with many awards and recognitions.

Dr. Choudhary completed his residency in internal medicine at Bellevue Hospital Center and New York University Medical Center in Manhattan. He did a three-year fellowship in gastroenterology and hepatology at Yale University Gastroenterology Program in Bridgeport, Connecticut, and he received advanced training in therapeutic gastrointestinal endoscopy at Tulane University Medical Center in New Orleans.

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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH MARGARET GEORGE

SOS DIP

3 medium fresh tomatoes, chopped
4 green onions, chopped
1 8-oz. can green chilies, chopped
1 8-oz. can black olives, chopped
3 Tbsp. olive oil
1/2 tsp. vinegar
1 tsp. garlic salt
Combine all the ingredients. Marinate overnight and serve with chips.

FRUIT AND SPINACH SALAD

DRESSING:

3/4 cup sugar
1 tsp. dry mustard
1/3 cup wine vinegar
1 cup oil
1 tsp. salt
2 Tbsp. poppy seeds
1/2 small onion, chopped fine

OTHER INGREDIENTS:

16-oz. fresh spinach
1 pint fresh strawberries, sliced
2 green onions, sliced
1 ripe avocado, pitted, skinned and cut into

small pieces

1 banana, sliced

Combine dressing ingredients ahead of time and chill. Store in a container you can shake up before serving. Wash and dry spinach ahead of time. Add the remaining ingredients and dressing before serving.

CHICKEN TETRAZZINI

1 8-oz. pkg. spaghetti
1 cup fresh mushrooms, sliced
1 small onion, diced
1/4 cup butter
1/4 cup flour
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. poultry seasoning
2 cups chicken broth
1/2 cup whipping cream
3 1/2 cups cooked chicken, diced
1 cup sharp cheddar cheese, shredded
Cook spaghetti per directions. In a large saucepan, sauté mushrooms and onions in butter until tender. Add flour, salt, pepper and poultry seasoning; stir well. Cook one minute,

stirring constantly. Gradually add broth; cook over medium heat, stirring constantly, until thickened and bubbly. Add the cream and stir until smooth; stir in chicken. Place half of the spaghetti in a greased, shallow 2-quart casserole dish. Spoon half of the chicken mixture over the spaghetti; repeat layers. Bake uncovered at 350 F for 20 minutes. Sprinkle the top with cheese; bake an additional 5 minutes.

PEPPER STEAK

1 1/2 lbs. sirloin steak, cut in 1/8-inch thick strips
1 Tbsp. paprika
2 cloves garlic, minced
2 Tbsp. butter
1 cup green onion, sliced
1 green pepper, cut in strips
2 large fresh tomatoes, diced
1 cup beef broth
1/4 cup water
2 Tbsp. cornstarch
2 Tbsp. soy sauce
3 cups rice, cooked and hot
Sprinkle steak with paprika; allow to stand while preparing the vegetables for cooking.



Front row: Jackie Ausich, Ayla Ricci, Tuesdee Lynch, Sandra Crites
Back row: Michelle Young, Brandee Hand, Leah Owens, Kim Snoddy,
Karen Olinger, Kelly McCulloch, Michelle Peters, Jamie Keating

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Cook steak and garlic in butter until meat is browned. Add onions and peppers; continue cooking until vegetables are wilted. Add tomatoes and broth; cover and simmer 15 minutes. Blend water with cornstarch and soy sauce. Stir into steak mixture until thickened. Serve over rice.

BANANA BREAD

3 large bananas, peeled and sliced
2 eggs

1/2 cup oil

1 cup sugar

1 1/4 cups flour

1 tsp. baking soda

pinch salt

1 cup pecans, chopped

Mash bananas; add eggs and oil. Combine dry ingredients; add to the banana mixture. Mix well; add nuts. Pour into greased and floured pan. Bake 300 F for 1 hour.

SNICKER SURPRISES

2 sticks butter, softened

1 cup creamy peanut butter

1 cup light brown sugar

1 cup sugar

2 eggs

1 tsp. vanilla

1 1/2 cups all-purpose flour, sifted

1 tsp. baking soda

1/2 tsp. salt

2 13-oz. pkgs. miniature Snickers candy bars

1 11-oz. pkg. of Dove milk chocolate candy
powdered sugar

Combine the butter, peanut butter and sugars using a mixer until light and fluffy. Slowly add the eggs and vanilla until thoroughly combined. In a small bowl, mix the flour, soda and salt. Add the dry mixture to the butter mixture. Mix well. Cover and chill dough for 2 to 3 hours. Unwrap the Snickers bars. Divide dough into 1 Tbsp. pieces and flatten with hand. Place a Snickers bar in the center of the dough; wrap the dough around the candy to form a ball. Place on greased cookie sheet. Bake at 325 F for 10 to 12 minutes. Cool on cookie rack or waxed paper. In a bowl, melt the Dove chocolate in microwave. Drizzle chocolate over the top of cookies. Sprinkle tops with powdered sugar. Cookie not only tastes great, it looks great!

CHEESECAKE DELIGHT

10 ladyfingers, split

1 graham cracker crust

2 pkgs. cheesecake mix, prepared

1 8-oz. tub cream cheese, softened

1 8-oz. tub Cool Whip, thawed

1 20-oz. can cherry pie filling

Line a 10-inch spring form pan with ladyfingers on the sides only. Pat graham cracker crust in bottom of pan. Mix cheesecake mixes with cream cheese. Gradually fold in Cool Whip. Pour into pan; chill until ready to serve. Top with cherry pie filling before serving.

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.



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Avoid These Scary Investment Moves

— By Lynn H. Bates Jr.

It's Halloween time again, so you'll probably be seeing a lot of ghosts, goblins, witches and werewolves. While you may find these sightings more amusing than fear-inducing, you don't have to look far to find things that really are frightening — such as scary investment moves.

Fortunately, by recognizing these sinister steps, you can help avoid them. Here are a few to consider:

• **Scary Move No. 1: Trying to “time” the market**

If you always knew when to “buy low and sell high,” you’d be a tremendously successful investor. Unfortunately, no one can accurately predict highs and lows — and if you try to jump in and out of investments in response to speculation about where the market is heading, you could end up missing good opportunities. You’re typically better off by staying

invested and investing based on your individual risk tolerance, time horizon and need for diversification. (Keep in mind, though, that diversification, by itself, cannot guarantee a profit or protect against a loss.)

• **Scary Move No. 2: Chasing after “hot” tips**

You can get “hot” investment tips from anybody — your neighbor, your brother-in-law or even that guy you always see at the bus stop. But while these tips may be well intentioned, they may be flawed, for a couple of reasons. First, if an investment really was “hot,” by the time you hear about it and get around to purchasing it, it may already be cooling off. But more importantly, it might not be suitable for your individual needs. Look for investments that you understand and that can help you meet your goals.

• **Scary Move No. 3: Investing too aggressively — or too conservatively**

If you invest too aggressively, you could be taking unnecessary chances. On the other hand, if you invest too conservatively, you may never achieve your long-term objectives. Try to find a mix of investments that fits your individual risk tolerance.

• **Scary Move No. 4: Leaving your**

portfolio “unbalanced”

Over time, your individual situation will change, as will the fundamentals of some of the investments you own. That's why it's important that you regularly rebalance your portfolio, possibly with the help of an experienced financial professional.

• **Scary Move No. 5: Failing to take advantage of investment opportunities**

To help meet your goals, such as a comfortable retirement, it's important to take advantage of suitable investment opportunities. Contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan, as well as your IRA and other retirement accounts you may have. As an investor, your greatest ally is time, so the more years you invest — especially when you're investing in tax-advantaged accounts such as a 401(k) and an IRA — the greater your prospects for achieving your financial objectives.

You can't elude all the pitfalls that life may hold in store. But by avoiding these terrifying investment moves, you can help improve your prospects for long-term success — and that's not a scary thought at all. **NOW**

Lynn H. Bates Jr. is an Edward Jones representative based in Burleson.



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Fighting for Air

— By Betty Tryon, R.N.

Is there anything worse than not being able to breathe? To be able to take a deep, cleansing breath is one of the blessings of life that we rarely think about — until we can no longer do it. Sufferers of Chronic Obstructive Pulmonary Disease (COPD) know the feeling. They live with it every day. COPD is a group of diseases of the lungs that make breathing difficult.

As the fourth-leading cause of death in the United States, it is also the main cause of death and illness worldwide. Two of the main conditions in this group are emphysema and chronic bronchitis. The lungs contain airways called bronchi and bronchioles. The bronchioles open into tiny air sacs called alveoli. With a normal lung, you take a breath and the air sacs fill up. Upon exhalation, the air sacs deflate. The natural elasticity present in the bronchioles and alveoli helps to force air out of the lung. With emphysema, that elasticity is damaged and alveoli will lose their shape. Less air can get in so you always feel short of breath. In chronic bronchitis, the walls of the bronchial tubes are constantly inflamed and filled with

thick mucus. Breathing becomes difficult. Unfortunately, most people who have COPD have both of these conditions.

The symptoms with these diseases are obvious: difficulty in breathing, shortness of breath, a persistent cough that is worse in the morning, having a cough that produces sputum (mucus). For the most part, the main cause of COPD is long-term smoking. COPD takes a long time to develop over many years. With chronic bronchitis, when you develop a cough from smoking, if you stop smoking early enough, the cough may go away. Although smoking is the major culprit, long-term exposure to other pollutants or irritants in the air including secondhand smoke, contribute to the development of COPD.

Treatment focuses on slowing the progression and management of this group of diseases since there is no known cure. If you are smoking, please stop. Supportive care is available. Oxygen therapy may be necessary. Exercise as much as you can. It increases your capacity to breathe. The treatment plan will vary according to how much damage has been done.

The bad news is that damage to your lungs from COPD is irreversible. The good news is that it does not have to get so bad that you are disabled. There is help and hope out there for you. Bad habits, an unhealthy personal environment and/or uncontrolled health problems all have a solution. Reduce your risks and save your life. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician for questions regarding this topic.

Internal Medicine & Pediatrics

Lawrence Whaley, M.D.

Lawrence Alan Whaley, M.D., has opened a new medical clinic in Burleson to provide comprehensive primary care for families. Internal Medicine & Pediatrics of Burleson is located in the newly renovated medical office at 220 S.W. Wilshire Blvd.

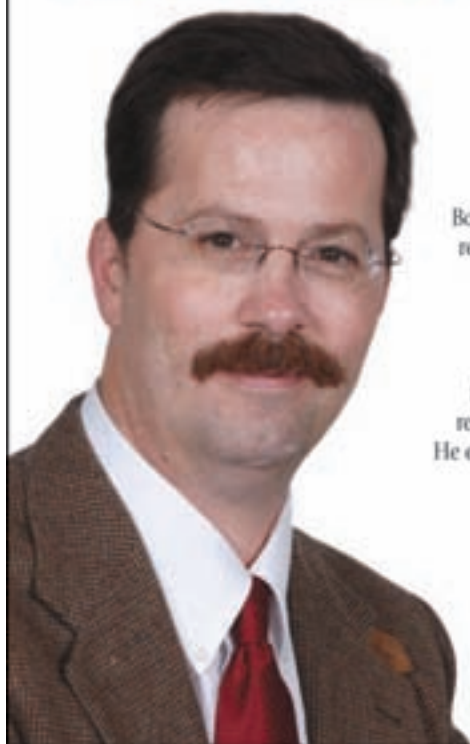
Board certified in internal medicine and pediatrics, Dr. Whaley has completed a combined four-year residency in internal (adult) medicine and pediatrics to care for newborn through geriatric patients. In addition to treating acute illnesses and providing preventative care, he has a special interest in treating asthma, allergies and chronic illnesses.

An experienced physician, Dr. Whaley has practiced in clinics and emergency care settings for fifteen years in Dallas, Stephenville, Waco and Johnson City, Tennessee. Dr. Whaley completed his residency in internal medicine and pediatrics at Western Reserve Care System in Youngstown, Ohio. He earned his medical degree at the University of Texas Health Science Center in Houston. He holds a Bachelor of Science degree in chemistry from Midwestern State University in Wichita Falls.

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Reflux is a term used to describe the fluid that escapes from the stomach and enters the esophagus. It is often very acidic, since the fluid comes from the stomach, but also can contain bile and other digestive enzymes. This leads to the burning feeling you may get when reflux occurs. Reflux is known by many terms: Acid reflux, Heartburn Indigestion GERD, Erosive gastritis, Barrett's Dyspepsia.

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Endocrinology


Imran Patel, M.D.

Imran Patel, M.D., an endocrinologist, opened the Institute of Diabetes and Endocrine Disorders at Huguley. Dr. Patel has extensive training in glandular conditions including diabetes, thyroid disorders, metabolic disorders, male reproductive health, and abnormal production of hormones.

Board certified in internal medicine and board eligible in endocrinology; Dr. Patel has ten years' experience as an endocrinologist, most recently with John Peter Smith Hospital in Fort Worth. Along with patient care, Dr. Patel's career has included research and teaching. Dr. Patel worked on the landmark diabetes prevention study with world-renowned endocrinologist Dr. Abbas Kitabchi at the University of Tennessee.

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Outdoors **NOW**

Plan Now for More Time Next Summer

— By Nancy Fenton

October is finally here and with it cooler weather, we hope. It is a great time to reevaluate your yard and garden. If you find each year bringing more and more yard challenges, maybe it is time to think about moving toward a low-maintenance landscape.

Such a project begins with reducing the size of your grass areas. Start with areas that are tough to maintain anyway, such as areas under heavy shade trees, pet runs and high-traffic areas. Go for easy-care beds with native perennials and lots of mulch. Wood ferns are great under trees, as are inland sea oats, and they do not require extra water after the first year.

Mass planting of bulbs that will naturalize like jonquils and daffodils, will give you a lot of color early in the spring before the trees leaf out. Daylilies will start blooming later in the summer, continue to bloom through the fall and come back stronger year after year. Irises are hardy, easy and tough, just right for low-maintenance beds. Turk's caps and lantanas are two hardy natives that grow almost in spite of our efforts and provide lots of color during the hot days of summer.

Plan to mulch heavily and sit back with nice cold lemonade to enjoy your renovated landscape. You will have less mowing, trimming and edging plus more time to enjoy if you plan now and get started while it is cool. Plants and flowers planted now will have a head start next spring and bloom while you watch.

Do not forget about the Master Gardeners' Great Iris Giveaway, Saturday, October 3 to be held at the Farmers Market in Waxahachie. **NOW**

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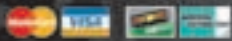
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October 2009

Community Calendar

Every Tuesday

Professional Power Team networking group meets at Blue Mesa on University Drive in Fort Worth: 11:30 a.m.-1:00 p.m. Contact (817) 295-2161.

Professor Pennyworth's Mad Laboratory, at the Burleson Public Library: 4:15-5:15 p.m. Contact (817) 426-9210.

Every Saturday

Burleson Farmers Market: 7:00 a.m. - 2:00 p.m., parking lot of City Market in Old Town. (817) 295-6121. marys@burleson.org.

Second Sunday

Joshua Organic Garden Club meets in and around Joshua at individual members' homes: 3:00-5:00 p.m. Contact (817) 295-2161.

October 1

Scary Special Effects Makeup Class for teens: 4:15-5:15 p.m., Burleson Public Library. WARNING: This class will require the use of liquid latex. Do not volunteer to be made over unless you are certain you are not allergic to liquid latex. (817) 426-9210.

October 10

Defensive Driving classes, taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Area Chamber of Commerce.

Pre-register by calling (817) 341-7384.

October 5

Burleson City Council meeting: 7:00 p.m., City Hall. (817) 447-5400.

October 10

Founder's Day: 9:00 a.m.-6:00 p.m., Ellison St. between Main St. and Johnson Ave. More than 80 vendors are expected to line the streets. For more information, call the Burleson Heritage Foundation at (817) 447-1575 or the city of Burleson at (817) 447-5400.

October 13

Burleson Heritage Foundation meeting: 7:00-8:30 p.m., Heritage Visitors Center, 124 W. Ellison. (817) 447-1575.

October 15

Pregnancy Aid Center's "A Mosaic Life" Gala: 6:30-9:00 p.m., Radisson Hotel, Fort Worth South. Semi-formal fundraising event features comedian Mike Williams. Contact Jill Kunkel at (817) 295-4101 or jill@kunkels.com.

October 19

Burleson City Council meeting: 7:00 p.m., City Hall. (817) 447-5400.

October 26

Burleson ISD Board meeting: 6:30 p.m. (817) 245-1000.

October 23-25

Midlothian Arts Council Painted Art Show, held at Midlothian Conference Center. For entry and event information, contact (972) 723-7919 or visit www.midlothiancenter.com.

October 30-November 1

Bob Noel Tennis Classic, Walnut Creek Country Club, 1151 Country Club Dr., Mansfield, TX. This event benefits the Alzheimer's Association and the Feed the Kids Program. All players receive a tournament T-shirt. Saturday lunch provided by the Kiwanis Club of Mansfield. For more information, please call (817) 473-1311.

October 31

Ellis County SPCA's 7th Annual Halloween Bow Wow Hustle: 9:00 a.m.-noon, Ennis Bluebonnet Park. Doggie fun run, costume contests, door prizes and fun for all animal lovers. (972) 935-0756. www.elliscountyspca.org.



Burleson's 2nd Annual Boo Bash: 6:00-8:00 p.m., streets of Old Town. For more information, contact Mary Slaney at (817) 295-2161.

For more community events, visit our online calendar at www.nowmagazines.com.

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