

The Community Magazine Serving Burleson, Joshua and the Surrounding Area

Burleson NOW

M A G A Z I N E

October 2010

A Man and His Truck

Many New Beginnings

ALSO INSIDE:

Motivated by Adversity

All About the Jam

Compelled
to Create

At Home With
James and Debbie
McCroskey





Some Things Are SCARY & Fun and Some Things Are Just Plain SCARY!

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Whether You Suffer From Back or Neck Pain...Sciatica, Herniated or Slipped Disc(s), Arm Pain, Shoulder Pain, Stenosis or Arthritis... There is a NON-Surgical & Drug-FREE Treatment Option That You've Likely NOT Experienced... and If You Qualify, YOU Just Might Be The One Having ALL the FUN This Halloween!

Burleson — If you've ever struggled to get out of bed or suffered a sleepless night or missed out on fun with friends and family because of back or neck pain caused by anything from stenosis, herniated or slipped discs, arm or shoulder pain or even sciatica or arthritis, you know just how SCARY back or neck pain can be. This short article could provide a new hope and a new lease on life if you act quickly.

It's Halloween time for kids and adults alike. But fun is hard to have with a dagger stabbed in your back or neck. Fun is hard to have with rubber band tight muscles and creaky, aching joints. But many in Burleson are laying their hopes on an optimistic treatment new to many long time back and neck pain sufferers, especially if you have a slipped disc and are thinking of surgery.

"How Does THIS "Optimistic Treatment Option" Differ From Other Common Treatments For Back & Neck Pain?"

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Oftentimes, back and neck pain treatments focus on JUST ONE part of the pain. Whether it's pain drugs just masking the pain or surgery just cutting out the swollen disc, the treatments often aren't complete. You see, in many cases you MUST repair the spinal joints or muscles, focus on the damaged disc, and help strengthen and balance the injured muscles. It's this combination of treatments that just may offer you the hope you've been looking for. The unique and comprehensive combination of approaches used by Dr. Pettke and Dr. Klein and HealthSource Chiropractic™ doctors across the country allows ALL of these parts of your pain to be treated AT THE SAME TIME! All under the

same roof with a team of great staff, all completely drug and surgery FREE!!!

And THIS is why we get testimonials like the one below all the time...because our patients love their results! So it's with a very strong recommendation that we suggest you take a good hard look at the coupon on the right and call Dr. Pettke and Dr. Klein at HealthSource Chiropractic™ of Burleson and take advantage of their generous offer of a Complimentary Community Service Screening. PLUS get your appointment the SAME DAY you call, and make this your best ever, pain FREE, full of FUN Halloween!

"I had back pain with the inability to raise my right leg more than 1/2". I was seen by a neurologist and told my problem was chronic. At HealthSource, by the time I had the 2nd adjustment, I was able to lift my leg to a 90° angle when laying down. I feel much better! Walking is no longer a chore for me. If HealthSource can help me, I feel that they can help anyone."
—Nancy E. Hamilton

Community Service Screening "A great way to find out about your pain..."

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On The Cover

James and Debbie McCroskey, who have stayed together 34 years because of their love for life and each other.

Photo by Maria Monreal.

Editor's Note

Dear Friends,

Does anyone know what we are in for this October? Oooh! Our featured cook this month, Tricia Jones, is a working mom who has developed quick and easy recipes that are low in fat and calories! Chamber members Joe and Donna Confessore rev up the fun at Burleson's newest music store, Tune City Music. We'll give you a peek into the forever home of Debbie and James McCroskey, who really "do it up" at Halloween. You will get to read about Blake Jacobson, who is going to The University of Texas at Austin on a track scholarship! Fans of American heritage will enjoy learning about Gary Crouch, a Burleson-based artist whose prints are sought after nationwide. The new guy in town, Lance Campbell, discusses the dual challenge of starting fresh in a new district and leading Burleson's brand new Centennial High School into its new life! We introduce you to Don Grayson, a member of Charity Lutheran Church in Burleson, who manages the food ministry year-round under the philosophy: "If the poor are always going to be with us, then I feel that we need to always be with them."

May you always be just where you need to be, Burleson and Joshua!

Melissa Rawlins
BurlesonNOW Editor
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Tax Rate Rollback Election

October 16, 2010 • 7:00 a.m. - 7:00 p.m.

BISD Administration Building

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Tax Rate Rollback Election Information

What is The District Asking?

The Burleson ISD is requesting voter approval to increase the Maintenance and Operations (M&O) tax rate from \$1.04 to \$1.17.

How Much Will This Cost A Homeowner?

Approval of the Tax Ratification Election will increase the average homeowner's tax rate approximately \$141.28 annually, or about \$11.77 per month.

Why Does The District Need the Increase?

In 2006 the State Legislature directed all school districts to reduce their maintenance and operations tax to \$1.04 from the maximum rate of \$1.50. The State has only made up for approximately 60% of the loss in revenue to local school districts. The amount of money schools have to operate on is capped at the level per student that existed in the 2005-06 school year. Increasing property values do nothing to help the district. The State system is set up so that as local values and collections increase, the state simply reduces its share. BISD has not increased its M&O Tax Rate to local residents in 10 years. The State reduction (often referred to as a freeze) has been particularly devastating to BISD due to our rapid student growth.

BISD Built Several New Schools So I Don't Understand Why They Now Need Money.

Voters approved a \$259 million dollar bond program in 2006 that resulted in six new schools, security improvements at older schools, property for future schools, and technology. By law these items must be paid for with bond funds (called I&S for interest and sinking) and the District may not use those funds to operate the schools.

So, Why Did BISD Build The Schools?

Voters approved the construction due to overcrowding at all schools, especially at the elementary and high school level. A panel of citizens and parents presented the recommendation to the Board of Trustees after reviewing demographic reports and our then present physical facilities.

School Finance Is Complicated So Help Me Understand Why My Taxes Go Up.

BISD needs the money to operate all of the schools. That means personnel, utilities, insurance, supplies, etc. Bond monies cannot be used for M&O. In 2006 when the state imposed the \$1.04 rate for M&O, BISD had 11 schools. Today we have 15 schools and less money than we had in 2006. The State of Texas is experiencing a deficit so it is unlikely that school systems will see any relief. The legislature said that school districts must ask for voter approval in order to generate any additional funds.

What About Oil And Gas Revenues...What Has BISD Done With Those Revenues?

The BISD Board of Trustees saved most of these funds for future budget shortfalls. That strategy proved to be wise when the state froze the rate in 2006. BISD has placed these funds in a savings account and used them to cover any deficits. For the 2010-11 school year, the budget deficit is approximately \$4 million dollars.

Why Not Just Continue To Use Oil & Gas Revenues?

Two reasons: #1. They are an unstable source of revenue that is unpredictable and not permanent. #2. The state recommends school districts keep approximately three months of expenditures in a savings account for any emergency in order to maintain the top financial rating. BISD has consistently done that by using oil and gas revenues. After the district uses those funds to cover the budget deficit this year, the balance will be near the recommended three month level. Continuing to deplete these funds is dangerous and not recommended. Doing so could cause the district to lose its outstanding bond rating. A substandard bond rating costs the district even more in the long run with increased interest rates on future bond sales.

What about Persons Who Are 65 & Over...Will Their Taxes Increase?

No. The proposed tax rate increase does not affect the taxes on homes of persons 65 years of age and older. This exemption is one that BISD gives to all homeowners age 65 and older, and they believe it is the right thing to do. (Refer to the Johnson or Tarrant County Appraisal District for more information on these exemptions.)

What Steps Has BISD Taken To Save Money?

Since the district was directed to reduce the rate to \$1.04 and funds were frozen at that level in 2006, BISD has reduced its budget by \$2.6 million dollars. That includes reductions or savings of over \$1 million in personnel alone, along with the following programs or services: Transportation, Custodial, Travel, Campus Allocations, and Administration. Class Size Ratio has also increased.

What Does BISD Plan To Do If The Tax Ratification Election Fails?

The district may consider reduction or elimination in staff, programs and/or other services. Suggestions that are under consideration include, but are not limited to: Athletics & Fine Arts (7-12), Elementary Electives (Art, Music, Spanish), Gifted and Talented, Library/Nursing/Counseling Programs & Staff Positions, Kindergarten, Summer School, Program Specialists/Instructional Coordinators, Administration - Campus & Central Office, Community Education, Custodial, Maintenance, and Paraprofessional (Secretarial & Classroom). Other options include: Increase Class Size Ratio, Reduce Capital Outlay, Add Extra-Curricular Fees for Participation, Reduce Travel, Reduce Number of Employee Contract Days, Reduce Transportation, Potential Elimination of the Over 65 Exemption, etc.

How Many School Districts Have Had Or Are Considering A TRE?

Over 300 school districts have held a TRE, and approximately 67 more are currently scheduled. Approximately 70% of the TREs were approved by voters. Districts in our area that have held or are considering a TRE include Aledo, Brock, Castleberry, Coppell, Crowley, Joshua, Kennedale, Lake Worth, Pilot Point, Red Oak, and Weatherford.



Temporary locations and times for early voting are as follows:

BISD Administration Building
1160 S.W. Wilshire Blvd. Burleson, TX 76028 (Monday - Friday, September 28 - October 12, 2010 8:00 a.m. - 5:00 p.m.)

Bransom Elementary
820 S. Hurst Rd. Burleson, TX 76028 (Tuesday, October 5, 2010 2:00 - 8:30 p.m.)

Brock Elementary
12000 Oak Grove Rd. Burleson, TX 76028 (Monday, October 4, 2010 2:00 - 8:30 p.m.)

Burleson High School
100 Elk Dr. Burleson, TX 76028 (Friday, October 8, 2010 5:00 - 8:30 p.m.)

Clinkscale Elementary
600 Blakey St. Burleson, TX 76028 (Tuesday, October 5, 2010 2:00 - 8:30 p.m.)

Hajek Elementary
355 N.E. McAlister Rd. Burleson, TX 76028 (Monday, October 4, 2010 2:00 - 8:30 p.m.)

Hughes Middle School
316 S.W. Thomas St. Burleson, TX 76028 (Tuesday, October 12, 2010 2:00 - 8:30 p.m.)

Kerr Middle School
517 S.W. Johnson Ave. Burleson, TX 76028 (Tuesday, October 12, 2010 2:00 - 8:30 p.m.)

Norwood Elementary
619 Evelyn Ln. Burleson, TX 76028 (Tuesday, October 5, 2010 2:00 - 8:30 p.m.)

Stribling Elementary
1881 E. Rendro St. Burleson, TX 76028 (Monday, October 4, 2010 2:00 - 8:30 p.m.)

The Academy at Nola Dunn
201 S. Dobson St. Burleson, TX 76028 (Saturday, October 9, 2010 2:00 - 8:30 p.m.)

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Don and Sandra Grayson
delivering 750 lbs of food to
Operation Blessing of Johnson County.

A MAN AND HIS TRUCK

— By Melissa Rawlins

Don Grayson did not grow up around here, but folks are starting to recognize his face and the big, blue Chevrolet pickup truck he uses to make monthly deliveries of nearly 1,000 pounds of food to the food pantries at Harvest House in Burleson and Operation Blessing in Cleburne. When Don unloads, he usually drops off other folks' donations of extra food or clothes added to his gift. People who know him are always glad to help as he collects staples for local families in crisis.

Don and his wife, Sandra, moved to Joshua only 12 years ago. When he retired from the roads in 2004, Don's years as a long-haul truck driver had taken their toll. It took him some time to recuperate. He tended to his gun collection, to his wife, daughter and grandson — and to his own health, damaged by years of fast food and truck-stop grease. Lap band surgery helped him lose 150 pounds; good medical counsel taught him to manage the diabetes; and three years ago, he was led to join Charity Lutheran Church, where he enjoys the fellowship of those who love their fellow man and the guidance of Pastor Kent Heimbigner.

One Sunday, the subject of poverty and hunger came up. "The very next day, our neighbors gave us a 22-pound turkey," Don remembered with a laugh. "I'm not fond of turkey, so I called Pastor Heimbigner. He said, 'Yes, we have a family in dire straits.' So, I gave him the turkey for that family." Don's next errand was to go grocery shopping for his family. "As I walked through the store my conscience started talking to me, *Wow, you did a big thing, didn't you, giving away a free turkey?* By the time that was done and I'd loaded up my car, I went back into the store and spent \$99 for that family, and delivered those groceries right away to Pastor.

"I found out later the family was very happy, and the adults were crying when Pastor delivered the food, and it made me feel good to have helped. I started talking to Pastor, and started talking in church about it, standing up and giving a little spiel about it," Don said. "I really believe this: if everybody in this community would give one bag of non-perishable foods and one can of food every week, I don't think there would be anybody hungry. Harvest House, and whoever else is doing this, would be overflowing with food. We can feed the people ourselves with no outside help if the people in the community would buy one can of food every time they went to the grocery store. How much would you spend — \$1?"

Don's sympathies are rooted not just in his grocery-store epiphany. There were a few times in his life when Don found it hard to provide for his wife, three daughters and two sons,

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who are now grown. "I worked hard and was away from home a lot trying to feed them. We always had decent houses, and lived where there were good schools," said Don, a veteran of three tours in Vietnam. "I spent 12 years in the infantry — what did I know how to do? By the time I got out of the Army and out of the hospital, my uncle put me in a truck. I followed the trucking business, and drove all of the lower 48 states and all of Canada. I provided for us, but of course you lose a lot when you do that. People don't understand; long-haul drivers aren't there for graduations, or some holidays. But no matter what, I was home for Christmas. That's family time and needs to be."



Now Don is always available for his wife, his daughter and grandson and his neighbors. When he buys food for needy people, he buys basic staples they can stretch. He has found good rates in stores like Restaurant Depot in Fort Worth, City Market and Walmart in Burleson. Policemen are beginning to call on Don for the Walmart gift cards he keeps on hand for when they get a spousal abuse call and discover the family's cupboards are bare and the children are hungry. Once he received a donation from a church giving from its own tithes. "I got a good load of clothing from a thrift store in Granbury that was getting rid of it all," said Don, who refers to his wife as the "Thrift Store Kid." "I don't think as many people know about their thrift store as they should."

To help Operation Blessing and Harvest House prepare, Don really puts out a lot of effort in the holiday season


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when families get together. “The little kids talk to their little friends, ‘Boy we had this big ol’ turkey, and we had that ...’ and the other little kid’s sitting there thinking, ‘Boy, we didn’t have anything.’ I do what I can with what the Lord provides. And I just work harder at it on the holidays because it’s such a special time.

“But they have to eat the rest of the year, too. There are not a lot of jobs out there for people to have. I have seen quite a few women with kids coming in to the Harvest House, filling out

“When we get into a little trouble, get a little tight, we just ask in prayer and turn it over to the Lord, and in some way it comes in the door, both here at home and at church.”

paperwork asking for assistance, and there’s no man around. Could be he’s out looking for work, or it could be she’s a single mom trying to make ends meet. We certainly want to help them,” Don said. “This is not going to stop. There have been poor from the time the Egyptians dug their first irrigation ditch. They’ll be with us when Christ comes back again. So we also need to be there with them, helping them along the way. I don’t care who they are; they’re still your brother and sister in Christ.”

In response to Don’s leadership, Pastor Heimbigner named him to the Charity Lutheran Church council and put him in charge of the food ministry. The elders help Don immensely, and often the ministry receives donations to add to the year-round food distribution constantly funded by Don and Sandra’s fixed budget. “We try in our humble way, and we’re able to give what’s necessary. I think we get paid back,” Don shared. “When we get into a little trouble, get a little tight, we just ask in prayer and turn it over to the Lord, and in some way it comes in the door, both here at home and at church.” Don may have retired from long-haul trucking, but what he hauls around Burleson in his pickup definitely goes a long way. 




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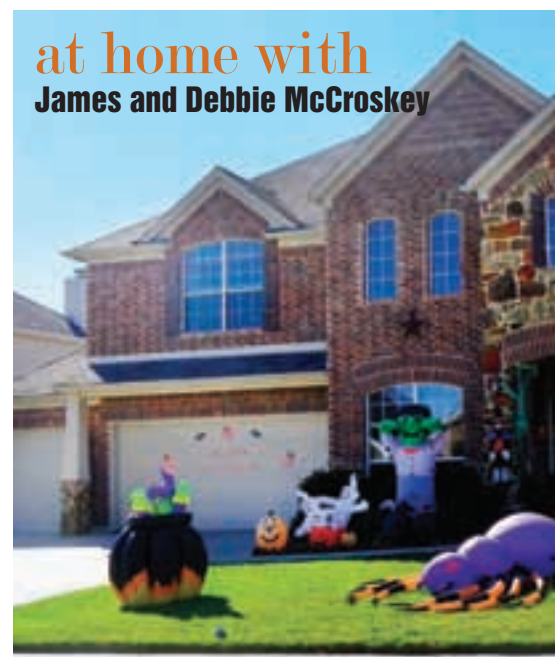
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It is pretty easy to spot James and Debbie McCroskey's house in the Burleson neighborhood known as Mistletoe Hill. Their two-story brick and stone traditional home tends to "dress" for all occasions. "Everyone knows I decorate," Debbie smiled. "When our kids were little, I decorated inside and out for every holiday, season and occasion. We have lots of young families in this neighborhood and the kids get really excited about our big blow-ups like the Halloween spiders and Thanksgiving scarecrows."



at home with
James and Debbie McCroskey

Each season's decorations stay up for a month. On October 1, Halloween goes up; November 1, Thanksgiving takes its place; and on December 1, Christmas goes up. And, yes, it is quite a production. In fact, the McCroskeys' decorations are organized in containers and stored in a backyard shed, the largest allowed by their homeowners association. "There is just enough room inside for my lawnmower and edger," James laughed.

Debbie creates different designs every year. "Partly because I forget what we did last year, but mostly because it's fun," she laughed. "I buy things to add every once in a while, and each time we unpack, it's like opening presents."



Debbie was born in Ohio and James in Virginia. "I was an only child," Debbie said. "My father was in the Air Force, and that's how I ended up in Texas." As it happened, James was a "G.I. Joe" when they met and, possibly, their military connection helped bring them together, yet, it is apparent their love for life and each other is the glue that keeps them together. The McCroskeys have been married for 34 years; they have four daughters and four grandchildren: 16-year-old Haylie, 5-year-old Mackenzie,



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and two 3-year-old boys, Dylan and Wyatt, who are cousins. And there is Calloway, their rescued Shih Tzu/Cocker Spaniel mix who adores both James and Debbie.

Before moving to Burleson, the McCroskeys lived in their White Settlement home for 25 years. One rainy Friday, they decided to enjoy their day off touring new homes. "Some friends had just moved to Burleson so that was the reason we came here," Debbie explained. "We only wanted to look and had no thoughts of buying until we got the 'bug.'" James works at Bell Helicopter in Grand Prairie and Debbie for Consultants in Cardiology in downtown Fort Worth, so when they began to search in earnest, they focused on Keller and Burleson. Each would have been about the same distance to their businesses, but homes in Burleson were priced much lower than in Keller.

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"Our house was one of the models in Phase I of the Mistletoe Hill development," Debbie explained. "The moment we stepped inside, I loved it. I went to the kitchen and looked and looked and, in my heart, I knew this was the one. I loved the open floor plan, and I knew that James wanted a front and back porch (he's a country boy) and a three-car garage."

"Those were the deal breakers," James confirmed. "And they were included in the layout. The builder was also willing to make changes and customize to our needs. I wanted more room in the garage, so we ended up moving the media room to the upstairs."

They purchased the 3,300 square foot home in 2004, just before discovering James needed open-heart surgery. That was

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the same year two of their daughters were married, one in March and one in October. "On October 1, our daughter was married," Debbie said, "and on October 4, James had his surgery. We moved into our new home on December 23 just in time for Christmas, and six years later, we're still here. Burleson is home now and so is this house. It is the third house we have owned, and we aren't planning to live anywhere else."

The home is as welcoming and colorful as its owners. It has four bedrooms, three baths, a media room, an open "game" room with a massive pool table, a formal dining and formal living room, a kitchen that opens to the family room and a breakfast area bordered by a big bay window. The design colors are mainly browns, rusts and bronzes with accents of gold throughout. A winding entryway staircase beginning just past the formal dining and living rooms provides expansive ceilings in these three areas that extend up to the second floor. The height of the ceilings coupled with the first and second floor windows in the dining and living rooms create a sense of space and openness. "This is my dream home," Debbie said. "My favorite place is sitting on the couch in the family room in the mornings and seeing the light coming through the tall windows."

James especially enjoys the over-sized garage which, thanks to his extraordinary and meticulous display of NASCAR collectibles, is much more like a museum. "I like to go shopping with Debbie," he said, "because that's how I find my NASCAR stuff"

"We are a good match," she added.

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"I'm a city girl; put me near a store and I love it." As luck or good planning would have it, Mistletoe Hill is merely a stone's throw from Burleson's prime shopping centers and restaurants.

The outside of the McCroskeys' home may often be the talk of the neighborhood, but those who have been on the inside know there is much more to the story. "I have been called the 'Rooster Lady,'" Debbie laughed. "And our living room is sometimes referred to as the 'Rooster Room.'" Roosters adorn nearly every available space throughout the first floor, from wall art to ceramics to the wallpaper border in the breakfast nook. "It used to be pigs," Debbie said, "not just any pig, but peach-colored pigs. Then, about 10 years ago, at one of my Pokeno® group nights, I won a rooster cookie jar and it was all over for the pigs. They joined the decorations in the shed to make way for the roosters which have continued to arrive for my birthdays and Christmas. I also collect angels," she smiled, "because everyone needs an angel."

Clearly, the McCroskeys' home is a reflection of their zeal for life and the desire to have fun and share. "We love our neighbors," Debbie said. "We've enjoyed watching these kids grow up just like we watched our own."

When they are not decorating, hosting Debbie's Pokeno® group or playing with grandkids, James and Debbie may be seen at Win Star or in Las Vegas. Regardless of how they spend their time, though, it is certain that when the McCroskeys are together, they are having fun! **NOW**

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Armando Hernandez, kitchen manager and landscaper at J&J Oyster Bar, fixes the sign in the front yard.



Debbie Schreiner and Lori Patty have lunch on the outdoor deck at The Porch.



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Compelled to Create — *By Melissa Rawlins*

These days you cannot walk into an oil and gas company without seeing a Gary Crouch print on the wall. His works are in galleries around the nation. There was a time when Gary and his wife prayed for food on the table and minded their business according to one of Gary's core values: "We are a country comprised of individuals who have been blessed with a foundation built on sound beliefs in God and inalienable rights given by Him. Those rights," Gary said, "don't allow for us to do as we please, but to do what is right based on what the Creator of the universe has instructed."

And Gary has been designed to create. Since the age of 11, he had been drawing and painting and had lived nine

years committed to his artistry by the time he met his wife. Once they married in 1976, Constance Couch discovered what Gary already understood. "When you are doing what you love, it is not about making money. As an artist you're compelled to create," Gary said. "Then you have to figure out how you're going to eat when you're creating. You have to work at it without giving up until you've developed the skill and the recognition."

Early on Gary used pen and ink and pencil, learning about composition, perspective and attention to detail by drawing his interests: wildlife scenes, old blacksmith shops and cute little puppy dogs. He served in Vietnam as an Army illustrator — the only one ever

in Vietnam. A couple of years after getting out of the service in 1970, Gary got into color work with acrylics and stayed with wildlife, doing a few train pictures and scenes of ducks flying. He found customers at art shows hosted by banks or at trade shows. But the shows did not pay the bills. Exerting great discipline, Gary searched out areas in the commercial market where his skills fit, then tried every medium and resource available in order to expand his creativity and carve out a living for his family operating on his original philosophy: "The customer may not always be right, but I'll do it his way anyway."

Forty years of experience behind him, Gary now renders fine-art prints

about oil and gas exploration, Texas history and the American West on his computer out of elements he creates with acrylics, airbrush, composite, pencil, colored pencil, wash, watercolor — every medium except egg tempera! “When I’m going for it, I’ll get there, and if I can’t get there the easy way, I’ll get there the hard way,” said Gary, whose originals are sometimes too big to scan into his computer. Then, he will take the paintings



to a photographer in Fort Worth and get scans in transparencies before returning to his computer. In his home studio, where he usually listens to talk shows while he works, Gary will put together what looks like collages of flags, guns, horse and riders, buffalos, longhorns, oil rigs and a variety of elements transposed on top of landscape scenes.

People like Gary’s colors, which he came up with while doing both commercial work and his original prints. The fabulous gold background in *Texas Legacy*, the official sesquicentennial print for Johnson County, was inspired by a tough decision: whether or not to design the interior of a night club with a Western motif. While considering the job offer, Constance and Gary went to Kilgore to take pictures for research purposes. “As we were driving, all of the sudden the entire sky turned gold. The air was gold, everything was gold! I’d never seen anything like this, and I’m 63 years old,” Gary said. “I was afraid it was going to disappear! I leaned out my window and took a photo. I got back home and finally decided, *No, I just can’t do the night club business; I don’t care what the money is.* But I liked the picture so much I put it behind that map and created my picture *Texas Legacy* and [then] I sold out lickety-split and God has blessed that [the picture’s success]

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phenomenally because of me making the right decision.”

Experience has taught Gary a couple of very important philosophies. “You need to focus on what you do best so you will succeed,” Gary said. “The other thing I learned is: Do not chase the dollar. If you do for others, I guarantee you, the dollars will come. But if you chase the dollars, you will not be compassionate, considerate. It’s



“You need to focus on what you do best so you will succeed.”

biblical to go the extra miles. Then you build long-term relationships and good business. Then, the dollars will come.”

With his hard-earned dollars, Gary and Constance reared a daughter and two sons, putting two through college and teaching them all by example that life is a process. Christon, Robyn and John live close enough to Burleson that they can enjoy their parents. “The best thing you can ever leave your family,” Gary said, “is not money, wealth or land but a heritage of ethics and honor and things that are instilled in them that will get them through life.” **NOW**

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MOTIVATED BY ADVERSITY

— By Carolyn Wills



Blake Jakobsson is a natural athlete with the extraordinary ability to draw motivation from whatever life hands him. With the help of his father, former University of Texas strength and conditioning coach, Oskar Jakobsson, Blake started throwing a 2-pound shot put as early as age 5. "I've been throwing competitively since the seventh grade," he said. "Put something in my hand, and I will throw it. My dad was a three-time Olympian and seven-time All-American at The University of Texas, so people expected me to do this. He threw shot put, javelin and discus for his country of Iceland where people still say 'put something in Oskar Jakobsson's hand and he will break a record.'"

At a little over six-and-a-half feet, Blake is a tall, stoic young man of obvious physical strength; yet his clear eyes and quiet demeanor exude experience beyond his years. "Our son is a miracle," his mother, Angie, explained. "In his sophomore year, he contracted a rare form of mononucleosis, lost the use of his legs and was growing weaker by the hour." With the diagnosis finally determined, Blake responded to treatment and was able

to return to school and sports. Unfortunately, his return timed with a freak accident; he was struck in the head by a 12-pound shot put and flown to the hospital via air ambulance. "Blake suffered adversity after adversity that year," Angie said. "He could have died. So many people prayed for him." To everyone's amazement, including the medical staff, he made another full and rapid recovery. "A week later, I was back throwing," Blake said. As it turned out though, he would endure another bout of mononucleosis and remain home for the rest of his sophomore year.

By his freshman year at Burleson High School, Blake had lettered in track and field. In spite of the loss of his sophomore year, his throwing skills at discus and shot put earned multiple wins throughout his junior and senior years, including a regional



shot put title and a trip to the 2010 state championships. Blake's skills also proved to be a match for those of his teammate, opponent and best friend, Clint Harris. Together they traded personal bests and pushed each other to new school records, earning a reputation as "the dynamic duo."

Today, Clint attends Stephen F. Austin State University in Stephenville. With his twin sister, Brianna, Blake is now a freshman at The University of Texas at Austin. Brianna is on an academic

"Throwing is all about physics. Being tall and having long arms helps, and I'm a pretty big guy."

scholarship working toward her goal of becoming a doctor, and Blake was awarded a track and field scholarship. High school graduation signaled dramatic changes for the Jakobsson family, for Clint and Blake, and for the many friends involved in their journeys as star athletes — particularly for Burleson ISD coaches Eddie Grimes and Steve Goben. "Both coaches were so supportive," Angie said, "especially during Blake's injury. They became part of our family."

Blake's mother is a native Texan with the grit to rear three children and co-manage the family's Burleson gym for the past 15 years as well as several other businesses. His younger brother, 16-year-old Luke, is a junior and football player at Burleson High School.

Following a life-threatening illness and serious injury, some athletes might have called it a day. Others might have backed away from the pressure of competing with a best friend. And when facing following in the big footsteps of a legendary father, some might have withdrawn from throwing altogether — but not Blake. "I want to go to the Olympics," he said. "Whether I compete for Iceland or the United States in 2012 or 2016 depends on how far I'm throwing. Throwing is all about physics.

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Being tall and having long arms helps, and I'm a pretty big guy. So, if I can pack weight on and continue to grow taller, it will add leverage. I eat a lot, especially protein, and have had trouble gaining weight, but they have specific programs at UT and, right now, they are looking at me as a raw canvas."



Blake was awarded one of 13.5 scholarships available out of the 50-member track team at UT. The honor comes with eight hours of mandatory tutoring and a strenuous training program beginning at 6:30 a.m. each day. "It's a great opportunity," his mother said, "and the benefits are tremendous. After four years, Blake will be eligible to continue his education for free."

Among Blake's athletic attributes, which likely pleased the UT coaches, is his dedication to training and, also, his international opportunity. "My father, brother and I visited Iceland for a week last summer, and I stayed an extra six weeks to train and compete with my cousin, Othinn Thorsteinsson. I have dual citizenship, so I can compete with a track club." As a result, Blake earned second place in discus throwing at the Icelandic Nationals.

Whether he represents Iceland or the United States in the Olympics someday, or becomes a multiple World Champion, Blake has already demonstrated exceptional talent as an athlete and, more importantly, as someone who turns adversity and challenge into motivation. **NOW**

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From left: Joe plays the sitar; acoustic guitars share space with electric instruments at Tune City Music; Joe and Donna Confessore make a strong team; take your pick between fiddles and violins.

All About the Jam

Teaching improvisation, Tune City Music pushes creativity and helps students think!

— By Melissa Rawlins

Amongst musicians, the difference between a violin and a fiddle is well-known: the violin has four strings; a fiddle has four “strangs.” Whichever you need, the professionals at Tune City Music in Burleson carry it. “If the instrument is not on hand, we can get our hands on anything, pretty much,” said Joe Confessore, who owns the store with his wife, Donna.

“Joe’s been a musician for like, 40 years,” Donna said. “And that’s tough since I’m only 25,” cracked Joe, whose professional singer-songwriter background includes opening for the Ramones during the time when Patti Smith and Blondie were virtually unknown. Joe even started an independent record label and, after following the twists and turns of life, he and Donna ended up here in Texas.

In 2005, Joe opened Tune City Records, a recording studio

in Grandview, and 11 months ago, Burleson celebrated the grand opening of its own hometown music store, Tune City Music. Joe’s store is known by professional musicians and local area students as the place to go for lessons, instruments and accessories. “We have a lot of guys come here to shop for guitars because they can hear themselves,” said Joe, who offers brands like Hohner, Michael Kelly and Eastwood.

Tune City Music also carries banjos, mandolins, Dobros®, dulcimers, keyboards, drums, harmonicas, clarinets, saxophones, trumpets, flutes, violins, fiddles and even the sitar. Musicians will find custom amps from brands like Laney, cables, stands, cases and microphones, plus some suits and stage wear made by the same company that creates clothes for Prince and The Van Zandt Brothers. Of course, the city’s local music store also stocks the

Business **NOW**

clarinet reeds, oils and mouthpieces every band student needs and can offer prices nearly 15 percent better than most school-approved vendors.

Joe's specialty is the lessons he and his well-trained employees give in songwriting, singing and playing. Following Joe's methodology, students of all ages and abilities can push themselves to the next level in their chosen instrument. "I developed a teaching system that kind of sneaks the music theory in on the students, and it seems to work a little better," said Joe, who believes every child should learn to play an instrument. "I know for myself, if it was like school I didn't want to do it. I wanted to play and have fun. We find out what songs the students like and let them play what they like. Eventually, you want to know more."

"We have a lot of guys come here to shop for guitars because they can hear themselves."

This summer at Tune City Music's student recital in Warren Park, all the children wanted to do solos. "We like to help the parents see where their money is going," Donna said. "The students and the parents are all looking forward to the next recital, which we'll do in November with a holiday theme." Joe encourages fun, improvisation and real world experience.

For that reason, Tune City Music offers piano lessons on a regular upright piano. "Even the best electronic keyboards don't have the feel of a piano," said Joe, who also teaches student drummers on actual acoustic drums. "Again, it's the feel. You have to hit the skins hard!"

Creativity is what the teachers at Tune City Music push the most. "We teach improvisation for the most part; we give them a scale and let them play a riff. We make the kids think," Joe said. "After about three years, it becomes more of a feel thing, and they're getting into it, feeling the emotion of music. It may take a little bit longer under our methodology, but after throwing 'em in the fire, our students could sit there and jam with anybody!" **NOW**

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Many New Beginnings

— By Carolyn Wills

On July 1, 2009, Lance Campbell moved into temporary quarters at the Burleson Independent School District central office to become the new principal of Burleson Centennial High School. He barely had time to clear his desk as principal of R.L. Turner High School in the Carrollton-Farmers Branch district before heading to Burleson. “Initially, I spent probably two-and-a-half hours visiting with Dr. Jackson about the opportunity,” he said. “You know, when you walk into an interview, you either feel good about it or uncomfortable, and this felt right from the beginning.”

Accepting the opportunity was the first of many “beginnings” for this new principal. “It was actually an advantage that I didn’t start ‘day one’ at the school,” Lance explained. “Working from the central office for a year helped with the transition. I had the chance to interact with the board, officials and staff; to know who to go to for specifics; and to foster positive relationships before it was time to be at the school.”

It was May when he finally moved to a new “temporary” office at the Centennial athletic field house, and on August 24, 2010, the sounds of construction at last gave way to the sounds of students. The students are ninth- and 10th-graders and, in addition to being “first-in” as Spartans, they are ultimately and historically the first and second graduating classes.

Approximately 750 young people make up this first group, with freshmen outnumbering the sophomores by 100. “This is a nice number to start with,” Lance explained. “Four grades would have been tough. Also about half of our staff was already in the Burleson district, so that helps a lot.”

Lance and his staff reached out to students and parents in the days leading up to the school’s opening. They split the pre-meetings by grades so that age-related issues could be addressed. To help introduce the ninth-graders to high school, they organized a special orientation called the “Agoge Camp.” (*Agoge* is a Greek term for a regimen of education and training that was mandated for young Spartan children.)

“This facility lends itself to what we call a 21st century school,” Lance said. “Our goal is to fulfill the Burleson ISD vision of graduating every learner with 21st century problem-solving and reasoning skills. We need to understand the world kids live in today, and it is important to know we cannot teach them

the same way we were taught. It is also exciting to realize that four generations have the opportunity to work together: Veterans, Baby Boomers, Gen-Xers and now the Millennials. It’s up to us to serve these Millennials by helping them maximize their potential.”

While technology is featured at the new school and significant to the curriculum, Lance stresses that, in priority, it is most important that students learn to talk with each other and their teachers, and that they know how to collaborate. “We tell students that we’re going to ask them questions and provide guidance,” he explained, “but that we want them to think critically and problem-solve. When these students graduate, we want them to be able to think, collaborate and communicate.”



Education **NOW**

Exciting as it is to help create and be proud of a new-school culture, Lance promotes a strong partnership with Burleson High School. "We're all here to serve the kids in this community and to further the Burleson ISD mission," he said. "To reach this point where there are now two high schools was a huge project and no part of the accomplishment

"This facility lends itself to what we call a 21st century school."

could have been done alone or without careful planning, collaboration and communication. While we enjoy the opportunities to cheer for our teams and individual students, it is important to remember that we share a vision and to maintain our strong relationship [with Burleson High School]."

Lance is married to special education teacher, Parvaneh, whose name means "butterfly" in Persian, and they have a 6-year-old daughter, Jadyn. "Jadyn loves piano and soccer. She is in first grade and she knows *everything*," Lance said. The Campbells' other important family member is Maltese/Yorkie mix, Cayman, named for the place where the couple was married.

Lance Campbell graduated from the University of North Texas with a Bachelor of Science degree in education and from Texas Women's University with a master's in education. He began his career as a teacher and, ultimately, wanted to be more involved in administrative decisions and planning. Before he arrived in Burleson, he had been a school principal for seven years. His philosophy for being a successful principal is to be engaged in teaching and learning. "That's what we're about," he said. "There is nothing in my office that advances education but everything in the classroom does. I'm very hands-on. I appreciate that I was part of the planning process for a year before our school opened. We worked hard to hire good people and to put the right people in the right places. I'm also very big on going to school events. If our kids are performing or competing, we want to be there for them." **NOW**

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In The Kitchen With Tricia Jones

— By Adam Walker

Tricia Jones, who blogs about meal plans, grew up watching her grandmother cook and bake, but when she tried cooking on her own, “Everything flopped!” she confessed. “I was devastated and gave up.” Later, when she was 28, her mother-in-law taught her the secret of successful baking — careful measurement.

Proverbs 31:14-15 is her inspiration

for cooking. She likes to try a new recipe every week and makes the recipes her own by substituting local products for hard-to-find items. Tricia declared her favorite spice to be, “Garlic — you can’t have too much garlic. Well, you can, but almost any main dish is good with some fresh garlic.” She enjoys cooking with her sons, the younger of whom wants to open a restaurant. **NOW**



CHICKEN TORTILLA SOUP

3 skinless, boneless chicken breasts
1/2 tsp. olive oil
2 tsp. minced garlic
1/4 tsp. ground cumin
2 14.5-oz. cans low-sodium chicken broth
12 oz. frozen corn kernels
1 can black beans, drained
1 cup chopped onion
1/2 tsp. chili powder
1 Tbsp. lemon juice
1 cup chunky salsa
8 oz. corn tortilla chips
1/2 cup shredded low-fat Mexi-blend cheese (optional)
1/2 cup fat-free sour cream (optional)

1. In a large pot over medium heat, sauté the chicken in the oil for 5 minutes. Cut into bite-size pieces, return chicken to pot and cook through.
 2. Add the garlic and cumin and mix well.
 3. Add the broth, corn, black beans, onion, chili powder, lemon juice and salsa.
 4. Reduce heat to low and simmer for about 20 to 30 minutes.
 5. Break up some tortilla chips into individual bowls and pour soup over chips.
 6. Top with the cheese and a little sour cream. Makes 6 to 8 servings.
- NOTE:** For a time saver, bake 6-8 chicken breasts on the weekend and use the pre-cooked chicken cut into bite size pieces.

CREAMY PORK CHOPS WITH RANCH RICE

1 Tbsp. extra-virgin olive oil
4 boneless pork chops, 3/4-inch thick (about 1 lb.)
1 10 3/4-oz. can fat-free cream of mushroom soup
3/4 cup fat-free milk
1 1-oz. pkg. ranch salad dressing mix, dry and divided in half
1 to 2 cups dried brown rice
Water

1. Heat the oil in a 10-inch skillet over medium-high heat. Add the pork chops and

- cook until well-browned on both sides.
2. Stir the soup, milk and 1/2 of the salad dressing mix in the skillet and heat to a boil.
3. Reduce the heat to low. Cover and cook for 10 minutes or until the pork is cooked through.
4. Prepare brown rice as directed on package, adding the ranch seasoning to the rice water. Makes 4 servings.

ULTIMATE SAUSAGE CHEESE PIZZA

2-3 tsp. olive oil
1/4 Tbsp. minced garlic
1 can tomato sauce
1/4 tsp. dried oregano
1/4 tsp. dried basil
Salt, to taste
Pepper, to taste
12 oz. frozen three pepper and onion blend (I have only found this at Kroger.)
1 pkg. pre-cooked turkey sausage, thinly sliced
2 cans prepared pizza dough
8 oz. shredded Parmesan cheese (not canned style)

1. Preheat the oven to 450 F.
2. For the sauce, heat 1 tsp. oil in a small saucepan over medium heat. Add garlic and cook for 1 minute.
3. Add tomato sauce, oregano, basil, salt and pepper to taste and simmer for 4 to 5 minutes.
4. On stovetop pan over medium-high heat, sauté the pepper and onion blend with sausage until cooked through (about 2 to 3 minutes); set aside.
5. Spray an aluminum pizza pan with nonfat cooking spray.
6. On a lightly floured surface, use your hands to stretch the pizza dough into a thin round the size of your pan. Place it on the prepared pan.
7. Spread the dough with half of the tomato sauce. Sprinkle with 1/4 of the cheese. Arrange 1/2 of sliced sausage on top, and scatter 1/2 of the pepper/onion mixture over the sausage. Sprinkle with

- 1/4 of the cheese.
8. Bake until the edges are crisp and lightly browned, and the cheese is melted, about 10 to 12 minutes. Let pizza stand about 2 to 3 minutes before eating.
9. Make second pizza with remaining ingredients while the first pizza is cooking.

BUTTERSCOTCH PUMPKIN CAKE

1 cup butterscotch flavored morsels, melted
2 cups all-purpose flour
1 3/4 cups granulated sugar
1 Tbsp. baking powder
1 1/2 tsp. ground cinnamon
1 tsp. salt
1/2 tsp. ground nutmeg
1 cup LIBBY'S® 100% Pure Pumpkin
1/2 cup vegetable oil
3 large eggs
1 tsp. vanilla extract
3 Tbsp. powdered sugar (optional)

1. Preheat oven to 350 F. Grease 12-cup Bundt pan.
2. Melt butterscotch morsels, stirring until smooth. (To melt use microwave on medium-high power for 1 minute; stir. Microwave additional 10- to 20-second intervals, stirring until smooth. If cooked too long, they will burn. Double boiler is another option.) Cool to room temperature.
3. In a medium bowl combine flour, granulated sugar, baking powder, cinnamon, salt and nutmeg.
4. In a large bowl, whisk together melted morsels, pumpkin, vegetable oil, eggs and vanilla extract.
5. Stir in flour mixture.
6. Spoon batter into prepared Bundt pan. Bake for 40 to 50 minutes or until wooden pick inserted in cake comes out clean. Cool in pan on wire rack for 30 minutes; remove to wire rack to cool completely.
7. Sprinkle with powdered sugar. Makes 16 servings.

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Be Prepared for Return of Estate Tax

— By Lynn H. Bates Jr.

There's never really a bad time to do estate planning. But in the months ahead, you may have an extra incentive to look at your estate plans. Why? Because changes are coming to estate tax laws — so you'll want to be ready.

Change is nothing new in the world of estate taxes, which have been in a state of flux for years. As the law now stands, there is no federal estate tax in 2010. Then, in 2011, the estate tax is scheduled to return, with an exemption amount of \$1 million and a top rate of 55 percent. Yet, these figures are highly likely to change; ultimately, we may see a return to what existed in 2009: a \$3.5 million or \$5 million exemption and a top rate of 45 percent.

Of course, your susceptibility to the estate tax will depend on the size of your estate. But no matter what your level of assets, you'll want to have your estate plans in order. First of all, you almost certainly need a will. You'll also need to make sure you've named the proper beneficiaries in all your legal documents.

Now, let's return to the estate tax issue. Specifically, how can you help reduce any potential estate tax burden your heirs may face? Here are some ideas to consider:

• Take Advantage of Your Exemptions.

You and your spouse each receive an exemption from the federal estate tax. As mentioned above, this exemption could be anywhere from \$1 million to \$5 million, starting in 2011. To maximize these exemptions, you may want to create a credit shelter trust. In a nutshell, here's how it works: When you die, you fund a credit shelter trust with assets equal in value to your available exemption; if you have other assets, you can leave them to your spouse, free of estate taxes. Your surviving spouse

can draw income from the trust's assets while he or she is alive. Upon his or her death, the trust disperses the assets to your children or other beneficiaries, taking advantage of your original estate tax exemption. Your spouse's estate will also disperse assets to beneficiaries, using his or her exemption to reduce or avoid estate taxes.

• Use Life Insurance.

If you owned a \$1 million dollar life insurance policy, and it was subject to an estate tax rate of 55 percent, your beneficiaries would receive a death benefit of just \$450,000. But if you established an irrevocable life insurance trust (ILIT) with a new insurance policy, the trust would own the policy and distribute the proceeds to the beneficiaries you've chosen. By using an ILIT, you'd keep the life insurance out of your taxable estate.

• Give Generously.

You can give up to \$13,000 per year to as many individuals as you like without incurring gift taxes. And the more you give, the lower your taxable estate. You can also reduce your estate by making gifts to charitable organizations.

Keep in mind that estate planning can be complex. You will need to work with your legal and tax advisors before establishing any type of trust or other estate-planning mechanism. And with the looming return of the estate tax, there's no time like the present to get started. **NOW**

Edward Jones, its associates and financial advisors are not estate planners and cannot provide tax or legal advice. Please consult your attorney or qualified tax advisor regarding your particular situation.

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



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MINIMALLY INVASIVE SURGERY: WHEN LESS IS MORE — *By Ronny Ford, M.D.*

What does minimally invasive surgery have in common with difficult relatives, golf scores and middle-age spread? For all of them, less is more.

Also known as laparoscopic surgery, this surgical technique has been around longer than the current marketing would suggest. Surgeons began performing gallbladder surgery with this technique in 1987, but minimally invasive surgery is becoming the preferred choice for more and more procedures. Compared to traditional surgery, minimally invasive surgery offers less: less scarring, less blood loss, less pain, less recovery time and less chance of infection.

In traditional, or open, surgery, a long incision through skin, muscle and sometimes bone is made to access the area for surgery. Hospital stays typically last four to five days, and complete recovery may take a month or longer. Often, the pain, surgical risks and lengthy recovery process are due to the trauma of obtaining access to the area rather than the surgery itself.

In contrast, the small incisions made for laparoscopic surgery typically heal quickly, with less pain. Patients sometimes go home the same or the next day. Some laparoscopic hernia repair patients can be walking in the recovery room, and others never need any pain medication.

Minimally invasive surgery is now the standard for removing gallbladders and appendixes. Many hernia repairs, anti-reflux surgeries and colon surgeries are also done laparoscopically. Virtually all surgical fields, including cardiology, urology, gastroenterology and gynecology, have some sort of minimally invasive approach.

During a minimally invasive surgery, a long tube with a lighted camera is inserted into the body through an incision less than an inch long. The camera sends an image to a screen that the surgeon watches. Specially designed instruments to perform the procedure are placed through the original incision or through other small incisions.

Although minimally invasive surgery has many advantages, each candidate for surgery needs to be uniquely evaluated to determine which technique to use. Minimally invasive procedures sometimes take longer than traditional surgery, so a patient's age and general health might indicate a shorter, traditional surgery, even if it may result in a longer recovery. The specific nature of the patient's medical condition and the surgical history are also considered in making an informed decision on which approach to use.

A surgeon's goal is to fix the problem, do it safely, and cause the least trauma possible. For the patients who are good candidates, minimally invasive surgery delivers maximum results, making it the favored choice. **NOW**

Ronny Ford, M.D.

Huguley Memorial Medical Center

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Clayton H. Culp, DPM, has a foot and ankle surgery practice in Burleson. A podiatrist, Dr. Culp has extensive training in all aspects of foot and ankle care, including diagnosis and treatment of bunions, hammer toe, flat foot, foot and ankle pain, neuroma, arthritis, ingrown toenails, infections, and foot and ankle fractures.

Dr. Culp graduated from Texas Christian University with a Bachelor of Science degree in biology. He earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He completed his three-year residency in foot and ankle surgery at Kaiser North Bay Consortium in Vallejo, California, where he served as chief resident his final year. A member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons, Dr. Culp has presented his research at professional conferences.

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Second Monday

Metro Beekeepers meeting: 6:30-8:30 p.m., United Cooperative Services Building, 2601 South I-35 W., Burleson. Items of interest to both novice and expert beekeepers in Texas will be presented. This month, the guest speaker will be the woman chosen as The Texas Honey Queen! Contact Terry Botkin at (214) 837-7256, or visit www.metrobeekeepers.net.

Second Tuesday

After Hours networking mixer: 5:30 p.m.-7:30 p.m., at a different business each month. October 12, the host is The Raddison Hotel, near the Alcon buildings, at 100 Alta Mesa E. Blvd., Fort Worth. Contact Terri Trefger at (817) 372-1622.

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

Every Wednesday

Celebrate Recovery meetings: 7:00-9:00 p.m., The Burleson Chamber of Commerce on Wilshire Blvd., Burleson. For those needing help with any hurts, habits or hang-ups. Child care available. For more information, call Teresa at (817) 563-0127 or e-mail: teresajames127@sbcglobal.net.

Second and Fourth Wednesdays

Burleson Lions Club meeting: noon-1:00 p.m., First United Methodist Church on McAllister in Burleson. Visit www.burlesonlions.org or contact (817) 992-9823.

Fourth Thursdays

American Business Women's Burleson Charter Chapter meeting: 6:30 p.m. for networking, then meeting and meal start at 7:00 p.m., Burleson Chamber of Commerce on Wilshire Blvd., Burleson. RSVP to Linda Houst at (817) 295-7060 or ljh67@sbcglobal.net, or Sue McKnight at (817) 295-3220.

Every Friday

Burleson Business Builders networking meeting: 8:00-9:30 a.m., Fresco's in Old Town Burleson. Contact (817) 447-7371.

Second Saturday

Iris Club meeting: 10:00-11:30 a.m., Electric Coop on Hwy. 174, north of the courthouse in Cleburne. Contact (254) 854-2558.

Defensive Driving Classes taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Chamber of Commerce on Wilshire Blvd., Burleson. To attend this class you must pre-register; call (817) 341-7384.

Last Saturday

Parents Night Out: 5:00-7:00 p.m., Alsbury

Baptist Church, Burleson. An evening of rest, relief and rejuvenation for parents who are caring for special needs children and their siblings ages 6 months-12 years. Volunteers will guide the children through fun activities, a pizza dinner, crafts, snacks and building new friendships — all at no cost. Reservations are required. Contact Keara Kirk at (817) 881-5028 or kearakirk@sbcglobal.net.

Second Sunday

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

October 9

Founders Day: 9:00 a.m.-6:00 p.m., at Ellison and Wilson streets in Historic Old Town Burleson. Founders Day is celebrated on the second Saturday of October in recognition of the date when Burleson was founded, Oct. 10, 1881. Mock gunfights and great food, arts and crafts, carnival rides and entertainment. For more about the festivities, call (817) 426-9112 and ask for David McDowell. For a booth application, call Neal Jones at (817) 447-3522 or (817) 343-2589.

October 14

Burleson Chamber of Commerce Quarterly Luncheon: 11:30 a.m.-1:00 p.m., First United Methodist Church on McAllister in Burleson. Sponsored by Huguley Memorial Hospital, the luncheon is a time to network and enjoy a tasty lunch as you get the update on Burleson. Call (817) 295-6121 for more information and to RSVP.

Candidate Forum: 7:00-9:00 p.m., Burleson High School Lecture Hall, Elk Drive, Burleson. Candidates for public office are hosted by the Burleson Toastmasters Club, who will moderate short speeches and questions-and-answers between citizens and candidates. For more information, contact Russ Weaver, president of The Burleson Toastmasters at (817) 995-8288 or russ.weaver@ahss.org.

October 25

Board Meeting for Burleson Independent School District: 6:30-8:00 p.m. Call (817) 245-1000 for more information.

November 1

Deadline for submission of nominations for Burleson Independent School District Sports Hall of Fame: Call Coach Phil Anderson at (817) 456-5613 for more information, or visit www.burlesonisd.net for eligibility requirements. Please note: the BISD has waived the \$25 submission fee.

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

The bright side of dreams.

Early one night, Laurie Reynolds was awakened by a bad dream. Not all that uncommon, except she dreamed she had breast cancer. Understandably startled, Reynolds immediately performed a self-exam, and what she thought was a figment of her imagination turned out to be an eye-opening reality. "There in my bed in the middle of the night, I found the lump," she says.

Test results later revealed that Reynolds had an aggressive type of breast cancer. Given that her mom and sister were both diagnosed with cancer, she was all too familiar with the situation in which she now found herself.

Reynolds' physician search led her to the healing hands of the doctors at Methodist Mansfield Medical Center. "The doctors made me feel comfortable. They were compassionate and thoroughly explained everything," Reynolds confidently recalls. Being a carrier of the BRCA1 gene (which increases the risk of getting both breast and ovarian cancers), Reynolds chose to follow her physicians' advice and have a double mastectomy, reconstructive surgery, and a hysterectomy—all at the same time.

"I chose to do a double mastectomy and hysterectomy because of the link between breast and ovarian cancers and the fact that my family is at very high risk for these."

"My experience with my doctors and Methodist was extraordinary."

"Choosing this option reduced my risk of recurrence by about 80 percent," explains Reynolds. The nine-hour operation involved three different surgeons and took place at Methodist Mansfield.

"They helped me coordinate all of my procedures," she says, referring to the OB/GYN and plastic surgeon—also on staff at Methodist Mansfield. "I feel I've been blessed with fantastic surgeons," says Reynolds. "And thanks to my doctors at Methodist Mansfield, I can honestly say that I've had a really good experience with cancer."

The most common cancer in women today, breast cancer, affects millions every day. The good news is that when discovered in the early stages, most cancers can be treated. Having regular screenings and being educated about your health is the best preventive medicine. To find an independently practicing physician on the Methodist Mansfield medical staff, call 877-637-4297.



—Laurie Reynolds
Breast cancer survivor and Methodist
Mansfield Medical Center patient.



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