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ON THE COVER



Megan Holloway educates all age groups about the benefits of good nutrition.

Photo by Jennifer Spears.

CONTENTS

October 2013 • Volume 7, Issue 10



8 Full Circle

Teaching about nutrition is Megan Holloway's job, but it's also her passion.

18 Surrounded by Kids

Kevin Sellers is devoted to making a difference in children's lives.

28 A Haunting We Will Go

At Home With Gregg and Sharon Marsh.

34 Ancient Art

Nancy Yanni keeps quilting alive in Burleson.



18

44 BusinessNOW

46 Around TownNOW

48 FinanceNOW

52 CookingNOW

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Editor's Note

Hello Burleson, Crowley and Joshua!

As Burleson celebrates its 101st year as an incorporated community, I notice in jaw-dropping amazement all the families who have made this place what it is today. Many of the old-timers move and shake still, inspiring a vanguard of women and men acting on their own visions and dreams. I meet them at service club meetings, chamber luncheons and informal gatherings over coffee or breakfast. A lot of them are quietly participating in various church events, and unless you talk to them, or read the articles in *BurlesonNOW Magazine*, you might never realize how much love and elbow grease they and their families have invested in our community.

Getting to know you has been a grand adventure. Sharing your stories with your neighbors is my delightful privilege. Certainly, your successes and joys prepare the way for your children's.

Happy Founders Day!

Melissa

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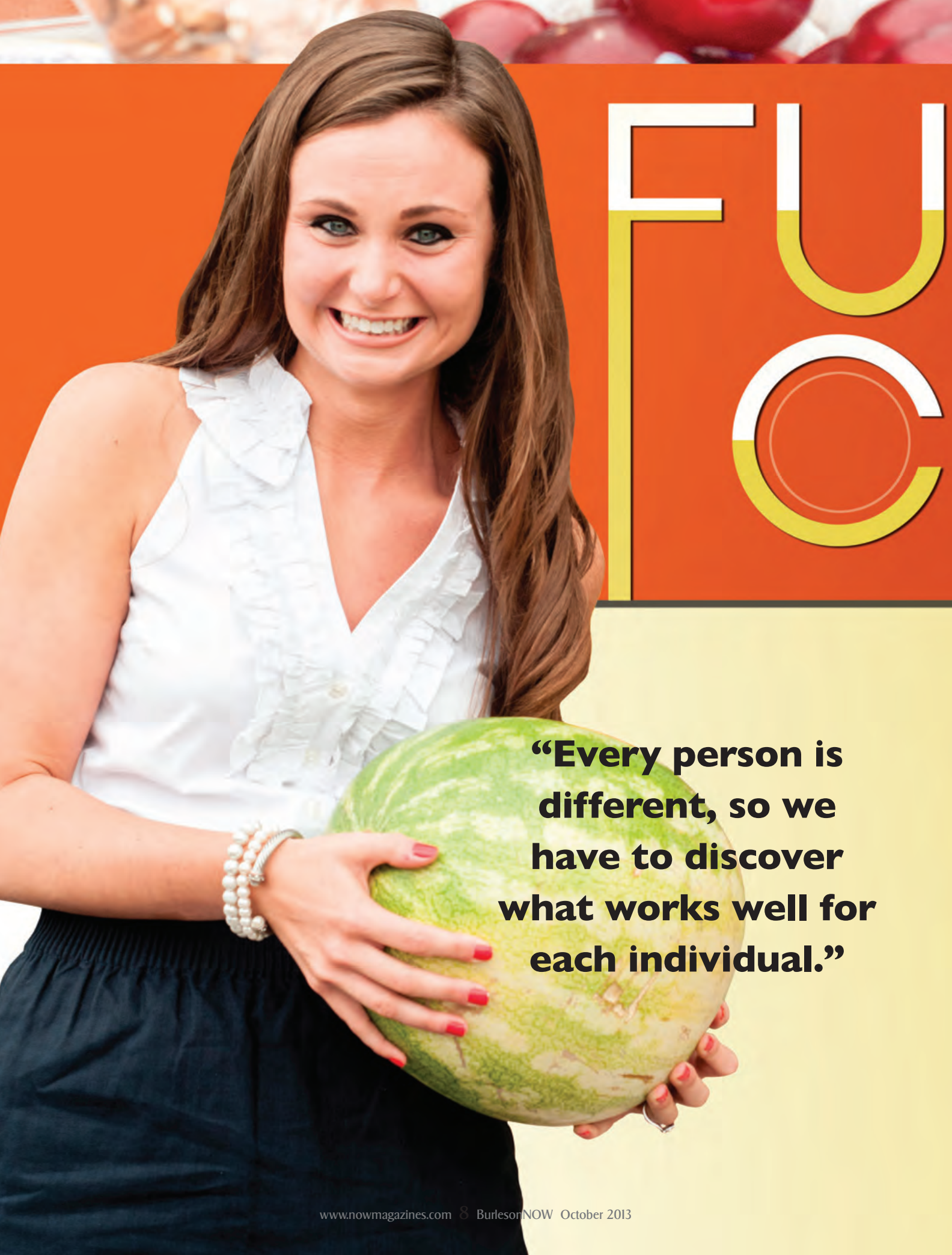
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By Lisa Bell

When Megan Holloway headed to college, she didn't pursue a teaching degree. With a long ancestral history of educators, no one imagined she'd choose a degree in fashion design. She broke tradition — or so everyone thought.

Before long, Megan realized fashion wasn't the career she wanted. Seeking direction, she discovered the multi-faceted world of jobs involving nutrition. During high school, she played tennis and admittedly didn't have the best eating habits. "I'd eat fries and sweet tea for lunch, and then wonder why I couldn't perform on the tennis courts," Megan said. Her coach at the time also taught health classes. He helped her realize the importance of fueling her body with good foods to improve her athletic performance. This encounter with proper nutrition paved the way for her future.

With a school administrator as a father and a teacher (now, a high school counselor) as a mother, she grew up around schools and developed a love of education. Although the role of registered dietitian and licensed dietitian doesn't look exactly like her ancestry, she credits the influence of her parents and coach for bringing her full circle back to teaching.

During college, Megan loved sports and understood the link between performance and food choices. With a family history of diabetes and heart disease, she became even more interested in proper diet and





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its effect on health. As she searched for a career that fit her personality and interests, she saw nutrition as a viable option. "I really could help someone," she decided. In her mid-20s, she helps many people.

In her job, Megan works with all age groups. Doctor referrals, word of mouth, community outreach and the fitness center all bring clients into her office. Whether meeting one-on-one with someone or speaking to small or large groups, she educates about the benefits of good nutrition.

Many of her clients come to her because of specific health issues. She adjusts her teaching style based on age. A mother may bring in her 6-year-old out of simple concern or under a physician's advice. Some clients turn to Megan with weight-loss needs, often after trying every possible diet available. Still others come

with a need to gain weight or a desire to control chronic disease with nutrition in place of or accompanying prescription drugs. "Every person is different, so we have to discover what works well for each individual," she said.

Accountability plays a big part in success; however, she chooses encouragement instead of hounding someone into doing better. She teaches moderation and lifestyle over dieting. "Hounding doesn't work," she said, "and neither does deprivation. The more you restrict yourself, the more you want the thing you can't have." The philosophy works as she teaches her clients better nutrition and creates an action plan for success.

Megan applies these principles to her own life. She admits having a sweet tooth. In fact, she introduced her fiancé, Brian, to a love of desserts. "He figured he had it made with a

dietitian," she said, "but before meeting me, he seldom had dessert with meals." She's learned to control the type and amount of sweets she eats, using tricks like freezing chocolate chips and eating a small handful to satisfy her sweet tooth. "Feed your sweet tooth, or it will drive you crazy," she said.

During 1,200 hours of internship, she worked in many different types of nutritional jobs to find the best fit. Assisting a sports dietitian, serving meals to students at Birdsville ISD and other positions prepared her. A job within her internship at Texas Health Huguley in food service led to her current position, a new role not only for clients coming into her office, but also providing a connection where she can give back to the community. She speaks at schools, senior citizen homes and clubs and other places. In a monthly nutrition class open





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to anyone, she provides information on different subjects determined by feedback from participants. Born in Cleburne, Megan loves being part of Johnson County again.

Megan is currently working on her master's degree and plans to pursue her doctorate of nutrition later in life. She will marry Brian (a graduate of Texas A&M University) in April 2014. As chairperson for Power of Heels, the women's arm of the Burleson Area Chamber of Commerce, she helps empower women within the workplace and provide networking opportunities.



Her favorite teaching comes in the form of counseling student athletes, motivating them with performance. "Why waste time doing two-a-days, then ruin performance because of poor nutrition?" she will ask them. She takes pride in seeing the connection brighten their faces.

Weight control and related disease comprise the majority of her cases. These clients also provide the greatest sense of accomplishment when they meet goals. "We don't put weight on overnight, so we can't lose it overnight. Small changes make big differences," she explained.

One man came in with severe diabetes and other health problems, desperate to lose weight. Megan couldn't make the diseases go away, but after several months and 50 pounds lost, he took control over his body. He faithfully emails her weekly



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for accountability and encouragement as he continues toward his goal.

A college student came to Megan after trying many diets and failing. She, too, had serious medical issues. This young woman didn't feel comfortable using the gym on the campus. They looked at other options for exercise, such as walking the halls and using books for weights. She experienced success, but one week she gained weight due to medication. Megan comforted her and assured her finishing the meds would result in getting back on track — and it did. Meds finished, she dropped 11 pounds.

Losing weight doesn't come easy. Ironically, putting on weight can be even more difficult. One of her clients survived throat cancer. At 65, she fed herself through a tube and couldn't figure out how to gain weight with it. They found a way to increase calories in a healthy way. This woman inspires Megan with her vitality and willingness to both enjoy life and make necessary changes. People require the right mindset to succeed, and when they do, it's inspiring.

Eating disorders challenge Megan most because of the psychological issues involved. Diseases affecting hormones (such as thyroid issues or PCOS — polycystic ovarian syndrome) tend to frustrate Megan. Diet changes can help overcome these diseases, but clients can still see difficulties in losing weight. She helps the clients discover what works best and sticks with them. She teaches portion control, wise choices and moderation as critical factors, especially when eating out. "Eating healthy doesn't mean gourmet cooking," Megan stated. "Keep it simple with steamed veggies, brown rice and such. Find what works for you and do it." **NOW**

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Surrounded by Kids

— By Erin McEndree

Public servants come in all types. Kevin Sellers is the kind who surrounds himself with youth from his community and helps them with their needs. He supports and nurtures his two children's gifts and guides them to outstanding achievements. He also oversees the needs of students in his community as the assistant superintendent for Joshua ISD. Kevin also has a heart for the plight of children who have been abused. So he works with law enforcement to get predators off the streets. In all aspects of Kevin's life, he puts the needs of children first so future generations can have a better tomorrow.

Food played a big part in how Kevin got here from Denver. He moved to Keene from Denver as a teen when his dad took a job as the head chef at the Huguley Medical Center, then later completed his career at Harris Southwest. Kevin learned early in life that he wanted to work with children. "I went to a camp every summer for nine weeks," Kevin said. "Camp was where I really decided I wanted to



be around kids and be involved in their life. It was a great experience.” He also worked with blind campers and diabetic campers. Kevin admitted he didn’t know what he wanted to do when he first got into college, but the camp filled the void. He was also a Big Brother for a couple of years. He fell in love with working with kids, so he attended Southwestern Adventist University in Keene to pursue a teaching degree.

Kevin was hired to teach fifth and then sixth grade in Cleburne. He also traveled back and forth to Tarleton State University in Stephenville to attain a master’s degree in education with an emphasis on school administration. Kevin remembered he did not see his wife, Vickie, and his two children much during that time. Vickie is also involved in education and teaches second grade for Keene ISD.

“I want to make a difference. I can’t think of anything better to do with my life than to work with kids.”

For several years, Kevin hopped around the area with jobs from assistant principal to principal to superintendent. He finally set roots in Joshua as the assistant superintendent. He currently helps to ensure students receive the best educational experience. He works alongside many others on policies and programs to improve the quality of education and opportunities students deserve. He advocates an Internet protection program and works with teachers to help inform their students about predators online. The Think



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Joshua provides opportunities which interest Kevin's kids, Bradyn and Hailey. Hailey graduated high school in the top five percent of the class of 2013, and Kevin is proud he was the one to hand his daughter her diploma. She wants to go to the University of North Texas to pursue a physical therapy degree; however, Nashville might be in her future.

Hailey loves to sing. "She has always been musical," Kevin said. "She sang so

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much it made us crazy.” She took piano lessons and guitar lessons, and now Hailey writes songs and plays at public events. Kevin has named himself her “dadager” because he manages her gigs on the weekends. She plays at places like Frescos in Old Town, Lost Oak Winery and several restaurants at The Fort Worth Stockyards and in Granbury. She would love to go to Nashville and follow her dreams, and Kevin and Vicki are behind her to support her talent.

Hailey also donates her time and music to a good cause. She has been involved in The Family Place fundraiser in Dallas for several years. The Family Place is a place where victims of family violence can be kept safe while they escape from domestic violence. During the fundraiser this past June, Hailey played her guitar and was auctioned off to play for a private concert. “I like this place because it is about helping people help themselves,” Kevin said.

Sports are Bradyn’s passion. He likes football and plays quarterback for Joshua High School Ninth Grade Campus. He also plays year-round basketball with a select team. “Bradyn likes music too, but his thing is sports,” Kevin said. “He is very competitive.” Kevin also sees a spark for children in Bradyn. “When he’s around other kids, he tends to coach them. He is a mentor to young kids, too,” Kevin added.

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is important for Kevin and Vickie. Kevin coached little dribbler's team and summer leagues for both kids so he could stay involved. They also built a pool in the backyard. "Be careful what you wish for," Kevin laughed. "Now we have kids at our house all the time, but we know where ours are." They get to meet some quality families and good kids, and it's nice to be able to know them on a different level than as their school's administrator.

To continue to make a difference in his community, Kevin is on the board of the Children's Advocacy Center of Johnson County. The center strives to protect and serve the youngest and most vulnerable victims in the community. They work with law enforcement agencies and trained professional investigators to provide the services needed for these young victims and their nonoffending family members. "We work with kids who have been abused," Kevin said. "Staff members from the Children's Advocacy Center work with law enforcement agencies to get perpetrators off the streets.

"I want to make a difference. I can't think of anything better to do with my life than to work with kids," Kevin said. "Sometimes you have to wait a while



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to see results, but it is worth it.” Kevin knows he made a difference when he sees kids he taught as far back as 1985 and they speak to him. Pinned to the wall is a colorfully written napkin, probably packed in a lunch, that says, *Hey Dad! Have a great day! Hailey.* “Those kinds of moments keep bringing me back. That is the best feeling,” Kevin beamed.

Kevin enjoys the outdoors and likes to snow ski in Denver. He admits his family would like to visit more. Besides skiing Kevin is also a big Denver Broncos and Nuggets fan. “I enjoy football, basketball and baseball,” Kevin said. “I enjoy golf, too, but I’m horrible.” Kevin’s aim is to do everything with a purpose, no matter how small and think about how to make the world a better place. His favorite phrase to his kids when they go out the door is, “Don’t be stupid,” because he wants them to have fun safely. He is proud of his accomplishments and seeks to rear his children to be successful, kind and productive in their life and with their families.

For over 29 years, Kevin has been involved in the lives of youth in his community. “You don’t do this job this long if you don’t have a passion for it,” Kevin said. “Part of me misses the classroom, but the years have all been great.” Kevin will continue to help kids get up on their feet as he helps lead them in the right direction. **NOW**



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A HAUNTING WE WILL GO

At Home With
Gregg and Sharon Marsh

— By Carolyn Wills





Each year for one terrifying October evening, long-time Lockheed Martin employee and Briaroaks volunteer deputy chief fireman, Gregg Marsh, undergoes a complete and mystifying metamorphosis. Last year, he transformed into a werewolf. Along with his friends: Freddie Kruger, Incredible Hulk and Regan MacNeil (the head-turning Exorcist teenager,) he lurked in the shadows and frightened everyone in his path. On the same evening the year before, he became an evil-looking clown so scary even clown-lovers recoiled. One might ask what force could possibly possess this normally handsome, hardworking Burleson resident and courageous first responder to join the creepy creatures of the night.

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The answer would be Gregg's wish to create what was once the magic of Halloween. "When I was young, kids went door-to-door for trick-or-treating," he said with a smile. As the father of three sons, he watched the tradition change until it became necessary for parents to accompany their children or to find alternatives to trick-or-treating. "In 1993, I thought, *Why not make a haunted house in our garage?*" Gregg recalled. "The neighbors got involved, and we threw the first haunted house together in a week. It was pretty cheesy, but a great success." In the years following, he added and upgraded elements.

That was 20 years ago. His kids are

grown, and in life's endings and beginnings, his first marriage ended, yet his commitment to the haunted house remains. In 2004, the Briaroaks Fire Station had use of a vacant 10,000-square-foot building on Interstate 35. "We gathered more stuff," Gregg said. "Most of it was free. We built rooms and turned the haunted house into a fundraiser. The first year, we made a profit of \$4,000 and even more in the next two years, but it was a huge project, especially to take down." Eventually, the building sold. "We had collected great stuff, so I decided to move it to my garage again."

Meanwhile, Gregg had fallen in love with a beautiful woman named Sharon. They married in January 2007. "I married into Gregg's haunted house," she smiled. "It's his thing, and I completely support him."

Today, the Marshes live in a lovely three-bedroom home on a busy Burleson street corner. "We loved the fact the house had an in-ground swimming



pool," Sharon said. As it happened, the location also could not have been better for a haunted house and what has now become known as "Nightmare on Alsbury."

Gregg begins work on the haunted house a good six weeks before Halloween. "We decorate the yard and the garage," he said. "On Halloween night until 10:00 p.m., people line up on the sidewalk to go into the 'house' in groups of five."

"We give out bags of candy to the kids," Sharon said. "Last year, we handed out 600 bags and ran out.

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Counting teens and adults, I think we had probably 2,000 people total. I call it our controlled chaos."

The Nightmare on Alsbury is a scary, creepy maze filled with surprises, animatronic figures and eerie sounds. "I try to keep it on a kid-level," Gregg said. "We want the kids to be a little scared and have a lot of fun."

In addition to the haunted house, Sharon also married into Gregg's *Star Wars* room. "I was 14 years old when the first *Star Wars* movie was released in 1977, and I saw it at least 15 times," he said. "I thought it was the best movie ever, so I started collecting memorabilia."

In 2000, he heard about a sci-fi convention opening in Dallas. He met the owner who offered him a booth, and that was the beginning of four years of selling *Star Wars* collectibles. "I also met a lot of the *Star Wars* actors," he said. "My dream came true when I met Carrie Fisher."

Gregg's *Star Wars* room is wall-to-wall and ceiling-to-floor *Star Wars* and *Lord of the Rings* memorabilia. "I have two life-sized Yodas," he smiled. His pride and joy is an original *Star Wars* manuscript signed by the main actors.

Outside the *Star Wars* room, the Marsh's home has recently undergone major remodeling. "We put a new floor throughout," Sharon said. The open kitchen/dining area now features gorgeous dark-stained knotty alder wood cabinets, granite countertops and retextured walls, faux-finished in a soft shade of yellow-gold. Beautifully detailed and delicate wildlife sculptures made of fish-bone highlight the living room. "We discovered them while vacationing on

a cruise ship,” Sharon said. “We took a cruise for our first vacation and ended up having such a great time that we try to take one every year. The sculptures are from Cozumel and Jamaica.”

As Gregg and Sharon continue to share the magic of Halloween, the haunted house has become widely-known in Burleson. Life, though, has not always been kind for this amazing and very generous couple. Sharon has Addison’s disease and, in June 2008 and at the age of 38, she suffered a stroke during a second surgery to remove her adrenal glands and, as a result, she now relies on a wheelchair. “I’ve regained use of everything except for my right leg,” she said. Recently, she was accepted as a candidate for a revolutionary bionic leg brace which is expected to allow her to walk again.

“We’re super excited,” Gregg said. “To be able to walk again after five years and for her to have her independence back will be phenomenal.”

“The challenge of Addison’s disease is that it diminishes the immune system,” Sharon said. “When I get sick, it can be very serious. Gregg has saved my life a couple of times. He’s my husband, my caretaker, my everything.”

In 2006, Gregg had his own life-threatening battle which began as walking pneumonia and ultimately became a diagnosis of transverse myelitis, a deadly neurological condition. “I was in the hospital for over four months,” he said. Fortunately, the diagnosis came in time for treatment, and he was able to fully recover.

Today, when Gregg is not working at either his daytime or off-time job, he and Sharon enjoy being poolside. “Sharon is the gardener,” Gregg said. “She’s turned the backyard into a showplace.”

They also enjoy their 10-year-old black Chihuahua, Wolfie; 13-year-old big gray and white cat, Max; and 14-year-old orange cat they call Sam. Of course, Wolfie rules the pack.

Strangely and appropriately, last October, Gregg came home to hear eerie screams coming from the back porch and discovered a tiny black kitten. Blackie is now 8 months old and a beloved member of the household. Suffice it to say, though, rather than join the haunted house crew, Blackie is safely at home on Halloween night! **NOW**



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Ancient Art

By Lisa Bell

"A day without quilting or some type of sewing feels like a wasted day," Nancy Yanni remarked. She first learned the art about 10 years ago and still enjoys gathering monthly with a group of ladies in Burleson to discover more techniques.

The art of quilting might possibly date back to ancient Egypt. When the first settlers came to America, they most likely used other options for warmth. Eventually as more immigrants came to the new country, they brought the art of quilting with them. Most Colonial women spun yarn, then wove fabric to clothe their family. They didn't have spare time for making decorative quilts. With inexpensive and less time-consuming options, the art of quilting didn't become widespread in America until the mid-19th century when the industrial revolution lowered the cost of material.

Although quilts provided warmth, Americans generally viewed them as decorative items.

Women in former times also created beautiful coverings to celebrate special events such as weddings. Some made quilts that provided details into the history of their family or town. During World War II, women sewed quilts to support the Red Cross.

They sold blocks to local businesses,



embroidered the business name and then raffled off the quilt as their part in the war effort. The work also left behind a historical record for generations to come. All of this was done by hand.

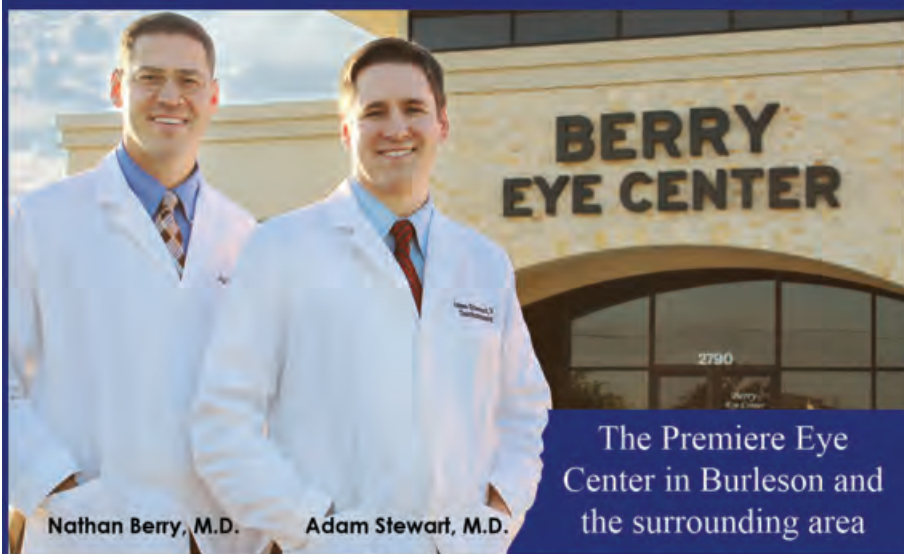
Nancy simply loves bringing her creativity to life through quilts. As a younger woman, she sewed clothes for her family. After becoming a certified teacher, she reconnected with a friend who also taught school in Joshua. "Since we had nothing to do after school," Nancy said with a laugh, "we decided we'd take a class one day a week."

Teaching overtook their lives. As they learned to quilt, it not only relieved stress, but also provided a mental challenge. Nancy loved seeing a project come together. Making a quilt requires using math and problem-solving skills. Much like putting a puzzle together, the blocks fit together to form the final design.

Nancy and her friend learned from other church friends about a quilting class through Burleson Community Education. They met other women from the community, including many teachers, specifically one named Fran. "With Fran,"



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she said, "it's always this is the project we're doing, but next week I'll teach you this." Although the classes ended, the group stayed together and found places to meet on a monthly basis. Fran continues to teach them quilting, although some women bring other needlework projects to the monthly gatherings.

The first step to making a quilt is choosing a pattern. Although some women design the quilt top, Nancy



prefers letting others create the design so she can implement it. She may change things slightly to accommodate her tastes. Once she selects the overall design, she then picks the fabrics. Part of the art in quilt making comes from visualizing the final product. She has the ability to look at different fabric colors and patterns, and see in her mind how they will fit together to make a beautiful covering for a bed or a decorative item for a home.

Next in the process, Nancy cuts the fabric with a rotary cutter. Many quilters



use rotary cutters to make cutting the pieces easier. She then begins putting her blocks together. "Each block consists of the design pattern surrounded by the sashing — a border around the individual square," Nancy explained. "The amount of work and time for each block depends on the chosen design. While some are relatively simple, others are complex and require multiple pieces, which must be sewn together." After joining all the

blocks together, the quilter adds one to three borders around the entire top.

As the blocks come together, they often create a shape between the squares. At times, Nancy follows the pattern wondering how it will ever work. But as she follows the instructions, the design always works out as expected. Once the top of the quilt is finished, she takes the backing and has the quilting done

professionally by Fran or someone who has a machine designed for the task. Fran prefers a simple meandering stitch pattern for quilting. Some machines have a computerized capability to create an intricate pattern on a quilt. Nancy, too, prefers the meandering stitch, which is curvy and done freehanded on the machine. "I want my piecing to show, not necessarily the beautiful stitches a computer can do," she explained.

Nancy's husband, John, supports her love for quilting, sometimes even



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choosing fabric for quilts. When she made a smaller half-kaleidoscope piece, they framed the artwork, placing it above a doorway, creating a decorative transom. He liked the effect and asked her to make the other half to put above a second doorway coming into the house.

Besides quilting, Nancy had always wanted to visit Alaska, see a whale breach and walk on a glacier. When the couple went on an Alaskan cruise, she achieved these dreams. As they stopped along the way, she asked about local quilt shops and found one that featured fabrics picturing the trip. Recalling a quilt pattern with the effect of a photo album, they found eagles, bears, a breaching whale and even the Aurora Borealis. She kept a card from

"A day without quilting or some type of sewing feels like a wasted day."

each shop and planned to order fabric for the backing. Once back home, after putting the blocks together and finishing the top, Nancy thought about using the Aurora Borealis fabric for the back, but John wanted bears. The finished quilt reminds them of their trip and all the wonderful things they saw.

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Americana quilt, Nancy ended up transforming the project into more of a memory work of art. "The blocks represent places I've lived before moving to Burleson 22 years ago," Nancy shared. "Some provide memories of my children or sister. One block with a pot conveys my love of coffee." By choosing the proper fabrics, this quilt tells a story of Nancy's life. Much like the quilts from long ago, this one provides a family history of sorts. She shows her work with pride.



Over the years, Nancy made both a winter and summer quilt for each bed in her home. She also created a quilt for her children when they left home for college, allowing them to choose the design and fabric. Having grown up in the Northeast, Nancy also provides quilts for all of them to keep in their cars and smaller ones for use around the house. She gives many of her homemade quilts away, but also hangs pieces as decorative artwork in her home or displays them as table toppers.

As Nancy learns more month-by-month, she keeps this ancient art alive. Her love of the process has challenged others to learn and make beautiful quilts, too. **NOW**

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Radiologists at Monticello Diagnostic Imaging look for answers to every doctor's mystery.

— By Melissa Rawlins

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"We approach each case as if the patient was a family member," said Dr. Marsh, who grew up in Oklahoma as the son of a railroad man. The two met while they were both in radiology residency at Texas College of Osteopathic Medicine, University of North Texas Health Science Center.

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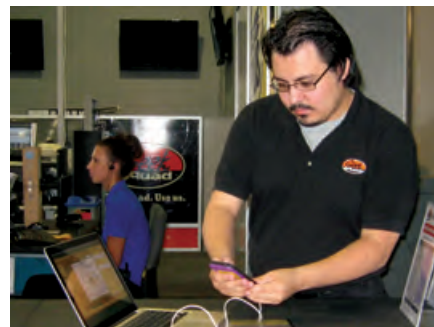
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Docent Wayne Davidson points out various thriving vegetables in the experimental community gardens at Russell Farm.



Drew Hellman and Trevor Lucas hang out with Uncle Sam and the Burleson Lions Club.



Esperanza Corpus and Yolanda Rodriguez chat in front of the Burleson Public Library.



Matthew Maxwell and Jon Duncanson find out how they can help each other at the Lunch n Learn hosted by Couch and Russell at the BACC.



Paco Saucedo, Tina Falcone and Timothy Hughes, students at Hill College and TCC, chat over smartphones and coffee.



Tarah, Courtney and Carly are ready for the lunch crowd at Chili's.



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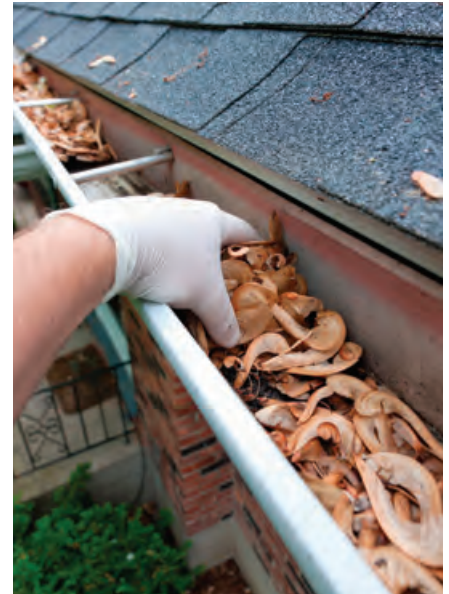
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you can take simple steps to safeguard your home from winter's wrath and head off a cold weather catastrophe. While it's hard to start thinking about winter while temperatures remain well above freezing, now is the time to plan ahead and take care of all the things in and around your home you will wish you had done when the weather was still nice.

Outside Your Home

- **Clean out gutters.** Remove leaves, sticks and other debris from gutters, so melting snow and ice can flow freely. This can prevent ice damming — a condition where water is unable to drain through the gutters and instead seeps into the house causing water to drip from the ceiling and walls.



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• **Make sure that smoke and fire alarms are working properly.** Residential fires increase in the winter, so it is important to protect your family with working alarm systems. Also, consider installing a carbon dioxide detector, since a well-sealed home can trap this toxic gas.

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Youth Dance Clinic: Tuesday evenings, Centennial High School dance studio. **5:30-6:30 p.m.**, K-fourth grade; **6:30-7:30 p.m.**, fifth grade and up. Children learn from Centennial Sparklers. Call (817) 245-0270.

October 7, 21, 28

Joshua Young Life meeting: 7:02 p.m., the old gym at Joshua High School. Young Life brings the good news of Jesus Christ into the lives of teenagers. Contact Theresa Boydston at (817) 368-0349.

October 5

Casa Superhero Run: 7:30 a.m., 210 Featherston, Cleburne. Benefiting CASA of Johnson County, community volunteers acting as voices in court for abused and neglected children. 1K Fun Run/Walk starts at 8:30 a.m. 5K and 10K starts at 9:00 a.m. Contact Cheryl Price, (817) 558-6995, or raccinfo@casajohnsoncounty.org.

Feed the Need: 8:00 a.m., 590 NE McAlister. 5K & Family Fun Run to raise funds benefiting Meals-on-Wheels of Johnson and Ellis Counties, PacMin and Tarrant Area Food Bank. \$15 for two-legged walkers and runners; \$3 for leashed pets. To register, visit www.funmburleson.org.

October 12

Founders Day: 9:00 a.m.-6:00 p.m., Ellison St., old town Burleson. Mock gunfights, carnival rides and entertainment plus great food, arts and crafts are offered so your family can celebrate the founding of Burleson on October 10, 1881. For more information, visit www.burlesontx.com.

October 18

Power of Heels: 11:30 a.m.-1:00 p.m. Texas Huguley Fitness Center. Lunch, networking and inspirational presentation commemorating Women's Health Month. \$15 BACC members; \$20 non-members. RSVP at (817) 295-6121.

October 19

Joshua Fall Festival: 9:30 a.m.-2:00 p.m., Joshua High School parking lot, in front of Acker Auditorium and Galbreath Gym. Contact (817) 556-2480.

October 25

Burleson Chamber Golf Tournament: 11:00 a.m.-5:00 p.m., Hidden Creek Golf Course. Register online at www.cdglinks.com.

October 26

Haunted Hayride: 7:00-9:30 p.m., 900 E.

Glendale. Hosted by the City of Crowley, this promises fun for the entire family. Bring canned goods for House of Hope. Contact (817) 297-2201.

Boo Bash: 6:00-8:00 p.m., 124 W. Ellison St., old town Burleson. Free trick-or-treating, bounce houses, a pumpkin patch and a costume parade for children up to 12 years old. Contact (817) 426-9104.

VFW Post 6872 Dinner and Auction:

5:00 p.m., 3409 CR 920, Crowley. Join the VFW for family-friendly fundraiser and catfish, fries and hushpuppies. Adults, \$10; kids 5-12, \$5. Call (817) 645-2436.

November 1

Burleson Pregnancy Aid Center Gala: 6:30-9:30 p.m., Omni Fort Worth Hotel, 1300 Houston, Fort Worth. Featuring Comedian Paul Aldrich. For more information, visit www.pregnancyaid.org.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbcglobal.net.



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Men Get It, Too

— By Betty Tryon, BSN

When the term breast cancer is used, it is most often assumed the words refer to breast cancer in women. However, men can and do get breast cancer. The incidence is very rare and accounts for only 1 percent of breast cancers. But, for that 1 percent male population, the cancer can manifest itself as devastatingly as it does for women.

The reason men can get breast cancer is because everyone is born with breast tissue. However, during puberty a female's hormones will trigger the growth and development of breast tissue. For a male, testosterone will suppress the growth of these tissues, and they remain underdeveloped. However, what is present can undergo cancerous changes.

Breast cancer in men is typically discovered in patients past the age of 60. Men most often present with symptoms of advanced development of the disease, because earlier signs and symptoms were ignored or misdiagnosed. One of the more common signs is the presence of a lump in the breast. Most of the time, the lump is painless. Changes in the appearance of the skin are another indication of possible cancer. These symptoms may be dimpling or puckering of the skin, redness, swelling or a change in the contour of the breast. Nipple discharge or a nipple that begins to retract or turn inward may indicate presence of the disease. Any persistent change in the breast area should be

brought to the attention of a physician.

What causes male breast cancer is not fully known. There is the possibility of inheriting an increased risk in the form of mutated genes BRCA1 and BRCA2, which stand for breast cancer susceptibility gene 1 and breast cancer susceptibility gene 2. Radiation, obesity, age and estrogen are a few of the risk factors. If a man has several female relatives who have developed breast cancer, his risk of getting it is increased.

Many men with breast cancer may feel isolated in a world of pink. Because the disease is atypical for men, they may be hesitant to reach out for support particularly with other men. As with any serious illness, the emotional state plays a significant part. Sharing with others about all the manifestations of this disease from diagnosis to recovery makes the journey easier. Check with your health care provider for any local support groups. If none are available, the Internet could be an option. One site specifically for male breast cancer is www.mdjunction.com/male-breast-cancer, where men can share their experiences. Living with breast cancer can be daunting. It is important that every tool available for a positive outcome is used. **NOW**

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



In the Kitchen With Dee Bash

— *By Melissa Rawlins*

A retired nutritionist and fan of Burleson Farmers Market, Dee Bash started cooking with her grandmother, Dona Housman. “She and Grandpa had a large garden near the Missouri River. I helped them pick fresh produce and shell peas, snap green beans, wash greens and cook dinner. I remember helping her cook vegetables, make soup and bake fruit pies,” said Dee, who still has Grandma’s soup pot and pie safe and cooks with homegrown herbs. Dee and her husband, Joe, reared three sons, Brian, Chris and Eric, in Burleson in the ’70s and ’80s and encouraged their friends to join the family for dinner. “Everyone can be good cooks if they will choose fresh foods and take time to learn how to plan and prepare healthy meals.” **NOW**

Dee’s Bruschetta

- 1 loaf whole wheat French bread, unsliced**
- 2 Tbsp. olive oil (divided use)**
- 6 large tomatoes, chopped**
- 4 green onions, chopped**
- 4 fresh basil leaves, chopped**
- 1/4 tsp. salt**
- 1/4 tsp. freshly ground pepper**
- 1/2 Tbsp. balsamic vinegar**
- 1 cup reduced-fat Mozzarella or Cheddar cheese, shredded**

- 1.** Preheat oven to 450 F
- 2.** Slice bread into 1-inch slices. Place bread slices on a baking pan.
- 3.** Using 1 Tbsp. olive oil, lightly brush one side of each bread slice.
- 4.** Bake on top rack of oven 6-8 minutes, or

until golden brown.

5. Combine tomatoes, green onion, basil, salt, pepper, vinegar and 1 Tbsp. olive oil. Drain excess liquid from the tomato mixture; save for use as salad dressing.

6. Spoon tomato mixture evenly over the toasted bread slices. Save any extra to serve with the bruschetta.

7. Top with shredded cheese; return to oven for 3-4 minutes or until cheese is melted. Serve with homemade minestrone soup.

Spinach Salad

- 4 eggs, hard boiled**
- 3 Tbsp. extra-virgin olive oil**
- 2 Tbsp. red wine vinegar**
- 1 tsp. Dijon mustard**
- 1/2 tsp. freshly ground black pepper**
- 1/4 tsp. salt**

- 6 cups fresh baby spinach leaves, washed, stems removed**
- 1/4 red onion, sliced lengthwise**
- 1 15-oz. can garbanzo beans, rinsed and drained**

- 1.** Peel and quarter eggs.
- 2.** Combine oil, vinegar, mustard, pepper and salt in a large salad bowl. Whisk with a fork.
- 3.** Add spinach, red onion and garbanzo beans. Toss to coat. Add eggs and toss gently. Serve with whole grain baguette slices and cantaloupe wedges.

Sautéed Zucchini

- 2 Tbsp. olive oil**
- 1 clove garlic, peeled and minced**
- 3/4 lb. zucchini**
- 1/2 Tbsp. fresh oregano (or 1/2 tsp. dried)**
- 1/4 tsp. freshly ground pepper**

- 1.** In a large skillet, heat oil; sauté garlic for 30 seconds over medium heat.
- 2.** Wash and slice zucchini into 1/4-inch rounds. Add to skillet, tossing to mix with the oil. Cook, stirring occasionally, for 5-6 minutes or until crisp-tender.
- 3.** Stir in oregano and pepper. Serve with roasted chicken and brown rice

Tomato and Cucumber Salad

- 4 large tomatoes**
- 2 cucumbers**
- 1 small red onion**
- 1 small jalapeño (optional)**
- 3 Tbsp. olive oil**
- 1 1/2 Tbsp. red wine vinegar**
- 1/2 tsp. kosher salt**
- 1/2 tsp. freshly ground pepper**
- 4 fresh basil leaves, chopped**

- 1.** Chop first 3 ingredients coarsely. Seed and finely chop jalapeño. Combine these ingredients in a large bowl.
- 2.** In a small bowl, combine oil, vinegar, salt, pepper and basil.
- 3.** Toss together in the large bowl. Serve with sandwiches.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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