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November 2008

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The Tale**

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**Girls Wanna
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Editor's Note

What a Month for Gratitude!

Veterans Day and Thanksgiving Day are being celebrated in Burleson this month! I hope you will come out to Burleson's Military Veteran Tribute on Saturday, November 8, from 2:00 — 4:00 p.m. at the Veterans Memorial Fountain in Old Town. Our veterans are the pride of our country. They have given their all when asked, and it is a blessing to remember and honor them.

At the end of the month, we will be celebrating the prosperity of our families and community. I encourage you to take time to reach out to any families in your church or on your street who may need a helping hand. If you do not know anyone who cannot afford to put turkey on the table, call Harvest House (817) 295-6252 and ask how to help, rejoicing that you are blessed to be able to help. Thank you, Burleson!

Melissa Rawlins

BurlesonNOW Editor

P.S. Do not forget to vote on November 4!



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Telling the Tale

— By Melissa Rawlins

Common to every human experience is the love of storytelling. This month as we celebrate Veterans Day, you will hear some amazing stories about former soldiers and their service to this nation. I got a taste of their experiences hanging out in The Bistro, near the Veterans Memorial in B&G Plaza in Old Town, listening to three Burleson Purple Heart veterans.


After returning from Europe, where his war wound earned him a Purple Heart, JW Arnold, 85, enjoyed a fulfilling career selling supplies to grocery stores. His friend, Sam Burns, also 85, left the 9th Division and worked through two careers (in men's clothing and real estate construction) before retiring. Jack Beddingfield, 83, served our country as a customs officer, after his WW II fighting days were over.

Jack said he went because American men did what they were told. JW agreed, "I got drafted, and they sent me over there." Sam was ineligible for military service, thanks to a dynamite explosion in his hometown of Big Spring, Texas. "The doctor who took care of me did an eight-inch bone graft on my left leg. He was the same doc who examined me 12 years later when I volunteered to go to WW II. He said, 'No, you're not. No way your leg will hold up under this, I don't believe.' I said, 'Doc, I can do anything!' You know, I was tough then," laughed Sam. "In less than six months, why, my neighbors and all the people out there on the draft board wanted me."

"Yeah, my daddy was on the draft board," said Jack, whose father was a sharecropper south of Cleburne. "He

didn't try to keep me out. He just wanted me home long enough to help him pick cotton." During WW II, Jack marched, camped and fought in some the same European regions where Sam and JW were. Jack landed on Omaha Beach two weeks after D-Day. "I landed at Utah Beach," said JW. Sam was part of the D-Day, June 6, 1944, launch at Normandy.

The traumas and victories these men lived through earned them more than Purple Heart commendations, which is received if a soldier has been wounded or killed while serving. They also have enough tales of the battlefield to fill a library of books. Sam and his friend, Ward O. Payne, have published one such collection titled *The Fox Company Book*, remembering the men in Fox Company. "Any day, any time,



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any minute, you could get little pieces of shrapnel in you and each could be worth a Purple Heart. I think it's very important for the younger generation to hear these stories, to know what people of our nation have done and why," said Sam, who is Senior Vice Commander of the Military Order of the Purple Heart Pat Cleburne Chapter 1867.

The 18-year-old organization was named after a general from the Civil War. The service organization exists to help veterans. JW, one of the founding members, said around nine people meet every fourth Saturday at 10:00 a.m. at the Johnson County Coop building on North Main Street in Cleburne to discuss projects. Sam added, "I go to shoot the bull."

Whatever these veterans' reasons are for participating — our local chapter of Purple Hearts accomplishes a whole lot of good for Johnson County veterans.

"This last year, we helped Johnny Evans, who had Lou Gehrig's disease. He was a vet, and Sam and I and some other vets went to sit with him and help him any way we could. He could run a computer with his head. His arms wouldn't work," remembered JW. "I burped him a few times," said Sam. "I did, too," agreed JW. "We also gave a plaque to the family of Thomas Herbert, the first veteran killed in Iraq from Johnson County."

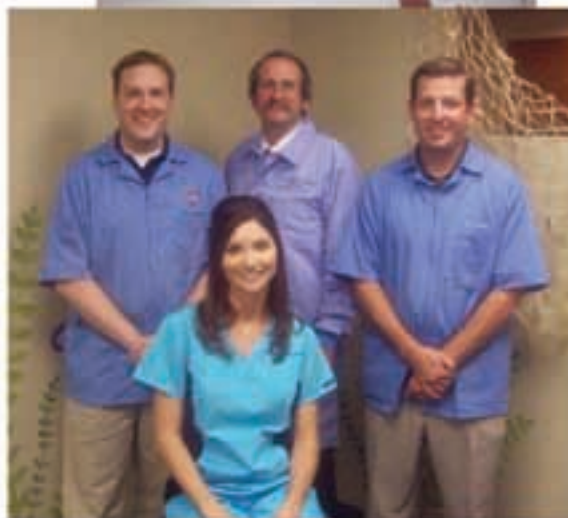
"Our group of Purple Hearts also went out with the Christian Motorcycle bunch and Chet Edwards, our congressman, and we put up a plaque in his honor on the square in Venus," said JW. "We put flags on the graves of veterans in Johnson County cemeteries on the Saturday before Memorial Day, and the Boy Scout troop in Burleson helped us. Troop 275 can really get up and go," Sam said.

"Then we put a wreath at the entrance to each cemetery in Johnson County, which said, 'In honor of our fallen comrades.' During the Memorial Day parade, they honored us on the grandstand in Warren Park. There was a whole big crowd of us, eight,

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including our wives. Brother Joe Worley [led the prayer]. He's died since then," JW said.

The Purple Hearts also helped Betty Shelton gather up 80 names for the bricks in the Veterans Memorial. These bricks memorialize not just Purple Hearts, but other veterans. "We gave three television sets to the veterans' outpatient clinic in Fort Worth, mounted up high so people can watch them, with a plaque under each one," said JW. "Don't forget that we bought a computer for Paul Duvall, the Johnson County Veterans Service Officer," Sam said.

"We helped one of our members, who needs to be in a wheel chair. He was taking horseback riding for physical therapy, and we paid for some of his sessions," said JW. Every year, the group gives an outstanding leadership certificate and medal to one student in each of the ROTC (Reserve Officers' Training Corps) units in Johnson County. "Those kids are so proud; it's just wonderful," JW said.

"We gave ... caps and sweat suits to all veterans in nursing homes in this area, and lap throws to all female veterans in the nursing homes," Sam added. "We also helped a family in need in Johnson County who were raising their grandchildren. And, the ladies' auxiliary has just given a baby shower to a family whose father was in Iraq."

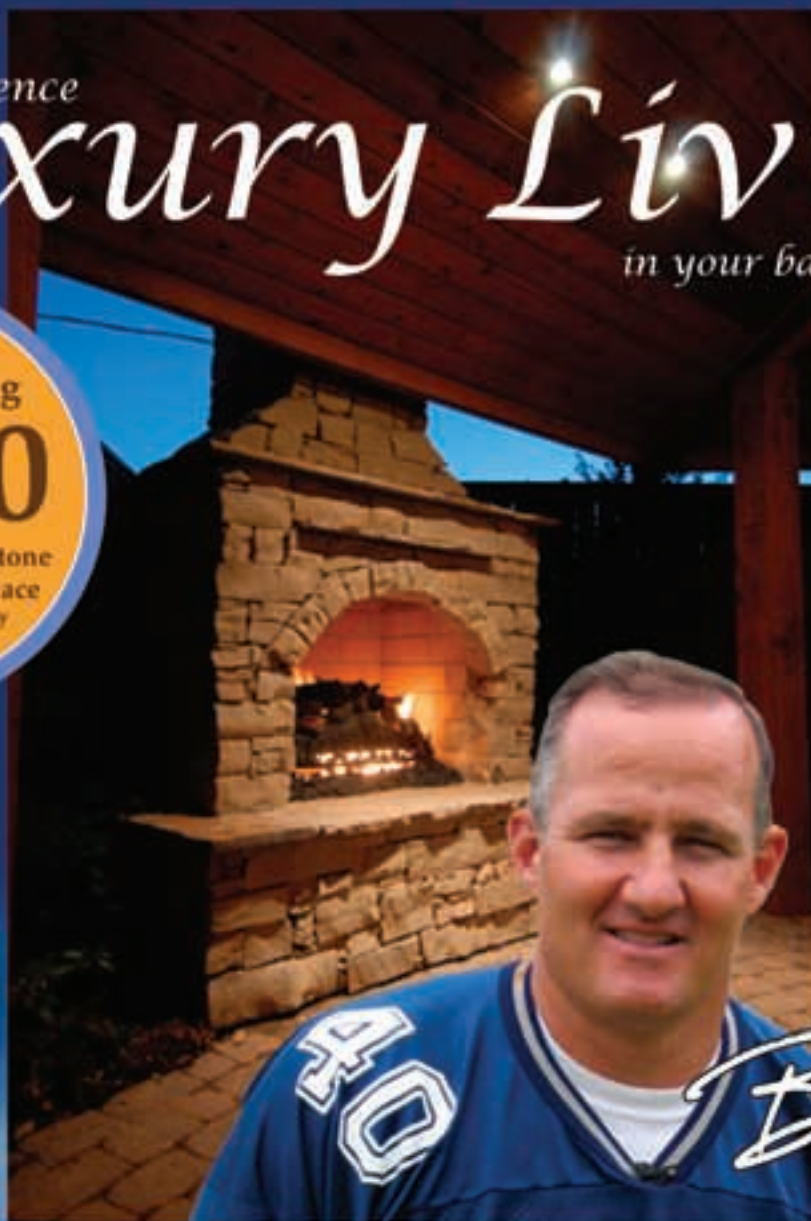
Beyond their service to the Johnson County veterans, the organization serves its members with comradeship. "You can tell war stories and everybody there will know what you're talking about," Jack said. This November 8, at the Military Veteran Tribute in Old Town, 12 Burleson men who were awarded Purple Hearts will be available to share war stories with the community. If you ask Jack whether the world is a better place for what the veterans have done, he will point to the fact that the United States remains a strong, free and independent nation — something they are very proud to have helped secure, and something for which we are very grateful. **WWW**

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At Home With H.F. and Carolyn Wurzbach

Vim, Vigor and Vitality

— By Jaime Ruark

H.F. and Carolyn Wurzbach make a sweet, vibrant couple who appreciate life and are determined to enjoy every minute of it. As a couple, they have dedicated their lives to helping others. They can often be found jetting around town in their two-seater Mazda Miata convertible with the top down, enjoying the beautiful fall weather, or they can be found in Mexico and/or the Philippines, helping rebuild churches wiped out by floods or orphanages for children who have lost everything in a terrible mudslide. Time is something people often take for granted, but the Wurzbachs fill every minute with the things they love.

The couple has lived in their three-bedroom, two-bath home in the center of Burleson since 1990. Their son and daughter, along with their families, have also made the town their home. The Wurzbachs love spending time with their four grandchildren, Ashlynn, Megan, Logan and Sebastian. Former teachers at Burleson High School, H.F. and Carolyn refuse to retire.

After retiring from teaching, Carolyn started working for a CPA during tax season, and H.F. soon followed suit. "He's our go-to guy, our jack-of-all trades," Carolyn laughed. "He was even our receptionist; some of the clients teased him, telling him he needed a cute little skirt!" Working 50 - 60 hours a week during tax season does not keep the two from



being active in their church; mission work is a calling for them. "The things that we've collected, the house and our stuff, it's all nice, but the most important thing to us is our relationship with God and our families," Carolyn expressed.

Carolyn described her decorating style as eclectic/casual country. Her favorite color is green and that color is splashed throughout the home in varying shades, from the couches to the carpet she plans on replacing with either stone or hardwood floors. In fact, Carolyn has many plans for their

home. "I'm getting ready to do some major things to the house," she said. H.F. chimed in, "Well, she's *wanting* to do some major things." Putting up new wallpaper is on the top of Carolyn's to-do list. "She's good at all that stuff. She does it herself," H.F. added.

H.F. and Carolyn have a few treasures they have rescued and restored since his mother passed away, including an armoire, which is one of Carolyn's favorite possessions, as well as their kitchen table, both formerly belonging



to H.F.'s grandmother. "They [H.F.'s mother and grandmother] had some things in a storage facility and it flooded and messed up a lot of stuff," he said. "I was able to redo them and bring them back to life," Carolyn recalled. H.F. left the table looking antique, because Carolyn loves what she calls a "shabby chic" look. "We





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like antiques, but we're not into the elegant look. We like more casual country-looking things," she explained.

They have surrounded themselves with constant reminders that time just keeps ticking away, which is perhaps why their days are so filled with activity. Twelve antique clocks bong and chime their way through the day, each with its own beautiful, distinctive sound. "Almost all our clocks have come from a little shop in Salado, Texas, called Spring House Antiques," Carolyn said. A Westminster chime from the piece on the mantle in the living room

began singing its song as H.F. continued, "There's a gentleman there by the name of Jim Tuck. He's a retired fighter pilot, and he has Tuck's Tick Tocks. He knows us and sees us coming now, but I can dicker with him pretty good. He gives us a lifetime guarantee — they're guaranteed for his lifetime and he's about 78 years old."

Most of their time pieces date back to the 1800s. A beautiful grandfather clock in the front room was made in 1878, and a Seth Thomas clock from 1875 keeps time in their kitchen. In their office, pictures of H.F.'s hero,

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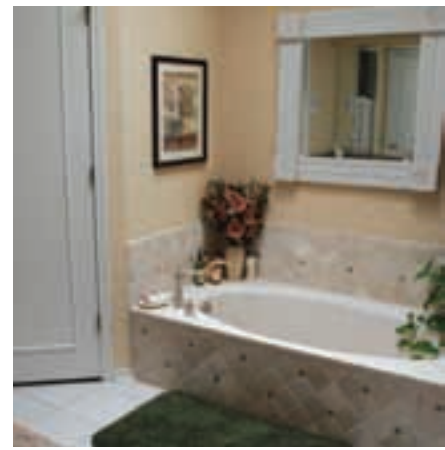
Dr. Choudhary has extensive training in gastroenterological and biliary endoscopic procedures. He is one of only 277 fellows of the American Society of Gastrointestinal Endoscopy. The American College of Gastroenterology and the American Medical Association, among other organizations, have honored Dr.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

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

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John Wayne, share space with another Seth Thomas regulator clock with a paper dial. In their master bedroom is an ornate "kitchen clock" dating back to 1883, which they inherited after the passing of H.F.'s mother, originally, it was given to his great-grandparents as a wedding gift.

The collection is amazing, obviously a passion the couple share. "I ran across our very first clock in a little antique shop in Mansfield," H.F. recalled, explaining how their collection began. "We didn't know it at the time, but it was called a 'salesman's sample' clock. I bought it for \$25 and gave it to Carolyn for Christmas. We found out

later what it was. This clock was put in the saddle bags of traveling salesmen. The men would pull out the small sample clock to show people an example of what their company could make for them. Mr. Tuck is the one who told us the story behind the clock. There aren't very many of them around anymore."

Carolyn also has another impressive collection: Dr Pepper memorabilia, such as glasses, signs and old, original advertisements, lamps and, of course, clocks fill her front room. "I refuse to let it spill over to the rest of the house," she smiled.

The Wurzbachs spend much of their time outdoors, as evidenced by their



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beautiful yards, both in front and back. H.F.'s workshop in the backyard, where he restores their furniture, is surrounded by a riot of purple, red, yellow and pink flowers, with a huge tree right in the middle providing shade. "We love it out here. We sit out here and it's so private. It's my therapy," Carolyn enthused, pointing out a lovely rock garden and pathway she claims to have helped H.F. with. "That's right," he laughed. "I do remember seeing a finger pointing, someone telling me



do this and that!" Their yard is so gorgeous they came home from church one night to find a sign. Thinking it a teenage prank or an advertisement, they did not realize until they walked up to examine it that they had won the Yard of the Month award.

Carolyn's favorite time of year is spring, but she loves decorating her house for fall. Thanksgiving is family time, with everyone gathering at their house. "We used to have two Thanksgivings, one with his family



and one with mine," Carolyn shared. "Last year, we combined the two and we've started a new tradition, which is really neat. Thanksgiving is such a special holiday because the pressure is so low. You just get together, eat and enjoy each other." On the face of one of the Wurzbachs' many clocks is a phrase which perfectly sums up this lively and friendly couple. It reads, "Vim, Vigor and Vitality." H.F. and Carolyn live each minute fully, one chime at a time. **NOW**



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Girls Wanna Have Fun!

— By Melissa Rawlins

Last summer, when the thermometer pegged 100 degrees for weeks on end, local artist Arline Chapman took refuge in her air-conditioned studio just so she would have something fun to do. As the temperature stays cooler this fall, Arline will still make time to play on canvas in the home where she reared her family. “I find it exciting and satisfying to be completely happy with my own work of art — my creation,” Arline said. “Even though I’ve painted 302 pictures, varying in sizes from 3" x 4" to 18" x 24", I realize I’m still an amateur. But that doesn’t keep me from enjoying painting and trying to achieve excellence on my own level.”

Arline has known the pleasure of painting since 1980, when she and her family visited Vivian Darnel Baughcom, her husband’s cousin in Brenham, Texas. “I saw her beautiful art on her walls, and knew I wanted to paint,” Arline said. “She nurtured my desire to paint with hours of instructions and advised me to read books on the fundamentals of how to paint. She would tell me a good artist is a symbol collector, a shape maker and an entertainer. She also advised not to fall in love with your painting too soon, and most of all, do not overwork it. She would say, ‘If you learn the basic principles, you can

paint anything.’ I still question that!”

Landscapes were Arline’s first inspiration in painting. She got bored with that eventually, and looked to portraits of people, and even to the skies, for other subjects. Her living room showcases two paintings of storms. Both are completely different, yet if you look long enough at the brewing clouds you feel transported to West Texas.

“I just like to paint skies, and if you paint them threatening — by blending a little black paint into your sky — it holds your interest,” Arline said. “I’ve painted several skies with violet, which requires blends of blues and light portrait pink, a flesh color and alizarine crimson, the purple color. I just put colors on there until I get what I want.”

After painting for a number of years, Arline has learned to see colors and forms she never saw before. “To give my paintings more texture, I sometimes put gesso, a plaster, on the canvases. I have also painted with a palette knife to make rough, heavy strokes — just for something different,” Arline smiled.

If you have seen Arline’s work in the Taste of Burleson Art Show, you know there is something special about her perspective. The three paintings she recently showed in the glass cases at the Burleson Public Library are a good

example of the scope of her work. *Three Ponies* playfully depicted her version of a picture she had clipped out of a magazine. *Girl on a Swing* was an ethereal vision painted in 2006 from a picture in the local newspaper, in which she worked to give everything dimension. “When you’re copying off of something, it’s all flat. I used oils, blended the colors just so to give it the contrast of colors that create dimension.” Arline also displayed *Peaceful Stream*, a sweet landscape inspired by a magazine picture she had saved.

Returning from a memorable hiking trip in Rocky Mountain National Park, in 2001, Arline painted from a snapshot a 12" x 18" picture of her brother-in-law and herself hiking on a picturesque trail. She hung the painting in her guest room, near the silhouettes she made of her children during the 1970s. “Looking at that painting now helps me relive the hike.”

Arline is the only creative artist in a family where the men of her family worked with their hands on many projects. Referring to her husband, she said, “Jerry and my dad were capable of working with their hands. They could fix anything, figure out anything. My husband did a lot of woodworking. My husband and our three sons built this room on the back of the house.”

ARTS NOW

Arline's son, Reed, has had Mansfield Paint & Body for 20 years, and its walls are currently the gallery for Arline's creations.

"I guess I've given away as many of my paintings as I've sold," said Arline, who learned to take pictures of all her quilts and all her paintings, so she will have a record. She also learned over time that it is easier to start with the



frame and decide what picture she wants to put in it. "If you have the wrong frame around a picture, it won't complement the picture. I find the frames at secondhand resale shops, then paint for the frame," explained Arline. "Your frame has to be an extension of your painting," she added.

Once she gets going on a painting, Arline's momentum and inspiration take off. "My hobby is enjoyable, creative and makes me feel enthusiastic and happy," she said. "If I had to describe my art, I would say I mostly like to paint something that has a peaceful effect on the viewer. Hopefully, those who own some of my art find enjoyment, too." **ARTS NOW**

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BEFORE AND AFTER PICTURES OF ACTUAL PATIENTS






Sports NOW



All Eyes on **Mr. Positive**

— By Melissa Rawlins

TJ Taylor knows what he wants out of life. “The most fun is to be able to do what you need to do; then you feel good about yourself,” said TJ, a power lifter who recently earned second place in the 2008 World Power Lifting Championship in Potchefstroom, South Africa. “When you are dedicated to something, your team is happy and your friends are there for you.”

TJ’s teammates encourage him to do what it takes — within reason — to stay within his weight class and reach his weight-lifting goals. With his suit on, TJ shoots to lift 551 pounds for squats, 525 for dead lift and 350 for bench. “People say, ‘You were able to do that? How much do you weigh?’ When they ask you those types of questions, that’s the most fun about the sport,” TJ grinned.

In answer to people’s questions, TJ weighs whatever it takes to enter the upcoming competition. Before his World Championship, TJ weighed 140 pounds and lost 8 in less than two weeks. “You diet,” summarized TJ, whose young, college body still fights the forced fluctuations in mass. “It’s rough dieting.

The day before the meet, I won’t eat dinner and I’ll be okay. That’s the hardest part, because you want to eat something and you can’t. You have to discipline yourself enough to not want to eat. I chew gum. Keep myself preoccupied with other things: play video games, socialize, get on the Internet or talk on the phone, whatever it takes.” Ever since his Burleson High School days, TJ has practiced this kind of discipline. “I used to wrestle and had to cut about 15 pounds for those tournaments.”

Now halfway through his computer science studies at Louisiana Tech in Ruston, Louisiana, TJ spends as much time power lifting as he does hanging out with friends. Then again, many of his friends are on his team. “We try to do things as a team every couple of weeks, to make sure no one is drinking too much alcohol or going anorexic. We might go to a go-kart track, watch a movie, go out to eat or hang out at someone’s house, just to make sure everybody’s okay and doing well,” TJ said, describing the preparation time before competitions as a team effort. “You’ve got people wrapping knees

and people switching out. All year long, we’re responsible for our own workouts, but we like to work out as a team.”

His team of supporters back home in Burleson helped him prepare for this fall’s World Championships. “To buy my \$2,300 ticket, my family and I made 1,400 homemade tamales and sold them. The rest I pulled out a loan for. Plus,” shared TJ, “I had two sponsors from Burleson who donated money straight from their pockets: Rudy Anzldua, who lives in Burleson, and Mark Amador. They did this because they knew I wanted to do this, admired my dedication, appreciated the opportunity I had before me and knew I couldn’t get far on my own. They did it simply out of kindness. Rudy is one of my sister’s friend’s fathers, and I met Mark through Rudy. I was very thankful, to say the least.”

TJ became even more grateful after taking second place in the 2008 World Power Lifting Championships. “I saw a lot of things in South Africa most people would take for granted, like food and living conditions,” TJ remembered. “I took a lot of things to heart on this

Sports NOW

trip, and I was definitely thankful for my family."

Thanks to their support and his own disciplined preparation, TJ was at the top of his game in South Africa. "There was only one platform in the building, so I got to perform in front of everyone who was there," TJ said. "Lifting on the platform was amazing. I felt so much adrenaline running through me at the time, and all eyes were on me! The pressure made me lift much better compared to lifting in the gym." TJ managed to exceed his personal record on squat by 21 pounds, lifting 523.5 pounds, and finished the meet 15 kilos behind first place. "I had a successful meet," said TJ, who gives some credit to the Titan squat suit and bench shirt

"When you are dedicated to something, your team is happy and your friends are there for you."

that he wore at the meet. Like most lifters, TJ gets bruised by the special suit, but considers it worthwhile. "It helps you stabilize the weight. The suit provides you support in the hips and back, and the bench shirt helps you keep the weight in your hands; as you're going down, the shirt pulls on you and if you have an arched back, then it's like a spring and it pulls on your triceps and your shoulder blades like a rubber band."

With or without the high-tech clothing, TJ reinforces his strength with a completely positive attitude toward his chosen sport. Not only does power lifting help TJ decrease stress in a wise way, but it prepares the young man to be dedicated in whatever he chooses to participate. "This is giving me a sense of self-worth and fulfillment, and keeps me motivated. If I know that, I'm okay in life, for anything!" **NOW**

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Business NOW

— By Melissa Rawlins

Loving Your Smile!

Dr. Sheila Birth and her staff want to keep Burleson smiling!

After only one year in Burleson, Dr. Sheila Birth's orthodontic practice has become a landmark on Renfro Street thanks to their mural of the big colorful train. Dr. Birth and her partner, Dr. Charles Stewart, commissioned the two-story painting on the broad wall of their historic building in the hopes of making people smile.

In fact, smiling was Dr. Birth's purpose when she chose orthodontics as a profession. "I wanted to go into the smile business. I think it's important to smile. It changes everything if you smile at someone and they smile back," Sheila said. "Orthodontics is about more than just teeth. Your smile shows your personality."

Sheila's practice focuses on straightening teeth and aligning jaws. "When we do orthopedics, we can widen the upper palate, widen the lower jaw to make enough room for teeth to come in without having to extract teeth. We can also stimulate growth in the lower jaw, if somebody has a severe overbite." In planning such orthopedic and orthodontic work, Sheila and her experienced staff use high-tech visual aids to help patients consider their options. They then work as necessary with dentists in the community to care for the

whole smile of their patients.

"There have been many improvements made in orthodontics over the last five to 10 years," said Sheila, who has practiced orthodontics for 22 years. "Now we can straighten teeth without braces. With Invisalign, nobody knows you are straightening your teeth. All it does is cause your teeth to look shinier."

"You can almost do anything with Invisalign that you can with braces. The price is higher, because you're paying for the technology," Sheila said. "It takes less or the same amount of time as braces. But you can eat what you want, and you can floss," she added.

The old fashioned braces have gotten pretty easy to wear, also. "Now there's a low-profile bracket that doesn't stick out from your teeth so much. And

patients get instant gratification, in that the teeth straighten up within a year-and-a-half. Plus, braces don't hurt like they used to. We use titanium wires and they're elastic." Dr. Birth said the most pain medicine her adult or child patients need



Business NOW

is Tylenol. "We treat people who are anywhere from 7 to 80 years old," Sheila said. "Age doesn't limit you on straightening your teeth."

Sheila always wanted orthodontic work, even as a child. “We grew up in Canyon, Texas, and the orthodontist said I didn’t need it.” Funny enough, both of her two boys were very severe cases and needed orthodontics. “They may have gotten my smaller jaws and their dad’s larger teeth,” grinned Sheila,



who has treated patients from Burleson in her Fort Worth office for years. “A lot of them were driving to our Sycamore School Road office. Burleson has grown, and I-35 has gotten busier. We knew it was time to expand, and we appreciate the patients we have in Burleson. They are so friendly. They’re really some of the nicest people we deal with.”

One free service Dr. Birth's office offers to keep Burleson smiling is protosealing. "I don't know if you've ever seen any kiddos who haven't kept their teeth clean while wearing braces? There's a new product we've been using since January that seals around the brackets to prevent staining."

"It is nice to see the progress of our patients' smiles," said Sheila. "I have fun going to work every day."

Birth Stewart Family Orthodontics, located at 109 West Renfro Street, is open one Saturday each month and every Monday through Thursday, from 7:00 a.m. - 4:30 p.m. "We get the kids in before school starts," said Sheila. Call (817) 546-0770 for an appointment. **FOXY**

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Education NOW



Sandra Allen poses for a photo with Roxanne Ancy of Harvest House.

Sandra Allen is a soft-spoken woman with a lot to say. As a program assistant for AgriLife Extension, a local agency, which is part of a Texas A&M University nutritional program called Better Living for Texans, Sandra spends her days educating the people of Johnson County on a subject of utmost importance, one which is often overlooked: food nutrition and safety.

In a world with a fast food restaurant on every corner, Sandra is a voice speaking out against poor eating choices. Determined to stop the unhealthy cycle, she is a proponent for basic food education with a focus on nutrition. She teaches free classes on what she calls "food security," a term encompassing everything from buying food, learning how to budget and pick out healthy options to the actual food and its ingredients, preparation and nutritional value.

Sandra focuses her attention on people who sometimes slip through the education cracks. "At AgriLife, we reach the low-income people of Johnson County. This mostly includes people who use food stamps," she explained. "I'm trying to help the families to eat healthy foods, to develop diets that are nutritious and affordable, and to be more active in their lifestyle because of the tremendous obesity problem that we have in our country."

She has the knowledge and is willing to travel. She conducts her classes anywhere she is needed, often going into families' homes. Organizations like North Central Texas Workforce, Meals on Wheels, Operation Blessing and Crossroads Food Bank, as well as Harvest House, New Journey Christian Women's Job Corps and the Burleson Pregnancy Aid Center,

all located in Burleson proper, allow her to use their facilities; as well, she has booths at back-to-school and health fairs.

"There are so many things regarding food safety that the average person takes for granted. For instance, we all know that it's important not to leave food out too long, but do we really know how long is too long? It only takes one time of getting food poisoning, one time of becoming sick for people to realize they don't know what they should know," she pointed out. "If a lower-income family gets food poisoning from poorly prepared or rotten food and they can't afford a doctor, it could cost them their health or their job."

Most people these days are anxious to make their dollars stretch as far as possible, especially the families that Sandra helps. "Shopping can be hard for the lower-income families because they don't have any money to waste," she noted. "The basic problem there is they don't know how to pick out healthy foods. You don't have to pay big prices if you're educated on what to look for."

Sandra also spends time in her classes on basic cleanliness and how to stop the spread of germs and bacteria. "Many people can't afford all the sanitizers and cleaners in the stores today, but I teach them that they can put one tablespoon of bleach in a quart of water and sanitize their whole kitchen," she said. "It doesn't take a lot of money; it just takes a little bit of education and a lot of practice."

Hand-washing is a particularly important point for Sandra. "Sometimes, I want to get on my little bandstand and start preaching to people," she laughed, "because I see so many people who don't wash their hands after leaving a

Education NOW

restroom or before working with food. So many of our common sicknesses, like colds and flu, could be prevented by something as simple as washing your hands."

Sandra has been working with the Harvest House in Burleson for six years. She speaks glowingly of the workers there, but admits developing a working

"It doesn't take a lot of money; it just takes a little bit of education and a lot of practice."

program has been a difficult process. "We have really struggled to come up with something that will spark interest. We tried a few things, and they fell through because we couldn't get the cooperation from the clients," Sandra said, explaining it can be difficult convincing someone to come to a class on how to read food labels. "I'm always trying to come up with new ideas to bring an audience together. Sometimes, people have so many other problems which seem so much bigger, like simply paying their bills. Eating healthy, shopping smart and remembering food safety seems less important."

She is determined to bring awareness to those in need. Her determination, along with those at Harvest House, is finally about to pay off. "They are really working diligently there to get our current project kicked off, which is going to be monthly nutrition classes," she shared. "We did a pilot program during the summer that turned out pretty good. The audience wasn't as big as we expected, but we had people there, and that's what counts. I'm excited to see how it goes and how it grows."

Sandra is anticipating the classes to be a success. She believes in reaching people, even if it is just one at a time. As she said, "I love being in contact with the people and getting their needs met. If I have just one person, I'm there."



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Around Town NOW



Kris Horton, top left, offered Harold Collins a taste of Lone Oak Winery's tawny port. A ribbon cutting, top right, was held at Burleson Premiere Cinema. Alfredo Lemus and Arzide Garcia of the texture crew, second row left, finished a new home in the Hidden Meadows subdivision. A ribbon cutting, bottom left, was held at First Baptist Church in Joshua. Steven Holt, bottom center, hugged his grandmother, Christeen Holt, after receiving a scholarship from the Burleson Opportunity Fund. Emily Galbraith and Samantha Ahrens, second row center right, thanked Mayor Ken Shetter for the Burleson Opportunity Fund. Chris Turner, second row right, introduced himself to Sandy Smith and Constance Resendez during the Chamber's quarterly luncheon. Three friends, Laura Penton, Donna Thiessen and Dana Bell, bottom right, enjoyed happy hour at Lone Oak Winery.

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— By Faith Browning

IN THE KITCHEN WITH DAN GOCKEN

Cooking has been a rewarding way of life for Dan Gocken. Besides cooking wonderful meals for his wife, Michelle, and their two children, Lauren and Connor, he has enjoyed learning and creating dishes for many others. Since the age of 17, he has worked in several professional kitchens. "I was fortunate to work with great chefs early in my career," he claimed. "I still measure myself professionally in comparison to them."

Currently, Dan is the chef at Heritage Place Retirement Center, where he has many fans. "I really enjoy working for the residents," he expressed. "They are like family to me." During his free time at Heritage Place, he loves racing the residents down the hallways or arm wrestling with them. "I always win," Dan mischievously commented. "It's awesome."

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

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1 ripe avocado, diced
salt and pepper to taste

Place the fish in a bowl; squeeze enough lime juice over it to cover. Add salt; mix it up enough to coat the fish with juice. Cover and refrigerate for an hour or 2 (the lime juice cures the raw fish). In a separate bowl, mix the rest of the ingredients and the juice from the remaining limes together gently so you do not mash the avocado; set aside. When the fish is ready, drain off all the juice and add the fish to the vegetable mixture. Adjust the flavor to taste with salt and serve with tortilla chips.

SEARED SALMON WITH YOGURT DILL SAUCE

DILL SAUCE:
1/2 small cucumber, peeled and seeded
2 or 3 green onions
1 lemon, zest and juice
1 cup plain yogurt
2 tsp. dill weed
salt and pepper
SALMON:
4 salmon fillets or steaks
Dijon mustard
salt and pepper

DILL SAUCE: Puree the cucumber, onions, lemon juice and zest in the food processor. Add yogurt, dill, salt and pepper. Mix until combined; refrigerate. **SALMON:** Coat both sides of salmon with Dijon mustard; sprinkle with salt and pepper. In a hot, lightly-oiled pan, sear salmon for 3 - 4 minutes on each side, depending on the size of the cut. Top with sauce and serve with a green salad.

STEAK SEASONING

4 or 5 garlic cloves
2 Tbsp. Pinot Noir or Burgundy wine
1/4 cup olive oil
Kosher salt
coarse black pepper

Place garlic and wine in the food processor and puree until smooth. With the processor running, add the oil in a thin stream; run until well combined and slightly thick. Rub onto your steaks; sprinkle both sides with Kosher salt and coarse black pepper. Let stand refrigerated for at least an hour then grill to desired doneness.

PECAN PIE

5 eggs
1/2 cup light brown sugar
1/2 cup granulated sugar
1/2 cup corn syrup

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1 Tbsp. whiskey
1/4 tsp. salt
9-inch pie shell
1 1/2 cups pecans, chopped

Preheat the oven to 350 F. Mix the eggs, sugars, syrup, whiskey and salt until smooth. Line the pie shell with the pecans; pour egg mixture over pecans to fill the crust. Bake until the center of the pie heaves up (about 45 minutes to an hour). Cool before serving.

PORK TENDERLOIN WITH DIJON CREAM SAUCE

2 cups heavy cream
3 Tbsp. Dijon mustard
salt and black pepper
small amount of finely chopped chives or green onion
2 whole tenderloins, cleaned of skin
one recipe of Steak Seasoning (above)

In a saucepan, reduce cream by about 30 percent over medium-high heat, stirring frequently. The cream will try to boil out of the pan once or twice so stay close to it. It is ready when the bubbles start to look thick and take a second to pop. Remove from the heat; stir in the mustard. Add salt and pepper to taste. Rub the tenderloins with the steak seasoning, lightly sprinkle with salt and pepper; refrigerate for at least 1 hour. Sear the meat whole in a pan and finish in a 400 F oven or cook on the grill to a temperature of 140 F (about 20 - 25 minutes depending on the size and heat source). Let stand 10 minutes before slicing. Top with sauce and sprinkle with finely chopped chives or green onion.

RICE PUDDING WITH RAISINS

1/4 cup whiskey
1/4 cup water
1/2 cup raisins
1 cup Riceland rice
3 cups water, lightly salted
4 cups whole milk, scalded and kept hot
4 egg yolks
1 cup granulated sugar
cinnamon to taste

Combine the whiskey and cup water; add the raisins. Allow to soak for at least two hours. In a saucepan, cook the rice in the 3 cups of water until all of the water is absorbed. Add 3 cups of the hot milk; simmer over low heat. Cream together egg yolks and sugar. When the rice mixture begins to thicken, temper the egg mixture with the remaining 1 cup of hot milk; add to the rice. Bring back to a simmer over low heat; cook, stirring frequently, until thick. Remove from heat; set aside. Drain the whiskey off raisins; stir into the rice pudding. Refrigerate until set or eat warm with a sprinkle of cinnamon.

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— By Sharon Robinson

The cost of child care for preschool age children can be one of the more significant expenses parents face. While child care expenses may be unavoidable in two-income households, it can represent a significant increase in discretionary income once the child begins elementary school.

That extra income could be used to pay for a new car, or to save for a vacation. However, you may want to consider using that money to save for your child's future.

A quality education may be one of the most important factors in determining your child's future. Studies have shown a significant difference in earning potential between college graduates and those with only a high school education.

There are a number of options available that can help build significant assets to be used toward a college education. A financial professional can help you choose one that is appropriate for your goals, timeline and tolerance for certain risks. Take the time to speak with someone who knows what is available to parents in your state. The earlier you start, the more time you will have in preparing for the education of your child. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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Health NOW

Diabetes Type 1

— By Betty Tryon

Puncturing your skin with a needle every day hardly seems a reason to celebrate. However, if the substance in the syringe is insulin, then every day is a reason to celebrate because without it, the consequences are dire. The delicate balance between health and catastrophe on the weighing scales of life plays out very clearly in the life of someone with type 1 diabetes. In type 1 diabetes, the body is not able to produce insulin, or it produces it in insufficient quantities. Type 1 diabetes, known as juvenile-onset diabetes because the diagnosis is usually made in childhood, can also be diagnosed in older individuals who have lost the function of their pancreas because of disease or injury. The main goal of treatment involves proper management of blood glucose levels. All individuals with this type of diabetes must undergo daily insulin injections.

Insulin injections are necessary because the body needs the glucose, or sugar, in the circulatory system converted into energy for the body. Insulin facilitates this conversion. Without insulin, the glucose stays in the blood vessels and can cause many serious complications. The requirement of regular monitoring of the blood glucose level keeps the management

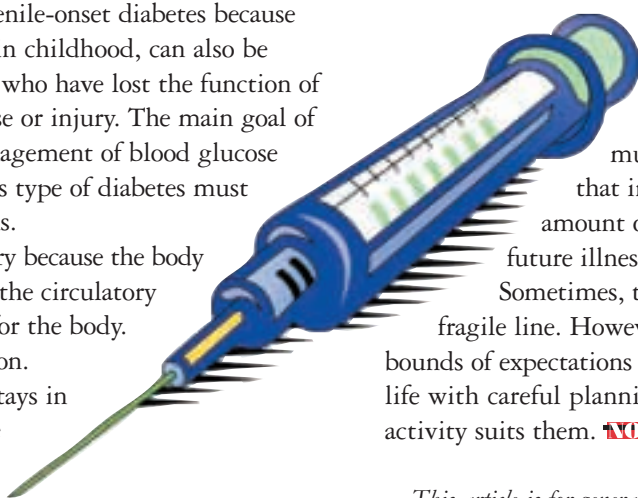
of this disease in check, and gives the doctor a simple tool for treatment. Abnormal levels of this substance in the blood long term can lead to significant damage in the eyes leading to blindness. It can disrupt kidney function so significantly that it can lead to failure of that organ. Improper management can also lead to amputations of the lower-extremities and also heart disease.

In diagnosis, two of the most common symptoms are frequent urination and increased thirst. Other symptoms are unexplained weight loss despite increased hunger, nausea, fatigue, vision changes and when wounds, particularly on the lower extremities, are slow to heal. The onset of symptoms of type 1 diabetes can sometimes be severe enough to require hospitalization until you become stable.

After the diagnosis of type 1 diabetes, usually consultation with a nutritionist is in order. Your diet makes a huge impact on your blood sugar levels and dictates how much insulin you receive. Other factors that influence your blood levels are the amount of exercise you have every day and any future illnesses.

Sometimes, the diabetic must walk a thin and fragile line. However, it is completely within the bounds of expectations that one can live a full and normal life with careful planning while indulging in whatever activity suits them. **WWW**

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





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Dr. Marquart completed his residency training at Pinnacle Health System in Harrisburg, Pennsylvania, where he served as chief resident his final year. He earned his doctorate of medicine at the University of Texas Medical Branch in Galveston, Texas. He received a Bachelor of Science degree from Southwestern Adventist University in Keene.

Dr. Marquart is board-eligible in general surgery by the American Board of Surgery. He is a member of the American Medical Association and the American College of Surgeons.

His office is located in suite 308 of the Medical Office Buildings on the Huguely campus. Dr. Marquart accepts Medicare and most insurance plans.

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November 2008

Community Calendar

Every Tuesday

Professional Power Team networking group meeting: 11:30 a.m. - 1:00 p.m., Blue Mesa, University Dr., Fort Worth. (817) 295-2161.

Every Wednesday

Breakfast Club networking group meeting: 7:30 - 9:00 a.m., Cracker Barrel. (817) 295-2161.

Burleson/Crowley Network Connection meeting: 11:30 a.m. - 1:00 p.m., Spring Creek Barbeque, Burleson. (817) 295-2161.

Second and Fourth Wednesdays

Burleson Lions Club meeting: Noon - 1:00 p.m., First United Methodist Church. (817) 980-9436.

Every Thursday

Prime Time Connections networking group meeting: 9:00 - 10:30 a.m., Burleson Area Chamber of Commerce. Contact Kay Ray at (817) 703-8141.

Burleson Making It Happen Network Connection networking group meeting: 11:30 a.m. - 1:00 p.m., Sammy's Italian Restaurant. (817) 295-2161.

Fourth Thursdays

American Business Women's Burleson Charter

Chapter meeting: 6:30 p.m. Dinner: 7:00 p.m. 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 group meeting: 8:30 - 9:30 a.m., JJ Mocha's. (817) 295-2161.

Every Saturday

Old Town Farmers Market: 7:00 a.m. - 2:00 p.m., City Market (formerly Bransom's). To reserve a booth, contact Kent George at (817) 447-5400, ext. 236.

November 1

CASA of Johnson County Kidz Klubhouses raffle tickets go on sale to raise funds to help abused and neglected children in Johnson County. Purchase tickets through any CASA board member, volunteer or staff member for a chance to own a School House, Castle, Cottage, Jail House or Church. Pictures of the five completed Klubhouses will be posted on the CASA Web site (www.casajohnsoncounty.org). Burleson's Best Buy will team with CASA on December 13 to present you with on-site viewing of the whimsical Klubhouses built by local high schools, churches and the Johnson County Sheriff's Office. Call (817) 558-6995 to make your raffle ticket purchase.

November 10

Burleson Independent School District Board meeting: 6:30 p.m., 1160 S.W. Wilshire Blvd. (817) 245-1000.

November 11

Burleson Heritage Foundation meeting: 7:00 - 8:30 p.m., Heritage Visitors Center, 124 W. Ellison (the old Interurban Building in Old Town). (817) 447-1575.

November 13

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

November 15

Burleson's Household Hazardous Waste and Electronic Recycling Collection Event: 9:00 - 11:00 a.m., Old Service Center, 133 N. Main St. (817) 447-5410, ext. 269.

November 27 and 28

Thanksgiving Holiday. City offices, BISD schools and Chamber offices closed.

For more community events,
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