

The Community Magazine Serving Burleson, Joshua and the Surrounding Area

# Burleson NOW

M A G A Z I N E

November 2009

**Leaving  
Her Mark**

*Focus on*  
**THE MAN**

**Created to  
Perform**

*At Home With*  
**Dennis and  
Jennie Niles**





# Top **10** Reasons Why You Should Not Go To

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*To Eliminate Your Nagging Pain...*

## #10...You Like Living With Pain

Some people think that living with pain is something to be proud of. They'll laugh off the concerns of friends and family, preferring to wallow away in self-pity alone. The fact of the matter—learning to “Live with Pain” is a ridiculous notion, because you're doing the complete opposite of living—you're allowing your body to slowly shut down until the “on” switch doesn't work anymore.

## #9...You're Too Busy!

You don't have time for pain, so why not “let it ride” until it gets so bad one morning that you can't get out of bed. Yes, that's sad and slightly pathetic, but if you don't make the time to take care of yourself, no one else will. It's not a matter of being too busy—you simply don't have your priorities straight. Odds are, your body will likely make you pay sooner rather than later.

## #8...You've Got Plenty of Pain Pills

You've got a medicine chest full of mindnumbing pain pills, so there's no need to seek out the incredibly effective combo of HealthSource's chiropractic care and progressive therapy, right? WRONG. Those “zombie” pills are doing nothing but slowing your day-to-day life to a crawl. The fact that pain pills have long been linked to kidney disease is reason enough to throw the pills away.

## #7...You Love Waking Up Stiff!

There's nothing quite like trying to “roll” out of bed and instead pain hits you like a ROCK. When getting out of bed suddenly starts to resemble a tricky, blindfolded climb down a tall ladder something needs to change. Maybe you don't remember, but for some reason, on mornings without back pain, the sun actually shines a little bit brighter.

## #6...Your Dog Ties Your Shoes

So, you've trained good old Fido the once simple, and entirely human task of tying your shoes. Wow! While that is one amazing feat, it's unfortunate that pain is preventing you from doing something you learned when you were six. And the worse part is, the limits that have begun with your shoes will only grow to include a laundry list of other everyday skills. Fido may be one incredible pooch, but odds are, doing the laundry isn't quite his specialty.

## #5...Your Fun Times Are Long Gone

It's hard to have fun with friends and family when pain is forcing you to “sit on the sidelines.” And how can you possibly experience all life has to offer when you're living in a jail cell? Often times, happiness is as simple as making the choice for change. It could be as simple as picking up the phone and scheduling an appointment. **(817-297-7100)**

## #4...You'd Rather Sit On The Couch

How about a change of scenery—one different from the day-to-day T.V. channel surfing that has become more ritual than actual entertainment? Maybe you've tried exercise, and thought, “This hurts, I'm simply not cut out for this.” Well, nobody is destined for the couch, but if aches and pains keep you locked up inside, you at least deserve the opportunity to heal. Start with yourself and you'll start to see the world around you change for the better. It's time you unlocked your FULL potential.

## #3...Your Pain Is Untreatable

Maybe that's true. HealthSource Chiropractic™, however, does effectively treat a wide range of problems including: low back pain, headaches, neck pain, shoulder or arm pain, bulging or herniated discs, leg pain, numbness and more. But, if for some reason they can't treat whatever pain you're suffering from, they'll tell you that too. So, you've got NOTHING TO LOSE, except, of course, valuable pain-free time!

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# Burleson

## Editor's Note

*Hello, Burleson!*

You have likely seen the tear-jerker Hollywood flick, *Pay It Forward*. In Burleson, that concept is resulting in happy Thanksgivings this year. For several months, the Burleson Lions Club has made weekly food donations and worked every Saturday in the Harvest House pantry. In September, the Burleson Breakfast Club, a networking group that meets weekly to encourage prosperity in the local area, started "paying it forward" to the Harvest House. Bruce Anderson pledged \$20 to help the Burleson-based benevolence ministry, operated largely by volunteers. The networking group jumped to join him, and contributed \$719 toward refilling the empty shelves of Harvest House.

The next day, Mr. Anderson told this "pay it forward" story to the Burleson Rotary Club, which responded by donating another \$681. Since then, all sorts of people have shared canned goods and money, so that now, local families in need can enjoy a Thanksgiving feast. It is amazing the good a little giving can do!

*Melissa Rawlins*  
BurlesonNOW Editor



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Seventeen-year-old Caitlan is a senior at Burleson High School and will be graduating this year with honors as part of the Distinguished Achievement Program (DAP).

# LEAVING Her Mark

— By Jaime Ruark

It can be easy to take for granted the world around us. At times, even the most knowledgeable adults forget what goes on behind the scenes that keeps life running smoothly. We often allow others to make decisions for us regarding both mundane and important issues. With maturity well beyond her years, local teen Caitlan Smelley is taking a stand against such apathy and ignorance, and she encourages both young and old to do the same.

Seventeen-year-old Caitlan is a senior

at Burleson High School and will be graduating this year with honors as part of the Distinguished Achievement Program (DAP). Throughout her high school years, she has taken Advanced Placement (AP) classes, sung with the varsity choir and has been a leader of the Renaissance Club, a group of students that are an important backbone of the school. "We focus on welcoming new students, encouraging school unity and motivating students to achieve their goals and graduate. The club started

before I was in high school, but it dwindled down after my freshman year because of lack of support. We're kicking it back up this year," she said.

Caitlan's interest in the world around her extends beyond her high school walls. Her love and pride for the town of Burleson fosters a desire to bring about positive change, making her a perfect advocate for the Mayor's Youth Council. Begun in January 2008, the council gives a voice to the town's teenagers, which make up over one-third of the population. Caitlan is this year's chairperson, a position she was nominated for by the former mayor's wife, Barbara Black. "From the moment of our first meeting, I just really started getting involved. I want to make my city better," she expressed. "A lot of youth just aren't involved with things that go on in our town because they don't think the adults will listen, so this provides them with a way to be heard. They can come to us and then we take their ideas to the City Council. I think



it's so important to establish adult/youth relationships, and that's what we're doing."

Because the group is new, Caitlan is working hard to pave the way for future success. "Last year I was vice chair, and Amanda Werley and I pretty much had to lay the stepping stones to build this council. We started from nothing," she shared. "Now I'm trying to continue what we started, trying to connect the teens with the city government. Most kids live here, but



they don't really know their town. They complain about things, but they don't take steps to make it better. You can't have change unless you get involved."

Caitlan is starting to see her hard work paying off, as students recognize that their voice is being heard, their opinions matter and their support is important. "We have a sub-core group called TAG (Teens About Government) that started off pretty small. Now it's a group of about 50 kids who help out and lend support to local events in the community like Boo Bash and Santa's Breakfast. Adults sometimes think that teenagers don't really care about stuff and don't want to help anybody but themselves. We want to show that's not true," she noted.

Caitlan was also one of three youth selected to serve on the Youth, Education and Families (YEF) Council for the National League of Cities (NLC), an organization that represents over 19,000 cities. "Working on this committee



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

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has been one of the most amazing experiences ever," Caitlan said. "I went to a meeting last May in Savannah, Georgia, where I got to sit at this round table discussion with mayors from all these cities and talk about what is important to teens and what needs to change. Seeing these important people really care about what I had to say — it really made me feel like I was making a difference."



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While Caitlan has many dreams for the world around her, she also does some dreaming for herself. She plans on teaching middle school history when she graduates and speaks highly of teachers such as Karen Ray and Brad Allard who have influenced her and instilled a passion for learning. "I learned so much in Mrs. Ray's English class. She's not just a teacher; she's a friend. She's just a phenomenal person," she said. "I also love history and Mr. Allard is one of my favorite teachers. He really makes history come alive. Plus I'm starting to get involved in government, so what he teaches me in class I get to use at work here at my job with City Hall." Quick to give praise to her parents, James and Cathy, Caitlan added with a laugh, "My mom teaches third grade at Frasier Elementary and she has helped me realize I can't teach elementary school because she has patience with little





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kids that I just don't have."

Singing has always been a passion for Caitlan, who hopes to earn a spot with the All-State Choir this year. "I got to go to Austria with the high school choir last year. We sang in cathedrals that were a thousand years old and we got to see where Mozart was born, seeing all this culture that we'd only read about in books. It was one of the most breathtaking experiences ever. Everyone should experience life outside the U.S., at least once, because it really makes you appreciate what you have." Caitlan feels that music is a way of expressing herself and she finds Christian music especially inspiring. "It's uplifting. I listen to it on the way to school in the morning and it puts

**"I think people need to stop focusing on all the negative in the world and start seeing all the positives and look at the bigger picture."**

me in the best mood and helps me live my life for God," she expressed.

Next year, Caitlan plans on attending either the University of North Texas or the University of Texas at Arlington. "I definitely want to experience college life, but I don't really want to go too far from home," she said. For her senior year, she wants to be able to do as much as possible and "not have any regrets. I want to tell all the teachers and students that mean the most to me how much I appreciate them," she expressed.

Being involved in the world around her seems to come as natural to Caitlan as breathing. She acts as spokesperson for her peers, a role she does not take lightly. "I love Burleson. It's starting to grow, and it's really a great place to live," she said. "I think people need to stop focusing on all the negative in the world and start seeing all the positives and look at the bigger picture. Burleson is a beautiful place, and I'm so happy to be here." **NOW**



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# What's Black and White



**At Home With Dennis and Jennie Niles**



The vibrant home of Dennis and Jennie Niles sits serenely beside Village Creek, which stretches from FM 917 all the way into the Trinity River. Their corner lot, surrounded by native elm, oak and pecan trees, as well as a metal privacy fence, attracts Sunday drivers who crane their necks to see all they can of the lush three-and-a-half acre retreat that Dennis designed and

built over the last 28 years.

Wild brush was his starting point. "There was a very small old house here where the golf course is now," Dennis said. "We knew it was there because there was an old cistern still here when we first moved in." At that time, there was also a wooden plank bridge on Forest Lane over Village Creek, where now folks drive over a concrete bridge.

Through the years, the Niles family has had five black cats which have not all survived the raccoons and other varmints in the country just south of Lone Oak Winery. Their current fuzzy black friend, Smokey, was rescued from an animal shelter and hangs out indoors on luxurious white sheepskin rugs.

In fact, Smokey, his statuesque counterpart and the black display cases





holding Japanese dolls (a collection from the couple's years selling Yamaha motorcycles) are surrounded by white. "When we originally built, the style was dark paneling. Probably 10 years ago, we were off on vacation and the hose on the washer broke and when we came home there was four inches of water in the house. The more we tried to dry everything out, the worse we saw it all was," said Dennis. "I told Jennie, 'We just need to redo the whole inside.' We had the contractor spray everything gloss white, inside and outside of cabinets and drawers, inside hall closets, everything. Once we decided to do the house white, I knew I wanted to do black with the white. Then we did the marble in places, and brought in black furniture. We like it like it is: black and white."

Originally, the Niles' 2,200-square-foot house was very rustic with a brick exterior, rough cedar paneling, a wood-burning fireplace and carpet that looked like wood plank floors. In 1980, the Niles went to Burleson home builder Bill Ware and asked him to modify one of his early-American designs. Dennis and Jennie preferred the open concept — unheard of at the time — and wanted no walls between the kitchen and the living room. "We stretched the porch out, too, so that it goes all the way across the back." The couple had been to California and Oregon, and places where homes looked more modern than most homes in Burleson or Joshua. Elements of Greek, Roman and Spanish styles were incorporated in the Niles' master suite and main living areas, especially the garden room.








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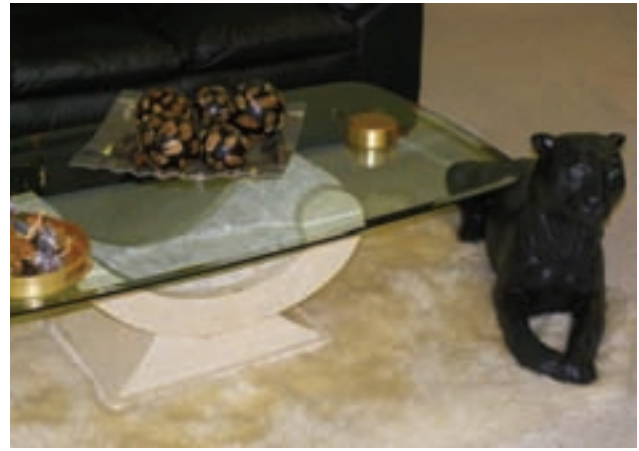
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"When I'm in our garden room it is like being outside, but I'm not," said Jennie, who could not even enter the garden room 15 years ago when Dennis kept the refuge isolated and raised canaries. At one time, he had 24 breeding cages bolted to the area where he has now placed two gorgeous white-washed pine display cabinets. Dennis spent half of every afternoon cleaning their cages, and Jennie just

shut the door and played like the canaries were not there. "They sing in morning, and sing in the afternoon. And when you have 300 of 'em, they make a lot of noise," Dennis said.

Once the songbirds were gone, the garden room evolved into the special family gathering place it is now. The centerpiece of the room is the pine picnic table which has been in Dennis' family for 75 years. "My mother and

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father bought this table in Connecticut and it was in our house in Hartford. The table was dark stained pine; they handed it down to us when we built this house, and we actually built a nook near the kitchen for this table. When we redid the inside of the house to lighten it up, I refinished this table in a white wash.”

In years past, this table has borne

huge Thanksgiving meals for the lively Niles family. “Our home is where our family comes,” said Jennie, who is blessed to have all three of her children living nearby. They bring their children over for motorcycling, fishing and golf in Dennis’ backyard playground. When all the grandchildren (Kip and Kim Niles’ sons, Brad, 20, and Travis, 18; and Darcy and Matt Deno’s three boys,

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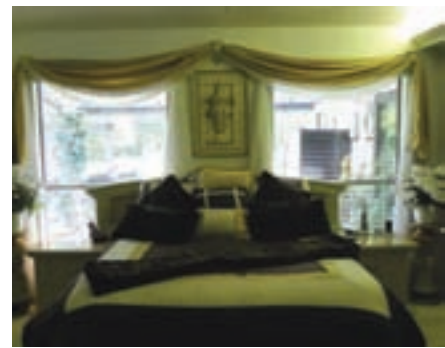
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Preston, 10, and Grant, 8, and Carson, 16; and Chris and Lori Niles' daughter, Brooke, 7) come to visit, sleeping bags are spread throughout the house. Now that everyone is older, the ladies in the family do not want to cook; so, the family has celebrated their health and prosperity at places like the Table Rock Lake, in Arkansas, or closer to home at The Gaylord Texan or Mira Vista Country Club. After Thanksgiving, when the children are out of school, each family takes their motor homes and they travel together between Christmas and New Year's.

Dennis often goes fishing, even traveling to Venice, Louisiana, where the mouth of the Mississippi runs into the ocean, fishing for drum and salt water trout. Jennie enjoys spending time with grandchildren, and exercising a couple of hours each morning in the boys' bedroom-turned-gym. When home, Dennis' No. 1 pleasure is the yard. "When we moved out here, Jennie's mother gave me six plants. The cannas, the oxalis, woodfern, violas and four-o'clocks multiplied and survived. She gave me some phlox that I had for years and years, but it is no longer with us."

His current project is the central bed behind the house with its purple



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moonflowers. "I discovered those somewhere and started planting them, and actually raised those two from seed. They're a real hot-weather plant, and don't germinate easily at all. I started out with little peat pots in the porch, where they'd stay warm in the sun; tried to raise about 50 of them and only got two up. I really like the tropical looking flowers, like the moonflowers and castor beans and elephant ears from Louisiana that I brought back from my fishing trip." The water lilies in the fully-stocked lake that Dennis built a few years back are taken straight from a water conservation lake in Alvarado.

This winter, Dennis will prepare for his favorite season — spring, when all the flowers and vegetation in his masterpiece return. "Ninety percent of this is not here after November," explained Dennis. "After the first freeze, I'll cut everything back." Passers-by will still enjoy the views of showy pampas grass and other pretty Texas plants that hold their shape during the winter. And oh yes, the magnolia tree in the front yard stays green all year. **NOW**



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# Around Town

## NOW



Burleson's City Market owners Kurt and Jill Jaeger and Woolard's Custom Jewelers owners Caryl and Bobby Woolard posed at the Hugsley Gala.



A ribbon cutting was held recently for Panda Express' newest location in Burleson Commons.



Members of Family Smiles gathered during a ribbon cutting and grand opening celebration given by the Burleson Chamber of Commerce.



The crew at Atmos grilled 1,000 "famous" chicken sandwiches at the Meals On Wheels Golf Benefit.



Members of the Burleson Fire Department and the Burleson Professional Fire Fighters Association sold pink shirts in support of the "Cares Enough to Wear Pink" campaign which honors women who battle cancer.



Commissioner Don Beeson putted one in during the 22nd Annual Meals On Wheels Golf Benefit.



# Around Town NOW



Restaurants and vendors served several delicious samples to local residents and visitors at this fall's Taste of Burleson event.



Visitors enjoyed fine wine and other spirits during the Taste of Burleson.



The Time Bandits were one of the performers at Burleson's Founders Day festival.



Crowds gathered in front of Babe's Chicken at Burleson's Founders Day festival.



The Burleson Chamber recently held a ribbon cutting for Momavie.



The 39 students who were awarded the Burleson Opportunity Fund scholarships to Hill College gathered for a group picture.



Sweethearts Jay Walley and Kara Graham enjoyed a lovely fall afternoon at Warren Park.



# Arts NOW



**“Poetry makes words  
sing and dance  
through your brain!”**

# Created to Perform!

— By Melissa Rawlins

It is impossible for Carolyn Pennington to tell a story sitting down. “I like to move, make faces, use my hands, all kinds of things,” said Carolyn, a poet and storyteller who happens to also be the children’s services coordinator at the Burleson Public Library. “Standing and seeing those faces that are looking up at you engrossed, it is total magic!”

Never nervous when telling a story, Carolyn’s knees shake after her performances. Usually there are 50 people in the library’s meeting room for story time, ranging in age from babies to the elderly. “It’s a very mixed group, and I

try to appeal to all of them.”

Her challenge as an artist is to show imagination and sensitivity in her work. Whether the stories and poems she tells and sings are actually art is quite another story. “I actually looked up the definition of art,” smiled Carolyn. “Art is ‘human works of beauty with an aesthetic value, related to the appreciation of beauty. Art pieces do not have any intrinsic value in and of themselves. Art has no value, other than the fact that it’s beautiful. It’s not valued because it’s beautiful. It’s beautiful because it’s valued. Other people can see that it’s beautiful. It

doesn’t mean that everyone sees everything as beautiful.”

Beauty, as they say, is in the eye of the beholder. While a member of The Society for Creative Anachronism (SCA), where she first performed her original medieval-flavored epic and free-form poems, Carolyn’s beholders granted her several awards for her stories, poetry and songs. “Once again, the awards themselves have no intrinsic value. But it was one of the most valuable experiences of my life,” Carolyn said. “I love sharing stories and poems with people.”

Most of her poetry, written on scraps of paper and in notebooks about whatever momentary event captured her interest, was created to be performed. A lot of Carolyn’s poems are sung, which heightens their emotion. In 1995, she wrote a song called “The Banshee,” dealing with women who are left when their men go off to war. When she sings, Carolyn closes her eyes and shares the emotion behind



## Arts NOW

her story of a woman left to weep alone, and of her man dying far from home.

"It gives me cold chills even when I perform it," Carolyn said. "Poetry makes words sing and dance through your brain!"

There was a time in Carolyn's life when she thought it impossible that she could entertain people. Then, while visiting the Scarborough Renaissance Festival in Waxahachie, she learned about the SCA. "One of the things they do is reproduce the Middle Ages, during the period after the Dark Ages, from about 600 C.E. — 1650 C.E. SCA is a teaching organization; we did school demonstrations about life in the Middle Ages. I recreated the Bardic arts, poetry, stories and songs, hopefully done in a period fashion. Basically, what I did was talk about the lives of children in the Middle Ages."

Her own childhood in 20th century Texas involved lots of stories told by various family members. "My dad especially could make up a story that fast, about anything. It was usually total nonsense, but always fun," Carolyn remembered. "My grandmother and aunts and I would sit around telling stories, usually family-related, sometimes not. I grew up with a good sense [of] how my family lived when they were children, what it was like during the Depression, what it was like to lose a child. I've always made up stories for my children at bed time."

Carolyn has two children, and is rearing a granddaughter. "Right now, she likes to hear family stories, real ones about the things that happened to family members," Carolyn said. "Her great-grandfathers are both deceased, and she likes to hear about them. 'Nanny, tell me about when you were growing up!' is one of her most frequent requests right now" — an easy request to fill, since telling stories is one of Carolyn's favorite things to do.

"Stories can relate to history, emotions,

# Family Medicine

## Precious J. Marquart, M.D.



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

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

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

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## Arts NOW

imaginary things. Stories also evoke emotions that reading a book does not," Carolyn said. "Children react to the spoken word differently than they do to books they read. When you read, you have descriptions in the words in front of you. When you tell a story, a child's mind evokes those pictures. It's a different process of learning and understanding the world around them."



**"Children react to the spoken word differently than they do to books they read."**

Carolyn continues to fill notebooks and paper scraps with poems and ideas for stories. As she performs stories for the children at the library and for her granddaughter, Carolyn hopes to ignite the storytelling spark in a few of her audience members. "Storytelling is not a dying art," Carolyn said.

Especially important is to write down those ideas that come into your mind, cautions Carolyn, who has at least 100 poems and stories in her body of work. "If you don't write it down, there's something wrong with you," she winked, "because it was a gift and who knows if you'll remember it tomorrow." **NOW**

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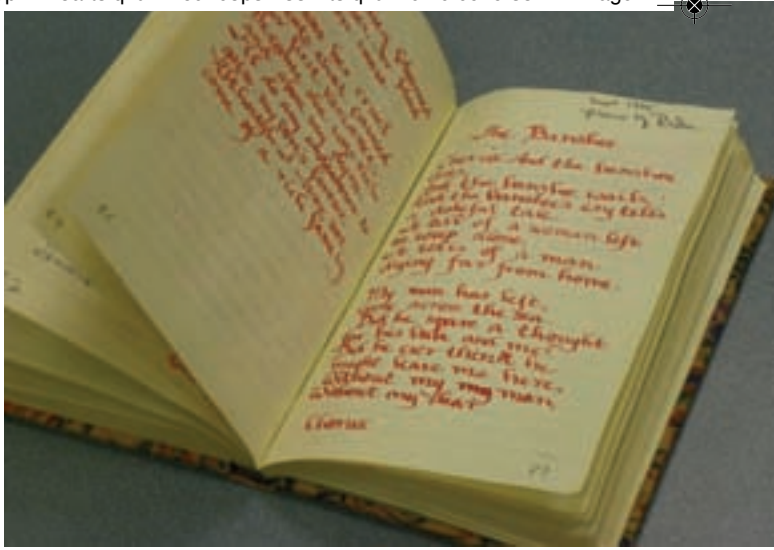
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**“Most of her poetry, written on scraps of paper and in notebooks about whatever momentary event captured her interest, was created to be performed.”**



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## Sports NOW

# Focus on the Man

— By Melissa Rawlins

Soccer, hunting, fishing, working on his lapis blue '66 Mustang and spending time with his girlfriend, Lacey Durham, are a few of the gifts Joe Ciesynski enjoys. The senior soccer captain at Burleson High School also loves his family, with whom he has a strong relationship. They live together on a farm southeast of Burleson, where Joe has a lot of hay to move and some horses, cows, chickens, fish, dogs, cats, a duck and guineas to take care of. Not necessarily a relaxing way to spend his evenings after school, but the challenge of balancing his chores with his studies and his sport is paying off.

Having taken pre-Advanced Placement courses ever since sixth grade, Joe has worked tremendously hard on his studies and so will start college as a sophomore, if not a junior, next fall. Where he will study is in question, but for Joe, that's fine. "I'd like to go to college and play on a college team. It's no big deal if I don't get to play soccer. If somebody offers me a scholarship I'll probably go there," said Joe, who has no dreams of where he might want to go. Cold weather or hot, he does not care. "To me a college is a college. I haven't found someone who has stood out to me who's made me want to go a certain place."

The 17-year-old grew up in Burleson with two athletic sisters, one older and one younger. Since the age of 4, Joe played soccer with Burleson Independent Soccer Association (BISA). "I did actually play tee ball and basketball," Joe remembered of his childhood. "I was young enough then; I don't know why I didn't continue. I've just liked soccer more and put more time to that."

His love for the sport is rooted in its uniqueness. "In what other sport do you use just your feet, which happen to be the most uncoordinated part of your body? So, it's the hardest sport to play, and, you have to be the best athlete, period. There are no breaks," said Joe, who plays the defensive stopper position. "During the game, you do 45 minutes until halftime. You go for another 45 minutes. You're always moving. You



## Sports NOW

don't ever stand still. It's short bursts here and there, but definitely soccer is the most demanding sport. Probably the most physical sport there is, and I have played football. Football people wear pads. We don't. I've been injured



playing soccer. I don't think the pad would have helped me in any way." The injury occurred when Joe and an opponent both kicked at the ball simultaneously, and Joe's ankle was bent awkwardly. "I stepped in a hole right after that."

Staying healthy and in shape is tough. "I work out. That's the only thing you can do," said Joe, who encourages his teammates by leading the way in all the running, sprinting, butt kicks, high knees, stretching, agility exercises, weightlifting, warm-up drills, team-building drills and game-like situation drills. "Off-season we spend time in the weight room, and we run," said Joe. "Only on Fridays do we work on soccer skills. Plus there are voluntary morning workouts to help you get in better shape quicker, and that frees you up to do drills later in the day. Sometimes we might do a 20-minute run, or sometimes we might do three miles."

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## Sports NOW

Forty-five minutes a day, five days a week, the players have been getting their bodies into shape for the season which begins right after Thanksgiving with tryouts, then practices. By mid-December, games are in full force. At that time, Joe will lead the morning workouts. "They'll begin at 6:30 a.m., because 7:00 puts you done at 8:00 and school starts at 8:30." Once the season hits, Joe will have to wake up an hour earlier than he'd like. He would also like to eat breakfast, but

**"It's definitely about the fun, for me."**

for time's sake he grabs a "heavenly" blueberry muffin from the gas station. Mostly, though, he avoids the "bad" sugars and sticks to fruit.

As with Joe's diet, the game of soccer is only half physical. The other half is mental. "You wouldn't do well in soccer without knowing rules, game plays, where people are at. You gotta be alert," said Joe. "[You] gotta have a vision on the soccer field — not just of the ball, but actually our defense is so good because we don't really even look at the ball; we focus more on the man. If you concentrate on the ball you don't know where your guy's at."

Usually there are 50 parents and friends in the stands, watching Joe and the BHS soccer team play. Joe's girlfriend, Lacey, may not be athletic, but she goes to all of Joe's games "which is really something," Joe said. "Our games are played whether it's 20 or 30 degrees, even in the rain. We play in Texas snow, sleet, mud, wind — everything but lightning. Anyone that comes to the games is a trooper!"

Joe, however, is only playing for himself. "I don't even know they're there, 99.9 percent of the time," he said. "It's definitely about the fun, for me. ... If it wasn't fun, I wouldn't do it." **NOW**

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## Business NOW

# Flowers - a family tradition

— By Melissa Rawlins

For 37 years, people in need of a beautiful way to express sentiments have come to Flowers by Fran for bouquets and gifts for their loved ones. Over 100 custom-designed mums were sold to girls from Burleson High School for homecoming in September, and last month, folks celebrating Halloween went to Flowers by Fran for fantastic pumpkin centerpieces filled with flowers and decorated with ghosts and black cats.

This coming holiday season, Fran Wheat and her staff of six will have fun making more specialty centerpieces. Customers can order a “turkey” out of bronze and fall-tone mums, with natural materials like wheat. Fran’s daughter, Janet Payne, smiles when she describes the Thanksgiving turkey: “We make a head out of Styrofoam, decorated with ribbon eyelashes, pinecone beaks, and red chenille wattle and caruncle across the head.”

Christmas arrangements from Flowers by Fran are made with all types of Christmas greens, and lots of candles, too. When the design room gets extra hectic preparing the festive special orders, Fran and Janet get help from a couple of Fran’s sisters from Rosenberg, Texas.

That little town in southeast Texas is where Fran got her start. “I was raised in a flower shop,” remembered Fran. “Between my junior and senior year, my

mother and I together went to florist design school. Six years later I married Gene; we lived in Fort Worth, where I had our son, Conway; then we moved to Burleson in 1959. Shortly thereafter we had a daughter, Janet.”

Fran was a stay-at-home mom until “one day someone delivered me some flowers and said, ‘I understand you’re a florist, and we need a part-time employee.’ The part-time job, during football season and mum time, turned out to be 60-70 hours per week,” said Fran, who stayed there five-and-a-half years. “I had surgery in that time, and decided to try doing a florist shop on my own. That was June 1972.

“My family brought up some inventory from my mother’s shop. I did a wedding or two on the side. The first couple of years I ate many P&B sandwiches and

prayed a whole lot. Luckily with God’s help, hard work and a husband that helped, we managed.” Flowers by Fran was at 310 NE Wilshire for five years, and moved to its current location almost 32 years ago.

After graduating from BHS, Janet studied at Benz School of Floral Design (where her mother and grandmother had gone) and then started working full time alongside Fran in 1980. Now, Janet has her Texas Master Florists Certification, which she credits with giving her an even more creative thought process. She has competed in several contests and was runner up in the Fort Worth Cowtown Cup. Within the last two years, Janet was president of the Fort Worth Florists Association, where she now serves on the board of directors. “It’s about educating other florists



**“I was raised in a flower shop.”**



## Business NOW



The core team at Flowers by Fran. Standing left to right: Judy Golleher, Janet Payne and Connie Wheat. Seated: Fran Wheat.

Not pictured: Joetta Fink.

about current trends, colors and survival techniques in these hard economic times.”

Janet learned the tricks of the trade from her mother's floral company, which pleases its local customers with dependably fresh, high-quality flowers and plants. Half of their floral business is sympathy-based — trying to make someone feel better and console them. The other half of their business is celebratory in nature. “The greatest privilege we have,” added Janet, “is getting to see all the pretty flowers, all the colors, and experience what God has given the world and to create something with it.”

Flowers by Fran, at 248 S.W. Wilshire Blvd., is open Monday-Friday, 8:00 a.m. -5:00 p.m., and Saturday, 8:30 a.m.-noon. Please call (817) 295-7361 or visit [www.flowersbyfran.net](http://www.flowersbyfran.net) to order custom designs and Teleflora specials. Flowers by Fran makes deliveries to South Fort Worth, Burleson, Joshua and Crowley, and requests one to two days advance notice for custom orders. **NOW**

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## Education **NOW**

# Home of the Meadow

— By Jaime Ruark

Yolanda DuClos, currently in her seventh year as an educator for the Burleson Independent School District, is creating quite a name for herself. With one of her ready smiles, she will explain the meaning of her last name, turning the explanation into a quick French lesson, as any good teacher would. “It means ‘of the meadow’ and the stress is on the last syllable, so that you’re stressing ‘meadow’ instead of the word ‘of’” she said. “The kids love joking with me, so they go around calling me Mrs. Of the Meadow.” Yolanda is well-known for not only allowing her students the opportunity to crack jokes with her, but for dishing it back just as quickly and humorously. It is this sense of fun that has helped her become popular among her students and fellow educators; it is her sense of humor that helps make her job as an eighth-grade teacher not just a career, but a calling.

In her 22nd year of teaching, Yolanda is the language arts teacher and department head at Hughes Middle School. She fondly remembers those who influenced her along her career path. “There was one teacher in particular who helped me know this was what I wanted to do. Her name was Martha Darnell. She challenged me. She taught English. When she was teaching, she would sing and she would dance in class,” Yolanda recalled of her own eighth-grade teacher. This led to Yolanda earning her bachelor’s degree from Stephen F. Austin University as a theater major, with a minor in English. It also led to her current teaching style, in which, like Mrs. Darnell before her, she sings, dances, uses different voices and jokes with her students to keep them interested and focused.

Because of her theatrical background, Yolanda taught drama until 1990, when she took a two-year break and moved to California to work in the movie industry. “I wanted to see



if there was something else out there in the world besides teaching,” she shared. “There was, but it wasn’t for me.” In fact, Yolanda found herself being drawn back to teaching even then. “There was a sandwich shop under my building, and this little boy was always doing his homework there,” she added. “I would ask him how he was doing and give him little pointers.”

Coming back to Texas and the classroom in 1992, Yolanda started with children in the gifted and talented program at Brewer Middle School in White Settlement and then moved to Hughes where she taught gifted and talented, as well as children with difficulties, labeled “at risk.” “It was definitely a gear shift, to go from being with the at risk kids in the morning to the ‘GT’ kids in the afternoons,” she admitted. Humbly, Yolanda stated that she seems to have a special gift for working with children other people often label difficult. “People ask me what grade I teach now, and when I tell them eighth, they always say, ‘Oh, bless you!’” she laughed. “I’m really drawn to this age group, and I seem to be successful with these.”



## Education NOW

Yolanda teaches her peers through “Love and Logic” workshops, in which she explains how to use positive classroom management to stop a discipline problem from escalating. “We show the kids they have responsibility and consequences for their actions. We don’t argue. We don’t get angry. We encourage them to think before they act,” she explained in the low, calm voice she uses in her classroom. “To make this successful, you have to have a relationship with the kids. You give them limits and structure, but you also have to help them realize that the classroom is safe for them; it’s their home. Of course, that also means they have to respect it and me.” To help her students feel that sense of home, numerous chairs, bean bag chairs, a couch and pillows are placed around the classroom for use during daily reading time. Yolanda gives her students the freedom to be comfortable, with the expectation that they will accomplish the task at hand.

There are six classes in her day, with an average of 20 to 30 children in each class, which means Yolanda has 120 students to teach and reach with her logical love. “It’s not always an English lesson. Sometimes I’m teaching life lessons, like manners and how to be courteous to one another,” she said. “Sometimes kids don’t get those lessons at home, and I have an opportunity here to touch their hearts.” She gives credit to her fellow teachers, who all work together toward common goals. In fact, last year the reading department celebrated a 99 percent student pass rate for the TAKS (Texas Assessment of Knowledge and Skills) test for eighth grade overall.

Yolanda feels that she has been called to teach. “I’m at home in the classroom. It’s where I’m supposed to be,” she asserted. “I think we’re all here for a reason. If I can touch one kid, help one kid, that’s why I was here today.” **NOW**

  
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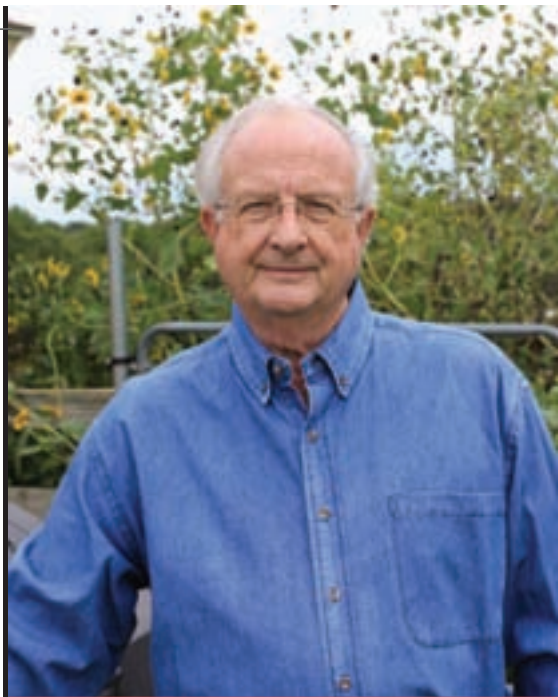
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# Look Who's Cooking — By Faith Browning

## IN THE KITCHEN WITH DARRELL MCCLURE

Barbecuing and smoking briskets, ribs and turkeys is one of Darrell McClure's favorite pastimes. He enjoys sharing his creations with his wife, Chloe, and their children, six grandchildren and one great-grandchild. "For about 35 years, I have been refining my barbecue method and recipes," he explained. "I have a personal desire to create a very good pit barbecue taste."

Darrell does not confine his cooking talents to his family; he also takes pleasure in sharing them with his church. During special events, church functions and the holidays, you can surely find him utilizing his gift and his barbecue pit to bringing good taste to others. "My fondest memories involve my Christian faith, my family and people telling me my barbecue is the best they have ever eaten," he said. **NOV**

### BAR-B-Q BEANS

1 12-oz. pkg. bacon, sliced 1-inch pieces  
1 large onion, chopped  
1 large green pepper, chopped  
1 6-lb. 12-oz. can Ranch Style Beans,  
half drained  
12-oz. good barbecue sauce

1. In a heavy Dutch oven, brown the bacon; drain most of the grease.
2. Add onion, green pepper, beans and sauce.
3. Heat until hot and onions and peppers are soft.

### BOBBIE'S PORK SHOULDER ROAST SPANISH RECIPE

1 3-lb. pork shoulder roast, cut into 3 big chunks  
1 lb. pinto beans, dried not cooked  
2 Tbsp. cumin  
2 Tbsp. oregano

1 Tbsp. chili powder  
1 tsp. salt  
2 8-oz. cans chilies, chopped  
1 large onion, chopped  
1 tsp. garlic powder

1. Place all ingredients in a large Crock-Pot; add just enough water to cover.
2. Cook on low for 20 hours. (If mixture is too thin when completed, add one can of refried beans.)
3. Shred meat for tacos.  
*Serve with taco shells or tortillas, shredded lettuce, diced tomatoes, shredded cheese and picante sauce.*

### MEXICAN FRUIT CAKE

2 cups sugar  
2 cups flour  
2 eggs

2 tsp. baking soda  
1 1-lb. 4-oz. can crushed pineapple, with juice  
1 cup pecans, chopped

### ICING:

8-oz. pkg. cream cheese  
1 stick margarine  
2 cups powdered sugar  
1 tsp. vanilla

1. Mix cake ingredients together in order given.
2. Pour into a greased 9 x 13-inch baking dish.
3. Bake at 350 F for 45 minutes, or until done.
4. Combine icing ingredients; mix well.
5. Punch holes into the hot cake.
6. Pour on icing; spread evenly.

### 100-YEAR-OLD CRANBERRY RELISH

1 pkg. fresh cranberries  
2 apples, cored and quartered (do not peel)

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## Who's Cooking NOW

2 oranges, quartered (do not peel)

1/2 -1 jalapeño

1/2 cup sugar

1 pkg. cranberry gelatin dissolved in 1/2 cup boiling water (optional)

1/2 cup pecans, chopped (optional)

1. In a grinder or food processor, chop cranberries, apples, oranges and jalapeño until fine.

2. In a separate bowl add chopped mixture and add sugar, gelatin and pecans.

3. Place in a pretty crystal bowl; chill.

Can remain covered in refrigerator for 2 weeks.

### DEAD AND GONE TO HEAVEN CAKE

1 box yellow cake mix

1 can Eagle Brand milk

1 can Coco Lopez cream of coconut

1 small bag flaked coconut

1-2 Tbsp. butter

1 tub Cool Whip

1. Prepare cake per directions; bake in 9 x 13-inch pan. When cake is done, punch holes in cake with the end of a wooden spoon.

2. Pour milk and cream of coconut over the cake; cover with plastic wrap and chill.

3. In a skillet, brown coconut in butter; cool.

4. Remove plastic wrap from cake.

5. Cover cake with the Cool Whip and top with browned coconut.

6. Cover with wrap; chill overnight.

One taste and you will "just die and go to heaven." Can use a chocolate cake mix instead.

### ME-MAW'S FUDGE

4 1/2 cups sugar

1 can condensed milk

3-4 ? Hershey bars, broken

1 12-oz. pkg. semi-sweet chocolate chips

1 13-oz. jar marshmallow crème

1 Tbsp. butter

1 tsp. vanilla

1 lb. pecans, chopped

1. In a large, heavy saucepan, combine sugar and milk.

2. Bring to a rolling boil, stirring constantly.

3. Reduce heat to medium; cook and stir another 6 minutes.

4. Remove from heat; add remaining ingredients.

5. Pour onto a large, buttered cookie sheet.

6. Cool and cut.

To view more of your neighbors' recipes, visit our archives at [www.nowmagazines.com](http://www.nowmagazines.com).



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# Gastroenterology


## Adil M. Choudhary, M.D.

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

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

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

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## Finance **NOW**

# Are You Financially Exposed?

— By Sharon Robinson

Many people realize the need for life insurance but keep putting it off until it is too late. You may think that life insurance is confusing, expensive and complicated. You may think you do not know enough to make the right decisions for you and your loved ones. Postponing this decision leaves you and your family exposed financially.

**Assumption #1: I will always be able to buy life insurance.** You could develop a health condition that makes you uninsurable or could make life insurance too costly for you.

**Assumption #2: I will get life insurance later when I am older or have a family.** Life insurance may be needed at all stages of life. Whether married or single, male or female, with children or without, you may have financial obligations that need to be met. Life insurance provides financial security for you and your loved ones.



**Assumption #3: My family and I are covered by the group insurance at work.** To meet the future needs of your family, you need to have seven to 10 times your annual income. Most group term insurance amounts offered by employers will not meet this need. When you do not work for that employer any longer, you usually lose that coverage.



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## Finance NOW

**Assumption #4: My husband has life insurance so I do not need it.** Women often live longer than men, but not always. There are countless stories of men who had to shoulder the family financial burden along with the emotional burden after their wife passed away.

**Assumption #5: My family can cover funeral and burial expenses.** Burying a spouse or loved one is the most stressful time in a family's life. Having life insurance can reduce financial concerns for the family. Take the time now to review your needs and provide adequately for yourself and your family. **NOW**

*Sharon Robinson is a State Farm agent based in Burleson.*

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# Health NOW

## Hope for a Better Future

— By Betty Tryon, R.N.

Ronald Reagan, 40th president of the United States, Charlton Heston, movie star, and Norman Rockwell, artist, are just a few of the famous people who have had Alzheimer's disease. They put a face on a devastating illness. Facing the possibility of losing a little bit of oneself every day is a dismal prospect. The fear is real, and the disease is irreversible. Is there any hope?

Alzheimer's disease (AD) holds the dubious distinction of being the most common cause of dementia. We still do not know what causes this disease, but evidence points to brain damage occurring over a long period of time before any sign of forgetfulness becomes worrisome. How much forgetfulness is enough to warrant further examination? Obviously, if you are very concerned about this, a trip to your physician may allay your fears.

We all have those minor "senior moments" of forgetfulness. However, if memory challenges disrupt your daily routine in some

manner, that may be cause for concern. Being unable to balance the checkbook when you have done it previously with little effort may be worrisome. An inability to follow a plan or understand a favorite recipe is another sign. Confusion is very typical with AD, such as not being able to travel to a known place or to find your way home. Anyone can forget about those very important dates, but we have the ability to recall them later. A warning sign in AD is when important dates or even their purpose can no longer be remembered. Needing to retrieve the instructions to reset the clocks or other electronics is common. Not remembering how to brush your teeth or dress yourself needs evaluation. Those with AD may find it difficult to express themselves using the correct words or to understand others.

Although there is no cure yet, early detection is still useful and important. Early diagnosis allows one to be an active participant in planning for future care. It permits you to have a say in legal matters regarding your estate while you can still do so. Becoming involved in support groups will help to enhance the quality of your life. Your family can benefit from these services also.

Yes, there is always hope, and it may be in early diagnosis. Research continues to advance in this area and early treatment may become crucial. Early detection can give you an opportunity to receive treatment or participate in clinical trials that can slow down the progression of the disease. Knowing what is ahead may give you a better future. **NOW**

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

## Internal Medicine & Pediatrics

### Lawrence Whaley, M.D.



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

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

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

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# PLANT NOW FOR SPRING BLOOMS

— By Nancy Fenton

If you have not planted your bulbs yet for spring, there is still time. Buy them and get them in for splashes of yellow and white in February, March and April. Just be a bit careful about which varieties of narcissus, daffodils, jonquils and cyclamineus you choose. There are hundreds of varieties, but only a few do well enough in our heavy, alkaline, southern soil to come back in profusion year after year!

After a few false starts over the years, I have come to realize the beautiful King Alfreds are not right for our area. Most of the bulbs that will naturalize and bloom year after year are smaller and advertised as appropriate for USDA hardiness zones 8 or 9. The zones are based on the average minimum temperature ranges and the blooming history of the bulbs including the needed “cold time” for best blooms. Zone 8A shows our lowest temperatures to be 15 to 20 degrees Fahrenheit.

Bulbs are actually “underground storage structures.” They shoot up foliage and a bloom, then go on to store food for a “long summer’s nap” to bloom again next year. This is where temperature zones come in. Planted at a depth of two to three times the height of the bulb, the bulb will be protected from the heat, cold and water rot if it is suitable for our area.

Look on the packages you buy for the zone listings. Do not buy unless you see zones 8 or 9. The best bet for great bulbs is sharing with a neighbor who has a blooming abundance. My Internet search led me to the Southern Bulb Company at [www.southernbulb.com](http://www.southernbulb.com) and White Flower Farm at [www.whiteflowerfarm.com](http://www.whiteflowerfarm.com).

Both sites have lots of good information and pretty pictures. Nurseries operated by locals are also good sources for bulbs that will be successful in our area.

Some gardening friends, my husband and I are planning an 11-day trip to Holland in April 2010 to check out



the homeland of all the great bulbs. It involves a small ship on the canals (unpacking only once), guided tours of Amsterdam, flower markets and flower farms. If this interests you, go to [www.gct.com](http://www.gct.com) (Grand Circle Travel) and check it out. Use the member number 000809058; code VAPT008 for a special Fenton discount. **NOW**

*Nancy Fenton is a Master Gardener.*



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# November 2009

## Community Calendar

### Second Monday

Wellness Networking Group meeting: 7:30-9:00 a.m., JJ Mocha's in Old Town. Contact Ann at ann.peek@sbcglobal.net.

### Every Tuesday

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

### Second Tuesday

After Hours networking mixer: 5:30 p.m.-8:00 p.m., Best Western. Contact Shirley Franklin at (682) 552-6750.

### 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. (817) 295-2161.

Celebrate Recovery meeting: 7:00 p.m.-9:00 p.m., Burleson Chamber conference room. Child care available. Contact Teresa at (817) 563-0127 or teresajames127@sbcglobal.net.

### Second and Fourth Wednesdays

Burleson Lions Club meeting: noon-1:00 p.m., First United Methodist Church. (817) 980-9436. [www.burlesonlions.org](http://www.burlesonlions.org).

### Every Thursday

Toastmasters International meeting: 7:00 a.m.-8:00 a.m., Burleson Chamber of Commerce. Contact Neal Jones at (817) 343-2589.

Burleson Making It Happen Network

Connection 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 networking meeting: 6:30 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 meeting: 8:30-9:30 a.m., JJ Mocha's. (817) 295-6121.

### Second Saturday

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

Defensive Driving classes, taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Area Chamber of Commerce. Pre-register: (817) 341-7384.

### Second Sunday

Joshua Organic Garden Club meeting: 3:00-5:00 p.m. (817) 295-2161.

### November 1

Fall back. Daylight Savings Time ends.

### November 2

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

### November 3

Election Day.

### November 7

Caregiver Workshop and Resource Fair, hosted

by Meals On Wheels of Johnson and Ellis Counties and the city of Waxahachie: 9:30 a.m.-1:30 p.m., Waxahachie Senior Center. Lunch provided. Registrants, vendors or sponsors may contact Amy LeBus Jackson at (817) 558-2840 or (972) 351-9943. [www.servingthechildrenofyesterday.org](http://www.servingthechildrenofyesterday.org).

Household Hazardous Waste Collection: 9:00-11:00 a.m., 133 N. Main St. for Burleson residents only. Bring water or solid waste bill as proof of residency. Call (817) 426-9842 or e-mail [bchafin@burlesontx.com](mailto:bchafin@burlesontx.com).

Military Veterans Tribute: 2:00 p.m., B&G Development's Renfro Square, Renfro Street and I-35W in Old Town. Area military veterans will be honored with music from the Fort Worth City Band and Soulful Sound. Call David McDowell (817) 295-8168.

### November 9

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

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

### November 16

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

### November 26

Happy Thanksgiving.

*For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).*

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