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Burleson
NOW
The Community Magazine
Serving Burleson, Joshua and
the Surrounding Area
MAGAZINE

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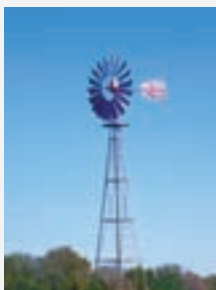
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On The Cover

This windmill adds to the rustic charm of the Carlson's home.

Photo by Maria Monreal.

Editor's Note

Dear Readers,

Welcome in 2010 with a big smile — you are surrounded by people with servants' hearts! If you have not already met the folks we write about this month, you will want to read their inspiring stories. Anita Bergen shares simple recipes she often cooks for her church. Roy and Renee Carlson exemplify the gift of hospitality. Val Vera started early coaching his children for the upcoming grand spring softball season. Billy Swan took time off his lawn tractor and bass boat to sculpt a wood stump into a traveling ministry. Cindy Glenn shares her philosophy on touching young lives. Kristin Rodgers describes her success as mom, writer, wife and marathoner. The nurturing men and women at Burleson Pediatric Dentistry explain the joys of teaching children to maintain a healthy mouth. Stretch your hands high and cheer on your friends and family! This is going to be an awesome year!

Melissa Rawlins
BurlesonNOW Editor



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Rheumatology

Sonia Bajaj, M.D.

Sonia Bajaj, M.D., a board-certified rheumatologist, practices at her office located on the Huguley Memorial Medical Center campus. Having a rheumatologist located at Huguley provides more convenient and better service to Huguley patients. Dr. Bajaj provides diagnosis and treatment of disorders that affect joints, tendons, ligaments, connective tissue and bones. Common rheumatologic conditions include arthritis, lupus, vasculitis, osteoporosis and gout.

Before opening her Huguley practice, Dr. Bajaj practiced rheumatology in Tucson, Arizona for four years. She is a member of the American College of Rheumatology. Dr. Bajaj completed her rheumatology fellowship and her internal medicine residency at the University of Alabama at Birmingham. She fulfilled her internship requirements at Hahnemann University, Monmouth Medical Center in New Jersey.

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Balancing Act

— By Melissa Rawlins

All-around amazing mom, Kristin Rodgers, goes for what she wants and usually gets it. “If I don’t give up, eventually it happens,” Kristin said. “If I keep that faith in myself, God helps me.” Her husband, Bobby, also believes in her. “Every wild idea I have, Bobby just stands back and says, ‘Okay!’ He’s supportive and knows this is who I am and so he stands by me in it.”

This 28-year-old mother of two (4 -year-old Tyler and 9-month-old Hunter) ran a marathon right before conceiving Hunter. Four years before that, Kristin wrote a romance novel while her hubby fought in Iraq. After seven years of polishing and promoting, that book, *One Day at a Time*, has just been published by Devine Destinies. The children’s book she wrote



this summer is called *While Bear Was Away*, and she’s working to get it published, too. Meanwhile, she and Bobby perform their own balancing act in which they enjoy a healthy family life in Joshua, where he grew up.

Wisconsin-born and -reared, Kristin is glad to have family so close. “One thing we were worried about while we were both in the Air Force was that our children would not have a relationship with anyone except for us. Here, they have their grandparents on Bobby’s side,” said Kristin, who has seen a lot of good come from their three years in Joshua.

“I ran The Big D marathon in April, after moving here in September the year before. It was a very cool experience to be able to do that,” said Kristin, who had not run at all before she



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started training. "It was neat to be able to train my body to do that, and then to run the whole thing." Kristin plans to start running again once the boys are older. "My husband and I want to do it together, as a family activity."

Since his birth in March, the Rodgers were contacted by a talent agent and Hunter was photographed by JCPenney. "He'll be in a couple ads. That was kind of neat," Kristin said. "I like to have my kids try new things and do new things."

Recently, Kristin left her job at Burleson Independent School District (BISD) to stay home with her children. "I sit with Tyler and like to practice the alphabet and try to get him ready for kindergarten," said Kristin, who believes her boys have brought the kid out in her again. "We jump in the leaves, go on pony rides, go see Santa, go to bounce houses. You can be yourself and be goofy with your kids. It's just a really fun time."

In her private time, Kristin enjoys writing children's stories. She hopes to publish *While Bear Was Away*, and has another one nearly finished. "I don't have a name for it yet," said Kristin, of the book inspired by a tale her grandmother and mother passed on to Kristin about thunderstorms. "I adapted that to tell a rhyming story of Jesus in heaven playing baseball with his angels, explaining the wind and thunder and lightning. I always thought that would let my son see the storm in a different way and ease his fears."

Inspiring her children also motivated her to write *While Bear Was Away*. "It's a rhyming story, kind of taken from my travels," said Kristin, who has been to Denmark, Venezuela, Turkey, Australia, New Zealand, England, Italy, France, Belgium, Amsterdam, Germany, Mexico, Monaco, Norway, Austria, Czech Republic, Bahamas, Puerto Rico, St. Martin, and a dozen or so American states. "Fox tells bear, 'Why don't you go see the world?' Bear is off doing all kinds of exciting crazy things. Fox takes over his cave, and when Bear returns his cave is a mess. But they end up being friends." Kristin is still waiting to hear whether any publishers will accept her manuscript.

The publishing industry is known to be hard to break into. "But you try and try, and it just takes one publisher to break," Kristin said. "It's not always nice to get rejection letters. But when you get



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the one good letter, saying, "This is good stuff," it restores all the confidence you lost during the rejections," said Kristin, who has always liked writing. "Despite the walls in the publishing world, which tends to break you down, I'm persistent and motivated and believe in myself enough to be able to accomplish."

Kristin has seen that throughout her life, and points to a high school experience as her best example of how it pays to not give up. "I started applying in 10th grade to be an exchange student the next year. I'd gotten a letter in the mail saying I wasn't a fit for the program," Kristin said. "Then I met another woman who had been accepted for a year in Denmark. But she didn't want to go."

"I saw an opening. I called a random guy in the Rotary club and said I wanted to take her spot. A couple days later, my mom said the guy called and the girl had called and said she didn't want to go, and he offered me her spot." Normally a very shy, reserved person, Kristin credits her trip to Denmark with taking away her fear. "It helped me learn to throw myself into new situations, especially to go for what I want. Even if they tell you, 'No,' you can still do it."

Patience and organization are two talents Kristin applies every day to help her achieve her goals while giving her family what they need. "I do a lot of reaching within me, and even if I'm just really tired, I know it needs to be done," Kristin said. "Still, some things need to wait. Like training for the marathon or scrubbing the house," said Kristin, who gratefully takes advantage of times when Bobby or his parents want to take care of the boys or when the boys are in bed. Then, she can do the heavy cleaning of her home or take care of her personal goals, like writing.

"My children know I have other things I have to get done; still, I think it's important to shut everything else out and just let it be us because one of the main things children want is positive attention, like doing puzzles together or coloring or just listening," Kristin said. "One day when the time is right, I'll go get another job, and that'll be my career." Now, Kristin balances her creative compulsions with her strongest desire: "I want to be there for my kids, enjoy my family while they're here and have no regrets." **NOW**

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continues, "I can tell you as both a cardiology director and as a patient, it's a blessing to have access to high quality care right here at home." To get to the heart of what's new at Methodist Mansfield Medical Center, call them at 877-637-4297 or visit www.methodisthealthsystem.org.



—Bernie Kennedy
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Her Cinderella Home

— By Jaime Ruark

**At Home With Roy
and Renee Carlson**



Once upon a time, a wrought-iron gate opened onto a narrow path lined with trees. An old-fashioned carriage around a bend in the winding path served as a welcome wagon to greet visitors. A myriad of birdhouses created small safe havens for any winged friends. Stone and wood, framed by more trees, came together in beautiful harmony to create a home for a happy, loving couple, with the cozy warmth of a blazing fireplace to keep the winter cold at bay. This picturesque 22-acre scene, complete with a three-acre, fully-stocked lake, seems almost like a fairytale, but for Roy and Renee Carlson, life in what Renee calls her “Cinderella house” really is their own happily ever after.





The Carlsons have been enjoying their custom-built, 4,400-square-foot, three-bedroom, three-and-a-half bath home for just over five years, but even more than their home, they enjoy each other's company. "We were set up on a blind date by a friend of ours, Bob Lauterbach," Renee recalled with amusement. "Bob told me he wanted me to find a nice girl for Roy, but that I shouldn't date him." Easy banter and an obvious appreciation for each other flow between Roy and Renee, a testament to 26 fun-filled years of marriage. "She was a little princess," Roy laughed, as Renee added, "And the rest is history!"

Roy and Renee have been Burleson residents for over 30 years. "We like the small-town environment. Of course, it was a lot smaller 30 years ago," Roy smiled. The Carlson name is widely respected, thanks to the family business, Mike Carlson Motor Company (MCMC) "My dad started the business 40 years



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Pain Management

Christopher Chun, M.D.



Christopher Chun, M.D., has an interventional pain management practice at Huguley Memorial Medical Center. He offers a multi-disciplinary approach to pain management, attacking it from all angles. He uses conservative treatment options to manage pain such as medication, physical therapy, and neuropsychology; but he also offers invasive non-surgical options to treat pain such as injections, radiofrequency ablation and spinal cord stimulation.

Dr. Chun graduated cum laude from Pacific Union College in Angwin, California with a Bachelor of Science degree in chemistry. He earned his Doctorate of Medicine at Loma Linda University School of Medicine, in Loma Linda, California, where he also completed his internship, residency in anesthesiology, and fellowship in pain management. Dr. Chun is a member of the American Society of Anesthesiologists and the International Anesthesia Research Association.

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ago, and we've been going strong ever since," he said. With obvious pride in her man, Renee added, "Roy's been voted National Dealer throughout the years, which is quite an honor, and he's in the Texas Hall of Fame for car dealers." Renee has earned an honorable reputation herself, working with CASA (Court Appointed Special Advocates), the local Women's Center and the Crisis Intervention Hotline, as well as volunteering through their church, St. Matthew Cumberland Presbyterian Church.

The couple had some definite wants and needs to consider when they began thinking about the design and layout of their home. "We both wanted the country, rustic, lodge look. Renee and I have built a few houses together now, so we didn't have any fights during the building process," Roy explained. Renee humorously chimed in, "We both give and take, but there were a couple of times I put my foot down." Exposed cedar beams, ceilings made of knotty pine, hardwood floors, textured walls and floor-to-ceiling windows in many of the rooms provide the warm, comfortable feel they were hoping to

Lydia Wison, R.Ph Wayne West, R.Ph Dan Gardner, R.Ph



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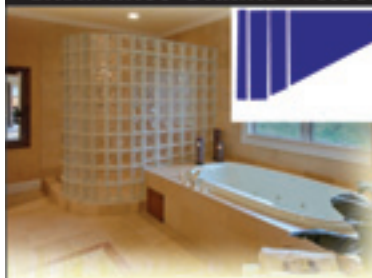
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achieve. “We like to entertain, and I didn’t want a house that would have rooms that didn’t get used,” Renee said, explaining their open floor plan. “I feel like if you’re going to feed four, you might as well feed 40, and I can do that here.”

Renee remembers the building process as a fun time. “It was nice getting what I wanted at a good price. I don’t take no for an answer,” she smiled. Her previous work as an antique dealer has equipped Renee with the skills of a negotiator. “We’re both bargain hunters. We made sure we got what we wanted at a fair price,” Roy said.

Renee has filled her home with family

heirlooms, such as her grandmother’s butter churn and Singer sewing machine, and her mother’s antique hutch, filled with small odds and ends, including tiny medicine bottles Renee’s family dug from the ground in Colorado. A built-in bookshelf in the living room is home to other important pieces of memorabilia. A flag from the Vietnam Veteran 2004 dedication in Washington is displayed next to the flag given to her veteran father, Desley Allen, upon his passing. “We were able to take him on that trip while he was still here,” Renee shared. “It was really special to be able to do that and honor him in that way.”



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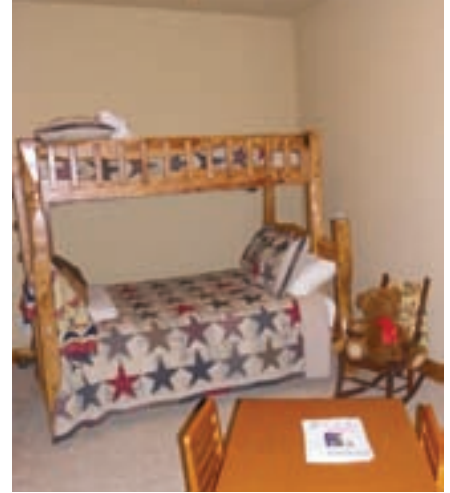
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Internal Medicine & Pediatrics of Burleson provides comprehensive primary care for families. Board certified in internal medicine and pediatrics, Dr. Whaley has completed a combined four-year residency in internal (adult) medicine and pediatrics to care for newborn through geriatric patients.

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A shadow box containing his uniform patches and hat, as well as a picture also serves as a reminder to her father's service to his country.

The Carlsons share a love of travel, exploring places like Florida, Massachusetts, Pennsylvania, Alaska, Brazil, Hawaii, Turkey and Israel. Much of their eclectic decor is made up of souvenirs of their trips. A lovely black and red textile hanging over the back

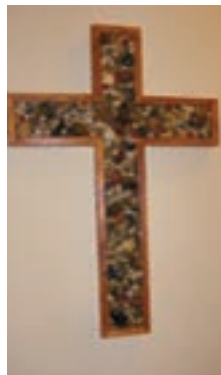


of a chair in the living area was brought back by the adventurous Renee, who traveled to Lima, Peru, on a women's trip. "I didn't know a single person I was with. That was an amazing trip. I really learned some life lessons, and I can't wait to go back with Roy," she said of her best friend.

Chiming every hour is a grandfather clock, which holds a special place in Roy and Renee's hearts. "That clock was the first piece of furniture we ever bought," Renee shared. "We've kept it running for 26 years; we call it the heartbeat of the home. Every time it starts winding down, Roy runs over to wind it, so that's become his job. He has to keep our heart beating."

The master bedroom has beautiful custom-made, Texas Hill Country

wooden furniture, accented by the red and gold bedspread. Here again, floor-to-ceiling windows offer a panoramic view. "Everything in the back of our house was designed to accentuate this view. You can see the whole Burleson corridor all the way to downtown Fort Worth," Roy pointed out. The adjoining master bath is fit for Roy's princess, with its conversation piece bathtub centered squarely in the middle of the room. "We joke that we built the house around this bathtub," Renee shared. "I bought



it first, then we built the house around it."

A particularly fun room in the house belongs to their grandson, Jayden, a 4-year-old Renee calls "the light of our lives." Bunk beds were custom-built to withstand the rambunctious

nature of a boy, who at 2 years of age was steering a farm tractor, and the tot-sized table and chairs are perfect for drawing his favorite dinosaurs. For the more grown-up boys, the upstairs Hollywood-themed theater room,



labeled the "Man Cave," holds theater seating for eight. A life-size cutout of Marilyn Monroe smiles on all who enter.

Other than pieces passed down from family, the Carlsons try not to develop an attachment to things. "Roy told me one time when we first got married, 'If you have full pockets, God can't put anything else in them,' so we always try to give," Renee said. "We try to keep our doors open; my house is your house." **NOW**



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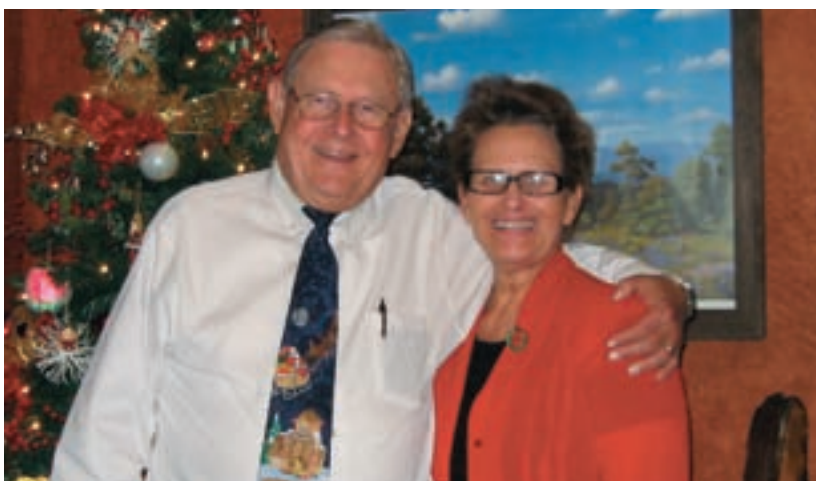
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Jenna Howell and her daughter Izabella think Christmas is a perfect time for fun and being together.



Beverly Freeman, Christy Milam and Sie J Moseley smile for the camera.



Bill Johnson and his wife Marsha enjoy the Christmas spirit during their annual A+ Realty holiday party.



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Josh Brooks and Janice Davis enjoy a good time at one of Burleson's many holiday parties.



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Worship Through Wood

— *By Melissa Rawlins*

Wood sculptor, Billy Swan, does not consider himself to be a good artist. “I like what wood can do,” Billy explained while sitting out in his shop off of County Road 531. “But I’m not going to shows, not showing my work in a gallery. Most of the carvings I’ve done have been more of a gift or contribution for an individual.”

That could change now that Billy has finished carving a big walnut stump into a man on his knees in prayer, inspired by a sermon about the story of Joseph (who married the mother of the Savior despite her seemingly unlawful pregnancy). “I’m real proud of it. It’s been quite an experience getting what I want out of that wood.”

This bass fisherman’s house tells the tale: Billy has had some practice with turning stumps into structure. In the living room and in the enclosed porch of the home he and his wife, Libby, have shared since 1971, Billy displays carvings he has finished over the years. He originally received instruction and encouragement from Charlie Boren, and lately from Pete McCaskill, who married Billy’s daughter, Sherrie, seven years ago. “I have the mechanical aptitude, and I work with tools,” said Billy, who spends a lot of time doing home remodeling.

“I get an image in my mind and because of my skills and love for working with tools, I can do what [my artistic friends] can do. I would love to have the talent that an artist has to look at a piece of wood and find something that will fit in that piece,” Billy explained. “I see something in my mind and find a piece of wood it will fit in. I cannot do the imaginative work. In some way that is an advantage, I think. It doesn’t bother me to scrap it ... to me it’s a piece of wood until I get it finished. That’s why I love mesquite. It’s good barbecue wood. I can find me another piece of wood and start over.”

During the later stages of carving Joseph, Billy relied on his guardian angel to prevent mistakes. “I think so many times



while I was working on this that I would totally screw things up and it would work out to be a better move even where I thought it was wrong,” said Billy.

As he got closer to finishing this piece of walnut, Billy lost track of time. “I’d come out early, sometimes 3 or 4 o’clock. I’d get out here, read the paper and drink coffee from my old rocker that was my grandfather’s and the one I was raised in. This is kind of my closet out here,” said Billy, who began the mental work on Joseph from that very rocking chair several years ago, meditating on a sermon his pastor once delivered during the Christmas season.

“The pastor gave a physical description of Joseph. He described him as a person with a lot of character, a very muscular person because he was a carpenter. He said he saw him as being physically strong, a devout Jew, and when he found out that his betrothed was pregnant, or with child, he went to the Lord in prayer. He said, ‘I see him being concerned but being a faithful person of God, feeling that it [the child] is from God. I see him in prayer on his knees and being able to see his physical body is strong and saying, ‘I’m a believer, but yet I question.’” Typical male,” laughed Billy, who explained he had purposely carved Joseph with his right hand tucked under his robe.

“In the old Jewish law, if I’m right, the right hand is considered the stronger, the left is the weaker. So Joseph’s open to believing, but he’s hiding his other feelings inside the robe.

He's praying, 'I want to believe, but this is tough.' I've got his eyes looking down, kind of like he's embarrassed or ashamed, but he's questioning. His back is erect, not cowed down or weak in any way," Billy said. "I'm trying to project



the emotions of a believer, but yet a human." Billy gave the wooden Joseph a protruding Adam's apple for this very reason. "In fact, on Michelangelo's *David* it is very projected also. I was using a lot of Michelangelo's features to kind of get the idea I wanted to come across, that Joseph was a very masculine, stout person. He wasn't weak and yet he bowed to God."

Billy wants this statue of Joseph to be a ministry. "I don't care where it will be seen. I would not necessarily want it to be for one person. If it's as good as I think it is, I would like for it to be more visible. I would like for people to look at it and think, like a human, from the weak and the strong side — because there's devil in all of us," said Billy. "Somewhere in that face I wanted to get the content. He knows the good, but he's still fighting it." **NOW**

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A Daddy Thing

— By Jaime Ruark

Some people may be unaware that a heat wave has hit Burleson. A local girls' softball team, the Texas Heat Wave, has been playing and winning many of their games and local tournaments. They are getting ready to gear up for another winning season, preparing for drafts in February to begin their spring season in March. These talented youngsters are already looking forward to practices that will hopefully lead them to the summer All-Stars. If head coach, Val Vera, has anything to do with it, these little athletes are going to go all the way.

Burleson residents since April 2006, the Vera family came to Texas from San Diego, California, in pursuit of good schools and nice, affordable neighborhoods. When it comes to his family, Val finds himself sorely outnumbered. He and his wife, Kristina, have three daughters: Noelle, 7 years old; Grace, who is 6; and Triniti, a 2-year-old toddler. "I wanted a boy," Val admitted, "but then I thought, *I can put these girls in sports — I don't need a boy.*" Sports have become a way for Val to bond with his daughters. "When Noelle was 4, I signed her up for softball. We just took off from there. I guess it's kind of a daddy thing," he smiled.

At first, Val was surprised at how competitive the game was. "These were just little 4-year-olds, but the parents were out there screaming and yelling," he smiled. Because he believes in actively

participating in his children's activities, Val could not just watch from the sidelines. "I think it's important as a parent to always show up. I tell my kids, 'If I ask you to do something, I'm going to be right there with you,'" Val said. "In the spring of '07, I got involved with the Burleson Youth Association and I became a committee member, and then I became an assistant coach for two teams." For a guy who does not consider himself to be "kid-friendly," surrounding himself with clamoring little girls was definitely not in his original plan, but Val now finds himself in the position of head coach.

This season, Noelle moves up to coach pitch. While she shows promise on the field, it is her younger sister who already exhibits some impressive skills. "Grace is actually very athletic," Val said. "This past summer she made the All-Star team and traveled down to South Padre Island to play in the Nationals Tournament." Val made the decision to move Grace up to Noelle's team; she now plays with girls a few years older than she. "There are girls joining the team who have never played before, and Grace has already been playing for two years, so she's pretty good already," he added.

Becoming his daughters' coach seemed a natural progression for Val after watching them play for two-and-a-half years. "I

knew baseball and other than a few things, the rules are pretty comparable,” he said. “I probably would have gotten involved sooner than I did, but I was kind of hesitant because of my physical limitations.” Val was born with muscular dystrophy, so concerns about his ability to be on the field in his wheelchair were naturally in the back of his mind. “I kind of held back, but then once I started as assistant coach, I realized this was something I could handle, so I just took a chance,” he shared.

Val recruited three other team dads to assist him, and thus far, their coaching strategies have led them to winning seasons. Val was ready to answer any questions posed by the girls regarding his disability, but the team has just naturally accepted him, wheels and all. “Kids are kids. They’ll always ask innocent questions, so I’m always prepared for it, but none of them have asked me anything,” said Val, who worked in San Diego as a disability rights advocate and is a big proponent of being open and honest. It is just a natural part of their practices and games now to see Val roll onto the field through a side gate. “For practices, the other coaches do the physical stuff, and I instruct. Everybody fits into their roles, and it works out great,” he smiled.

During the past fall season, the Texas Heat Wave focused on instruction, learning the rules and proponents of the game. The coming spring and summer seasons are much more competitive, with the girls taking what they have learned and putting it to use. “The spring leads to the summer All-Stars, where the girls are selected to the teams by the coaches. We practice two to three times a week, and they have two games a week,” Val explained.

Val freely admits to his growing love for the game of softball. “It’s just fun, watching the girls grow and learn,” he said, adding he now understands those parents screaming from the sidelines. “I’m a very competitive person and now I’m a coach, so it’s even worse! I tell my girls, ‘I can’t teach you how to win if you’re always losing.’ There are important lessons to be learned from losing, but I think winning helps you appreciate those lessons more.” **NOW**

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

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

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By First Tooth

The doctors and staff at Burleson Pediatric Dentistry create a comforting atmosphere for their young patients.

— *By Melissa Rawlins*

If you do not equate a visit to the dentist with feeling free and having fun, ask for a tour of Burleson Pediatric Dentistry (BPD). Starting in the waiting room you will notice softly colored, patterned rugs, bright and cheery jungle scenes on the walls and an arcade game in one corner. Inside the examination rooms, patients are treated in wide, open spaces painted in nautical scenes. What better environment for building trust in your patient's heart?

"Thank goodness you're here!" was a common response from area parents after BPD opened in Burleson one year ago. Four doctors pooled their 32 years of combined experience — plus all their fellowships and residencies in children's hospitals — in order to help children grow healthy teeth. Each was

already practicing their particular brand of dentistry in Aledo, Weatherford, Lake Worth and Fort Worth. Now, each would also take a day or two each week to serve Burleson and the surrounding areas.

Dr. Drew Jamison sees patients on Mondays. Dr. Daniel J. Bekish, board-certified orthodontist, helps patients on Wednesdays and Fridays. Dr. E. Dale Martin, who sees patients on Thursdays and Fridays, hails from Burleson. And Dr. R. Casey Stroud, who sees patients on Tuesdays, is from Granbury originally.

"I think kids are easier to work on than adults. They're more honest and will tell you if something's bothering them. That way you can comfort them and make it easier," Dr. Stroud said. And there is a lot the good doctors have to



From left:

A child-friendly examination room; Dr. R. Casey Stroud enjoys working with children; Dr. E. Dale Martin, Dr. Drew Jamison, Dr. R. Casey Stroud and Dr. Daniel J. Bekish are ready to meet your child's dental needs.

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make easier. Often, they provide full mouth rehabilitation, which requires surgery. "We're the ones general dentists refer to when their patients need extra help with age or behavioral issues," said Dr. Stroud.

A good portion of BPD's referrals come from physicians. "We see children from infancy up," said Dr. Stroud. "Our goal is to see them by first tooth or first birthday. By catching kids earlier, educating the parents as far as what to do with the kiddos, then we can prevent these issues down the line, so when you're 3 and walk in the door you don't have any cavities."

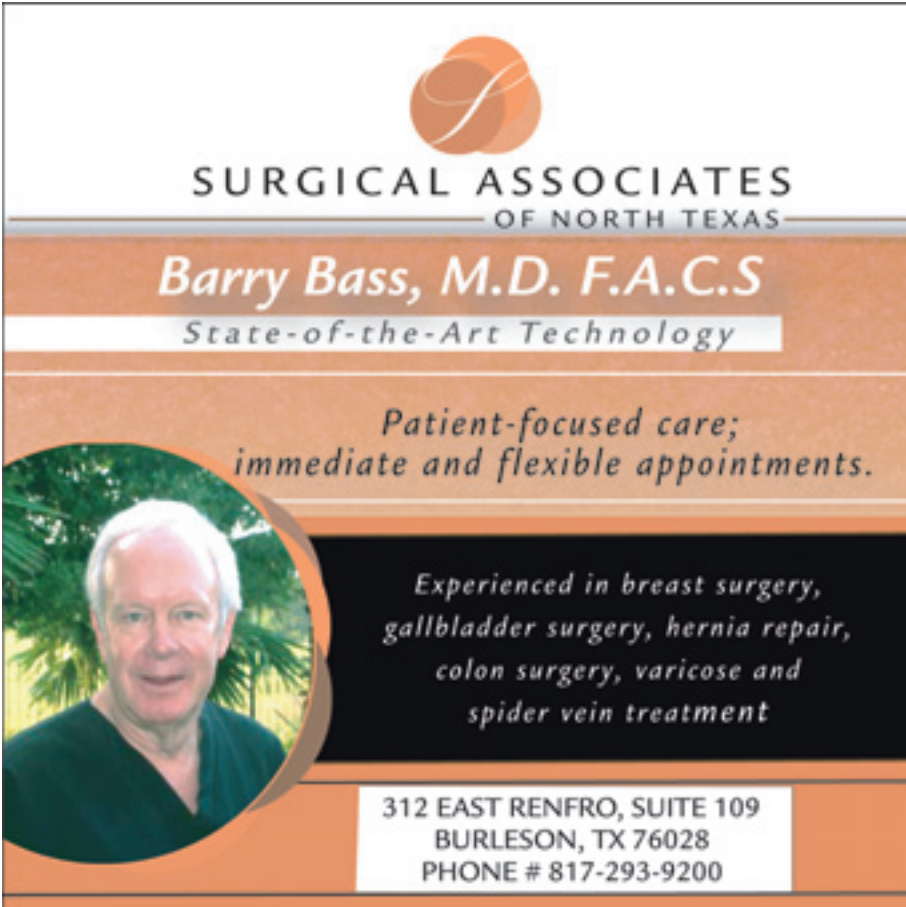
The best tip hygienists and dentists at BPD give to parents is: only give water before bed time. "You don't want your child to fall asleep with any sugary liquids, like milk or juice," Dr. Stroud explained.

"I think kids are easier to work on than adults."

"I have children who will come in and their parents will have let them go to sleep since infancy with apple juice or milk or Dr Pepper, Mountain Dew or Gatorade. The sugars and acids have broken down the teeth, even down to the gum line, and we often see abscesses and infection with black teeth that are sometimes not savable. Then we have to take them to the hospital."

The dental office takes most insurances including Medicaid, and in fact, files insurance for customers so they can concentrate on helping their child relax and enjoy the visit. First visits are the time when someone from the staff of eight brings parents back to show them what the dentists see, and what is going on with their child's mouth.

The children are comforted through the whole healing process by the friendly front office staff and nurturing hygienists and dental assistants. "They make it fun for the kids, comfort them and let them hear the noises of Mr. Whistler (the drill) and Mr. Slurpee (the suction)," said Dr. Stroud, who can talk about Spiderman as deeply as any child. "It takes a special person to work with kids."



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Built to Teach

— By *Melissa Rawlins*

Since 1994, Cindy Glenn has enriched the lives of hundreds of Burleson students. She started in the Burleson Independent School District (BISD) at Hughes Middle School teaching music, then reading; she became the choir director at Kerr Middle School in 2000. The students from Cindy's choir program feed into the high school choir directed by her husband, Phillip.

Through 19 years of marriage, the two teachers have learned what love is. "You

see where the other needs help and you line up against somebody and say, 'Let me take care of that.' We step in and do for those we love," said Cindy, adding with a grin: "He probably steps in way more than I step in." The two help each other on their school's productions, as well as in the work at their home in the country where they raise horses and Great Danes.

The Glens work with the animals for the excitement of communicating with each horse and dog. Likewise,

Cindy likes to see people catch on to the knowledge she passes along. "In teaching, there's relationship and there's imparting knowledge," Cindy said. "My number one job is to make my children successful, and I do that through loving them and serving them."

In her pursuit of success, Cindy gives her students multiple opportunities to try, try and try again. "In the choir hall, if I told a child, 'This is a quarter note,' and then they use the quarter note, then they keep that in their head. And then they perform in fall, winter and spring concerts, all to help them grow into healthy individuals, who can stand up for themselves and be successful in this life." Cindy's over-arching philosophy is to provide a loving environment. "If I focus on the positive behaviors, I'll see them build. If I focus on negative behaviors, that's what will grow. You refocus behavior," Cindy explained. "You go back to small things the student is good at doing, so you rebuild that constant positive feedback. You've got to give honest feedback. My kids say, 'Be Honest in a Kind Way.' I call it speaking the truth in love."

Another method Cindy uses with her students is to challenge them to stretch in areas where they might be apprehensive — like singing in front of small audiences at local coffeehouse concerts or performing in spring contests such as UIL (University Interscholastic League). "We want to give opportunities to them because it's scary to get up in front of people, whether it's in a choir situation or a solo situation. When you step out of your comfort zone, you learn," Cindy said. "So I want to create an environment where it's safe enough to step out of their comfort zone and then come back and grow."

In the fall, Cindy helped build her students when she took them on a ropes field trip. "We did team building exercises, where they're given little tasks to do, problems to solve. Then they have high ropes to learn what's in themselves and learn to be leaders," Cindy said. "Twenty years from now, these kids are going to be running the world."

In Cindy's profession, choir directors build groups. "Each vocal part has to sound like one tenor voice, one alto

voice, etc. Being a true leader is [being] the one who builds up the weakest, who is not in the spotlight all the time,” she explained. “In a choir, at contest, the judge is going to judge according to the weakest person in the group. So we can’t have a weakest person!”

“Every person may be weak in one area, but strong in another, and another may be strong where the other is weak. We have to work with each other,” said Cindy, who encourages the students to coach each other. “This is pretty much how life is. We all have to think alike, gotta be prepared, gotta know how to play the game, how to play the game well, and we have to know ourselves really well.”

“Every person may be weak in one area, but strong in another, and another may be strong where the other is weak.”

Born in Lubbock to a dad who was a band director and a mother who was an elementary teacher, Cindy never planned on teaching. Her idea was to perform professionally. She credits God with keeping her safe until she came back to her roots and grew into His calling for her. “I was a performer and sang my way through college at a restaurant at DFW International Airport called Ill No Nos, which I think is closed now. ‘Have a backup plan!’ was the advice from my mother, so I studied teaching for something to fall back on.

“When I student-taught, I fell in love. It was just seeing that little light come on in the students’ eyes! Teaching the kids made me say, ‘Wow, that’s what I’m going to do! I’m built to teach.’ I think once you know what you’re supposed to do, then you’re happy. There is so much blessing reaped from helping other people,” said Cindy, who admits to days when she is focused on herself. “When we quit thinking of ourselves and serve another, there is excitement and joy, and that’s the coolness factor. This job is a service. That’s why it is such a cool job.” **NOW**

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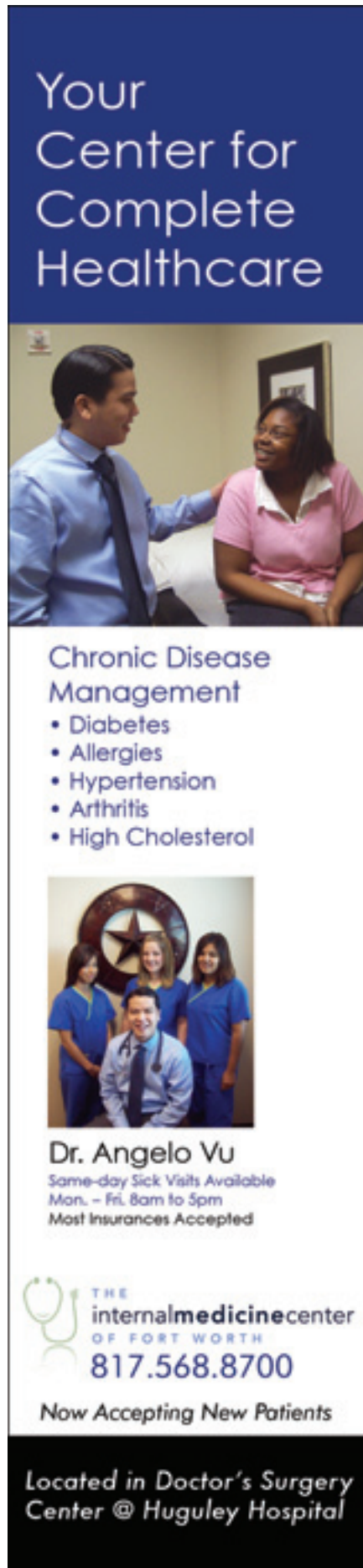
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In The Kitchen With Anita Bergen

— By Faith Browning

Anita is one who enjoys sharing her talents with others. She shares her musical talents with her students as band director at Kerr Middle School and her cooking talents with her family, friends and church. She loves being outdoors camping, riding bikes, fishing and hiking.

In the last 10 years, Anita's love for cooking has grown. Through the ministries at her church, she enjoys

cooking for the senior adults, the singles and missions groups. "I really enjoy the preparation part of feeding large groups. It is a great time of fun and fellowship, and we really get to know each other by serving and cooking together," she explained. "The friends I've made are my favorite part of cooking. Along with food comes good fellowship. You always enjoy cooking for the people you love." **NOW**



MEAT LOAF

2 lbs. hamburger
1 cup ketchup
1 medium white onion, chopped
1 egg
Crackers, crumbled
Green bell pepper, chopped

TOPPING:

2 Tbsp. brown sugar
2 Tbsp. mustard
2 Tbsp. vinegar
1 small can tomato sauce

1. Mix hamburger, ketchup, onion, egg, crackers and bell pepper together into a loaf.
2. Bake loaf at 350 F for 30 minutes; cover with the topping mixture and bake another 45 minutes.

MEXICAN STACK UP

1 lb. hamburger
1 pkg. taco seasoning
1 bag original Fritos chips
1 head lettuce, cut and chopped
2 cans Ranch style beans
1 med. white onion, chopped
2 large tomatoes, chopped
1 can sliced black olives
Cheddar and Monterrey Jack cheese, grated
1 sm. container sour cream
1 sm. container guacamole
Catalina dressing

1. On your plate, layer ingredients in this order: Fritos, lettuce, taco meat, beans, onion, tomatoes, black olives and cheese.
2. Top with sour cream, guacamole and Catalina dressing.

CORN BREAD DRESSING

1 medium white onion, chopped
2 Tbsp. butter
Corn bread
1 loaf white bread
6 cans chicken broth
1/2 dozen eggs
Poultry seasoning
Salt, to taste

1. Sauté onion in butter.
2. Mix in 1/2 bread and 1/2 corn bread.
3. Add 5 to 6 cans of chicken broth. (If you add too much broth, cook a little longer. If you do not add enough broth, the dressing will be dry.)
4. Add eggs, sauté onions, poultry seasoning and salt.
5. Bake at 350 F for an hour.

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LAYERED SALAD

Spinach, mixed greens or romaine lettuce
Bell pepper, diced
Celery, diced
Frozen peas, thawed
Red onion, diced
Cheddar cheese
Hellmann's mayonnaise (to desired amount)
1 lb. bacon, fried and crumbled

1. Place lettuce in first, then layer desired amount of celery, red onion, bell pepper and peas.
2. Top with mayonnaise, grated cheese and bacon. Cover with foil and refrigerate overnight.

BANANA PUDDING

1 lg. pkg. vanilla instant pudding
3 cups cold milk
1 14-oz. can Eagle Brand milk
1 8-oz. tub COOL WHIP Whipped Topping
3 to 4 bananas, sliced
1 box vanilla wafers

1. Mix pudding and cold milk; beat 2 minutes.
2. Fold in Eagle Brand milk and COOL WHIP.
3. Alternate layers of vanilla wafers, bananas and pudding mixture. End with vanilla wafers. Refrigerate at least 12 hours.

BRISKET

Brisket
Salt, to taste
Lemon pepper, to taste
Liquid smoke

1. With fat side up, season brisket with salt and lemon pepper. Pour liquid smoke over brisket (1 bottle for every 5 lbs.).
2. Cover with foil; bake at 250 F. Bake brisket 1 hour for every pound, plus 1 hour. Once in the oven, do not remove foil for any reason until time has finished.

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Are You Taking Advantage of a Roth IRA?

— By Sharon Robinson

Simply put, contributing to a Roth Individual Retirement Account (IRA) may be a smart money move. The question then is, are you taking full advantage?



The benefit of contributing to the Roth IRA is the money you put into one of these accounts grows tax free and distributions may be made tax free.¹

If you haven't opened a Roth IRA, do it now. You have until your tax deadline (typically April 15) to set up an account and make contributions for the

There are specific income restrictions for contributing to a Roth IRA.

previous year. Annual contributions are limited; currently the maximum amount is \$5,000.² That means you can invest \$5,000 for 2009, giving you a solid start to your savings.

If you're just starting to invest, the Roth IRA should be one of your first options — even before you open a regular, taxable account or contribute to a workplace retirement savings plan. The only exception is if your employer offers a match on your 401(k) contributions. That's free money you don't want to pass up. You can invest in both a Roth IRA and a workplace retirement plan.

Not sure where to find money to fund your account? Consider investing your tax refund. About 70 percent of Americans will get a refund this year, and last year the average refund check totaled more than \$2,000. That amount would be a great start to a new Roth IRA.

There are specific income restrictions for contributing to a Roth IRA. Contributions are limited and based on the taxpayer's filing status and Modified Adjusted Gross Income (MAGI). When the taxpayer's income exceeds the eligibility limits for contributing to a Roth IRA, an eligibility phase out period begins.

For 2010, the MAGI phase out range for contributing to a Roth IRA is:

- At least \$167,000 but less than \$177,000 for a married couple filing a joint return or a qualified widow(er).
- At least \$105,000 but less than \$120,000 for a single individual or head of household.
- Less than \$10,000 for a married individual filing a separate return. Your exact contribution amount can be calculated using the worksheets found in Publication 590 on the IRS Web site at www.irs.gov. **NOW**

¹Withdrawals are tax-free if you're over age 59 ½ and at least five years have expired since you established a Roth IRA. Otherwise withdrawals of gain may be taxable (unless the withdrawal is "qualified") and may be subject to a 10 percent tax penalty.

²An individual can contribute up to \$5,000 (or 100 percent of earned income, whichever is less) for tax year 2009. If you are over age 50, you are allowed to make additional catch-up contributions of \$1,000 for tax years 2008 and 2009. Your adjusted gross income may limit your contribution amount.

Sharon Robinson is a State Farm agent based in Burleson.



Sharon Robinson, Agent

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Lose Weight Without Dieting

— By *Luis Retamozo, M.D.*

We live in a land of plenty, but sometimes, plenty is too much. Did you know that two-thirds of American adults are overweight? And being overweight increases your risk of diabetes, heart disease, stroke, high blood pressure, gallbladder disease, osteoarthritis, sleep apnea and some forms of cancer. Obesity is also associated with complications of pregnancy, menstrual irregularities, depression and higher rates of death.

We need to get rid of the extra pounds, but we don't need to diet. You heard me right — we don't need to diet. Quick crash diets never work for the long run. The key to taking off the weight and keeping it off is to make permanent lifestyle changes. Start with just one change, and when that has become a habit, add another.

- First start working on the mental attitude toward losing the weight. Take some time to get informed about the benefits of losing weight — not just for improving physical appearance, but decreasing cancer and cardiovascular risks.

- Then pick some high-calorie snack or food you often indulge in, look at the calorie and fat content, come face to face with it, and decide what you are going to do with it. You may decide to indulge in moderation in a treat you absolutely love, but decide other foods aren't worth the calories. It's easier to do away with your opponent, the snack, once you know it up close, and it will get easier with practice.

- For example, you could skip dessert and take a 30-minute walk after dinner. Or substitute water for that afternoon Coke. Maybe wean the family down to skim or 1% milk. Once that change has become part of your lifestyle, make another change.

- Start moving more, on purpose. Exercise your muscles; muscles are calorie burners. Just 20 minutes of exercise triggers at least a six- to eight-hour after-burn, where you continue burning extra calories. Even a person in a wheelchair can move more.

- Weigh yourself daily when getting up from bed, before any food or fluids and write it down. This is your dry weight, the only one you'll pay attention to from now on. Weight can vary as much as 5 pounds in the rest of the day.

If you have overcome something big in your life before, and everybody has, you have what it takes to lose weight and maintain a healthy weight. By building healthy habits in small, incremental steps, you will see lasting results and enjoy improved health for your lifetime. **NOW**

Dr. Luis Retamozo, a board-certified family practitioner, is a member of Huguley Medical Associates.

Internal Medicine

Meenu Sharma, M.D.

Meenu Sharma, M.D., has joined Huguley Medical Associates and practices internal medicine at Huguley. Prior to opening her Huguley practice, Dr. Sharma practiced internal medicine in Branson, Missouri.

As a board-certified internist, Dr. Sharma specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. Internists also help patients understand preventative medicine. Most adults in the United States see internists as their primary medical provider.

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Second Monday

Healthy Community Networking Group meeting: 7:30-9:00 a.m., JJ Mocha's, Old Town. ann.peek@sbcglobal.net.

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.

Second Tuesday

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

Every Wednesday

Breakfast Club networking group meeting: 7:30-9:00 a.m., Holiday Inn Express. (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: 7:00-9:00 p.m., Burleson Chamber conference room. Child care available. For more information, contact Teresa at (817) 563-0127 or teresajames127@sbcglobal.net.

Every Thursday

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

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., Burleson Chamber of Commerce. Speaker: Anne Cunningham from Tarrant Community College. 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. New location: Fresco's in Old Town. Contact (817) 295-6121.

Second Saturday

Defensive Driving Classes, taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Area Chamber of Commerce. To attend this class, pre-register by calling (817) 341-7384.

January 8

Last day to submit online applications for scholarships to Hill College from the Burleson Opportunity Fund. For more information regarding the scholarship application, please visit www.burlesonoppfund.com or contact Lana Perkins at (817) 245-0000 or lperkins@burlesonisd.net.

January 9

Fundraiser for VFW Post 9299: 6:00-7:30 p.m., 6732 East Highway 67, Alvarado. Cost: \$6 for fresh-cooked handmade hamburgers with the fixings and fresh-cut French fries. Proceeds will go to the Men's Auxiliary for programs to help our veterans. For more information, call the Post phone, (817) 783-8787.

January 12

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

January 21

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

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- * Is that special someone giving you the cold shoulder because of your weight?
- * Do you often think about how you "used to" look?
- * Do you no longer feel sexy?

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- Why your previous diets have failed
- Why our program is successful
- How your body WILL lose weight ... happens everytime
- The Missing Link™ in weight loss
- How our Program is a complete program
- How you can FINALLY LOSE WEIGHT and KEEP IT OFF!

FREE SEMINARS on "How To Lose Weight, And Keep It Off For Life"

- Dates:**
- > Mon. 12/28/09 @ 7pm
 - > Tues. 12/29/09 @ 11am
 - > Wed. 12/30/09 @ 7pm
 - > Mon. 1/4/10 @ 7pm
 - > Wed. 1/6/10 @ 7pm
 - > Thurs. 1/7/10 @ 7pm
 - > Fri. 1/8/10 @ 1pm

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