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Also Inside

Seeds of Promise

More Than a Sport

Making a Statement

In the Kitchen With
Brandy Schmoker

A TWOFOLD PASSION

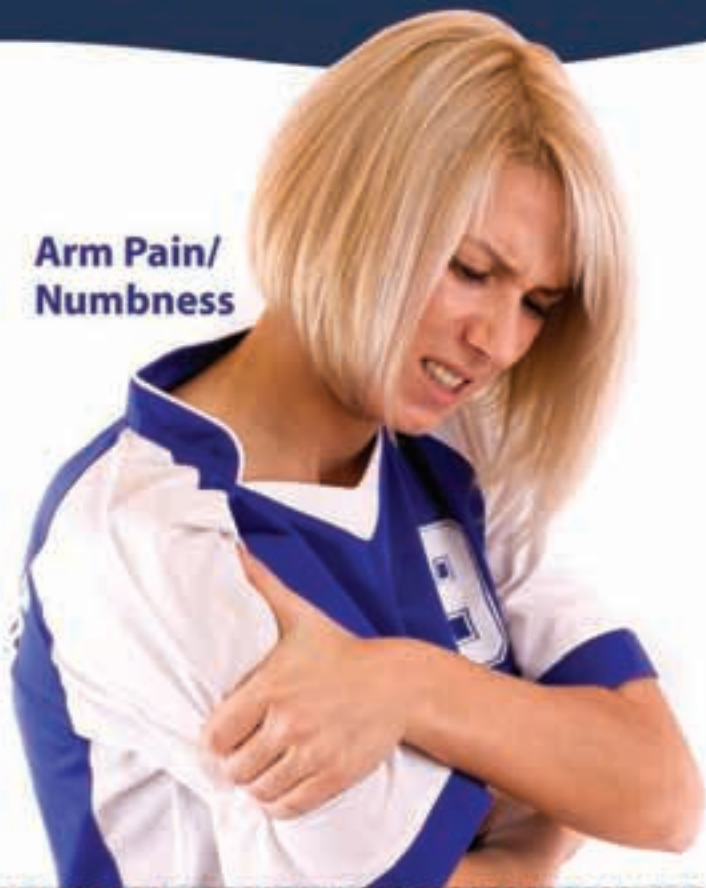
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Publisher, Connie Poirier

General Manager, Rick Hensley

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Managing Editor, Becky Walker

Burleson Editor, Melissa Rawlins

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Lynn Bates . Julie B. Cosgrove

Carolyn Wills

Editors/Proofreaders, Teresa Maddison

Pat Anthony . Angel Morris

Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Connie VanderBeek

Marshall Hinsley . Arlene Honza

Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Rose

Photographers,

Jill Rasco Photography . Opaque Visuals

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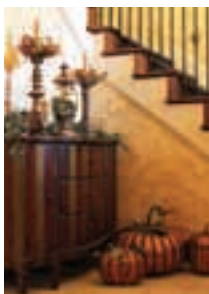
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On The Cover



After visiting Italy, Bill and Connie Perryman decided to build a home with a touch of Tuscan style.

Photo by Jill Rasco Photography

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Editor's Note

Howdy Burleson, Crowley and Joshua!

During November, there is always more going on than Thanksgiving Day! On the 12th of this month in Crowley, members of First Baptist Church are hosting quilt owners in our area who will display quilts of all sizes with all sorts of histories. Old quilts sewn in the 1960s or before, new machine-quilted masterpieces, new hand-quilted wonders and collaborations quilted by a group of four or more people — all these and more will bring out the curious. I have made one quilt in my life, as a baby gift, drawing on sewing lessons from my grandmothers, my mom and my youthful 4-H projects. I learned patience in those painstaking efforts to hand-sew or to teach myself the use of an old Singer inherited from Granny. Looking back, I have to give credit where credit's due. So this month, I say, "Thanks!" to my teachers, especially my parents, Ace and Judy Rawlins.

Happy Thanksgiving!

Melissa

Melissa Rawlins
BurlesonNOW Editor
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that our husbands
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Honoring Love

— By Melissa Rawlins

This month, Jimmy and Jane Burton will drive out of Burleson, headed for their 30th wedding anniversary cruise from The Port of New Orleans. They'll celebrate 30 years of compassion — not only for each other and for their own children, but also for other families' successes.

Jimmy's pride in Jane has strengthened her effectiveness through her 17 years as executive director of Burleson Pregnancy Aid Center, which just celebrated its 25th anniversary. "We always say that our husbands are our best volunteers," Jane said. Jimmy loves Jane and supports the work she does, and this gives Jane the freedom to love the clients at the center. In turn, their clients are free to love their own families.

Standing by daily, Jimmy helps in any way necessary — and always has. In the early days of their marriage, he worked days while she worked at night as a waitress so they could avoid daycare expenses. "People would see me with the kids, and they'd ask why. I said, 'My wife worked all night for three days, and this is her day off.'" From the very beginning, he was proud of Jane when she told him that she had put a baby up for adoption when she was only 16.

Jimmy and Jane met in 1978 at The Nutcracker, a Fort Worth night club where Jimmy was having fun impersonating John Travolta, dancing in *The Gong Show*. Jane had finished her shift at Red Lobster, donned a pantsuit and headed out with the other waitresses for some fun. It was her long dark hair that caught Jim's eye. The next day, he showed up at Red Lobster and asked her out.

"We had a rocky relationship. The bar scene was not a good scene, and we would fight, break up, get back together again," Jane said. After two years on-again-off-again, she went on a retreat and decided she wanted boundaries in the relationship.





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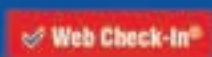
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"I thought he might break up with me, but instead he said, 'OK.'"

"Because of how she handled herself, it made me want to respect her more! It was not a surprise, but it was a pleasant way to tell me no," Jim remembered.

"Instead of me seeing somebody that wanted me to be crazy all the time, it showed me somebody who cared in a different way. I saw feelings here I didn't know how to react to, but it was a good thing. It made me look at a lot of things differently. Then we got to where we were getting along pretty good and started having fun."

One thing they had already discussed was the fact that Jane had placed a baby boy for adoption when she was 16, just two years before she met Jim. Because Jim had been adopted by his grandparents, he could understand Jane's choice from the birth mom's point of view. "There was a lot of love in the house where I grew up, just not a lot of money, so I could see that whenever she talked about her decision, it would have been very difficult for her to have raised a child. I respected her for what she did," Jimmy said.

The Burtons married on November 5 — three years to the date of when they met. They had their daughter, Theresa, in 1986 and their son, Chris, in 1988. By then Jane was doing clerical work. They moved to Burleson because



houses were more affordable than in Fort Worth. When they arrived, their home was on the edge of town. While Burleson grew up around them, Jimmy worked in construction and Jane was a Kelly Girl. She was hired at the Gladney Center for Adoption, and after five years she was hired to be interim director of Burleson Pregnancy Aid Center.

All along, people brought Jane their daughters to talk to about her adoption experience, which was always very open. In fact, in 1998 Jane wrote a letter to her birth son, and in 2002 he responded. Now Jeff is part of the Burtons' lives. The couple talked about the adoption to Theresa and Chris when they were young, and Jimmy always supported Jane's passion to work as an adoption counselor. Sometimes, he tells his own story of being adopted by his grandparents.

When people ask him what his wife does, Jimmy tells them, "She runs a crisis pregnancy center, helping young ladies who might be pregnant or abused, where they can go talk, and services are offered at no charge. A lot of it is female stuff, but they have programs for guys who want to be a good daddy or need help going through the stress." He continued, "Since they can go in there and talk and it will be kept confidential, people can open up and become much better people."

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volunteers — who are continually being educated through seminars, webinars and volunteer retreats. Through Jane's leadership, the center has tripled in size in 17 years. They were only offering pregnancy tests when she first joined the program, and since have instituted several other outreaches, including: Rachel's



Hope Resale store, ultrasounds, 24/7 Dad classes, an Earn While You Learn PREPARE Program, a post-abortion counseling ministry and abstinence workshops in the community. Since October 2006, the Teens Are Saying Know (TASK) program has encouraged high school students in the Alvarado, Godley and Joshua Independent School Districts to create valuable friendships with people sharing similar interests who are caring, respectful, trustworthy, loyal, honest, unselfish, fun, dependable and willing to communicate. "When you get to understand these character traits," Jane advises during counseling sessions, "you are able to choose the right friends and have healthier relationships. You should portray these character traits as well, to protect yourself."

Most recently, the fatherhood and prenatal classes are drawing more and more young men who want to support the mothers of their children. "The guys will come not knowing what a dad looks like and wanting to know what they can do, because they want to be good dads," Jane said. "Guys are stepping up to the plate to be the best dad they can be — like Jimmy chose to be." **NOW**



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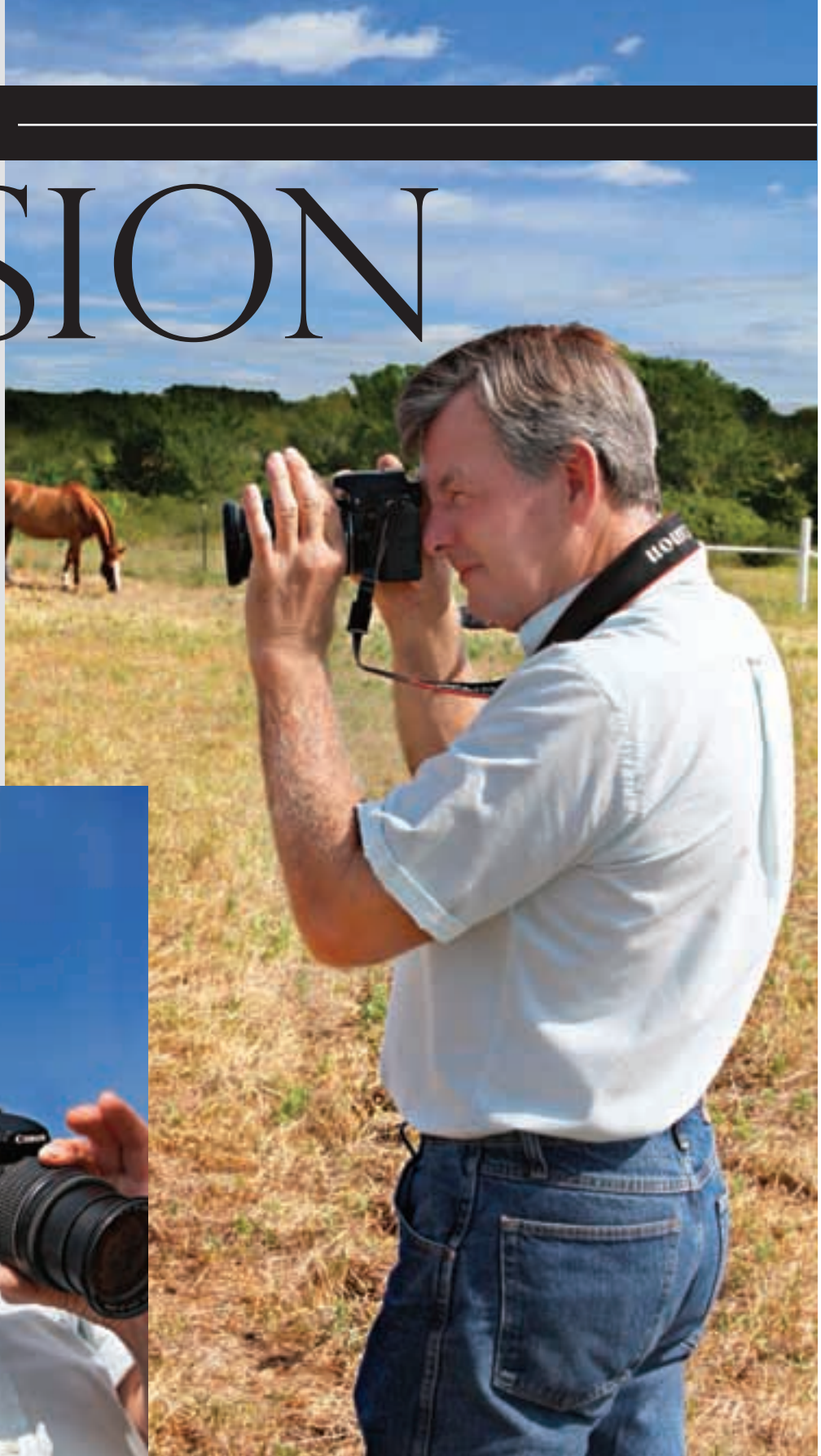


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A TWOFOLD PASSION

— By Julie B. Cosgrove

Gary Hiberd loves photography. He has since high school. Then his father-in-law showed him how to develop pictures in his darkroom. A photographer with The Dallas Morning News, this gentleman opened Gary's eyes to the world of art through photography. The photo bug bit hard. "He mainly developed



"I PREFER COLOR BECAUSE THE
WORLD IS IN COLOR."

pictures in black and white. I prefer color because the world is in color. Black and white is too harsh. Of course today, it is all digital now. I went digital in 1994.” Gary admitted, however, “I do miss the smell of film.”

While getting his associate degree in air condition technology, Gary also took photography classes. When he lost his job in 2002, he tried to make a living at photography. The talent was there, but the income was not. During that time, he also volunteered at an equine therapy barn. “Our co-pastor at our church, Patti Pace, is the co-founder of Wings of Hope. Margaret Dickens is the other co-founder. I just needed something to do.” In time, Wings of Hope, a nonprofit equine therapy program, was able to offer him a



job as barn manager. He is still the barn manager today, and his wife, Kathy, now works part time as the office coordinator.

“We were blessed to both be able to find jobs there. I do a little of everything around there. I feed and care for the horses. I do minor repairs,” Gary explained, then chuckled. “Sometimes, I chase raccoons out of the walls.”


Kathy added, “He knows what he’s doing. I stay out of his way and stick to the office work.”

Gary replied, “Yeah. She’s good at the business part.”


The two are used to working side-by-side. Kathy was Gary’s office manager when he had his own photography business. “I’d fluff up dresses or help fix their makeup,” she explained. “Sometimes, we’d talk so I could calm them down. That way they wouldn’t be so nervous while he took their portraits.”

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When asked what their secret was to working together in the same business while also being man and wife, Gary simply stated, "Well, it's our ministry, too. We have a very big boss." He looked skyward, and then winked at Kathy. She nodded in agreement.

Gary uses his photographic skills to help promote the nonprofit equine therapy program in the community. Wings of Hope is associated with the North American Riding for Handicapped Association (NARHA), which monitors the equine therapy programs to make sure they are meeting the high standards set forth in the guidelines for client safety and horse care. These programs help physically disadvantaged people gain strength through horseback riding. "It helps them build up their core muscles —



the ones in their torsos. The movement of the horse simulates them walking and helps them regain balance," Gary said. "But it is so much more. They bond with the animal emotionally. The horses bond with them, too. Not just the physically handicapped come, but people with mental and emotional problems, too. It gives them a chance to get good at something."

Since Gary is so good at photography, he takes pictures of the clients on the horses for the newsletter Kathy compiles on a quarterly basis, and when the clients

are in competition. "I get great shots of the horses' expressions and reactions. These horses know. They can sense they are helping the riders. The clients like to see their photos, too."

That is not the only way Gary helps the community through his photography talent. He volunteers to take photos at the Burleson Elk football games and other community events. Occasionally, he still gets an assignment to photograph a function or celebration, simply because his talent has spread by word of mouth. But for the most part, it remains a passionate hobby. "Photography is still very much a part of my life and always will be," he said.

People see Gary with a camera around his neck all the time. "I don't even go to the store without my camera," he joked.



"I always carry it in my truck along with two lenses, a telescopic one and a semi-telescopic one." He keeps his equipment handy just in case something catches his expert eye. "If I'm going somewhere special like a wedding or graduation, then I'll take another camera, too — and my flash." Gary loves to take pictures at happy events, such as weddings, because everyone is dressed up and smiling.

When asked what his favorite photography subject might be, Gary laughed. "Everything makes me want to

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Dr. Chellappan completed her obstetrics and gynecology residency at John Peter Smith Hospital in Fort Worth. During her training, she also provided obstetrical and gynecological medical care for Tarrant County facilities. She earned her medical degree from Texas A&M University Health Science Center College of Medicine, and she studied nutritional sciences at Texas A&M University.

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take a picture of it.” He added, “I love nature. Wildflowers are beautiful. I like to photograph nature, just for the beauty of it.” Above Gary and Kathy’s fireplace is a close-up shot he took. At first it looks like an abstract painting, but he explained it is a picture of a sunflower’s center. “See how the intricate pattern of the petals and seeds make their own art? I don’t know what your faith is, but I can’t deny His handiwork in it.”

Throughout their home are family pictures Gary has taken through the years. “Of course, the grandkids get their pictures taken often. The girls pose. They like it. Not so much with the boys.” Gary and Kathy have nine children and 19 blood-related grandchildren. “There are others we consider our grandkids, too. We have a really big family.”

Nowadays, Gary posts the photos on his Facebook page for friends and family

**“I DON’T KNOW WHAT
YOUR FAITH IS, BUT
I CAN’T DENY HIS
HANDIWORK IN IT.”**

to enjoy. “That’s about the only place I publish my photos anymore.” Through experience and a natural talent, he has developed a special eye for seeing what will make a great photo before he peers into the scope. “The lighting has to be good to make a good picture. Early in the morning or late in the evening is usually best because the sun is lower.” He continued to explain, “Of course, if it is cloudy, you won’t get as clear of a picture. Sometimes, you see something like a flower, and the light is hitting it just right. It all depends.”

One man with two talents combined them together into a fulfilling lifestyle. Gary still expresses an appreciation for nature through the art of photography and uses that talent in a fulfilling job, which helps to enrich the lives of others. Believing there are no coincidences in life, Gary is convinced he has been led down this dual path. He knows it’s all for a reason and feels blessed to be able to do both things which bring him so much joy — and to have his wife alongside to share it with him is an added bonus. **NOW**

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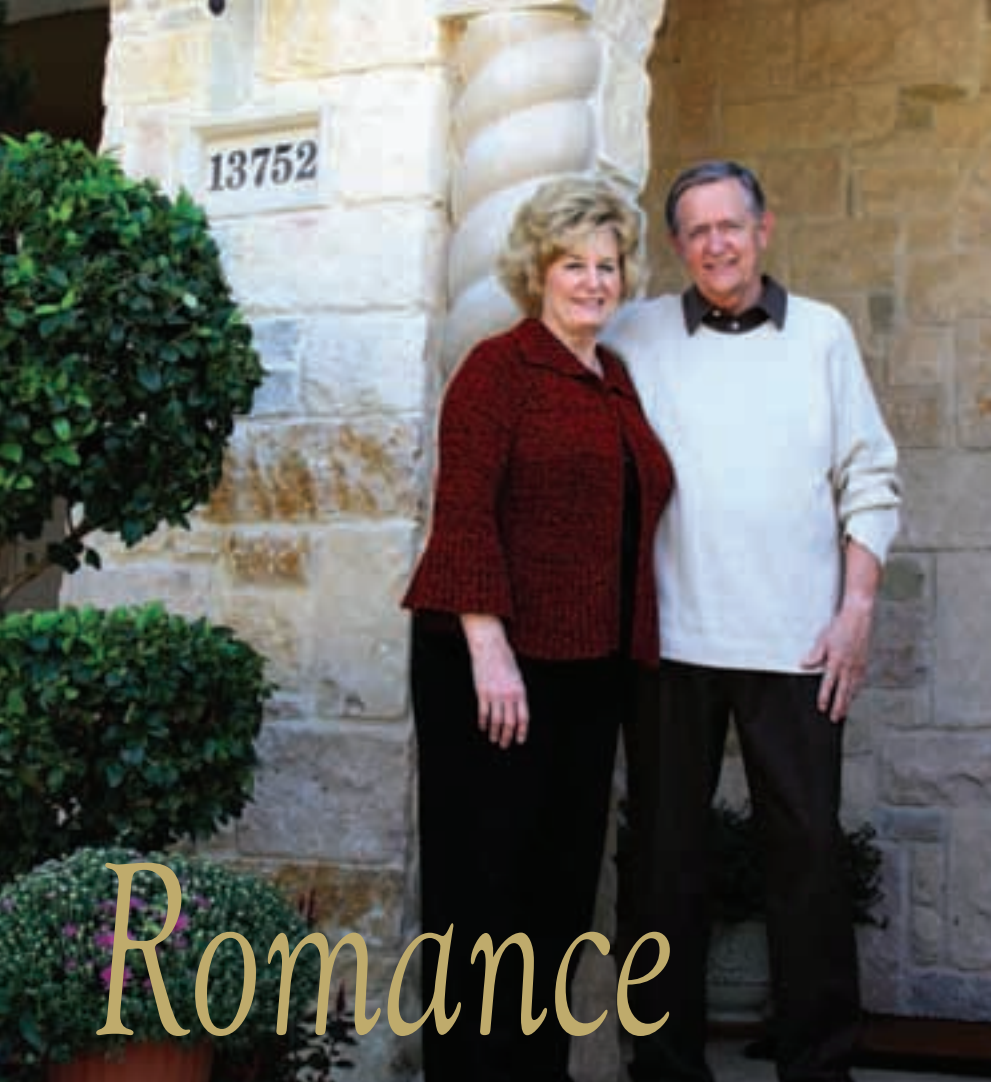
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Romance Without End

— By Carolyn Wills

Dr. William "Bill" and Connie Perryman travel well together whether they are at home, work or adventuring across the globe. Last September, they celebrated 44 years

of parenting and grandparenting, collaborating and partnering, and having fun along the way. "We love to travel," Bill said. "It's fun to experience different cultures and

see how others live." Last year, they went to China, and previously they have explored Australia, Northern and Southern Europe, Central America and all of the United States, including Hawaii and Alaska. Their next trip will be to Israel and Egypt.

"We collect small mementos along the way and add them to a display in our living room," Connie said. About 12 years ago, they happened to bring home a less tangible, but much more significant memento — a love for Tuscan style and decor. "Our daughter had graduated from high school and we were visiting Italy, France, Spain, Greece and Turkey," Connie smiled. "I have always admired



Old World decor and, on this tour, Bill and I fell totally in love with the beautiful landscape, architecture, furniture and colors of Tuscany."

Connie is a gifted designer and Bill's dad was a building contractor, so the idea of building a spec home to incorporate their newfound love of Italy seemed interesting and potentially prosperous. "We created a business named Tuscan Design Properties," Bill explained. They built several homes and then closed the business.

In 2007, Bill and Connie lived in the Rendon area in a large country home they had built over 27 years earlier, where they had reared two sons and a daughter. "We had lived in our country house on 19 acres for 27 years. Our kids were grown, and we finally realized we didn't want all that maintenance," Bill said. So, they decided it was time to build their own



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home in the Tuscan style they admired.

"I sold my tractors, edgers, mowers and have not missed them a bit!" Today, the Perrymans' compact backyard abuts

the 14th hole of a manicured golf course.

"I'm not a frequent golfer," Bill explained. "It's mostly the environment that we enjoy. We know our neighbors, and it's great that someone else maintains the yard."

Connie's design for the new home beautifully



showcases Old World architecture and the wonderful colors and textures of Tuscany. "My program at The University of Texas at Arlington (UTA) was part of

the architecture department so we spent a lot of time learning about plans." The 4,000-square-foot, two-story home, faced in native stone, features four bedrooms, three baths, a magnificent great room, state-of-the-art kitchen, two offices, a media room and a fun circular-shaped bonus room for visiting grandsons.

The elegant furnishings are Old World style, from the impressive dining room suite to the dramatic master bedroom with its massive headboard and rich fabrics. The great room features lovely overstuffed seating around a beautiful stone fireplace. The effect is tasteful and distinguished, and unlike some recent interpretations of Tuscan style, the decor is steeped in Old World fashion. "Our previous home had different colors in each room," Connie said. "I wanted one color here." The walls are painted a soft vanilla and the primary palette throughout the home is vanilla, burgundy and moss.

"It's pretty easy to see who the decorator is," Bill smiled. "I'm responsible for one room and that would be my office." His office adjoins the media room, which is complete with a

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wall-sized movie screen and overhead projector. It's safe to say the entire area is a movie-, video-, TV- and photography lover's dream. "I especially enjoy taking



photos," Bill shared. "With digital application, so much can be done these days." While his interest in technology might have presented a challenge to another designer, Connie has valiantly and discretely incorporated flat screen TVs into just about every room, including the "hardly noticeable when not turned on" 72-inch giant in the great room!

Bill's interest in photography, Connie's talent for decorating and their love for family and travel celebrated an epic event in 2009. "Our daughter is a speech pathologist in San Diego, and our two sons are in business in the Plano area," Connie said. "Our daughter had always dreamed of being married in a real castle, so when she planned to marry at Christmastime, Bill and I decided to take the wedding and the wedding party to Germany."

In true Perryman fashion, a real castle was the perfect setting. "Connie made many of the decorations and flew them to Germany along with the wedding party," Bill said. "We had a professional

photographer, and I also took photos. When we returned home, I used the digital photos to create a coffee table book of her wedding.”

Connie grew up in Colorado, and Bill is a native Texan from Midland. They met while students at Southwestern Adventist University in Keene. Ultimately, each graduated from the UTA. Connie’s degree is in interior design, and Bill is a charter staff member at Huguley Medical Center and a practicing obstetrician-gynecologist.

“When Connie and I first moved to Burleson, I taught seventh grade mathematics for two years,” Bill said. “My older brother was a mathematics professor at UTA. I had planned to move on to an advanced degree in mathematics, too, until I realized that medicine was a better fit for me.” Bill completed his doctorate in medicine degree in 1974 at Loma Linda University in California and began practicing at Huguley Memorial Medical Center when the hospital opened in 1977. “We were here for the groundbreaking,” Bill said.

Bill and Connie have been travelers their whole lives. “When the kids were young, we covered the United States,” he said. “We have a list of geographic priorities and are checking them off as we go.”

Their lovely home is a reflection of their travels and a statement about their relationship. Tucked inside Connie’s smartly appointed closet is a collection of stuffed animals. “They’re gifts from



Bill,” she smiled. On the dining room wall opposite a display of white Lennox china is a wall hanging given to Connie as a gift from her sister. As was surely the inspiration behind the gift and most certainly the truth about Bill and Connie’s 44-year marriage, the wording reads, “Real love stories never have endings.” **NOW**

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Seeds *of* Promise

— By Carolyn Wills

It began like a normal Friday for Becky DeShazo. She had driven her one-hour commute to Crowley and was well into her day as an agriculture science teacher and Future Farmers of America advisor. "I was in my floral design class," she smiled. "Students were tearing down a display so they could reuse the flowers, when I walked a group of people carrying a huge sign." The date was May 20, 2011, and the group included Superintendent Dr. Dan Powell, Crowley High School Principal Dr. Thurston Lamb, Career and Technology Education Director Annette Duvall and Heartbeat Team members Cathy Montalvo and Kathy Weatherly. Their surprise presented Becky with the final Heartbeat Team Award of the 2010-11 school year in recognition of her extraordinary work ethic and ability to inspire others. "It was very humbling," she said. "I was shocked!"



Where and when Becky's passion for agriculture developed is a mystery. "I was born in Louisiana," she said. "My dad sold oil field equipment, and we moved around a lot." By high school graduation, she had attended 13 different schools. "My parents always rode horses, and my grandparents had a ranch in Dripping Springs, Texas," she shared. "At the age of 94, my grandmother was still living on the ranch and caring for goats. She was pretty cool, and she had a great life."

It is safe to say that Becky inherited her grandmother's spunk and determination. "I am the oldest of four kids," she said. "My dad was the only income-producer in our family, so paying for college was up to me." She attended Texas A&M University. Then, she married and had two daughters. "When the girls were very young, I began to see a future when I

"I wanted to work with kids again to make a direct difference in their lives."



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Before joining Huguley, Dr. Shah completed a fellowship in breast imaging at University of Texas Medical Branch in Galveston. She has practiced radiology and been a clinical instructor in radiology in Galveston, Temple, Austin and Baltimore, Maryland.

Board-certified by the American Board of Radiology, Dr. Shah has also completed a fellowship in body imaging at Johns Hopkins University in Baltimore. She did a residency in diagnostic radiology at the State University of New York. Dr. Shah earned a doctor of medicine degree from the University of Texas Medical Branch in Galveston.

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would need to support them. I decided to finish my degree.” Ultimately, she graduated from Texas State University and began her teaching career as a single parent. “From experience, I can tell kids that I know how hard it can be to study and to stay in school.”

Her first teaching job was in Pleasanton, Texas, in 1985. “I taught agricultural mechanics for four years.” In 1989, she joined the Texas Education Agency in Austin and served as executive secretary of the Texas Future Farmers of America (FFA). “Agriculture has kept our economy going,” Becky affirmed. “In Texas, one in five people are employed directly or indirectly in agriculture and, for young people, it is an industry filled with promise. Today, some of the greatest opportunities exist in urban areas, and that’s why it’s important to reach out to kids who might otherwise miss this chance.”

By 1994, Becky was missing the experience of a classroom. “I wanted to work with kids again to make a direct difference in their lives.” She was also engaged to Jack DeShazo, an agriculture science teacher in Aledo. When Crowley Independent School District (ISD) asked her to start an agricultural science program, she accepted.

“The program began with 42 students,” she said. “Last year, over 350 were enrolled.” Now into her 18th year at Crowley ISD, Becky is the driving force behind the award-winning record of Crowley’s FFA. “At least one student has advanced to state competitions every year since 1994,” she said. “We’re very proud of our kids.” Beyond winning,



though, Becky stresses the ultimate goal of FFA is to make a positive difference in the lives of students by developing potential. "It's great to win," she said, "but it's much better to encourage leadership and build confidence."

At one time, Crowley was home to 27 dairies and, today, none remain. Constant, though, is the importance of agriculture to our economy and to the very essence of American life.

Thankfully, Crowley is a community with foresight. "We now have three agriculture science teachers and FFA advisors," Becky said, "including Kady Donaghey and Mac McAllister." The Agriculture, Food and Natural Resources (AFNR) curriculum has expanded, and several courses are now approved as credits toward graduation. "Students enrolled in agriculture classes are presented with three learning circles," Becky explained. "The classroom provides direct instruction. FFA offers experience and the chance to learn and test skills. The third circle, Supervised Agricultural Experience (SAE), includes approved experiential opportunities outside the classroom, such as working at a florist for floral design credit."

Emerging trends in education, including the importance of agricultural education, have resulted in significant changes for Crowley ISD, such as the opening of the Bill R. Johnson Career and Technology Education Center (CTE) in the fall of 2010. "Agriculture science teachers are part of the CTE staff," Becky explained. Crowley ISD now offers 12 career pathways that lead to a career program of study.

In addition to the new CTE facility, the district welcomed the impressive Charles and Jenny Sewell Agriculture Science Center last year. "When I arrived in 1994 and, until Mrs. Jenny Sewell loaned the use of an old dairy barn, Crowley FFA had no housing for animals," Becky said. Today the new agricultural center features a show arena, wash/trim areas, classrooms, areas for cattle, sheep, goats, pigs, rabbits and

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chickens, and a large greenhouse.

"We have great kids, involved parents and strong FFA alumni," Becky smiled. "But there's always more to be done. We want to be on the leading edge of promoting agriculture and positively explaining its importance. We're working on a blog and talking with area agriculture teachers about using social media to share news and information."

Six years ago Becky and her friend, Warren Mayberry, created a conference called Leadership Fair — Finding Agriculture Interesting and Rewarding. "The goal is to promote agriculture to new and diversified audiences. We found sponsors and held the first conference at the Texas State Fair in Dallas. It's been an annual event now for six years, and we're hoping to expand it to other Texas cities."

When Becky isn't in the classroom, at a competition, a conference, her sons' or daughter's basketball practice, Scouts, youth group or art class, she enjoys being with her family. "I have five children and one 5-year-old granddaughter named Maddie," she smiled. "My oldest daughters are Anitra and Kaci. Sam, Kate and Will are aged 16, 14 and 10." Becky and Jack and the three younger children live in Jack's childhood home on 45 acres. "We love being outside, and there's always plenty to do," she said.

Agricultural education is prevalent personally and professionally in the DeShazo family. Jack has been an agriculture teacher in Aledo for 30 years and Sam and Kate are FFA members. "I'm proud of our family and my students," Becky said, "and I'm having a lot of fun!" **NOW**



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Saturday, December 3rd

The theme for this year's parade will be an **Old Fashioned Family Christmas** and the parade will start at **4:30 pm** in order to give folks time to watch and/or participate in the parade AND enjoy the City of Burleson's tree lighting, fireworks and festivities.

We hope you make plans to come out and enjoy the parade, and of course, meet Santa Clause. Floats should be designed around the **Old Fashioned Family Christmas** theme. Sponsorships are also available for the parade.

The deadline for sponsorships is November 11th and for entry forms is December 2nd.

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MORE THAN A SPORT

— By Julie B. Cosgrove

Rhett Wallace lacked confidence. His younger brother, Zackary “Zack” Wallace will be the first to admit he could have been making better grades in school. “Rhett needed to believe in his abilities, while Zack made C’s and used to get in trouble all the time,” mother, Kristi Wallace admitted. “Things have certainly changed.”



James believes it's the efforts of the Texas Fighting Syndicate (TFS) and owners Burt and Tina McDonald. “My three boys have always been into sports since they were 4 or 5 years old. I have a sporting goods store in my attic,” he laughed. Then his face became serious. “We can’t say enough good things about the McDonalds. They have changed our entire family.”

Rhett is 14 and Zack is 12. Zack plays linebacker and fullback at Kerr Middle School. But Rhett, even though he plays



basketball for the Elks at Burleson High School, has always been into boxing. At first this concerned his parents, especially his mother. “I was afraid taking up boxing would make him more aggressive, and then he and his brothers would get into more fights with each other,” Kristi said. She smiled at Zack and Rhett. “But, it’s not like that at all. In fact, they hardly ever fight.”

Rhett won the 2010 lightweight championship in Muay Thai kickboxing, also called the Art of Eight Limbs



because it uses eight points of contact — the elbows and knees, as well as hands and feet. After a year of training in Muay Thai, Rhett decided to concentrate totally on Olympic-style boxing and excelled in that, too. He won his first match in the 2011 Texas Golden Gloves in his weight category. He will compete in the Junior Olympics qualifications in April and will also compete in Las Angeles, California and Mexico City, Mexico.

His coach, Viorel Mihaila, who trained with the Olympic boxing team from Romania from 1979-1983 and again from 1985-1988, is the one whom James credits for his son's success. "These coaches care about the kids and their grades," James said.

Rhett nodded. "We get in trouble if we don't make good grades. They make us work extra hard. If we don't keep up the grades, we can't compete."

Zack is into grappling, a form of martial arts wrestling, which employs a Brazilian style of jujitsu. "We concentrate on getting our opponent to

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the mat and keeping them there until they tap out,” Zack explained. Tapping out occurs when the opponent admits defeat before anyone is seriously injured.

His coach is Jon Lara. “They care more about what coach will think if they do something wrong,” Kristi joked. “It’s not, ‘Wait until your dad gets home,’ but, ‘Wait until I tell coach,’ that makes them straighten up.”



Zack has excelled as much as Rhett. He will compete in the North American Grappling Association Championships again this year. So far, at the age of 12, he has defeated 15- and 16-year-old boys in competition. Zack confirmed it is more about strategy than brute strength. “You got to try and get them down on the mat and hold them and get the advantage,” he emphasized. “That’s called groundwork. You get points for that.”

James stated neither of his boys has been injured in mixed martial arts sports, in or out of the ring. “People don’t realize that grappling and boxing are some of the safest sports around,” he said. “And, according to a study by ESPN sports network, they are also the most physically conditioning. These guys have bodies most adult men would crave to have.”



The boys have developed more than just physically and academically. They have learned self-confidence and compassion for others. "They don't have to prove themselves because they're doing that in the ring every day. At the gym, they are treated like adults, not kids, because they have earned that respect," James said with pride in his eyes.

Rhett and Zack both assist in teaching the younger athletes and have learned to be empathetic. However, many new athletes give up too quickly. "Some kids come to prove something," Zack said, "while others come to get in shape for football. They stick around about a month or so then figure out how hard it is."

Excluding Sundays, Zack "rolls" every day at the gym, which is the grappling term for sparring. Rhett also goes to the gym for two to three hours a day, six days a week and spars two or three times each week. "Both are highly respected there for their

achievements," James smiled. "They're the ones the other kids look up to. They haven't really been bullied at school because they exude confidence."



When asked if other boys challenge him to fight when they learn he is into grappling, Zack shook his head. "No. Not really," he admitted. "One kid came up to me and tried to pick a fight. I walked away. I felt sorry for him because



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Coach tells us bullies are usually going through some rough times in their lives.”

Both Zack and Rhett are involved in a bully defense program that instructs kids on how to squelch bullying without violence. When asked what advice they had for others when it comes to learning mixed martial arts, Zack spoke up first.



“I’d tell them not to be scared and to ask questions so you can learn. Don’t be shy. You also have to get a good impression of yourself.”

Rhett agreed. “You get just as many points for the technique. It isn’t about force. Besides, it feels good to win. You want to do it over and over. When you don’t, it makes you want to try harder and practice harder. Just never give up.”

Zack has his sights set on a football scholarship, but he also plans on going MMA pro (Mixed Martial Arts) at 18 to help pay for college. Rhett is working toward competing in the 2016 Olympic Games. James and Kristi are just glad their boys are learning valuable life lessons, as well as fitness skills. “Still, they’re my boys,” she admitted. “I love for them to win, but I don’t like to see them get hit.” **NOW**



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Making a Statement

First Impressions Salon.Spa makes the difference in your expression! — By Melissa Rawlins

All her life, barber and stylist Rosemary Ward has told family, friends and customers: "People see your hair and face when they talk to you. You can be in some of the sloppiest clothes, but if you've got a gorgeous looking head of hair, that's what people appreciate." She taught her daughters, who joined the family business upon graduation from Burleson High School, that even on their day off from work they must not go out in a ponytail or with their hair in a bun. "Your expression is your hair," Rosemary said. "It makes a statement."

During these holiday months, the family-run First Impressions Salon.Spa stays very busy, and very trendy. With 100.3 FM providing the backdrop, a trip to the salon means a fun time to get beautiful. Rosemary's youngest daughter, stylist Megan Ward, never stops thinking of how to satisfy her clients.

She is ready to give Brazilian Blowouts for the winter months. "And for the holidays, everyone wants dark colors. If you want an appointment before a special party," Megan recommended, "call ahead of time so you don't get frustrated."

Megan's sister, stylist Kristi Ward, advises women to choose auburns and mahoganies for their hair and dark reds for lipstick and nails. Wintery jewelry, especially in reds, is a quick way to perk yourself up for parties, and most services at First Impressions Salon.Spa can prepare you in less than an hour. Protein treatments take about 10 minutes. Add a blow dry and style, and you will be beautiful in a quick 30 minutes. If you prefer a gloss treatment, for adding shine to your hair, you can be in and out in about 45 minutes. A quick, half-up up-do provides a cute style for parties, and takes only 30 minutes. Add

another five minutes to your visit, and Rosemary's stylists will help you select the perfect clip-in feathers and feather extensions. "Tinsels, hair bling strands, are an extension of colorful sparkles for parties, and look good with feathers, too," Kristi said.

After your party, First Impressions Salon.Spa welcomes you for a relaxing day in their soundproof spa where sheers hang romantically from the ceiling. In two-and-a-half hours, you can enjoy a facial and a massage with Suzanne, the massage therapist. Then Jennifer, the aesthetician, can provide microdermabrasion, eyebrow waxing and

"Your expression is your hair. It makes a statement."

permanent makeup services before you head back out to the cheerfully modern cutting room to put the final touch on the new you.

Smiling while he works from his station in the center of the sunny, teal-hued room, Jesse Canales cares deeply about all his clients, be they men or women. Jesse is Rosemary's brother, and uncle to Megan, Kristi and their eldest sister, stylist Rachelle Prcin. Their father, Joe Ward, is a retired Burleson postal worker and helps Rosemary, Jesse and the girls all the time. Throughout his career, Joe supported Rosemary's dream to grow First Impressions Salon.Spa, which she has operated since Megan was 3 years old. Everyone in this family of hairdressers has graduated from beauty or barber college, and now they cater to multigenerational families throughout Burleson, Crowley and Joshua.

At First Impressions Salon.Spa, each of the 14 stylists invests knowledge, creativity and passion into their customer's image. "It's all about what you see when you finish, when we turn the chair around after we're done with the color and the cut and the style," Rosemary said. "And you don't know what you're going to look like until we turn you around and you see yourself in the mirror and you say, 'Oh! I love it!'" **NOW**

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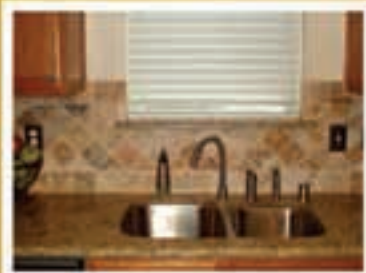
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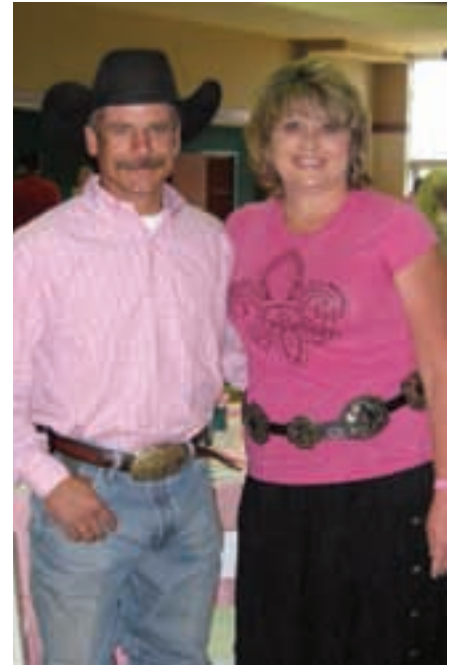
Brenda Marshall serves up burgers with joy at Nicky D's!



Misty Sams with MJ Properties enjoys visiting with Chamber member Terri Horn at the Crowley Chamber After Hours.



Lesley Hunt, Patient Navigator at Careity Breast Care Center, poses with Brenda Gammon, who helped produce last month's Pink Luncheon.



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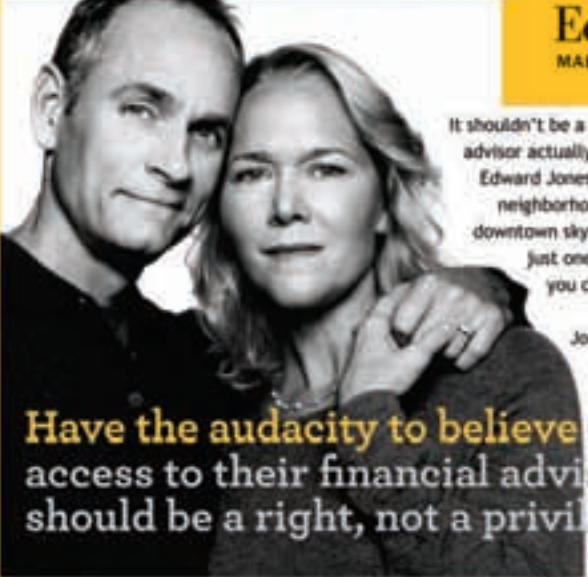
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dividends produced 97 percent of all stock market returns, with only three percent coming from capital gains, according to a major study done by Dr. Jeremy Siegel, one of the world's leading researchers on stock market performance. Other studies have also pointed to the importance of dividends as a component of total returns.

What are the implications of this disparity between the effectiveness of dividend reinvestment versus that of capital gains? First of all, it suggests that you may not want to spend an undue amount of time and effort in chasing after "hot" stocks, hoping for big capital gains. For one thing, by the time you buy these stocks, they may already be cooling off, but even more importantly, your focus on achieving large capital gains may not be the best use of your financial resources.


Ultimately, the power of dividend reinvestment means, not surprisingly, that you may be able to help yourself if you look for quality dividend-paying stocks — and then reinvest the dividends, month after month and year after year.

With just a little research, you can find stocks that have paid — and even increased — dividends for many years in a row. (Keep in mind, though, that not all stocks will pay dividends, and even those that do can reduce or discontinue them at any time. Dividend reinvestment does not ensure a profit or protect against loss.) So, to help boost your share ownership, consider reinvesting the dividends back into the stock, rather than taking them as cash payments. If you do choose to reinvest your dividends, though, you will need to look to other types of investments to provide you with income, assuming you need some income from your portfolio, which may become more necessary during your retirement years. Your financial advisor can help you determine the appropriate investments to help provide this income.

But in any case, if you can do without the current income provided by dividends, give careful consideration to reinvesting them. Dividend reinvestment is not a glamorous investment strategy, and it won't help you "get rich quick," but it can help you make steady progress toward your long-term financial goals — and that's a key dividend in itself. **NOW**

This article was provided by your local Edward Jones Financial Advisor, Lynn Bates.

“He's Worth the Trip”




When Dr. Omar Osmani's wife needed a gastroenterologist, they traveled 484 miles from their home in Roswell, New Mexico to see **Adil Choudhary, M.D.** at the **Huguley Center for Digestive and Liver Disorders** in Texas. Why? "Dr. Choudhary's an excellent doctor. Many gastroenterologists are closer to home, but he's worth the trip," said the renowned spine surgeon.

Although Dr. Choudhary moved to Huguley three years ago, dozens of his former patients and colleagues from New Mexico continue to make the trip here for their gastrointestinal care.

Fortunately, your drive to see this award-winning gastroenterologist is much shorter.

- Founder, Huguley Center for Digestive & Liver Disorders
- One of the select group of Fellows of the American Society of Gastrointestinal Endoscopy
- Named Top Doc 2010 & 2011 by Fort Worth, Texas magazine
- Trained at NYU, Yale & Tulane
- Offers painless colon cancer screening



Adil Choudhary, M.D.
11803 S. Freeway, Suite 110
817-551-7332

Supplement for Color

— By Betty Tryon, BSN

Are you feeling weak, fatigued, dizzy, looking pale and perhaps craving substances that are not food such as chalk, clay or paper? You may have iron deficiency anemia, a condition characterized by not having enough red blood cells (RBC). Mild cases of anemia often go untreated because the symptoms are not distressing enough to send someone to the doctor for diagnosis. However, as the anemia becomes more pronounced, obviously the symptoms become more alarming. Your red blood cells are the vehicle for oxygen transport. If you do not have enough RBC, your body is not receiving the proper amount of oxygen, which can make you feel very fatigued, as well as cause other problems. Other symptoms of iron deficiency are headaches, inflamed or painful tongue, fast heartbeat and pale skin.

If you are not aware or paying attention to your health, you can be at risk for iron deficiency. A slow bleed over a period of time from conditions such as peptic ulcers, polyps, hemorrhoids or colon cancer can cause anemia. Women who have heavy menstrual periods can be at risk. Pregnant females must take precautions against becoming iron deficient, since they must provide iron not only for their body but also for their growing baby. Diets lacking in iron-enriching foods will also contribute to this condition. Usually, this deficiency can be corrected by taking iron supplements. Just

as Vitamin D is important for the absorption of calcium, Vitamin C aids in the absorption of iron. However, check with your physician before drinking a big glass of orange juice with your iron supplement to make sure other conditions are not a factor.

If you suspect your iron levels are low, get a diagnosis instead of treating yourself. Too much iron in your body can damage your liver and cause complications. In addition, trying to self-medicate without knowing the reason for the problem, could delay appropriate treatment for a more serious condition. If your health care provider determines you have iron deficiency anemia, the next logical step is to discover why and treat the disorder. Treatment may be as simple as taking iron supplements and eating an iron-rich diet. If the anemia is from a more serious condition such as ulcers or cancer, the physician will follow the protocol necessary for treatment.

In most cases, you can prevent iron deficiency anemia by eating a healthy diet that includes iron-rich foods such as eggs, dark leafy vegetables, red meat and iron-fortified cereals. As the saying goes, an ounce of prevention is worth a pound of cure. **NOW**

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

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In The Kitchen With Brandy Schmoker

— By *Melissa Rawlins*

Fond memories of cooking for Thanksgiving with her mom and grandmother inspire Brandy Schmoker to express her love by feeding her family healthy, non-processed food. “What we put in our mouth has a great effect on how well we feel, behave and focus on our daily tasks,” said Brandy, who moved to Burleson when she was about 2 years old.

Brandy and her husband are rearing their children here and use their gift of hospitality to serve others. In addition to teaching in local schools and working in Crazy8 Ministries, Brandy gets in the kitchen with her children to try new kinds of foods, and then gives homemade baked goods as gifts. “God gave us these earthly bodies, and we should take care of them the best we know how!” **NOW**

Homemade Granola

- 1/2 cup honey**
- 1-2 tsp. molasses**
- 1/4 cup butter**
- 2 cups rolled oats**
- 1 1/2 cups nuts (sliced almonds, chopped pecans, any combination of your favorites)**
- 1 tsp. salt**
- 1 tsp. cinnamon**
- 1 cup unsweetened coconut, shredded or shaved**
- 1 cup raisins**

- 1.** Preheat oven to 350 F.
- 2.** Put honey, molasses and butter into a glass measuring cup or bowl. Microwave

until melted, stirring every minute.

- 3.** Combine rolled oats and chopped nuts in a rectangular baking dish.
- 4.** Sprinkle salt and cinnamon all over the top and stir.
- 5.** Stir in melted honey, molasses and butter.
- 6.** Bake until toasted. Keep an eye on it, stirring every few minutes for at least 20 minutes.
- 7.** Stir in coconut and raisins.

When stored in an airtight container, the granola will last about a week.

Butternut Squash Soup

- 2-3 Tbsp. butter**
- 1 onion, chopped**

- 1 butternut squash, peeled and cut into small chunks**
- 6 cups chicken stock**
- 1-2 tsp. nutmeg (or to taste)**
- 1 tsp. salt**
- 1/2 tsp. pepper**

- 1.** Melt butter in a large stock pot, add chopped onion and cook for about 5 minutes.
- 2.** Add squash and continue cooking for about 5 more minutes.
- 3.** Add chicken stock, using either a boxed organic or stock saved after boiling a whole chicken.
- 4.** Bring to a boil and reduce heat to simmer until squash is tender.
- 5.** Use a slotted ladle to remove the squash and place in a blender. Puree and return to stock pot. Stir and season with nutmeg, salt and pepper.

Venison Chili

- 2 lbs. ground venison**
- 2 Tbsp. olive oil**
- 1 tsp. salt**
- 1/2 tsp. pepper**
- 1 Tbsp. Worcestershire sauce (or to taste)**
- 1 onion, chopped**
- 3-4 cloves garlic**
- 1 red bell pepper, chopped**
- 3 Tbsp. chili powder**
- 1 Tbsp. cumin**
- 1 cup beef stock**
- 1 14.5-oz. can diced tomatoes**
- 1 8-oz. can tomato sauce**
- 2 15-oz. cans black beans, drained**
- 1/4 to 1/2 cup fresh cilantro, chopped**

- 1.** In a skillet, brown ground venison in a little bit of olive oil. Venison is too lean to cook by itself. Season with salt, pepper and Worcestershire sauce.
- 2.** Add onion, garlic, red peppers. Season with chili powder and cumin and cook for a few minutes.
- 3.** Add beef broth and stir. Stir in tomatoes, sauce and black beans. Bring mixture to a boil and reduce heat to simmer. Stir in cilantro.

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

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