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ON THE COVER



Luanne Humphrey revitalizes each season with life-like figurines in every room of her house.

Photo by SRC Photography.

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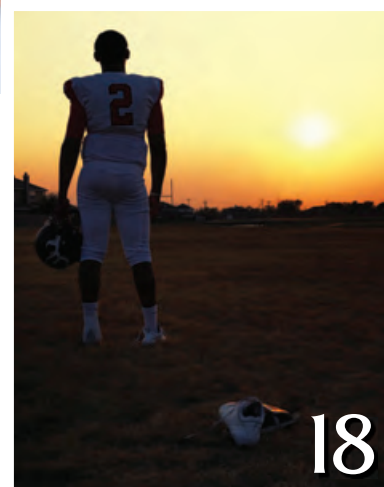
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Editor's Note

Hello Burleson, Crowley and Joshua!

This month we have the opportunity to gather with friends and family to publicly express gratitude for the overflowing lifestyle we enjoy in America. Yes, there are some in our community who cannot claim such abundance. This provides opportunity for the rest of us to be blessings. All around us are places like Open Door Ministries in Joshua, Crowley House of Hope, Harvest House and Heart For the

Kids in Burleson — amongst others — where we can step up to the plate, not to eat but to serve. Beyond food, we can serve thoughtfulness and friendship. And these things can be done year-round.

Getting to know others with a wholly different story than my own deepens my appreciation for all I have ever known, and for the One who gave me life. May you be blessed to be a blessing too!

Happy Thanksgiving,

Melissa

Melissa Rawlins
BurlesonNOW Editor
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Thanksgiving is a time when the world gets to see just how blessed and how workable the Christian system is. The emphasis is not on giving or buying, but on being thankful and expressing that appreciation to God and to one another.
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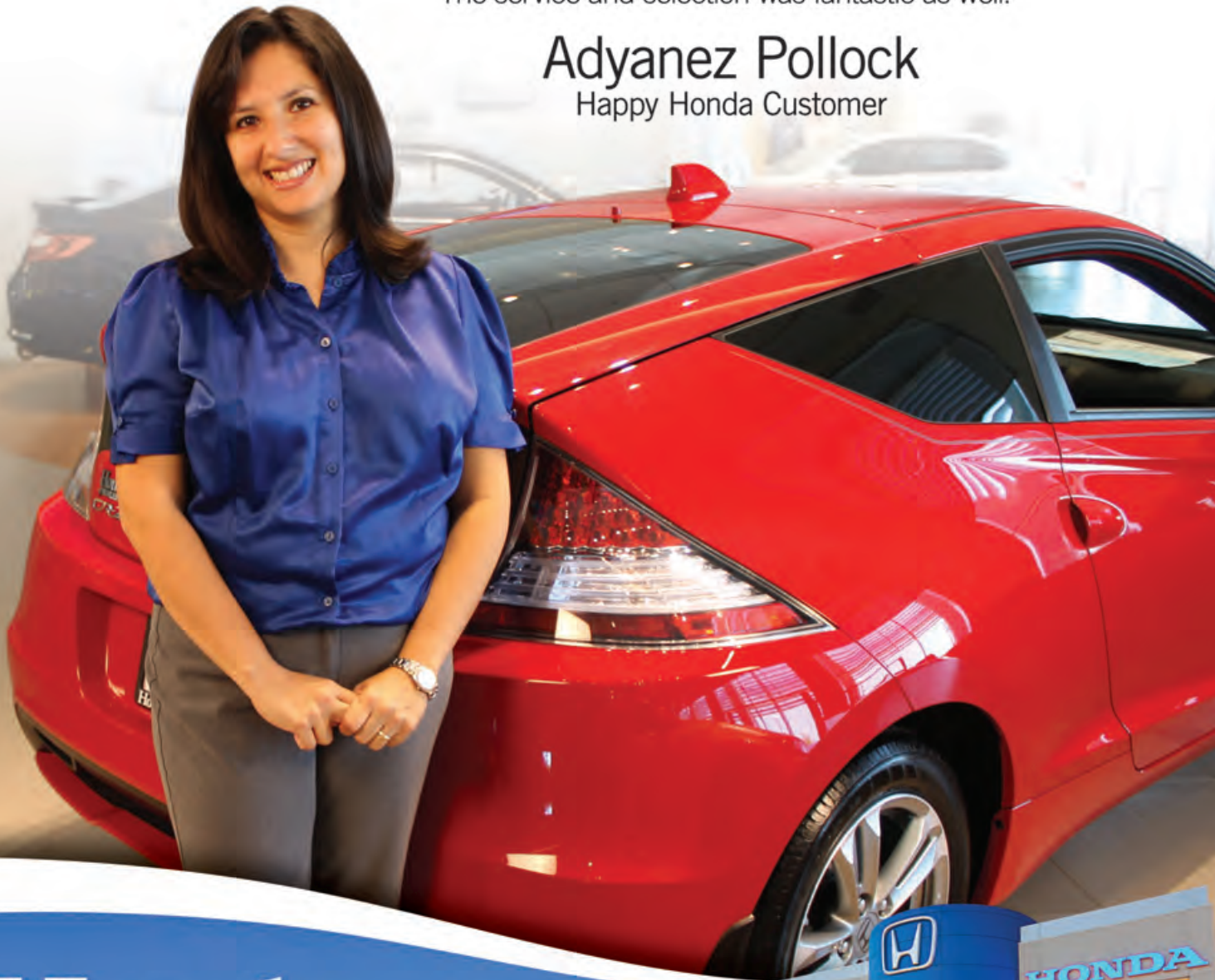
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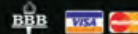
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Happiness by Ch

— By Lisa Bell

A little boy approached the school bus, head down with a deep frown on his face. It can't be that bad, Cynthia Hall thought. As he stepped onto the bus, her smile broadened. "Good morning. Rise and shine," she said. A tiny smirk crossed his lips.

For weeks, they continued the morning ritual. Each day, the child's smile grew. Before long, he stepped onto the bus and broke into a wide grin before Cynthia spoke. She beamed, feeling she helped make his days brighter. "When other people are happy, it makes me happy," she said.

In spite of a less-than-perfect life, bad marriages and being a single parent to four children, Cynthia chose happiness. No matter what life threw her way, she looked for the positive from negative circumstances. "You can let the bad stuff drag you down for the rest of your life, or get back up and keep going," she said. "For the sake of my children, I have to keep going." She set an example for them of how to produce a positive attitude. As a single mother, staying positive wasn't always easy, but she remained upbeat.

"Even though bad things happen in life, we make the choice of whether it's gonna affect us or not," she said. "It's not what your parents did or didn't do, or what anyone has done to you. Your choice — you choose which way to go."

Cynthia grew up in Lewisville, Texas, but has lived in the

Burleson area since 1992. She spent many years being a substitute teacher. However, when her oldest daughter got pregnant, she moved to Arkansas to be with her. With no substitute teaching jobs available, she opted for a position as a veterinarian assistant. After several years, she decided it was time to move back home to Burleson, where another veterinarian assistant job waited. She liked working with animals, but missed being with children.

During that same time, her youngest son struggled with emotional and behavioral issues. Cynthia knew more than missing a male role model hid beneath the surface. After many misdiagnoses and medications that didn't help,



Students Lane Copeland and Patrick Dent are pictured with Cynthia Hall and her children — JP Morris, Allyssa Morris and Stephanie Cantrell.



choice

doctors finally pointed to Asperger's Syndrome, a type of high-functioning autism, as the true issue. A job opening for a bus driver with Durham in the Bursen ISD gave her the perfect solution.

At first, she said, "It's so big. I could never drive one of those." But she learned. A split schedule allowed her to take her son to doctor's appointments and provided the opportunity to eat lunch with her daughter, who loved seeing her mom appear at Centennial High School with a pizza.

Cynthia chooses to leave the past

"Even though bad things happen in life, we make the *choice* of whether it's gonna affect us or not."



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behind, not bringing it up or dwelling on it. She has decided instead to focus on the good things in life. She greets the day determined to practice happiness and spread it to others. She pushes toward a personal goal of making at least five people smile each day, whether it is her children, co-workers, bus kids, their parents or a stranger at the store. The simplest things place the biggest smile on Cynthia's face.





Cynthia Hall gains encouragement from her boss, Clint Muhlenberg.

As a bus driver, she gets to impact children before they ever reach school. When they board the vehicle, she offers a positive attitude. Cynthia treasures the relationships she builds with the children throughout the year as one of the few adults with whom they interact. When a child experiences a less-than-good day at school, they confide in her. She listens, soothing their hurts so by the time they get home things look brighter. They trust her, not quite like a best friend forever, but as an adult who they know will take them seriously.


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Cynthia doesn't take for granted the amount of trust parents give her. Bus rules center first on safety. She also demands respect for herself and other students, and insists on keeping the bus clean, allowing no food or drinks. "A clean bus impacts their attitudes," she said. "If a bus is dirty, they show less respect for it."

While she is strict with rules, she also makes riding to and from school fun. She decorates for each season, often considering and adding elements of activities important to the children. When they arrive at school early, she'll ask them an age-appropriate trivia question. She looks for opportunities to have fun. "Life's too short to be a grumpy, negative person," she laughed.

During the summer, Cynthia drove for Fort Worth Recreational Center trips. One of her memorable moments came during such a trip. While visiting Ripley's Believe It or Not, a little boy became frightened going through the tornado exhibit. She told him it wasn't real. "I won't let anything happen to you," she assured him.

"OK, but you have to hold my hand, because I'm really scared," he said.

Clinging to her hand, they made it through the area. With a sigh, he gave her a big hug and said, "Yep. You're my best friend."

One of her most enjoyable activities comes from volunteering for Special Olympics. She gives her time not only through Durham, but personally as well. She first volunteered because of her son, hoping he might get involved. However, she quickly became a part of this special community of people. "The athletes are amazing," she said. "They don't judge or discriminate, they just have fun. I



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think our society could learn a lot about being positive from them. And they are the happiest people, despite whatever disability they have.”

One boy touched her personally during a 2012 event. A child with severe Down's syndrome started to exit the bus and stopped. “You're so pretty. You're my best friend,” he said. Then he gave her a big hug and handed her a little football. She kept it as a reminder of the extraordinary little boy who brought tears to her eyes. As a volunteer, she admits the children affect her life in a very positive way. She is seeking new ways to grow more involved in community volunteer work.

Cynthia holds an associate degree in business administration and communications. She plans someday to complete her bachelor's and perhaps become a teacher. For now, she focuses on getting her two youngest children finished with high school and encourages them to fulfill their dreams.

When people ask how she can be so happy after all she's been through in life, she smiles. “I have beautiful children, a roof over my head, a good job and good friends. What's not to be happy about? Things could be so much worse. I've been there, and now I'm not. I have good reasons to be happy,” she said.

She encourages other single moms to choose happiness no matter what they face. “For the sake of your kids, don't give up,” she said. “You can still be happy — it's your choice.” **NOW**



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Destined for Greatness

— By Amber D. Browne

Since he was just 5 years old, Isaiah Hall has been playing the game of football. He has excelled out on the field over the years and now leads the Burleson High School football team as quarterback. Isaiah's father, Todd Hall, was instrumental in his son's decision to stay true to the sport.

While Todd was growing up in Burleson, his favored football position was running back. Todd tried to steer his son into becoming a running back so Isaiah could follow in his father's footsteps. However, Todd's late father, Clarence Newton Sr., had a different idea, even when Isaiah was just starting the sport. "My father said, 'Anybody can see he's going to be a quarterback. I may be dead and gone, but before it's all said and done, he'll be the quarterback for Burleson,'" Todd explained.

And, that's exactly what happened. "For a little while, I couldn't even throw too far," Isaiah confessed. But, Isaiah has developed his skills over the years. He began his stint as quarterback for the Elks in 2012, his junior year. "It's a pretty good

***"Anybody can see
he's going to be a
quarterback."***



feeling to have. Occasionally, I need to keep the team calm so we can win in a time of adversity," he said. "You can't be freaking out if everyone is looking to you for all the answers or to do something. You have to always know what you're doing and keep your cool."

Keeping his cool comes easily for Isaiah. His father thinks he has ice water running through his veins, because his facial expression rarely changes whether a play didn't go so well or resulted in a touchdown. "The kids and coaches would question him about why he didn't look excited, and he would respond, 'The game isn't over yet,'" Todd said. "I think he is his hardest critic."

Isaiah likes the camaraderie that comes with playing a team sport. "One person does well, and the whole team gets excited. Everybody is having a good time," Isaiah said. "When you score a touchdown, that feeling you get, it's hard to explain, but I've always loved it." He appreciates the support from the local community each Friday night in the fall. "At times, it gets your heart beating pretty fast. But then, we start playing," Isaiah explained, "and you focus on the game."

Todd gets a little nervous before Isaiah heads out onto the field on Friday nights. "I try not to let him know that. I can't sleep the night before the game. I'm nervous until the very first play," Todd

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said. "I just want to see him do really well, because he's worked really hard."

Although Todd may not worry too much about Isaiah getting hurt, his wife, Lydia, wants her son to stay safe. Football has been a legacy on both sides of the family. Lydia's father, Eddie Denson, played quarterback for Burleson back in the 1960s. Both Lydia and Todd grew up in Burleson, and they have reared their children there because of the small town feel and the education system.



As the community members join together in the stands for football games, the Hall family is right there with them to cheer on Isaiah and the Elks. Isaiah's three younger sisters — Myah, 14; Gianna, 7; and Laila, 3 — wear shirts to support Isaiah and paint his jersey number, No. 2, on their faces. "They all pretty much adore their big brother. Although, it's a lot of chaos with that many little girls, he handles it well," Lydia said.

The No. 2 has a historical tie to the Hall family. Isaiah's father wore No. 2 on his jersey, and Isaiah has worn the number since his first experience on a football team. When Isaiah first started playing football, Burselson only had one



Isaiah's mom, dad and sisters are his biggest fans. Gianna, mom Lydia, father Todd, Myah and Laila circle him.

Pee-Wee football league. Todd and a few other dads decided to start the Raiders organization, and it's still thriving under the Burselson Youth Association. Todd has always been his son's coach and feels like he has done a pretty good job. "I like to call myself his agent," Todd joked. He enjoys the game and his time serving as president of the Burselson Football Booster Club. "It's for the boys, so I don't really mind," Todd said. "I like to work with football and the kids."

Isaiah's focus is on both football and the team. During the summer, he lifted weights four days a week, and in August, he began practicing with his team twice a day. "I'm very dedicated. Pretty much 24/7." Isaiah was selected to participate in the Elite 11 Quarterback Camp this past summer at the Dallas Cowboys practice facility at Valley Ranch. The best of the best quarterbacks from across Texas and surrounding states were chosen for the camp. "It's a pretty

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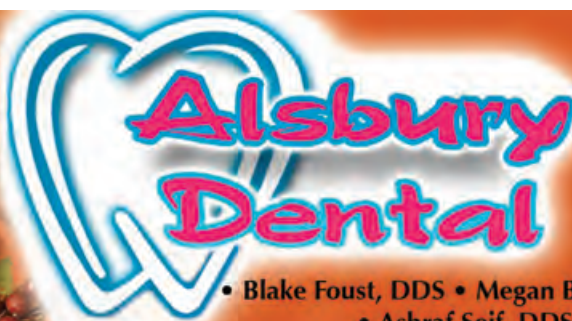
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big honor to be chosen to go perform," Todd said, proudly.

"I had a really good time. It was a pretty good thing to experience," Isaiah said, about the training camp. "Hopefully I can get a scholarship and go play football at the next level." He's interested in playing at a few colleges and has been doing some research on the University of North Texas, Texas State University and Arkansas State University. "If that's not what God wants me to do, then hopefully, I can go to a pretty good





school and study engineering — maybe civil or environmental engineering.” Isaiah makes all A’s and is a member of the National Honor Society. He enjoys science and math, but history is his favorite subject.

As Isaiah finishes up the season, he’ll continue doing his best out on the football field and in the classroom. He wants to make good on a statement he made to President Barack Obama when he traveled to the White House last December with his aunt, Tamron Hall, who is an anchor for MSNBC. “My heart dropped as soon as I saw him,” Isaiah confessed. President Obama shook Isaiah’s hand and asked him how he was doing in school. Of course, Isaiah answered that he was doing well.

Now that Isaiah is almost halfway through his senior year, he’s a little nervous about being out in the real world. His mother is coming to terms with him leaving home. “It hit me his sophomore year that I have two years left.” She thinks Isaiah probably gets annoyed about how much time she wants to spend with him. “I’m really excited for him though,” she said, tearing up. “I’m just so proud of him.”

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FALL

Fashion

At Home With Luanne Humphrey

— By Erin McEndree



With every new season come new styles. As the weather gets cooler, fashions become weightier with more substance. New textures and layers replace flip flops and spaghetti straps. It's much the same with Luanne Humphrey's home. Summer leads into fall, and her home's fashion transforms into warmer colors and accessories that complement the French country style she blends into her space. During the past 13 years, Luanne has been putting her stamp on her abode by incorporating each season's characteristics. Fall is in the air, and Luanne's home follows suit with fashions of the season.



The oversized kitchen is a focal point beyond the foyer. "I love my big kitchen," Luanne explained. "It was the least favorite house plan, but I traded a big kitchen for living space." A garden-type table and chairs are anchored in the bay window at the far end of the kitchen. The table is set for fall with autumn colors and plates with pumpkins in the center. Large letters spell *HARVEST* and hang in the window above the bench seat. The island is an old nail bin Luanne bought on a trip to Canton. She admits she gets a lot of things at Canton, the Sanger auction and antique malls. "I am an avid HGTV and DIY viewer," Luanne revealed. "I get ideas from the shows all the time."

A large cabinet beside the table is where Luanne places her fall village, complete with trees covered in yellow, red and brown leaves. Tiny people are walking around in coats and hats. Hay bales and pumpkins line porches and

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When choosing a color in which to present food, stick to lighter shades of green. I also recommend avoiding shades of purple, such as lavender and violet, as they tend to be appetite suppressants. Likewise, using drab colors for your dining room decor is rarely successful.

Since most dining is done at night, it's important to test colors under artificial light. This type of lighting turns some colors muddy and could ultimately make food look less appealing.

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driveways. "I have five villages," Luanne said, "one for fall, Christmas, Easter, St. Patrick's Day and the Fourth of July."

Each season, she spends time setting the style in her home to match. Opposite the village sits a vintage Hoosier cabinet. Its dark wood complements the tall glassware displayed amid service ware and splashes of fall. "The glasses are actually celery vases," Luanne explained. "They are rare." Celery vases were a sign of prestige and wealth in the 1830s to the

early 1900s. Wealthy families considered celery a luxurious treat. Intricately cut-glass vases were filled with cold water and celery as a way to serve the vegetable.

In the pass-through to the dining room, hangs a long decorative window with beveled glass that acts as a divider for the two spaces. The dining room has several antique sideboards that house all of Luanne's service ware and crystal. For fall, she displays a huge soup tureen shaped like a pheasant. "I serve

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pumpkin or squash soup in mugs during Thanksgiving meals,” Luanne said. It’s flanked on either side with candle sticks and pumpkins. The word *GOBBLE* is spelled in huge letters across the French doors leading out to the play area she created for her grandchildren. A rocking rabbit sits in Luanne’s favorite rocking chair, which she received from her mother’s cousin. “It must be over 80 years old,” Luanne shared. Pumpkins of all shapes, sizes and textures are scattered throughout the home and rest beside the bunny. Other items close to Luanne’s heart are her great-great-grandmother’s bread box and a five-generation cookbook she helped put together with her family.

“I never get rid of anything,” Luanne admitted. “I rework and repurpose everything.” Everything in Luanne’s house has its place. Luanne is very organized. Even the garage is organized and labeled. This quality is beneficial since Luanne is a librarian. For 19 years, she has used her gift of organization at work and at home. “My daughter, Lindsey, says it’s a sickness,” Luanne laughed. “Organization is my thing. I love to organize.” When her sister, Melinda, lost her home during the tornado in Cleburne, Luanne was there to help her unpack what was left, sift through over 80 boxes, reorganize and categorize her new space. “Melinda said I was totally in my element.”

Luanne likes to entertain family and friends. She keeps color-coordinated plastic service ware in a cabinet from her dad by the door that leads to the pool area. A sign that reads, *Le Jardin*, hangs above the door and means, The Garden, in French. Wind chimes sing in the breeze as little, red gnomes keep watch. Jeweled dragon flies and crosses adorn the fence. The patio furniture boasts a black-and-white swirling pattern on the

seat cushions, creating an inviting place to sit to watch the “kids” play. Two of Luanne’s kids are her two rescue dogs named Minnie and Daisy. They buzz around passionately wherever Luanne goes. They have nice digs in the master bathroom. Their matching beds are among the French country accessories Luanne decorates with.

In the master bedroom are low lights that create an intimate glow across the beige walls. Luanne created a faux fireplace by placing a large mantel she purchased at an auction against the wall. “No one was bidding on it,” Luanne said. “I didn’t know what I was going to do with it, but I love it.” She placed an antique stove with flickering lights under the mantel, giving the room a cozy feeling of warmth. The old, drop-leaf desk on the opposite wall displays a large book opened to Luanne’s favorite poem, “The Touch of the Masters Hand,” by Myra B. Welch. A huge magnifying glass lies across the pages.

Family is important to Luanne. Pictures and memorabilia of her childhood, her children and her grandchildren are proudly displayed everywhere. “I am very sentimental,” Luanne remarked. She still uses the Spanish-style headboard and matching mirror she had when she was 12. She displays her mother’s pink wedding hat and a fork and knife her grandmother used. In the office, a printer’s tray is filled with life-long memories. Luanne displays her pink baby bootie and birth announcement along with her tea cup collection and Madame Alexander doll. The office is also where she keeps gifts from her students. An angel acts as a bookend for her collection of cookbooks.

Luanne enjoys making things. She made almost all the curtains and cornice board window treatments in her home. A new project Luanne wants to pursue is covering train cases and using them as gifts. “I can cover anything,” Luanne said. “I have covered boxes, stools, cornices and walls.” She calls herself a handywoman with a garage full of tools.

Luanne does not like to stay stagnant. She changes her surroundings as often as the seasons come and go. Brown, gold, yellow and green are the fashions exhibited all over Luanne’s home. Fall is presently the theme, but it will quickly turn into red and green. **NOW**

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FALL FAMILY FUN

— By Sandra Strong

Families have extra time to share in November as the sun sets earlier and the temperatures begin to drop. The fall craft ideas listed below are designed for the entire family and can help you fill a chilly evening or long weekend. We hope these activities will facilitate fun and laughter while you make lasting family memories.

FALL TREE

Recycle a puzzle that's missing some pieces into a priceless work of art, while making memories with the youngest members of the family. Your fall tree can be kept for years in a scrapbook, or a magnet can be glued to the back to make the perfect fall decor for the family's refrigerator door.

DIFFICULTY LEVEL: EASY

- Child-safe scissors
- Cardboard
- Paint brush
- Black acrylic paint
- Blue craft foam
- White craft glue
- 36 small puzzle pieces
- Gold, red and brown acrylic paint
- Small brown lunch bag
- Green yarn



HOW TO DO IT. ▼

1. Create frame by cutting cardboard into a piece measuring 8 1/2x11-inches. Paint front side black. Allow to dry completely.

2. Create background by cutting foam into a piece measuring 7 1/2 x10-inches. Glue foam to cardboard allowing cardboard to frame the foam.

3. Paint one side of the puzzle pieces, alternating gold, red and brown until you have three equal piles of 12 to create fall leaves. Allow to dry completely.

4. Cut bottom off lunch bag and discard. Wad up remaining section of bag to form tree trunk. Set aside.

5. Cut green yarn into 1/2- and 1-inch pieces to represent grass. Glue bag to bottom edge of foam to make trunk.





6. **Glue yarn** pieces randomly along bottom edge of foam to make grass. Glue puzzle pieces haphazardly around bag to represent leaves on the tree, making sure to glue some in the grass around the bottom of the trunk to represent leaves that have already fallen. Allow to dry overnight before displaying.



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NOT YOUR BASIC HAND TURKEY

This three-dimensional hand turkey can be used annually as a holiday table topper or mantel decoration. More than one can be made and presented to those grandparents who can't get enough of their grandchildren!

DIFFICULTY LEVEL: MEDIUM

- Tracing pencil
- 2 squares beige felt
- Scissors
- 1 square each: red, orange and yellow felt
- Pinking shears
- White craft glue
- Cool melt hot glue
- Wiggle eyes, 2 each
- 3x2 1/2-inch piece of cardboard
- Brown acrylic paint
- Cotton balls

HOW TO DO IT. ▼

1. **Trace hand print** on both pieces of beige felt. Cut both prints out.
2. **Using pinking shears**, cut 6 red, 6 orange and 2 yellow triangles (2 1/2 inches from top to bottom and 2 inches from side-to-side for adult handprint and 2 inches from top-to-bottom and 1 1/2 inches from side-to-side for child's handprint).
3. **Glue handprints together** with craft glue making sure to leave palm area and bottom unglued. Let dry. Reinforce with hot glue if needed.
4. **Using craft or hot glue**, glue 3 red triangles in between fingers on each side. Glue 3 orange triangles in the middle on each side. Glue 1 yellow triangle toward the bottom on each side. Let dry.
5. **Cut two very small triangles** from remaining yellow felt, gluing on each side to make turkey's beak. Glue eyes in place. Let dry.
6. **Paint cardboard brown.** Let dry. Stuff cotton balls into bottom opening to plump up the holiday hand turkey. Glue turkey to board before displaying.





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DIFFICULTY LEVEL: MEDIUM TO CHALLENGING.

- Sepia-tone photographs from nature that spell THANKS
- Scissors
- Holiday scrapbook paper
- Natural burlap
- Elmer's craft glue
- 12 clothespins
- Twisted jute twine, 5-foot length

HOW TO DO IT. ▼

1. Take photos in nature. You can design them yourself to complete the project sooner, or you can hunt until you find the "letters" to spell THANKS. Have photos developed into 4x6 prints.



2. Cut holiday printed paper into 6 5x7-inch rectangles. Cut burlap into 6 6x8-inch rectangles.



3. Glue paper to burlap. Let dry. Glue photo to paper making sure to secure corners. Let dry.

4. Trim burlap from top allowing the paper edge to be your guide. Make fringe frame by shredding remaining edges of burlap by pulling strands until reaching edge of paper.



Steps 3-4

5. Glue clothespins to front corners of photographs only. Let dry. Backside needs to remain unglued to allow for stringing.



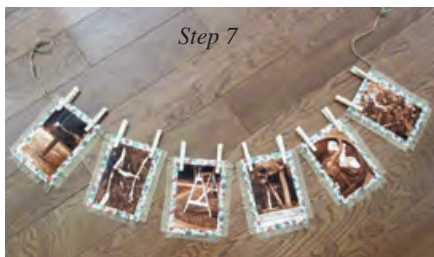
Step 5

6. Lay photos face down. Thread twine through circular cutout on clothespin allowing you to hang pictures in the same manner you would hang clothes on a line. This trick also allows you to move photos freely on the twine, bringing them close together or stretching them farther apart.

7. Tie loop knots and cut excess from twine before hanging. **NOW**



Step 6



Step 7

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From left:

Removing spider veins is easy with a little help from Dr. Mukhtar Anees, Jennifer Delgadillo, Tabitha Tabor and their trusty Lumenis M22 laser.

Happy, Healthy People

Med Spa At Seena One is where wellness and beauty meet.

— By Melissa Rawlins

Satisfied customers bring smiles to Sarah Anees and her father, Dr. Mukhtar Anees, who host Med Spa At Seena One together. Their practical approach to beauty has earned them a sizable clientele seeking body-enhancing treatments ranging from facials to laser hair reduction to weight coaching. With a hands-on approach to making women happy, the company celebrates its seventh anniversary this year.

“Women are pretty, and I want to see them get prettier,” Dr. Anees said, as he explained why he launched the Med Spa At Seena One in 2008. He already used lasers in his endoscopic procedures at Seena One, an ambulatory surgery center where he has practiced gastroenterology privately since 2006, after

nearly two decades of practicing medicine in the area. Dr. Anees noticed that his high-tech lasers provided another opportunity to help people.

The doctor’s friendly team of professionals uses highly effective lasers. With their ultra-modern Lumenis LightSheer Duet laser, no gel is required so it is not messy to remove or reduce hair from almost any part of the body — underarm, upper lip, legs, arms, bikini, back or navel. “Our newest laser machine has cut down the time it takes to do a full-body treatment to a little over an hour,” Sarah said, “and it is nearly painless.”

Since the opening day, Sarah has served as marketing director

and human resource manager to both Seena One and Med Spa At Seena One. She is proud of her helpful staff, who care about each client. Tabitha Tabor, Jennifer Delgadillo and Layne Hayes are each laser certified by the state of Texas, and Layne is also a licensed aesthetician, and Jennifer Garrett is a licensed massage therapist. Recently, they all attended continuing education courses in the latest techniques for laser procedures.

The Lumenis M22 laser at Med Spa At Seena One removes spider veins and erases visible capillaries. The spa also offers collagen induction therapy, CosMedix peels for erasing wrinkles and photorejuvenation for improving sun-damaged skin. As medical director of the Med Spa At Seena One, Dr. Anees is available at all times and trained in providing Botox and Juvederm injections, which reduce wrinkles and fill lines. Dr. Anees has found Botox to be his ally in helping patients fight migraines and uses it to treat against excessive sweating.

Clients of the Med Spa At Seena One tend to want more than cosmetic treatment. They seek better health. They enjoy the infrared sauna for cellulite reduction through sweating out toxins, which can also be accomplished during a contouring body wrap. "Removing toxins from your body allows you to metabolize fat a little bit better. This helps tighten the skin and reduce inches when you are living a healthy lifestyle," said Sarah, who is educating herself in the sciences of health and wellness. "It's interesting to me to see how you can prevent disease through nutrition."

She is proud to offer relaxing treatments that improve clients' skin. "We want to help people of either sex, of any age, who have acne or wrinkles or other skin problems," Sarah said. New clients meet with the experienced professionals at the Med Spa At Seena One for an analysis of what will work best for their unique skin. "Treatment by treatment, our team assesses the client's results and whether they're happy," Sarah explained. "At the end of the day, we want them to feel good about themselves." **NOW**

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Lisa Duello, Neighborhood Services Director for the City of Burleson, gives an overview of municipal services to Burleson High School's new Senior Aerospace Science Instructor, Lt. Col. (ret) Walter E. Blankenship.



Monica Akin-Davis, Kathy Martino and Heather Chandler enjoy a warm welcome during the Burleson ISD New Teacher Luncheon.



Four couples from First Baptist Church Burleson celebrate their 60th wedding anniversary this year.



Lisa Deese of Meals-on-Wheels sells a raffle ticket to Gerald Miller, who is happy to serve the children of yesterday.



Shivann Palmer, founder of Plaid for Women, meets Jennifer Huffman, financial advisor for Couch and Russell, at Taste of Asia.



Char Smith and Patsy Varley chat with Megan Holloway about losing weight sensibly.



Iris Kuykendall rides around town in her Organic Transit called ELF.



Burleson Outlaws shortstop Kenny "KJ" Fritz practices with his dad, Tony, at Dionne Bagsby All Sports Complex in Crowley.

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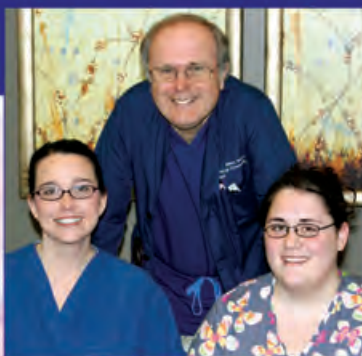
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Step 2: Create a spending plan and stick with it.

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Step 3: Start an emergency fund.

Living paycheck to paycheck is risky, because life is unpredictable. Your first priority should be building an emergency fund of at least \$1,000. Open a savings account and set up an automatic deposit for every payday.

Step 4: Pay off your debt.

There's not a bank in the world that will pay you the same interest on savings as you're paying on credit card balances. So it makes sense to pay off debt before you start saving. For strong motivation, pay off the smallest balance first, then add that payment to the next-highest to pay off that balance faster.

Step 5: Use the power of automation.

When you separate the human (you) from your money, emotion no longer rules your financial decisions. Let automation work to your advantage. Link your checking and savings accounts for overdraft protection. Then set up automatic savings deposits and monthly bill payment for your essential spending needs.

Taking control of your money won't happen overnight. Give yourself time for each change to become a habit. Like eating an elephant, take one bite at a time. Once you have control, you can adjust your spending plan, or any other decision, as needed. But ultimately, you'll find that as your money situation improves, life will be a lot better, too. **NOW**

Patricia E. Vermeire is a CPA based in Burleson.

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Source: Insurance Institute for Highway Safety Fatality Facts 2007-2009. Allstate Fire and Casualty Insurance Company © 2012 Allstate Insurance Company

A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with

antibiotics. Treatment will lessen the symptoms fairly quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon! **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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November 4, 11, 18

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

November 9

FBC 14th Annual Quilt Show: 9:00 a.m.-2:00 p.m., First Baptist Church, 400 S. Eagle Dr., Crowley. Admission is free. For more information, call (817) 297-2189 or (817) 297-4347.

November 9, 16

3-Man Antique Tool Exhibit: 9:00 a.m.-4:00 p.m., Mansfield Historical Society & Museum, 102 N. Main St., Mansfield. Admission is free. For more information, call (817) 473-4250.

November 14

Handsome Hunks of Johnson County: 6:30 p.m., Beaumont Ranch, Grandview. Proceeds benefit the programs and services provided to the clients of Community Opportunities Inc. Contact Pamela Masters, (817) 558-9559 or pammasters@clc-coi.org.

November 15

Open Door Food Bank Classic: 7:00 p.m., Southern Oaks Golf Club. 4-man scramble; 18 holes of night golf. Fairway will be lined with Glow sticks. \$500 per team benefits Open Door Food Bank serving Johnson County. Contact Reggie Brock, (817) 908-0808.

November 16

Holiday Bazaar: 10:00 a.m.-3:00 p.m., The Academy at Nola Dunn. Join Power of Heels for a unique shopping experience. \$5 admission includes a shopping bag, door prizes and over 70 vendors including Christmas crafts, unique apparel and one-of-a-kind gifts. Email pohbazaar@gmail.com.

Children's Magic Show: 6:30 p.m., Burleson High School Auditorium, 100 Elk Dr. Kiwanis Club of Burleson presents the fundraiser. \$11 per ticket. Call or text (817) 614-7627, or email: bur88Kiwanis@gmail.com.

November 30

Youth Bee Scholarship application deadline: 5:00 p.m., Metro Beekeepers, c/o Tim Wallace, 1510 Sunnydale Dr.,

Midlothian, TX 76065. Members of the Metro Beekeepers Association want to provide a hive — and all its related responsibilities — to a wannabe youth hobbyist beekeeper. Application can be found on <http://metrobeekeepers.net>.

December 5

Free Horticultural Seminar: 6:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Call David Lenartowicz, executive director of Keep Burleson Beautiful, at (817) 426-9842.

December 7

Burleson Christmas Celebrations: breakfast with Santa, 7:00-11:00 a.m., BRiCK; craft fair, 2:30 p.m., Senior Center; parade: 6:00 p.m., Old Town. Visit www.burlesontx.com.

Joshua Christmas Parade: 6:00 p.m., Staples Elementary is the starting point. Parade follows Main St. and ends with festivities. For more information, call Joshua Chamber of Commerce, (817) 556-2480.

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

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In The Kitchen With Glenda Bullard

— *By Melissa Rawlins*

Every day is a new adventure for Glenda Bullard, who moved to Crowley 76 years ago when her family, the Mitchells, came from West Texas and settled in a four-room house where the Harbison-Fischer plant is now. An active community servant, Glenda enjoys keeping a garden for filling her large family with fresh sides and salads. She took up hunting two years ago with her son, Glen. “I’m pretty good at the bow, not so good with the gun,” Glenda said. “I have brought home three deer and, with my cross bow, three turkeys.” Her son, Jerry, usually cooks the meat at family gatherings. This year, Glenda will bring to their Thanksgiving table her old-fashioned dressing, a recipe she thinks every young woman should have. **NOW**

Banana Pudding

- 2 3.5-oz. boxes French vanilla instant pudding mix**
- 3 cups milk**
- 1 14-oz. can sweetened condensed milk**
- 2 Tbsp. Mexican vanilla (or Adams Best)**
- 1 10.6-oz. tub Cool Whip**
- 1 11-oz. box vanilla wafers**
- 4 medium bananas**

- 1.** Mix pudding, milk and condensed milk with electric mixer.
- 2.** Add vanilla and Cool Whip. Beat.
- 3.** Line bowl with vanilla wafers.
- 4.** Layer 2 sliced bananas over the vanilla wafers.
- 5.** Put half of the pudding over the wafers and bananas. Repeat, ending with vanilla wafers on top.

Creamed Squash

- 5 medium yellow squash**
- 1 Tbsp. butter**

- 1/4 cup sugar, or to taste**
- 3 Tbsp. powdered Cremora Salt, to taste**

- 1.** Wash and slice squash to desired size. In a pot, cover squash with water and boil until done (about 10 minutes).
- 2.** Drain squash well. Return squash to pot with remaining ingredients and mix well. Heat thoroughly before serving.

Orange Sherbet Salad

- 1 6-oz. pkg. orange gelatin**
- 2 cups boiling water**
- 1 pint orange sherbet**
- 1 11-oz. can mandarin orange sections, drained**
- 1 20-oz. can crushed pineapple, drained**

- 1.** In a large bowl, stir together gelatin with boiling water until gelatin is dissolved. Add sherbet; stir until melted.
- 2.** Stir in oranges and pineapple; pour into a 2-quart baking dish or mold.

- 3.** Cover and chill for 4 to 6 hours, or until set.

Never-fail Cornbread Dressing

- 1 1/2 cups all-purpose flour**
- 4 tsp. baking powder**
- 2 1/2 tsp. salt**
- 2 tsp. dried sage**
- 1 tsp. dried thyme**
- 1 1/2 cups cornmeal**
- 1 1/2 cups onion, chopped**
- 1 1/2 cups celery, chopped**
- 1/4 cup pimiento, chopped**
- 3 beaten eggs**
- 1 1/2 cups milk**
- 1/3 cup oil**
- 1/2 quarts chicken or turkey stock**

- 1.** In a large bowl, mix together all dry ingredients; add the onion, celery and pimiento.
- 2.** In a small bowl, combine eggs, milk and oil.
- 3.** Add egg mixture to the large bowl. Stir until well-blended.
- 4.** Pour into a 9x13-inch pan or a greased 10-inch cast iron skillet. Bake in a 400 F oven for 35 to 45 minutes until well-browned.
- 5.** Crumble the corn bread. Add the stock to the crumbled corn bread. Mix well with a hand-held potato masher.
- 6.** Continue baking for about 35 minutes.

Mama’s Lemon Cake

Cake:

- 1 18.25-oz. pkg. lemon cake mix**
- 1 3-oz. pkg. lemon Jell-O**
- 3/4 cup water**
- 4 eggs, beaten 2 minutes**
- 3/4 cup corn oil**

Icing:

- 2-3 lemons**
- 1 cup powdered sugar**

- 1.** *To make cake:* Combine all ingredients into 9x13-inch pan or a Bundt pan. Bake at 350 F for 30 minutes for metal pans or 325 F for 30 minutes for glass pan.
- 2.** *To make icing:* Squeeze juice from lemons into mixing bowl. Mix in powdered sugar.
- 3.** Prick the cake with a long fork while still hot. Spoon icing over cake, making sure some goes into each hole.



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