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M A G A Z I N E

NOVEMBER 2014

Reminiscing in Love

At Home
With Terry and
Amber Beck

SPECIAL SECTION:
2014 Holiday
Shopping
Guide

Wings of Honor

Betty Shelton's heart for
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ON THE COVER



*Terry and Amber Beck gratefully
welcome friends and family to
their home.*

Photo by Sarah Alvarez.

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Editor's Note

Hello, Friends!

If I *only* had fresh water, it would be enough. If I had fresh water *and* indoor plumbing, that would be enough. If added to those were fresh food, a refrigerator, electricity, clean clothes, comfortable shoes, a source of heat and a bed with clean sheets and warm blankets — that would be *enough*. Well, hallelujah! I've got all that!

In our growing area, some of us do not. I remember visiting Harvest House 10 months ago.

People were asking for space heaters. I shall use this month's tithe to help stock the shelves at local relief centers, like Joshua's Open Door Ministries Food Bank, Crowley's House of Hope and Burleson's Heart for the Kids, as well as Harvest House. My blessing will join with yours, I hope, to comfort families and add to the peace for which we're all grateful.

Happy Thanksgiving!

Melissa

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BurlesonNOW Editor
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A Thanksgiving Prayer:

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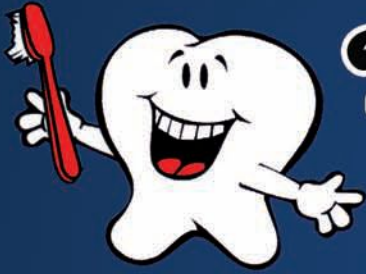
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Wings of Honor

— By Lisa Bell

Betty Shelton remembers her Burleson childhood, living with her grandmother. In those days, only 500-600 people called the small town home. During WWII, several families sent sons off to war. "Two families, the Bransoms and the Clarks, sent five boys each," Betty recalled. "That impressed me, because they all came home, and nobody knows how, since they were all in battles."





Only age 4 or 5 at the time, the memories left an indelible mark on Betty. One of her uncles was in the Navy and lost a leg during WWI. Her father, stepdad and brother-in-law all served at different times, each adding to her appreciation for veterans. Surrounded by military influence and an entire town filled with patriotic people, a soft spot for veterans developed in Betty's heart. Eventually, she spearheaded construction of our much-loved Veterans Memorial Park.

Not content to rest on her laurels, Betty looks forward to more opportunities to give back to her hometown. She began volunteering in Burleson as a young adult. After hearing a story about children at Oak Grove Treatment Center not having Christmas, she began offering her time. Soon she volunteered in many capacities, from helping kick-start the D.A.R.E. program, Heart for the Kids and Optimist Club to serving on the boards of Johnson County CPS and Burleson Area Chamber of

Commerce. Betty's many years of volunteering efforts earned her the title Volunteer of the Year in 1995 and the ATHENA Award in 2003. She spent many years learning fundraising techniques, becoming quite good at it. As a member of various boards, she built relationships with people all over town.

Betty is mother to five boys. She boasts about her 17 grandchildren and 16 great-grandchildren, all living in and around Burleson, except for one who lives in Corpus Christi. Although her husband leaves volunteer efforts in her capable hands, he offers support. She still gives a great deal of time to



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Heart for the Kids, yet her greatest love is working with area vets. She looks for opportunities to involve those who have been awarded Purple Hearts, keeping them active and visible in the community. Working at Heritage Place, she interacts with several vets who live there as well.

One of them, Donald Orr, passed away in July. The 92-year-old Air Force veteran flew 187 missions, most of them in combat. "He told me God must have had a purpose for allowing him to fly so many missions without getting wounded.



He knew he had to serve God," Betty said. Donald and his bride, Violet, served in Colombia as music missionaries for 34 years. After retiring, he remained active with the Texas Baptist Men and the Singing Men of Texas until his 89th birthday. Donald represented the kind of men who inspire Betty to honor veterans.

"I always wanted to do something, but never thought I could," she said. When she heard the poem "I Am a Veteran" by Andrea C. Brett, Betty couldn't hold back tears.

While she was talking with friends one day, someone said, "We need a veterans' park."

Betty responded, "That's a great idea!" She knew building a memorial required funds, a location and the support of her community. Betty was willing to try. Initially, she asked her friends for support. Rocky Bransom and Jim Garrett gave permission to put the park between their office buildings on Renfro near Interstate 35.

Applying lessons learned during her lifetime of volunteering, Betty began a three-and-a-half-year project that produced a legacy. The city helped, and citizens of Burleson donated money proving Burleson remains a patriotic city. Some people gave larger sums, receiving recognition on a plaque in the park. "But it was the one-, five- or 20-dollar donations that did it," Betty said. "The outpouring from the general public was astounding."

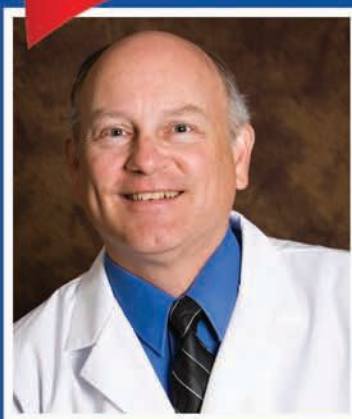
The park offers a peaceful place surrounded by the busy atmosphere of a growing town. A majestic eagle statue

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watches over the park. With wings lifted high, the eagle looks as if he wants to take flight, soaring over Old Town in honor of veterans from the proud city. The base highlights different military branches on each side.

The POW/MIA monument reminds visitors some soldiers didn't come home, and no one knows for sure what happened to them. A small monument bears an inscription admitting not all wounds are physical, bringing to mind many men and women who suffer from post-traumatic stress disorder. The words challenge all who read them not to forget those wounds, because freedom is never free.

The biggest monument, erected by the Military Order of the Purple Heart and the city of Burleson, honors those wounded in battle. The red stone represents blood shed by men and women while serving the United States and fighting to protect freedom.

Bricks line the walkways with the names of veterans. "I expected about 500 bricks," Betty said, "and we have sold about 1,500." They exceeded the amount she budgeted, so they began selling them. Families can still purchase bricks at City Hall to honor or memorialize loved ones.

Benches encircle a large fountain. The serene atmosphere invites local residents and visitors. Most days, Betty sees people relaxing in the park, sometimes eating lunch or perhaps simply sitting, deep in reflection.

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On Saturday, November 8, people from all over the city will converge on the Veterans Memorial Plaza. The annual event draws veterans, coming alone or with family members who want to honor them. Betty gives of her time, because she appreciates the veterans' sacrifices. "America is what it is today, because of our veterans," she said.



On January 21, 2014, Betty and members of the Purple Hearts attended the City Council meeting. Mayor Ken Shetter praised Betty's involvement in honoring veterans. He said, "There's nothing we've done that she wasn't there pushing us to do." He then read a signed proclamation designating Burleson as a Purple Heart City. The document confirms Burleson's commitment to support veterans.

Growing from a small town to almost 40,000 residents hasn't diminished patriotism in this city. Betty proudly observed that whenever veterans participate in parades, people stand in honor, often saluting them. Currently, bricks at the park don't include many names for those who spent time in Afghanistan or Iraq. As the number of older veterans dwindles, Betty hopes families of younger veterans will place bricks in their honor or memory.

The park is the culmination of Betty's volunteer efforts thus far. Nevertheless, she's quick to say it isn't about her. The memorial belongs to those who served our country. Some sacrificed more than others did, but all gave of themselves. The eagle stands as a symbol of strength, but more importantly, as a reminder of freedom that men and women fought to preserve. A reminder none of us should ever forget. **NOW**

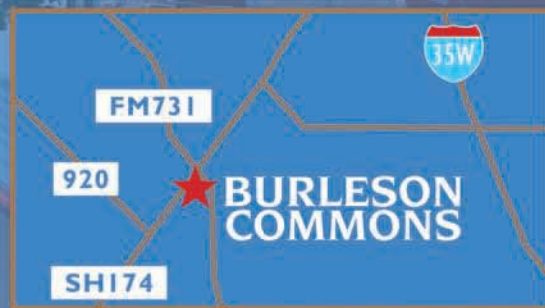


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Eaten With M

— By Erin McEndree

Music has evolved immensely since the 1800s. Slaves brought elements of music from Africa and Europe that shaped the development of gospel, jazz and blues. Thomas Edison invented the phonograph in 1877, and the first songs were recorded on cylinders.

After the 1900s, the transition was made from cylinders to discs with spiral grooves that ran to the center. These vinyl records were used up until the 1980s, when compact discs were introduced, and the digital age took over. Sam Buettmeyer has a passion for all genres of music, past and present. His mission is to share the old songs people have forgotten and preserve the artists who have been replaced by a new generation of performers. So others can take part in the enjoyment of the hard-to-find music, Sam deejays in his spare time and created four Internet radio stations, which he runs out of his house, each with a different genre.

Up Music

Sam grew up with his grandparents, who both worked at the Chicken Shack, now Gina's Pizza. "I had to go to work with them, because there was nowhere else for me to stay," Sam said. "I would listen to all the songs on the juke box, and when the man came to replace the records, he gave me the broken or warped ones." This is when Sam's fascination with music started. He soon discovered Casey Kasem's top 40 countdowns and became addicted to them. "I started writing down all the



songs on the list," Sam explained. "I wrote down my first list in 1978. I already had 20 of the top 40, so I went out and bought the other 20." He began following pop, rock 'n' roll and country. When he finished one collection, he would start another. Sam has over 7,000 records and over 5,000 CDs in his collection.

Everyone at Burleson High School knew Sam collected music. "I would get asked to deejay the school dances," Sam said. "I slowly began to buy the

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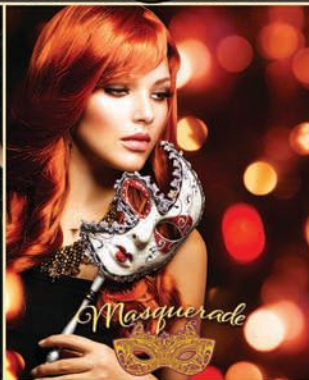
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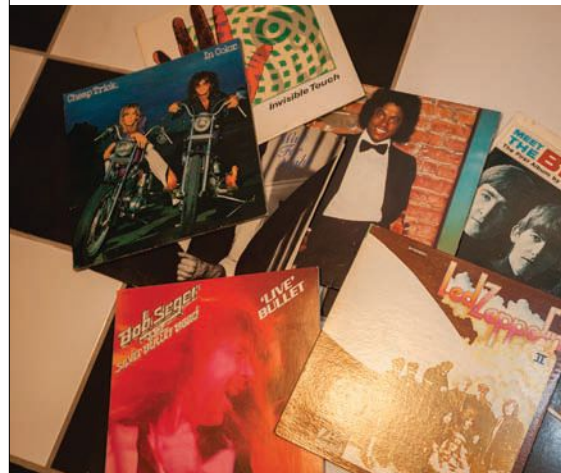


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equipment I needed." One day while eating with some friends at a fast-food joint, a friend asked Sam if he knew there was a new teen club opening up. "I left my food on the table and went straight over to the club," Sam said. "I walked in and saw some people I knew. They said,



'Hey, you should be the disc jockey.' I told them that was why I was there." Sam helped them finish construction on the club and was the DJ from 1981 to 1987. Dalton's Corner was a popular teen hangout and hosted people like Kidd Kraddick, the Red Hot Chili Peppers and MTV. Sam became known as the Rock 'n' Roll Doctor. "The owner thought I had a degree in rock 'n' roll.

"People came from all over the state. Some even came on charter buses," Sam said. He remembers when Billy Idol's version of 'Mony Mony' (originally written by Tommy James and the Shondells) came out. "I liked it, and I played it all the time." According to the history about Dalton's Corner, the song was selling really well in the Fort Worth area, and Billy Idol wrote Mr. Dalton a letter thanking him for making his album a No. 1 seller in the DFW area.

When the club closed, Sam went to





work at KCLE in Cleburne for five years. He then took a job at KWTX in Waco. Sam continued to stay in the music scene as a night DJ. However, he was so far away from his family that he returned to Cleburne. He began running six radio stations from the Cleburne site. "I was working 70 to 80 hours a week and running the girl's softball program at the same time. I coached all three of my girls in softball," Sam explained. "My blood pressure was high, so I decided to leave radio in 2005." Sam worked at Stribling Elementary School as a special education teacher. Currently, Sam is a PE aide at Brock Elementary. Sam still does live gigs at Gina's Pizza, car shows and barbecues where he shares the music he collects.



Even though Sam was no longer in radio, he was still eaten up with music. He helped a friend set up an Internet radio station that he ran from his house. One day in 2011, Sam decided he could set up a radio station, too. "I found an Internet site to set up a free radio station. I signed up and immediately got an email saying my station was 'On the Air,'" Sam said. "I freaked out, because I really didn't know what I was doing. I went to the station, and it was playing the rock 'n' roll songs I



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had on my computer. I posted my station on Facebook, and by the end of the day, I had almost 60 listeners.” Sam has a computer program that mixes the music he wants to play. After six months, Sam decided he wanted another station with a different genre, so he created a country music station. Currently, Sam has four different stations he runs from his home from four different computers. On one station, Sam broadcasts all of Joshua’s high school football games. He hires a commentator to give the play-by-play. In the future, Sam would like to incorporate even more local football games.

When Sam speaks live on his stations, he emulates his mentor Casey Kasem. “Casey used to give as much information about a song as possible, like how the artist thought of it,” Sam said. “He had so much knowledge of music and told a story about each song.” Casey was very influential on Sam’s style behind the microphone. “I’d send him letters, and he would respond. I even have an



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autographed photo of him," Sam said. "He is the reason I created countdowns at every station where I worked."

"I want to keep the old music alive," Sam said. "When I hear people say they haven't heard that song in years, it is music to my ears." Sam also wants to provide a station for established artists and their music. "There are people like Eric Clapton, Tom Petty, Dolly Parton



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"I found an Internet site to set up a free radio station. I signed up and immediately got an email saying my station was 'On the Air.'"

and Willie Nelson who continue to produce CDs, but no one knows it," Sam said. "The stations don't play them, but I play them."

Sam would love to run his radio stations from home full time. He is always looking for old music to put in his archives so more generations can enjoy them. The oldest song Sam owns was written in 1888 by John Philip Sousa. The 'Semper Fidelis' march, performed by the United States Marine Band, was recorded on a cylinder in 1909. "It has a horrible sound, like a kazoo," Sam said, "but I've got it." **NOW**

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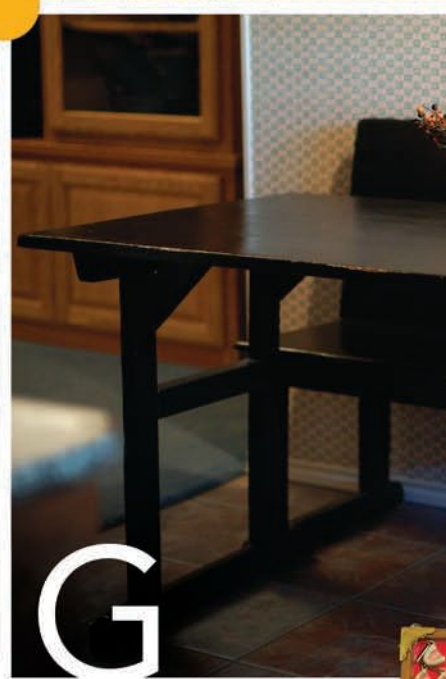
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REMINISCING *in Love*

AT HOME WITH
Terry and
Amber Beck

— By Melissa Rawlins

Everyone needs their very own paradise. Terry and Amber Beck created theirs in marriage first, and then in the structure where all their memories live. They married on February 14, 1976, because that was a Saturday. Terry had the following Presidents' Day off from his work as a gandy dancer for Santa Fe Railroad, later to become Burleson Northern Santa Fe Railroad. The newlyweds enjoyed a three-day honeymoon. From that point on, they have felt at home only when they've been together.

Living in one apartment before moving into a starter home in Temple in 1978, the sentimental Becks began collecting family heirlooms. After 10 years, they moved to Burleson and built their second home. They have filled it with love and cherished items harkening back to the people who loved them. Most importantly, they watched their daughters Shanon and Shaye grow up, leave home and begin families of their own. Anticipating visits from grandchildren, the Becks added a room onto their kitchen and placed a pool table amongst the antiques, which Amber artfully combined with newer Attic Heirlooms furniture by Broyhill.

Recently, they created their own oasis in the backyard. They call it The Creek, and mornings and evenings find the couple sitting near the waterfall with Beaux Bo, a Bichon Frisé who



either lays on his favorite rock or chases the neighbor dog up and down the wooden fence. The decoratively placed grindstone in the backyard landscape is one of many items Terry has salvaged during other folk's transitions.

His conservationist nature appeared as a 12-year-old, when he took the old grindstone from a friend's ranch near

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Brownwood. Another item bringing back memories of his family's pioneer-quality talents is a black table Amber keeps safely indoors. It was built by Terry's great-grandfather in Mullin, Texas. "He was both the sheriff and the blacksmith. It's a good thing I wasn't around in those days, because I don't think I'd ever have been able to do what he did," said Terry, showing off a handmade skillet his great-grandfather made of solid steel for Terry's great-grandmother. His grandmother, Mama Mae Delle, had it for a while. "My cousins

and I would visit her in Blanket, Texas, almost every Sunday, and we would sit at that table. Years after Mama Mae Delle passed, one of my cousins called and asked if I wanted the table."

The same man Terry hired to tighten up the table and paint it black also built the oak cabinets in the Beck's cozy living room. There are no books here. This is the first room guests enter, so Amber has decorated with heirloom displays from both sides of their family tree.

Framed on a deep-blue background is an intriguing grouping of nearly life-sized

paper dolls with accessories. Originally Terry's mother's childhood toys, he found them in an old envelope in his mom's backyard storage barn after his dad passed away. "They were kind of mildewed, but Amber's friend at Michael's cleaned them up and framed them," Terry said. "My mother teared up when I showed her the finished product." Amber put it on



the living room wall next to small blue porcelain dishes and her mother's old saw.

"After both our parents died, we started combining things from both sets of parents," Amber explained. Their fathers died almost 10 years before their



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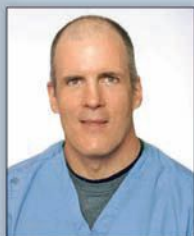


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mothers, who passed away within a year of each other. Within one year, they sold first his parents' house in Brownwood and then Amber's parents' home in Cleburne.

"That's when we kind of doubled and tripled our emotional storage. But we did learn a lesson," Terry said. "Our parents were brought up in the Depression and hung on to things — not for emotional reasons, but to survive." His mother had hundreds of margarine tubs tucked away in drawers throughout her home, to use for leftovers. "My first thought was, *This is trash. It goes in the dumpster.* Then you get to wondering why they hung on to it all these years. Mom's probably up in heaven laughing, thinking, *It was trash to me, too.* You don't know what was in the heart of the previous holder."

Amber and Terry have made a pact to hopefully make it easier on their kids and grandkids. What should be preserved is being well-preserved. Terry's old typewriter, which he harvested out of an old depot, may or may not be something Shanon or Shayne keep. But they'll have his book containing all his railroad stories, which he called *A Gathering of Words: A Train of Thought*. It's the first in a four-part series of books. Last month he released his second, full of stories about growing up in a smallish Texas town in the '50s, '60s and '70s. He does all his writing in his office, which Terry affectionately calls his railroad room.

He retired from a career with BNSF in 2007, and married into a railroad family. He prizes a lot of his father-in-law's souvenirs from his years as a conductor. There's a wooden box in here that was Amber's dad's, containing his pocket



watch, keys and some of the free passes the railroad used to offer their employees. "Some of my prize possessions are his old conductor badge and some of his old switch keys," Terry said. "I was around that stuff every day for 40 years, so I savor the personal elements." From his own career, Terry displays an old 1928 safety poster saved from the old Cameron, Texas, depot just before it was demolished — a reminder of his first day in management as a safety officer.

"Home is where the memories live," Terry said, "especially memories of the souls that have occupied the space." The two girls he and Amber reared here, with their grandkids, will spend a lot of time here this month. Before Thanksgiving, they'll all hang out with Amber in her favorite room, the kitchen. "I just love to cook, clean, bake and make cookies with the grandkids," she said. From sugar cookie dough, they'll be cutting out turkeys and pumpkins. When it's time for the feast day, the family will gather and eat Thanksgiving turkey off of green and brown Friendly Village dishes that once belonged to Amber's grandmother.

From this large dining table, which is actually not a family heirloom, one can view four separate spaces through unique cutout walls that open up the living area. What used to be a patio is now a rustic sunroom, where Terry's grandmother's hope chest holds old-fashioned table cloths and hand-tatted towels.

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A Different Kind OF WILD

— By Melissa Rawlins

While deer hunting in South Texas brush country, Charles Walker saw a javelina. Picking up his maple-colored muzzle loader — more powerful than the .410 shotgun with which he'd learned to hunt meadowlarks during the '60s in fields near Everman — Charles shot the pig.



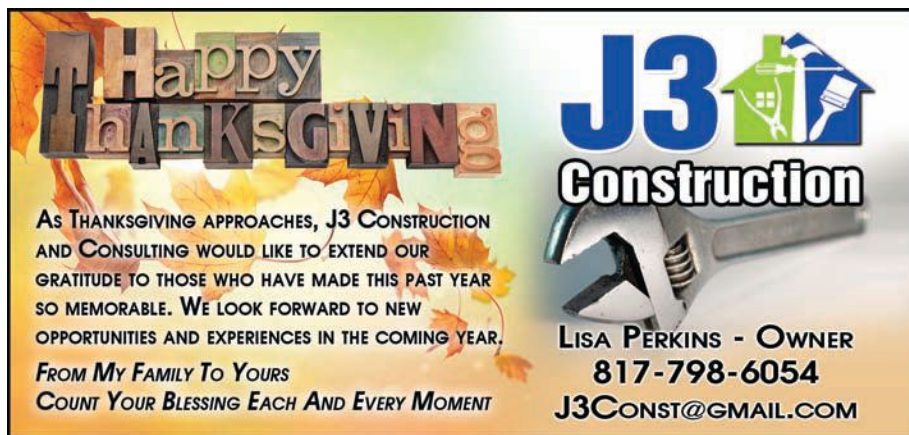
Then, seeing shadows running through the cactus, he ran to the nearest tree and climbed 3 feet up into its branches just as two more pigs ran right under him. "Their tusks were popping together," Charles recalled, "making a sound like chop sticks cracking together." Those javelinas kept him up

**“It’s been
an ESCAPE
for me.”**

*in that tree for over half an hour.
Later, he found the pig he’d shot
had already been chewed on.*

Almost two decades have passed since that trip, but its memory has helped him with the project he’s worked on during drizzly winter evenings after work at Halliburton, where he’s enjoyed a happy 35-year career as a machinist. In his spare time, Charles has written a novel, filled with details inspired by his youthful experiences hunting wild game. “It’s been an escape for me. I can put down anything I wish, and live a life through my characters,” Charles said. When a reader tells him they couldn’t set down his book, *Face of Fire: Making of a Legend*, he is thrilled knowing someone else enjoys his imagination. “Life is so hard nowadays. I want people to be able to sit down and enjoy a book that is clean — except for the violence. But, that’s the way it was in the mountain man days.”

Charles’ fascination with mountain men and Native Americans started when he watched *Daniel Boone* on television in the ’60s. His childhood also contained real experiences. With his mom and dad, Pat and Charles Walker Sr., Charles learned the art of hunting a deer, cleaning it and skinning it. He fell in love with the



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soft and supple feel of the hide. At 13, he bought his first pair of moccasins and promised he would make himself a pair. He added a pair of buckskin pants and a shirt to his wish list in 2006.

Ordering elk and deer skins from a tannery in Montana, a pattern for moccasins and leather stitching equipment from the Tandy Leather Store in Fort Worth, Charles set to work six years ago. His parents' lessons in integrity, morality and hard work came



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into play during this creative excursion. He took apart his favorite old blue jeans and shirt, traced their halves on the hide and cut out the fronts and backs. Using a four-prong stitching punch with a leather awl and sinew instead of thread in the bobbin, Charles went to work. Once he finished his moccasins, he wanted to start wearing his skins.

Knowing people would assume he was crazy if he dressed like a mountain man out on the streets, Charles looked for a buckskinners' club on the Internet and found the closest one in Granbury. Every year, there are rendezvous in the mountains with 1,000 or more people, but local rendezvous are smaller quarterly or monthly events. Contests like tomahawk throwing or fire making with flints might earn a buckskinner a knife or a new tomahawk. The club he visited had some pretty wild parties, and Charles decided that wasn't for him. "I love the mountain-man lifestyle, but I am just not a wild person. It's saved me a lot of trouble over the years!"

Charles wears his buckskins when he attends events like Founders Day in Burleson and Pioneer Days in the Fort Worth Stockyards. Just back from vacationing with his camera in Rocky Mountain National Park, Charles has soaked up the great outdoors and gotten more ideas for writing. "I sat on an outcropping, looking out across the



BURLESON ROTARY CLUB
CHRISTMAS PARADE OF LIGHTS
Saturday, December 6th

The theme for this year's parade will be **Parade of Lights**, and the parade will start at **6:00 pm**. Immediately following the parade will be Burleson's tree lighting, fireworks and festivities.

We hope you make plans to come out and enjoy the parade, and of course, meet Santa Claus. Floats should be designed around the **Parade of Lights** theme. Lineup for the floats starts at **4:00 pm** at Kerr Middle school. Sponsorships are also available for the parade.

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valleys, and then took a picture in my mind of what every thing looks like,” Charles said. “In December, when I start writing again, I can get it on paper.”

It took nearly 40 years for Charles to get comfortable writing. “I wasn’t a great student to begin with,” said Charles, who went by the name of Eddie in school. Charles had to overcome a seven-month learning gap following his dad’s moving the family from Everman to Blum and, finally, to Burleson in 1968. Meanwhile, Burleson turned out to be a fantastic place for a young man like Charles.

“I LOVE THE MOUNTAIN-MAN LIFESTYLE, BUT I AM JUST NOT A WILD PERSON.”



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With about 7,500 people in a tightly knit community, the town had very few stores. Where Wal-Mart is now, Charles used to bird hunt. He trapped and fished in people’s stock ponds, where housing additions are now.

When he entered high school, friends recommended Charles take Vicki Wright’s English literature class. “They told me she encourages you to use your imagination,” he said. “The first little story I wrote in my English lit class was titled ‘My Trip to Hawaii.’ I described the ship going over and the giant fish and sea serpents encountered along the way. She told me after class, ‘You have a vivid imagination.’ I said, ‘Thank you!’”

Charles carried Mrs. Wright’s one encouraging sentence the rest of his life. Confident enough to let his imagination run wild, without limiting himself, he still had to wait upon technology before moving to the next place. “I tried writing by hand, and it got frustrating to wad that paper up and try to write it over again,” Charles said. Electric typewriters were introduced, but he found whiting out

mistakes to be just as frustrating. Then he bought a Tandy personal computer, but it required too many codes for him to remember. Finally, he taught himself to use Microsoft Word on a home computer. Once a friend showed him how to get the mistakes off his page, Charles was satisfied. Since that time, he has written as a form of entertainment for himself.

Knowing he also had a deep desire to publish a book, his mother often encouraged him. Finally his dream came true. "From 40 years ago until the day I tore that brown paper off my publisher's proof — it was like someone handed me a new baby boy," he recalled.

His high emotional intelligence translates into good, clean humor, not just for himself, but also for the pleasure



of his friends. Two elk-hunting buddies got a belly laugh after three days in the mountains with Charles. Their tent caved in during an awesome snowstorm. While shoring it up, they worked up a smelly sweat. Charles suggested they deodorize by taking a snow bath. They called him crazy. "Maybe so," Charles said, standing up and taking off almost all his clothes. "Then they really started hollering." Opening the tent flap, he walked outside wearing only under shorts and a smile. Making several snow balls, he scrubbed himself down while his friends screamed in disbelief. Now that's a different kind of wild! **NOW**



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Planning the Perfect Party

— By Amber D. Browne

The hustle and bustle of preparing for the holiday season can be quite all-consuming. Adding a dinner party or overnight guests to the equation can increase the stress. Whether you're taking on the challenge of hosting friends for dinner or family in the guest room, having a plan in place is the key to a fun-filled occasion.

When planning a holiday get-together, first decide who is on the guest list. You could choose to invite a few of your closest friends or a group of 20 or more. Or family

could stay for the extended holiday. In either scenario, plan the date and set a time for the holiday dinner.

Incorporating a theme is a key component to any event. The holiday itself can be used in planning for decorations, music and games, but if it's a dinner for friends, choosing a fun theme may be a good choice. Pinterest or event-planning blogs feature a variety of theme options.

Keep the following in mind if you choose to host a holiday dinner:

1. What is your budget?
2. Will it be a sit-down or buffet-style dinner?
3. What type of decor will you use?
4. Is the dinner adults-only or will children also attend?
5. What type of music and entertainment will be incorporated?




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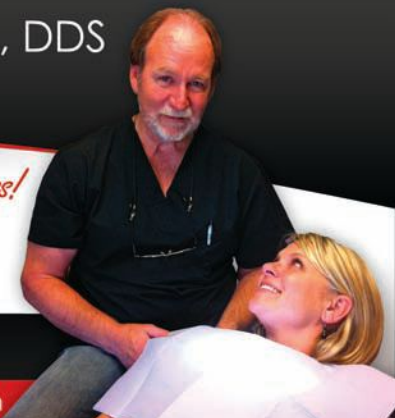
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Budget:

The budget should include funds for food, beverages, decor and entertainment. If you plan to hire a caterer, a printer for invitations or even a cleaning crew, include those costs in the budget as well. If you don't want to host the event at your home, a local restaurant or rental facility may be the perfect place to gather. Include any rental fees in the budget. Setting aside additional funds for last-minute costs is also a good idea.

Food & Beverage:

Planning the menu ahead of time is a priority. Cookbooks, the Internet or cherished family recipes offer delicious choices for holiday meals. If you are planning a themed meal, stick with recipes that fit the motif.

If you don't want to spend time prepping and cooking the food, hiring a caterer is an option. Many caterers provide dinnerware, serving dishes and utensils, flatware and related items. On-site caterers can help with cleanup, too. For easier cleanup or a more casual event, purchase disposable dinnerware and flatware, and make trash cans readily available to guests.





When hosting a party, you may decide to serve alcoholic beverages. You can stock the bar yourself or advise guests to bring their own alcoholic beverages. Hiring a licensed bartender to serve drinks during the event is another option. Don't forget to provide nonalcoholic beverages and have extra ice on hand. For guests who may overindulge, have a taxi service phone number available.

Venue, Decor & Entertainment:

Preparing your home for guests can be an undertaking, but a clean home creates a relaxed atmosphere. Stock the bathrooms with toilet paper, soap and clean or disposable hand towels. Offer guests a safe place to leave coats and purses. Lighting the fireplace or candles throughout the home creates a cozy ambience, but don't forget to extinguish the flames after the party!

Fresh flowers can brighten any table. You may choose to purchase arrangements from a local flower shop or buy seasonal flowers to create your own arrangement. Cranberries are popular this time of year and can be incorporated into



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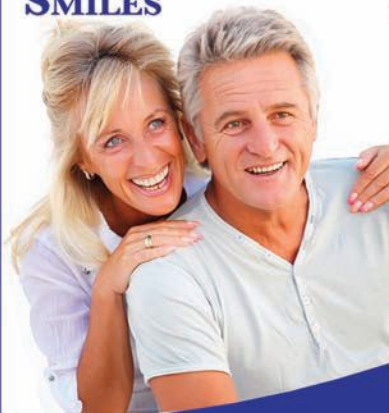
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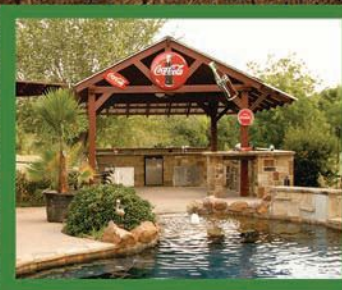


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the arrangement. Add one to two bags of fresh cranberries to a clear vase. Fill the vase about three-quarters full with water. "Using a sharp knife, carefully cut the ends off the fresh flowers at a 45-degree angle. Add cut flowers to vase, arranging as needed," explains a how-to page at OceanSpray.com.



If children and teenagers are invited, set a separate table for them. Using real dinnerware will create a more formal atmosphere and adding amusing trinkets to the table will keep the younger crowd entertained. Place holiday crackers, which hold small toys, at each table setting as a fun addition.

For entertainment, themed music can play during the event. You can incorporate games, too. For a guessing game, you can purchase a nice container and add individually wrapped candies.



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snacks and drinks your guests prefer, and
stock the cupboard and refrigerator. When
planning the meals, get your guests' input.
Be sure to find out if they have any food
allergies. Many overnight guests may want
to help out in the kitchen and chip in
on food.

An inviting guest room is a necessity.
You want your guests to feel at home
when they visit. Provide clean, comfortable
bedding, a night light and a couple of
bottles of water on the night stand. The
guest bathroom should include everyday
grooming items, including soap, shampoo,
conditioner and cotton swabs. Include
plenty of fresh towels, extra toilet paper
and air freshener.

Keeping your guests entertained during
their stay can be a challenge. Why not
plan a shopping trip with your female
guests and send the men off to play golf?
Whatever you choose, don't stress! Your
guests will be happy to spend quality time
with you.

Hosting parties and overnight guests can
take a lot of time before, during and after,
so ask for help. Many hosts and hostesses
often find themselves too busy to enjoy
their hard work. Don't let that happen to
you. Take time to sit back, chat with your
guests and enjoy yourself! **NOW**

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Make the Harlingen Arts & Heritage Museum one of your first stops. You'll learn all about Leonidas Carrington Hill, an adventurous attorney from Beeville, Texas, who set out on a long stagecoach business trip to Brownsville, Texas, in 1901, not realizing the trip would forever change his life. While in Brownsville, he explored the brush country to the north, known as the Wild Horse Desert, and soon realized it was fertile land. With the Rio Grande River just a few miles away, water could easily be accessed by fields via the intricate system of canals he envisioned. He discovered 500 acres of land on an arroyo that shed into the Gulf of Mexico (later to become



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the Port of Harlingen). The land was perfectly located in the center of a future agricultural paradise. But there was one problem: The railroad had not reached this far south yet.

Hill's relentlessness led him to railroad builder Col. Uriah Lott, who was connecting South Texas with the rest of the country via the St. Louis-Brownsville-Mexico Railway. The line stopped at Hill's town — known then as Six Shooter Junction — on July 4, 1904, with a spur extending west. Col. Lott had family roots in a harbor town in the Netherlands called Harlingen. Hill's gratitude led him to incorporate the American city of Harlingen on April 15, 1910.

The Rio Grande Valley is among the top fastest growing destinations in the country, but in Harlingen, people experience a slower pace. Nature parks and walking trails appeal to nature lovers and active seniors, while its exclusive military academy lures young, aspiring cadets from all corners of the world. The city was named as the cheapest place to live in the country, prompting retirees and birdwatchers to stay longer and enjoy authentic South Texas hospitality.



This hospitality comes in the form of plenty of smiling faces and mom-and-pop Mexican restaurants that actually serve Tex-Mex food, a cuisine with roots in the late 1700s when Spanish missionaries left behind acculturated Spanish-speaking Native Americans known as Tejanos. Cheese enchiladas, chalupas, hard-shell ground beef tacos, cumin-spiced rice and chili con carne are among the most popular dishes. Visitors savor generously portioned plates and love the low prices. Visits to Harlingen are not complete without sampling good Texas barbecue. Restaurants serving sweet, tomato-based sauces smothering beef cooked over hickory or mesquite wood, are easily found.

A must stop is the Iwo Jima Memorial & Museum, where you can admire Felix de Weldon's original plaster model of the famous Iwo Jima Arlington bronze monument inspired by Associated Press photographer Joe Rosenthal's acclaimed photograph. The memorial grounds hold a special meaning to Valley folks, for it is the resting place of Corporal Harlon

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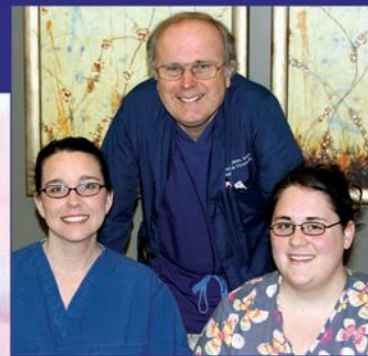
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Unveiling The MURALS AND ARTISTRY OF HARLINGEN



Block, one of the men planting the flag, who is a native of the nearby town of Weslaco. Block was killed in action during the battle. Battalion-size parades, including the only Iwo Jima parade held in the United States on the battle's anniversary, add to the experience.

The Harlingen Arts & Heritage Museum allows visitors to walk into three historic homes meticulously decorated in period style. Lon (as Leonidas was known) C. Hill's Victorian house, the city's first hospital and a stagecoach inn surround a brick-paved shaded courtyard. Both museums are located on the grounds that once housed an Air Force base.

Two cultures merge in downtown Harlingen. The *Placita* (a small public square) is ideal for leisure afternoons and for festive, traditional Mexican celebrations held in May and September. Jackson Street is where Americana abounds. A soda shop, live blues and rock-n-roll, a tea room and a New York deli await. Over a dozen artistic murals, from the whimsical to the sublime, adorn the streets of downtown. Antiques, art and live music welcome visitors every first Saturday of the month during Market Days.

Harlingen's Rio Grande Valley Birding Festival is touted among the top three

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best birding festivals in the world by different international publications such as *Birdwatch UK*. Every November, birders from around the globe travel to Harlingen for the amazing experience of meeting world-renowned birders and authors. Participants relish the opportunity to spend a day bird watching with these A-listers and networking during afternoon cordials. The festival began 21 years ago, when even the concept of birding was unfamiliar to most. Currently, few places boast the number of species that the Valley does. There are over 900 species of birds recorded for the entire United States, and 500 of them can be found in the Rio Grande Valley from November to April.

Harlingen's Valley International Airport provides travelers easy access from any part of the country through Southwest, Sun County and United Airlines. Harlingen's lodging options revolve around popular franchise hotels. People can also wander east and west for an amazing good time, returning to enjoy the peace and quiet of nights in Harlingen. A century after his discovery, Lon Hill's vision of a centralized community has become a colorful, energizing reality. **NOW**

By Nydia Tapia-Gonzales. Photos courtesy of The Harlingen Convention and Visitors Bureau.

Editor's Note: www.visitbarlingentexas.com offers great vacation planning tools.



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The Power of Heels is the women's division of the Burleson Area Chamber of Commerce. All proceeds benefit the Burleson Chamber, a 501-C(6) non-profit organization, and supports its mission of promoting local business.



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— By Melissa Rawlins

It's a simple country house on a quiet street off the beaten track, yet people turn their head and notice the unassuming salon called Lashes & Locks. It pops with colorful flowers and healthy bushes planted all around. When men and women, young and old, step inside, they feel like they've been welcomed into the cozy parlor of a good friend's place.

Often working 12-hour days, owner Summer Miller decorated with cheerful antiques, bright vases, a collection of doTERRA essential oils and reference books about how to use the oils to promote health. Summer even set a diffuser in the corner, which blows the scent of lemon to freshen people's minds and moods.

Every aesthetician and stylist inside Lashes & Locks cares about making clients feel as good as they look. Nicole Guthrie offers facials, nonsurgical liposuction and eyelash extensions. Summer specializes in eyelashes and ultrasonic cavitation, also called ultrasound liposuction. She administers the body contouring treatment in the same serene, private room where she carefully adheres either mink or synthetic lashes to people's own lashes. "They're way more durable than you would think, lasting about a month," Summer said.

Hair stylists at Lashes & Locks include Tanner Goff, Kim Wilson, Kay Dotson and Krystal Dees. "Kay used to be a barber, and she caters to children and men," Summer raved.

Krystal, who once worked in a salon on Camp Bowie, brought with her knowledge that gives her an edge on everything from hair extensions to color. Since indoor heaters dry out hair, Krystal recommends extra conditioning to prevent frizzy hair and dry scalp, and a heat protectant if you use hot tools.

Summer's mission is to educate people about being healthy from the inside out and to help them look as good as they feel. She has chosen staff members who share her outlook. She recently expanded operations to include Lashes & Locks' Franky & Myrrh Wellness Center, in a building across the street. In that peaceful, colorful environment, she offers pure products for self-care — including soap; towels; lotions and Erbaviva, an organic baby line; and a bar for blending essential oils — as well as chiropractic and acupuncture services by Dr. Don Haygood, DC, DASA. "When customers walk in, we make them happy," Summer said, "and every product they walk away with will benefit their body and the community." A percentage of the proceeds spent in the wellness boutique will be given to a local charity.

Last July, Lashes & Locks celebrated their first anniversary. They had built up enough business at their former location and were able to move with their clientele to NW Ellison Street. "It's been a blessing to have our own little cozy getaway in Burleson," Summer said. "If I had to give a piece of advice to any local business owner, I'd say: 'Take a deep breath and know that you're working for the better of us all. If you keep going, good things will come.'"

Summer has never given up, and now her children can hold her up as an example of a hardworking, ever-smiling mom who is not afraid of new ideas. In fact, all the families who patronize Lashes & Locks have learned from its successful evolution that anything is possible. "If you have something in your mind you want to see happen," Summer said, "you can make it happen — with a little bit of courage." **NOW**

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Alex Philips, Laura Melton and Bradley Ford attend the groundbreaking for Burleson's new Kroger Marketplace.



Sara Gates checks out her son, Landon's, third birthday present.



Rather than leave little Crystal in the car with a caged bird, Catherine Sauter takes her kittie on an errand into the UPS Store.



Weldon Whiteman from the Burleson Rotary Club, Jane Burton director of Burleson Pregnancy Aid Center and Lynn Bates president of the Burleson Area Midday Rotary Club.



Gina Bodnar kisses her son, Richy, goodbye as Melissa Rawlins takes him to Kerrville for a fun-filled week with other kids at Texas Lions Camp.



The Bridge Babes enjoy their weekly duplicate bridge game in a dining room of Mountain Valley Country Club.



Aly Allen-Engstrom, United Way director, supports the work of Johnson County Family Crisis Center, represented by Amy Lane and Jamye Kelley.



Pastor Troy Brewer at Open Door Church and Josh Weathers perform to raise money for Spark (Serve. Protect. And. Raise. Kids around the world).



Arturo Macias, with Versus Car Audio, accepts a New Member plaque from chamber president Sherri Secbrist.



President of Sagora Senior Living Bryan McCaleb, along with staff and residents, help cut the Chamber ribbon for their new Heritage Assisted Living & Memory Care facility.



Owner of Craig's Collision (left) celebrates his birthday as his sales manager brings out his cake.

How Can a Bad Bite Lead to Ear Problems?

A young patient went to her orthodontist for braces to correct teeth she called crooked. She had also been experiencing ear aches and ear congestion, making it difficult to hear in class. She had been to her pediatrician and then an ENT, but no major problems were found with her ears. Upon an oral examination for her braces, it was determined that her bite was the leading cause of the symptom. There was definitely a force imbalance involving her upper left front tooth. The tooth was in crossbite, which means the upper tooth sat to the inside of the lower tooth. Upon exam, it was clear that the force imbalance and the crossbite were leading to damage of the dental foundation and gum recession, which was occurring on the lower left front tooth.

There is a common denominator between a bad bite and ear trouble — a large nerve, the cranial nerve 5, also known as the trigeminal nerve. The trigeminal nerve innervates the muscles that control chewing and the teeth. A small branch of the trigeminal nerve also innervates the ear drum. Therefore, inflammation of the trigeminal nerve can lead to ear problems such as ear pain, ear congestion, tinnitus (ringing in the ears) and vertigo.

When a healthy patient bites down, there is usually a simple straight line of closure with no deviation or interference.

With this patient, when she bit, her upper left front tooth would touch her lower tooth. When she touched the tooth, she subconsciously realized that she could not bite all the way on this tooth, because she could crack the upper tooth and push the lower tooth out of the gums. So subconsciously she adjusted. In a matter of microseconds, she opened and shifted and then she hit another interference and opened and shifted again. In what should have been a simple closure, this patient opened and closed and shifted 10 times in a matter of microseconds, causing increased activity in the muscles of mastication (the muscles that control chewing) and inflammation of the trigeminal nerve. This inflammation was transmitted to the branch of the trigeminal nerve that innervates the ear drum — leading to ear problems.

This patient was treated with a splint to protect her teeth and muscle rehabilitation to balance the muscles of her jaw. Then her teeth were aligned with orthodontic treatment. She now has a beautiful smile and no trouble hearing in class! **NOW**

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Four Financial Tips to Navigate Major Life Changes

Families in Texas welcomed more than 388,000 newborns in 2013.¹ Here are four financial tips for navigating dramatic life changes, whether caused by a baby or another (and maybe, quieter) major life event:

- **Seek advice.** An experienced parent can tell you how to install a car seat or reassure you that crying due to colic will go away soon. Similarly, don't be shy about researching the near- and long-term considerations involved with your new bundle of joy ... or spouse or retirement.

- **Learn the lingo.** The Internet has a wealth of information on a variety of financial topics. You can find definitions of basic terms and concepts by visiting not-for-profit organization websites, such as the Financial Planners Association (www.plannersearch.org/life-events) or LIFE Foundation (www.lifehappens.org/insurance-overview), as well as financial dictionaries such as Investopedia (www.investopedia.com).

- **Take advantage of online tools.** For example, check out the life insurance self-assessment at www.myallstatefinancial.net to learn more about life insurance in light of significant life events, such as a change in marital status, milestone birthday,



Having More Retirement Accounts is Not the Same as Having More Money.

When it comes to the number of retirement accounts you have, the saying "more is better" is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you're properly diversified.* At the very least, multiple accounts usually mean multiple fees.

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buying a home or expanding your family. Try the How much life insurance do I need? calculator to get an idea of how much coverage you'd need to protect your family's way of life if something were to happen to you.

• **Call on someone knowledgeable.**

For complex financial decisions, it's often very reassuring to consult someone knowledgeable in person. Rather than the one-size-fits-all information you'll find online, a real live human being can tailor information and product recommendations to your personal situation and concerns.

• **Your risk profile.** Based on your income, expenses going out and savings, do you have risks that would be difficult or impossible for you to cope with financially? These risks could include death, a serious injury or sickness, a car crash or home fire.

• **Your safety net.** Are you likely to be able to improve your financial situation by paying down debt, changing your spending habits or increasing your emergency cash fund? Are you single, divorced or married? Double income or single income? How stable is your employment situation? Do you have life insurance through work?

• **Your needs.** What are your needs over the next few years and in the long term? Do you want to fund college, vacations and/or retirement? Is it important for you to provide for elderly parents or leave a legacy to your adult children?

• **Your wants.** What are your dreams? A second house, a round-the-world trip, starting a business?

The answers to these questions can help you determine whether you need life insurance — or more life insurance — as well as what type and how much to buy. Finally, it's easy to procrastinate on major financial decisions. When you respond to major life changes by taking financial action, don't forget to reward yourself, whether that means a nice restaurant dinner or a peaceful hike in the woods. (That new baby will enjoy hiking, too.) **NOW**

¹Provisional data from the National Vital Statistics System, National Center for Health Statistics, Centers for Disease Control and Prevention.

Mark Jameson is a licensed Allstate sales associate 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

November 4

Teen Movie Afternoon: 4:30-6:00 p.m., Burleson Public Library, 248 SW Johnson Ave. Free blockbusters and classics, along with drinks and chicken nachos provided by Qdoba Mexican Grill. Contact (817) 426-9205.

November 6

Burleson Character Luncheon: 11:00 a.m.-1:00 p.m., First United Methodist Church, 590 NE McAllister Rd. Awards presented to public and home school essayists. Last year's Citizen of the Year from each school will be recognized, and a citizen in the community who has exemplified good character will receive the Byron Black Character Award. \$5 donations for lunch welcome. Contact Pat Worrell, worrellpat@aol.com.

November 7

Lunch & Learn: 11:30 a.m.-1:00 p.m., Honda of Burleson, 632 N. Burleson Blvd. Network, eat and take away ideas for improving your business. Sponsored by Couch and Russell Financial Group. \$15 for members of Burleson Area Chamber of Commerce. RSVP: (817) 295-6121.

November 8

Crowley Quilt Show: 9:00 a.m.-2:00 p.m., First

Baptist Church, 400 S. Eagle Dr. Admission is free. For more information, call (817) 297-2189.

Fall Craft Fair: 10:00 a.m.-5:00 p.m., Fort Worth First Church of the Nazarene, 2001 E. Main St., Crowley. Free admission. Questions, call (817) 297-7003.

Military Veteran Tribute: 2:00-3:30 p.m., Veteran's Memorial Plaza, 298 E. Renfro St. The Burleson Parks Department and the Purple Hearts host this celebration of local service members and veterans. Call (817) 426-9104.

Fourth Annual Burleson Wine Crawl: 2:00-10:00 p.m., Old Town, 136 W. Bufford St. General admission \$15. Tasting tickets \$25. VIP tickets \$75. Both of Burleson's wineries will represent, along with four other Texas vineyards. Bring a chair and enjoy 12 bands performing on two stages. For more information, contact The Ritz Event Company, (817) 917-7327.

November 11

Business After Hours Networking: 5:30-7:00 p.m., Craig's Collision, 10836 S. Freeway. Free for members of BACC. Call (817) 295-6121.

November 14

Thirsty for Business: 11:30 a.m.-1:00 p.m., Lost Oak Winery, 2116 FM 731. Guest speaker: Marc D. Marchand, CPM Director of Burleson Public Library. \$15 for members of BACC. RSVP: (817) 295-6121.

November 15

Holiday Bazaar: 10:00 a.m.-3:00 p.m., The Academy at Nola Dunn, 201 S. Dobson St. You will find home décor, kids and ladies apparel and accessories, candles, homemade goodies and crafts plus food trucks on site! \$5.00 admission supports BACC. Call (817) 295-6121.

November 19

Joshua Chamber Luncheon: 11:30 a.m.-1:00 p.m., Joshua ISD Administrative Board Room, 310 E. 18th St. Joshua ISD Superintendent Fran Merek speaks about the future growth of the district. Tickets are \$15 for members, \$20 for non-members. RSVP to (817) 556-2480.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

Happy Thanksgiving!





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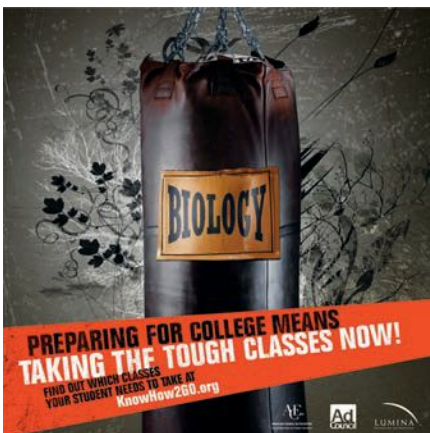
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In the Kitchen With Tara Torres

— *By Melissa Rawlins*

An East Texas gal who found love with a Burleson boy, Tara Torres became interested in cooking after marriage. She had learned the basics from her mom and grandmother, who let her help make Italian wedding cookies one Christmas. Once she became a housewife, Tara succeeded with every Thanksgiving meal. People started asking for her recipes. Stepping out boldly, she attended culinary school to learn everything she could about food and cooking. She presents fine meals for her family every day and sometimes for people in her church. Tara is known for preparing excellent desserts. “If you deny yourself sweets, then you will set yourself up for failure,” she said. “When I prepare a dessert, my goal for my family is to make it gluten-free but still enjoyable.” **NOW**

Grandma's Eggnog

6 eggs
4 cups milk
1 cup sugar
1/2 tsp. salt
1 Tbsp. vanilla

1. Mix all ingredients together with an electric mixer.
2. Place in a saucepan on stovetop over low heat. Stir frequently until mixture thickens slightly. Cool and drink.

Gluten-free Cheese Rolls

1 cup whole milk
1/2 cup vegetable oil
1 tsp. salt

2 cups tapioca flour
2 eggs
1 1/2 cups Parmesan cheese

1. Preheat oven to 450 F. Line a baking pan with parchment paper and set aside.
2. Combine milk, oil and salt in a saucepan. Whisking occasionally, bring it to a gentle boil over medium heat. Remove from heat as soon as you see big bubbles coming through the milk.
3. Add all of the tapioca flour to the saucepan and stir until you see no more dry tapioca flour. Transfer dough to the bowl of a standing mixer fitted with a paddle attachment. Beat dough for a few minutes at medium speed until it smoothes out and has cooled enough that you can hold your finger against the dough for several seconds.
4. Whisk eggs together in a small bowl. With

mixer on medium, beat eggs into dough in two additions.

5. With mixer on medium, beat in cheese. The resulting dough will be very sticky.

6. Using an ice cream scoop, scoop rounded portions of dough into mounds spaced 1- to 2-inches apart on lined baking sheet. Dip your scoop in water to prevent sticking.

7. Place baking sheet in oven and immediately turn down heat to 350 F. Bake for 25-30 minutes, until dough has puffed, the outsides are dry and just starting to color.

Gluten-free Dressing

12 cups gluten-free cornbread cubes
1 Tbsp. fresh garlic, chopped
1 cup onion, chopped
1 cup celery, chopped
1 tsp. rubbed sage
1 tsp. dried thyme
1 tsp. poultry seasoning
1 tsp. kosher salt
1/2 tsp. black pepper
1 1/2 cups chicken stock

1. Preheat oven to 400 F. Toast bread cubes 5-7 minutes, or until barely golden.

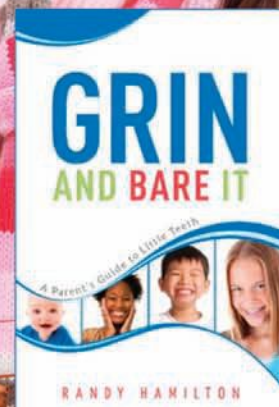
2. In a large skillet over medium-low heat, cook garlic, onions and celery for 3 minutes, or until softened. Transfer to a bowl and add remaining ingredients. Toss well and adjust seasoning as desired. Additional broth may be necessary to achieve the desired consistency.

Honey Ham

1 7-lb. spiral-cut, fully cooked, smoked ham
1/2 cup pear nectar
1/2 cup orange juice
1/2 cup brown sugar
1/2 cup honey

1. Preheat oven to 375 F.
2. Place ham, cut end down, in a large baking pan. Mix pear nectar and orange juice in a bowl. Bake ham for 15 minutes per pound, basting frequently with juices.
3. Mix brown sugar and honey together in a small bowl. Brush mixture over ham. Bake for another hour, or until internal temperature reads 140 F.

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



-by Dr. Randy Hamilton III

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