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# Burleson NOW

M A G A Z I N E

December 2009

**Living a  
Dream**

**A Talent to  
SHARE**

**Silver  
and Gold**

*At Home With*

**Howard Minter and  
Margaret Hartsook**





# STRESSED OUT? GOT NECK PAIN?

Ready For Some Relief? Aspirin Isn't Getting It Done?  
The Pain Just Keeps Coming Back?

If This Is You, This Letter Can Help!

## Don't Let Neck Pain Put a 'Kink' in Your Holiday

Christmas is a great time of year, but it's got some crushing stress loads. You're running around buying presents under a deadline and at the same time, you're trying to figure out how you're going to pay for them. Then you've gotta make sure you get to your parent's house, your in-laws, your neighbors AND get the presents wrapped. And if you thought your neck was bothering you before Christmas, you were just kidding yourself, because now it's really flared up.

Everyone wants to know what causes neck pain and why it gets worse when you're under stress. Well, this is the tricky part. Most people think it's just the muscles. Once in a while that's the case. Often it's not. So first, you need to find out what's causing the neck pain. And just taking a wild guess isn't the right way. That's why you still have pain now, right?

## Pain Pills Making You Feel Like a 'Misfit Toy'?

Everyday people come in to our clinics with neck pain. And tons of them just treated it with pain pills, wondering why the pain just keeps coming back and slowly getting worse like clockwork. Then they end up with things like slipped discs and nasty arthritis. The thing is, this isn't normal. If you let it go too far, nothing's going to help. Then you're stuck with pain for life. Not good. Surgery: not good either.

So the reason the Christmas stress and tension makes things worse is because it just tightens things up. And if it's screwed up already, tightening it up makes it much worse. I've got some good news for that... in just a moment.

## Pain Disappears Faster than Snow on a Hot Plate

Do you want to find out how to get rid of the pain? If so, there's just a couple of things you need to do, and I'll make it simple for you.

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So to make it easy, HealthSource has got a Christmas Special for you this week only. And the reason we're so busy is because our patients are satisfied, and they don't go broke trying to feel better either. Christmas is the season of giving, and we've got some presents for you, no strings attached. But before I get to that, read what one of our patients has shared with us.

*I had "extreme disabling pain in my neck, back, and shoulder and inability to raise my left arm. I have gone from a 10 on the pain scale to a one. I am able to lead a normal life again." —Michelle Zelazny*

Ready to do something about your neck pain? If so, call for an appointment and bring this letter with you, and you'll get the works, and you'll be treated by people who care.

Sincerely,

Dr. M. Brandon Pettke, D.C.

P.S. Don't put this aside. Don't put off making the phone call. The response from your neighbors has been overwhelming and this opportunity will not last if demand becomes too high. Our #1 priority is giving the personal and individual attention folks like you deserve. This may be your last notification. Don't spend another minute suffering needlessly. But you MUST NOT WAIT. This offer is only available until December 31, 2009.



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## On The Cover

*Have a jolly, happy Christmas!*

*Photo by Natalie Busch.*



# Editor's Note

*Dear Friends,*

We can just about taste the wonderful feasts we will enjoy with family and friends during this month ... but first we have to go into action mode to put that meal on the table. Various churches and charities around Joshua and Burleson are busy making sure that everybody gets to enjoy the season. Lighthouse Ministries and Retta Baptist Church in Burleson, as well as First United Methodist Church of Joshua, are unveiling a \$36 "Holiday in a Box" which people who need to pinch pennies can purchase through Angel Food Ministries. Contact Becky Gorman at (817) 473-6136 for information on ordering and picking up a nutritious, convenient meal for yourselves or for other families. Also, Harvest House hosts "Holiday Friends" on December 12, when underprivileged children will receive toys their parents picked from an on-site store filled with toys donated by the community. For ideas about how you can help, contact Jill Acklen, development director at Harvest House, at (817) 223-2110.

Melissa Rawlins  
*BurlesonNOW* Editor



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# Silver and Gold

— By Jaime Ruark



Sometimes a person comes along who is an inspiration to those around them, a bright light reminding us that happiness can be not just a state of mind, but a state of being. Sixteen-year-old Michelle Spriggs, Burleson High School (BHS) honor student, volunteer activist, singer, artist and Girl Scout, is just such a person. Those lucky enough to have this quiet-spoken young lady touch their lives can attest to her big heart and even bigger dreams.

Michelle, currently a junior at BHS, already has quite an impressive set of accolades for one so young. Besides being an honor student, having taken Pre-AP classes (advanced placement courses that count toward college credit) because she likes to challenge herself, Michelle is already earning a name for herself as a talented artist, both at school and within the community.

Delighted young faces have become her own personal palette, as she volunteers to paint butterflies, tigers, balloons,

angels, dinosaurs and Winnie the Pooh on the cheeks of eager recipients at community events such as Santa's Breakfast, Boo Bash, Relay for Life, Duck Days and Founders Day. "She's passionate about art and kids, and face painting brings the two together," her proud mother, Cindy, shared. "There's really no end to what she can do, and she'll draw on anything!"

Michelle believes her innate creative nature was passed down from her father, Ray. "My dad has always loved to paint and draw. When I was little, we watched this TV show called *Pappy Dren*, and we would draw together. We would use up all the paper in the house, which would aggravate my mom, so we started drawing on paper plates," she recalled with a laugh.

Through art classes in school, Michelle began exploring that creativity to figure out which medium best fit her style. "My favorite things to use are colored pencils and water colors, and I love to do the Disney kind of art style. I work a lot on the computer, with Photoshop and a program called openCanvas," she continued. "This year we have a new art teacher, Mrs. Pearce, who has been really influential. Next year, she's thinking of having an AP art studio class and if she does, I'm definitely going to do that."

Because of Michelle's creative nature and her heart for helping others, it was only natural for her to find an outlet in which she could put to use her endless energy. A Girl Scout since age 5, Michelle credits the organization for her burgeoning activism in the community she has lived in all her life and for bridging the gap between art and





real life. "We've done a lot of stuff for the community. We volunteer a lot for different fundraisers, and we make visits to nursing homes. Two Christmases ago, we went and decorated their doors for the holidays with wrapping paper and cards," she said.

Girl Scouts has also expanded Michelle's worldview. "Last summer, we spent two weeks at a chalet in Switzerland, which is one of four different Girl Scout centers around the world," she said. "We had to go through an interview process, and 11 girls from the Texas area were chosen." These types of trips are planned so the girls can not only learn about the center and the history of the Girl Scouts, but also experience different cultures, making friends and memories that will last a lifetime. "We had to eat the food they eat, which was an interesting experience, because we were eating goat cheese every day," she laughed. Trips such as this one cost money, of course, and as everyone knows, Girl Scouts have a particular way of raising money. "For the Switzerland trip, I had to sell 1,000 boxes of cookies for two years, so 2,000 total boxes of cookies," Michelle added.

Girl Scouts have a hierarchy, starting out as a Daisy and working through the ranks of Brownie, Junior, Cadet



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and Senior to the final top rank of Ambassador. Currently a Senior, Michelle is working to attain the highly lauded Gold Award and become an Ambassador. "There are three awards in Girl Scouts: the Bronze, the Silver and the Gold," she detailed. "Two years ago, for my Silver, I worked on a mural at the Burleson Animal Shelter." The mural, begun in November and



**"My favorite things to use are colored pencils and water colors, and I love to do the Disney kind of art style."**

completed in June, covers the walls of the shelter with bright, happy animals in festive, seasonal scenes. "We painted the hallway going into the dog and cat kennels with the months of the year, so we started with January and painted a picture of dogs making a snowman, and we went all the way to December, which was a Christmas tree and a cat," she explained.

For her Gold award, Michelle's plans have expanded in scope, incorporating her skills as an artist with her desire to help those less fortunate. For the rest of her junior year and through her senior year, she plans on teaching drawing lessons twice a month to children at the Family Crisis Center in Cleburne. "I'm thinking of teaching the lessons comic book-style, so they learn how to do backgrounds, people and animals. We'll have one big comic strip, and each child will have [their] own part to



# Begin your Winter

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work on. Everyone has their own talent; one kid might be able to draw trees really well, and one kid might be able to come up with a story line," she said. "We're going to bring all their talents together, so they're making friends and learning to work together, plus they'll have a sense of accomplishment when it's through."

Girl Scouts has afforded Michelle many opportunities she would not have had otherwise, and she encourages other



girls to be a part of the program. "The sad thing is, a lot of the girls drop out at the age you start really being able to do things and go on trips. I don't think they see the big picture. They think it's for little kids, and they don't realize that as you get older, it becomes so much more," she said. "I've met people from around the world, from London, Beijing, Wales — all kinds of places. Plus, if I wasn't in Girl Scouts, I wouldn't be able to help people in my community like I have. Girl Scouts really brings together people who want to work and help others."

While Michelle is an endless source of pride for Cindy and Ray, their daughter's talents have become natural to the Spriggs family. "Honestly, I've stopped being amazed," Cindy smiled. "It's just normal now, everything she does. She has a love for art, animals and people. She just loves to help others." **NOW**



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# It's All About Joy!

— By Melissa Rawlins

**At Home With Howard Minter and Margaret Hartsook**



The Christmas season is anything but dull at Howard Minter's house. In his retirement, Howard shares his home with other men and women at Huguley Nursing & Rehabilitation Center (HNRC) in northeast Burleson, where the dining rooms and residents' rooms shine with color and cheer during the Christmas season. "When I was a kid, we used to have to make our decorations since we didn't have too much. I guess you'd call those hard candy Christmases."

Here, Howard gets a kick out of all the different types of Santa Clauses decorating the halls. His wife brings little things to help him decorate his room, and he takes time to watch one of his favorite movies, *It's a Wonderful Life*. In fact, smiles abound at this season in the 80,000-square-foot "home away from home" for over 164 residents and 200 employees. Throughout the east and west wings





of Howard's home, in each of the gathering areas, the family of folks who live and work here together are surrounded by reminders of comfort and joy.

Family and friends sit with residents and enjoy the Christmas spirit in two different outdoor courtyards, four inside rooms, and six hallways — every spare inch of which staff have gone all out to decorate. Every eye sparkles when visitors bring their children, who run around amidst the blow-up Santas and candy canes.

"The decorations remind me of when my two girls were little. They loved doing that. It brings back great memories to decorate now," said Margaret Hartsook, who has lived at HNRC for a little over two years.



"I always try to have a smile on my face, but it would be sad without the decorations." This year Margaret will attend her third annual Christmas party in the dining room, where the food and entertainment is as outrageous as the decor.

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pies for each of two parties for the residents. "Our Christmas party is fabulous. We get to get our picture made with Santa Claus! They have a whole buffet table set up with sandwiches, stuffed celery, relish trays and fruit trays. And then this year, they'll have the singer, Michael O'Hara, singing Christmas carols. The whole thing is wonderful," Margaret said. "It is like being at home, only maybe better!"

"Yeah, 'cause you don't have to do the dishes when you're done," laughed

Renee Vaughn, unit manager of the east wing. All the staff members take their time preparing their gift to the residents. "We put on each table those flickering battery-operated lights that look like candles, with special napkins and glasses to drink out of," said Activity Assistant Carla Butler. "It's like bringing out the good china!"

Howard, who acts as resident council president, also loves going to the parties and helps make the decorations, linking rings of construction paper to make colorful



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ropes. "I love the green," said Howard, who appreciates the decorations at HNRC in comparison to the stark memories from his childhood.

"We had a hard time decorating at Christmas," Howard said, "because of our family's ability to pay, because we didn't want to go into debt. When the war came on, dad came out of the oil fields and went to work for the ship building company in Orange. When he got laid off, we changed locations from Orange to Silsbee,

Texas, and that's where I finished growing up. The thing about Silsbee was it was a little backwards as far as Christmas decorations went," remembered Howard. "There were certain things the businesses allowed to happen, but it never really got impressive. Really impressive would be something that almost whacks you off your feet — and we've had it here at Huguley," Howard said. "They decorate everything that's not moving, even the wheelchairs!"

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"We tie bells and ribbons into the spokes of the wheels and have a Christmas parade through the halls," Carla said. The back of Margaret's wheelchair has a huge sign saying "Merry Christmas" in gold, and the other residents look at each other's chairs for inspiration on how to out-do each other, all in good fun.

"We decorate the whole building, but for those Christmas parties the dining room is decorated differently

**"They decorate everything that's not moving, even the wheelchairs!"**

than the hallways. We add a lot more bling," said Activity Director Diann Secoy. The staff stores box after box of Christmas decorations in a large storage building just for this season. "It helps bring the joy of Christmas."

One of the projects Margaret has dived into this year is painting pottery during arts and crafts time. The bowls, jewelry box, candy dishes and vases she created went to the kiln at the Art Barn Studio between Burleson and Joshua. When they came back, Margaret was well pleased and began making plans for giving them as gifts during Christmas. "I've always loved crafts and different things like that," said Margaret, who admitted to having trouble keeping still. "I crochet and knit. I make booties for staff. It's a long, ongoing list of staff members to crochet for."



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# Rheumatology

## Sonia Bajaj, M.D.



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

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

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In her room, Margaret stores the supplies necessary to wrap the gifts as well as to decorate the door of her room for Christmas. Outside of the residential halls, the big courtyard is decorated like a kiddie wonderland, including mechanical, blow-up Santa Clauses jumping out of chimneys! The romantic center courtyard is transformed to pure white, except for the red poinsettias surrounding the white Christmas tree.

Four residents helped Carla decorate the 10-foot-tall red and gold tree in the dining room. "They were really working," she said. "We have some able to stand on their own, and they can get higher up. The folks in wheelchairs can do the lower section. And I was brave enough to climb a ladder to reach the angel part!"

"We've gotta not lose what we're looking at," Howard said. "It's a celebration of Christ's birthday. It's gotta be done in a reverent attitude. When I was a kid, we didn't get much as far as presents. My grandfather and grandmother made sure we got aware of what Christmas was all about. We try to talk about that here."

A spirit of benevolence and downright fun fills the halls at HNRC, according to Howard. Some of the residents even go try to joke with the talking, singing Santa which operates on a motion-sensor and greets visitors at the front door. "These are interesting Christmases here," he winked, recalling with a smile the year that Diann's daughter dressed as an elf for the residents' Christmas party. "We're making it home." **NOW**



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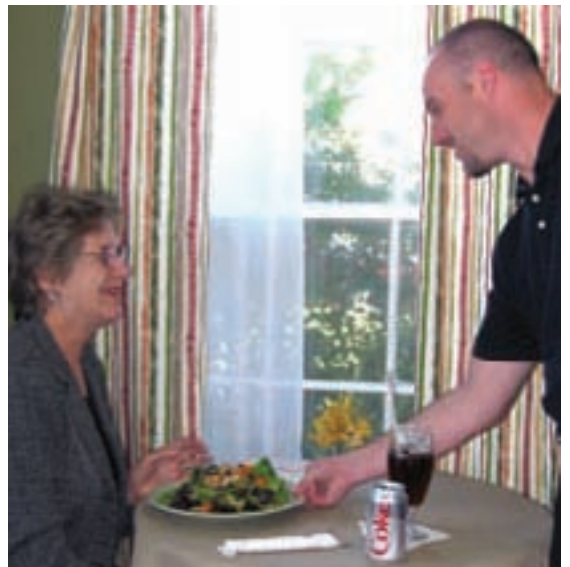
Burleson firefighters and Burleson police officers take their talents to the gridiron Saturday, December 12, in the annual Blue Vs. Red charity flag football game.



Paul Keese poses with his wife Lisa after the Burleson Rotary End Polio Now Walk.



Residents from Burleson and the surrounding areas honor veterans with a ceremony to unveil a 7-foot tall eagle commemorating American's freedom.



Neil Hammack serves a butternut squash salad to Ann Marie Smith at Wine Down.



The Burleson Chamber of Commerce welcomes Longorias BBQ with a ribbon cutting and grand opening ceremony.



Patrick Ferguson's mom Tesha picks Patrick up from school dressed for Halloween.





Members of the American Business Women's Association Burleson Chapter meet before the holidays to cheer each other on.



The Burleson Chamber of Commerce welcomes A Massage Works with a ribbon cutting and grand opening ceremony.



Nancy Holland and Kellye Cunningham pose with Burleson Opportunity Fund recipients Tamarah Martinez and Nick Alvarado.



Members of the Burleson High School ROTC Honor Guard attend the City of Character luncheon.



Mayor Ken Shetter proclaims November 2 - 6 as "Municipal Court Week." Burleson.



Susan Schwind, teller at First National Bank, tells a joke to customer Nathan Coleman.



Jaime Ruark, new community editor for *MansfieldNow*, smiles with *BurlesonNow* community editor Melissa Rawlins.





# Living a Dream

— By Melissa Rawlins

Dreams of music, stages and perfect family relationships have become reality for Terrie Lynn Harwell and her daughter, Tara, who share a voice, a talent and a joy. The mother/daughter duo has sung together since Tara was old enough to cheer her mother on at the Texas Gold Show (an opy similar to the Johnny High Revue) produced by Terrie Lynn's cousin at the old Wichita Theatre in Wichita Falls. "When Tara was little and I was performing the show, she was always right there on the front row, and she was one of my biggest fans. I could look at her, and she knew every word I was singing. I'd think, *Oh, what line's coming next?* And I could look at her and she'd be down there mouthing the words, and I could catch on," Terrie Lynn recalled.

Fifteen years later, when Tara performed in the Burleson High School productions of *Honk!*, *42nd Street* and *Thoroughly Modern Millie*, Terrie Lynn found deep satisfaction watching Tara. "I played Marion the Librarian in *The Music Man* in high school, and it was great to see Tara performing [at] a much more competitive and more professional level than I was exposed to in the '70s," Terrie Lynn said. Now she is Tara's biggest fan.

Tara worked hard the past two summers in professional engagements. In 2008, she spent six months as a character performer in a paid internship of the college program at Walt Disney World in Orlando, Florida. Last summer, Tara danced in the musical drama *Texas* at Palo Duro Canyon. "We did 60-plus performances, more than I've





ever done before," she said. "Doing it as a job taught me discipline and professionalism, and also just how to have fun on the job." While in Texas, she also performed as the fairy, Mustardseed, in *A Midsummer Night's Dream*, presented by cast members from Texas. Terrie Lynn drove up to cheer on her daughter at least six different weekends.

**"Wherever I go in life, whatever church I end up in later, I want to be involved with music there."**

Since then, mother and daughter have embarked on awesome singing adventures together. Tara was invited into the Chamber Choir at Texas Wesleyan, and together she and Terrie Lynn were accepted into the Wesleyan Chorale. They joined the choir at Tara's school, Texas Wesleyan University, and began rehearsals for a Robert Schumann mass called *Missa Sacra*, which they performed last month.

Tara believes that "through the passion you have for what you're singing about, you can express yourself." Her pleasure in expressing emotion through singing comes from her mother and from the training she received from Philip and Cindy Glenn and Frank Conlon, Burleson Independent School District choir directors. "I give credit for my voice to my mother. It all started with her. I get my talent from her genes, and she is my number one fan," Tara expressed. "I can count on her to be at every concert and every performance. It encourages me to keep going and reach my dreams."

Second to God, Tara's father, Rex, is the greatest encourager of his talented family. A drummer himself, he met and married Terrie Lynn two years after the Elvis Presley cover band that she sang for broke up. She decided at that juncture to stick to gospel and



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country, and the new family she and Rex started made musical expression a priority. "Rex and I have sung and played in musical groups together in church for 28 years now," she said. Terrie Lynn not only sings, but also leads a fine arts group and directs dramas and musicals at Fossil Creek Community Church. Her two sons play drums and percussion with their dad at the church, and Tara plays keyboards in the worship service and is a singer in the contemporary service. "Wherever I go in life, whatever church I end up in later, I want to be involved with music there," Tara said.

The Harwell house is not a quiet place, since both women practice when they can, wherever they can. "Sometimes, not as often as you might think, we'll practice together at home," Terrie Lynn said. "A lot of times here lately, Tara's so busy with school and I do church stuff that we look forward to the times when we can do things together." For Terrie Lynn's vocal ensemble at church, she has to memorize a new song every week. "I never stand in front of a mirror anymore," she laughed. "I sing a lot in the car. I don't care who's riding with me, if I'm going somewhere you're gonna have to sit back and listen because I'm practicing in the car!"

Tara greatly enjoys bringing people into the presence of God, and will be singing a solo or two in the Christmas Fantasia that Terrie Lynn is producing at their church. "It will be a combination of a variety show, with some fun and some serious Christmas music, some skits, some comedy relief and a children's musical," Terrie Lynn shared.

Terrie Lynn has never pushed Tara to join her in her dream. "I don't have to live my dream through her because I've had mine, she has hers," Terrie Lynn said. "We've had fun talking about it — and now we're still doing it together!" **NOW**

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# Making the Hoops

— By Melissa Rawlins

Hughes Middle School boasts an all-around athlete whose consistency makes him a star. On the basketball court, power forward Reid Woods can almost always be counted on to make the hoops from behind the three-point line. This year in Husky eighth-grade games, Reid intends to become a better rebounder than last year, and better from outside the three-point line. “To make that happen I’ll practice more,” he said. “One of my friends I’ll practice with at home is Corbin.

I shoot around with everybody on the team at team practices every day.” The team will play up to 10 games before the season ends in February.

Reid has played basketball since first grade and enjoys shooting hoops with his father, Randy. Randy and his wife, Lisa, who attended Burleson High School together, married after graduating from the University of North Texas. They are careful to help all three of their children excel. “My mom comes to all my games and everything, and she plays tennis,” Reid said. “My dad’s always coached all my teams. He always puts a lot of effort into helping me and my two younger brothers. We’ll go outside and throw the football

**“You gotta be good at passin’ and dribblin’ ’cause if you can’t do those things, you’re not gonna get it in the goal.”**

for about an hour in-between halftime in the Cowboys game, and he practices with me on the court after he gets home from work.”

During the Huskies’ basketball season, Reid does not care how cold it is outside. “I’ll come home and play for an hour or more. I’m pretty good at basketball, and practice kinda makes perfect. But if you’re not putting any effort into your practice, then you’re not doing anything,” he advised. “I’ll mess around sometimes, but most of the time you’ve gotta be serious, like just practice how you think you’d play. You gotta be good at passin’ and dribblin’ ’cause if you can’t do those things, you’re not gonna get it in the goal.”

This 5-foot-6-inch athlete, who grew about seven inches since last basketball season, has ability in any kind of sport. “I kinda thinned up and got quite a bit quicker,” Reid said. “I’m not the fastest, but I put a lot of effort into just about all of my sports.” Between his three current sports — basketball, football and baseball — Reid loves playing baseball best. “I’m really good. I started playing baseball about the time I could walk,” he shared. “I have quick hands, quick feet.”

Reid also devotes three hours per day to practice for his role as outside linebacker on the Hughes Middle School football team, which just ended its season. He admitted football can “be a pain sometimes,” but he loves playing the game. “It’s fun, especially if you’re hitting the other kids, and they’re not hitting you,” he said. “It’s so exciting because you always gotta be on your toes.” Reid has played football since the sixth grade and has watched the game on TV all of his life with his dad.



Reid also enjoys outdoor sports. "Sometimes, if we're lucky, we'll play golf. I also like to go fishing and hunting a lot," said Reid, who has his own .243 Remington for hunting



whitetail and hog. "My family goes to Corpus Christi to fish for red drum, trout, black drum and flounder."

Reid and his friend, Corbin, played tee ball and baseball in the Burleson Youth Association from the time they were 4 through the fourth grade. Since then, Reid has played select baseball and now plays on the Burleson Longhorns team. His jersey number has always been 99, except for last summer, when Reid was picked to compete in Italy for Team USA. "The jersey I wore for Team USA is white; all the letters are blue and red. It says USA and has my number, 9, which I selected just kind of randomly. That's Tony Romo's number," he explained.

Reid is rightfully proud of his team, which won all six games and a gold medal actually rimmed in real gold. Lisa created a shadow box for the medal and it hangs in his bedroom. The boys on Team USA, selected from select youth leagues like the one Reid plays for in Burleson, stayed in the Olympic Village in Reggio Emilia, Italy, and played teams from Romania and Italy, while teams from Spain and Europe were there competing in all different sports.

Reid will not wear No. 9 again,








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

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# Foot & Ankle Surgery

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

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

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unless he returns to play in Italy. He will be eligible to try for Team USA in four years. Until then, baseball is not on hold. "We play our select Triple A and select major team tournaments year-round, except the middle of the summer," he explained.

This athlete also pushes himself to spend as many hours a day as necessary to excel in academics. "Juggling sports with schoolwork can be fun, or a struggle sometimes," Reid said. "It



depends on the teacher you get. A little bit of homework is OK; if the teacher gives a lot of homework, then it can be painful. So I've sometimes given up practice to get homework done. That's my priority really. School comes before sports; if you don't do good in school you will be at home working, not playing." **NOW**

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# The Power of Choice

— By Melissa Rawlins

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community shows that One Source truly cares about their customer's pocketbook.

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Bethmann, Marketing Director of One Source Diagnostic Imaging shared.

Another important plus: while in the One Source offices, customers will enjoy short waits. "Your time matters to us," Tiffany expressed. The technicians, many of whom live in Burleson, bring patients to individual dressing rooms, tending to their every need while they are preparing for their scan. "If you've fasted before a scan, then when you're finished with your scan, we know you're hungry and we've got crackers for you!" Tiffany added. "We also have a quick turnaround, so not only do we serve the patient, but we serve the physician. Patients can figure out what's going on with them quickly, because One Source will have your results to your doctor within 24-48 hours of your scan. In turn, your physician can provide you with a quick answer on what is wrong."

People who come to One Source receive diagnoses of a multitude of symptoms using state-of-the-art technologies like ultrasound, CT, X-ray and MRI. For clear scans of the head or joints, the MRI is a miracle. "MRI does not expose you to any significant radiation," Tiffany explained. The GE High Field Speed Plus short bore system, used by One Source, is a powerful magnet which gives a quick scan time, helping patients who are claustrophobic. "If you are uncomfortable in a closed MRI, ask your doctor for valium to help relax you," Tiffany advised. "We have the earphones that play music to help soothe you inside our MRI, which is open on both ends, giving a more open feel to our patients."

One Source Diagnostic Imaging serves you from three convenient locations in Cleburne, Burleson and Granbury. In Burleson, call (817) 447-3443 or visit their Web site at [www.onesourcediagnosticimaging.com](http://www.onesourcediagnosticimaging.com) to schedule your appointment today. **NOW**



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# A Talent to Share

— By Jamie Ruark



For the last 15 years, Fran Snay's sewing machine has made its home in Burleson, where it has been busy keeping up with its owner's flying fingers and creative mind. A natural teacher, Fran's head is filled with endless patterns and colors just waiting to be shared with her lucky students. Recipients of her quilted gifts truly have a unique piece of history and an artistic treasure, but perhaps even more fortunate are those who attend her many classes, learning the skills necessary to create their own beautiful quilts.

This imaginative lady has dabbled with many creative outlets to express the talents she has been blessed with, finally returning to quilting, a skill she was taught by her own family. "As a little girl, I played under the old quilting frames. I thought it was neat to watch my grandmother and aunts work by lamplight," Fran recalled. "I can remember my aunts taking cotton from the cotton fields and combing it out by hand for the batting used inside. I still have an old quilt with that cotton in it."

Fran has seen times change from when she was a girl, as technology has allowed for more vivid colors and different textiles to be used. "I grew up making quilts from scraps of old clothing. Everything was made for utilitarian purposes then. We didn't have heat at night, and I can remember sleeping under those old quilts that were so heavy you couldn't turn over once you got under them," she smiled. Hand-quilting has given way to machines, but she has found that interest in the traditional ways is still alive. "I hear my students say they want to hand-quilt now, and I feel blessed to have that knowledge to share," she added.



The Snay house seems to have a revolving front door, as students trek in and out, seeking her patient teaching. Fran has always been willing to pass her skills on to those who come under her tutelage, and as her sewing circles grew and more people sought out her teaching, she realized there was a need for a local group. Thus Fran founded the Johnson County Quilting Guild in 1998, a group that has grown to its current 65 members. "I also started a quilting bee out of my home, called The Determined Bees, where I work with all the ladies one-on-one," she added.

Fran has also taught spring and fall community education quilting classes on Tuesdays nights at Kerr Middle School for over six years, and she teaches classes on Thursday evenings at Cana Baptist Church year-round. "I work with a lot of beginners, which I really enjoy. These young women are going to be the ones to carry it on," Fran shared. "Fortunately, God gave me the patience and caring to teach. Plus, I've found that once the students start, they're hooked and they want to learn more and more." She focuses on teaching the basics, but allows her more advanced students to pick their own projects. "I just work around the whole group — whatever they want to do," she added. "I teach how to cut fabric, how to make borders. We do the whole routine, from beginning to end."

Her attention to detail and exquisite patterns make Fran's quilts true works of art, but it is her ability to open her students' eyes to new possibilities in the world of sewing, such as the use of color, that keeps them coming back for more. "My favorite color is blue, but I love using all colors,"



## Education NOW

she noted. Often those who take Fran's classes are amazed and inspired by her creative color combinations. "It makes me feel good to see my students taking chances with color, especially when the results turn out beautiful," she added.

Locals are not the only ones catching the quilting bug. Fran has been taking her trunk show, "Tradition is My Game, Color is My Thing," on the road for years. Quilters in Houston, Texas; Colorado Springs, Colorado; and Tallahassee, Florida, have attended her classes, learning the story behind the log cabin quilt, the differences between a pieced or appliqué block, and the intricacies of the pineapple pattern. "The log cabin is my favorite


**"I really have a lot to be thankful for."**

traditional pattern. Quilting played a big part back in the days of the Underground Railroad. The quilts were hung on clotheslines as a signal. The yellow square represented a lantern that used to be placed in the windows as a welcoming beacon. The black square represented a safe haven," Fran explained.

While Fran feels it is important to pass her skills on to her students and fellow quilters, it is just as important to her that local charities and nursing homes become the recipient of the classes' lovely creations. "We've made quilts for Huguley Hospital, Christmas stockings for CPS [Child Protective Services], lap quilts, blankets and throw pillows for nursing homes," Fran listed. "There's really no end to what we can do."

Crediting her husband, Chuck, for his continued loving support of her passion, she said, "He knows my talent comes from God, and that I love to share it with others. I really have a lot to be thankful for." **NOW**

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# In The Kitchen With Marsha Johnson

— By Faith Browning

Marsha Johnson recalls being around the age of 11 when her mother taught her to cook. She loves to collect cookbooks and try new recipes. "Over a year ago, 20 ladies in our church put together a cookbook with over 600 recipes," she stated. "That was very rewarding!"

Over their 50 years of marriage, Marsha and her husband, Bill, have reared four children who have provided them with 11 wonderful

grandchildren and one on the way. "Both being preacher's kids, we have found that putting God first in our lives causes everything else to fall into place," she expressed. "Having a holiday with traditional foods on the table is a must for me. It's a great feeling to be in the kitchen with my children." ❖❖❖

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

## WASSAIL

- 1 gal. apple cider
- 1 lg. can frozen lemonade
- 1 lg. can frozen orange juice
- 4 cups pineapple juice
- 2 cups granulated sugar
- 60 whole cloves
- 4 cinnamon sticks
- 1 cup red hot candy (optional)

1. In large stockpot, add all ingredients.
2. Simmer for 2 hours on low medium heat.
3. Strain before serving to remove cloves and cinnamon sticks.
4. Serve hot. Makes about 1 1/2 gallons.

## CHEESE BALL

- 1 lb. mild or sharp cheddar, shredded (I use mild.)
- 1 cup walnuts, chopped
- 2 3-oz. pkgs. cream cheese, softened
- 2 Tbsp. pimentos, chopped
- 1/4 tsp. garlic powder
- 1 Tbsp. Worcestershire sauce

## 1 Tbsp. onions, minced

## 2 Tbsp. chili powder

1. In food processor, grind together cheese and walnuts about 20 to 30 seconds.
2. Add remaining ingredients except chili powder; pulse until mixed well.
3. Shape into ball or long roll; roll in the chili powder. Hint: Take a piece of wax paper and sprinkle the chili powder very thinly on top. Roll the ball in it until completely covered.
4. Wrap the ball in cling wrap and refrigerate. Serve with your favorite crackers.

## TURKEY AND CORN BREAD DRESSING

- 17-20 lb. turkey, thawed
- 3 sticks salted butter, melted
- 2 cups water
- 1/4 cup salt
- Fresh ground black pepper, to taste
- 1 can cream of chicken soup
- DRESSING:**
- 2 cans Pillsbury or homemade biscuits

## baked \*

- 3 pkgs. Martha White's yellow or white corn bread mix, baked\*
- 5 slices dry toast (I prefer white bread.)
- 1 cup celery, thinly diced
- 1 lg. onion, thinly diced
- 1/2 bottle sage, more or less to suit your taste
- Salt and pepper, to taste
- 2 cans cream of chicken soup
- Chicken stock, if needed
- \*Bake all breads three days before dressing is made, to dry out. Keep them lightly covered in a kitchen towel.*

1. Preheat oven to 300 F.
2. Remove all giblets and neck from turkey; rinse all with cold water.
3. Pat dry turkey and giblets with paper towels; place giblets back inside turkey. Baking giblets in the turkey, makes more broth and the giblets can be used later to make a rich gravy.
4. Place turkey breast side up in large roasting pan with lid; pour melted butter over entire turkey, letting it flow inside and outside for a

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# Investments Can Make Great Holiday Gifts

— By Lynn H. Bates Jr.



Now that the holidays are here, you're probably looking around for the right gifts for your loved ones. Of course, as you know, it's not always easy to find gifts that are both meaningful and useful. This year, why not add financial gifts to your shopping list?

What types of financial gifts should you consider giving? Let's look at a few possibilities:

## Contributions to Section 529 plans

If you have a child (or grandchild) that will be headed off to college in a few years, you may want to contribute to a Section 529 college savings plan. Your earnings and withdrawals will be exempt from federal taxes as long as the money goes toward paying college costs. There may be additional tax benefits to those who participate in their own state's plan. Also, you can contribute generous amounts to your savings plan. Plus, you can change beneficiaries; if you've been putting money in a Section 529 plan for your child or grandchild, and he or she decides to forego college, you can transfer the money to another family member.

## Contributions to an IRA

Consider making a cash gift to a loved one, with the suggestion that the money be used for his or her IRA. Be creative — put the check in a special "IRA envelope." Many people don't fully fund their IRA each year, so any help you can give toward that goal will be important.



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## Stocks

Consider giving shares of a company that produces products or services that are used by your intended recipient. If you're going to give away some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Recipients of your gift will need this information to determine gains or losses if they decide to sell the stock. (You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want; over your lifetime, you can give up to \$1,000,000 without incurring gift taxes.)

## Savings Bonds

They may sound old-fashioned and stodgy, but U.S. Savings Bonds can still make nice financial gifts, especially for young people who can use the money in the future. Among the most popular savings bonds are Series EE Bonds, which can be purchased in denominations ranging from \$50 (or \$25.00 for Electronic EE Bonds) to \$10,000. Paper EE Bonds are sold at half their face amount and will increase in value until they are cashed in or reach final maturity in 30 years. Electronic EE Bonds are sold at face value and reach maturity immediately. You can learn more about Series EE Bonds and TIPS, or even purchase them directly, from the Treasury Department's Web site devoted to savings bonds: [www.savingsbonds.gov](http://www.savingsbonds.gov).

A financial gift may not be traditional, but it can have a big impact on the recipient's life — and it won't be forgotten after the holidays are over. **NOW**

*Lynn H. Bates Jr. is an Edward Jones representative based in Burleson.*

# HAPPY HOLIDAYS



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# Arthritis:

## New Treatments for an Old Problem

— By Sonia Bajaj, M.D.

Many of us grew up watching our older relatives suffer with their arthritis; therefore, many assume we have to accept arthritis pain as an inevitable part of growing older. Previous generations treated their arthritis with pain relievers, ointments and folk remedies, but treatment for arthritis has improved dramatically with the introduction of a new class of medication designed for arthritis patients.

### What is Arthritis?

One in three adults suffers from joint pain, stiffness, occasional swelling and difficulty moving a joint. Arthritis can make it difficult to do normal daily activities like climbing stairs, opening a jar or writing. More than 100 types of arthritis exist, and most types are chronic.

The cause of arthritis is often unknown, although family history, joint injury and inflammation are thought to be important factors. Excess weight strains knee and hip joints, which increases the risk of osteoarthritis.

### How is Arthritis Treated?

Treatment varies depending on the type of arthritis. Many patients find relief from mild to moderate arthritis with a combination of pain relievers, corticosteroids, heat and cold packs, exercise, dietary supplements, massage and yoga.

A new class of drugs called biological response modifiers (BRMs) have made a dramatic difference for those suffering from inflammatory arthritis. People with inflammatory arthritis, including rheumatoid arthritis, have an overactive immune system that mistakenly attacks the bones and joints.

BRMs supplement a natural part of the immune system that blocks a messenger which triggers the inflammation process. The medication helps reduce inflammation and

pain, increases physical function and slows the progression of inflammatory arthritis. In some forms of arthritis, BRMs reduce the likelihood of damage to bone and cartilage.

Most patients who use these sophisticated medicines see significant reduction in pain and an increase in energy within three months. BRMs prevent further damage to the joints in more than half the patients.

### When to Seek Treatment?

If you have experienced joint tenderness, stiffness, or swelling for more than two weeks see a physician. Your doctor will listen to your medical history, conduct a physical examination and order tests to determine if you have arthritis and what type it is.

Early diagnosis and treatment of arthritis is important to help slow it or prevent damage to joints. Also, your quality of life improves as your pain decreases and joint function increases.

Some patients suffer with arthritis for years but put off seeing a doctor because they think no relief is available. Others are concerned the cost of medication will be prohibitive. New medication options can alleviate the pain, and insurance usually covers the expense. On the occasions when insurance does not pay for the medications, the drug manufacturers have programs to provide the medication free or at a deep discount.

Appliances, electronics and automobiles have improved since your grandmother's day, and so has arthritis treatment. New developments give arthritis patients more and better options today. **NOW**

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Board-certified Rheumatologist  
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# Internal Medicine & Pediatrics

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

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

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

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# Exploring Inner Space

— By Becky Walker



If you or your children are *Lord of the Rings* fans, or just simply love spelunking around in caves, you just might be interested in taking a day trip to Inner Space Cavern in Georgetown, Texas, for an afternoon exploring the deep places of the earth. Discovered by the Texas Highway Department in 1963 during the construction of Interstate 35, it is one of the best-preserved caves in Texas.

The fun begins after a short cable car ride into the mouth of the cave. The cave is warm, 72 degrees year-round, so sweaters and jackets are not needed. Shoes with good traction are a must, however, due to the uneven and sometimes slippery terrain. As the tour guide leads you deeper into the cavern, the sound of dripping water can be heard, especially if there has been a recent rainfall.

Your imagination can easily run free as you pass amazing rock formations and duck your head when the ceiling gets lower. If you really let your





imagination run wild, thoughts of Moria could rise to the surface as you step from the passageway into a massive chamber called the Outer Cathedral. You might half expect a dwarf or an orc to jump out of a crevice.

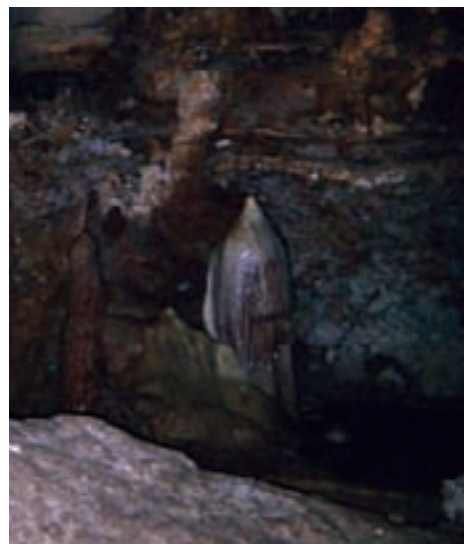
In the Outer Cathedral, a round hole in the roof of the cave is visible. This is the hole through which the first explorer was lowered into the cave by the Texas Highway Department while he stood on a drill bit. Lucky for him, they did not set him down in the giant pile of bat guano that is only a few feet away! Also in this chamber is a natural work of art — the “Flowing Stone of Time,” which can be seen with water flowing down its side.

Other places to note along the journey are “Soda Straw Balcony,” “Lake of the Moon” and a formation that resembles an ice cream sundae. An abandoned archaeology dig is found in one chamber, far below the tour path. Many amazing fossils have been discovered inside the cave, including those of mammoths, saber-toothed cats, an armadillo the size of a Volkswagen, ground sloths and other species. An inactive fault line runs through the cave and is visible at one location.

Once a depth of 69 feet below the surface is reached, the tour guide will

ask you to sit down on the ledges near a small pool of water. At that point, they really do it — they turn out the lights so you can experience total darkness. No light penetrates this far below the surface, and you can touch your hand to your nose and still not see it. An occasional drip falls into the pool nearby, and the thought that the pool would make the perfect home for the creature Gollum might send shivers down your spine. The lights are soon back on, however, and images of Gollum and orcs fade into the shadows as the tour guide begins leading you back to the surface where souvenirs and concessions may be purchased at the Visitor’s Center.

Inner Space Caverns, located approximately 27 miles north of Austin, just off I-35 at exit 259, is a fun and educational destination for you and your children. Three different tour packages are available. The Adventure Tour is an all-walking tour of three-fourths of a mile, which leaves every 20-30 minutes. The Explorer’s Tour is an all-walking tour of 1.2 miles. Please call for availability. The Wild Cave Tour is a three- to four-hour spelunking tour. This tour is by reservation only. For more information, call (512) 931-CAVE or visit [www.myinnerspacecaverns.com](http://www.myinnerspacecaverns.com). **NOW**







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# Gardener Gifts

## *Under the Tree*

— By Nancy Fenton

It is that time of year again, and I have been going through the catalogs and newspaper clippings that I have saved all year in order to compile a Christmas wish list. There are some new things on the market and lots of old standbys, such as medium-sized tarps to pick up all those pesky leaves and weeds that come out of the flower beds. Good gloves are always nice. Both Amaryllis and Paper White bulbs are fun gifts, and after several months of indoor enjoyment, they can go into the yard come spring. The indoor/outdoor weather station allows you to check the temperature outside without leaving the house.

I am going to ask for several Slinkies (metal ones) this year. I have it on good authority that a metal Slinky attached to the bottom of a bird feeder surrounding the pole will deter squirrels and raccoons.

New this year is a butterfly habitat, complete with a coupon for cocoons to be ordered when your gardener wants to watch them hatch. Planting bags are another new find. These are bags with handles that hold between 16 and 45 quarts of soil that can be planted and then moved around. They sound perfect for porches, balconies, and small patios or yards.

A rain barrel is also a great gift, and you can go a step farther and install it on your gardener's downspout or under a valley in their roof. Rain barrels can be purchased online or from catalogs, but they are a lot more expensive than those made in the rainwater harvesting classes currently being held around the area. Half-day workshops run between \$30 and \$50 and participants come out with a 55-gallon rain barrel ready to attach to their downspout at home. Catalogs charge \$150 and up plus shipping. Check with the following people for a workshop in your area: Waxahachie: John Smith, Waxahachie Parks Department, (972) 937-7730 ext. 181; Cedar Hill: Josh McLerran, (972) 291-5126 ext. 2818; Midlothian: Kathleen Hamilton, (972) 775-7123.

Have a great holiday and enjoy the cooler weather. **NOW**

*Nancy Fenton is a Master Gardener.*



### All Month

Local muralist, Brad Smith's large scale paintings display and sale: M Lounge, 835 Foch St., Fort Worth. Paintings will be there indefinitely and are changed out periodically to include new work. (817) 295-5802.

### First and Third Mondays

Johnson County Camera Club meeting: 7:00 p.m., Senior Center, Cleburne. (254) 854-2558.

### Second Monday

Healthy Community Networking Group meeting: 7:30-9:00 a.m., JJ Mocha's, Old Town. Come prepared to describe your business goals and what you consider a great referral. Contact ann.peek@sbcglobal.net.

### Every Tuesday

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

### Second Tuesday

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

### Every Wednesday

Breakfast Club networking group meeting: 7:30-9:00 a.m., Holiday Inn Express. Contact (817) 295-2161.

Burleson/Crowley Network Connection meeting: 11:30 a.m.-1:00 p.m., Spring Creek Barbeque. (817) 295-2161.

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

### Second and Fourth Wednesdays

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

### Every Thursday

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

Burleson Making It Happen Network Connection group meeting: 11:30 a.m.-1:00 p.m., Sammy's Italian Restaurant. (817) 295-2161.

### First Thursdays

ABWA Empowering Women Express Network meeting: 5:45 p.m., Midlothian Conference Center. To RSVP for a seat and dinner, visit [www.abwa-empoweringwomen.org](http://www.abwa-empoweringwomen.org) or call Daphne Brewer at (972) 723-6551.

### Fourth Thursdays

American Business Women's Burleson Charter Chapter meeting: 6:30 p.m., Burleson Chamber of Commerce. Speaker: Anne Cunningham from Tarrant Community College. RSVP to Linda Houst at (817) 295-7060 or [ljh67@sbcglobal.net](mailto:ljh67@sbcglobal.net) or Sue McKnight at (817) 295-3220.

### Every Friday

Burleson Business Builders networking group meeting: 8:30-9:30 a.m., JJ Mocha's. (817) 295-6121.

### Second Saturday

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

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

### Second Sunday

Joshua Organic Garden Club meeting: 3:00-5:00 p.m., in and around Joshua at individual members' homes. (817) 295-2161.

### December 5

Santa's Breakfast: 7:00-11:30 a.m., Senior Activity Center, 216

SW Johnson Ave. Tickets: \$3 for children/\$4 for adults in advance or \$5 for children/\$7 for adults at the door. (817) 295-8168.

Burleson Rotary Club's annual Parade of Lights: 6:00 p.m., Kerr Middle School. The theme this year is "I'll Be Home For Christmas." Parade lineup starts at 4:00 p.m. For more information, call Lisa Keese at (817) 447-7300.

Tree Lighting Ceremony: 7:00 p.m. A fireworks extravaganza will light the skies immediately after the tree lighting, and Santa will head to his sleigh to take more Christmas wishes. For more information, call the City of Burleson Parks and Recreation Department at (817) 295-8168.

### December 7

Pearl Harbor Day.

Special BISD Board meeting: 6:30 p.m. (817) 245-1000.

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

### December 8

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

### December 12

Holiday Friends, sponsored by the Harvest House: 6:30 p.m. For the aid of children and families who cannot afford a big Christmas. (817) 295-6252.

### December 14

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

### December 21

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

### December 24-25

Christmas holidays: Burleson City Hall closed. (817) 447-5400.



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