

The Community Magazine Serving Burleson, Joshua and the Surrounding Area

Burleson NOW

M A G A Z I N E

December 2010

One Family, Two Cities

Life on
the Ice

Acting
Lessons

ALSO INSIDE:

Never Too Young, Never Too Old
Making Life Happy

At Home With
**Ronnie and Mary
Oliver**

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Burleson
NOW
The Community Magazine
Serving Burleson, Joshua and
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On The Cover

Ronnie and Mary Oliver started their "all out" Christmas decorating in 1996. This year, their holiday home is fantastic!

Photo by Amy Ramirez.

Editor's Note

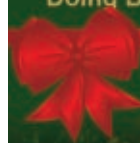
Hello, Friends!

This last month of the calendar year, I'm celebrating the people who are the reasons our little center of the universe is such a great place to live. The folks who organize and participate in the Burleson After Hours are a great case in point. Thanks to Shirley Franklin, Terri Trefger and the individual business operators who host the mixers, this network of people has taken on a life of its own and attendance has grown in two years from around 35 per month to an average of 85! Hosted each month at a different business, the event this December 14 will be at American National Bank. Yes, there is food and drink and fun aplenty, but more than anything, there are people supporting each other — people getting out among friends and building better relationships with other people from around our community. Business to business, month to month, person to person, the city of Burleson is getting stronger and stronger!

Happy December, Burleson!
Melissa Rawlins
BurlesonNOW Editor
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ONE FAMILY, TWO CITIES — By Melissa Rawlins



Jonathan, Jesse, Gary and Casey Davis believe in helping their neighbors no matter what!

Brothers Gary and Jesse Davis only lack two days being 10 months apart. Born in Fort Worth into a family of four boys, they are the middle two. They have been extremely close — almost like twins — playing football and baseball together as boys, fighting fires together as teens and, as adults, each entering the ministry. They have also reared their children with one very strong family value, taught to them by their mother and father: “You help your neighbors no matter what!” Gary said.

Jesse and Gary are the foundation of two generations of community servants who contribute to two cities. Jesse is chaplain of the Joshua Fire Department (JFD) and a city councilman in Joshua. His son, Jonathan Davis, is still in high school and is a firefighter at JFD. Jesse’s son-in-law, Kevin Hunter, is a firefighter for Burleson Fire Department (BFD). Lieutenant Casey Davis, Gary’s son, is well into his 10th year fighting fires and has served the BFD since 2004. His father, Gary, served as a volunteer firefighter at BFD for five years before turning his attention to building the Cowboy Way Church of Alvarado.

The two brothers were the first in their family line of ministers, evangelists and grocery store owners to fight fires. They started during high school in Forest Hill, after one of Jesse’s friends joined the fire department as a Junior Fireman. He reported the fun he was having to Gary and Jesse, and they went to the next meeting. “We had to go through certain classes before we ever could get on the trucks. We had to convince our parents to let us do this. We talked to our dad first, who said, ‘Go do it!’ Then we told my mom; she was kind of leery about it at first,” Gary said.

“Back then we had these big, old boxes called Plextrons that went off like a siren in our home to alert us of a fire call, and the first time it went off at 2:00 a.m., my mother sat up in the middle of the bed, and I thought we were going to die then!” Gary remembered. “We survived that night, and it was cool. As Junior Firemen, we could ride on the back of trucks and get thrown off! It was kind of dangerous the way it was, but it was to save people’s lives. We did a call once where three people capsized out of a canoe. We were young and small and quick, and they lowered us out on ropes and with lifejackets to haul those people in. We got to miss high school for that and were even on TV. That lifted our spirits toward wanting to help people. When you get that feeling of being a servant, it’s awesome what you do, and you want to continue.”

After high school, Gary and Jesse married, began careers and moved on to other volunteer fire departments. After making

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lieutenant at Mid North Fire Department, Gary moved to Burleson where he started volunteering at BFD in 1992. He was over the Fire Explorers for Burleson, and was one of two recipients of the first Chuckie Newbie Award. "I think I got it because we brought two children out of a burning house after doing search and rescue. They were treated on the scene and the family took them to the hospital," said Gary, explaining. "Chuckie Newbie was the first fire chief of Burleson, and the great-grandfather of Buster Foster,



Jonathan and Jesse Davis of the Joshua Fire Department.

who got the award the same year I did."

Thirty-year-old Casey was shaped by those days. "The pager would go off in the middle of the night. After my dad helped the community, he'd go off to Lockheed to provide a living for us. It's a little different for me," said Casey, who entered the fire academy at Hill College, volunteered for JFD and worked for various EMS or hospitals to prepare to be a career firefighter. Hired by the city of Burleson in January 2004, Casey has watched BFD grow. "When my dad was here they were in an old fire station in Old Town that we don't use anymore. Since I've been here, the city has built a third new fire station and acquired all kinds of new equipment. My father did this as a volunteer. His generation laid the groundwork for Burleson being a career fire department. We owe our jobs to the guys who did the work for free."

Now, Casey has a nice bed to sleep in at Burleson Fire Station No. 1 when he is on-duty, and his family does not have to listen to alarms going off in their home. But they do get to participate in life at

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the station, where citizens are known to deliver holiday meals to firefighters. The whole Davis family has pitched in at their respective fire departments to collect toys and shoes for children and needy families at Christmas. "The Burleson Professional Firefighters Association hosts the unwrapped toy drive at the Red and Blue football game," Casey said. "We get a lot of people coming out to that game to see firemen beat up on cops. We give the toys to Heart for the Kids as one of our service projects here." Casey's cousin, Jonathan, helps with a similar project a few miles west in Joshua, where the Christmas Campaign for Shoes was started by the men and women at the JFD who sponsor tennis shoes for people who cannot afford them.



Gary and Casey Davis of the
Burleson Fire Department.

Jonathan grew up serving others, inspired by watching his family. "I've always thought about being either a police officer or firefighter. Five years ago, my dad asked if I wanted to be on the fire department with him. I liked it. We started working with the police department a lot," Jonathan said. "I think about it like this: I can always volunteer as a firefighter, but you can't volunteer as a police officer. So, I plan on going to EMT school, then go to Police Academy, and then be a police officer while volunteer firefighting."

Recently Jonathan worked with his brother-in-law, Kevin, his cousin, Casey, and his father, Jesse, to quell a structure fire in Briar Oaks. "Jonathan was knocking out the wood while I was up on the roof," said Jesse, who steps into the role of engineer when the JFD gets a fire call. "We work well as a team, serving God's people when they're in need." **NOW**



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**At Home With
Ronnie and Mary Oliver**



CHRISTMAS —with the— OLIVERS

— By Carolyn Wills

When Mary Oliver was a little girl her mother always made Christmas special. “I grew up in the 1950s,” Mary said, “when people didn’t have a lot, yet my mom filled our house with the Christmas spirit. She set up a cardboard fireplace for Santa’s visit, and each year without fail, she would buy matching red and white flannel pajamas for everyone in the family. I think it was from my mom that I got my love for Christmas.”





And what a love it is! Ronnie and Mary Oliver live in a lovely neighborhood near Hidden Creek Parkway, and except for November and December, life on their cul-de-sac is fairly quiet. In 2001, they purchased their 2,780-square-foot home and designed it to accommodate and showcase a



9-foot revolving Christmas tree. "When we decided to move to Burleson, we knew the house would have to have tall ceilings," Ronnie said. "We asked the builder to relocate the dining room to the center and front of the house so that the tree could face a big window."

"We started the 'all out' Christmas decorating in 1996," Mary said. "We were living in Alvin, Texas. I had always loved to shop for holiday stuff at garage sales,



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antique shops and places like Canton and local farms or pumpkin patches and, by then, we had enough for a display.” Today, decorating at the Olivers’ is a huge job. It begins the day after Thanksgiving as Mary explains the layout she has already designed in her head to Ronnie. Mary and her sister then head for a day of shopping, while Ronnie and his

brother-in-law string lights and set up the displays. “About a week before we start, Ronnie is a little bit of a humbug,” Mary laughed, “but by the time he has the lights on, he’s excited. During the season, he will call on his way home at night to be sure the lights are on so he can see the whole effect.” Santa Claus, snowmen and traditional reds and greens

are Mary’s favorites. Last year, the theme was “Wonderland.” “I used to not like the giant blow-ups,” she said, “until we found one of a merry-go-round with Santa Claus. The kids really like it.”

In total, Mary and Ronnie have 55 boxes of Christmas decorations. When not in use, the boxes are stored in a shed, in the garage and in the home’s attic.



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Unlike the sleigh that succumbed to the weather last year, most items are kept for the following year.

Not surprisingly, every inch inside the home is dressed for the holidays. Before an ornament comes out of its box, though, Mary removes everything from the walls and shelves, including her collection of American Indian dolls, Kokopellis and owls, and Ronnie's collection of knives. "I started collecting owls in 1983," she explained. "I had collected plates, too, until I ordered an Indian doll. It was my first doll; she has a little bird in her hand, and I fell in love with her." Mary finds Indian dolls, as well as the colorful Native American fertility god known as Kokopelli on trips to Santa Fe.

Ronnie's collection began when a buddy and knife-maker made a knife for him. "You know it's bad luck to gift a knife to someone," Ronnie cautioned, "unless you take a penny or something in return. And if you ever hand an open knife to someone, make sure it is handed back to you still opened so that you can close your own knife."

The most unique room in the Olivers' house is a craft room remodeled especially for Mary by her oldest son, Ron Jr. "I love this room," she said, "and it gets lots of use. I make bows and about a third of all of the decorations. Last year, my grandkids and I built gingerbread houses."

Every room is decorated for the holidays and, while most are in traditional red and green with lots of Santas and snowmen, some will vary. "Last year, the office





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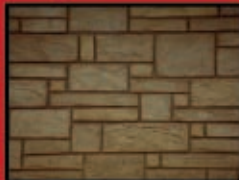
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was done in blue and white,” Mary said, “and the hall had a candy cane theme with everything in red and white. I also keep a perpetual Christmas tree in the ‘red’ bedroom and sometimes it will have a Western theme.”

Mary and Ronnie have been married for 41 years. They have reared two sons and are now grandparents to two boys and two girls. Ronnie is vice president of operations for Lone Star Transportation in North Fort Worth, where he has worked for 20 years. “Ronnie and I are best friends,” Mary added. The couple has a motor home, a boat, two Sea-Doos and two four-wheelers. They also enjoy spending time with their two Blue Heelers, 13-year-old Smokie and 4-year-old Tootsie.



Two-and-a-half years ago, Mary began a new venture with Ron Jr., creating a company called Home Pros. “We do everything from small jobs like changing air filters, dry walling and fixing toilets to big remodeling projects,” Mary said. “We’re busy and doing well, and it’s wonderful to know that my son and I are such good partners.”

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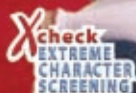
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in 1996. "We loved the area," she said. "So when Ronnie was transferred to Fort Worth and we were ready to buy a house, this is the first place we came." Mary serves as an ambassador at the Burleson Chamber of Commerce, helping with the annual gala, Taste of Burleson and the golf tournament. "I made the decorations for the gala this year," she said. "And Ronnie always helps. If I get involved, he gets involved," she laughed. "He gets 'volunteered' a lot." She also belongs to the American Business



Women's Association. "Each year, we have a Christmas party for my business women's group," Mary said. "They enjoy the decorations."

The Olivers are one busy couple, yet never too busy for the spirit of Christmas. They are thrilled when people discover their "Christmas" house. "Lots of people drive by, and we have many visitors who want to see the inside," Mary said. "One of the most excited is our favorite pizza delivery person. He says he loves delivering pizza to our house in December! As for our family, we do Christmas Eve with our kids and grandkids," she said, "and Christmas dinner is at our house. Our traditional dish is "Pink Jell-O" made with strawberries, Cool Whip, fruit cocktail, sour cream, nuts and marshmallows. Oh, and I always make peanut brittle for everyone at Ronnie's company." Who would not want to have Christmas with the Olivers? **NOW**



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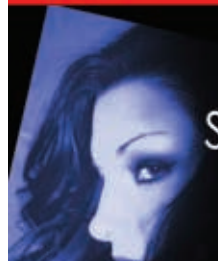
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Burleson City Facilities and Parks Maintenance team (Ronnie Swin, Larry Taylor, Paul Upton and Hugo Ramirez) update the bricks at Veterans Memorial Park as part of Operation Remember.



Burleson High School's FFA kids pose with the girls from Serendipity as they "Pass the Buck."

The Burleson Chamber of Commerce welcomes new businesses with a ribbon cutting ceremony. From top: Adobe Title; Armstrong Purselley.



Shaun Fowler decorates the Blossoms on the Boulevard VW Bug with pink roses and a tutu in honor of Breast Cancer Awareness Month.



Stephanie Hudson, Kayla Graham and Michelle Baldwin, of Preferred Image, smile for the camera after perfecting their holiday make-up!



Olga Ramirez serves lunch to Frazier Moore and Jeff Schmidt at La Huastequita in Joshua.



Molly Allen and Richard Crummel tour the new H-E-B's produce section.



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Acting Lessons

— By Melissa Rawlins



Get this straight from the outset: Acting is not fun. “It is work. Hard work. Long days, evenings, nights, weekends. Fun work,” Jeff Monk mused. “The rewards are great! But you have to work at it to be successful. Like anything in life.”

Jeff’s acting career fulfills his desire to touch people’s lives in a positive way — just as he does through his major role as Justice of the Peace, Precinct 2, the job that is Jeff’s first priority after family. His agent understands when Jeff turns down an offer due to his schedule serving Johnson County. As opportunities arise, Jeff enjoys taking bad boy roles in shows like *Chase*, *The Good Guys* and *Lone Star* — the “fun work” that Jeff quit 15 years ago when he married and started a family. He took a break from acting until five years ago, when he started performing in *The Promise* in Glen Rose.

Now, Jeff is grateful that the whole family — his wife, Kathy, daughters Nikki, 17, and Katy, 10,

and his son, Josh, 13 — supports and even participates in the hobby that he first entered while a Marine in Hawaii. “In 1987, when they were filming the sequel to *The Winds of War*, they needed Marines for opening scenes, and I happened to be off that day,” Jeff said. “I was paid a whopping \$60, and wore an original WWII uniform and boots with nails poking through the heels. It was my first speaking role, as Sergeant of the Color Guard Detail, and that started my acting bug.”

When Jeff got out of the Marine Corps in 1988, he returned to his roots



in North Texas and took acting classes at Dallas' Kim Dawson Studio. He challenged himself to overcome his Texas accent for speaking roles. Through vocal training, he learned to pull his chin back, changing the sound coming out of the thin, tender muscles of his vocal chords so that he can talk like a Yankee. Preferring utility roles — bit parts that bring scenes to life — Jeff has played in such shows as: *Consenting Adults*, in which he played Kevin Kline's photo double; *Wishbone*, in which his kids got to see Jeff on television as they were growing

"It is work. Hard work. Long days, evenings, nights, weekends. Fun work. The rewards are great! But you have to work at it to be successful. Like anything in life."

up; commercials for Chevrolet, which are Jeff's favorite vehicles; a lot of Old West movies; and commercials for radio, for which Jeff's biggest challenge was learning to say "aluminum" quickly.

This year, Jeff's three children performed in *The Promise* with him. He considers the musical his ministry opportunity. When he plays the second man baptized by John the Baptist, Jeff steps into really cold water. "You're thinking to yourself, *Why do I do this?* But the thing is you do it to bring the story of Christ alive. I have no lines other than improvisation or ad lib on stage for what's needed to bring that scene to life. Like a folio scene in a movie, everybody behind me is miming." As the woman playing his wife stands sternly watching their two children accept baptism with him, the character Jeff plays leaves the water glowing with new life only to face his wife's anger at his decision. He runs after her, arms outstretched, powerfully expressing the hard truths that not all will heed the invitation to salvation and that counting the cost is often impossible.

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dialogue can give more expression, because the character you're in has to be real. Take the role I played as Judas in *The Promise*," Jeff said. "It was just a few lines throughout the whole show. But each time I had to make it believable that I was a friend of Christ, but I was



about to betray him. I also played the Roman centurion, who was responsible to Pilate for whipping Christ with the cat o' nine tails and being in charge of Roman soldiers as Christ carried the cross to Calvary. I drew upon my Marine Corps experience to make the role as realistic as possible.

"When you see the audience with expressions of, *Wow, I can't believe I haven't seen this before*, when the crowd reacts with joyous jubilation over what they've just seen, then as an actor you know you've done a good job," Jeff said.

The adventure of performing *The Promise* is one the judge will never forget. "The roles I play show the purpose for which Christ came to earth — to forgive us of our sins," said Jeff, whose ongoing challenge is to portray multiple supporting roles while being an understudy to principal roles. "Everybody's watching us, and we're watching others. Life is a stage," Jeff said. "A lot of times, I put on a face that is scary to the students in my courtroom. It makes them think twice, so they don't make the wrong decisions again." Those are the only performances Jeff hopes to never repeat! **NOW**

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LIFE

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ICE

— *By Carolyn Wills*

Matthew Murphy is passionate about ice hockey and has been for as long as he can remember. This shy, perpetually mobile young man maintains the rigorous schedule of a select sport known as “travel hockey.” At 13 years of age, Matthew is tall, slightly taller than 6 feet. He is an athlete and an exemplary student, and like most boys his age, he loves pizza, video games and hanging out with his friends. Beyond maintaining academic status in the National Junior Honor Society at Burleson’s Hughes Middle School and playing football, basketball and track, Matthew spends as much time as possible on the ice.

“I practice four days a week,” he said, “an hour-and-a-half on the ice and an hour of dry land workouts.” Since beginning the sport in kindergarten, Matthew has played through the many age levels of youth hockey and, today, he is a first year Bantam (13- to 14-year-olds) playing for the Alliance Youth Hockey Association (AYHA) 14U Tier II AA team, the Alliance-Lapane, at Valley Ranch Ice Rink. “The Bantam level is similar to playing junior varsity,” he explained. “In hockey, there are six positions on each team. I play right or left wing and am called a ‘winger.’”

“Matthew was ready for a challenge,” his mother, Tracy said, “that’s why he decided to try out for the Alliance team.” Over the years, AYHA has sent 10 teams to the USA National Hockey Championships and has captured district, state and league titles. This season, the Alliance-Lapane will travel to games in Houston, Texas; Littleton, Colorado; and Chicago, Illinois. “This is the best team he’s been on,” Tracy explained. “We’ve made a big step this year.”



Barely avoiding leap year, Matthew was born on February 27, 1997. His father was in the Army and the family was stationed in Katterbach, Germany, near Anspach. Many of their military friends were avid hockey fans. As it happened, the Murphys began to record the televised Stars’ games. “Because of the time difference, we would tape the games and watch them in the mornings,” Tracy said. “As a toddler, Matthew would sit right next to me and watch the whole game.” When he was 3, the family returned to the United States, and it was not long before Matthew was skating. “He hated the ice at first,” his mother said, “but, then, after getting roller blades for his birthday and learning to roller blade, he really wanted to skate on the ice.”

“I started taking lessons,” Matthew added, “and when I was 5 years old, I was playing on the ‘house’ team of the local rink.” Last year, he finished his pee-wee year as the team leader



in goals, assists and total points. And so far, he is more than meeting his new challenge, having received a "Player of the Game" award in recognition of his individual performance and contribution as a team player in Alliance-Lapane's season opener.

"Matthew knows the game very well," his father, Travis said. "And he isn't arrogant. One time an opposing team didn't have enough kids and was about to forfeit the game, and he volunteered to play for them. He also knows how much work is involved with this sport. Sometimes, he has to be up at 4:30 a.m. to be at the rink in time for a game, and it isn't uncommon for him to do his homework in the car on practice nights and for us to be home as late as 10:30 p.m."

As a team sport, youth hockey helps kids learn important life lessons and stay fit. It is also a significant investment of time and finances. Parents pay for everything from ice time to helmets with a cage. And as their child grows, much of the equipment needs to be replaced. "We're really proud that Matthew has been able to balance everything," Tracy said. "We have always emphasized with him and his older sister, Meagan, the importance of staying grounded and making school a priority. Travis and I both went to college after our children were born," Tracy explained. "Travis works at Lockheed, and, as a family therapist, I am able to work around the kid's schedules."

As for potential dangers of the game, Tracy commented, "We don't think ice hockey is particularly tougher than any other sport. Unlike football, a hockey player is covered from head to toe with padding."

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Matthew's favorite hockey legend is Wayne Gretzky, and his dream is to attend either Boston College or the University of Minnesota, ideally on an ice hockey scholarship. His main goal is to earn his college degree but, of course, playing on a professional hockey team would not be out of the question. "He knows the statistics," Tracy said, "and

Beyond maintaining academic status in the National Junior Honor Society at Burleson's Hughes Middle School and playing football, basketball and track, Matthew spends as much time as possible on the ice.



while he realizes his goals are achievable, he also knows he will have to work really hard and may still not get there. This is his first year to play football; he enjoys basketball and is especially good at track. He also does well in class; as an eighth-grader, he is studying ninth-grade math. We've been blessed that he plays at such a high level and has had so many opportunities." **NOW**

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From left:

Art Barn Staff: Kayla Hall, Joy Elms,
Hilary Shipman, Tara Huffman, Katie Cline,
Samantha Morgan.



Making Life Happy

Joshua's Art Barn Studio provides a fun environment that encourages learning and self-expression!

— By *Melissa Rawlins*

There is a serious level of fun going on inside The Art Barn Studio, where men, women and children sit and create holiday gifts. And receive their own blessings, too. "Tests show that kids who participate in art do have higher test scores," said Hilary Shipman, a woman with two degrees (in interior design and early childhood education), who wanted to give the gift of art to families in Joshua and surrounding areas. "So many children excel in academic areas, but there are those who may not thrive and identify with subjects like science or English. This is a great place for those kids."

Practicing the art of hospitality, Hilary and her staff (Tara Huffman, Joy Elms, Danelle Hale, Katie Cline, Samantha Day, Kayla Hall, Samantha Morgan and Megan Maddox) make the

whole place happy. Hilary recalls the fun she had making crafts and ornaments out of salt dough with her mom. Multiple "kitchen table" settings have been created by the nurturing teachers at The Art Barn Studio, where bright colors and organized shelves lined with tools of the trade beckon students of all ages to sit and stay awhile.

"Kids become very focused when they sit at the table, and it's very interesting to see how their personalities come out, especially in our after-school ARTSmart classes, which are a continuation of our summer camps," Hilary said. The instructor helps young students focus on more than just watercolors or drawing. They also do papier-mâché, paper crafts, clay and painting. Emily Abbott, 9, is currently in the ARTSmart program

and is always excited to tell her family about the techniques she learned during each lesson. Her favorite project so far has been creating and then painting a clay face of herself. After Christmas, The Art Barn Studio begins another 15-week semester and is registering students throughout December.

Children are not the only customers at the studio, and once a month adults are invited to come at a time when there are no children in the room for an event called Cocktails and Create. This month the event is in high demand, so there will be two Cocktails and Creates hosted at the studio. These art-togethers are a time for people to leave their cares behind and do something wonderful — such as decorating bras for Paint for the Cure.

“Tests show that kids who participate in art do have higher test scores.”

Not only does The Art Barn Studio offer Paint-Your-Own-Pottery, but it also provides mosaics, wearable art, creating with clay, hand impressions in clay, make-your-own jewelry and something new: barn art, which is based off of mosaics — with a Texas flair. Teens and moms love the barn art, which they decoupage with paper and cover with bling. The wearable art, heat-pressed into fabric, was a special hit with the children attending the studio’s Fairy Camp last summer, where they created wearable flower T-shirts.

This month, the studio hosts Paint with Santa, when budding artists can come in and have their picture made with Santa and paint Santa’s cookie plate and hot cocoa mug. The studio’s 5-year-old-and-up Polar Express Kid’s Night Out includes pizza, cookies and drinks while decorating snowman cookie jars. The Art Barn Studio requires reservations for special events, including Kid’s Night Out as well as Story Time, when children can wear their pajamas and enjoy the book, *Polar Express*. Hoping to encourage creativity in the community, the doors of The Art Barn Studio are open for everyone to make memories together. Walk on in! **NOW**



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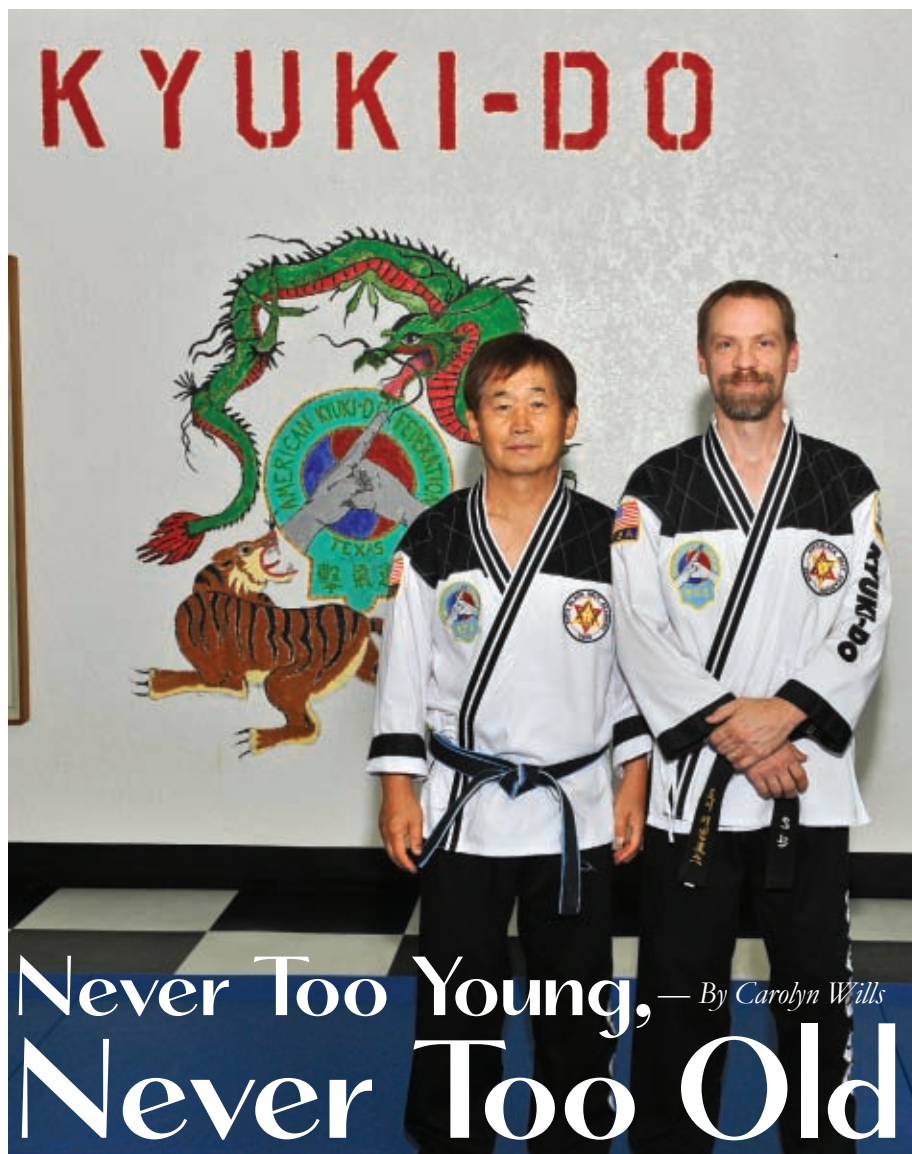
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It is marvelous to watch Master Kim do jumping jacks in front of his class, which spans the generations from 3 years old and up. He may have a few wrinkles, but he is intent on staying in good shape so he can keep up with the calisthenics and other activities he asks his students to do. Helping children and adults grow in every dimension is Master Kim's mission as a martial arts teacher. "Martial arts is instrumental in creating a 'whole' person, because of the way it includes spiritual, mental and physical education," said Grand Master Kim, an eighth-degree black belt who moved his AKF Martial Arts School to Burleson two years ago.

Today, his training hall, officially known as a *dojo*, is filled with students and this quiet, accomplished master is now part

of the richness of Burleson's resources. Revered by students and sought after as an instructor and seminar leader, Master Kim is also a devoted and generous husband and father.

"We moved to Dallas in 1997," he explained, "because of our son's asthma. He was 6 years old then. He is 19 now and no more asthma." Master Kim likes to garden and is especially fond of growing jalapeño peppers and onions. Most importantly, though, he is dedicated to introducing kyuki-do and sharing its benefits with more and more children.

"Teaching children is my contribution to society and the future," said Master Kim, who was born in 1951 in Anseong, Korea. His devotion to martial arts, particularly to the Korean form known

as kyuki-do, began when he was 13. The ultimate goal of kyuki-do, according to Master Kim's older brother, Grand Master Ok Hyung Kim, "lies neither in victory nor defeat, but in the perfection of the character of its participants."

Kyuki-do was founded by Ok Hyung Kim, who moved from Korea to Chicago in 1967 to introduce kyuki-do to the United States. In 1978, at 30 years of age, Master Kim left Korea to begin teaching at his brother's Black Belt Academy in the United States. Soon after arriving in Chicago, he met Heea, a 23-year-old woman who had also recently moved from Korea. By 1980, they were married and Master Kim had opened his own



school in Geneva, Illinois. During his first 17 years of teaching, he became known for his skill at hapkido and was asked to hold seminars across the United States and in Mexico. During this time, he met an 8-year-old student by the name of Tony Kiscellus.

"I was lucky to have grown up with a loving father, and then also to have found Master Kim as a mentor," Tony said. "Through the years, he has taught me the skills of kyuki-do and its mental and physical benefits. I am honored to have become his friend and now to operate and serve as head instructor of his academy."

"Kyuki-do is a complete martial art," Master Kim said, "using kicks and strikes of taekwondo, close range techniques of judo and hapkido, elements of jujitsu, karate, boxing and wrestling and traditional weaponry. Practicing more than one discipline is more useful for self-protection and self-confidence." As a life journey, kyuki-do stresses courtesy, humility, integrity, perseverance, self-control and indomitable spirit as its tenets. Students are expected to learn and live by them.

Master Kim himself is still learning.

Education **NOW**

"Since the very basis of martial arts is founded on continued learning, even as a teacher I am compelled to be a student, and I never run out of things to teach," said Master Kim, who has learned over the years that an effective teacher has to teach a bit differently for each student. "I focus on the individual, because everyone learns differently." He is flexible in his approach to his students, adapting his coursework to the age level and learning methods of each student. For instance, when he notices that a young 11-year-old girl needs more repetitive work to transfer his lessons from her short-term memory into long-term memory, Master Kim will



spend 15 minutes with her after class helping her memorize the forms.

Many students join the AKF School as families and Master Kim encourages them to sit down together two to three times a week. "For many people in this country, life is now only about me, me, me," Master Kim said. "Some children never see their father or grandparents and many spend a lot of time playing video games. Practicing martial art is an outlet for stress and a valuable coping device when life becomes too hectic. When kyuki-do becomes a way of life, students learn to channel negative energy into positive things and to never to give up.

"You are never too young or too old to learn," Master Kim said. "Some students discover martial arts at 3, while others are 70. I am 60 years old, practice every day and do not plan to stop.

"I love passing along not only established knowledge, but knowledge that the generations have built on," Master Kim said. "Kyuki-do is at the heart of my very culture, and seeing it grow and flourish in the next generation keeps it alive forever." And it just may be keeping Master Kim forever young! **NOW**

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In The Kitchen With Josie Ingram

— By Adam Walker

Josie Ingram, born and reared in Laredo, bakes the cakes for the monthly birthday parties for her co-workers. The first cake she baked was for her younger brother's 8th birthday. When she turned the cake out, "it was unlevel," Josie remembered. "I was very upset, but my neighbor, who started me baking, took some green toy soldiers and arranged them on the cake like they were shooting

downhill. It turned out really neat."

She started cooking so early that she does not remember when she was not in the kitchen with her mother and grandmother. Her grandmother told her, "Learn how I cook, because once I am gone, it goes with me." Josie said, "That is so true. I can't cook like my mom or grandma." **NOW**



CHOCOLATE CHERRY CAKE

1 box devil's food cake mix
1/2 cup applesauce
3 eggs
1/2 cup water
1/4 cup mini chocolate chips
1 20-oz. can lite cherry pie filling
1 tub of chocolate frosting

1. Combine cake mix, applesauce, eggs and water and stir well by hand. (Do not use mixer.) Add chocolate chips then fold in cherry pie filling.
2. Coat a 9 x 13-inch pan with cooking spray. Pour in cake batter and spread evenly. Bake at 350 F about 40 minutes or until cake tests done with a toothpick.
3. Cool for 10 minutes. Frost with chocolate frosting.

STRAWBERRY CAKE

1 box strawberry cake mix
1 12-oz. can diet 7-Up or Sprite
1 lb. strawberries
1 8-oz. tub lite Cool Whip

1. Mix cake mix and diet drink. Follow instructions for temperature and baking time, substituting diet drink for eggs, oil and water.
2. While cake is baking, puree strawberries reserving 5 strawberries to decorate top of cake.
3. After cake is done, let cool. When cake is cool, poke holes with knife and pour on pureed strawberries. Place in refrigerator for at least 1 hour (preferably overnight). Top with Cool Whip and place in refrigerator until ready to serve.

BLACK FORREST CAKE

1 box devil's food cake
1 12-oz. diet Cherry Coke

1/2 cup sugar free Hershey's syrup
1 20-oz. can of lite cherry pie filling
1 8-oz. tub lite Cool Whip

1. Mix cake mix and diet drink. Follow instructions for temperature and baking time, substituting diet drink for eggs, oil and water.
2. After cake is done, let cool. When cake is cool poke holes with knife, pour on chocolate syrup and let set for 1 hour. Top with Cool Whip. Spoon cherry pie filling over Cool Whip. Optional: Drizzle with Hershey's syrup. Place in refrigerator until ready to serve.

STRAWBERRY FRUIT CAKE

1 box French vanilla cake mix
1 12-oz. can diet 7-Up or Sprite
1 lb. fresh strawberries, sliced
1 20-oz. can pineapple tidbits or chunks
4 firm bananas, sliced
1 16-oz. sugar-free strawberry glaze
1 8-oz. tub lite Cool Whip

1. Mix cake mix and diet drink. Follow instructions for temperature and baking time, substituting diet drink for eggs, oil and water.
2. While cake is baking, mix together strawberries, pineapple, bananas and strawberry glaze. When cake is done let cool.
3. Once cake is cool, spread fruit mix over cake and top with Cool Whip. Place in refrigerator until ready to serve.

PINEAPPLE CAKE

1 box pineapple cake mix
1 12-oz. can diet 7-Up or Sprite
1 20-oz. can crushed pineapple (in its own juice)
1 14-oz. can Eagle Brand Fat Free Sweetened Condensed Milk

1 8-oz. tub lite Cool Whip
Toasted coconut (optional)

1. Mix cake mix and diet drink. Follow instructions for temperature and baking time, substituting diet drink for eggs, oil and water.
2. After cake is done, let it cool.
3. Mix crushed pineapple with juice and condensed milk together. When cake is cool, poke holes with knife and pour on pineapple mixture. Place in refrigerator for at least 1 hour (preferably overnight) to allow juice to absorb. Top with Cool Whip and place in refrigerator until ready to serve. Sprinkle on coconut, if desired.

HONEY BUN CAKE

1 box white cake
1 12-oz. can diet 7-Up or Sprite
1 cup brown sugar
1 tsp. cinnamon
FROSTING:
1 cup powdered sugar
2 Tbsp. milk
1 tsp. vanilla

1. Mix cake mix and diet drink. Follow instructions for temperature and baking time, substituting diet drink for eggs, oil and water.
 2. Spray 9 x 13-inch pan with cooking spray. Pour cake batter in pan.
 3. Mix brown sugar and cinnamon together and sprinkle on top of batter. Using a knife swirl batter until it looks like a cinnamon roll.
 4. Bake at 350 F about 40 minutes or until done.
 5. If you do not have frosting, mix together powdered sugar, milk and vanilla, then drizzle over cake.
- VARIATION:** Use 1/2 cup cream cheese frosting. Melt frosting in microwave. Drizzle over cake. Serve warm.



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VITAMIN D: NEW RESEARCH UNDER THE SUN

— By William Perryman, M.D.

IN FALL, DAYLIGHT HOURS ARE LESSENING, BUT OUR NEED FOR THE SUNSHINE VITAMIN IS NOT. RESEARCH ABOUT THE ROLE VITAMIN D PLAYS IN OUR HEALTH HAS INCREASED OUR UNDERSTANDING OF ITS IMPORTANCE.



Most of us recognize Vitamin D in relation to building strong bones and teeth. Vitamin D deficiency can cause rickets in children and osteoporosis or osteomalacia in adults. Adolescents and young adults will not reach their peak bone mass if they are Vitamin D deficient.

As scientists study Vitamin D and how it works in the body, we have learned many other functions. Adequate levels of Vitamin D lower a person's risk of heart and vascular disease, rheumatoid arthritis and cancer. Vitamin D appears to reduce the severity and frequency of asthma symptoms. It has an important role as an immune system regulator and is vital to proper muscle strength and functioning.

Studies continue to determine whether Vitamin D may help brain functioning in later life, may help maintain a healthy body weight and may reduce the risk of multiple sclerosis and Type I diabetes.

GETTING VITAMIN D

The best source of Vitamin D is free: sunlight. The body can produce enough Vitamin D from just 15 minutes of sunlight about three times a week.

If getting Vitamin D is as simple as absorbing the sun's rays, why are so many of us Vitamin D deficient? Fewer people work outdoors than in past generations. Some always apply sun block. As people age, their ability to synthesize Vitamin D decreases, plus they often spend less time in the sun. Also, dark-skinned people need more sun exposure than light-skinned people.

Unfortunately, diet offers limited help with Vitamin D. Only a few foods, including salmon, tuna, mackerel, egg yolks and some mushrooms, naturally have significant levels of Vitamin D. It is added to many breakfast cereals, breads, milk and other dairy products. Vitamin D is also readily available in pill form, which might be especially helpful to the elderly and those with more skin pigment.

The National Academy of Science recommends a daily intake of 200 to 600 international units (IU) of Vitamin D per day depending on age. This recommendation, dating back to 1997, is currently under review and may increase. Some organizations are presently recommending 800 to 2000 IU per day, and for certain chronic medical conditions 4000 IU per day.

If you spend more time basking in fluorescent light than sunlight and do not take a Vitamin D supplement, then it may be appropriate to have a discussion with your physician. Your doctor can order a simple blood test to determine if you are deficient in this important substance. **NOW**

*Dr. William Perryman
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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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Still Time for Year-end Financial Moves

— By Lynn H. Bates Jr.

The holiday season is always a busy time of year, so you're probably pretty busy. But it is important to take some time now to evaluate year-end financial moves that may be beneficial in preparing for your financial future.

Which year-end moves should you consider? You will want to talk to your financial advisor and tax and legal professionals first, but here are a few ideas to get you started:

- **Boost your IRA contributions.** You have until April 15, 2011, to fully fund your IRA for the 2010 tax year, but the sooner you finish with your 2010 contribution, the quicker you can get started on your 2011 contribution — and the earlier in the year you fund your IRA, the more time you give your account the opportunity to grow.
- **Put more money into college savings plans.** If you have a 529 college savings plan for yourself or someone else, consider putting more money in before year-end. You can gift up to \$13,000 (\$26,000 per married couple) per person per year without gift tax consequences. However, this must be accomplished by year-end.

- **Be generous.** If you've been thinking of making charitable gifts, don't put them off any longer. As long as you make a donation to a qualified charity before the year ends, you can claim a deduction on your 2010 tax return. For example, if you donate \$100 to a charitable group (either a religious organization or one that has received 501(c)(3) status from the Internal Revenue Service), and you're in the 25-percent tax bracket, you can deduct \$100 (with a tax benefit of \$25) when you file your taxes for 2010, providing, of course, that you itemize. If you donate stocks or other types of assets, you may also be able to save on capital gains taxes, because it will be the charity, not you, that eventually sells those assets.

- **Sell your "losers."** If you own investments that have lost value since you purchased them, you can sell them before 2010 ends and then use the tax loss to offset capital gains you may have earned in other investments. If you don't have any capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. If your loss is greater than \$3,000, you can

"carry over" the excess and deduct it from your taxes in future years. However, if you then want to repurchase the investment you sold, you'll need to wait at least 31 days to avoid violating the IRS' "wash sale" rules.

- **Take capital gains.** In 2011, the tax rate on long-term capital gains is scheduled to increase to 20 percent for most investors, up from the 15 percent rate it's been the last several years. If you have stocks or other appreciated assets that you were thinking of selling in the near future, you might want to do so before the year comes to a close. However, it's generally not a good idea to make investment decisions strictly because of tax consequences. If your appreciated assets are still a part of your overall financial strategy, you may be better off holding them for the long term, even with a higher capital gains rate.

Considering these moves before the year ends may help you better prepare to address your financial picture in 2011. **NOW**

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



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Happening **NOW**

Second Mondays

Metro Beekeepers meeting: 6:30-8:30 p.m., United Cooperative Services Building, 2601 South I-35 W., Burleson. Items of interest to both novice and expert beekeepers in Texas will be presented. Contact Terry Botkin at (214) 837-7256, or visit www.metrobeekeepers.net.

Every Wednesday

Celebrate Recovery meetings: 7:00-9:00 p.m., Burleson Chamber of Commerce on Wilshire Blvd., Burleson. For those needing help with any hurts, habits or hang-ups. Child care available. For more information, call Teresa at (817) 563-0127 or e-mail teresajames127@sbcglobal.net.

Second and Fourth Wednesdays

Burleson Lions Club meeting: noon-1:00 p.m., First United Methodist Church on McAllister in Burleson. Visit www.burlesonlions.org or contact (817) 992-9823.

Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., Burleson Chamber of Commerce on Wilshire Blvd., Burleson. Join other professionals to encourage each other to speak effectively and persuasively in public settings. We have fun, too! Contact Neal Jones at (817) 343-2589.

Every Sunday

Free DVD-based fitness classes: Power Paced Pilates, 2:00-3:00 p.m.; Insanity: Cardio Power and Resistance, 4:00-5:00 p.m. The Burleson Recreation Center (the BRiCk) 550 N.W. Summercrest Blvd. Even if you are not a BRiCk member, you can participate in the free classes by purchasing a daily pass. For more, call (817) 426-9104.

December 6

Board Meeting for Burleson Independent School District: 6:30-8:00 p.m. Call (817) 245-1000 for more information.

Burleson City Council meeting: 7:00-9:00 p.m., City Hall. Call (817) 447-5400.

December 4

City of Burleson Christmas Celebration: Santa's Breakfast: 7:00-11:30 a.m. at the Senior Activity Center, 216 S.W. Johnson Ave. Saint Nick's elves will be up early, flipping pancakes and cooking sausage. Santa will hear wishes until 11:30 a.m.

MERRY CHRISTMAS



During this holiday season and every day of the year, we wish you all the best.



Lynn H Bates Jr, AAMS®
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Happening **NOW** —

Tickets are \$3 for children/\$4 for adults in advance or \$5 for children/\$7 for adults at the door. Tickets can be purchased at the Burleson Recreation Center (the BRiCk), 550 N.W. Summercrest Blvd. Christmas Parade: 6:00 p.m. from Kerr Middle School. This lighted parade includes floats, cars, horses, fire trucks and more! Christmas Tree Lighting: 7:00 p.m. at the corner of Johnson Avenue and Ellison Street. Talented artists (winners of a coloring contest) and Santa flip the switch on the tree's lights before a fireworks extravaganza show lights the skies — then Santa will head to his sleigh to take more Christmas wishes. For information about the breakfast, coloring contest and tree lighting, call the BRiCk at (817) 426-9104 and ask for Charlene. For information about the Christmas parade, call Lisa Keese at (817) 447-7300.

December 15

Relay For Life "Happily Ever After" Sponsorship Contest: Deadline to snag that profile of your business as the first Happily Ever After sponsor for the American Cancer Society Relay For Life of Burleson. In 2010, Burleson raised \$243,000. In 2011, the Relay for Life goal is to raise \$260,000. Call Sponsorship Chair Misty Harris at (817) 360-2824 or e-mail smdharris@att.net; or, call Chair Donyelle Allen at (817) 648-2554 or e-mail Donyelle1212@sbcglobal.net. If you have questions about forming a team, call Team Development Chairman Jane Owen at (817) 235-2853. To view the sponsorship package, go to www.relayforlife.org/burlesontx and click on "Sponsorship Package Info."

December 21

Nathaniel Winston Chapter of the Daughters of the American Revolution meeting: 2:00-4:00 p.m., Cleburne Senior Center, 1501 W. Henderson St., Cleburne. Presentation on "Tidings of Joy" by Wilma Reed. For more information, please e-mail: DARJohnsonCounty@gmail.com.

December 20 – January 3

Burleson Independent School District Holiday: classes resume on January 4, 2011. Call (817) 245-1000 for more information.

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

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