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M A G A Z I N E

February 2008

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Behind the Masks**

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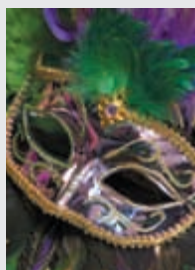
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*On the Cover: The Athena women wear their signature Mardi Gras masks during their annual gala.*

*Photo by Rod Cordsen.*

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MAGAZINE



# Burleson NOW

## Editor's Note

*Dear Readers,*

Just when experts on global change are predicting future winters to be warmer and warmer, our cold weather has hit. Comfort yourself with a cup of tea and our magazine, and read about your neighbors' approach to February.

Sherry Jones and her students heat up their bodies in energizing tai chi workouts. Ron and Paula Harmon are dedicated to family and community year-round, but especially enjoy Valentine's excuse to spend time with each other in their lovely home. Paige Easterling cheers up both old and new friends with warm and personal floral arrangements. Jenny Vandagriff trains her poodle, Leo, in preparation for teaching her dog obedience class. Meanwhile, the Athena Women who help Johnson County residents stricken with cancer, take a breather after their fourth annual Mardi Gras Gala to talk. Be sure to check out Carla Bozarth's Crock-Pot recipes for steaming hot food, always a treat after a long day's work.

Enjoy your last official month of winter, Burleson!

*Melissa Rawlins*  
BurlesonNOW Editor



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*The Athenas: 1992-Patsy Dumas; 1993-Sharon Wright; 1994-Laurie Evans; 1995-Vera Calvin; 1996-Debbie Pesnell; 1997-Rosie Perez; 1998-Kay Godbey; 1999-Ella Dean; 2000-Terrie Lynn Harwell; 2001-Karan Wethington; 2002-Aly Engstrom; 2003-Betty Shelton; 2004-Peggy Barnes; 2005-Jill Kunkel and 2006-Nelda Stucks. (The 2007 recipient will be named at the Gala and, therefore, is not pictured here.)*

Once the birds started chirping on the first Sunday of this month, the Athenas were able to take off their masks and relax. Unlike the rest of us, however, Athena women do not hibernate during cold, dreary February. "Anyone can do one thing, but Athena women do a lot of things," Sharon Wright, an Athena since 1993, explained. "Normally their spouse helps as the Athena stretches herself in order to help others. Athena women have a servants' heart."

One-by-one, year-by-year, membership is growing in this curiously named group of Burleson women. Now 16 strong, The Athenas each achieved their status individually, starting with Patsy Dumas. In 1992, Patsy received the first Athena Award, presented at the Chamber of Commerce by sponsor Forrest Auto Park Group in Cleburne, to an outstanding female business leader who faithfully contributes to the civic life of Burleson. "I got the award," Patsy joked, "because O.C. Forrest, the owner of the award's sponsor, and my boss, Mr. Smith, were the very

best of friends." Newer Athena, Rosie Perez, disagreed. "She's being a little too humble. Patsy was always a mover and shaker in her own right," she said.

The name "Athena" refers to a mythological goddess of war and art who protected her city. The award is based on Plato's theory that what is honored in a country will be cultivated there. The winners join forces to assist women in: realizing their full leadership potential; participating in the community by contributing time and energy to improve the quality of life for others; and serving ethically, with dignity, grace and sensitivity.

"The award is presented to the woman that advocates, supports and promotes women in business and in the community. Patsy was the first," Rosie continued, "and she has been quite a role model for me, since she's involved with the city and the schools and promotes women in her bank."

For Patsy and Sharon and the 13 other Athenas, Rosie said, "It's not so much what they're involved in that

earned their awards. It's their character that makes them qualified to be an Athena Award winner." Referring to Aly Engstrom, who joined the league of Athenas in 2001, Rosie said, "She fits the bill because she is such a promoter and organizer."

"And a visionary," Sharon chimed in. "Aly invited us all to lunch and overwhelmed us with her suggestion to organize the award-winners." In fact, Aly brainstormed the current face of the Athenas immediately after her induction. Patsy said, "Before Aly, we used to say, 'Let's get together for lunch. We'll chip in \$50 and present a scholarship.' We never did it until Aly got selected. That's the reason the Athena Society of Burleson exists."

Aly remembered, "I told them, 'You've got 11 dynamic women, and you're not coming together as the powerhouse you are.' I had the plan all together — even had the first gala planned."

Their signature masks are worn during their annual Mardi Gras Gala, where the 16 women raise money to





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help people in Johnson County fight the ravages of cancer. For this month's 5th annual fundraiser, they had set a goal of bringing in \$60,000, most of which The Athena Society will donate to make a difference in the lives of Johnson County cancer patients this year.

In hindsight, Aly often realizes her

**They do not stop working,  
even when the  
masks are off.**

ideas are a bit overwhelming. "I get way out of the box," she admitted, crediting Rosie and Sharon with reeling in the vision so that it is effective. "Rosie gives us cohesiveness. She's like that rich thick honey that pulls and binds. You ask her to do it; it gets done." Patsy agreed, "Rosie never says, 'No.' And Sharon can go after something and obtain that with ease. She has excellent follow-up skills. Sharon asks, 'Would you consider...' and we just say, 'Yes,' before we look at the obstacles."

One of the greatest assets of The Athena Society is their team spirit. "You have 16 dynamic personalities. We check our egos at the door, and we make things happen. To date, we haven't imploded!" Aly reported. Interestingly, none of the Athenas were really friends before their society began its work. "We were business associates," Patsy said. "Now we're blood."

"I always admired each of them," Rosie added. "After four years of raising money to help people with cancer, we're like sisters." This sisterhood can be a little intimidating to each year's new Athena woman. "They start out feeling like they can't fit in, asking themselves how they can measure up on any level. I know, because I used to wonder what talents I have that could match theirs," Aly explained. It only takes one lunch meeting at Outback Steakhouse or Sammy's to realize everyone has different talents, and they all complement each other. "For instance," bragged Aly, "Patsy said she



would go after big business for this gala, and before December she got a really big check from this year's presenting sponsor, Chesapeake Energy Corporation!"

All Athenas bring to the table passion mixed with experience in community work and fundraising. When they organized back in 2003, they decided they wanted to accept more responsibility. "They wanted to work to take care of residents of Johnson County," Aly said.

Sharon remembered, "When we had our first meeting — when Aly was overwhelming us — she asked what our passions were. Cancer was mentioned most often. Cancer became our mission." The ladies partnered with Careity, an organization started by two women who lost their parents to cancer. "Lynn and Beverly have the heart to help people who are underinsured and uninsured," Aly expressed.

The money they raise does more than just pay for cancer treatments; it also funds seminars for caregivers. "Once," Aly said, "I got a call from a man who cared for his wife, who'd had muscular sclerosis for 15 years. He told me how great it was to get advice at the seminar."

"Right after the Athenas partnered with Careity," Aly added, "we got a call from a friend of a woman who had no insurance and couldn't get treatment at the hospital where she was diagnosed. Laurie Evans, Athena Winner 1994, researched it, and found she made \$20 too much each month. We called Lynn and Beverly at Careity. They got her an appointment. Then that lady's boss wouldn't let her leave work! Finally, Dr. Young offered to see her for free. She had a barrage of tests, and it was found that she did not have cancer! We wept over it, and were thrilled over it."

The Athena Society has even had reason to help those in their midst. "I recently had surgery," Rosie revealed. "Patsy brought me a food basket."

"Well, this is where our husbands come in," Patsy said. "I started talking to Billy real nice, real sweet. He said, 'I know the deal. I'm going to be the one to take the soup!'" **WOW**

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At Home With  
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# Still Sweet on One Another

— By Sandra McIntosh

June marks two very special times for Ron and Paula Harmon. On June 2, 1972, they exchanged their wedding vows, and in just a few short months, they will be celebrating their fifth anniversary in their new home located on Mountain Valley Lake. “We have one of the first homes built in this area,” Ron said, referring to the couple’s two-story, three-bedroom, three-bath abode. “I surprised Paula with this house.”

To fully understand the deep love Ron and Paula have for one another, going back in time to when they both lived in Odessa, Texas, and worked at Medical City Hospital is a must. Paula was an X-ray technician when Ron joined the group as the director of personnel. They may have met each other in the workplace, but their courtship began at the football field, so to speak. “My oldest son played Pop Warner Football where Ron was his coach,” Paula said, explaining further that Pop Warner Football was part of a youth program sponsored by the Boys and Girls Club in that area. “Activities just kept throwing us together.”

It did not take long for Ron to wise up. “I asked her

out,” he reminisced, still smiling at the memory of those early times. The couple’s first date was spent riding around Odessa and led to many more that included attending several Odessa-Permian football games. Ron and Paula dated for nearly a year before she sat down with her children to share the good news. “My daughter liked him immediately,” she

recalled. “It took my son a little longer to adjust to the fact that I was dating his coach.”


Some of the fondest memories the couple has of their blended family revolve around going out to eat. “It was a mess going out to eat with five children,” Ron declared. “We’d let all the kids order. The younger ones would keep changing their minds.” If the waitress became frustrated, Ron

would joke with her, claiming they had actually left two even younger children at home and that it could have been worse. “Those were good times,” he said. Today, that blended family has grown into a close-knit clan boasting nine grandchildren ranging in age from 4 to 22.





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It did not take long to become comfortable in their new surroundings after relocating to Burleson in 1974. Ron soon found himself as the county commissioner of Precinct No. 2, while Paula threw herself, heart and soul, into her new profession with the Texas Department of Human Service (TDHS). She spent her first 12 years with TDHS as a social worker and the last 13 before retirement as a social worker supervisor.

Ron served 16 years as commissioner prior to his retirement, and the awards displayed in his home office are a true testament to the kind of man he was while in office, and still is, though



now semiretired. "All the awards are prestigious in their own right," he said. When asked to pick a favorite, he said, "I'd have to say it's the Road Hand Award." This award was presented to Ron in recognition of the work he did with the Texas Department of Transportation and his name will be forever enshrined in the department's offices in Austin, Texas.

As life happened, Ron and Paula decided it was time to completely remodel their old home to bring it into the 20th century. Not long after the renovations were complete, Ron attended a Chamber of Commerce luncheon and the topic of lakefront

property was broached. His interest piqued, he and Paula took another drive, and a few days later, they were in the contractor's office. "Within six months," Paula interjected, "we were in our new home."

Looking back, they both agree that the move was meant to be. The home has two very distinct styles that represent the personalities of the two adults sharing the house with Sport, a Jack Russell terrier who is considered the "ruler of the roost." The downstairs is traditional elegance, while the upstairs is a perfect representation of Ron's traditional, yet casual, country style.

Visitors will be pleasantly surprised by the simple beauty Paula has achieved starting with the guest bedroom in black, beige and gold, with a guest bath in black and chocolate brown. A second guest bedroom is home to some very special individuals. "When the granddaughters come to visit Nana and Granddaddy, this becomes their room," Paula shared. "They get

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all the toys out and have a good time!" The bed in this room is the same bed Paula slept on as a little girl. The rocker once belonged to Ron's mother, while the dresser was a keepsake from Paula's mom.

Moving into the combination living room, dining room, kitchen area, visitors can easily see why the Harmons love their new home. The view from the bank of back windows is magnificent. In fact, when weather permits, Ron and Paula can be found on the back patio sharing a meal or a morning cup of coffee. A rocking chair in the dining room brings to Ron's mind recollections of the time he sat in his Grandma Harmon's lap while she pulled his

first tooth with a pair of pliers.

Completing Paula's downstairs domain is the master suite in rich shades of purple, accented with antique-muted gold. The rocking chair in the corner, dating back at least 100 years, was a gift from a past client. The clear stained glass window in the master bath is special because of the butterfly. "I've always loved butterflies," she said. "Instead of downsizing the home, I downsized my collection of butterflies when we moved, making this handcrafted window quite special."

While most men boast of a room in the garage or a shed out back, Ron is blessed to call the upstairs his. A display shelf in the stairway is home to boots, bridles, a saddle and a mounted head of a Texas Longhorn, all serving as gentle reminders of the time Ron spent as the vice president of the American Cutting Horse Association. In his room at the top of the stairs, he enjoys watching westerns and war movies



and listening to his totally refurbished 1957 jukebox. Also worth mentioning are the bunk beds hidden within a closet, a game room specifically for cards and a modest collection of western art, several numbered and signed by artist G. Harvey.

When asked about special plans for the upcoming Valentine's holiday, Ron once again looked lovingly at his bride. He said his plans are to take her out on a date that includes a romantic, extraordinary meal. "Paula is very special," he smiled. "She's my sweetheart every day!" **BYOW**




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ARTS  
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# Arranging the Gift

— By Melissa Rawlins

Give Paige Easterling 20 minutes and a bunch of dried flowers, and prepare to be amazed. When she comes down from her expansive studio, carrying a wild fountain of flowing sage grasses tucked around bunches of purple broom blooms or golden yarrow, the smile on her face rivals the brightness of the arrangement in her hands. You would never know what a mess she just left upstairs!

Her husband, Pat, calls her space “the warehouse,” since it houses a massive amount of dried and silk flowers, all spilling over each other in one corner of the light-filled room that used to be the family’s media room. “The family does not get to enjoy the skyline anymore,” Paige said, pointing out the dirty windows. She does not even look at the view, because when she works on a creation, she focuses entirely on the arrangement. “You wouldn’t think this would be the right place to do my art,” said Paige of the room with no shelves, no cupboards, no counters and one card table. But it works. “I had no choice but to work here,” Paige explained, “because my daughter came back from college, and I had to move all my flowers out of her room.”

While the family of five may have lost the use of their media room, they all agree her appropriation of the space was a good move, because Paige has finally found her niche. She dabbled in a number of creative activities — including a painting studio for children to decorate plaster craft molds — before teaching herself to arrange flowers. “I started playing at it. I learned where to buy things that helped me create. The more I have on hand, the more creative I’ll be,” she remarked.

Paige can be stingy, hoarding her stuff. “For instance, when



*Paige Easterling uses her God-given talent to arrange flowers from a workshop in her home.*

I have yarrow, which I love, I won’t use it,” she admitted. “I save it for special projects.” Paige spends a lot of time figuring out how to give a room that beautiful, lived-in feel, but rarely focuses on her own rooms. More often, a friend of a friend will ask her advice about their living room or office. Paige always recommends a floral arrangement to soften the metal, wood and leather in the room.

She does not suggest live plants. “Florals are apples to the oranges that are live potted plants. If a room had real plants, it would feel bare to me because I know they’re temporary.” Still, she loves naturals more than ivies and leafy foliage. “Women feel the same way,” she said. “And if you’re doing a man’s office, they want the flower-free, natural look.” The wildness, she said, is her signature. Paige has a reputation for arranging florals in cowboy boots. “It’s a neat way to honor the person who used to wear those boots,” she said.

One glance in her studio, the floor strewn with cuttings, and Paige’s favorites became obvious: artichokes, yarrow, mahogany, dried mushroom sponge, lotus pods, pineapple buttons, wheat, grasses, pomegranates, cattails, feathers, moss, and star of Bethlehem. “I have that one in three colors! I love it, and never can find enough,” Paige enthused, always excited when she uncovers some funky flowers she forgot she had.

“Maybe I haven’t organized my studio because I haven’t



## ARTS NOW

known where this is going," she mused, remembering that only a few years ago she had no plans for a home studio in which to create her handcrafted decorations. "I once prayed, 'Lord, just give me the desire of Your heart.' I feel like He said, 'Here you go,' and handed me a gift with a big silver bow on top. That thrilled Him to give me the gift."

Likewise, it thrills Paige to be able to pass her gifts along to others. "I do not do my art with all my time. I'm



being pushed, challenged, stretched. I do a lot of other work: I teach Microsoft Word for the Women's Job Corps; I am very involved with the

church," she said. She has learned to say, "No." "Still, consulting others on how to decorate their homes is simple, and something I'm asked to do frequently because friends pass my name on to other people."

"The best part of my art is delivering the arrangements to the people who asked for them. That's the high for me," she commented. Between highs, Paige is energized by her encouraging network of friends and family. One such friend has built Petals by Paige, a Web site where she can share her creations with others. "And I have a husband who's a great cheerleader. He's my biggest supporter," Paige said. "Early on, I'd bring something down and he'd say, 'That's nice.' Now he says, 'Wow!' I think he thought my first creations were another passing hobby. But when he saw the orders coming in, he was as amazed as me."

Eventually, Paige hopes to open her business in a small Western town. "Maybe someday when we retire in Hico, I'll have a storefront there, where they're trying to build it into another Fredericksburg," she said. **ARTS**

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# Sports NOW



## Gently *Moving* Toward Freedom

— By Melissa Rawlins

It is just another morning in the Circle C Dance Studio, and Ed Runner's lanky legs and long arms move smoothly forward, sideways and backwards while his torso hardly shifts. The oriental music helps him keep time during his morning Tai Chi workout, but his newfound freedom of movement is what keeps him in the sport.

At 69 years old, Ed credits Tai Chi with helping him to move better. "I had been hit with rheumatoid arthritis, an autoimmune disease that attacks every joint in the body, which then turns on itself. My soft cushions in my joints, which make movement easier, just started to disappear," Ed explained. "I have only had this mess a little over two years. I've been doing Tai Chi about 20 months. Tai Chi has had permanent effects because it's building muscles around your joints. When I started I was using a cane to walk. Then I went to water therapy, then Tai Chi, and then I could add a treadmill and bicycle. Now, I do not use a cane."

The secret to enjoying the benefits of Tai Chi, said Ed, is practice. "You can't start this sport and then quit. It has to be a lifestyle, otherwise physically you will regress," he informed. Leah Leach

agreed. She is a potter, who relieves the shooting pain of rheumatoid arthritis with regular Tai Chi exercise. "If I go a week without it, I feel my pain," she said. "I used to hurt in my hips so much I was holding on to walls just to get out of my garden bathtub." It is also a stress-buster for Leah, who said, "I'm hyper.

Tai Chi calms me down."

Leah drives from Alvarado twice a week to practice with instructor Sherry Jones, who teaches Tai Chi because

she has proven its benefits. "Both Yang and Sun styles use slow, continuous movements on bent knees, and you use your waist to guide the movement and your hands to express the movement. The Sun style starts with feet together and incorporates full steps and half steps, and is quite beneficial for managing your health. With Yang, we start with our feet apart. Once you take a step, you do not follow with the other foot. You are stepping backwards, forwards

and sideways, so you are really stretching and learning to balance all the way around. It is great to train the body for fall prevention," Sherry explained, having first studied the Yang style in 1991. "I took a Tai Chi Chuan Yang-style class from a master from the Republic of China, Mei Hsiu Chan, and through

her, I learned to love Tai Chi. We became good friends and would practice together, whenever we could, outside of class," Sherry said.

Her personal experience with the healing benefits of low-impact exercises led her to teach the sport. After a terrible car accident and resulting back injury, Sherry found herself struggling to move around without pain. As she aged, other health issues began to manifest themselves, including fibromyalgia. "Eight years ago, I couldn't walk! I longed for my Tai Chi, but back then, if you said 'Tai Chi' people thought that you had sneezed!" she exclaimed.





## Sports NOW

Sherry discovered water aerobics which over the course of two years helped her walk again. A friend encouraged her to become certified to instruct water arthritis classes. Soon after, Sherry discovered Tai Chi for Arthritis certification courses were being taught in Angleton, Texas. She recalled, "It was like a dream come true. A part of me was afraid I could not do it, but I went through three days of intense training and was not in pain. I was sore and very tired, but afterwards, I could not have felt better."

For the past two years, Sherry has taught both water aerobics and Tai Chi to people living in and around Burleson who want relief from high blood pressure, back pain, diabetes, osteoporosis, osteoarthritis, fibromyalgia and even Attention Deficit Disorder. "I also teach Tai Chi for children. It actually helps increase their ability to concentrate. Teachers and parents have found improvement in academics and sports after the child practices Tai Chi," Sherry said.

No matter what age she is coaching through the Tai Chi movements, Sherry stays fit while she teaches others to keep themselves healthy. It is very hard, but rewarding, according to her student, Ed. "Warm up exercises are key, just like any fitness program," he explained. "They say that 15 or 20 minutes per day is all it takes. When we have progressed to the level we're at now, it may take me up to 45 minutes to go through my practice session to maintain my flexibility and range of motion."

Ed feels this investment of his time is worth it. "Earlier this year, I had some blood tests done. I used to be over 200 on cholesterol. That day I was 152, and everything — triglycerides, HDL, LDL — everything was within normal specs. My doctor said, 'Whatever you're doing, keep it up.' I am going to do just that." **NOW**

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Business  
**NOW**

# The Spinal Stand

— By Dia Catalani

Are you among the 31 million Americans who work, play and even restlessly sleep through back pain? To obtain relief for this lifestyle-changing ailment, many people prefer to see a chiropractor, a specialist who will use non-surgical drug-free methods to help them feel better and live productive lives. Surgeons also recommend chiropractic care, knowing the strengthening benefits it can afford preoperative patients and the gentle postoperative therapy it can provide afterward.

At The Spine Center, Dr. Doug Vaden provides gentle, yet effective, chiropractic treatment for men and women. Common problems addressed by Dr. Vaden are herniated discs or degenerative disc disease, described by a medical university as a normal part of aging. Facet syndrome, an arthritic condition of the spine, can also be helped by a chiropractor, as can treatment of bulging or protruding discs. Dr. Vaden's preferred program for these types of conditions is the use of spinal decompression, one of the most effective

ways to alleviate neck and back pain. The Food and Drug Administration approves the use of a spinal decompression system for the treatment of these types of conditions.



Chiropractic care extends beyond the upper extremities, as anyone who has experienced excruciating sciatic nerve pain can tell you. The Spine Center utilizes the Lordex spinal decompression program to help sciatica, herniated

discs and an array of other debilitating conditions. "I encourage anyone who has never tried chiropractic treatment to try it, at least give it a try and see if it works," Dr. Vaden said. "Unlike surgery, which cannot be reversed, chiropractic care isn't invasive. You can't 'undo' surgery."

Doctors of Chiropractic undergo at least four years of professional study at an accredited chiropractic college. Doctors of Chiropractic must pass national board examinations and become state-licensed prior to practicing. As part of his preventive care programs, Dr. Vaden also teaches how to avoid injuries, whether you are performing usual daily activities and chores or workplace duties. Some common tips Dr. Vaden offers are remembering to properly warm up before exercising, arranging an



## Business NOW

ergonomically correct workspace and maintaining a healthy weight.

Peggy White began chiropractic care after an accident left her with back pain. As part of Peggy's treatment plan, Dr. Vaden utilized spinal decompression therapy, followed by

**"You can't  
undo surgery."**

exercises to help strengthen her back and shoulder muscles. After just three weeks of Dr. Vaden's treatment program, she felt better. "I felt positive results almost right away," Peggy said. "It's painless and sort of relaxing. I'd recommend chiropractic care to anyone who has back pain."

The Agency for Health Care Policy and Research, a federal organization, recommends the least invasive method of care in the treatment of lower back pain. Dr. Vaden also offers acupuncture, one of the oldest and most commonly utilized medical procedures. Acupuncture is used in a wide range of applications in addition to the alleviation of lower back pain. It is practiced in some dental offices, and because many people feel energized by acupuncture, it is often used as part of weight loss programs.

If you are being treated by a physician or other healthcare professional, ask if chiropractic care can complement your current treatment program. For more information about how these alternative healthcare regimens can help you, call The Spine Center. Dr. Vaden can answer your questions and provide a consultation to determine if chiropractic care will help your specific condition, or provide a referral to a physician if needed. The Spine Center is located just west of Interstate 35 at 220 Northeast Wilshire Boulevard. To set an appointment, call (817) 295-0337. **NOW**

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# Education **NOW**



## Feeling Comfortable in Two Worlds

— By Melissa Rawlins

*Jennifer Vandagriff trains her dog Leo with a hoop to build trust in their relationship.*

This March, Jennifer Vandagriff will hit the grass at the Burleson Community Center to show humans how to behave better. “If they are disciplined, their dog will behave better,” Jennifer said. When she teaches her next six-week Dog Obedience class, Jennifer will focus on the owners, not the dogs.

“What the humans generally have trouble with is not putting dogs in their place,” she explained. “It’s too easy for us to think of dogs like humans, when they are their own species.” Jennifer will therefore attempt to teach those humans brave enough to sign up for her class to think like dogs.

If you own a dog, being able to think like one is worthwhile, according to Jennifer. “Having nine dogs and being able to observe pack mentality in dogs, I am convinced they’re their own species. When we try to humanize them, some stuff works and some doesn’t, because the human is not a stable enough pack leader. You know,” Jennifer pointed out, “in a real dog pack the leader eats first. The others will watch the leader, waiting until he’s finished eating. Then they get the drippings.” Jennifer believes most people are not willing to be firm when their dog begs to be fed from the table before the owner is done eating.

Her job is to help humans feel comfortable being firm with their dog. To do this, Jennifer has to teach her human students patience as they train their animals. “The more you

teach, the easier it gets. The next time, you might only have to ask 50 times... and so on until the dog gets it. And the dog will get it,” she continued. “If you are persistent, your dog will get it in less than 15 minutes.”

Jennifer learned this same lesson of patience and persistence herself. Several years ago, she began training her own dog, Leo, to be obedient, and found the process enjoyable. “I started totally understanding different ways to do things, and I took it from there,” she shared, speaking of her decision to join the Dog Training Club of Dallas County. “They mold you into being an instructor. It took six months, but Leo got a Companion Dog Title certificate through the AKC. To do that, Leo had to do on-leash heeling in a ring. He had to walk with me, do about-turns without pulling on the leash. He had to do a recall off-leash, and perform an entire pattern in the ring off the leash. He had to sit still for one minute, and do a three-minute lie-down with me outside of the ring while he was in line with other dogs. All this he had to do three times under three judges.”

Patience and practice made perfect, and Jennifer had so much fun she decided to teach Leo all manner of complicated tricks and patterns for him to perform in a ring while thousands of strangers watched. Leo eventually earned his Companion Dog Excellence certificate. “It took Leo eight shows to get



## Education **NOW**

that title," she smiled.

Jennifer now uses her experience to prepare other people to train their dogs for a Canine Good Citizen certificate. "Every household dog should be able to obtain the CGC," Jennifer stated. "This is just a matter of laying down, settling down, being quiet and having proper manners."

Jennifer's depth of understanding likely comes from working with species other than just humans and canines. "Training horses is very similar to training dogs," she said. "They don't think the same, but you can use similar techniques. For instance, heeling; you do not want your horse taking off with you, so you teach it to go the direction your body's going. Likewise, the direction my body's going tells my dog what direction to go."

If your dog is leaning on your leg, for example, that is a sign the dog is challenging to take over the position as leader of the pack. The more training the dog has, the less it will challenge you. "A dog's mind doesn't work the same as ours, but they can figure out the behaviors we want. They are absolutely incredible in being able to interweave into our lives and fit in," she declared.

Jennifer knows how to treat her canine students: "You ignore the bad behavior until your student does what they're supposed to do. Then you praise it." This method has succeeded so well with dogs, Jennifer may try it out on her human students next month! She approaches humans a bit like she approaches dogs. "I have to feel 'em out. I try not to repel people with the way I speak." Having taught two classes, she still considers herself in the learning stages of how to teach people. "I know the information. Now I'm learning how to turn it inside out and backwards to be able to explain it to a person," Jennifer said. "It's like with dogs; if you have an aggressive dog and walk in with a dominant attitude, you might get bit!" **NOW**

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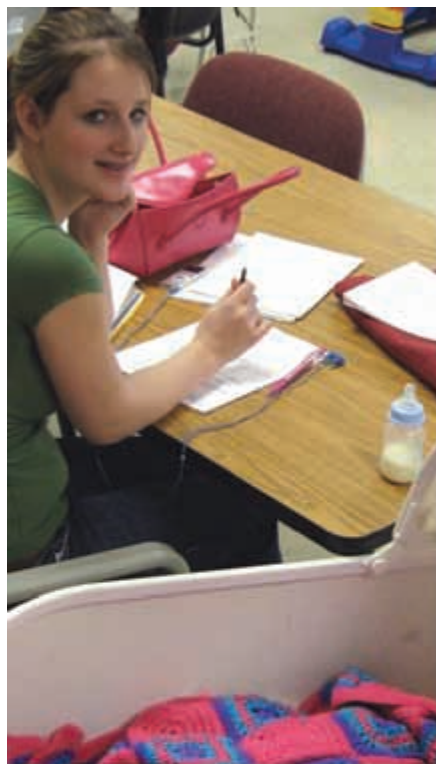


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## Around Town NOW



Miranda Nolte, top left, studied English while watching her baby, Baileigh, during the Family & Consumer Sciences Class taught by Dottie Mehaffey. John Orr, top center, practiced his golf swing during a visit to Hidden Creek Golf Club. People at Burleson Podiatry, top right, smiled for the camera during a recent ribbon cutting. Other ribbon cuttings were also held at Saraj Bakery, middle right, and 3 Dames Cafe, bottom right. Retiree Jack Hileman, bottom center, enjoyed reading at the library during the recent cold winter days.



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## Around Town NOW



Larry Hall, top left, stocked the fresh vegetable counter at Bransom's. Several members of the Thursday Networking Group, top right, met at Ryan's Grill to celebrate Christmas. Burleson Animal Shelter technician Donna Dake, bottom left, finds satisfaction in feeding the animals. Public Works director, Dave Stringer, bottom center, congratulated City of Burleson Employee of the Year Mark Stubblefield. Jack Cromeans, Christian Bellah, Hayden Ray and Tanner Downey, bottom right, played a pick-up game of basketball at Mountain Valley Country Club.

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## IN THE KITCHEN WITH CARLA BOZARTH

**C**arla is a hardworking mother of four hungry boys who enjoys fixing the main meal of the day the most. Carla employs the “scratch cooking” method. Her family’s favorite dish is her Sante Fe Chicken. “I’m always inspired by the memory of my mom and the volume [of] cooking she did while I was growing up,” she said. “I can remember cooking as early as 8 or 9 years old.”

One of her fondest memories is waking up on a Saturday morning to find her son, Bradley, 15 months old at the time, clanging the pots, pans and lids. “He was cooking with frozen vegetables from the freezer and eggs from the refrigerator,” Carla explained. “Oh what a mess, but he was ‘cookin’ and so proud of himself!” **YUM**

### SANTE FE CHICKEN

- 1 15-oz. can corn, with juice
- 1 15-oz. can black beans, with juice
- 1 18-oz. jar salsa
- 4 - 5 boneless, skinless chicken breasts
- 1 8-oz. pkg. cream cheese

Put all ingredients except cream cheese in a Crock-Pot and cook all day. Add cream cheese; continue to cook for another hour, stirring occasionally to shred chicken and incorporate cream cheese. Serve over rice or tortilla chips.

### MEAT PIE

- 2 piecrusts
  - 1 lb. leftover cooked meat, shredded or cubed (ham, beef, turkey or chicken)
  - 8 oz. grated cheese of choice
- Place 1 piecrust in pie pan; add shredded or

chopped meat, cover with cheese; top with second crust. Crimp edges; bake at 350 F for 30 minutes or until crust is golden brown. Best when served with salad or vegetable of choice.

### BACON JALAPEÑOS

- 6 - 8 jalapeños, split lengthwise and cleaned
- cheddar cheese, cubed
- 6 - 8 pieces thick sliced bacon

Place cheese inside jalapeños and wrap with bacon. Place on cookie sheet and bake for 30 - 40 minutes in 350 F oven.

### YUMMY YAMS

- 2 36-oz. cans yams
- 1 20-oz. can crushed pineapple, drained
- 1 stick butter, melted
- 1/2 cup brown sugar

- 1/2 tsp. cinnamon
- 1/4 tsp. Allspice
- 1 cup chopped pecans or walnuts (optional)
- 1/2 bag mini marshmallows

Mash yams in 13 x 9-inch pan; add drained pineapple, melted butter, brown sugar, spices and nuts. Mix well; bake for 30 - 35 minutes in 350 F oven. Add marshmallows, return to oven; brown for about 5 minutes or until melted and golden brown.

### BEEFY MACARONI

- 2 lbs. lean ground beef
- garlic salt, to taste
- pepper, to taste
- steak seasoning, to taste
- 2 boxes of Kraft macaroni and cheese

Brown beef and drain; season to taste with



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garlic salt, pepper and steak seasoning. Add macaroni to beef with enough water to cover. Cover; cook on medium high heat, stirring occasionally until macaroni noodles are cooked. Add cheese packets, milk and butter according to package instructions and stir well. Serve with vegetables or salad.

### TURTLE BROWNIES

1 1/4 cups butter  
3/4 cup cocoa powder  
2 cups sugar  
4 eggs  
2 tsp. vanilla  
1 1/2 cups flour  
1 cup nuts (optional)  
1 12-oz. jar caramel sauce

Melt butter in microwaveable mixing bowl; add cocoa, sugar, eggs, vanilla and flour. Mix well. Stir in nuts. Pour into 13 x 9-inch greased pan; drizzle with caramel sauce. Use a spoon to "marble" the caramel into the batter. Bake at 350 F for 35 - 45 minutes or until toothpick inserted in middle comes out clean.



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## Finance **NOW**

# Retirees Need Regular — and The Potential For Rising — Income

— By Lynn H. Bates Jr. and Blythe Williamson

In all likelihood, the prices of goods and services will continue rising year by year. This may not be too much of a problem for you when you are working, because your salary is probably also going up over time. But when you retire, you may find that inflation becomes a bigger concern; and that is why you need to take steps to help provide some investment sources that have the potential for rising income during your retirement years.

Of course, as a retiree, you may feel that you need to invest more conservatively than you did when you were working. After all, you may think, you are no longer drawing a paycheck, so you cannot really afford to take chances on investments that constantly fluctuate in value. Consequently, you may be inclined to stick with fixed-income vehicles, such as investment-grade bonds and certificates of deposit (CDs). When you purchase these securities you typically have the expectation that your principal will be preserved and you will receive regular interest payments. So, there is no risk involved, right?

Actually, that is not the case. Bonds, CDs and other fixed-income investments carry their own type of risk — purchasing power risk. Suppose, for example, that your bonds and CDs provide you with

interest income of \$1,000 a year. Even with a relatively mild inflation rate of 3 percent, your \$1,000 will only be worth \$863.00 in five years, and \$744.00 in 10 years. If inflation picks up to 5 percent, the purchasing power of your \$1,000 will drop to \$774.00 in five years and to just \$614.00 in 10 years.

Those are big drops. If you spend two or even three decades in retirement — a definite possibility — you could lose even more purchasing power if you invest solely in fixed-income vehicles. That is why you need to consider investments that provide you with not just regular income, but the potential for rising income. That is why you may want to consider dividend-paying stocks.

You can now find dividend-paying stocks in a wide variety of industries, including: financial services, food producers, consumer products, pharmaceuticals, technology, publishing and others. But in searching for stocks that pay good dividends, it is important not to be “shortsighted” and just go after those companies that seem to be paying the highest dividends at the moment. You need to be sure that a company’s earnings are sufficiently strong to support its dividend payouts. If a firm’s earnings are weak, it may well cut its dividends,

thereby jeopardizing your income stream.

By doing some research, you can find many stocks that have actually increased their dividends for 25 or more consecutive years. Although past performance is not an indication of future results, that is a pretty good track record, and it is an indicator of strong, well-run companies who seek to reward their investors.

Still, as a retiree, you do need to keep two points in mind about dividend-paying stocks. First, they are not obligated to pay dividends. No matter how good their history, they have the ability to increase, decrease or totally eliminate dividend payments at any time without notice. Second, they are stocks, which means their price can and will fluctuate; so it is possible to lose some or all of your initial investment amount.

In short, dividend-paying stocks can be a valuable part of your portfolio during your retirement years, but you should also include bonds, CDs, government securities and other investments. By making the right moves, you can work to stay ahead of inflation without taking on an excessive degree of risk. That is a winning combination. **NOW**

*Lynn H. Bates Jr. and Blythe Williamson are Edward Jones representatives based in Burleson.*

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# Heart-Healthy Shopping

## Made Simpler

(NAPS) - If you're like the average shopper, you spend nearly three-quarters of an hour on each trip to the grocery. Many shoppers spend even more time scrutinizing food labels and packages, studying ingredient lists and labels for low fat, low cholesterol items. In fact, eight out of ten Americans say they are seeking out these types of foods in order to reduce their risk of heart attack and stroke.

Fortunately, heart-healthy shopping can be simpler than many people realize. According to dietitians, it helps to look for foods carrying the American Heart Association Food Certification Program's heart-check mark. The foods bearing the Association's red heart with the white check mark have been evaluated to ensure they meet the American Heart Association's nutritional criteria and can be part of a heart-healthy diet

for healthy people over the age of two. In order to carry the heart-check mark, a single serving of a food product must:

- be low fat (less than or equal to 3 grams);
- have low saturated fat (less than or equal to 1 gram);
- have low cholesterol (less than or equal to 20 milligrams);
- have a sodium value of less than or equal to 480 milligrams for individual foods; and
- contain at least 10 percent of the Daily Value of one or more of these nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

Meats must meet the USDA's standards for extra lean.

The heart-check mark is a convenient

grocery shopping tool because you can see the information on food products when you're making your purchasing decision. Amid the dizzying array of food healthy claims, you can rely on the American Heart Association's heart-check mark. Shoppers can be confident because the information comes from what many consider the public's most reliable source of nutrition information, the American Heart Association.

For more information on diet and nutrition, visit [www.americanheart.org](http://www.americanheart.org) or call toll free (800) AHA-USA1 and ask for a free copy of the *Shop Smart With Heart* brochure. **NOW**

For a complete list of certified products, visit [www.heartcheckmark.org](http://www.heartcheckmark.org).

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# February 2008

## Community Calendar

### **Mondays**

The Table Tennis Club, free and open to all ages, Burleson Community Center, 7:00 - 9:00 p.m. (817) 295-8168.

### **Tuesdays**

Young Professionals networking group meets for lunch at Blue Mesa Grill on University in Fort Worth, 11:30 a.m. - 1:00 p.m. (817) 295-6121.

### **Wednesdays**

Making It Happen networking group meets for breakfast at Cracker Barrel on Alsbury, 8:00 - 9:00 a.m. (817) 295-6121.

### **Thursdays**

Toastmasters meets at the Burleson Chamber of Commerce, 1044 S.W. Wilshire Ave., 7:00 - 8:00 a.m. (817) 295-6121.

Making It Happen networking group meets for lunch at Ryan's Grill on Hwy. 174, Wilshire Ave., 11:30 a.m. - 1:00 p.m. (817) 295-6121.

### **Fridays**

Making It Happen networking group meets for lunch at Ryan's Grill on Hwy. 174, Wilshire Ave., 11:30 a.m. - 1:00 p.m. (817) 295-6121.

### **Saturdays**

Planet Kidz/Fun Time Live Lock-in at the Burleson Community Center, 7:00 - 11:00 p.m. Cost is \$9 per child. Call (817) 295-8168 or visit [www.funlivelive.com](http://www.funlivelive.com).

### **February 2**

First of four Beginner Archery classes at the Burleson Community Center, 10:00 a.m. - 12:30 p.m. (817) 295-8168.

The Athena Society hosts its Fifth Annual Mardi Gras Gala, 6:30 - midnight, Mountain Valley Country Club in Joshua. Event benefits Johnson County residents and essential clinical services for cancer patients and educational seminars. (817) 295-1816 or (817) 447-9849.

### **February 6**

Friends of the Library meeting, 10:00 a.m., Burleson Public Library, 248 S.W. Johnson Ave., (817) 295-6131.

### **February 8 and 9**

Father/Daughter, Mother/Son Valentine's Dance, 6:00 - 9:00 p.m. either night, Burleson Community Center. Tickets are \$15 per couple in advance, or \$25 per couple at the door. (817) 295-8168.

### **February 11**

Burleson ISD Board Meeting, 6:30 p.m., 1160 S.W. Wilshire Blvd. (817) 245-1000.

### **February 12**

Burleson Heritage Foundation meeting, 7:00 - 8:30 p.m., Heritage Visitors Center, 124 W. Ellison (the old Interurban Building in Old Town). Call (817) 447-1575.

### **February 14 and 28**

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

### **February 14**

Valentine's Day Party, 11:30 a.m., senior activity center. (817) 295-6611.

### **February 19**

TAKS Test Day at Burleson ISD. (817) 245-1000.

BACC Expo, 1:00 - 3:00 p.m., Wilshire Room at First National Bank, 740 S.W. Wilshire Blvd. Realtors meet local firms who support their work, from title companies to financial services companies. (817) 295-6121.

### **February 21**

Mystery Lovers Book Club, 11:30 a.m. - 12:30 p.m. or 6:30 p.m. - 7:30 p.m., Burleson Public Library. Sandwiches and refreshments provided for readers who meet to discuss the book *Evan's Gate* by Rhys Bowen. (817) 295-6131, ext. 265.

### **February 26**

Elder Care Seminar, dealing with depression, drugs, alcohol and aging, 6:30 p.m. - 7:30 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Call the library reference desk at (817) 295-6131, ext. 264. Information is also available through Meals on Wheels at (817) 558-2840.

### **February 28**

Burleson Public Library - in collaboration with The Parenting Center in Fort Worth - hosts a monthly parenting workshop, 10:30 a.m. - 11:30 a.m. at S.W. Johnson Ave. Light refreshments will be provided. This month's topic is "Magic Wands and Enchanted Forests: The Benefits of Role Play." This workshop is free, but does require preregistration. (817) 332-6348.

### **March 29**

Master Gardeners of Ellis County's annual Ellis County Lawn and Garden Expo at the Waxahachie Civic Center, 1950 N. I-35 E from 9:00 a.m. - 5:00 p.m. For sponsorship and exhibitor information, please send an e-mail to [expo.ecmga@yahoo.com](mailto:expo.ecmga@yahoo.com) or call James at (972) 814-0699.



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