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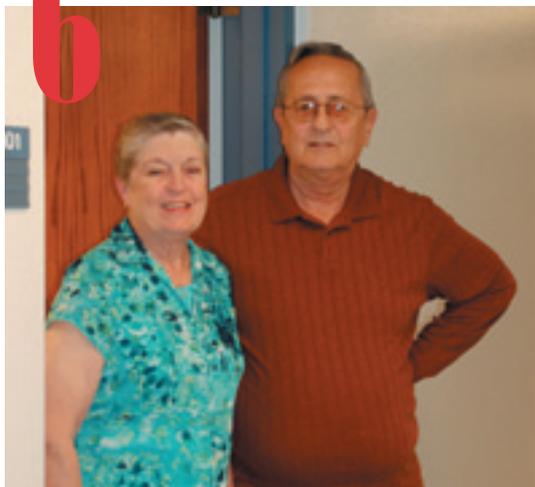
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Burleson
NOW
The Community Magazine
Serving Burleson, Joshua and
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MAGAZINE

Editor's Note

Let's Celebrate!

As Henry David Thoreau once said, "We belong to the community." This month, the Burleson Chamber of Commerce recognizes folks from around town who serve Burleson in a variety of capacities. On March 5 at Burleson High School, kudos will be awarded to Citizen of the Year and Civic Organization of the Year. Ten other nominees will be thanked for their hard work in making our city what it is today. Under the leadership of its self-taught, independent-thinking director, Dan-O Strong, the Burleson Chamber of Commerce has stimulated new businesses to develop loyal clientele, and helped make city initiatives (like the Farmers Market) successful. May each of you be inspired to serve as our community grows, Burleson!

Melissa Collins
BurlesonNOW Editor



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A Legacy of Love

— By Melissa Collins

For nearly 40 years, a couple of sweethearts have given their love to Burleson by helping children. Jim Cole mentored young athletes until 2003 and still teams with his wife, Rachel, to give TLC to all ages every Sunday at the First Baptist Church. Weekdays, Rachel works as a 3-year-old teacher at the First Baptist Church Child Development Center. Often, when Jim and Rachel go out in the city, they will hear a voice from somewhere around them calling, “Mr. Cole!” or “Mrs. Cole!” The Coles’ hearts leap when adults, who were once under their care, introduce their own children.

Two forces prompt the couple to reach out in service to others: yesterday and today. Today, the Coles operate on a turn about is fair play philosophy. “There are many wonderful community-spirited people working here to make Burleson a good place to be. Anything we can do here to pay back or give back is a very small thank you,” Rachel said. “This community

has been a fabric of our life. We moved out here when it was small; we’ve been in this house since 1971. Wherever we go, we’re proud to say we’re from Burleson.”

Yesterday’s pre-Burleson childhood experiences taught Jim the importance of encouraging children and doing something for them. “I just love kids. I was raised in a little country town in Indiana, and my mother raised six of us by herself. There was nothing for us to do. We just wandered around aimlessly except at supper time,” Jim remembered. “Everywhere I went I carried a basketball, from the time I was old enough to hold one. When it snowed, the man who did the maintenance inside the town would clear off the basketball court. They put up lights for us and we would play until midnight (or until they made us go home), seven days a week, day-in and day-out.”

When Jim met Rachel — whose roots go all the way back to the Burlesons for whom this town is named — she owned a daycare. “Because I was from a large family, it was very natural for me to have children around me all the time. All of us took care of each other,” Rachel said. “When I got to be an adult, I realized my heart belonged to children. I believe it has a lot to do with my mother and daddy, who took in four brothers on top of the eight of us.”

The Coles reared their own children, Rayleen and Michael, and now enjoy a total of seven grandchildren. Through it all, Jim and Rachel have continuously worked with children throughout the community. “We’ve worked with all ages of kids, and they’re a lot of fun,” Jim said. “To see a kid smile when they get to do something feels so good.”

In 1971, even though Jim was frequently on the road building



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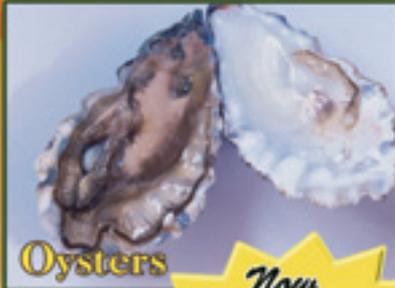
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churches, he wanted something to do after work that would involve children. "Sports are good for kids," he said. "I like to see kids having fun and having something to do." First Jim coached baseball, and then he became president of the Burleson Youth Association (BYA). Eventually, he and eight others met at someone's house and started the Burleson Independent Soccer Association (BISA). Jim helped secure the soccer fields on South Dobson Street, where children still play soccer today, and officiated in Burleson sports for 32 years.

"I love soccer," Jim said. "Every child gets a chance to play, but not every kid in baseball will get to touch the ball." No matter the sport or venue for their work with children, one of the benefits for both Jim and Rachel is they get to be substitute

**"What God calls
you to do, God
equips you to
do, and I feel like
He's equipped
me to do this."**

mom and dad (and sometimes proxy grandparents) to some of the children with whom they work.

"There are a lot of parents that don't get a chance to work with their kids," explained Jim, who was blessed with time to use on behalf of others. Working for Ken Binkley, Freightmaster and now the city of Fort Worth, Jim has always gotten off work at 3:30 or 4:00 p.m. "It has worked out great," he said. "A lot of parents bring their kids and drop them off." The youth appreciate Jim's loving and kind volunteer work. "I get paid by their faces when I do something for them. It's something you can't put a price to,

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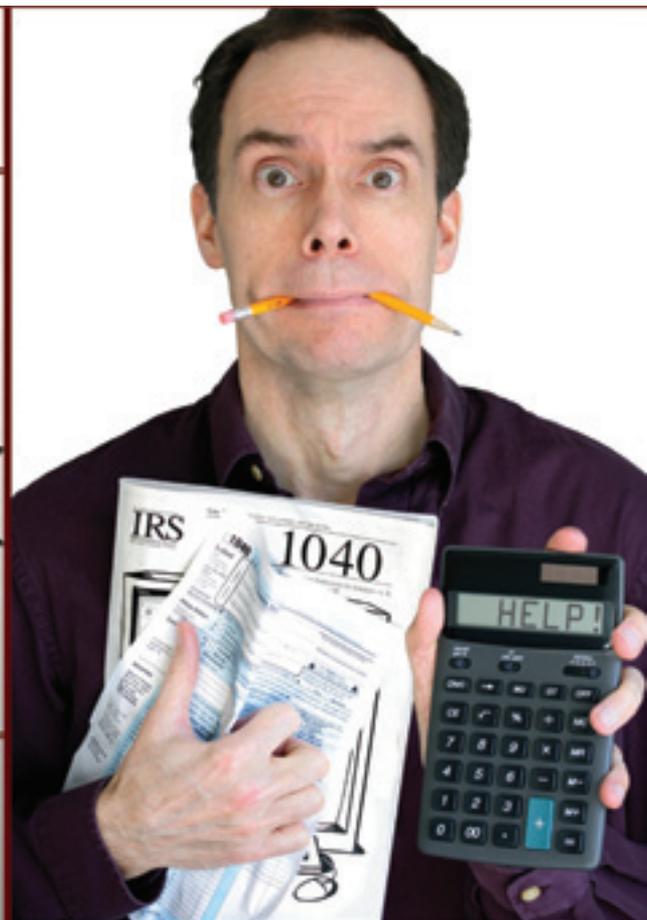


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especially with children I've seen in BYA and BISA — there are children who don't have two parents," Jim said. "When I was officiating, I told the parents not to come chew their kids out during the two hours that those kids were mine. I've had to get on kids before, but in 40-some years as an official, I've probably thrown five kids [out of games]. But I've thrown out a ton of parents and had kids say, 'Thank you.' When the kids do something good, I pat 'em on the back, and they appreciate it."

The students in Rachel's classroom enjoy lively, chatty interaction with their teacher. It is so much fun that Rachel will never tire of her work. "All I can imagine me doing is being in the classroom with my 3-year-olds and working with them every day. What God calls you to do, God equips you to do, and I feel like He's equipped me to do this. I have had lots of children come through my room," said Rachel, one of the original employees of the First Baptist Church Daycare in 1976.

Jim and Rachel have contributed to a lot of pleasant moments for a lot of children. "For years, Jim coached and would take these children who had never played before. He always gave them a chance and encouraged them and told them they were great," Rachel bragged. "Anything you do for a child that's positive is not wasted. Whether small or huge, the gesture is not wasted. It will somehow come back to benefit them. Even teenagers need that."

Although Jim's knees and feet forced him off the soccer field, his heart is still open to helping youth. The Coles' eldest grandson, Stefan, is 17 and has a lot of friends. His grandparents are big Elks supporters, and maintain friendships with Stefan and his friends — young men who benefit from having positive role models in their lives.

"If in any way Jim or I can be in a child's life," Rachel said, "we always feel it is a real privilege that God has given us to give them a pat on the back or say a positive word. We just enjoy it so much; that's what we do." **NOW**

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The Simple Life

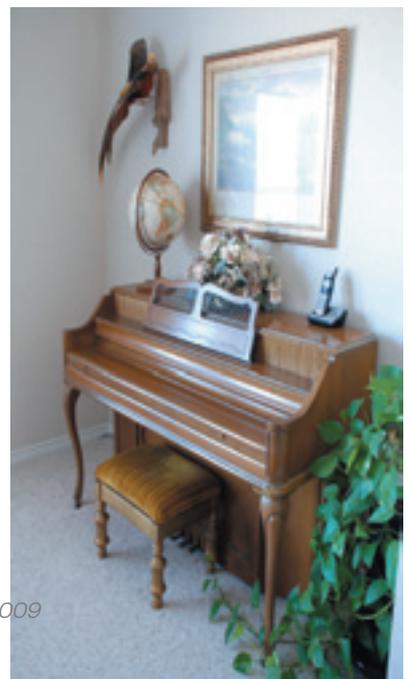
— By Jaime Ruark

Mike and Debbie Pennington's two-story, brick house, surrounded by trees and rolling hills, is exactly the kind of home they were looking for when they decided to build almost five years ago. Numerous windows reveal the spacious natural setting, yet town is only a few short minutes away. The simple country life with city amenities has helped make Burleson a place the couple is proud to call home.

While some families, often called "empty nesters," seek to downgrade once their children are grown and have moved out, Debbie decided to do the exact opposite. "Our previous house, where we raised our two kids, was a lot smaller,"

At Home With

Mike and Debbie Pennington





Debbie recalled. "That house was OK for the four of us, but when my son and daughter started bringing college friends, girlfriends and boyfriends home, it just wasn't big enough."

Looking ahead to the future and hoping to be grandparents someday, Debbie decided it was time to build a bigger residence. "A lot of my friends said they couldn't believe I was building a big house now. I just started telling everybody, 'This is my grandma house!'" she laughed.

With four bedrooms and two-and-a-half baths, the 3,200-square-foot home does indeed provide plenty of room for family visits, while the acre lot offers plenty of space to roam and play outside, as well as some interesting neighbors. "We've got cows and horses right across the street, and of course, there are the coyotes," Mike said. "We even have a fox that lives right in our backyard." With a laugh, Debbie added, "At night we can see his little eyes glowing."

The floor plan brings the feeling of open country inside, with high ceilings and two large living areas. "I wanted everything to feel very open," Debbie continued. "And something that was very, very important to me was the upstairs. I wanted it to be a space that we would use." The downstairs living area, complete with inviting and comfortable suede couches arranged around the fireplace, is missing one



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thing. “We didn’t put a TV down here on purpose,” she pointed out. “I wanted us to have to go upstairs to watch TV. It’s nice, when the kids or any company comes over, to have a room where we can just sit and talk.”

It is often said that opposites attract, and this is true for Mike and Debbie, who have opposite views when it comes to their decor. Previously a math teacher for many years, Debbie currently works as a school counselor at Frasier Elementary; she is a very organized and straightforward person. “I’ve always been this way, even as a little girl. I don’t like the



cluttered look. When I’m decorating, I don’t like a lot of stuff. I just like a few little things,” Debbie said, explaining that her decorating philosophy echoes her view on life. “Even in my life, I don’t like a lot of clutter. I want things to be simple. I do favor more traditional things, but I like a minimal look. I like clean, straight lines.”

This simplistic view translates to austere white walls with only a few wall hangings, including one serene

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landscape over the fireplace mantle downstairs, and no curtains or drapes on the many windows. “I like to be able to pull the blinds and look out, and drapes just obstruct the view. The first thing I do when I get up is open all the blinds in the house. Sometimes, Mike comes behind me and closes them because it’s too bright,” she added with a smile.

Debbie loves her spacious kitchen, especially the huge pantry with its endless shelves, all well-stocked and, of course, well-organized. “My daughter, my daughter-in-law and I can all get in this kitchen and cook together. Mike likes to cook, too; he’s a better cook than I am, actually,” she admitted. “He makes tamales with this big tamale machine

we have. We also grill a lot; we have four grills outside, and sometimes we’ll have them all going when the kids come over.”

Mike, who works in government security, indulges his wife’s decorating whims, but has brought some of his personal style to his office. “I do like more wall decorations. I’ve decorated a bit more upstairs, but I can’t do a lot because she won’t let me,” he chuckled. “I grew up in a house with clutter — knickknacks, pictures, plants and stuff everywhere.” His room features a bookcase filled with knickknacks, such as arrowheads found on the ranch in south Texas where Mike grew up; maps and pictures on the walls. A large plant called a Night-Blooming Cerus, with long green arms that

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offer gorgeous white blossoms once a year, helps make this space his own. "I'm the green thumb," he revealed. "She just doesn't have a green thumb!"

The upstairs living area also reveals Mike's personality. The huge, flat screen television, on which he enjoys his love for video games, is flanked on both sides by large movie posters featuring *Harry Potter*, *Back to the Future*, *The Lord of the Rings* and *Star Wars*. A spare bedroom also showcases Mike's collection of Amado Peña's bright and vivid Native American art. "I like old stuff, and she likes new stuff," he smiled. Often, Mike's "clutter" holds special memories for him: two rocking chairs that belonged to his grandparents, a pastel homestead picture painted by his great-grandfather and a D2 branding iron from his grandpa's ranch remind him of his family. An old-fashioned iron creamer used by his great-grandparents to make cream and butter now resides as a planter in the breakfast room.



Mike and Debbie cannot say enough about their love of the town in which they chose to rear their children, Michael and Cindy. "Right after we moved here, I found out I was pregnant with Cindy. I had this craving for fried chicken, and there was no place to get any! I remember thinking, 'Where have we moved to?'" she remembered. "It's grown up so much since then and it was just a wonderful place to raise our children. They got the best education."

Having lived in Burleson for 26

years, the Penningtons have seen a lot of growth. Debbie recalls all the experiences they have shared, as Mike said, "Everybody knows everybody." Both Mike and Debbie have fond memories of buying groceries at the local, family owned market, going to the Fourth of July parade, attending Good Life Days and Founders Day Festivals. "Even now, I can't go to Wal-Mart without seeing people I know," Debbie laughed. "It just feels like family — like home." **NOVA**

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Fascinated by Music

— By Jaime Ruark

The patrons of Community Bank's Burleson branch may be unaware the senior vice president and their friendly banker has much more than just sound financial advice to offer them. Guy James has been a master martial artist for years, and that is not all; catch him on the right day and Guy may just have a guitar pick or two up his sleeve. "In 1962, I started studying martial arts, and I've always competed and been very active," Guy shared. "I have a sixth degree master black belt. I was a trainer at the World Masters Martial Arts Symposium."

Guy was the chief instructor of his karate school, James' Karate Academy, but since the sale it is now called USA Martial Arts Academy. An interesting harmony soon developed for this karate-kicking, guitar-picking artist as his two hobbies came together. "What I learned in martial art is mind and body coordination. As I get older, I realize music is very much an application of what I learned. I was amazed at the parallels; for me, the two are connected," he added.

Karate was a sport that had to be learned and practiced, but music just naturally flowed from Guy's fingers. Music lessons were not necessary for the gifted boy; as a child, Guy

could pick up pretty much any instrument and play it. "My grandfather had a harmonica and he couldn't play it so he gave it to me, and I just started playing it right away," he recalled. "Within a matter of minutes, I was playing songs I knew from the radio; right then, I knew I had a fascination with music."

His fascination grew, soon revealing itself as an innate talent, one he believes was given to him to share. "Music is truly a God-given gift, and if you've got a gift, I think you should use it," Guy expressed. "Once I realized that, I made an effort to develop my gift."

Karate had taught Guy self-discipline and focus, and he used those martial arts techniques as he began to teach himself to play music. Relying on his ears to guide him, whatever he heard on the radio was soon coming from his guitar.

"Musically speaking, I studied by listening," he explained. "I graduated high school in the '70s, so rock was a very predominant music style from my era, and I picked up a lot of those songs. Then, of course, growing up in Texas, naturally I'm a fan of country music, so I started learning to play those classic country songs."

For many musicians, hours of lessons and practice enable them to read notes on a page, but it can be difficult to just sit and play without music. Perhaps his lack of formal musical instruction has helped Guy become so gifted at improvisation. "Not having been formally trained in music, I pretty much



just [studied] on my own. I taught myself music theory, and I would listen to and play jazz as well. I did get to study with another jazz player for a little bit, but it was just a few lessons," he added.

Because Guy believes his talent is a gift to be shared, he and his band members enjoy playing for local charity events. "There are two of us that make up one of our groups — Frank Henry and myself. We call ourselves James Henry and we play a combination of classic country, blues guitar and rock. Then it kind of depends on what our audience wants," he said with a smile.

This year the audience at the Burleson Farmers Market enjoyed cover songs from country classics like Hank Williams to rock favorites, such as Journey's "Don't Stop Believing," Deep Purple's "Smoke on the Water" and Lynyrd Skynyrd's trademark song "Freebird."

"I play slide guitar on that song; that's one I can really rip the guitar on. We go from acoustic to electric to whatever, and we both do vocals. I use my computer to make the tracks at home. I can pretty much get all the instruments on there so we sound like a full band," Guy explained. "Frank and I also opened for the annual Fort Worth Jazz and Heritage Festival in 2008. We try to do events like that at least three or four times a year because it's fun for us, and we love to give back. One of the purposes of that festival is to give scholarships to kids, so we were proud to be a part of that and donate our time for that cause."

Guy is also a member of a full band, the Texas Pearl Snaps, a talented bunch who also love to volunteer their time whenever their schedules allow. "We played the Honey Fest last year, and it was just such a great time. I really think music is an art and a people-connector. It's a language that speaks for itself and brings people together," he declared. "It's just a great way to give back." **NOW**

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Leading by Example

— By Melissa Collins

been through,” Corinne said, laughing at herself because — as usual — she has already begun preparing her body. “The other day I had a dentist appointment and walked in at 7:00 a.m. with shorts on. People looked at me like I was crazy [because it was cold that day]. My response is I have to get used to it, since I’ll play in days like that.”

Corinne has played soccer since she was age 4, when her

mom put her in Burleson Youth Association soccer, where she learned how to practice ball work. After the age of 10 or 12, Corinne remembers her coach, Mike Hallak, teaching her the basics. “At that age, you can’t teach any tricks, but I learned the fundamentals of passing, shooting, dribbling ball, not looking down whenever you’re dribbling,” Corinne said. She specifically remembers her first club coach, Carl Brooks, for his strict approach. “He

cared about us,” she recalled, “and wanted to push us as hard as he could.” Her second club coach was St. Claire Williams, with whom she practiced for eight years. “He taught me how to translate what we do in practice into game situations,” she added. Corinne’s most recent club coach, Moses Zialu, drills her on skills.

Her BHS soccer coach, Doug Ketcham, expects a lot out of Corinne, also. He made her a co-captain, with Samantha Jenkins, of the 22-girl team. “Whenever he’s not here, he wants me to be able to take control and have everyone respect me and listen to me,” Corinne said. “I don’t yell at them, but have them all look up to me. I have to lead by example. We’re out there to work, get better, not play around.”

Ketcham runs all the girls hard. “For the tryouts, we had to run 10 200-yard sprints in a time limit. You have to have your mind set, because by the fifth one you are completely dead. You can’t feel your legs anymore,” Corinne shared. “Another portion, we ran 40-yard dashes. It’s basically a speed test.”

This is a big month for Corinne Tebbs. She will turn 18 on March 18. Her bigger concern, however, is helping her Burleson High School varsity soccer team make playoffs at the end of the month. Corinne will also start running track, a sport she has enjoyed since middle school. “It’s an adrenaline rush. I run the same event as my mother, Candi Tebbs, did when she was in high school. My sophomore year, my track coach died of cancer, and I’ve felt like I needed to do it for him because I wish he was still here to watch me,” Corinne shared.

To be in shape for soccer, though, is different than being in sprinter shape. “For soccer, you have to keep your stamina up throughout the whole 90 minutes of the game,” Corinne said. Since soccer is her life, Corinne had fun while preparing for this, her final high school season. She played club soccer last fall and will again this spring. She also plays on an indoor team to keep in touch with the ball. After she graduates, Corinne plans to run daily and lift weights because she wants to be in shape for August.

Unless a better offer comes in, Corinne will move to Joplin, Missouri, to study kinesiology at Missouri Southern State University. “That will be a whole different element I’ve never



Corinne passes every test because she expects herself to be in the top five of her events. For the last three years, she has played the sweeper. "I'm the last defender, dropped back behind the marking backs. I pretty much clean up everybody else's moves. I'm there to stop 'em for sure," she explained. "I think I have become successful there because my mother, when she taught my brother and me sports when we were little, taught us to be more defensive-minded."

This year Corinne plays center midfielder, both offense and defense,

"I just try to be the best at everything that I can."

running back and forth the entire time. "I've just gotten more confidence with being able to take the ball offensively," she said. "I used to just take the ball and pass it off. I know now I can take the ball and be a defender. Coach Ketcham has always been trying to put me up top because of speed, but hasn't because he's kept me as sweeper. This year, we found a new sweeper, Dawn Walker, so I moved up the field to play offense." Her goal this year has been to average a goal each game.

Corinne reaches her goals thanks in part to a brother who pushed her, coaches who supported her, and two parents who have allowed her to pursue what she wanted. Overall, competitive Corinne said, "I just try to be the best at everything that I can." Now, Corinne is looking forward to the college challenge. "It's going to be fun," she said. "Since the school gave me the scholarship, I think the coach is expecting a lot out of me. I feel like I need to go and be successful and not give up and try to push harder and still be, like I am here, in the top five of anything that we do." **NOW**

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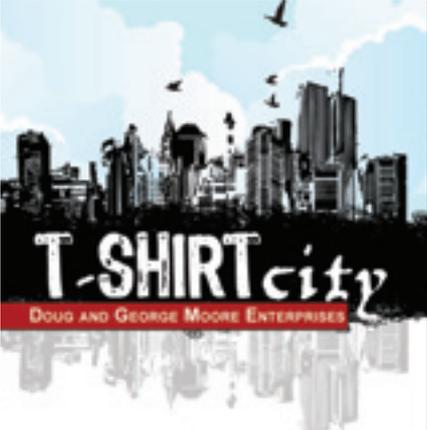


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PRODUCE MARKET



The Old-fashioned Way

— By Melissa Collins

You can say three things about City Market, Burleson's oldest grocery store: It is fun; it has what you want, and it is friendly. Owners Kurt and Jill Jaeger owe that to their people. "Our employees and our customers make this business so much fun," Kurt said.

You can blame the silliness in the dairy department on Kurt and his assistant manager, Benjamin Brock, who thought it would be funny if cows mooed and chickens clucked at customers as they walked by the dairy case. Kurt knows

that buying groceries is not always a whole lot of fun. Hence the discounts (Thursdays are discount days for senior citizens), the service (groceries are always delivered to customers' cars) and the guarantees (bring what did not please you back for a fresh replacement) — not to mention the free ice cream and popcorn at the front of the store for customers to eat while they shop.

City Market makes it their mission to be people's personal grocer. "Anything they want, we want to be able to do,"

said Kurt, who is proud of his meat department. "Our meat is superior. We have butchers on staff seven days a week. We grind our own beef fresh daily. Our chickens come

straight from Pilgrim's Pride, freshly packed in ice. All of our beef and pork is from the United States."

Local produce is available in season at City Market. In fact, last fall the grocers joined forces with the Chamber of Commerce and the city of Burleson to host The Farmers Market, which will start up again in April. "Anything good for the community," Kurt stated, "is going to be good for us."

With that philosophy, Kurt and Jill make a point to employ young adults alongside the adult professionals at City Market. "We've been very blessed with good people. It's nice to watch the young adults grow and mature. We try to give them Christian work ethics," Kurt said.

"For some of these kids, this is their first job," Jill pointed out. "This sets the precedent for their future. Our philosophy is: If we let them get away with subpar



work, we're doing them more harm than they're doing us." Kurt, who has been in the grocery business his whole life, knows how important it is to have a good start. "I started as a package boy at age 16 with Safeway, and worked up to store manager. They sold out in April 1987. I was able to buy my own store in September of that year," he recalled. Likewise, Jill and their two daughters – Mallory, 25, and Megan, 23 — have worked in grocery stores their whole lives.

Customers at City Market can count on Jill to supervise the cleanliness of the store. "Cleanliness and freshness are Jill's pet peeves," Kurt shared. "She's looking from a consumer's eyes." Kurt likes to hear from customers, especially

"We've brought in organics, naturals and specialty foods, and those have been really big hits for us."

their requests. "We're always trying new things, adding new items. One of our most successful customer requests has been organic milk," Kurt said. "We've brought in organics, naturals and specialty foods, and those have been really big hits for us," he added.

By expanding their produce and deli sections, City Market pleases its customers. "We brought in Boar's Head meat in December and that's been very popular. People like it because it's not full of fillers and additives. A turkey breast is a turkey breast — not processed, not full of artificial flavorings and preservatives," Kurt explained. "We get two and three days shelf life, not two and three weeks, and we're proud of that! We do it the old-fashioned way."

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Learning to Overcome

— By Melissa Collins

In a small building on West Ellison Street, volunteers from the community give from their hearts to teach life skills to eight women returning to the workplace. The students of the New Journeys Christian Women's Job Corps (NJCWJC) are women with a desire and commitment to change in order to become self-sufficient. One recent graduate is a single mom with two children who drives a bus for Burleson ISD in the mornings and afternoons. She is now maintaining a perfect 4.0 in her day classes at Tarrant County College.

The groundwork for such success was laid during a 12-week program at NJCWJC. "She's always said she wasn't smart," remembered Tiffany Geoo, site coordinator of NJCWJC. "She would come in after classes at noon and meet with our other teacher, Penny, to be tutored in math, which helped her make an A in math at TCC. She never had confidence in the beginning that she could do any of that."

"When these ladies are able to complete this program, they say, 'Hey! I did it! I can complete something!' This is the first step on the journey," Tiffany explained. "They just need a little bit of success in their lives, and it motivates them."

The NJCWJC philosophy is to give women a hand up, not a handout. "We will give them the resources, and it's up to them to go out and ask for what they need. So many ladies come in with so little self-esteem. They have no hope and don't think they can do this. By the end of our one-semester program, you see them completely transformed. They have no doubt that with Christ, all things are possible. That's the really neat thing about Christian Women's Job Corps. We introduce them to Christ and let them see that He is the

Way, and they really develop that hope," Tiffany said.

Their hope is bolstered by new skills learned during job- and life-training classes taught Monday through Thursday for 12 weeks. "In the first week, we introduce them to different community resources so when they get into a bind, they know where they can go. Then we do First Impressions," explained Tiffany. "A lot of these women come in wearing tattered T-shirts, shorts or jeans, flip-flops, hair pulled back, no makeup. We teach them that they'll feel better when they dress better. We have a closet they can go to, and we help them get what they need."

The students are taught note-taking skills to help them get through the semester. They receive an introduction to the computer and learn keyboarding. "Just simply using the mouse takes a little practice," Tiffany said. "We're here to build these ladies up; we want them to be successful." The teachers at NJCWJC do not define what that success is; instead, they encourage each woman to work to achieve her own goals.

"Our teachers are not just anybody. Dr. David Green is a counselor, teaching personality profiles. The ladies love that class. It is fun seeing how to get along with other personalities, and it leads our ladies to learn how to get along in an office environment," Tiffany explained. "Sherry Melia is a counselor and teaches the class on boundaries. Tina Mitchell is a CPA teaching our money management classes. Dr. Wayne English teaches the ladies stress management. The girls sometimes are so relaxed when he leaves, they're sleeping!"

A slower life beckoned to Tiffany before she volunteered

Education NOW

at NJCWJC. "When God called me to this ministry, NJCWJC was not in my plans. I'm a nurse and my youngest was in kindergarten half a day. My plan was that the next year, he would be in first grade and I'd have all this free time to do what I wanted to do. I began praying, 'What do You want me to do?'" Tiffany recalled. "This ministry is what He had me do."

Tiffany now works 20 hours per week at JPS Health Network, and 20 at NJCWJC. "It's so huge. I am like, 'God, I work with kids and babies, and now you want me to work with women? Hello!' God made it clear that I'm just along for the ride. This is *His* ministry. He will have to provide it, because I can't," she expressed, explaining that when people in the community notice a need at NJCWJC, they call and offer



materials, time or expertise. "This ministry — I have no control and I know it. That's what makes it so easy," she added. "You totally know it's all up to God."

Tiffany says the toughest times are when things are not going the way they need to be going. "We had a tough time finding a résumé teacher. We prayed and prayed and prayed and tried to fix a résumé program which wouldn't work. Last minute, an hour before the résumé class, Jerry Allen called. He had been a human resource professional for 20 years, and he said he'd teach for us. At the perfect time, God takes care of it — far beyond what you could imagine. God doesn't provide just good things," Tiffany said. "He provides the very best." **NOW**



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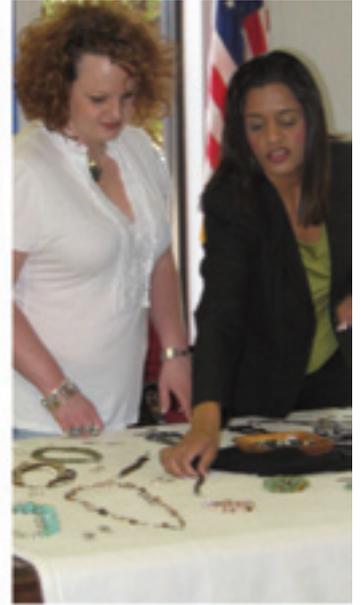
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Ann Peek, top left, gave Jenna Howell a chair massage to raise money for the Chamber's new sign. Trystan Wilson-Allen, top center, organized Building Bridges Kids 4 A Cure, a group that will participate in next month's Relay for Life event. Silpada representative April Shamburger, top right, sold jewelry to Nina Green during the Chamber fundraiser. A ribbon cutting, second row center, was held for On Site Video. Five of Burlleson's finest, bottom left, have taken to the streets. Terrie Goodloe from Service First Mortgage, bottom right, donated a 3-foot-long sandwich to the Chamber of Commerce fundraising event.

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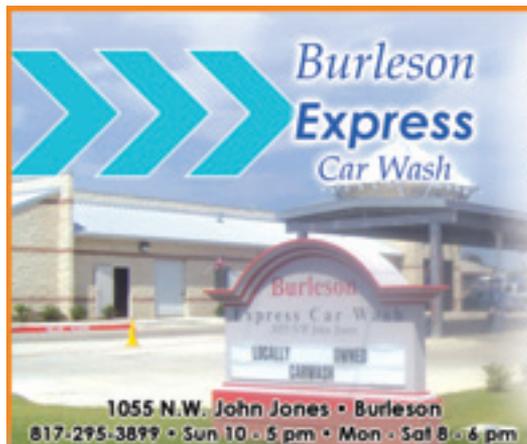


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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH EVELYN DUBOIS

BAKLAVA

SYRUP:

- 3 cups sugar
- 2 cups water
- 1/2 cup lemon juice, pulp strained
- 3 Tbsp. honey

FILLING:

- 8-9 cups chopped walnuts, small pieces, not too fine
- 1/2 cup sugar
- 2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 lb. phyllo dough, thawed in refrigerator
- 2 sticks sweet butter, melted

Prepare syrup by gently boiling sugar and water for 10 minutes. Add lemon and honey; slow boil 5 minutes. Put in refrigerator. Prepare filling by combining nuts, sugar and spices in bowl; mix well. Unwrap phyllo dough 1 roll at a time and keep it rolled in paper and linen towels. Butter the bottom of 14.75 x 10.5-inch glass baking dish. Unroll dough sheets and place a single sheet down. Keep unused dough covered because it dries out quickly. Using pastry brush,

baste your sheet with melted butter. Continue placing one sheet down at a time, basting each sheet with butter, using 9 sheets for the base. Now sprinkle a layer of nut filling. Layer 3 to 4 more sheets, buttering each one; take care when basting the phyllo sheet placed on the walnuts. Lay one sheet in the middle, one towards the left and one towards the right; you may have to hold them in place. Sprinkle a layer of nuts. Repeat layers several times until all nuts are used. For the top, layer with 6 sheets, basting each sheet; top should be basted very well. Cut the baklava in 4 lines lengthwise, and then cut diagonally to make triangles. Bake in preheated oven at 350 F for about 1 hour. Top should be golden brown. Five minutes before taking out of oven, turn oven up to 400 F. If top is too brown, shield loosely with a piece of foil. Remove from oven; place on cooling rack. Pour cold syrup evenly over baklava while it is hot. Allow to cool completely and then cover loosely with foil. Re-cut triangle pieces. This recipe is good if you can make it 1-2 days in advance to allow the syrup to absorb and solidify. Leave in pan until ready to serve.

Place individually in cup cake holders. Enjoy!

SOUVLAKIA (GRILLED MEAT ON SKEWERS)

This recipe is actually my dad and husband's Greek specialty.

MARINADE:

- 1 cup olive oil
 - juice from 1 1/2 lemons
 - 2 tsp. All-purpose Greek Seasoning (I use Cavender's.)
 - 1 tsp. salt
 - 1/2 tsp. pepper
 - 1 Tbsp. parsley, chopped
- pork tenderloin roast, cut into 1-inch cubes
 Mix marinade ingredients together with wire whisk. Pour to coat meat; marinate overnight. Reserve remaining liquid to baste meat during grilling. Put meat on skewers. You may also add vegetables such as cherry tomatoes and green peppers. Grill until tender and brown. When you cut a piece open, it should not be pink or bloody. Do not overcook, because this meat does not have fat on it and will become tough if too done.

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.



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We're Still the Land of (Investment) Opportunity

— By Lynn H. Bates Jr.

Over the past several months, you may have become somewhat discouraged at the prospects of investing for your future. Every day, it seems, brings another piece of bad news: stock market volatility, a decline in manufacturing, housing prices in free fall, auto companies teetering on bankruptcy — the list goes on and on. However, despite these distressing headlines, you are still living in a country that is home to the most powerful economic engines in recorded history, and while these engines may currently be stalling a bit, they still offer the power and the potential to successfully drive your investment vehicles.

To get a sense of this size and strength, consider the following: If the world population of 6.7 billion people were represented by just 100 persons, only five of them would live in the United States — but these five would have some pretty big economic clout. In fact, they would own 34 percent of the world's equity market capitalization and 25 percent of the gross world product, according to Bloomberg News.

Furthermore, these five people would be responsible for technological breakthroughs that resulted in electric lights, telephones, airplanes, television, computers, the Internet and much more. And they would produce the world's largest supply of electrical energy and sit on land that contained nearly half the free world's known coal reserves, according to the Energy Information Administration. For good measure, they would account for 37 percent of all Nobel Prize winners, according to the Nobel Prize Foundation.

Taken together, these and other factors reveal a robust supply of natural resources, intellectual capacity and entrepreneurial spirit — and these assets don't melt away in any bear market. Instead,

they point to the long-term expansion of our economy. And who owns the bulk of these corporations? More than 90 million American shareholders — and more often than not, their patience, discipline and confidence has been rewarded in the long term.

What new investment opportunities lie just around the corner? Some await our focus on “green energy.” Others anticipate the reinvestment in our infrastructure, a key element of the Obama administration's economic stimulus plans. These areas may be promising, but they won't tell the whole story of the future of investing — because those chapters have yet to be written.

In the meantime, what should you do? Stick with these tried-and-true strategies:

- **Look for quality.**

Seek out quality companies — those with long track records of profitability, strong management teams and competitive products.

- **Think long term.**

We're likely to continue seeing volatility in the markets, though perhaps not to the extremes of the past year. You'll need to look past these short-term price movements and commit yourself to investing for the long term. Over time, quality investments usually pay off.

- **Maintain adequate liquidity.**

If you have a short-term goal — such as paying for college in two or three years — set aside an appropriate amount of money in liquid investments that are likely to preserve your principal.

- **Stay invested.**

Don't take a “time out” from investing. The biggest rallies usually occur early in a bull market, and if you're on the sidelines, you'll miss out on these growth opportunities.

America's future is still bright, and yours can be, too — by investing wisely and patiently and by focusing today on your goals for tomorrow. **NOW**

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



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Compassion Helps With Epilepsy

— By Betty Tryon, R.N.

Jennifer went from a bubbly sixth-grader to a frightened and silent little girl. She started to walk with her head down most of the time. Her friends seemed to be afraid to spend time with her. Why? She had her first seizure, days ago, in front of the entire classroom. She was eventually diagnosed with epilepsy. However, with time, medical management and education, Jennifer became popular as ever. A seizure disorder is not a social death sentence. This disorder can be managed.

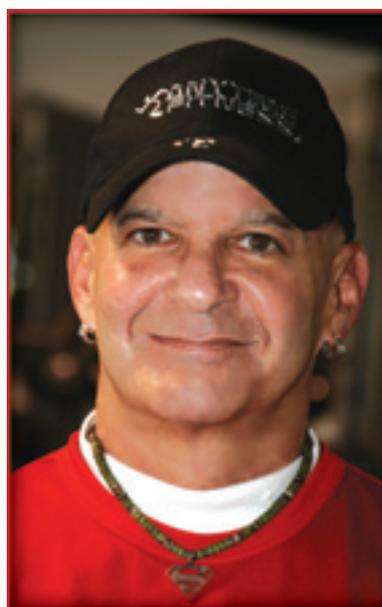
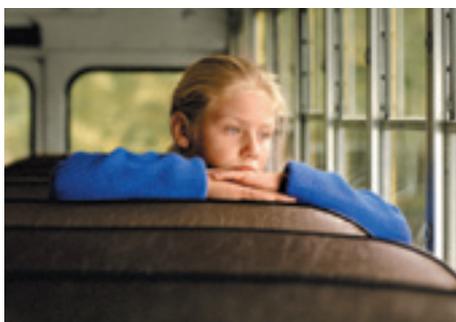
Epilepsy affects millions of Americans with thousands being newly diagnosed every year. In epilepsy, the neurons (nerve cells) have bursts of abnormal electrical activity in the brain. When these nerve cells misfire, communication between them is temporarily disrupted resulting in a seizure. Epilepsy is not a disease. It is a neurological condition affecting the nervous system. You cannot catch it from anyone. It is not a mental illness. It does not indicate a person's intelligence level or ability to think and learn.

It may be frightening to watch someone have a seizure because it can cause uncontrolled jerking movements of the body. Sometimes, the person may lose consciousness. When someone goes into seizure activity, they need your help. It used to be a common practice to use a padded tongue blade

between the teeth. This is now discouraged because of the possibility of broken teeth or accidental choking. The most important thing to remember when someone has a seizure is to keep him or her safe. If they are sitting or standing, gently ease them to the floor to avoid a hard fall. Remove glasses, ties, backpacks — anything restrictive. Move furniture and other objects out of range so they are not injured when their limbs are thrashing uncontrollably. Stay with them until the seizure is over. Some of the indications that dictate calling 9-1-1 are — breathing difficulties (if breathing stops, begin CPR), if the person is pregnant or diabetic, if the seizure occurred while in water, repetitive seizures without a break in between or if the person is injured or unknown to you. Call also if the seizure is longer than five minutes. The old adage that it is better to be safe than sorry applies here.

Because of the occasional social stigma attached to this disorder, it is important for others to know that people with epilepsy are regular people with the propensity to have a normal life, just like them. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician for questions regarding this topic.



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March 2009 Community Calendar

Every Tuesday

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

Every Wednesday

Breakfast Club networking group meeting: 7:30-9:00 a.m., Cracker Barrel. (817) 295-2161.

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

Second and Fourth Wednesdays

Burleson Lions Club meeting: noon-1:00 p.m., First United Methodist Church. (817) 980-9436.

Every Thursday

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

Job Fair: 10:00 a.m.-noon, Burleson Senior Center. (817) 558-7020.

Fourth Thursdays

American Business Women's Burleson Charter Chapter meeting: 6:30 p.m. Please RSVP: (817) 295-7060; ljh67@sbcglobal.net; (817) 295-3220.

Every Friday

Burleson Business Builders networking group meeting: 8:30-9:30 a.m., JJ Mocha's. (817) 295-2161.

March 2

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

March 5

Burleson Chamber Annual Awards Banquet: 7:00 p.m., Burleson High School. Advance tickets only. (817) 295-6121.

March 7

Yard sale, bake sale, face painting and more, to benefit American Cancer Society Relay For Life of Burleson's Buildings Bridges 4 A Cure and Kids For A Cure: 8:00 a.m., 808 Flagstone Dr., Castle Hills.

March 9 - 17

Candidates for one of the three Burleson City Council seats on the May 9, 2009, ballot must file for candidacy by 5:00 p.m. on Monday, March 9. The last day to file as a write-in candidate is March 16. The last day for a candidate to withdraw from the ballot is March 17. www.burlesontx.com or (817) 447-5400, ext. 277.

March 9

Burleson ISD board meeting: 6:30 p.m. (817) 245-1000.

March 10

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

March 11

Third annual Barnett Shale Expo, sponsored in part by the

Burleson Chamber of Commerce: 1:00-6:00 p.m., Fort Worth Convention Center. Admission is free. www.barnettshaleexpo.com.

March 12

Town Hall Meeting #3, in support of "Imagine Burleson 2030," in which citizens are invited to give their opinions on connectivity and mobility: 6:30-9:00 p.m., Burleson High School cafeteria. (817) 447-5400.

March 16

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

March 20

American Cancer Society Relay For Life of Burleson Golf Tournament at Hidden Creek Golf Club. First flight: 7:30 a.m. Second flight: 1:00 p.m. To sign up call (817) 426-9100.

March 28

Master Gardeners Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center.

Christian Music Talent Show, hosted by Kiwanis Club of Burleson: 7:00-10:00 p.m., First Baptist Church, 317 W. Ellison St. Performers will be students from grades 6-12. (817) 733-8986 or bur88kiwanis@charter.net.

For more community events, visit our online calendar at www.nowmagazines.com.

The Midlothian Conference Center Arts Council and Midlothian Area Historical Society

Antique Treasures Exhibit

Friday, March 13 through Sunday, March 15
A special version of the popular "Antiques Road Show" and everyone is invited to participate.

Appraisals: Fri., March 13 from 1:00 PM to 8:00 PM.
Participants must allow items to be displayed for the term of the show.
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Public Display: Sat., March 14 10:00 AM to 4:00 PM and Sun., March 15 noon to 4:00 PM.

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For more information, contact Mary Rustin at the Center by Wed., March 11.
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