

The Community Magazine Serving Burleson, Joshua and the Surrounding Area

Burleson NOW

M A G A Z I N E

March 2010

**Got It
Covered**

**At Home With
Barry Phillips**

**Living,
Learning
and Loving**





Dr. M. Brandon Pettke, D.C.

Hi, I'm Dr. Pettke, and if you've got any kind of back, hip or leg pain, your worries may be over in just a few minutes. Why? Because I'm the director of HealthSource Chiropractic™ of Burleson clinic, and I've discovered what may be the best healing secrets for "bad backs"—EVER!

I'd be stupid to make such a claim if I couldn't back it up. I hate empty promises, and I also hate the lies most folks have been told about their backs. That's why it's important I expose these MYTHS about back pain:

MYTH #1: Sciatica (pain down your leg) is always caused by a herniated disc!

No way...even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain. But they don't tell you about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels EXACTLY like you've got the worst slipped disc on earth. It's a major discovery and...

The good news is that it can be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from:



MYTH #2: Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!

Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is:

Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement!

You see, most folks believe that something mysterious (like maybe an "arthritis fairy") waved a wand over them, and they're cursed... doomed to suffer forever.

But did you know that many arthritis problems are CAUSED by a combination of unseen imbalances in the spine and surrounding muscles? It's the most common cause of hip replacements but not that hard to correct if we catch it in time. It's like the tires on your car...

If the alignment is off just a teeny-weeny bit, at first you don't notice, but over a few thousand miles you start to see signs of wear...that is, if you're lucky enough to catch it before a flat on the freeway ruins your day. In your spine, you're lucky if you catch untreated imbalances before they

ruin your spine! How to fix them? Just look at Myth #3.

MYTH #3: Your Back is "Out"!

Sure, that's exactly how it feels. But guess what, we found that's usually not the case. It sounds good, but we now know better.

You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

- low-grade spasm
- pelvic torque and tension
- imbalance of hips
- fallen or dropped arches
- stiff vertebra joint
- adhesions in leg muscle
- pinched nerve

It's NOT just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilize the spine is partly spasmed, a "2nd stringer" will have to carry the load. But this is a serious problem...

It's like having your plumber doing all the dangerous electrical work!

Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

MYTH #4: "It's Only a Muscle!"

Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse!"

That's why it's important to examine the spine AT THE SAME TIME as the muscles that control it. It's also why we've had such outrageous success with even the worst backs at HealthSource Chiropractic™. Because we deal with BOTH the spine and muscles at the same time. We have spine doctors (chiropractors) and muscle professionals (therapists) and together they deliver an outstanding way to help "bad backs". This ties in to Myth #5:

MYTH #5: "Muscle Relaxants" will help your muscles heal! Good grief, NO!

Your muscles tighten up for a reason, and muscle relaxants are like turning back the clock on a time-bomb... you know it's still going to

blow up! Sure, you may feel better now, but you'll pay later...and pay "in spades"!

So don't fall for these lies about your low back. They'll keep you hurting, frustrated and exhausted—forever!

WOULDN'T YOU RATHER:

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- ☐ Trigger Point...zinging pain to butt-cheek
- ☐ Stiff as a board...creek and groan when you first get out of bed in the morning
- ☐ Traitor...can't trust your back and what it's going to do—or when!
- ☐ Vice-like...constantly locked down tight!
- ☐ Shooting...vicious but short-lived
- ☐ Lumbago...hard to pin it down—just seems to hurt all the time, but it's hard to say where
- ☐ One-sided...right at that "bone" on one side
- ☐ Jack hammer...pounding off and on like a heartbeat or a toothache in your back

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P.S. It's Time to STOP wondering "What if," and time to START putting the confidence back in your body and your life. There's ABSOLUTELY nothing to lose. **CALL RIGHT NOW! (817) 297-7100**

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The Community Magazine
Serving Burleson, Joshua and
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MAGAZINE

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On The Cover

Barry Phillips' Emmy Awards deserve their own place of honor in the Renfro-Clark home.

Photo by Shana Woods.

Editor's Note

Dear Friends,

Living, learning and loving — what a cool approach to life! Such a focus guides the lives of all the people in the pages of our magazine, most especially one of Joshua's home-grown guys, Terry Lowe. We also write about Tamarah Martinez, whose love of learning is translating into a teaching career. You will enjoy reading about the band, Melt Down, and its leader, who enjoys helping his daughter stretch her musical muscles. In our sports feature, Coach Jerry Cantu talks about a life spent learning to live what he loves. As the season promises to change into lovely spring weather, Spokes bicycle shop teaches families to pedal around Texas! Our featured cook, Ann Pollard, tells how good it feels to learn secrets that please her family's palates. Finally, as you learn about Barry Phillips' classic late Queen Anne Victorian house, you will fall in love with the Renfro-Clark home.

Happy March, Burleson and Joshua!

Melissa Rawlins
BurlesonNOW Editor



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Living, Learning and Loving

— By Melissa Rawlins

Every day is Terry Lowe's to live to the fullest. When not busy helping his students and working with colleagues at his alma mater, Joshua High School, Terry keeps his muscles and his mind strong through all sorts of fun: hiking, rock climbing, camping, playing guitar and harmonica, and bicycling with his wife, Pam. "I like doing a variety of different things, and I like to share it," Terry said, "because the more a person can experience life, the more they're going to get out of it."

Terry has degrees in recreational leadership, physical education and kinesiology, and is certified in the state of Texas as a master math teacher. He almost has a doctorate — but with six hours of statistics classes to go, Terry decided that he had enough letters behind his name. "All three of my roles — student, lover of life and teacher — are connected in a web or cycle of progress. I'm getting to the age where I want to work on what I have learned so far," Terry said. "But with my guitar, I'm still learning. It's self-paced and can be part of my family life."

Terry picks on the strings at home, teaching himself songs like "Silent Night" and "Sweet Home Alabama." "I haven't had

lessons for any length of time," said Terry, who started playing when he helped guide river rafting expeditions in Colorado in the '80s. "Another guy would take his guitar along. I bought one and tried to learn a few little things. When I got to Texas again, I put the guitar away for many years."

Now, Terry meets monthly with a group of musicians called Fort Worth Unplugged, who get together in each others' living rooms to play their acoustic guitars. "Some people in Fort Worth Unplugged are pretty good," Terry said. "I wanted some practice playing in front of people. Sort of like going to the board in math class: you want it to be right; you don't want to make a mistake. It's more or less a test for myself."

"I've always been one who wants to be doing something. The guitar is something handy if I'm here at the house to improve myself, and to give me something to do as I get older," Terry said. "With my outside activities, like rock climbing, I want to improve my muscle strength and coordination."

Terry joined the Texas Mountaineers for rock climbing trips to Mineral Wells, Enchanted Rock or the Wichita Mountains in Oklahoma. He uses his math skills on every climb. "You estimate how long the slings are, how much weight you think a rope will hold and how far you climbed up." Math skills are also needed when telling someone there is a hold about six inches above their hand or when determining if you can make it 10 inches higher.

"The challenge in rock climbing is to see if you can do it."



“Now I’m living a healthy life.”

“No matter what kind of diet I tried, I couldn’t lose any weight,” says Kelly Qualls, who had weight loss surgery at Baylor. “I had no energy to keep up with my kids, my feet always hurt, and I had borderline diabetes. I knew I had to make a change.” As part of Baylor’s weight loss surgery program, Kelly met regularly with a nutritionist. “Now I can walk into a grocery store and choose the foods that are best for me and my family. I can be an example to my kids of how to live a healthy life.”

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Like, if I see a hold, I have to ask, ‘Can my muscles hold my body weight there?’ I know I don’t want to do lead climbing, where you don’t have much protection above you, so if you fall, you fall. I have been through that stage, and I know my limitations,” Terry explained. “Now, I want to do the top rope climbing, where there’s more safety. I don’t mind doing the same climb over and over again; if I fall, I do it again trying to improve.”

Terry tried mountain biking, but



decided he would rather hike. “With mountain biking, you’ve got to concentrate on what you’re going over. In hiking, you get to look around at stuff,” said Terry, who started hiking the nature trails at the Fort Worth Nature Center a few years ago and has since volunteered there, guiding people on canoe tours of the Trinity River.

Showing folks that the way may be more open than they think is one of Terry’s pleasures. “For younger kids, they don’t know where they’re going to be. I like them to know a variety of activities. I like for them to be able to participate in different sports,” Terry said, who was a high-performance football, basketball and track athlete back in his teens. In 1969, Terry made the first touchdown in the old Joshua Owls Football Stadium.

“It was only about two or three years ago that I realized it,” Terry grinned. “The person who kicked the first field goal, Ronnie Collins, who is now superintendent at Mineral Wells, he told me that. Then I found proof of it in my memorabilia. Actually, there were three touchdowns in that game — first a punt return, then a kickoff and a pass reception — if I remember right.

“Playing sports in high school taught me determination and that you get reward out of a lot of hard work. I

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enjoyed the camaraderie,” Terry said. “We grew up together! In eighth grade we had a good team, and it just sort of continued on through.

“Some of the things that happened then are still part of my life. In football, we had a motto, ‘It’s all in the state of mind.’ Sometimes, lately, I’ve needed to remind myself that it’s all in the state of mind for the kids I teach. When the students come in and say they cannot do it, I try to get them to think, ‘Oh yes you can,’ and be positive about it. I say, ‘Even though you can’t do the whole thing now, whatever you learn today is your base, and tomorrow you learn a little more, and the next day, too, until you finally satisfy where you want to go.’”

Math was Terry’s favorite subject when he attended Joshua High. “Ethel Galbreath was my math teacher. They’d

“I like to share knowledge, and not only just math. To live is to learn.”

just built the new high school; there were only about 200 kids. I remember us going to the board and working problems. I think it helped me. At one time in my teaching, I’d gotten away from it. But in the last few years, I have my students go to the board. They get to tell me what they know and what they don’t know.”

Terry Lowe has found his niche, giving one-on-one attention to students in College Algebra, Statistics and Algebra 1. “When they ask me, ‘When will we ever use math?’ I tell them, ‘You might not ever use this particular idea; but usually, the more problems you can solve, the more choices you can have on what direction you want to take in your life.’”

With no plans to retire, Terry is not yet finished with life. “I like to share knowledge, and not only just math. To live is to learn,” Terry philosophized. “Then you teach what you learn because you love, and when you love you live.” **NOW**

Internal Medicine

Meenu Sharma, M.D.

Meenu Sharma, M.D., has joined Huguley Medical Associates and practices internal medicine at Huguley. Prior to opening her Huguley practice, Dr. Sharma practiced internal medicine in Branson, Missouri.

As a board-certified internist, Dr. Sharma specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. Internists also help patients understand preventative medicine. Most adults in the United States see internists as their primary medical provider.

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Factual and Fabulous

— By Jaime Ruark

There are not enough words to express the fabulousness of Barry Phillips. With a life full of moments that would seem surreal to most, Barry has seen much more than his 15 minutes of fame. How fitting that a man with such personality would make his home in the only historical landmark home in his hometown of Burleson.

Well-versed in his home's history, Barry has conducted countless tours and has shared myriad interesting facts

regarding his residence. "This house has been a historic landmark since 1970. The house was built by the wife of Henry Renfro. Renfro was, of course, the man who named Burleson after his friend Rev. Rufus Burleson, who was at that time the president of the college that became Baylor University," Barry detailed. "Renfro died before the house was actually built; Mrs. Renfro and her daughter went ahead with the build in 1894. Mrs. Renfro later married a Clark, thus the 'Renfro-Clark' designation."

Passed from Renfro to Clark, the structure became home to Pearl Clark and her six sons, all of whom served in World War II. "All of the sons came back on Christmas Eve of 1943. They



At Home With
Barry Phillips

were scattered all across the world, and they came back to surprise her,” Barry said.

Friends help give candlelight tours of Barry’s home, some dressed in period clothing and stationed in each room giving lectures on the home’s history. “At [the time of] World War I, the house was already 25 years old. At the premier of *Gone With the Wind* in 1939, the house was 45 years old,” Barry noted. “Facts like that really seem to place the house in timeline of history.”

A guiding force seems to have been at work to ensure Barry’s ownership of the building he is tied to in so many ways. “I’m a grand-nephew of Sam Houston on my mother’s side. Rufus Burleson baptized Sam Houston. There’s that famous line we’ve all heard, when Rufus baptized Sam in a creek and raised up all 6 foot 7 inches of him and said, ‘General Houston, the waters of this creek have washed your sins away,’ to which Houston replied, ‘Well, God save the fishes!’”


A young child with light hair, wearing a blue polo shirt, is sitting in a field of red tulips. The child is looking down at something in their hands. The background is a green hedge.

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Everything in Barry's life seems to come with an amazing story, including how the house finally came to be his in 1989. "I was living in Dallas, having just moved back from Los Angeles, where I'd spent 10 years in the Beverly Hills area," he recalled. "I grew up in Garden Acres, back when it really was the country. Burleson has always been a part of my life. I guess I'm a little bit country, a little bit Beverly Hills."

Barry read in the *Burleson Star* that the house was on auction, put in a bid, and, with near misses and letdowns,

the home became his. "It seemed like I was supposed to be here — maybe just meant to be," he said. Just as the house has provided a beautiful backdrop for local weddings and Christmas cards, it has provided a backdrop for Barry's whirlwind life, a tangible anchor to an incredible past, giving him a perfect setting in which to showcase his impeccable style.

"This was the home of the library for 10 years. It did not look a thing like it does now. It had industrial strength carpet, white walls, green carpet,



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big florescent lights,” Barry said. Unfortunately, the library board had stripped off all the original gingerbread woodwork on the outside of the house to make it easier to paint. Cosmetically, it was almost a wreck.”

Barry worked steadily over the years, restoring the home to its original glory, decorating each room with antiques.

The original 1894 front door, complete with colored “four seasons” panes, opens to the living room, where a faint, rich, woodsy scent whispers of the past. Turn-of-the-century Charles Eastlake designed doorknobs, adorn the doors; Victorian wallpaper found in the national archives in Washington hangs in the window nook. Photographs of the Clarks and a bowl and pitcher, which belonged to Barry’s great-grandmother and were used the night she delivered Amon Carter in 1879 — these serve as conversation pieces in the dining room.

“I think it would be wrong to not make the house Victorian era-authentic, but I just couldn’t live in a house that was all antiques. I’ve made it period, but with personality. It’s an eclectic blend,” he expressed, pointing out his contemporary 1926 *Metropolis* movie poster, leopard-print throw pillows and Mickey Mouse glove book ends. “There are countless things I’ve done to make the house more palatable and fun.”

As a lauded artist, illustrator, designer, film art director and television host and interviewer, the list of Barry’s career accomplishments is endless: two Emmy



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and Oliver Stone, just to name a few.

As old meets new, Barry's artwork is scattered throughout the home. A humorous portrait of Mel Brooks, used as the cover story for *Los Angeles Magazine*, resides next to a still-working Victrola, where Barry plays his beloved Andrews Sisters records. (Barry was friends with Maxene Andrews in L.A.) Panoramic pictures taken in the 1920s hang next to his treasured registered teacup, from which Lucille Ball drank on



an episode of *I Love Lucy*. His two shiny Emmys are displayed adjacent to an 1899 fruitwood Boston-made Ivers and Pond grand piano. “If these objects could speak ... there’s a certain connection I have that happens with the past that is



so engaging and reassuring,” he shared. “There was this beautiful design sense back then that we’ve lost — just a certain beauty and grandeur.

“This is a very well-loved house. People come all the time, and they’re often in the yard, walking around, peeking through windows. I come out, and they’re always shocked. They say, ‘Oh! You live here!’” Barry laughed his contagious laugh. Barry always accommodates these apologetic visitors, but the few onlookers “up to no good” have been quickly stopped by his security systems. Otherwise, he just considers it another fascinating part of life in Burleson’s only historic landmark home. **NOW**

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Burleson and Joshua members of the Texas Tradition Choir take a moment from their beautiful singing to smile for the camera.



Rick Stevenson, owner of Mattress Giant, greets Neal Jones, one of Burleson's Citizens of the Year for 2009.



Donna Thiessen outside D'Vine Wine on Main Street, looking to open by April.



Record-breaking snowfall allows Ashleigh Frazier and Madison Goetz to showcase their snowman-building talent, soccer-style.



Teresa Banks and Will Epps, *BurlesonNOW* advertising representatives.



Nicholas and Victoria Henson, left, and Khalie and Shaina Jones, right, enjoy a fun-filled lunch at Panchos.



Scott Brown poses with the staff at Cendera Funding at his 38th birthday party.

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Got It Covered

— By *Melissa Rawlins*

Could father/daughter time get any better than this? Music-lovers Jonathan and Devohn Pugh rear a musically inclined little girl, Analyce, and when Daddy invites her to play keyboards in his band, she becomes an integral part of the show! Melt Down, the five-man-one-girl cover band, plays gigs all around Joshua, Burleson, Cleburne, Fort Worth and Dallas.

Twelve year old Analyce plays an alto sax about the size of her leg. She also plays a baby grand piano — has for seven years — and her talent on the keyboards won her the Young Miss of Texas 2009 Talent Competition. “I played a piano medley: two classical songs and a little bit of Queen’s ‘Bohemian Rhapsody.’ I named it ‘Classical Rhapsody,’” Analyce said. “I went to the pageant not to win [the entire pageant], but just to be in the talent show and to win that part I was in. Whenever I found out I got first place, I was like, ‘I got what I came for!’”

When Analyce performs with her dad and the band, she has fun. Lately, there have also been sizeable tips involved. “Most of the time, when we get tips, they all go to Analyce,” grinned Jonathan. “The folks in the audience come up to her keyboards and want to put it in her tip jar. We were at a biker bar once. These big gruff guys came up and one of ‘em said, ‘Hey do you mind if I give this to your kid?’ It was a \$20 tip!”

Analyce still has not managed the confidence to sing in front of people, but this will come with time. “She can carry the tune, but her confidence in all this is on the ivories,” said Jonathan, who thought it would be good for Analyce to perform. “When you have a talent, you gotta share it.”

Jonathan should know. As a self-proclaimed “Jack-of-all-trades, master

of none,” Jonathan naturally played music since he was 4. “My older brother plays guitar, my mother plays piano, and when he was 19, my dad, Randall Pugh, actually played on the local Fort Worth show that was very similar to the ‘50s nationwide *Dick Clark Show*. I played some drums, piano, guitar and really started performing at the age of 10.” He was a novelty act in his dad’s band playing a couple of songs on the violin during each show. He started playing bass then he started singing. “I was absolutely a horrible singer during my teenage years,” laughed Jonathan.

Jonathan now fronts Melt Down, which performs covers of mostly classic rock, with some country and some disco mixed in. “We play such a variety that, literally, we should be able to make every person in the audience happy. We get comments like,

“It just comes to you; it’s a flow; it’s a feeling that’s good.”



“I can’t believe how you’ll play Otis Redding and then turn around and play Metallica.’ We have a disco medley, and without the keyboards that Analyce plays, it doesn’t sound as good and is not as full.”

The guys in the band have actually started writing some material that fits into the Texas music scene. “The songs are a little mix of country meets southern rock meets grunge. In March, we’re going to create an original act that’s called Brother Mercy. We’ve already completed our first song, ‘First Getaway,’ and have sent it over to the radio station, The Ranch, to get some red-eye air time,” said Jonathan, who writes the lyrics. “We’ve got a million songs, but only finished one. It’s great to have ideas, but you have to finish them for it to count for anything.

“The best songs I’ve ever written I’ve done in about 15

minutes. It's like the opposite of writers block. It just comes to you; it's a flow; it's a feeling that's good," Jonathan said. "Inspiration can strike anywhere. I try to keep a little recorder with me that I can sing the songs on to. In fact, I've got a napkin in my car [that] I write them down on. Sometimes, I call Analyce's cell phone and sing into it, because my tape recorder's batteries are dead." "He'll go, 'Don't delete this.' I'll listen," Analyce giggled, "and I'll go, 'Seriously?'"



Jonathan works closely with lead guitarist Ben Fisher to keep the band a democracy. They rely on the talent and personality in guitarist Ryan Watts, drummer TJ George, keyboardist Analyce and bass player Daniel "Big D" Gutierrez, a friend who was voted in last April after Jonathan broke his finger and could no longer play bass. "I sing a lot better when I am not concentrating on playing bass," Jonathan said.

Most of the guys in the band are from the Fort Worth Area. Jonathan met them through a man from Joshua, Jeremy Vanderburg, with whom he originally started the band. He ended up bowing out of the band for family reasons. After going through three drummers and four guitar players, Melt Down finally has the right people where everything seems to mesh, including Jonathan's oldest brother, Stephen, as the band's sound engineer. "When we're on stage, it is Stephen," said Jonathan, "who makes us sound good." **NOW**

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Measuring Time in Seasons

— By Melissa Rawlins

“The way I measure time is in seasons, not really years,” Jerry Cantu said, coach and designated hitter for the Burleson Bulls, the baseball team he and a friend formed 18 years ago. “Although I liked baseball a lot and played from time to time, I never played organized ball consistently until I was 24 or 25, when I joined an amateur men’s league in Fort Worth. It’s been history since then!”

Jerry remembers life events according to the specific seasons when his baseball team won championships in the DFW Adult Baseball Association league, or the seasons when the team did not perform well. But he and the core teammates have committed to staying together.

After each bad season, they practiced and developed strengths out of weaknesses, so that the team has won four championships since their first incarnation as The White Sox. “Eight years after forming that team, we changed the name of the team to the Bulls. Although the name has changed, the team has remained the same based on the specific core of players,” Jerry said.

“I’m not as fast as I used to be,” he said, “and can’t throw the ball quite as far as I used to, but I can still hit. I let the younger guys play the field now. The rest of the time, I’m actually coaching and working with the younger guys.” The average age of the Bulls is mid-30s, because even though some players have been with Jerry 10-15 years, they pick up new players who want to join. “The players want to see the good pitchers, and compete against the players in their prime. It’s been great to have the opportunity to play with a number of players who, in my eyes, have



been able to play at a level that makes me feel like their fan,” Jerry said.

“Just this past season we picked up one player, Brett Barkley, a resident of Burleson. Kind of typical of the players who are on the team who have played softball for a couple years, Brett has college experience. He became a firefighter, played softball to stay active, and discovered the team Web site (www.eteamz.com/nababulls). He shows up and it’s one of those things where I’ve been in the game long enough that I can look at a player and know that they can excel in the game. He reminded me that this is something I enjoy: a player who can hit over 700 — which is unheard

of even at the amateur level! It was totally amazing.”

The Bulls also pick up sponsors who provide equipment or uniforms and receive exposure as the team plays throughout the Metroplex. “Baseball is a lot different than softball, which might cost \$300 to get a team together for 10 games,” Jerry said. “For baseball, fees range from \$2,400-\$3,000 for 24 games. Ninety percent of the time, the players have to contribute to the team and league fees, which does not include uniforms.”

Jerry anted up because he respects the game’s competitive challenges. “You’re looking at a ball that’s virtually half the size of a slow-pitch softball, and the baseball comes at you 70-80 mph. The game is a lot more team-oriented, as well,” Jerry said. “Every player has their job;

has their duty.” For the red and the black Bulls, every player also has their personality.

“I talked to the other players about this. The older we get, [the more] we know we will finally have to hang it up, and the fact is our favorite part of baseball is the camaraderie — to come together as a team, to see players season after season,” Jerry said. “We may go months without talking to each other between seasons, but once the season starts again, it’s almost as if the last game was just the weekend before. That bond with players is something you can’t form over one or two seasons; it takes time.”

Since a baseball game lasts almost three hours, Jerry devotes entire afternoons to

baseball during the five-month summer season. He also spends two or three nights per week, even in off-season, exercising and prepping for the next season. Jerry loves the game



so much that last fall he organized a barnstorming game, outside of the Bulls’ regular league play, against the Arlington Police Department’s team: the Arlington Watchmen. Usually his games are on the weekends, and while Jerry plays, his wife, Kimberly, heads out to her daughter’s athletic events or plays her own women’s basketball or soccer games. “Kimberly shows her support by allowing me to spend an entire day on the weekend doing what I love,” Jerry said.

“Baseball has allowed me to stay young at mind, young at heart. It’s God, family, work and then baseball. Now that we found out we’re having a baby in June, that’s something else that will keep me going, as well. I will take time off from baseball for the baby,” Jerry said with a smile. “The timing is toward the end of the season, so it’s going to work perfectly.” **NOW**

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Dr. Herrin completed a pediatrics residency at the University of Texas Southwestern Medical School at Dallas after earning her Doctor of Medicine degree from the University of Texas Medical School at Houston. She holds Bachelor of Science degrees in chemistry and biology from Southern Nazarene University in Bethany, Oklahoma.

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Fitness and Fun

The first bike shop in Burleson offers everything needed for cyclists who are saving their money, time and health.

— *By Melissa Rawlins*

Avid cyclists who love spending time on the roads of Johnson County now take their bikes to Spokes, which opened last summer in the Target shopping center at Highway 174 and FM 731. No more driving north of Burleson for parts and service! Local riders' bicycle maintenance is easy to manage, because Spokes turns around most repairs in under three days.

David Garrett, head mechanic and salesman at Spokes, entered the industry 12 years ago as a floor sweeper in a Fort Worth bike shop. "I slowly grew into a mechanic, turned that into a service manager job, then went into sales," David said, who talked his father-in-law, George Rice, into coming out of retirement to launch Spokes. "Working in South Fort Worth for the past several years, I noticed how many people came up from Burleson. They had to because there wasn't anything in between."

Families are the core customers of George and David's business. "Our goal is to serve people from 3 years old to 70-80 years old," David said. That means they sell bicycles of every variety, from mountain bikes to recumbents to little bikes with training wheels to full-race time-trial bikes. "Our main focus is families, because you gotta raise the kids into cycling," he added.

"My father bought my first bike when I was 3. At the age of 5, I started racing BMX bikes. That developed into riding with my friends around our neighborhood all through my teenage years. As I got older, I rode mountain bikes and then road bikes," said David, who encourages his son to follow the same pattern. "Seeing kids develop, as I did, into a full-size bike, even getting up to doing triathlons, is kind of our focus — for fitness, but also for fun."

George enjoys riding, as well, and has



From left:

George Rice and his son-in-law David Garrett, owners of Spokes; samples of the gear local cyclists can find at Spokes; showroom floor full of cycles for all ages.

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especially enjoyed tending the business end of Spokes. He services all the bikes alongside David, and keeps the inventory stocked with exactly what local customers are looking for. "We stock nearly everything that would be needed in one way or another: tires, tubes, and all maintenance items required to keep bikes on the road, and accessories needed to keep you safe and help you enjoy riding — padded shorts, gloves, headlights, reflectors," David said. "Typically we can special order anything within two to four days from the time of order."

Spokes has discounted all 2009 model bikes at least 10 percent. "We've got the Scott R-3, a new 2010 model bike that's super lightweight, similar to what the guys will be riding in Tour de France this year," David said. "We have the Giant Rincon 2010, which is a mountain bike with disc brakes, and the Scott Plasma TRI Bike, a triathlon cycle that is one of the fastest in the world." Spokes also sells comfort bikes and hybrid bikes for the everyday recreational rider. The recumbent bikes, excellent for folks who have had knee surgery, are readily available by special order within a day.

The team at Spokes professionally assembles everything they sell and services each bicycle themselves. "With every new bike purchase you get lifetime maintenance, so all your minor maintenance that your bike would ever need is actually done for free in our shop," David explained. "We also offer a lifetime frame warranty on everything from tricycles to \$10,000 road bikes. We'll service everything from an old Schwinn that you've had in your garage to a set of training wheels on your kid's bike. If it needs to be fixed, we can definitely handle it."

As spring arrives, Spokes gets busier with customers looking for the right jacket or socks or shoes. In our climate, a person can ride 365 days a year. Most days, George cycles to work from his home four miles north of the shop. "If your commute is only seven to 10 miles, you can easily ride to work, enjoy it, get a workout, and maintain a good sense of health," David said. "You'll also save yourself a lot of money in gasoline!" **NOW**

Business **NOW**

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Her Hometown Perspective

— By Jaime Ruark

Perspective is often relative; it can change with time and personal experience. How a person views his or her high school experience may change during certain parts of life: as a high school freshman, a high school senior, a 10-year alumni or a senior citizen. It can be amazing how time and experience can alter ideas, how a person's thoughts and feelings can change. For Tamarah Martinez, life as a college freshman has given her an interesting perspective on her recent high school days.

A Burleson High School 2009 graduate, Tamarah has decided to continue her educational career at Hill College, in the town she has always called home. "I've lived here my whole life," she shared. "My parents have lived here since they were 4." A confident young lady with a personality and determination

that belies her petite frame, Tamarah had no plans on leaving her hometown upon graduation. "I didn't want to leave home. I plan on going to UTA [University of Texas at Arlington] following my first two years — after I get all my basics out of the way — but until then, I'm staying here, with my mom," she smiled.

Tamarah's high school days are full of happy memories. "I was a straight A student and a cheerleader and that pretty much took up my entire life," she laughed. "I loved the excitement of the games. I'd never been a football fan until I started cheering." While she loved being a cheerleader, Tamarah is quick to admit her perspective of those times has changed. "I didn't want to graduate high school. I didn't want to leave, but now that I've started going to college, I'd never go back," she added.

Tamarah has a love for math and science, two subjects in which she excels. "I like math because it's always the same — you're going to get the same answer every time," she said. Education has always been important to Tamarah; not only does she strive for top grades, she has also always had a desire to become a teacher herself. "When I was little, my dad built a playhouse in our backyard and I pretended I was a teacher," she recalled.

Tamarah has definite ideas regarding the kind of teacher she hopes to one day become. "I've always been the one who's been the tutor. I just really enjoy getting a point across. I don't like the teachers who do it for you. I'd rather help someone figure something out for themselves," she explained. "I don't want to be the boring teacher that lectures all the time. I like hands-on activities; I think it helps with memory. I also love songs because I think they help you remember things, too. I still remember my color songs from when I was in kindergarten," she laughed.

From the perspective of a 16-year-old — or the parent of a 16-year-old —

Education **NOW**

college, and especially college tuition, can be daunting. With plans to earn her degree in elementary education, Tamarah began to explore paths toward that goal during her junior year. "One of my friends who received a Burleson Opportunity Fund [BOF] scholarship the year before told me about it," she said. Tamarah applied and was awarded the scholarship toward the end of her senior year.

Part of the city's Strengthening Families resolve of 2007, the BOF fund provides two semesters of tuition to students who complete all applications by deadline, graduate from a Burleson public high school or accredited private or home school, enroll at Hill College upon graduation and complete a FAFSA (Free Application for Federal Student Aid). Certain criteria must also be met after the scholarship is awarded, such as: enrolling for 12-16 credit hours and student orientation, completion of all classes, completion of community service hours and promoting and assisting the BOF with future programs and students. The community service aspect is, of course, an important part of the process; encouraging students to take part in their community is a vital step to keeping the city strong. "You have to have a certain number of group community service hours," Tamarah noted. "We did our fundraiser at the movie theater. We had 'A Night at the Theater' and everyone came and we served them dinner and they watched a movie. It turned out really well."

Now in her first semester at Hill College, Tamarah is busy keeping up her grades and completing the required community service hours. "The fund pays for classes, which is great, but we have to buy the books. My dad just had to pay for mine; he wasn't too happy," she laughed. Tamarah also spends part of her busy days at The Little Gym, where she has already begun her teaching career helping 3- and 4-year-olds learn ballet and tap. "I love the look on a child's face when they finally get it. You feel like you've accomplished something because they understand what you've been trying to teach them," she said. As for her high school days, with the perspective of a college student, she advised, "Enjoy it while it lasts, but once it's over — grow up!" **NOW**



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In The Kitchen With Ann Pollard

— By Faith Browning

Ann Pollard has loved cooking since she was a teenager. Over the last 42 years of marriage, she has enjoyed preparing meals for her husband, Earl, their two sons, Doug and Terry, Terry's wife, Maria, and Doug's two wonderful daughters, Crystal and Sheri. Ann also enjoys creating healthy treats at her church where she serves as Snack Coordinator for their At Risk After-school Program.

Besides cooking, Ann also enjoys collecting dolls and is very active with the American Business Women's Association. Ann has acquired many of her recipes from her mom, friends or just experimenting, but it is the holidays where she likes to shine. "I enjoy cooking at Thanksgiving and Christmas," she expressed. "One year, my mom told me my turkey was better than she thought it would ever be." **NOW**



"LIKE ICE CREAM" FRUIT SALAD

1 sm. box strawberry JELL-O
1 cup hot water
1 3-oz. pkg. cream cheese
1 sm. jar maraschino cherries
1 sm. can crushed pineapple
1 cup pecans, chopped
1 cup whipped cream
1/2 cup sugar
1 tsp. vanilla

1. In a bowl, dissolve JELL-O in hot water. Add cream cheese to dissolved JELL-O; mix well.
2. Add cherries and the cherry juice. Stir in crushed pineapple, with its juice; add pecans.
3. In a separate bowl, combine whipped cream, sugar and vanilla.
4. Fold the whipped cream mixture into the JELL-O mixture; chill. NOTE: If you double the recipes, use 1 1/2 cups hot water.

INCREDIBLE EDIBLE DIRT

1 20-oz. pkg. chocolate OREO cookies
1 8-oz. pkg. cream cheese, softened
3 Tbsp. margarine, softened
2 3 1/2-oz. boxes instant vanilla pudding
3 cups milk
1 16-oz. carton whipped topping
1 8-inch plastic flowerpot

1. In a food processor, combine cookies until they resemble dirt; set aside.
2. Combine cream cheese and margarine; set aside.
3. Mix pudding with milk; add cream cheese mixture and blend until smooth; fold in whipped topping.
4. In a flowerpot, alternate layers of cookie

crumbs and pudding mixture.

STRAWBERRY NUT BREAD

3 cups sifted flour
1 tsp. salt
1 tsp. baking soda
1 Tbsp. cinnamon
2 cups sugar
4 eggs, beaten
1 1/4 cups vegetable oil
2 cups frozen strawberries, thawed
1 1/4 cup nuts, chopped

1. In a large bowl, sift together flour, salt, soda, cinnamon and sugar.
2. In a separate bowl, combine eggs, oil, strawberries and nuts.
3. Make a well in the center of the dry mixture; add liquid mixture. Stir just enough to moisten dry ingredients.
4. Pour batter into 6 greased 6 x 3 x 2-inch foil pans or 2 greased 9 x 5 x 3-inch pans. Bake in a moderate gas oven at 350 F for 40 minutes for foil pans or 1 hour for large pans.
5. Remove from oven; let stand 5 minutes before removing from pans. After removing from pans, finish cooling on wire racks.

CHOCOLATE BALLS

1 lg. pkg. chocolate chips
1 block paraffin
FILLING:
2 sticks oleo
1 can Eagle Brand milk
2 boxes powdered sugar
2 cups angel flake coconut
2 cups nuts, chopped

1. In a double-boiler, melt chocolate chips

and paraffin.

2. Combine all filling ingredients; chill.
3. Roll chilled filling into 1-inch balls.
4. Using a toothpick, dip balls into hot chocolate mixture. Place on waxed paper to cool.

ANN'S FAVORITE SKILLET DISH

1/2-1 pkg. macaroni or 1/2 pkg. rice
1 lb. hamburger meat
1 sm. pkg. okra
1 16-oz. can corn
1 12-oz. can tomatoes, diced
3-4 potatoes, peeled and cubed

1. Cook macaroni or rice per directions on package; set aside.
2. Lightly brown the hamburger; set aside.
3. In a skillet, simmer okra, corn, tomatoes and potatoes on medium heat until all are done.
4. Combine macaroni or rice, meat and vegetables in skillet and continue to simmer for 5-10 minutes; season to taste.

REFRESHING FRUIT SALAD

Note: Fruit quantities will vary according to the number of people you plan to serve.

pineapple chunks
frozen strawberries, chopped
bananas, sliced

1. Drain pineapple; mix fruit together.
2. Chill before serving.

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Don't Let April 15 Pass You By

— By Sharon Robinson

April 15 has long been considered a date to avoid. Wouldn't it be nice if you could do something to lower your federal income tax burden instead of mailing a big check on April 15? With a traditional Individual Retirement Account (IRA), you may be able to do just that.

A contribution of the 2009 maximum of \$5,000 by April 15, 2010, could reduce your taxable income, making your federal tax burden less for the year. If you were

50 or older by the end of 2009, you can add a \$1,000 catch-up contribution to potentially reduce the tax burden even more. If you already have a traditional IRA, plan to make a contribution by the April 15 deadline. If not, talk to a financial professional as soon as possible to start one.

There are restrictions governing who may deduct contributions to a traditional IRA. If you don't qualify for a traditional

IRA deduction, consider a Roth IRA. You won't get the federal tax deduction now, but qualified withdrawals can be made free of federal income tax during your retirement years.

Either way, having a plan for retirement is important. You owe it to yourself to make the best plan as soon as possible. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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Let's Stop a Common Killer

— By *Adil M. Choudhary, M.D.*

Colorectal cancer is the nation's second-leading cancer killer. In fact, more lives are lost each year to colorectal cancer than to breast cancer and AIDS combined. The tragedy is that colorectal cancer is usually preventable. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early during a colonoscopy, the doctor can remove it and stop colorectal cancer before it starts.

If a colonoscopy reveals colon cancer, the five-year survival rate of colorectal cancer is about 90 percent when found and treated early. However, many people do not get tested, and only 40 percent of colorectal cancers are diagnosed at an early stage.

Why don't more people get tested?

Many people don't schedule a colonoscopy because they are not experiencing any symptoms. But the early stages of colorectal cancer may produce no warning signs, so regular screenings are essential to catch any abnormalities in the earliest, most treatable stage.

Warning signs include:

- Blood in your stool.
- Having diarrhea or constipation.
- Feeling that your bowel does not empty completely.
- Finding your stools are narrower than usual.
- Frequently having gas pains or cramps, or feeling full or bloated.
- Losing weight with no known reason.
- Feeling very tired all the time.

- Developing anemia.
- Having nausea or vomiting.

Most often, these symptoms are not due to cancer. Many other health problems can cause the same symptoms, and patients should follow-up with their physicians for further medical evaluation.

Other people avoid a colonoscopy because they fear it will be painful. Most patients dread the procedure, but are pleasantly surprised to experience only minimal discomfort. A colonoscopy is usually recommended, but several different methods can screen for polyps and colorectal cancer.

The National Cancer Institute recommends a colonoscopy beginning at age 50 and repeated at regular intervals according to each individual's risk factors, which include:

- Age over 50.
- Colorectal polyps. Most polyps are benign (not cancer), but finding and removing polyps reduces the risk of colorectal cancer.
- Family history of colorectal cancer.
- Personal history of cancer.
- Ulcerative colitis or Crohn's disease.
- Diet high in animal fat and low in calcium, folate and fiber.
- Heavy alcohol consumption.
- Cigarette smoking.

Each year, colorectal cancer kills more than 50,000 Americans. I encourage you to take action sooner, rather than later. The difference could be your life. **NOW**

Dr. Adil Choudhary is the founder of the Huguley Center for Digestive and Liver Disorders at Huguley Memorial Medical Center.

Internal Medicine & Pediatrics

Lawrence Whaley, M.D.

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

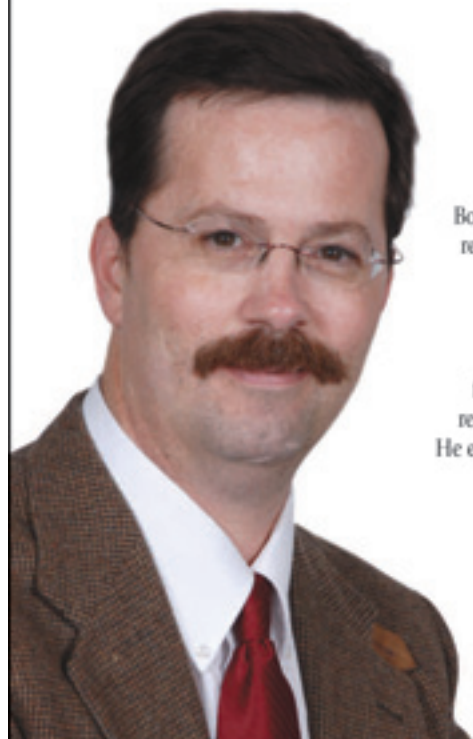
Board certified in internal medicine and pediatrics, Dr. Whaley has completed a combined four-year residency in internal (adult) medicine and pediatrics to care for newborn through geriatric patients. In addition to treating acute illnesses and providing preventative care, he has a special interest in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

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

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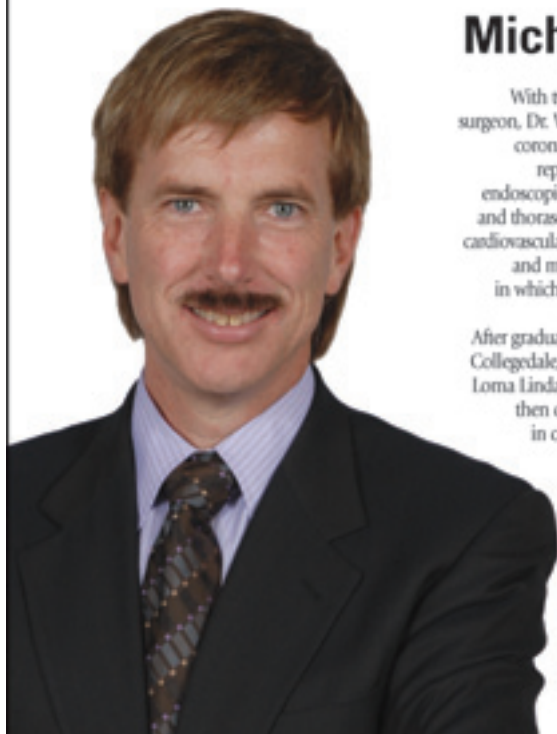
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After graduating from Southern Missionary College in Collegedale, Tennessee, he earned a Medical Degree at Loma Linda University School of Medicine. Dr. Wood then completed eight years of residency training in cardiovascular, thoracic and general surgery at Loma Linda University Medical Center.

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First Wednesday

Burleson Chamber of Commerce Lunch and Learn. \$10, including box lunch. Seating limited to first 25 people who register. (817) 295-6121.

Every Friday

Burleson Business Builders networking group meeting: 8:30-9:30 a.m., Fresco's in Old Town Burleson. New location. (817) 295-6121.

Every Sunday

The Grace Place with Brother Hank Hoaldrige, live on Big Country 1460 AM. For more information, please contact Hank Hoaldrige Ministries at 4grace@att.net or call (817) 293-0115.

Second Sunday

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

March 1

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

March 8

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

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

March 13

Shopping for a Cure: 10:00 a.m.-3:00 p.m., Wilshire Room, 740 S.W. Wilshire. Raise money for cancer research and cures while having fun with the whole family. Call Misty, Amber or Leah at (817) 295-0461 for more information.

March 15

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

March 25

American Business Women's Burleson Charter Chapter meeting: 6:30 p.m., Burleson Chamber of Commerce. Guest speaker: Dr. Michael Wood, cardiothoracic surgeon at Huguley Hospital. Dinner for guests: \$11.50. RSVP to Linda Houst at (817) 295-7060 or ljh67@sbcbglobal.net or Sue McKnight at (817) 295-3220.

March 26

Deadline to nominate dedicated teens to serve on the City of Burleson Mayor's Youth Council. Adults may nominate a Burleson teenager (13-19) for the council between now and March 26 by accessing the form on www.BurlesonYouth.com. The two-year terms begin June 1. For more information, contact Kellye Cunningham at (817) 426-9682 or kcunningham@burlesontx.com.

March 27

Ellis County Master Gardeners 10th Annual Lawn and Garden Expo: 9:00 a.m.-5:00 p.m., Waxahachie Civic Center, IH-35E and 287. Speaker: Neil Sperry. \$3; children 12 and under are free. (972) 825-5175. www.ecmga.com.

Easter Egg Hunt, hosted by the city of Burleson: 1:00 p.m., Hidden Creek Sports Complex, 295 E. Hidden Creek Pkwy. Co-sponsored by the Burleson Rotary Club. Free for children ages 0-12 years. For more information, contact the Parks and Recreation Department at (817) 295-8168.

"A Night in Hollywood, Texas Style", presented by Chesapeake Energy to benefit the Burleson Chamber of Commerce, 7:00 p.m.-midnight, Silver Star Entertainment Hall, 5328 E. Hwy. 67, Alvarado. This event will take you to the city where a star is born everyday: Hollywood! Music and dancing from Alanda & the Soul Kings, black ties optional. Call (817) 295-6121 or visit www.burlesonareachamber.com.

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