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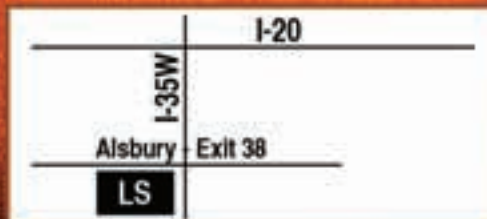
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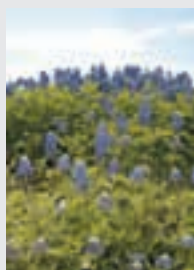
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A field of bluebonnets to announce
that spring is here!*

Photo by Ivey Photography.

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Publisher, Connie Poirier

General Manager, Rick Hensley

Managing Editor, Becky Walker

Editorial Coordinator, Sandra McIntosh

Creative Director, Jami Navarro

Art Director, Chris McCalla

Office Manager, Lauren Poirier

Burleson Editor, Melissa Rawlins

Contributing Writers, Alex Allred • Lynn H. Bates Jr.

Stephanie Brewer • Nancy Fenton • Betty Tryon

Photography, Natalie Busch • Rod Cordsen • Ivey

Photography • Sandra McIntosh • Terri Ozymy

Contributing Editors/Proofreaders, Pamela Parisi

Jaime Ruark • Beverly Shay

Advertising Representatives, Will Epps

Rick Ausmus • Carolyn Mixon • Linda Moffett

Kevin Poirier • Jill Odle • Terri Ozymy

Steve Randle • Terri Yates

Graphic Designers, Julie Carpenter

Allee Brand • Marshall Hinsley • Arlene Honza

Steve Koldjeski • Brande Morgan

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The Community Magazine
Serving Burleson and
the Surrounding Area

Burleson

NOW

Editor's Note

Howdy, Burleson!

Your neighbors are busy living the good life, and our magazine wants to give you a glimpse into the lives of a few industrious souls. In our main feature, you will meet Wayne Davidson and all the Kiwanis who work hard to put together the Christian Music Talent Show, which will be held at the First Baptist Church of Burleson at 7:00 p.m. on April 5. Further in, read about Joshua Wallace and how his family is getting ready for next month's Spring Meet for Special Athletes.

Have fun reading about Seth Reeves, who sings original songs at local venues by night — after teaching English at Burleson High School by day. Learn about the energy work taught by Carol Lee, who quietly educates everyday people how to heal others. Also included this month, Dr. Barry Schlech invites you to imagine relaxing in old-fashioned style as he describes the history of his peaceful home.

Finally, get ready to feel some hunger pangs while you read about Nicole Rosario, in our cooking section. She cooks with her husband and for her family from family recipes handed down by word-of-mouth. Enjoy your spring, Burleson!

Melissa Rawlins

BurlesonNOW Editor

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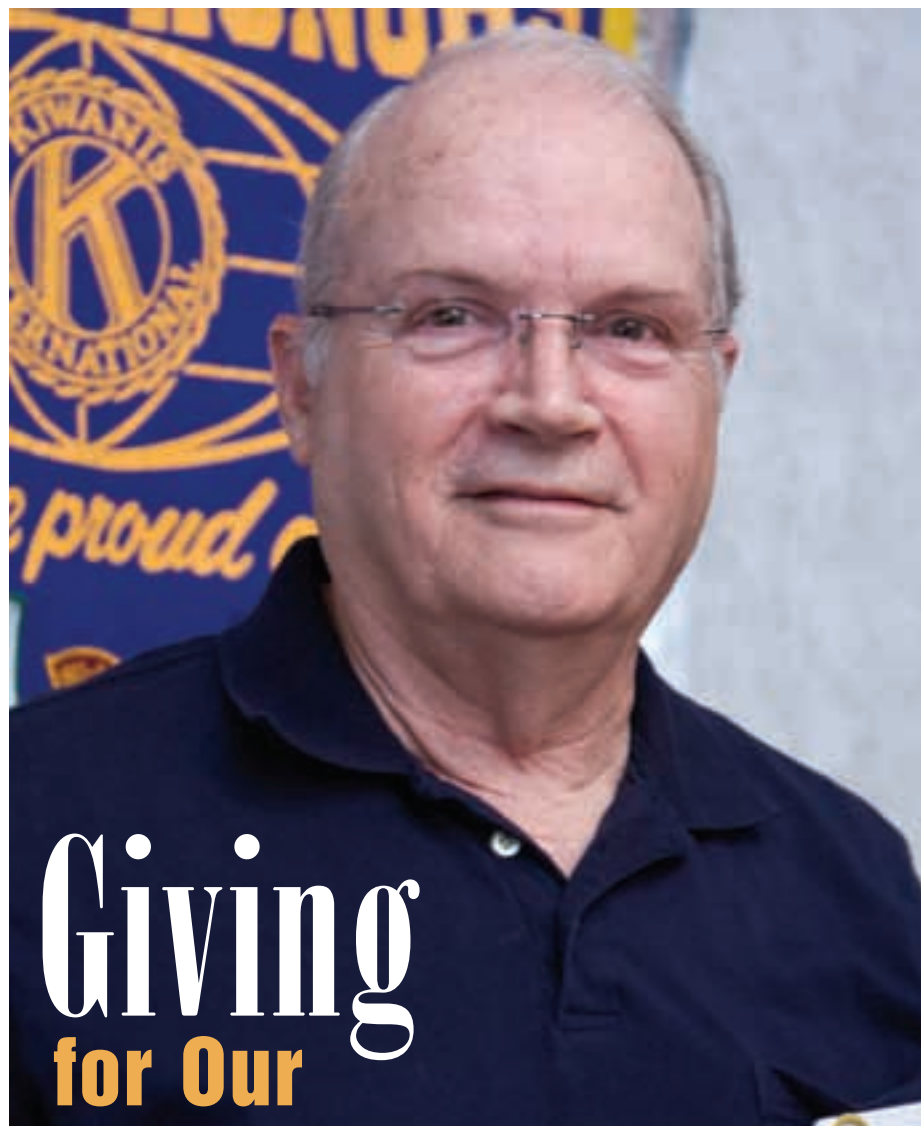


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A, B, Cs

— By Melissa Rawlins

"I tell people I've lived in A, B and C — Alvarado, Burleson and Crowley," Wayne Davidson said. Wayne retired to Burleson in 1999, after a 24-year-career managing plants for Tandy Corporation. Within a year, Wayne had joined The Kiwanis Club, which for him is a way to enjoy Burleson as much as his childhood neighborhood in Tennessee. "That was back in the day when it was still called supper, not dinner," Wayne remembered. "We went out on the front porch after supper and got

involved in neighbors' lives."

Now, Wayne gives to his neighbors by coordinating a program through The Kiwanis to support scholarships for students in sixth through 12th grade. "We try to push the ticket sales for our Christian Music Talent Show to get as many people in there as possible to see the fine talent," Wayne explained. The idea came four years ago, when Wayne received a CD of Christian music from his sister in East Tennessee. He took the CD to his next Kiwanis meeting. "We explored the

idea of making a CD for our fundraising effort," said the club's president, Bernice Williams. "That was too much red tape."

"And too much money for us to front with maybe not being able to sell that many CDs," Wayne added. "We looked instead at a talent show, inspired by The Stairway to the Stars show put on by The West Side Kiwanis. They were really cooperative about helping us get started, furnishing us forms and letters that they used so we didn't have to create all this stuff from scratch."

Wayne's desire to produce a talent show came not from his own talent, he said, but from his appreciation for good performances. "I'm the only non-piano player in the family," Wayne explained. "My dad was into music, though. He sang in quartets and taught Shape Note Music. The history of that, as I understand it, is that it was an easy way of teaching music and Scripture to congregations when maybe the preacher and only a few others were the only ones who could read the Bible."

To produce the Christian Music Talent Show — which this year will be held at the First Baptist Church of Burleson at 7:00 p.m. on April 5 — Wayne relies on the efforts of the three committees on The Kiwanis team. Over the course of nearly six months, Kiwanis members will spend more than 300 hours of labor to update the database and mail out more than 700 packets to Johnson and Tarrant County schools and churches, inviting applications. Additionally, Kiwanis members sell ads for the talent show program, which Wayne publishes on his home computer. The First Baptist Church of Burleson volunteers to provide infrastructure. Plus, their youth music director, Cecille Davis, dubs the talent's back-up music onto a CD for use as accompanying music at the show.

"By the time we get past auditions, our show director, Charlene Smith, from St. Mathews Cumberland Presbyterian, gets really involved," Wayne continued. "When we do a

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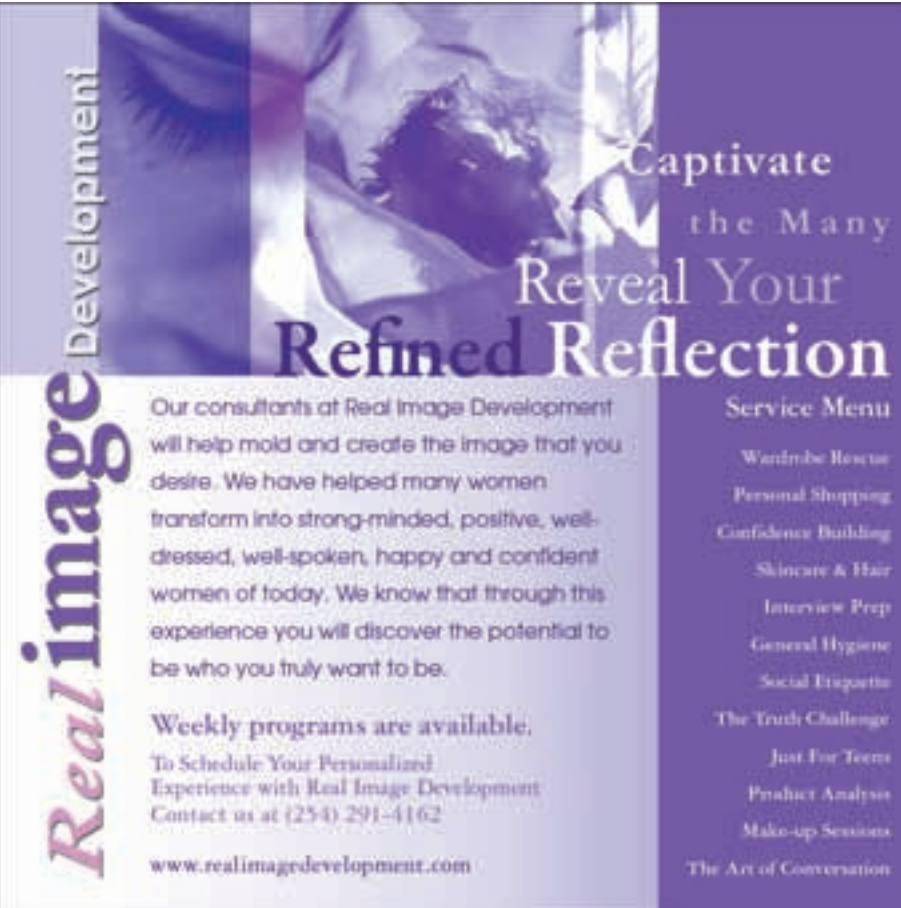
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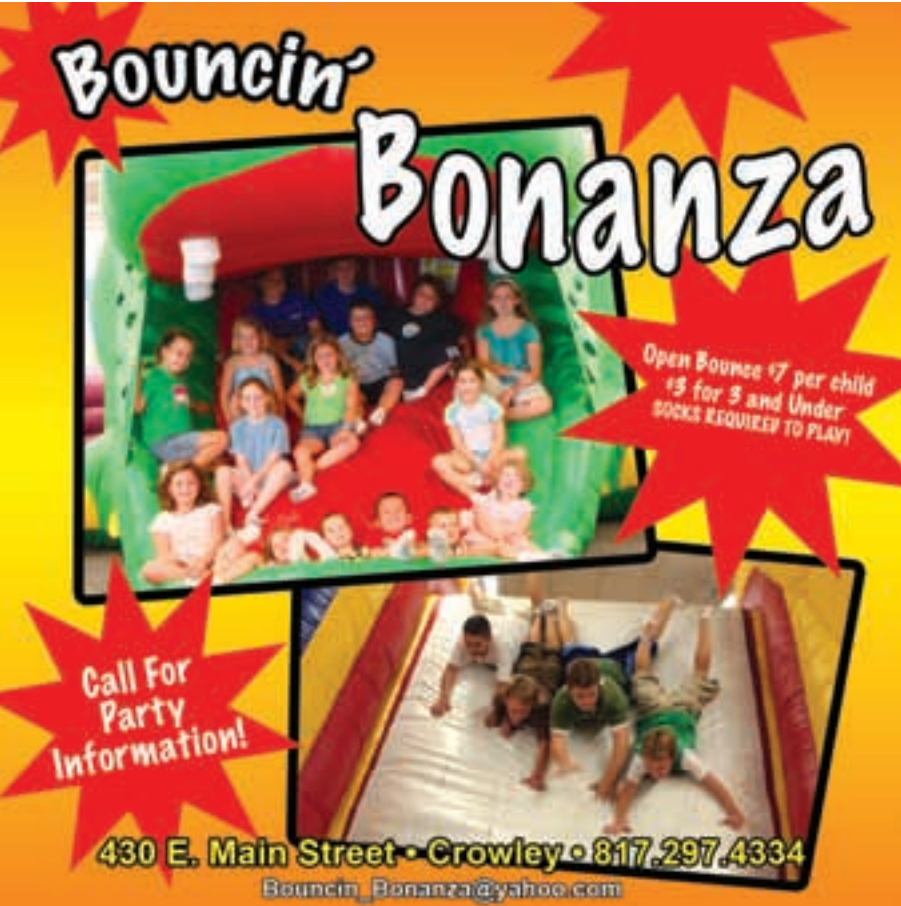
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dress rehearsal, she controls the show. We also have five well-qualified judges from Fort Worth and Burleson who are not celebrities, but trained professionals in their field."

As the time for the talent show draws closer, each Kiwanis member, including the Key Club, can sign up for certain jobs to help out during the show. "We need people to help with everything from ticket sales to stage hands," Wayne said. "We do it because it's fun, and it also showcases great talent and helps local kids achieve their dreams. I don't think there's anyone that's walked out on the stage that hasn't enjoyed the show. It's amazing how some of 'em can perform, how good they are."

"The idea of people working together, helping neighbors directly, is a whole different concept now than when I was growing up," said Bernice, a charter member of the club she now leads. Bernice moved to Burleson in 1975. In March 1988, she and her husband, Dr. Wesley Williams, met with 25 other civic minded people at the old country steakhouse (where the sports bar is now located) to create a network of volunteers for helping the children of the world. "There are still five of us charter members working in The Kiwanis Club of Burleson," she added.

Together, the 19 Kiwanis donate time and energy to help local children realize their potential. Primarily, The Kiwanis produce the Christian Music Talent Show to fund high school scholarships. "The talent show's proceeds, as with all funds from any of our fundraisers, go to our community service account," Bernice explained. "From that pool we'll also give to a variety of charities: Meals on Wheels, the Lt. Governor's Program for Kiwanis, Harvest House, a children's home out in Weatherford called A Place for Grace, as well as Wings of Hope, an equestrian therapy group for disabled individuals which is down in Egan."

On-the-spot cash scholarships are

awarded to local musicians competing in the Christian Music Talent Show. "The rest of the money is put into scholarships for Burleson High School (BHS) seniors," Wayne detailed. Any BHS senior wishing to be considered for the scholarship may fill out an application, which the BHS counselors have on file. "The senior will write an essay," Bernice said, "and The Kiwanis then goes through a process of elimination and our committee decides who is most deserving of the two \$750 scholarships, payable to the school of their choice."

"The applications are due about the end of April," Wayne explained. "The scholarships are presented at the school awards banquet in May." Worthy students are selected by careful readings of their written essay. "This tells a lot about the person; their need, their goals, how they would use the scholarship," Bernice said.

Helping local students comes naturally to The Kiwanis. "We believe the Christian Music Talent Show is serving something in the community," Bernice exclaimed. "The first one we produced, a band came from South Arlington. They were so grateful that we made an opportunity for them to perform. The double service," Bernice added, "is that we're fundraising to give scholarships for their talent and for our local high school students. It's a major effort that we're proud of."

Bernice, Wayne and some of the other Kiwanis are transplants to Burleson who have joined their philosophy of service to the Burleson Way. "I am originally from Ontario, Canada, and I believe my desire to do community service formed in early childhood," Bernice mused. "I remember there were opportunities for competition and musical events throughout the community. I also remember knitting coats for people during World War II. We were just brought up that way." It appears that Bernice, Wayne and all the Kiwanis, still live in A, B and C — Action, Benevolence and Community. **NOW**

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Imagine traveling back in history to a time when life seemed so much simpler. Lemonade was the drink of the day and rocking the evening away on the front porch was commonplace. Going back in time can easily be accomplished with a visit to the two-story, pier and beam Carolina shore house owned by Dr. Barry Schlech. "I wanted a home that was unique and different," Barry said. Unique and different is exactly what Barry got when he began to delve through 7,000 stock floor plans. "I narrowed it down to 300, then 20 and finally chose from 10," he explained, still laughing at

how insane that may seem to some. "The floor plan I chose was named 'Bay St. Louis.'"

Even as a young man growing up in New Jersey, Barry was enamored with American history, as well as with the men who have served as presidents of the United States. Barry was so taken with the wisdom and education of President Thomas Jefferson that he modeled the exterior of his five-bedroom, four-bath home after Monticello, President Jefferson's former home in Charlottesville, Virginia. "[Barry's] home was designed by an architect from North





Carolina and built by Staci Eisner, a local builder from Burleson. The bricks were laid in the Flemish bond pattern, same as those found at Monticello," Barry said, adding that the bricks on his house were crafted from the same old Virginia brickyard that supplies all the bricks for repairs to Monticello. "The bricks were shipped to Texas from Virginia," he added. "It took a good 12 months to build the house from start to finish."

During the year of building, Barry would drive out, sit down by the roadside and watch the work being done. When this daily ritual started he was alone, but not for long. "The neighbors' dog started greeting me when I'd drive up," Barry remembered.



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"Dottie and I bonded during that period of time." Not long after the house was complete, the neighbors who owned Dottie told Barry they were transferring to Florida. "They asked me to take Dottie," Barry continued, "and then they quickly changed their minds." Barry, not thinking a great deal more about it, moved on, thinking he was not going to be Dottie's new owner, until 5:00 a.m. on the morning of the neighbors' departure. "They called and said they had changed their minds. They couldn't take Dottie with them," Barry explained. "I went out in the street where we'd first met and took ownership of Dottie. She's been with me ever since." Barry lovingly refers to Dottie as his

"announcer dog" because she barks twice to alert him when someone is approaching the house. Needless to say, they are the very best of friends.

The landscaping is wonderful, with a 100-foot stream that meanders from the corner of the front yard into the area out back. No one would guess that it is man-made, because it looks as if it has never been touched. The sound of trickling water is as relaxing

as it is soothing. "We enjoy the pool," Barry said, referring to his five children, their spouses and his



18 living grandchildren. "I don't understand how anyone could live in Texas and not have a pool."

The home boasts three porches as

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well, which remind Barry of his grandfather. "My grandfather owned a hotel on the New Jersey shore," he said. "I thoroughly enjoyed seeing people in rockers on his front porch." Barry is proud to say he also has a 10-foot wide front porch where he now rocks the night away, a screened-in porch off the breakfast nook where he enjoys his morning coffee and a third covered porch off the master bedroom with a wonderful view of the backyard in all its splendor.

The original Monticello's influence can also be found in the home's interior, as evidenced by the large wall mural painted by local artist Beth Campbell

that is found above the bank of windows in the breakfast nook. This same artist also painted a mural of ancient ruins on one wall in the entryway. A water fountain looks very natural against the white-washed stones and greenery in the mural. Two other paintings that hang in the master bedroom and formal dining room are considered by Barry to be priceless pieces of artwork. "My mother, Alyce Schlech, painted them," Barry expressed, the pride for his mother apparent in his voice. "Both of them are copies she painted of the originals." One is a representation of Frederic Remington's painting *The Fall of the Cowboy*, 1895, and the other is a




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At 96 years of age, Alyce no longer paints, but she does spend quality time with her son, her primary caregiver. They both love to eat out, go to the



movies and travel. "My mom lives at Covenant Place in Burleson," Barry said. "Four years ago we went on a trip to New Jersey. I took her back to see the farmhouse where she was born in 1911. That was before the Titanic sank." Barry's father passed away in 1993, and he moved his mother to Burleson in 2003 so they could keep a close eye on one another.

The home is filled with innumerable and wonderful keepsakes, antiques and collectibles. A favorite of Barry's is the Victorian Rococo walnut bed, circa 1856 - 1868, found in one of the bedrooms upstairs. He purchased it on November 27, 2004, at the Montgomery Street Antique Mall. "It was made, signed and stamped by 'C. Lee,' who was Charles Lee, a recorded bed manufacturer from Manchester, Massachusetts," Barry explained, adding that this is proof positive that items were shipped from North to South during the days of the Civil War. The dining room table and chairs have

been in Barry's family for 90-plus years. "My great aunt purchased it at an estate sale," he said. "It has been refurbished many times." The floral detailing on the chair backs was also painted by Beth, restoring them to the way Barry has always remembered the set. The Lladora statue in the master bedroom is also worth mentioning, not for its monetary value, but because of its overall beauty. The pair of porcelain horses were purchased on one of Barry's many trips to Europe, as was the clock in the family room. "The clock was bought in Italy in 2001," he said. "It was held up in shipping because of 9/11. I finally signed for it after Thanksgiving that same year."

When asked, Barry will say his greatest accomplishments in life are his children and grandchildren. He spares no expense during the Christmas holidays and thoroughly enjoys every moment spent with them. When all is said and done, Barry would like his tombstone to simply read, "He was a dad." **TRUDY**



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ARTS NOW

Doing the Songs Justice

— By Melissa Rawlins

Seth Reeve's daily challenge is to bring integrity to his two separate professions: English literature teacher at Burleson High School (BHS) and singer/songwriter. "I don't want to be famous," said the man who performs most Thursday nights on JJ Mocha's stage between other folk, country and indie rock musicians from Burleson. "My only motivation now is I have songs I've written and songs I have yet to write, but all I want is to do them justice."

The singer/songwriter has lived in Burleson since the age of 4, and graduated from BHS in 1996. Seth is following in the footsteps of two outstanding English teachers, Bill Phillips and Claire Robin. "Bill Phillips is still at the high school where I teach, and that's been nice," Seth said. "One of the absolute best [English teachers] is Claire Robin, who teaches at a private school in Fort Worth now. She was so piercingly intelligent, but she had a way of conveying her knowledge with an irresistible passion for what she was teaching. Trite or not, it's true," he smiled. "She taught American literature, so we got a great deal of poetry among other things. I was writing poetry at that time, and wrote a lot in my senior year."

Seth stopped writing while attending classes at the University of North Texas in Denton, Texas; he started again when he formed a band and decided to pursue an English degree. "I trained myself to write a *haiku* (a Japanese poem) every day," Seth said. Although he cannot recite his last *haiku*, he remembers that it was about his favorite tree, the maple. "I fell out of the *haiku* habit, but need to start again. [It] sparks creativity."

Once on stage, Seth rarely forgets his lyrics, but, "I have completely forgotten how to play a few of my songs," he laughed. "The music is in my fingers and my mind. I don't know about music theory and can't read music and don't know musical notation. All that I play, I play and write by ear." Thankfully, the lyrics are always on his lips, and on his Web blog.



**Music is in
Seth Reeves'
fingers and mind.**

His music and lyrics are a form of art. "Art is about capturing experience, whether it be a physical, emotional or spiritual experience," Seth said. "I think poetry is probably the most condensed, distilled form of language. When you couple that with rhythm, melody and harmony, the possibilities for conveying experience to another human are endless."

Seth's expressions are complex, yet soothing. "I have been in a couple rock bands. But I consider myself kind of folk, a bit of jazz, a bit of old-style country, with western music thrown in," he pointed out. "I like unusual chords, unusual song structures with a good solid memorable melody. Indie bands like Pavement, Radiohead and REM were a huge impact on my music. I listen for interesting chord shapes to old jazz guys like Charles Mingus and John Coltrane. I don't care about genre. I think there are only two types of music, the type that speaks to me and the type that doesn't."

The last song Seth wrote he titled "You're Not Safe but You're Good." When he performs the folksy, bluesy and very rockin' song acoustically, he relaxes and appears to be

ARTS NOW

meditating. "The song title is a line from one of the series in the novel, *The Chronicles of Narnia*, spoken about the character of Aslan, who is supposed to represent Christ," Seth explained. "My song is from the perspective of Abraham, [from the Bible], and how God asked him to do some pretty extraordinary things with his son, Isaac, who was a miraculous son that God asked Abraham to sacrifice. The music itself is wide open and spacious. There's a middle part that has a fake bluegrass guitar solo in it. It's analogous to a narrative, going from this place to this place to this place, changing along the way. The idea was to portray sometimes the twists and turns that a life of following God would take someone."

In Seth's childhood, singing and songwriting was not a foreseeable pastime. "I took guitar lessons in second grade for nearly eight months," he said, "and I got bored with it. I always looked up to my grandfather who played guitar, but nobody in my family really played. I put the guitar away, and it wasn't until I was 16 or 17 that I picked it up again." Seth played with proficiency in no time. "My motivation was to get a girlfriend," he remembered. "Probably 90 percent of the time, that's a male's motivation: to be noticed."

It did not work in high school, but two years ago Seth married Lindsey. His wife fully supports his passion, which often keeps him performing on stages late into the night. "Sometimes music threatens to become number one," Seth admitted. "It's so fascinating, freeing and challenging to me, it, a lot of times, starts to consume me and I have to pull back a little bit. The most important thing in my life is my relationship with God and my wife, and I guess my career is in there after that. Still," he said, "I sometimes have a hard time not seeing music as a day job." **NOW**

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Sports
NOW

The Family That

Plays Together Stays Together

— By Melissa Rawlins

Joshua Wallace, who was born with Down Syndrome, is always in motion, whether jumping on the backyard trampoline, running an obstacle course at next month's Burleson Spring Meet for Special Athletes or cheering on his brother from the stands. "Sports has a lot to do with how outgoing he is," explained his dad, Paul Wallace.

The Wallace and Fulenwider families include Josh whenever it is time to play ball. The always-smiling, forever-young 11-year-old, a middle child in a tightly knit group of seven children and four parents, is too much of a joy to be left out of the family's fun.

"We don't make special accommodations for Josh. If we're all going to baseball practice, he goes with us to baseball practice. The only special accommodation," Paul explained, "is my wife, Tara, will leave the game early to get Josh home so he can go to bed by 8:30 p.m."

"It's good for Josh's health to play sports. It keeps his heart exercised," said Shauna Fulenwider, who knew within minutes of giving birth to Josh that something was different. "I remember thinking, 'Oh please let it be anything but Down Syndrome.' Then the doctor comes in and says, 'I think it is Down Syndrome.' Later, when you hear about all the other things that could happen, you say, 'Just let it be Down Syndrome.'"

"Your priorities change so much," Shauna smiled. "It forced Jake, Josh's 13-year-old brother, to grow up a little faster than we would have liked. Sometimes it's tough," she admitted. "But even though we're [Paul and Shauna] divorced, we've never lived more than a mile from each other on purpose. We share all this work. We have to be close, because it

takes two parents with Josh, between school and his medical needs and all the activities he does."

For about three years, Shauna's husband, Thomas, and Paul have coached together on the same Burleson Youth Association (BYA) team. "We've got in-laws, outlaws and ex-laws," Paul laughed. "The other day when I was setting up my BYA baseball team for this season, I was talking to one of my fathers. He let me know

"Sports has a lot to do with how outgoing he is."



Sports NOW

he and his wife were getting divorced. I told him, 'You have to separate it, and not let it affect your kids at all.'

"We've known each other since Shauna was 12," Paul said, adding that Josh's genetic disorder was a lot to contend with for two 20-year-olds. "Anything bad that could happen with Josh, medically, happened. He had a deformed ear, and has had three heart surgeries. I worked three jobs to make ends meet and Shauna was going to school." Shauna spent her 21st birthday in the hospital with Josh; they racked up bills, but Josh pulled through.

This miracle boy will be one student of many competing in the Burleson Spring Meet for Special Athletes which will be held at the Burleson High School football stadium on May 7. The Spring Meet has been hosted since 2001 to make



a difference in the lives of special needs athletes from the larger community, including students from Alvarado, Crowley, Fairfield, Grandview, Hillsboro, Joshua, Kennedale, Kerns, Midlothian, Rice, Rio Vista and even Stephenville. People from all walks of life participate: retired teachers, firemen, police officers, factory workers, civic organizations and student volunteers from the high school. "Our volunteers work countless hours in preparation and planning to ensure that our special athletes will have a positive experience and feel like they are champions," described Donny Crittenden, Director of the Adapted Physical Education staff from Burleson ISD.

Some of those volunteers dress up as clowns to spice up the day. Josh loves that!

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Sports NOW

"I run with the clowns," Josh exclaimed, remembering from past meets the clowns who blow the whistle when it is time for the competitors to run their sprints. Josh also loves to throw the football, shoot the big Nerf dart and hit softballs off a tee. "The games are a big deal," Shauna said. "The band from the high school runs to the bleachers while playing music.



The cheerleaders cheer all the way down and all the way to the end of his sprint." The participants also run an obstacle course. "We've had a tough

time keeping him on his course," Shauna laughed. "Josh likes other people's obstacle courses."

In addition to the Spring Meet, Josh plays BYA Buddy Ball for children with disabilities. Last year, Paul and Thomas took shifts running Josh up and down the soccer field during the games. "I lost weight during that soccer season," Thomas grinned.

"Josh's older brother, Jake, is a phenomenal baseball player, and his 9-year-old sister, Hannah, is a pretty good softball player, and Josh knows what's going on," Paul added. Josh hangs out at their games along with his new sister, McKenzie, who was at her first football game at 6 days old. He knows most of the rules, but not all. "We get to appreciate the small stuff that normal parents don't get [to appreciate]," Paul said. "It's a huge deal for us when 'Josh' gets up in the morning and pours milk — or, some Code Red soda over his own cereal." **NOW**

For a delightful treat, view Josh's video on the Web site Paul Wallace built in honor of his family, www.edgehillroad.com/about-us/Josh's/slideshow.

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Business NOW

The Comforting

Angel

— By Alex Allred

Andrea Jeans had the world by the tail. The bright, successful, pretty businesswoman was climbing the corporate ladder when her stepmother, a woman Andrea loved as dearly as her own mother, was diagnosed with cancer. Andrea, or Andie to her friends, was devastated. She began driving back and forth between her home in Mansfield to Texarkana. "I saw my dad aging before my eyes," she recalled. For Andie, the support she offered was for both her father and stepmother, but she began to wonder, "What do other people do? There are so many people who need help, who need someone."

Suddenly, corporate America was not nearly so enticing after the death of her stepmother. "I was going to work, coming home, going back to work again. I just thought, 'Is this it?'" she questioned. On a whim, she began



Andie Jeans — Owner (standing), Amy Evans, Eleanor Hohenberger and Vonda Fowler.

investigating the idea of homecare, but had no idea what she was looking for, until a logo caught her attention. Knowing only that she "liked how it looked," she learned that Comfort Keepers, based in Ohio, has over 500 locations around the U.S., but are independently franchised and difficult to buy into. The company does extensive background checks and personal interviews to determine if the personalities and personal motivations match up to the company's mission statement: "To provide our clients with

the highest level of quality of life that is achievable."

When the previous owner of Comfort Keepers in the Burleson/Mansfield area, who coincidentally lived one block away, contacted Andie, "I knew it was meant to be," she said. Andie traveled to the corporate office in Ohio three different times and the more she learned, the more she knew this was her "ministry." Comfort Keepers provides the very things she wanted for her stepmother. Their care goes beyond personal hygiene and meal preparation to running errands, doing light housekeeping and offering companionship. "Because this isn't

Business NOW

just about that person who may be sick, this is also about family. Sometimes, they are just so run down and I can't tell you how many times they will say how they wished they'd called sooner," she expressed.

On the walls of her office are the words 'care,' 'compassion,' 'love' and 'dream.' There are many other words that do not currently adorn the walls but say so much about Andie. As she speaks of her clients, calling everyone 'Babe,' words such as loyalty, selflessness and angel come to mind. For her, it is about offering independence and dignity, as well as caring for those in need.

Caregiver is a role Andie takes very seriously, heavily screening any prospective employees. "Not everyone can do this job," she said. "This is a 24-hour business." For Angie, the eternal mother, it is important that all her 'babes' are happy, including her own children, who have become part of the business. Her 20-year-old daughter, Megan, works with Comfort Keepers as a caregiver, while her 16-year-old son, Spenser, has become emotionally invested in the business, always asking about certain clients. Even Andie's husband, Gary, is invested. "He owns 50 percent," Andie smiled.

The true testament to her dedication became clear during a Christmas holiday dinner. "This will tell you about the kind of person Andie is," said Amy Evans, one of the caregivers at Comfort Keepers. The idea of the dinner was to have all the caregivers meet. Because of the round-the-clock shifts, "a lot of us never really met," she said, explaining that they were supposed to stand up and tell a little something about themselves. Instead, Amy continued, "Everyone stood up and said how much they loved Andie and how she changed their lives." Under Andie's wing, there is no greater comfort. For more information, call (817) 453-3727 or visit www.comfortkeepers.com. **NOW**

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Being the Example

— By Melissa Rawlins

Every now and then, Carol Lee gets a phone call from someone who discovered her brochure in a shop in Burleson. “The person will ask, ‘I just want to know if you believe in Jesus Christ?’ and I say, ‘He’s my main man,’” Carol explained. Her other main man is her husband of 38 years, Ron. Three years ago, Ron and Carol moved to Burleson in order to be closer to their youngest of three daughters. Ron, retired, enjoys making stained glass angels that fill their airy home with colored light that feels good on the eyes.

In their home, Carol teaches weekly courses in energy healing to 15 or 20 eager students. “I also teach an Angel Workshop, helping people connect and communicate with their guardian angel,” she said. The majority of Carol’s students are men and women already practicing the healing arts as parents, friends and spouses, as well as nurses, doctors and massage therapists. Harris Methodist Hospital in Fort Worth is offering the Supercharging Quantum Touch training for their interested staff, many of whom have already learned from Carol the foundational Quantum-Touch techniques called: loving intention, breathing and space-holding, for relieving pain and healing disease.

“I am certified in Healing Touch, and I work with energy medicine,” Carol explained. Her classrooms are wherever the classes are coordinated, most often in Ohio, Indiana, Florida and here in Burleson. “Mary Martha, who has the place above Babe’s [Tea Room] allowed me to do a week of Quantum Touch introduction in her tea room, which was pretty successful actually. She gifted that to us, because she believes this kind of work should be in our community. I also taught for four Tuesdays at Curves, only doing meditation and basic introduction to breath work, concepts taught by Dr. Andrew Weil,” Carol said. Dr. Weil is best-known for establishing and popularizing the field of integrative medicine.

“This United States is now learning about the physiological affect that causes illness and disease in the body. It’s been around for a long time, but these are theories and they’re scientific techniques that have to do with integrating the



mind, body and spirit as a whole unit.” The curriculum Carol currently provides her students is Quantum Touch, which Carol believes is an answer to prayer. “I said, ‘Dear God, there has to be an easier way to teach people, effectively and affordably, that energy medicine works, and how this can work as a whole for our loved ones and for our communities.’ The Quantum Touch program makes the link between the inner and outer world,” Carol explained. “The breath, when it is used properly in your quiet time, will help you receive your highest guidance, your wisdom for you in what you are doing.”

Carol prays before each class. “I have to get a sense as I pray about what I can or cannot talk about. I have a vast array of knowledge when it comes to energy,” she said. “I am an ordained licentiate minister and a spiritual consultant and have had a lot of training in that area, and have worked in spiritual healing in a number of churches, including Unity Church of Fort Worth.”

Carol helped to arrange the Supercharging Energy Healing class at Harris Methodist Hospital, where practitioners and nurses document the work being done. Carol does not, however, focus solely on teaching nurses; her interest lies in training everyday people. “As I’ve continued to learn, it’s like, you know what? We’re doing what every grandma ever did when they picked up a child that skinned his knee. You’re

Education NOW

gonna stop the crying immediately because you pick them up and hug them and say, 'Let us fix your boo boo.'" Carol's philosophy throughout the years has been the golden rule; she treats others how she would like to be treated. "A real simple rule," she admitted, "but not easy to do."

"We all learn from each other if we allow ourselves, and my years of being a wife and a mother were my greatest teachers."

Carol considers herself to be both teacher and student. "We all learn from each other if we allow ourselves, and my years of being a wife and a mother were my greatest teachers," she said. "As I reared our family and we set our morals as a family unit, we always had to change. We had to change our way of thought for each child. I began to realize one set of rules is not the same for everyone. As I became a teacher, especially in the healing touch field, I realized at a deeper level that we really have to know our audience. We have to sense at a deeper level who this person is and honor everyone in that space. We all come with our own history, our own challenges."

In the end, Carol simply tries to release her students to God, just as she at one point learned to do with her own children. "We have to say, 'Lord, this child is yours,'" she commented. "There are other ways out there that we can help heal one another, by sitting in prayer groups with the churches, by working holistically. We just have to walk gracefully and allow the work to unfold in the most graceful way for our community. We have to be the example." **NOW**



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Around Town NOW



Burlleson City Secretary Amanda McDowell, top left, swore in Municipal Judge Carol Montgomery. Ribbon cuttings were held at Melendy Custom Installations, top right; Shop Texan, second row left; and Lighthouse Plumbing, third row left. Police Chief Tom Cowan, bottom left, presented the Ofelia Blair Memorial Character Award to officer Brad Schaefer. A ribbon cutting and open house was held, bottom center, at the offices of Dr. Stephen Potter. Karen Singletary rewarded John Duke Smith, bottom right, for his yarn-spinning at Burlleson Toastmasters.

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Around Town NOW



Deputy City Manager Paul Cain, top left, looked over a thank you card from the students at the Academy at Nola Dunn. Burleson Police Chief Tom Cowan, top center, presented the Civilian Employee of the Year Award to Carol Driscoll, the department's criminal investigations clerk. Dustin, Ernest and Tracy Lancaster, top right, hung out after church. The Burleson Chamber of Commerce hosted seminars, middle left, at Comfort Suites in early March for all chambers in the state of Texas. The 2007 Athena International Award Recipient, Sharon Robinson, bottom left, joined previous award recipients at the BACC Awards Banquet. Darin Parle, bottom right, is the new solid waste manager at the City of Burleson.



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— By Stephanie Brewer

IN THE KITCHEN WITH NICOLE ROSARIO

Nicole has always enjoyed cooking. “Even when I was a little girl I started making my mom peanut butter and jelly sandwiches,” Nicole laughed. Nicole and her husband, Steven, enjoy cooking together. “Steven is Puerto Rican and loves to cook as much as I do or more,” Nicole added. “We spend a lot of time in the kitchen together.”

Tasting different types of food is important to Nicole. Her cooking method is purely based on learning and exploring new cuisines. Her most requested dish is Steven’s grandmother’s flan. “We went on vacation with his family to Puerto Rico years ago,” Nicole said, explaining the language barrier. “We took notes as she cooked the flan. It took us many times of baking it before we got it right.” **NOW**

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

SOFRITO

2 medium onions, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
16 - 20 garlic cloves, peeled
1 bunch cilantro, chopped
4 leaves and stems of cilantro (or to taste)
4 Roma tomatoes, diced
Cubanelle/ajice duices peppers (or peppers of your choice), chopped
Mix all ingredients in food processor and freeze in 1/2 cup portions in freezer bags. The peppers you choose will determine how spicy the sofrito will be. Add to beans, rice, soups or meat. It is absolutely wonderful in everything.

BLACK BEANS

1 lb. black beans
1 smoked ham hock
4 - 6 cups chicken stock or water

1/2 cup sofrito
12 olives with pimientos
1 tsp. capers
1 - 2 packs Sazon seasoning of choice
2 bay leaves
salt and pepper, to taste
If you want to soak your beans ahead of time, you can. Add beans and ham hock to chicken stock or water (chicken stock adds more flavor, but is not necessary). Bring to boil and turn heat to medium. Let cook for 30 minutes, then add remaining ingredients. Do not let liquid go below the level of beans while cooking. Cook time is about 2 hours or until tender. Be sure to remove bay leaves before serving.

EDELMIRA'S FLAN

2 eggs
8 oz. cream cheese
12 oz. evaporated milk
14 oz. sweetened condensed milk

1 tsp. vanilla
1 cup granulated sugar

Mix all ingredients except sugar in blender until liquid forms. Fill a roasting pan 1/4 of the way with water. The roasting pan serves as a double boiler. Put it on the stove and let it begin to boil. Meanwhile, pour sugar into a saucepan. Cook on medium or low heat. The sugar will start to liquefy and form clumps. Continually stir the sugar slowly until it starts to turn a golden/copper color. Once it starts to turn colors, it will do so completely and very quickly. Do not let it burn. Then pour the liquefied sugar mixture into a 9-inch round cake pan or glass pie dish, making sure to cover the sides thoroughly with the sugar mixture. Set the cake pan or pie dish directly into the roasting pan, allowing the water to continue to boil. Now pour the mixture you blended first into the pie pan or glass dish. Let it cook for 20 - 25 minutes, making sure the roasting pan lid is securely in place. Be sure to put just enough water to go

Who's Cooking **NOW**

halfway up the dish you are cooking in and do not let it run out of water. Needs to cook until the center is set, but it cooks even when you take the pie pan or glass dish from the roasting pan. Be sure to take it out right before it is totally done and let it set until it is room temperature. Put the flan in the refrigerator for at least 3 - 4 hours, though one full day is best. Turn out onto a platter and scrape all of the caramel on top of the flan. Serve chilled.

SMOTHERED CHICKEN (POLLO ESTOFADO)

4 lb. whole chicken, cut into pieces
1 8-oz. can tomato sauce
4 - 5 tsp. salt
3/4 cup olive oil
1/4 cup vinegar or white wine vinegar
3 Tbsp. of olives stuffed with pimientos
2 tsp. capers
12 garlic cloves, peeled and crushed
1 yellow onion, peeled and sliced or diced
2 lbs. potatoes, peeled and cubed
1 cup cooking sherry
Wash chicken and add to big cooking pot or heavy kettle with all the ingredients listed above. Bring to boil. Reduce to medium heat and cover for 1 hour. Uncover and let cook an additional 30 minutes until chicken is tender and done. The sauce will thicken. Cook a day ahead to allow flavor to soak into the potatoes. Serves 6 to 8.

"OLD CLOTHS" ROPA VIEJA

1 2 1/2-lb. chuck roast
salt and ground pepper, to taste
onion powder, to taste
3 Tbsp. Canola oil
3 Tbsp. olive oil
1/2 cup sofrito
1/4 tsp. ground cumin
2 8-oz. cans tomato sauce
1 1/2 cups water
2 Tbsp. olive with pimientos
1 Tbsp. capers
2 bay leaves
4 celery stalks, with leaves, 1/4 inch diced
3 medium carrots, 1/4 inch diced
1 cup green peas
Pound chuck roast with a mallet and generously season both sides with salt, pepper and onion powder. Heat a large skillet with Canola oil over high heat until rippling. Add beef and cook on both sides until browned (about 10 minutes). Remove meat and add olive oil, sofrito and cumin to the pan. Bring to a boil. Stir in tomato sauce, water, olives, capers and bay leaves. Add the meat back to the pan and bring to boil. Simmer for about 2 1/2 hours until the meat pulls apart. Let it cool in the sauce, then shred the meat with hand or fork, removing any fat. Bring to a simmer and add the vegetables. Cook until the vegetables are tender. Add more liquid if needed.

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Do Not Rush Into **Equity-indexed** **Annuities** — *By Lynn H. Bates Jr.*

Every so often, a new investment product comes along and attracts a lot of interest from investors — but not a lot of scrutiny. That might be the case with “equity-indexed annuities.” Sales of this insurance product have grown dramatically in recent years, but evidence may suggest that many investors do not know all the facts before they buy.

Issues to consider

An equity-indexed annuity (EIA) actually has characteristics of both fixed annuities, which pay a fixed rate of return, and variable annuities, whose returns depend on the investment options selected. An EIA provides a minimum guaranteed interest rate (guarantees are backed by the claims-paying ability of the issuing insurance company) combined with an interest rate linked to a market index, such as the S & P 500.

The EIA's interest rate is typically lower than that of a fixed annuity. However, due to the market-index factor, an EIA offers potentially higher returns than a fixed annuity — along with a higher level of risk. On the other hand, an EIA is generally less risky than a variable annuity; but, at the same time, its “upside” potential is more limited.

While the EIA may appear to have some attractive features, investors should take a closer look at an EIA before purchasing

one by going to the National Association of Securities Dealers (NASD) Web site at www.nasd.com and type in “equity-indexed annuities” in the search area.

Here are a few other items to consider:

Complexity

An EIA is not a simple product to grasp. That is primarily because the return does not perfectly correspond to the market index to which the annuity is linked. Instead, the index-linked interest rate you receive will depend on the terms of the contract. You need to understand the calculation used to determine what percentage of the index gain will be credited and what limits apply. (Most EIAs put a cap on the return you are allowed to earn.) There are also several methods used to determine the change in the index, which can affect the calculation. Finally, most EIAs only count the index gains from market price changes, excluding any gains from dividends. These variables mean that you could receive less than what you expect.

Access to your money

If you cash out your EIA early, you may have to pay a sizable surrender charge (and a 10 percent penalty tax if you are under 59 1/2). Some EIAs also require you to forfeit your index-linked interest if you surrender your contract early or choose not to begin taking payments when the contract matures. Together, these charges can reduce, or erase, your return.

Lack of regulation

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that they are not registered with the Securities and Exchange Commission (SEC). And EIAs are primarily sold by individuals who are not registered to sell securities; these individuals may not look at your entire financial picture before recommending an EIA.

Other alternatives

Do your homework before making any EIA purchase decision. If you are an annuity buyer looking for a guaranteed rate of return, you should probably consider a fixed annuity. If you want some equity exposure, then a variable annuity may be your best choice. If you owned both, you could get the guaranteed rate of return you need and the upside potential you desire. **NOW**

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

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Autism Challenges

— By Betty Tryon

A mother shopping with her son had dressed him in an unusual T-shirt. It read "I'm not a bad boy; I have autism." There you have it — the incredible challenge parents face as they integrate their autistic child into society. The cause of autism, a developmental disorder in the brain, has not been fully determined. It could be either hereditary or environmental or both. Part of the social stigma stems from the fact that although the child looks normal, by common social standards he or she behaves inappropriately.

The most defining trait of autism is social dysfunction, and poor social interaction is descriptive of one form of the disorder. The child's behavior does not result from lack of parental or personal discipline. He lacks control over his behavior, exhibiting characteristics such as: avoiding bodily and eye contact and resisting human touch like cuddling or hugging.

The autistic child also behaves in an awkward manner socially due to problems with verbal and non-verbal communication. The child may speak phrases repeatedly or may never speak at all. Autistic children demonstrate difficulties in interpreting facial expressions or cues that

others may be sending about a social situation. They also lack empathy — the ability to understand another person's feelings. As a result, many autistic children can initially make friends, but the friendships typically do not last long.



Another manifestation in their social behavior is repetitive movements, which appear purposeless, such as body rocking and flapping of arms. They may engage in the self-destructive behavior of biting themselves. Compulsive and ritualistic behavior are also a part of the disorder, and children afflicted with autism may become highly agitated if routines or schedules are changed. Stability becomes an anchor to them in their unstable world.

All children affected with this disorder will display symptoms differently and with degrees varying from mild to extreme. Consequently, the disorder can be a huge challenge for a family, but the autistic child can improve with treatment and with age. Treatment focuses on educational and behavioral interventions tailored to the child's needs. Medications are directed toward treating psychological problems such as



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anxiety, depression, hyperactivity and obsessive-compulsive disorder.

Although there is no cure, there is hope that with intervention, the child can learn and gain a modest amount of independence. The earlier the intervention, the more positive the outcome. The amount of support needed to sustain people with autism as they grow into adults will be directly proportional to the severity of the disorder. The National Institute of Neurological Disorders and Stroke conducts research in order to better understand the nature of this disorder and to find and provide relief.

You can find more information about this subject at www.autism-society.org, the Autism Society of America. **NOW**

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

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How Hardy are Your Hibiscus?

— By Nancy Fenton

Those glorious, big flowers in pots that grace patios and porches are often hibiscus, but not the “hardy” kind. The tropical ones come in assorted colors and go with the first freeze. Rose of Sharon is one of the hardy relatives, but there are a lot more, such as those known as Rose Mallows or Swamp Mallows.

These mallows survive temperatures down to minus 30 degrees. They come back from the roots up, when temperatures hit 70 degrees, to bloom throughout the summer until the first frost. The many varieties can have blooms up to 12 inches (dinner plate size). Even though each bloom lasts only about a day, the profuse blooming habit of these hibiscus gives you blooms all summer long.

Lord Baltimore and Flare are both Texas superstars tested by Texas A&M University for our area conditions. They stand four to five feet tall with 10-inch flowers. There are

even some new hybrids, which have been created by hybridizers Jim, Dave and Bob Fleming. Kopper King has bronze leaves with pink and red-streaked flowers and Blue River II has blue-green foliage with pure white blooms. Their lemon-colored Old Yella and purple Plum Crazy make it easy to create colorful combinations. You can even go for shorter plants with two new series named Carafe and Cordial. The varieties in these series top out at three feet. Whatever the size of your hardy hibiscus, they need lots of sun, good soil, extra nitrogen to support the many blooms and regular water. Try them! Ask for them in local nurseries or go on the Internet. They will come back better and stronger year after year. No

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April 2008

Community Calendar

Mondays

Table Tennis Club meets at the Burleson Community Center every Monday between 7:00 - 9:00 p.m. (817) 295-8168.

Tuesdays

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

Wednesdays

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

Thursdays

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

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

Fridays

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

April 1

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

April 1 and 4

Sandwiches and refreshments will accompany discussions of the novel *To Kill A Mockingbird* at 11:30 a.m. on Tuesday, April 1 and 2:00 p.m. on Friday, April 4 at the library, 248 S.W. Johnson Ave. For more information, call Library Director Gayla Tennison at (817) 295-6131, ext. 265.

April 2

Organizers of the Burleson Honey Tour are gearing up for their 10th annual bike ride, set for May 24. Riders of all ages will pedal through the beautiful neighborhoods of Burleson, Alvarado and Grandview, where they will be welcomed and greeted at rest stops. If you are a member of an organization that would like to support this event by sponsoring a rest stop, please contact the Burleson Area Chamber of Commerce at (817) 295-6121.

April 7 - 11

Special Yard Waste Collection Week. For more information, call Assistant Director of Public Works Rey Gonzales at (817) 447-5410, ext. 271.

April 8

New York Times bestselling writer, Charles Shields, author of *Mockingbird: A Portrait of Harper Lee*, speaks at the Hill College/Texas Wesleyan Auditorium, 6:30 - 7:00 p.m. For more information, contact the Burleson Public Library at (817) 295-6131, ext. 265.

April 10

Burleson City Council Meeting at City Hall, 7:00 p.m.

(817) 447-5400.

April 14

Board Meeting for the Burleson Independent School District, 6:30 p.m. at 1160 S.W. Wilshire Blvd. (817) 245-1000.

April 17

Mystery Book Club readers meet at the Burleson Public Library for discussion of *BeLoved* by Toni Morrison, 11:30 a.m. or 6:30 p.m. (817) 295-6131.

April 24

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

April 26

Annual plant sale supporting the Burleson Town & Country Garden Club, 8:00 a.m. at the Senior Activity Center. Call Doris Butler for more information at (817) 295-5585.

To have your events posted on the community calendar, e-mail us at: melissa.nowmag@sbcglobal.net.

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

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