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April 2010

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Burleson
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The Community Magazine
Serving Burleson, Joshua and
the Surrounding Area
MAGAZINE

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On The Cover

People form the foundations of Burleson's character. Donyelle' Allen is not just another brick in the wall.

Photo by Glenda Beckwith.

Editor's Note



Dear Readers,

Happy Birthday to William Shakespeare — who was supposedly born on the 23rd of this month. And what a fine month it is right here south of I-20! People are doing what they can to make life better. The elderly and disabled residents are grateful, for Meals-on-Wheels launched a drive to end senior hunger in America by 2020. Local Meals-on-Wheels would love your help. Call them at (817) 558-2840 or see what you can learn at their Web site, www.servingthechildrenofyesterday.org.

All month long and especially come April 24, there is another way you can help. Pull on your tennis shoes, grab your wallet and help Relay For Life raise money to fight against cancer. Thanks to their efforts, we look forward to a larger population of survivors.

Happy April, Burleson and Joshua!

Melissa Rawlins
BurlesonNOW Editor

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Eager to Serve

— By Melissa Rawlins



From a sweet and busy home in the center of Burleson shines a soft ray of hope for families whose lives are hurt by cancer. Her name is Donyelle' Allen, and this year she heads up Burleson's Relay For Life team effort. Prepared in advance for such a time as this,

Donyelle' said, "Yes!" to the American Cancer Society (ACS) Burleson Relay For Life 2010 Chairmanship during prayer time at Covenant Church, where she and her husband, Joe, have worshiped since 2006.

"I was at church on my knees praying. We had kept hearing, 'Pray for this person who has cancer'; and, 'Pray for this person who has cancer — it's terminal.'" That day, Donyelle' felt like it was definitely time to do something. "So I did," she said.

Since the age of 17, when Donyelle' started saving to buy her own car through work as a hostess at an Azle restaurant, and later as a clerk at a dry cleaners, she has known there is something she can do to change her circumstances — and those of others. "I've always been a little independent," she said, "and really eager to serve. I have a knack for helping people and being social. I don't know if that's a knack or just something the Lord put on my heart," Donyelle' said.

"I remember being that way as a child. My parents divorced when I was 7," Donyelle' recalled. "At that time, my mother had to go to work, and she was a waitress. We lived in an apartment complex in Azle; there was a section of that complex where a lot of older people lived. Even when I was in fourth or fifth grade, I would go help these people, make their beds or do their laundry, and they would give me a quarter for my help. I made a lot of great friendships through that. Now that I think about it, I realize I've always just wanted to do whatever I can to help anybody."

Leadership is all about serving, and Donyelle' practiced her natural instinct during high school in Azle, when she actively participated in Future Homemakers of America and Future

Farmers of America. She won a scholarship from The State Fair of Texas in Dallas, and went to Tarleton State University for two years before changing to Weatherford College. "I focused on agriculture and had to take remedial math. That's pretty ironic," grinned Donyelle', who now heads the Cash Management department at Omni American Bank in Fort Worth. "The truth is, you just need a ten-key to figure your numbers."

"My focus in life is a balance between my church family, Christ, my family, my husband, my career and my social activities," said Donyelle', who coordinates Women of Grace Ministries at Covenant Church, and serves as treasurer of Hughes Middle School PTO. "I have seven years total with the PTO, which has made me a lot of great friends," she said. "Starting in PTO at Mound Elementary School is how I got



Trystan and Donyelle' Allen walk daily for the good life.



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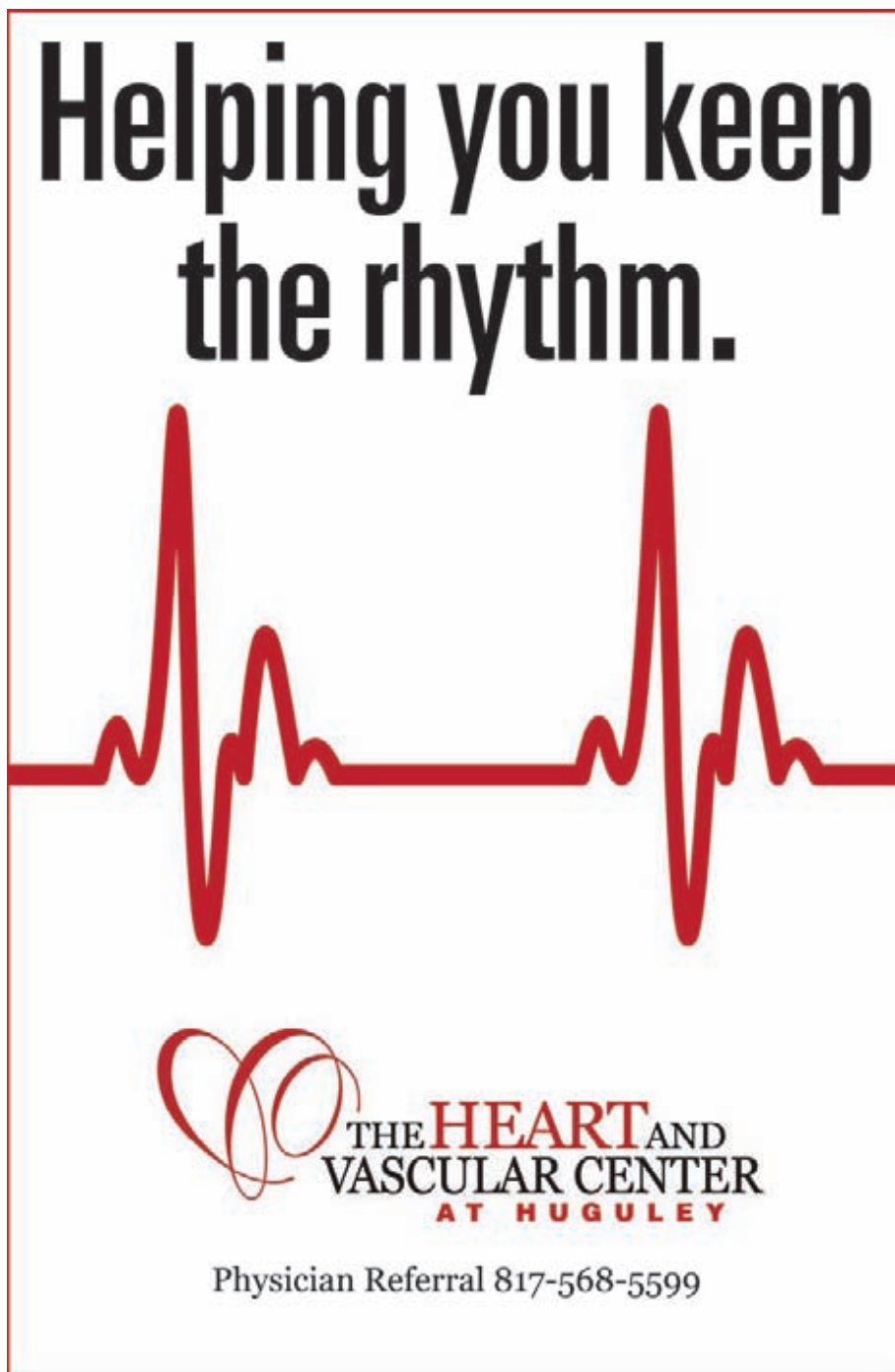
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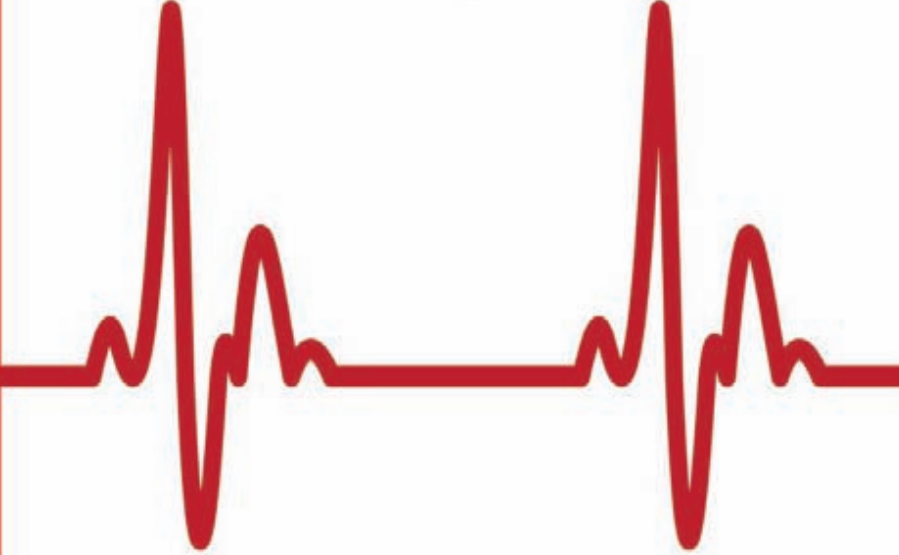
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started in Relay For Life. I agreed to train with another woman. She ended up stepping down for personal reasons, and I took on that logistics role full force. I really had a burden for Relay For Life, because it's such a wonderful event that gives people such hope."

Relay For Life raises money for cancer research, education, advocacy and patient services. "There are several programs where the Johnson County money goes back into Johnson County. For instance, Look Good ... Feel Better gives patients who so choose \$300 worth of makeup, plus wigs, and provides a licensed cosmetologist to teach them how to apply their makeup and reapply their eyebrows. The purpose is to help

"I really had a burden for Relay For Life, because it's such a wonderful event that gives people such hope."

their self-esteem," Donyelle' said.

"The program Road to Recovery is for cancer patients who cannot get to their cancer treatments. ACS helps round up volunteers to take them to their treatment and sit with them while they get their treatment.

"ACS also offers Camp for Kids, a summer camp providing a whole week-long vacation that kids with cancer might not be able to go to normally, and ACS makes sure there is someone there to be with them while they have treatments," said Donyelle', who works with her co-chairwoman, Dianne Arcement, and an entire team of volunteers who support the fundraising efforts for ACS. Donyelle' also has her own team, Building Bridges, which she started with co-partner Audra Hodgkins in memory of her uncle, Farley Bridges, who died at 48 of melanoma. Donyelle's 13-year-old daughter, Trystan, and Bailey Hodgkins are two of the many Burleson children who have formed their own teams to help ACS' cause. Trystan's


team, Kids For a Cure, raised around \$1,000 for the event last year.

Donyelle' counts a lot on her family. Her in-laws, Anne and Bruce Kirby, help Donyelle' with Trystan and her brother, 6-year-old Dayton. Most especially, Donyelle' leans on her husband, Joe, who is a journeyman lineman and general foreman for the light rail being built in Dallas. "Joe has been helpful in getting the local Union IBEW 220 to give a sizeable donation. He told their executive board how we got involved," Donyelle' said. "It's sad, because it was



my uncle, Farley. One of the men on the board with Joe knew my uncle, from his days in transportation at Lockheed Martin. The connection helped Joe get the donation. He has asked other companies for donations. He tries not to complain when I have multiple meetings per month. The best thing he could do is be supportive."



Perhaps Joe's willingness stems from watching his wife handle her own cancer scare at the age of 24. "It was cervical," Donyelle' said, "and we had to have a biopsy. The results were negative. We had to have a minor procedure, and I was fine after that." The story is a little more complicated than that, but the underlying message Donyelle' and her family received from their experience is that preventative care is a blessing. Hence, her passion to support the ACS'



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healthy lifestyle campaign: Stay Well. Get Well. Find Cures. Fight Back. Donyelle' and the Burleson Relay For Life team have set a goal of raising at least \$240,000 as they fight against the onslaught of cancer on society.

Burleson's 80 Relay For Life teams host bake sales and garage sales and many other creative forms of fundraising prior to the big overnight walk. "We get



tremendous support from Burleson Independent School District, especially the maintenance department and Eddie Rich," Donyelle' said. "My job would be a lot harder without Eddie. He's also a cancer survivor, and I know that he's on our side, so that makes my job much easier." All the teams Donyelle' leads will meet after the April 16 walk, at the luminaria service to honor those they have lost to cancer and the survivors — to remember the purpose of what they are all doing through Relay For Life: helping others. **NOW**

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Light and Bright

— By Jaime Ruark

For Mary Young, leaving Anaheim Hills, California, for Texas was not an easy transition. Now that she has lived in the area since the summer of '05, however, Mary has developed a love for the area and considers herself truly lucky to be here. "Both Albert and I love it here. We're very fortunate," Mary expressed. "Burleson is very much like the town I was brought up in: Bakersfield, California, in the '50s. It's small; people know each other. I can see how Burleson is growing, and it's neat to be a part of."

Granddaughters Lindsey and Ashley Trefger, 21-year-old twins who are currently juniors at University of Texas at Arlington, are the reason the Youngs traded their Orange County view of the foothills of the Santa Ana Mountains for their 1.66 acres just on the edge of Burleson. "They visited the area for a cousin's wedding and fell in love with the town and the high school, so when they came back, they were ready to move," Mary recalled. "We were going to move to the area when they finished high school, but they couldn't wait; so we all packed up and came the summer between their sophomore and junior years." Albert will gladly admit the girls, talented actresses and softball players, are the light of his life. "We sold the house the night we pulled out of California," he smiled. "We'd already bought our house here, and we were driving just

*At
Home
With
Albert
and
Mary
Young*





past Palm Springs, when my son-in-law called me to tell me it had sold. What a relief!"

Their 3,400-square-foot, three bedroom, three bath house, built in 1998 by Gordon Braley, has an immediate homey, comfortable feel, while still being spacious and airy. Windows throughout the front rooms and kitchen provide plenty of light, as does Mary's color palate, which she calls "bright and happy." The open floor plan perfectly fit



her decorating desires. "I wanted that 'great room' feel," she said. "I don't like formal living rooms or dens because I feel like they're useless spaces. I like a home that is lived in." Her kitchen and dining area, with new countertops, appliances, tile and hardwood floors, provides the perfect place for the family to come together. "We originally installed brand new carpet, but it didn't work with pets. We were here a year and

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had to rip it up,” Mary said wryly of the three dogs and two cats that tend to rule the roost.

Mary has a bit of the decorating bug, with grand plans for each room. Albert joked that those plans change depending on her mood. “She’s done all the painting herself. She’ll get up tomorrow and decide to repaint the bedroom,” he laughed. “I’ll come home from the office, and she will have completely rearranged a room all by herself! She’s painted our

bedroom twice since we’ve been here.” The warm, bright colors Mary loves are splashed throughout each room. “I don’t think things have to match, necessarily. I feel like things should feel lived in,” she said. Red accents such as the rocking chair in the front room instill Mary’s vibrant personality into the home while providing continuity to the design, with each room seeming to flow into the next. “I don’t want people to come into my home and think, ‘Oh, a designer did this.

I better not put my feet up!’”

Albert’s success as an accountant is thankfully able to keep up with Mary’s painting and decorating whims. When he is not busy working, the couple loves taking cruises to relax and unwind. Remembrances of past trips are found in each room. “I have quite a few Jean-Claude Picot paintings. Of course, I just love the colors,” Mary smiled. “On one of our cruises, I saw this [Itzhak] Tarkay painting of these beautiful ladies

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and just fell in love with it." Two smaller framed pieces speak of a trip to New York. "I like things to give you a sense of life, things that tell a story. I want things to look cohesive, but I also want it to have a little punch," she added.

The large den, with its warm golds and rusty reds, provides Albert space for his bowling trophies and extensive car and truck collection. "I sold about 1,000 before we moved here, and I probably have about 1,000 still," he

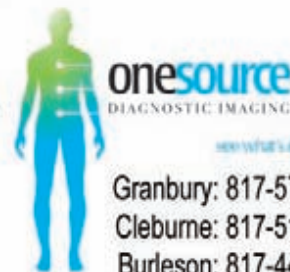
said, pointing out his complete Corvette collection. "Most of them are Franklin mint. I started collecting them about 1970." Glass-front cases display the miniature trucks and cars, each crafted with amazing attention to detail. On top of one of the displays rests a proud testament to Albert's other passion, with bowling pins lined up to show all his big games, including his first 300 game. "He actually bowled his first 300 game in San Diego, California, teaching me how

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to bowl, so it didn't officially count, but they gave him one of the pins," Mary laughed.

Off the den is a room the animal-loving couple has labeled "the cat room" because it is home to Mary's porcelain kitty collection. Golden walls are accented with one bright red wall, painted with what Mary called a can of "oops" paint. "I love this room. I just love the colors in here," she enthused, quick to showcase the rally monkey from her favorite professional baseball team, the Los Angeles Anaheim Angels. Prized family photographs hang on one wall, including precious pictures of Mary's parents, grandparents and her great-grandmother. "This is a picture of her on her 90th birthday. The back is engraved with her name and this was her watch. This is really special to me," Mary shared.

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Thanks to the cardiology program at Methodist Mansfield, a coronary stent was inserted to improve blood flow and help prevent another attack. “The attention I received was way above and beyond my expectation. And the food was excellent. I didn’t want to come home,” she says with a much-deserved smile. “If you have to go to the hospital, Methodist Mansfield is the place to go. It was like a relaxing vacation for me.”

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“I didn’t want to come home. I wanted to stay and be pampered and served good meals.”

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off the laundry room, but the function of the space has changed. “This is my room,” Mary whispered lovingly. “This is the magic room.” Endless shelves, tables and drawers provide her room for her new passion — quilting. Mary always has some kind of project going, so the space is an organized mess, because, as she exclaimed, “I can do whatever I want in here, and I don’t have to clean it up!” Sandy Hammon’s Quilt Shop has become one of Mary’s favorite haunts, where fellow quilters have become quickly beloved friends.

The master bedroom, currently decorated in rich brown, blue, purple



and orange tones that are destined to be changed, offers a gorgeous fireplace, a master bath and walk-in closet Mary calls “a woman’s dream,” and windows which open to a beautiful view of the expansive backyard, complete with pool, barbeque area and a birthday present hot house. “This really has become my home,” Mary said. “I honestly don’t think I can leave this town. We’re just content here.” **NOW**

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Around Town **NOW**



Martin Rechnitzer and his wife, Kay, at the Burleson Breakfast Club's Social at Sunset Winery.



Bobby Woolard, who was named Citizen of the Year for 2009, receives his honor from Mayor Ken Shetter.



Making fresh Japanese food is fun for the staff at the new Taste of Asia in the Target shopping center. From left: Tai Ti, Jessie, Raymond, Kevin, Jesse and Austin.



At the Hidden Creek Golf Course in Burleson Bill Morris and Ken Powell practice their swings.



Mike Ray Hartman, a professional musician from Joshua, is a loyal customer of Nature Nugget Health Store in Burleson, and enjoys chatting with cashier Bernice Sanders.



Fresco's Cocina Mexicana Manager John Heathcock whips up some guacomole.



Dr. Lawrence Whaley holds a ribbon cutting in front of his office at 220 S.W. Wilshire Blvd.



Planet Beach Contempo Spa, at 824 S. Crowley Road, joins the Burleson Chamber of Commerce.



Los Tapatios Meat Market & Taqueria opens for business at 1055 S.W. Wilshire Blvd.



Rusty Gilliam of American National Bank learns from Metroplex Grass Painting how they dye brown grass green.



Burleson Chamber of Commerce welcomes to town the new dental clinic, Burleson Smiles, at 1304 N.W. John Jones Drive.



Jamz Sports For Girls recently opened its doors at 120 North Commerce Street.



Raffa's Grill & Cantina holds its ribbon cutting at 5428 FM 1187 East.

Problems and Possibilities

— By *Melissa Rawlins*

If you ever view an Alan Siggers painting, you will find three of something. Whether three images of the bride and groom walking up one aisle, as in his painting of his daughter's wedding, or three trees looming in the background of his eerily familiar self-portrait, in which Alan is portrayed lying face down in the grass, dead.

"Why three? I don't know where it all started, but it has to do with Father, Son and Holy Spirit," Alan said, adding a few facts: "I have three kids; I was from a family with three kids; my wife has three in her family. It seemed to be this thing I can't get out of my head. Even in design, you always use three. I'm acutely aware of it, in everything. I make myself put three into my pieces. It's a self-imposed rule."

Still, Alan is careful that his paintings do not look too planned. In addition to threes, Alan often inserts silhouettes of wispy, ghostly figures where our eyes expect the unpredictable from glass, clouds, shadows or tree bark. "You don't want people to think you just put it there for no reason! I don't always figure everything out ahead, but I have a plan," Alan said. "In my mind, I expect there's going to be a problem along the way, and the problem is good because I have to overcome it. That makes your work better."

"So when I did the painting of me dead on the ground, I knew what it



should look like, and then I added to it. When the three trees became Jesus and the thieves on the cross, that wasn't planned out and that was exciting! Because I focus on threes, I said, 'O, that has to be!' Philosophically and physically these ideas all come together to work."

As in his art, so in Alan's life. He and his wife, Valerie, met at a Mansfield church while he was visiting Texas from Idaho. They fell in love and, during their marriage lived partly in Idaho and partly

in the Mansfield, Crowley and Burleson areas. The Siggers reared three children: Matthew, 24; Lindsey, 21; and Cameron, 17. Alan followed his giftings as they became apparent.

"I've known I was an artist since I was a little kid. People wouldn't believe that I did it, when I was a little kid and made gifts for my mom for Mother's Day. I would find books of Leonardo DaVinci and practice drawing hands, and was actually already drawing house plans



in high school,” Alan said.

That led him to study architecture. He entered University of Texas at Arlington (UTA) in 1982, while earning his living trimming and remodeling houses.

“When the bottom dropped out of the business, I moved back to Boise, Idaho, with the intention of getting a degree from Boise State University. I had to go back to school a little at a time. To pay the bills, I walked onto a job and soon was construction supervisor over million-dollar homes. God was working in my life,” Alan said. “It was one of the most creatively fulfilling times of my life. That’s when I started painting with watercolors.



“The whole time in Idaho we always thought we’d come back to Texas. We made the move when the economy here looked good,” said Alan, who started building houses on his own in 1999. He also went back to school again three years ago. “That’s when I got into this other realm of painting, the acrylics.

“I moved from watercolor media to acrylics as a natural progression from drawing to painting. Watercolors require washes that are easier to do on a smaller scale, and I am now creating much larger

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Clayton H. Culp, DPM, has a foot and ankle surgery practice in Burleson. A podiatrist, Dr. Culp has extensive training in all aspects of foot and ankle care, including diagnosis and treatment of bunions, hammer toe, flat foot, foot and ankle pain, neuroma, arthritis, ingrown toenails, infections, and foot and ankle fractures.

Dr. Culp graduated from Texas Christian University with a Bachelor of Science degree in biology. He earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He completed his three-year residency in foot and ankle surgery at Kaiser North Bay Consortium in Vallejo, California, where he served as chief resident his final year. A member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons, Dr. Culp has presented his research at professional conferences.

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paintings. Plus, I'm impatient, and I want it to dry now; I want to immediately put the clouds on the sky. Therefore I don't use oil, but acrylics. There it is again, problems and possibilities. ..."

While Alan studies for his Bachelor



of Fine Arts in painting from UTA, he absorbs all he can from his instructors in advanced painting, life painting and independent study. He works at home, in his high-ceilinged wood-paneled studio, surrounded by his early watercolors, his Macintosh computer and a large black latched suitcase that his grandmother said once held all of Alan's grandfather's earthly belongings. Alan needs an even larger portfolio to carry his paintings-in-progress to the UTA studio for meetings with his instructor.


"I am not just a hobbyist," said Alan, who has a three-pronged plan for success. "In order to be known for my work, I first have to get a degree, be represented by a gallery and enter juried competitions." These accomplishments will go on Alan's résumé. What he cannot present on a résumé can be seen on www.alansiggers.com, including the painting of his daughter's wedding day. Look close, and you will find spirits up in the clouds where a storm is brewing. By the time of the ceremony, the sun had broken out and the lesson of the painting is that the path the bride and groom walk together is full of problems and possibilities, storms and sunshine. **NOW**



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Pediatrics

Lisa Herrin, M.D.

Board-certified pediatrician Lisa Herrin, M.D., has opened a medical practice for infants through teenagers at Huguley Memorial Medical Center.

Dr. Herrin has almost twenty years' experience as a pediatrician, including seventeen years locally. For the last eight years, she has worked in a community clinic and urgent care center with Cook Children's Physician Network.

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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Meeting the Challenge

— By *Melissa Rawlins*



Mild-mannered Mike Krsnak likes to talk to himself. When he is on the golf course, that is! “I give myself pep talks, and tell myself, ‘Hey you can do this. You’ve done it before; you can do it again,’” said Mike, whose chosen sport of golf is a tough enough game that only 8.5 percent of Americans ever give it a shot. But giving each hole your best shot is what the game is all about.

A couple of years ago, Mike was playing a tournament. It took him nine attempts to get the ball into the first hole. He followed it up with a six. “If I didn’t talk to myself and say, ‘Hey, let’s try to make a par,’ I might not have had the intestinal fortitude to keep myself going,” said Mike, who then played the last 16 holes in one under par. “You’re gonna have your good days and your bad days, just like in anything. That’s when you just have to muddle through it and concentrate on the positive things you’ve done and go from there.”

Life’s lessons have traditionally been taught on golf courses in Mike’s family. He was 9, living in Sioux Falls, South Dakota, when he started playing golf every day at the club where his whole family spent their days. His mother, Arlene, now 81 years old, still plays golf. His sister, Karen, who has won many state titles in her golfing career, coaches the girls and boys team at Roosevelt High School in Sioux Falls and their brother, Rick,



coaches the Augustana College Men's Golf Team, an NCAA Division II school in Sioux Falls. Mike, himself, won the state championship while in high school, was a three-time NAIA All-American when in college, and went on to win several pro tournaments with his playing partner, Jim Sanders.

This winter at Hidden Creek Golf



“Once they hit that one shot, so that they know what it feels like, they’re usually hooked.”

Course, where Mike is the golf pro, might have reminded him a bit of home. But now that the sun is out, Mike will play sometimes twice a week, and since the days are longer, he will practice a lot more at night. “There are a lot of days in the summer when I’ll go to a driving range away from work, where I can practice on my own game. Currently, I focus for improvement on the short game in general, chipping, pitching and bunker play,” Mike said, explaining: “Those are the scoring shots that the guys on tour make with their wedge clubs. When I was playing in college, at Texas Wesleyan University, that was second nature to me; the less you practice those shots then all of a sudden instead

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of hitting at 10 feet you're hitting at 25 feet and instead of one putt it's three putts and that could add up to a two-stroke difference per hole."

Always working to improve his game, Mike realized a couple of years ago that he was not driving the ball as well as he would have liked. "I finally got that worked out to where I feel I'm an accomplished driver. As you get older, your nerves get more frayed I guess. So, my putting was not up to par until I focused on that last year, and I've seen an improvement." One trick Mike used was switching from conventional putting to cross-handed putting. "That has made me a little more aggressive putter. I've made a lot more 5- to 10-foot putts than I used to!"

Mike enjoys offering his knowledge to help others improve their game. He works with his own teenage son, Nick, a freshman at Southwest High School, and has several students in Burleson. "I enjoy teaching beginners all the way to accomplished folks. I've got a few college buddies I still help. It's not as easy to help an accomplished player since it's more fine tuning with them," Mike said. "But it's good to see beginners hitting the ball off a tee after only 45 minutes. Once they hit that one shot, so that they know what it feels like, they're usually hooked."

"As is any sport, golf is a good learning tool for kids," Mike said. "They learn to interact with people, follow orders, and they get a little bit of background before they reach the business world. Competing is good; and it's important to learn how to lose. To be a champion in golf, you've got to have the right makeup mentally. You have got to practice all the right things, and it takes a little bit of failure. You learn from your mistakes."

"It's hard to improve if you don't know what to improve on," said Mike, who has learned the value in tracking and analyzing statistics. He also prizes positive thinking. "I always try to visualize what in my mind would be a perfect shot. Then I try to exercise it. That's what makes this game so difficult to play. You can actually view what you think would be correct, and still not have a positive outcome. So this game teaches you perseverance. It's about meeting the challenge, every time." **NOW**



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Let's Do This!

Cooper Salon and Spa started out in 2001, after Renee Cooper told her mother-in-law, "Let's do this!" With help from the women in her family, Gwen Cooper is keeping alive a family tradition.

— *By Melissa Rawlins*

As spring gives place to summer, Cooper Salon and Spa gives the newest looks to those who want them. "Special occasion styles, called updos, are elegant and formal," Renee Cooper said. "If we're doing prom, we do a lot of rattling — giving our customers the runway look, with feathers and flowers in the hair. If we're doing a wedding, those dos should be more timeless." Stylists even add long hair with extensions, something unheard of when Gwen Cooper was a young girl in her mother's Fort Worth beauty salon.

Gwen moved here in 1958 and has seen a lot of changes in Burleson. Styles have come and gone and some have come back, too. In 2001, Gwen and her daughter-in-law, Renee, opened a cutting edge salon after Renee suggested they cater to those people who want to look fresh. Two years ago, the salon moved

into its current location on East Renfro, where they have installed four luxurious European shampoo bowls and a shower for customers who wish to bathe after their spa massage or facial.

The upbeat atmosphere in Cooper Salon and Spa promises versatility and vitality. The salon's youngest stylist, Steffney Jones, commented, "We have every type of personality who can take care of every need that walks through the door." Renee agreed, adding, "We really keep up with our education. We go to the Exchange in New York for hands-on education; once a year we go to San Antonio or to Las Vegas for a big symposium. If there's any kind of local workshops from Redken Distributors, we'll go."

This knowledge helps the hair stylists at Cooper Salon and Spa stay young, trendy, and yet ready to transform 50-year-olds.

Office Staff:

The staff of Cooper Salon and Spa; Renee Cooper washes a client's hair in one of the salon's oh-so-comfortable European bowls.



Cooper Salon and Spa

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Business **NOW**

Manager Ireen Hay added, "We're all different personalities, and we all flow together." The differences in price are based on the performance of each hairstylist. "It's amazing what these girls can do with scissors and with hair color," Gwen said.

This spring the salon gratefully gave a year of free services to Tiffany McConnell and Jill Peters in appreciation for their referrals, along with giving away a plasma TV and a grill to two loyal customers. The stylists have also donated their work for local charities, including: the efforts to build Burleson's new fire station; to help needy families through Joshua's Open

"It's amazing what these girls can do with scissors and with hair color."

Door Ministries; and to help Burleson Girl Scout troops donate their hair to Locks of Love. Last year, relaxation therapist, Natalie Grande, did 15 massages and donated all the proceeds to Save the Jugs for breast cancer awareness.

People thinking of trying Cooper Salon and Spa can read reviews of each stylist on their Web site, where customers can also buy gift cards and learn about the salon's specials for the month. Facialist Codi Cooper specializes in microdermabrasion, chemical peels, waxing, makeup, eyelash tabbing and Revitalight® (a LED light that is non-invasive, helping the skin appear more radiant and smooth, tightening unsightly pores, and visibly diminishing the appearance of fine lines, wrinkles and age spots). Elvia Manzano provides the spa's relaxing massage therapies, including: body wraps, salt glow, reflexology, pregnancy massage, hot stone massage and deep tissue massage. The stylists at Cooper Salon offer hair extensions, hair straightening, corrective color and total makeovers.

"We make our customers smile, we really do," said Gwen. "There are customers who can't wait to get back in. We lift them up!" The payoff for the team at Cooper Salon and Spa is huge. "When you can transform a woman and make her feel better about herself," Renee said, "that is the reward."

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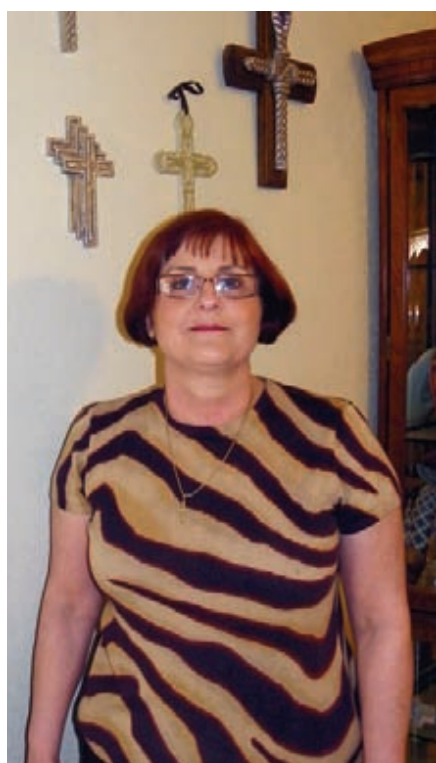
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Path to Recovery

— By Jaime Ruark



Norma Guthrie knows firsthand how difficult divorce can be, which is why she and her husband, James, have devoted their spare time to leading a class called Divorce Care at their home church, Alsbury Baptist. “When I went through my divorce, I didn’t know about this kind of class,” Norma said. “I went through some pretty miserable times, and I just always felt like there had to be something out there to help because there are so many people hurting, so many people affected by divorce.”

Norma has been teaching Divorce Care classes for four years now, having been introduced to that “something out there” by a church friend. “At the time, I didn’t know this woman was taking the class, but I did know she was going through a divorce, and I could just see this different kind of peace about her,” Norma recalled. “I finally asked her why she seemed to be handling things so much better than I had, and that’s when

she told me about Divorce Care. It’s not that it was easy for her; she just had a lot of help that I didn’t have.”

With a national divorce rate that hovers between 40 and 50 percent, classes like the one Norma facilitates have become a haven for adults who are experiencing everything that comes with the dissolution of a marriage. “Unfortunately, it seems like people have become blasé about divorce,” Norma said. “Divorce should be a last recourse, but when that decision has been made, there should be no judgment. This course isn’t about failing; this is about becoming a stronger, healthier person than before.”

The nondenominational, 13-week course offers a weekly arena for those who are struggling to come together to share, learn and grow, and move forward with their lives. As the class facilitator, Norma leads with a discussion on the previous week’s lesson from the course workbook. Then, the class watches a video and discusses the topics addressed. The last part of the session is spent discussing personal struggles and triumphs the class members have faced throughout the week, and Norma encourages her students as they prepare for the week ahead. “The weekly sessions start out pretty slow and basic, and they get harder as you go along,” she explained. Each week is an important building block, with each lesson paving the way to recovery. “First and foremost, the lessons give people Scripture, with daily worksheets that take maybe 15 minutes that are centered on a Scripture pertaining to what you’re going through,” she added.

Week One addresses exactly what is happening and helps people realize they are not alone. Week Two introduces the road to healing, dealing with the losses experienced so that healing can begin. Week Three helps people face their anger. “Most of the time, we’re pointing our finger at the other person, blaming them for everything, which keeps us from dealing with things we need to address in our own lives,” Norma noted. Week Four deals with loneliness. “It’s hard when the person you shared your life with is gone. Before, you and this other person were on the same track, sharing decisions and

Education **NOW**

common goals. Now, all of a sudden, that same person has become like an enemy. Now it's a battle over the silliest things just to gain some control or get the upper hand on the person who used to be your best friend, roommate and lover," she said, adding that from there, the classes "just get deeper and better."

The course has become a passion for Norma; she becomes personally invested in her students' lives. "The first six weeks is pretty hard. It's so hard to watch how much people are struggling," she admitted. "After we make it through those first weeks, you start to see how they are taking some of these tools and incorporating them in their lives. It's really amazing sometimes. It's like watching a flower bloom. They start out

"This class brings you into a circle of people who are going through the same thing you are."

all tight and closed off, but by the time the sessions are done, these people are open and they're able to laugh. A lot of anger and bitterness is gone, and it's like looking at a different person."

Divorce Care is designed to be, as Norma explained, "a tool to see where you're at and where you're going." Participants come out of the class having honestly addressed their problems and released their regrets, with a renewed sense of direction. "This class brings you into a circle of people who are going through the same thing you are. Together, we help each other release and move forward. You can't move forward until you've let go of the past," Norma advised.

Divorce Care meets Sunday nights at 5:00 p.m. and daycare is provided. There is also a similar class called DC for Kids for the children of divorce. "The interesting thing is, every time I take people through the class, I end up discovering something new myself, something I have yet to release or something I need to fix or repair," Norma shared. "I'm just like everyone else — still learning. It can be a daily struggle, even years afterward, but there is life after divorce, and it can be wonderful." **NOW**



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In The Kitchen With Helen Hays

— By Faith Browning

For around 20 years, Helen Hays and her husband, David, have owned and operated their own car wash and oil change businesses in Burleson. Having the assistance of their daughter, her husband and their two sons to help run the business, Helen can proudly call it the family business. When Helen can get away from work, she loves to travel several times a year to visit her other son

in Colorado.

Helen started her adventures in cooking early in life and started baking birthday cakes for everyone around the third grade. She likes to create her own recipes with a hit and miss approach. "I had a miss when I first got married," she recalled. "The first dinner I cooked, the recipe said two teaspoons of salt for the spaghetti sauce, and I put two tablespoons!" **NOW**



SESAME GREEN BEANS

3/4 lb. fresh green beans
1/2 cup water
1 Tbsp. butter
1 Tbsp. soy sauce
1 tsp. sesame seeds

1. In a saucepan, bring beans and water to a boil; reduce heat to medium. Cover and cook 10-15 minutes; drain.
2. Add butter, soy sauce and sesame seeds; toss to coat the beans.

PECAN-TOSSED SALAD

1/2 cup olive oil
1/4 cup balsamic vinegar or red wine vinegar
2 Tbsp. water
1 envelope Italian salad dressing
1 pkg. ready-to-serve greens
1/3 cup pecan halves, toasted
1/4 cup shredded Parmesan cheese

1. Mix olive oil, balsamic vinegar, water and Italian dressing all in a cup; cover and shake.
2. Mix greens, pecans and cheese in a bowl. Right before serving, add dressing and mix well.

CHOCOLATE CAKE

CAKE:
2 sticks margarine, cubed
1 cup water
2 cups flour
2 cups sugar
4 Tbsp. cocoa

1 tsp. soda
1 tsp. cinnamon
1/2 cup buttermilk
2 eggs, beaten
1 tsp. vanilla

ICING:

1/4 cup margarine
1/2 bag powdered sugar
4 Tbsp. cocoa
1 cup nuts
2 tsp. vanilla
1 cup marshmallows

CAKE DIRECTIONS:

1. In a saucepan, melt margarine with water until it boils.
2. Mix flour, sugar, cocoa, soda and cinnamon; pour into water/margarine mixture.
3. Add buttermilk, eggs and vanilla; mix well.
4. Rub 8 x 13-inch pan with margarine.
5. Pour cake mixture into pan; bake at 350 F for 30 minutes.

ICING DIRECTIONS:

1. In a saucepan, melt margarine.
2. Combine powdered sugar, cocoa, nuts, vanilla and marshmallows.
3. Mix with margarine; spread over hot cake.

CHICKEN TETRAZZINI

1/4 cup butter
1/4 cup flour
1 tsp. salt
1/4 tsp. garlic salt

1/3 tsp. white pepper
2 cups milk
2 cups half-and-half
2 cubes chicken bouillon
1/3 cup cooking sherry
2/3 cup shredded Parmesan cheese
1 7-oz. pkg. spaghetti, cooked
2 cups chicken, cooked
1 3-oz. can mushrooms

1. Melt the butter in a saucepan.
2. Blend in flour, salt, garlic salt and pepper; add milk, half-and-half and bouillon cubes. Cook, stirring constantly, until thick and smooth.
3. Add sherry, 1/3 cup Parmesan, spaghetti, chicken and mushrooms, stir carefully.
4. Pour into 2-quart casserole dish; sprinkle remaining cheese on top. Bake at 375 F for 20-25 minutes.

PRALINES

3 cups sugar
1 cup evaporated milk
2 tsp. butter
1 tsp. vanilla
2 cups pecans

1. Boil sugar and milk until firm to touch.
2. Add butter and vanilla; beat until creamy.
3. Add pecans; beat until starting to stiffen.
4. Place by spoonful on waxed paper and allow to cool.

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Put Your Tax Refund to Work

— By Lynn H. Bates Jr., AAMS

It's tax refund season again. This year, if you're expecting a check from Uncle Sam, why not put it to work to help you meet your financial goals?

For 2008, the average tax refund was more than \$2,700, according to the IRS. The size of your refund, or whether you will get one at all, depends on your individual circumstances. But if you are going to get a refund, plan ahead for what you'll do with it. Here are a few possibilities:

• **Pay down some debts.**

If you're carrying a higher debt load than usual, you may want to use some of your refund to pay down your debts. The lower your debt payments, the better your cash flow and the more money you'll have to invest for the future.

• **Build an emergency fund.**

If you don't already have an emergency fund containing six to 12 months' worth of living expenses, you could use your tax refund to start one. Without such a fund, you may find yourself constantly dipping into your long-term investments to pay for unexpected costs, such as a new furnace or an expensive car repair. Keep your emergency fund in a liquid account — one that you don't draw on

for your day-to-day expenses.

• **Help fund your IRA.**

In 2010, you can put up to \$5,000 into your IRA. Consequently, if you received a \$2,700 refund, you'd have more than half of what you needed to fully fund your IRA for the year. (And if you're 50 or older, you can contribute up to \$6,000 per year.)

You might not think \$2,700 would make much of a difference in the long run. But by investing your refund and giving it years of growth potential, you could end up with a sizable amount. Consider the following:

If you put \$2,700 into your IRA and earned, on average, seven percent a year for 30 years, you'd end up with about \$20,000, even if you never invested another dime.

• If you put \$2,700 every year into that same IRA, again earning an average seven percent annual return, you'd end up with more than \$270,000 after 30 years. (These examples are hypothetical illustrations and do not represent any currently available investments.)

If you had invested in a traditional IRA, you would eventually have to pay taxes on your earnings, typically when

you made withdrawals at retirement. And if you qualified for a Roth IRA, you'd never have to pay taxes on your earnings, as long as you owned your account for at least five years and didn't start taking withdrawals until you were at least age 59 1/2.

• **Contribute to a Section 529 plan.**

If you have children or grandchildren, you may want to establish Section 529 plans to help them pay for college. You can contribute virtually any amount, and your contributions may be tax-deductible if you are participating in your own state's plan. Plus, your earnings grow tax free, provided the money is used for higher education expenses. (Withdrawals used for expenses other than qualified education expenses may be subject to federal, state and penalty taxes.) Keep in mind, though, that a Section 529 plan could affect a beneficiary's ability to qualify for financial aid.

You may be tempted to spend your tax refund on things you want today — but, with a little planning, you can use it for things you may need tomorrow. **TODAY**

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



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Don't Let Stress Get the Best of You

— By *Precious Marquart, M.D.*

As a working mother with two young children, I know the stress of juggling multiple responsibilities. And as a family practice physician, I see the physical and mental repercussions too much stress can bring. Stress isn't necessarily harmful. It's a normal physical and psychological response to positive or negative situations in your life. In fact, mild stress can be beneficial; it can motivate and energize you.

But too much stress can have negative health consequences on your physical health, your emotions and your behavior. Headaches, insomnia, high blood pressure, decreased immunity, stomach upset and even heart disease can be caused or worsened by stress. High levels of stress can produce depression, anger, forgetfulness or anxiety. Sometimes, destructive behaviors such as overeating or undereating, substance abuse or angry outbursts are rooted in stress.

The first step to managing your stress is to understand the source of your stress. Is it a short-term event or a chronic stress? Is it caused by something over which you have limited control, like your family, your workplace, a major life change or even a



barking dog? Or is it internal stress produced by overscheduling, unrealistic expectations, fear or uncertainty?

Once you've identified the source of the stress, you may be able to reduce or avoid it. For example, take a look at your to-do list and cross off a few items that are less important to you. Or ask for help or support from family or friends. Maintain a healthy lifestyle, because that will improve your ability to deal with stress. And managing your time effectively can make your life easier.

However, many sources of stress are unavoidable, but a variety of techniques can be used to reduce the stress. Regular exercise is a proven stress reducer. Exercise improves oxygen circulation and produces endorphins, a "feel-good" hormone. Even a regular walk can improve your outlook on life. Also, relaxation strategies including yoga, meditation and massage encourage you to focus on the present and relieve worries.

Let your stressors out. Talk with friends or write in a journal. And be certain to take time for yourself and do something you enjoy, whether it's gardening, painting or playing with your pets.

If these techniques don't help, and you still feel like you are having difficulty coping, talk to your doctor about treatment options. Stress can be hard to deal with, and it's wise to seek help if you need it. **NOW**

Precious Marquart, M.D., is a family practice doctor based in Burleson.

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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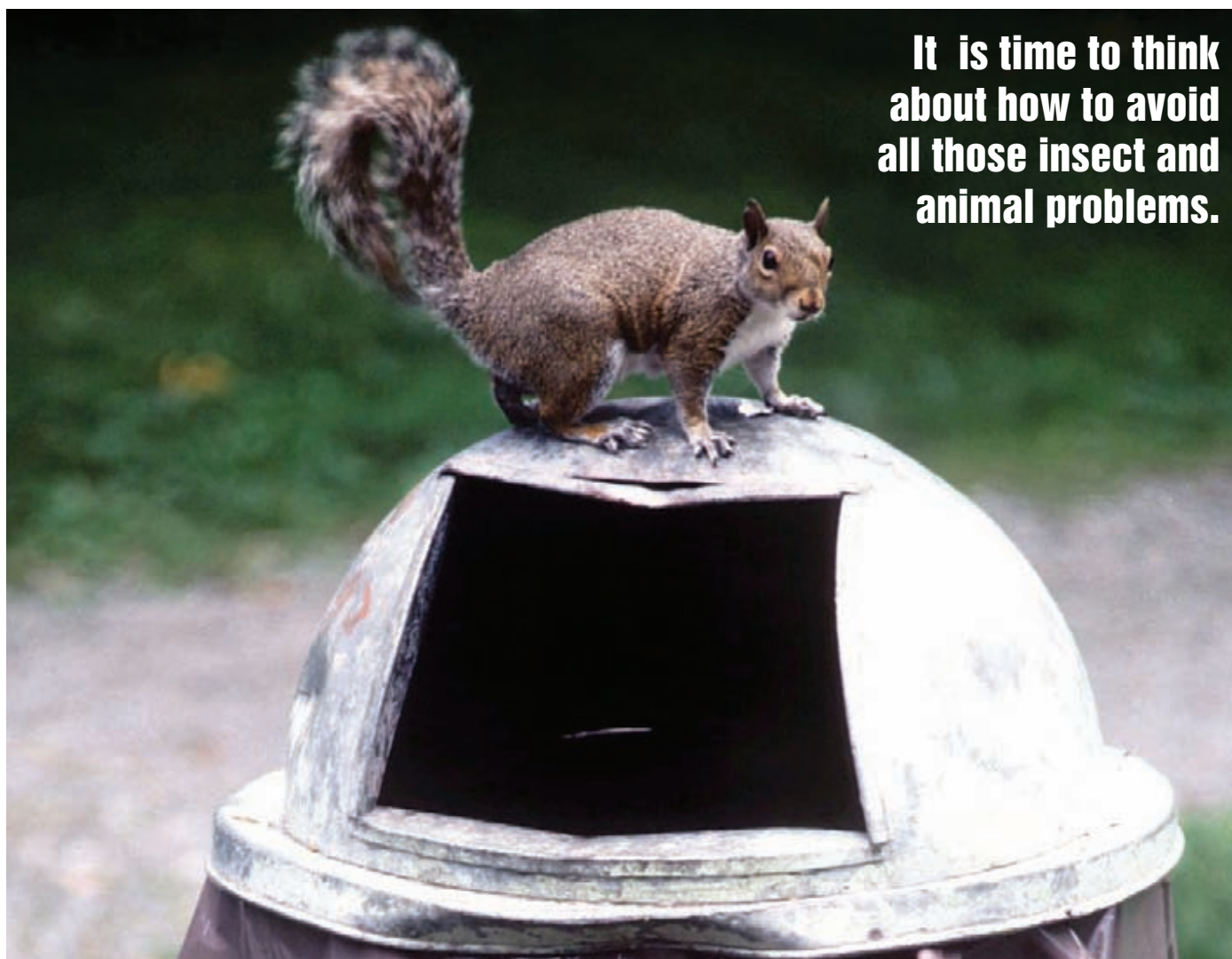
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It is time to think about how to avoid all those insect and animal problems.

Fleas, Raccoons & Other Creatures

— By *Nancy Fenton*

Now that it is warming up, it is time to think about how to avoid all those insect and animal problems that can plague homeowners. Those of us with dogs or cats immediately think *fleas*! As the temperature warms up, the fleas really get going. We discussed the use of nematodes last year, and they are still a good bet early in the year when we have damp soil and moderate temperatures. Nematodes do not do well in the heat, so start early and get your two applications on your lawn before it dries up and gets hot. Beneficial nematodes are available from several local nurseries and feed stores.

Raccoons and squirrels are another matter altogether. According to Texas A&M, there are four basic rules for controlling raccoon and squirrel damage. First, remove their food supply. Feed your outside cats and dogs in the morning and bring the food in at dusk. Second, remove the water supply.

Third, modify the habitat with screens on chimneys and around foundation and attic access points. Fourth, trap them and relocate them a very long distance from the original site!

Insects that chew on your garden are yet another issue. “Companion plants,” which have a strong scent (such as basil and thyme and/or silver foliage) repel some insects. “Trap plants” attract the offending insect until beneficial insects or birds gobble them up. Both repellent and trap plants can be used as long as they are close to their “companion” and can be seen or smelled easily. Other plants have special qualities, which enhance a “friend,” such as basil and tomato and garlic and roses. For specific lists of plants call the Master Gardeners at the Texas AgriLife office at (972) 825-5175. Good luck with getting rid of all those pesky critters! **NOW**

Nancy Fenton is a Master Gardener.

Step Into the Past

— By Joan Kilbourne

The Moody Bradley House in Fairfield is a beautifully restored historic treasure. The house is a pre-Civil War Georgian Colonial building with graceful porches at the entrance and on the side. The house was built by W. L. Moody, a prominent merchant, for his wife, Elizabeth Bradley, in 1860. In 1865 W. L. Moody moved to Galveston, and he sold the house for \$2,800 in gold coins to his father-in-law, W. Bradley. The house remained in the Bradley family until 1936. During World War I and World War II, the house was converted into apartments that were made available to the wives and children of service men.

The house was acquired in 1967 by the Restoration Foundation, which has been maintaining and refurbishing this lovely home. Patricia Tate, chairman of the trustees of Bradley House Restoration Foundation, said, "When the Foundation acquired the house in 1967, we had a lot of work to do to restore it to its original splendor. We had to remove walls that were added when the apartments were built. We were able to restore its original floors, moldings and windows. We have invested more than \$400,000 in renovation. It still requires upkeep now, so it will never

really be finished," Patricia Tate said. The house is the meeting place for the History Club, which describes its mission as "a charitable organization which focuses on social improvement, education, historical preservation and developing the potential of its members for community service." The house is also

made available to the community for study clubs, meetings and weddings.

On the first Saturday in May, the house will be part of the Mary Queen of the Trinity Star Pilgrimage event. Freestone County was one of five counties surrounding the Trinity River, and the five counties were known as the Trinity Star. For a long time, Freestone County was the most prominent of the counties, and it came to be known as "The Queen." To celebrate this annual

event, there will be a parade, a luncheon, melodramas and art and quilt exhibits. Members of the History Club will appear in period costumes, and Civil War re-enactors may participate.

Visitors to Fairfield will want to visit this cherished memorial of the city's past. Moody Bradley House is located at 318 Moody St. Call Patricia Tate to make an appointment to tour the house. The number is (903) 389-2945. **NOW**





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Johnson County Camera Club meeting: 7:00 p.m., Senior Center, Cleburne. (254) 854-2558.

Every Tuesday

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

Every Wednesday

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

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

Celebrate Recovery meeting: 7:00-9:00 p.m., Burleson Chamber conference room. Child care available. Call Teresa at (817) 563-0127 or e-mail: teresajames127@sbcglobal.net.

Second and Fourth Wednesdays

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

Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., Burleson Chamber of Commerce. Contact Neal Jones at (817) 343-2589.

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

Fourth Thursdays

American Business Women's Burleson Charter Chapter meeting: 6:30 p.m., Burleson Chamber of Commerce. Meeting and meal start at 7:00 p.m. RSVP to Linda Houst at (817) 295-7060 or ljh67@sbcglobal.net, or Sue McKnight at (817) 295-3220.

Second Saturday

Iris Club meeting: 10:00 a.m., the Electric Coop on Hwy. 174, north of the courthouse in Cleburne. (254) 854-2558.

Defensive Driving Classes taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Area Chamber of Commerce. To attend this

class you must pre-register; call (817) 341-7384.

Second Sunday

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

April 2

Good Friday Holiday. Burleson City Hall will be closed, but garbage and recycling will be collected. Burleson ISD closed for student holiday.

April 5

Public Hearing on Final Draft of Imagine Burleson – Roadmap to 2030 during Burleson City Council Meeting: 7:00 p.m., City Hall. Final Draft is posted on the city of Burleson's Web site: www.burlesontx.com. The council will vote on these documents during the April 5 City Council meeting. If you have questions about either plan, call the city's planning department at (817) 426-9611.

April 8

Burleson City Council Voter Registration. Last day for voters to register to be eligible to vote in the May 8 election. Johnson County residents, contact Election Division at (817) 556-6197 or go to www.johnsoncountyelections.com. Tarrant County residents, contact Election Division at (817) 831-8683 or go to www.tarrantcounty.com/elections.

April 12

Board Meeting for Burleson Independent School District: 6:30 p.m. (817) 245-1000.

April 16-17

American Cancer Society Relay For Life of Burleson 2010. Opening ceremony: 6:00 p.m. Luminaria ceremony: 9:00 p.m., Kerr Middle School track. Security provided by city of Burleson. There is no cost to come and support your community between 6:00 p.m.-6:00 a.m. For more information, visit www.RelayForLife.Org/BurlesonTX or contact Donyelle' Allen at (817) 648-2554 or Dianne Arcement at (817) 992-9823.

April 26-30

Early voting by personal appearance: 8:00 a.m.-5:00 p.m., Burleson City Hall.

**For more community events,
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