

The Community Magazine Serving Burleson, Joshua and the Surrounding Area

Burleson NOW

M A G A Z I N E

May 2010

Unstoppable

**Derby
Days**

**Meringue
on the Pie**

**No More
*I Can'ts***

**At Home With
Josh and
Hilary Shipman**

The 5 WARNING SIGNS of CARPAL TUNNEL Syndrome

...and what to do if you're in pain right NOW!

Even the Best Doctors Make This Mistake!

If you cut a finger or bump your knee, there's no need to guess where the trouble is. It's right where it hurts! That's why carpal tunnel syndrome is so tricky. Because the source of the pain may NOT be where you feel the aching, tingling, and numbness. Many regular doctors make this dangerous mistake.

The pain can actually be a smokescreen, and the source of your misery may be hiding somewhere else... which we'll get to that in a minute. But first, let's see where you can get help...from...

The Hidden Pain Doctors

Since the source of carpal tunnel pain is tricky, it takes special training to track it down. That's why HealthSource should be your 1st choice. Because we know what to do if you've got...

WARNING Sign #1: "Electric" Fingers!



The pattern in this picture shows where you usually feel pain—in the thumb, and middle finger and mostly on the front side. But it usually starts "upstream" in your arm, shoulder and neck where it may be easy to correct. It's the same with:

WARNING Sign #2: Wrist "Toothache"!

Your wrist may feel swollen, tender and achy in front. So the good news is it's probably NOT carpal tunnel—if the pain is on the back of the hand, wrist or arm. And, we've helped hundreds of these carpal tunnel cases, so don't give up even if you don't remember what it was like to feel good. Back then you could:

- pick up a dime on the counter
- button your shirt without fumbling
- work all day on the computer
- sleep without shaking your hands
- write out checks without cramping

That's what normal hands can do—PLUS the grip is strong and you can do whatever you need to do without even *thinking* of your hands. That's what Irene Ghoulson said it was like after finally getting relief at our HealthSource Clinic:

"I had pain in my neck and shoulders, numbness in my arms and hands, pain in my low back and down my legs. I went to my primary care physician to try to find out what was wrong. They couldn't help me. They gave me different kinds of medication. None of it helped. At HealthSource, they adjusted my spine and had me do exercises. They have helped get the pain under control. I feel much better now."—Irene Ghoulson

It's what may be in store for you if you take advantage of our FREE Community Service Screening, which we'll get to after:

WARNING Sign #3: Does Your Neck Look This Bad?



A straight neck is a troubled neck!

Now of course, you can't know if your neck looks like this without an x-ray. But the trouble with *this* x-ray (by the way x-rays are FREE with our limited-time Community Service Screening) is that it's as straight as a stick when it should have a nice gradual curve. Experts believe the straight neck, besides causing headaches and neck pain, can lead to...

Faster ARTHRITIS!

It doesn't always happen but tons of folks with headaches have this neck problem without knowing it, so it's important to find out—and why not find out FREE? Now for the 4th...

WARNING Sign #4: "Vise" in Forearm!

What we mean by a "vise" is the feeling of tightness and pressure that grabs your arm. And it's worse if you push the mower or trim the bushes—like a boa constrictor's got you! And the best chance of releasing that grip? The HealthSource combination approach that blends the most powerful healing techniques from chiropractors, therapists and trainers:

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- **NERVE:** advanced nerve release to get you well faster and *stay* that way so you need fewer treatments
- **REHAB:** to strengthen weak muscles and to help repair old injuries...so you don't fall back into old patterns right away.

So if this is the BEST way to get better, what would be the worst? Take a look:

The BIGGEST Blunder for Numb Hands

These arrows are pointing at all the areas involved in carpal tunnel syndrome. The biggest blunder consists of treating only ONE area when more are involved. Even surgery will seldom give complete relief (sometimes none at all) because it doesn't fix the problems back up in the arm and neck. Besides...if you only have one area treated, you'll most likely still be struggling with the next painful warning sign:



WARNING Sign #5: Asleep at the Wheel

It's a toss up between which is worse—having your hands wake you up at night or have them go to sleep while you're driving. But neither one is much fun. The good news is that both respond well to the Progressive Rehab™ combination approach offered exclusively at HealthSource clinics.

With the HealthSource approach, there's no chance of infection from surgery, no ugly scars, and no pills to make you sick. You may also avoid what one patient said was...

"The Most Painful Thing I've EVER Done!"

Have you ever heard of an EMG? It stands for electromyogram—but this fancy test boils down to sticking needles in a muscle up by your neck and one further down by your wrist. Then they run a current from one to the other to see if there's a blockage along the way—like seeing if someone is stepping on a garden hose. It can be excruciatingly painful. The trouble is...even if the test is positive, we can often correct the arm, hand and wrist problems WITHOUT SURGERY.

Why A "Brace" Will NEVER Fix Your Wrist!

Now, just think, if your wrist is getting locked up and muscles are stiffening around the nerve, will a brace—that keeps it from moving—get it freed up and flexible again? No way! So don't wait until you can't even pick up the phone to call us—the FREE Community Service Screening is only good for a week. And don't settle for a temporary fix like the pills, the braces or the surgery. Take care of the whole problem—the hand, wrist, arm and neck. Call now!

Community Service Screening

"A great way to find out about your pain..."

Whether or not you feel pain right now, let our team of doctors find out for sure with a 19-point, detailed service screening (a \$189 value) that'll identify even the smallest of problems. We'll even throw in the X-rays if we feel you need them. Just bring in this coupon, and we'll take care of the costs.

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

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On The Cover

Behind the facade of this barn-like home lies a lodge-like great room, designed by Josh and Hilary Shipman to entertain their large extended family and host friendly get-togethers.

Photo by Shana Woods.

Editor's Note



Dear Readers,

This is the season for people who like to get outdoors and see the country from their cycle — and help a worthy cause. Early in the month, motorcyclists joined the Maranatha Riders of the Christian Motorcyclists Association (CMA) for the Run for the Son. Sponsorships from this 100-mile ride will be used by CMA to spread the Gospel throughout the world — and American motorcyclists will receive the Good News from the Burleson Maranatha Riders at other bike rallies. Curious to know more? Contact JJ Wagner at cmamaranathariders@yahoo.com or (817) 319-5168. At the end of the month, bicyclists can challenge themselves to ride 9-, 30-, 51- or 62-mile courses in the 12th Annual Burleson Honey Tour Bike Ride on May 29. Proceeds from registration fees will go to benefit The Huguley Hospital Oncology Department for Children, The Burleson Fire Department and the Burleson Chamber of Commerce. Interested? Call (817) 295-6121, or go to <http://honeytour.athlete360.com/to/register>.

Right on! Ride on!

Melissa Rawlins
BurlesonNOW Editor

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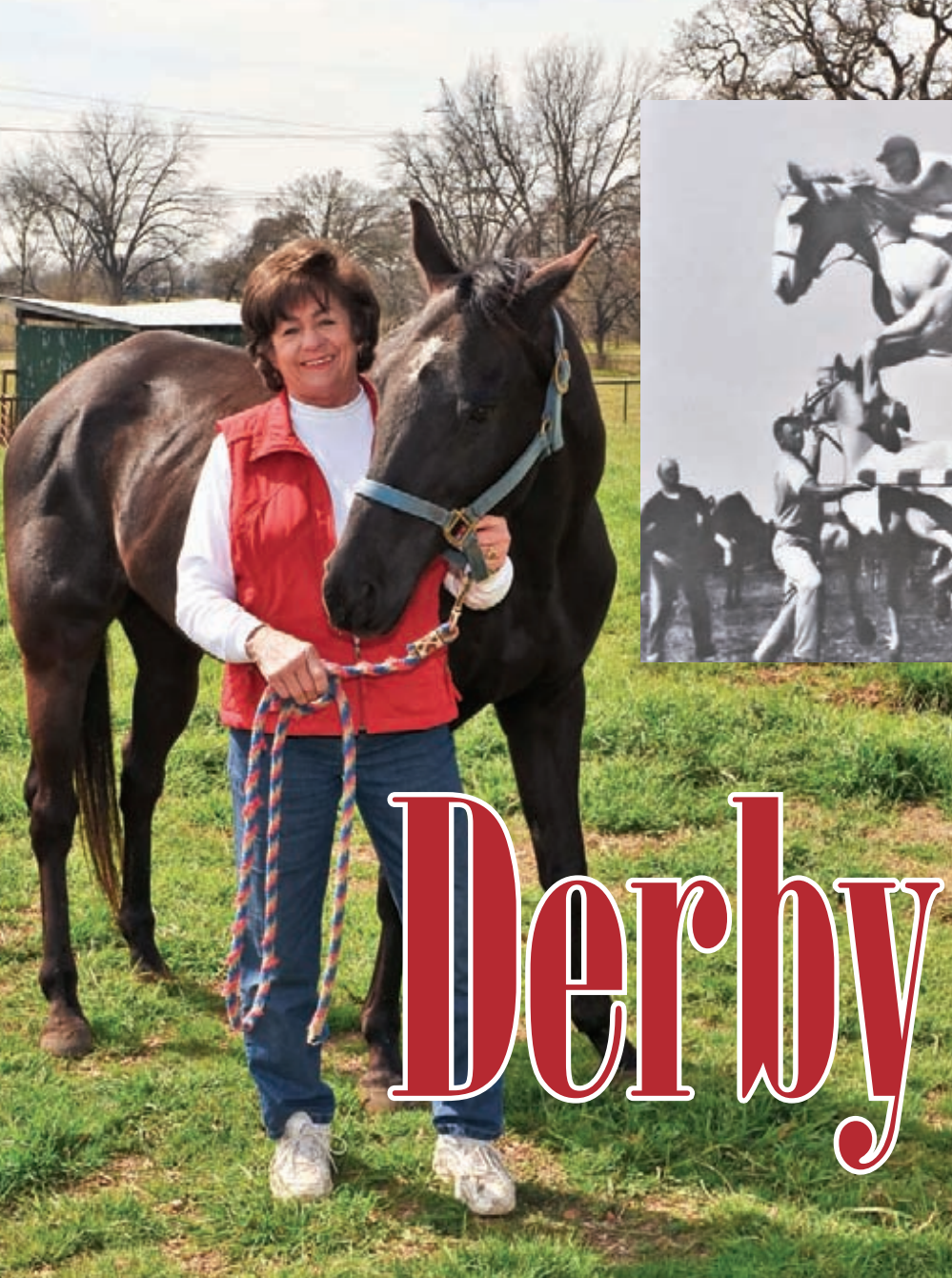
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Derby Days

— By Jaime Ruark

You may not catch Linda Molina in a brightly colored, large-brimmed hat adorned with flowers or feathers the first Saturday in May, but if you were lucky enough to receive an invitation to her Kentucky Derby watching party, you will definitely be surrounded by years of racing and family tradition as you sip on a mint julep and watch the Run for the Roses. “My dad was from Kentucky, so my parents had huge

derby parties every year,” Linda explained. The idea to hold her own derby party as a way to make friends came naturally to the English show jumper, who is now a born networker.

Linda has been an energetic, dynamic addition to Burleson since August 2005. A transplant from Yorba Linda, California, Linda came to Texas to be with family. “I was always flying over here to visit my sister, her family, my nephew and cousins. I just got tired of it,” she chuckled. “I had this house built, and everything just worked out great. I

really enjoy it here. I was ready for a change.”

Change is exactly what Linda has seen in the town she visited for years and now calls home. “My house was the first in this development, and now I’m surrounded. I’ve watched it all happen; there’s just a ton of growth,” she said. “Things are really moving here, and that’s a good thing.”

Linda is quite open to change, as evidenced by her moves around the country and her decision to switch careers after teaching for 20 years. “I graduated from the University of Michigan with a teaching certificate and moved to California because I got a job out there. I primarily taught third,

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fourth and fifth grades,” Linda shared. While she enjoyed the children and the job of teaching, “things began to change within the school system,” she recalled. “The kids were always great and it was always fun, but drugs were starting to come in. It was just time for me to go.” Insurance seemed like a good option. Years later, as an independent agent,



Linda enjoys the freedom of working for herself while still being able to surround herself with people in the business world.

Some people are born “connectors” with a seemingly innate ability to make friends and join people together. Linda definitely fits that mold. She quickly acclimated to Burleson life, plugging in to the pulse of the town and getting involved in the many activities and groups. Her honest face and ready humor have become well-known among the many local business owners whom she counts as friends. “When I came here, I immediately went to the Chamber to see what activities I could join,” she said. “I started attending a networking meeting to meet other business owners and see what I could get involved in.”

Making connections and getting involved came naturally to Linda, something her networking group, the Burleson Business Builders, recognized. When the previous group leader, Larry Nelson, had to give up the reins due to surgery, Linda was picked as his replacement. “They totally took me by surprise,” she laughed. “I enjoy it, though. We have fun at our meetings and we’re growing. We have a good

group of people.” Linda lines up speakers and makes sure introductions take place and connections are made. She is also in charge of the group’s donations to local charities. “We have monthly dues that we give to local organizations. Last year, we donated to the animal shelter and the Opportunity Fund, and last Thanksgiving we gave to the Harvest House,” she said. “That’s really what a networking group is all about — supporting and promoting local organizations and businesses.”

A sense of community is important to Linda, who takes pride in giving back. “It’s essential for businesses to help each other. I think people like to do business with someone they know, as opposed to just looking someone up on Google,” she smiled. “You need to meet people, get to know them. Burleson really does have a friendly environment, which makes it easier to grow your business.”

Linda is an active volunteer with her fingers in many local pies. “When I first moved here, I just called the hospital to see if they could use me,” she said, illustrating how easy it is to become involved. “Now I volunteer at the Huguley Hospital Retirement Center. I started out just helping with the gift gallery and the Red Hat dinner. Now I call the Tuesday and Friday



bingo games.” She also helps out with the yearly Honey Tour bike ride and the Chamber’s yearly fundraising Gala event.

Linda’s head is full of possible networking opportunities, and she has the get-up-and-go attitude that ensures those ideas come to fruition. “Somebody has to get things going,” she said. “It’s so easy to be involved here because it’s a small community, but it always seems

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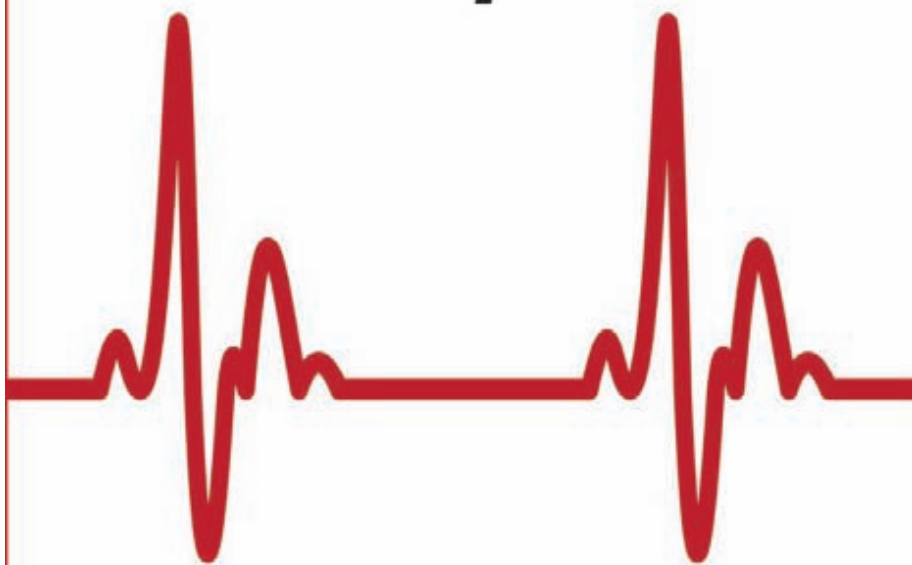
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like so many people talk about doing something and then never do.” Thus, the Single’s Dinner Club, designed to be a night out for those who are unattached and looking for some fun, was born. “When I moved here, I wanted to meet other people who were single, so I had this idea for a club. We meet once a month, on the second Wednesday, and we pick different local restaurants,



“I buy them, get them going as nice riding horses, and try to sell them to some little girl who falls in love with them like I did.”

and any single person is invited,” she explained. “It’s just a way to get people out and meeting others. I’ve met some really neat people.”

Linda’s house is a perfect representation of her character. Cheerful yellow and red walls are adorned with pictures and paintings, many from her past riding days. One canvas displays a picture of a young and fearless Linda in her jaunty English-style gear executing a jump, the pole framed by two other horses backed end to end. “I’ve ridden horses all of my life. Now, I buy and sell horses,” she said. “I buy them, get them going as nice riding horses, and try to sell them to some little girl who falls in love with them like I did.”

Linda has become adept at connecting people, as well as building a bridge between her old life and her new one. If her derby party is anything like her personality, it is sure to be a fun time forging friendships and full of laughter. **NOV**

Bloom Into Spring

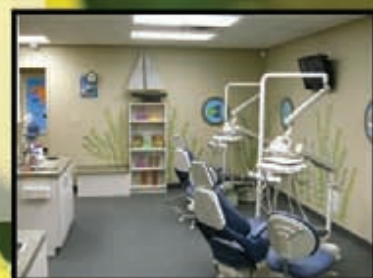
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Living in a Barn

— By Melissa Rawlins

They say the family that plays together stays together. Well, the three children plus extended family of Josh and Hilary Shipman come and go so much in and out of their home, the couple joked one day they might as well live in a barn. Josh eventually took that joke as inspiration, and Hilary drew out the original plans for their 5,000-square-foot “barn” on a napkin.



**At Home With
Josh and Hilary
Shipman**

Five years later, three generations of Shipman family members now make this barn their second home. "Everybody gets along so well," Josh said with glee. "We don't have any carpet; if the kids want to roller skate in here, they can roller in and around the table and head out the back door if they want to."

Hilary loves the design, created with help from the custom builder she used. "It was important for me to find a gentleman who could work well with women," Hilary said of Alan Siggers, whose patience she extols. "We got in the car together to go to builder's supplies to pick out doors!" Truly a home and not just a house, the design began as a reaction to the formal feeling of the Shipman's former house in Alpharetta, Georgia, near Atlanta.



When the couple decided to move to Burleson to be close to Josh's family, they designed their barn house to be open, with lots of doors, windows, family seating and family gathering spaces. "The reason for the huge breakfast bar is, literally, so that everyone can sit at one time and talk while you're



cooking. The best parties always end up in the kitchen!" said Josh, who loves to entertain and grill for the family.

The couple engineered the layout with the outside kitchen, patio and pool as

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an extension of the home. Their ground floor indoor-outdoor living space is perfect year-round. In mosquito season, they shut off the doors to the family's bedrooms and in the great room the breezes blow the bugs on through. From the kitchen, you can look in any direction and see the view of the 11 acres outside.

"The young people in the family have more freedom, and mom or dad know they're safe," Hilary said. Josh and Hilary can

sit on their settee outside the kitchen window, watch the light glinting through their wrought iron bottle tree and relax while their children play in the driveway between the garage and the guest quarters — which were originally designed as the wing of the house where Hilary's father, Buddy, would live.

Outside Buddy's window, Josh and Hilary have placed a memorial rock in honor of Buddy, who lived with the family for seven years. Buddy made the moves from his long-time home in Louisville, Kentucky, to Atlanta, to Burleson, and lived with his daughter's





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The couple engineered the layout with the outside kitchen, patio and pool as an extension of the home.

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family in their rental home while their barn was under construction. “I feel our children got so much out of Buddy’s perspective on life. He was in the U.S. Air Force, a doctor, and could teach us things. It’s too bad he passed away before the house was built. The children could have benefited from him even more.”

Memories of Buddy abound in the Shipman home. His dog, Bonnie, now 11, continues to give love to and receive love from the children. The antique furniture and knickknacks in the guest wing’s sitting room belonged to Buddy and his wife, Nancy. “We hope,” said

Hilary, “that by putting these things out, our children won’t forget Buddy.”

Certainly Taylor cannot! The 8-year-old’s western bedroom — complete with a barn and armadillo painted by local artist Phil Loveland — contains a very special reminder of Buddy. “In the top of the barn, Phil painted an owl native to this area; we wanted that in there because Buddy would take Taylor out and look at birds, and she knew the names of all the birds,” said Hilary, “plus the fact that my nickname is Hootie.” The antique bedroom set that belonged to Hilary’s mother also graces

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Taylor's room.

More antiques from Hilary's parents provide richness in Josh and Hilary's room. "My mother said the Louis Vuitton chest came over on the Queen Elizabeth to America. Whether or not that's really true, I don't know," Hilary laughed. The signed Salvador Dali, three-drawer dresser, English washer and pitcher, Irish Belleek ware, were all from Hilary's parents' house as well.

Around the corner from the bedroom, in her sitting room, Hillary lovingly displays the Shipmans' silver baby cup



collection, which includes the cup used by Elizabeth — a great-great-grandmother of Josh and Hilary's children. "We also have a mint julep cup," said Hilary, who was reared in Louisville and was a Derby Princess.

Family heirlooms are not the theme in the bedroom of 9-year-old Maggie,



who helped pick her own modern lime green and hot pink colors. She can climb the ladder up to her private loft, created by Lee Siggers (father of the man who built their home). "He would bring us tomatoes from his garden while the house was under construction," Hilary said. "It felt family-oriented even from the beginning."

The freehand artistry of Phil Loveland also brings the western theme alive on the walls of 5-year-old Grayson's bedroom, which one day will have a fantastical addition of a fireman's slide pole coming from his parents' upstairs workout room. For now, the only entrance to Grayson's room is from the library and television room, which is central to all four bedrooms and can be closed off from the larger great room.

Working together, playing together, the Shipman family home is a place of well-ordered, beautiful unity. Whether in their private apartment or out in the barn, the three children are encouraged to help keep the home clean. Each family member has a locker near the kitchen in which to put their things before they walk into the house. For her part, Hilary does a great job managing the barn. "It helps to have a tidy home, because it's not unusual, with my husband's job with Alcatel-Lucent, for him to come home and say, 'You have guests that are coming to stay.' [Also,] it's not unusual for me to come home from The Art Barn Studio, which I developed to give kids in the area an introduction to the world of art, and have 13 people here for dinner that I didn't expect!"

"When Josh decides he wants to do that," smiled Hilary, "he'll go to the grocery store and do everything; when I walk in the door, dinner is made and everyone is eating. I'll turn around and the dishes are done, and I didn't have to do anything!" **NOW**

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The Burleson Chamber of Commerce Annual Gala, A Night in Hollywood Texas Style, brings out the glamour in everyone! From top left: Karen and Manuel Trevino, owners of Goin' Postal Burleson; Larry Pool, Chamber Chairman of the Board, and Ann Peek, owner of Ann's Hands Massage; Martin and Kay Rechnitzer, who run both a law practice and a sanctuary for retired horses; Patsy Dumas and Jenna Howell; Sheryl and Don Kappus of Hill College.



Members of the Burleson Heritage Foundation help lower the Interurban Express Motor #330 trolley car onto its final resting place near City Hall.



Burleson ISD retires the jersey of Mark Collins, beloved BHS track star and 1973 grad who qualified for the 1980 Olympics and sadly died of cancer in 2005.



Civic and community service achievements are highlighted at the Burleson Police Department Annual Awards Banquet. From left: Burleson Police Officer Craig Bastible (Rookie of the Year - 2007) is awarded Officer of the Year; Lisa Cauthern, senior administrative secretary for the Burleson PD command staff, is awarded the 2009 Ofelia Blair Outstanding Character Award; Phil Lewis earns the Civilian Employee of the Year award.



Cecilia Hall takes her daughters, Liliana and Vivian Ramos, to Warren Park on a beautiful spring day.



After a field trip to the zoo, it is always fun to eat at Braum's. From left: Shanda and Ashlin McCorkle, Ashlyn and Kristy Shipp.



Huguley Memorial Medical Center Day of Dance. Top: Senior Vice President Tammy Collier and Cardiovascular Director Barbara Willis; Bottom: Alvaro Rios, M.D. — the cardiovascular event speaker — with his children.



Courtnee Sayers, 11, enjoys doing school work with help from Grandma Cheryl at The Frame and Gift Gallery in Old Town Burleson.



Richard Crummel and Phil Beckman win the TSRPA Gold Star award for their "Excellence by Design" video.



The family of Curtis Dean Manry come together to celebrate the 5-year-old boy's survival and help to raise funds for the American Cancer Society.



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Meringue on the Pie

— By *Melissa Rawlins*

Harp. Harmonica. Call it what you will. The sound of a little mouth organ makes a big impact, whether solo or in a group session. Rendall Caviness, who spends a lot of time playing the harp with two- to three-man acoustic groups, started learning the harmonica almost 35 years ago, because he was told it would help put babies to sleep.

"I had three sons. I wanted some peace of mind. It worked, kinda, sorta," laughed Rendall, adding, "Their mom would play the piano, and I would play the harp along with her. At that time, we mostly played church music. We lived in Burleson, at 217 Smith Street, and leased a house next door to Johnny Smith, who sang high tenor at Crestmont Baptist."

That was back in the day when folks entertained themselves with music. Still, not everyone knew that most harmonica players will use the term *harp* because it is shorter. Rendall once played at a



church and told the church secretary he was going to play his harp. "She said, 'We'll have to get somebody to help you lift it in,'" Rendall remembered, who accidentally taught himself to play the harmonica upside down. "The bass notes are supposed to be to the left and the high notes to the right. I reversed it. It's like a left-handed guitar player playing a right-handed guitar."

Piano playing, singing, and even harp-playing runs in Rendall's family. "My dad's mother and dad in Iowa were farmers, and they had the old party line phones," Rendall reminisced. "On Friday nights they used to get on the piano and the neighbors would listen in, while

"I look at myself as the meringue on the lemon pie."

Lula, my grandmother, played hymns on the piano and Fred, my grandfather, sang," Rendall's other grandfather, Ben, originally a wheat farmer from Germany, was 97 years old before the family learned that he could play harmonica. "It was Thanksgiving or Christmas, and my parents were in Durant, Oklahoma. I was playing harp for my mom, and my grandfather said, 'Let me see that.' And he started playing a bunch of old cowboy songs!"

Maybe Rendall's talent is in his genes. Or maybe it was nurtured in the culture where he was reared. "I was born a Yankee in Marshalltown, Iowa, but moved south before it hurt me any," Rendall said. "My dad was a pastor, and he moved fairly often. I grew up from about fifth grade in the Mississippi Delta, where there were a lot of harp players and guitar players." The color barrier in the '50s meant that Rendall was not allowed to attend live shows, but he listened on the radio. His mother also gave him piano lessons for two years, but he hated practicing.

Now, Rendall has learned to combine radio listening with harmonica practicing. "In my business, outside sales, I'm driving a lot, and I can play while I'm driving all over the Metroplex. It's super good practice to play along with radio — in fact, it is the best way because it's instantaneous, like live music.

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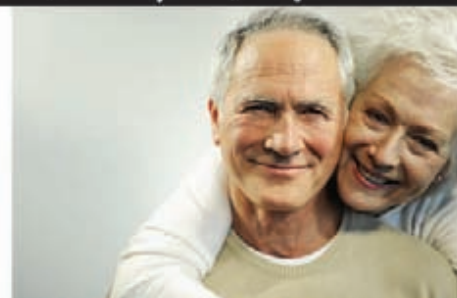
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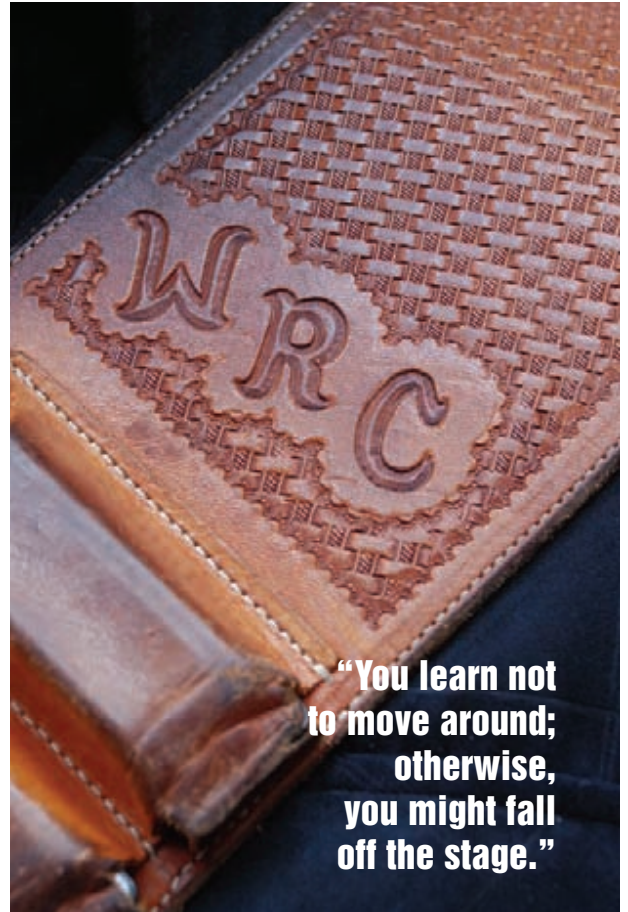
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A large poster for Calvary Church's Spring season. The background is a scenic landscape with a green field, a blue sky with white clouds, and a bright sun on the horizon. The word 'Spring' is written in a large, elegant, white cursive font. Below it, the text 'Into A New Season at Calvary' is written in a bold, blue, sans-serif font. In the bottom left corner, there is a white box containing a map and service information. In the bottom right corner, the Calvary Church logo and website are displayed.

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"Really good musicians can get together and play a song, and you would have thought they'd practiced," Rendall said, who over the course of his adult life in Texas has joined in to play with quite a few Texas artists. He plays often with Ray and the Bell Jumpers at Fresco's in Old Town Burleson. Recently, he was asked by Alanda Williams to join him on stage at the Burleson Chamber of Commerce Night in Hollywood ... Texas Style. "I have sat in with Shake Russell and Rusty Weir on occasions in Austin. A friend and I opened for Monte

"Really good musicians can get together and play a song, and you would have thought they'd practiced."

Montgomery, who is a guitar player from Austin. It's been fun. I've made good friends," Rendall said. "A trio is really fun because the two instrumentalists can blend, and it's real pure. You can play off each other's energy."

Rendall can read music, but prefers to harmonize by ear. "To me, it's pure out of my heart; it's a feeling, and you interpret the feeling. I do some solo work, but a lot of what I do is improvisational off of the artist that I'm playing with. I look at myself as the meringue on the lemon pie," Rendall said. "The artist sings or does his thing, and I just give it a little more flavor."

Whether in the studio — where he has recently spent time helping his protégé, Presley Beggs, record some of Presley's original tunes — or on stage, Rendall blocks out everything except what he is hearing. "I just want to hear the music and do something with it. I get teased because my eyes are shut 80 percent of the time. You learn not to move around; otherwise, you might fall off the stage," he joked.

"A lot of musicians don't care for harp players because they walk on the vocals," Rendall said. "Normally my friends will tell me to play more instead of less, because I'm paranoid about not wanting to take over, not wanting to interfere with their song or their melody. I do it so that you're not hearing my harp all the time. It's called Southern manners." **NOW**

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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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Unstoppable

— By Jaime Ruark



Long-distance runners know that running is often more about having a strong mind than a strong body. The phrase “running through the pain” is one these athletes know well, perhaps none better than Kyle Gonzales, 18-year-old senior at Burleson High School [BHS]. Toughing it out and never giving up has become the mantra for this young man who refuses to quit.

Kyle has spent much of his life working toward being the best soccer player and track and cross country runner he could be. His best, when he looked forward to his high school years, promised to be inimitable. “Rebecca and I were both on a co-ed soccer team when we were young — I think we were called the Blue Angels. My dad was an assistant coach. Everything just kind of started from there,” Kyle recalled. While Rebecca, his twin sister, went a more academic and dancing route (she is currently an Elk Strutter at BHS), Kyle continued on with soccer.

Kyle’s older brother, Jacob, has been a source of inspiration and a role model for Kyle throughout his life. When he began running cross country while in high school, he awakened the runner in Kyle. “I went to all of his meets and started getting in to it, but I didn’t get to run cross country until my eighth-grade year,” Kyle said. “I broke my foot my seventh-grade year right around the time track was supposed to start. I was in a boot for a long time and crutches for even longer. I was really disappointed because it would have been my first year to

run track. I'd been waiting all year, and then I got hurt right before it started."

Once he was able to put away the crutches, Kyle more than made up for lost time. "I did pretty good that year," he said, with a true humbleness that permeates everything he does. "I was district champ in cross country, and for track, I was district champ in the 400 meter, the 800 meter and, I believe, the 300-meter hurdles." Heading into his freshman year in high school, Kyle sprinted his way to the varsity cross country team pretty quickly. "My first couple of races I was on JV [junior varsity]; then I finished out the year on varsity," he added.

Kyle also began soccer as a freshman and remembers that year as "a lot of fun." He also remembers it as the year his knees began to hurt. "They started getting really sore and stiff during workouts and made it pretty difficult to run," he said. "I just toughed it out 'til the end of the season." Refusing to quit, Kyle began his sophomore year with a strong mind and determined attitude, but his body refused to cooperate. "The pain started up at the very beginning of the season, so I talked to the trainers and my coach. We tried to do some rehab. I rode a bike for about

"It's hard to push your team, if you're not running alongside them."

two weeks, which helped for a few days, but then it went back to normal," he said. It began to seem like Kyle's "normal" would be pain.

His junior year, Kyle went to a sports medicine doctor who gave him exercises designed to strengthen his muscles. They helped for a while, but that progress hit a plateau and then regressed. "No matter what I did, I just wasn't getting better. It was really frustrating, because my times weren't getting any better. They were actually getting worse. My junior year was terrible, and it really made me mad

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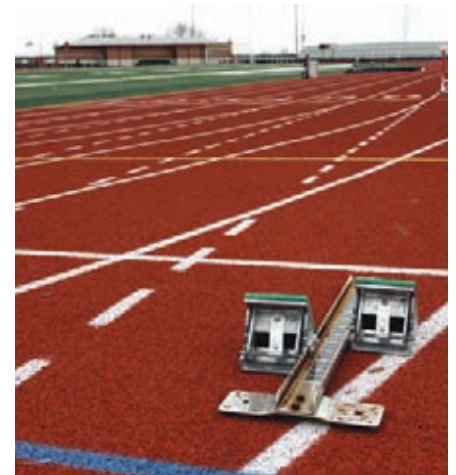
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because I wanted to be so good," he shared. The disappointment of letting his team down began to outweigh the pain from his knees. "Everyone on the team was looking up to me. I was supposed to be team captain, and I couldn't even push



my team or train with them," he said.

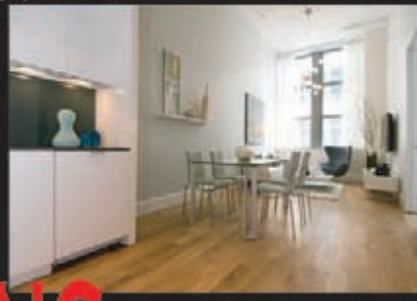
At the beginning of summer, Kyle tried to run, preparing for his senior year, but the pain was still there. "The trainers told me, 'Some people just aren't made for running,'" he recalled. Then again, some people, like Kyle, just are not made to quit. Kyle's father, Jacob, and Coach Phil King, whom Kyle credits as another mentor and male role model, helped Kyle reach the difficult decision to stay on the sidelines. Refusing to give in, Kyle remained the team captain and has become their biggest supporter. "It's hard to push your team, if you're not running alongside them," he said, "so I brought my bike to school and rode along with them every practice. I called out times for them and just helped them as much as I could." Kyle found a way to continue with soccer, as well, by playing goalie for his team.

Kyle is good at hiding the pain as well as his disappointments. His determined, selfless attitude cannot help but continue to serve him well. "He's fearless. He never slacks off, never cuts corners, and he never quits. He never complains, either. I never even know he's injured or hurting most of the time," proud mother Katherine shared. "I just stick with it," he stated. "I just keep pushing through, no matter what." **NOW**

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Employing people who have a heart for training up children in the way they should go makes Mountain Valley Child Development Center a strong Christian school. — By Melissa Rawlins

It seems impossible to Jennifer Shelton that next month will be the eighth anniversary of Mountain Valley Child Development Center. “Each morning when you walk in you’re talking to people, hugging children, going around to see teachers, comforting crying children — every minute of every day — until suddenly it’s 6:30 p.m.,” Jennifer said. “Then you look, and it’s been eight years!”

For Jennifer, in fact, it has been 16 years since she first worked at a child care center in Joshua while finishing her high school education. “Since then, I’ve worked at a school in a house, to the most beautiful 5 million dollar school. I’ve learned,” said Jennifer, “without the people who love the children and have a heart for the work you have nothing. I think that’s where we’re really set apart.”

The staff of 25 includes Director Sheila Bird, Assistant Director Carolyn Chaney, 19 teachers, kitchen and maintenance staff and three office staff. “They view this as a calling and a passion, not just a job. That makes us a strong Christian school.”

Every year, to treat the parents who support the school, Mountain Valley Child Development Center presents a Night of Praise. “Luckily I’m a member of Turning Point Church, which is large, and we are able to use the church to host the 400 people, parents and grandparents, who come to watch their children sing.”

When the parents are busy at work, their children are busy learning in the large, colorful classrooms at Mountain



Left to right:

Sheila Bird, director; Jennifer Shelton, founder; Carolyn Chaney, assistant director.

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Valley Child Development Center.

"We have 6-week-olds all the way up to 12-year-olds," explained Jennifer, who learned the foundations of child development in college and put it into practice through hands-on work in child development centers.

Before taking her leap of faith to open Mountain Valley Child Development Center, Jennifer was a teacher and a director at The Children's Courtyard, traveling often to get all their schools accredited. "I wanted to bring that high quality to our hometown, but more than that, I wanted to bring our Christian faith into it. I wanted to have a school that had all the quality, safety and health practices as well as the faith focus," Jennifer explained.

There is, in fact, a sign in the ground-floor restroom reminding children: *Treat each other as royalty, as you would if you were talking to God.* "We have set a very high standard with our curriculum," Jennifer said. "For instance, we provide lower teacher/student ratios, and lots of extracurricular activities. We try to exceed the minimum standards for childcare in any way we can. We consider our curriculum a gifted and talented curriculum. We teach high because we feel the children will get the most from it. When our children do leave here, we've always been told they have tested very high when they are placed in kindergarten. That makes us proud.

"One of our main principles is that we want the children to love learning, to be excited to come back to school. Their first year is the foundation for things to come," said Jennifer, whose school offers music, language and Bible classes. Mark Makin, aka Mr. Music, comes in once a month to perform two half-hour puppet and music shows for all full-day children, even the babies who are not asleep. Every Tuesday and Thursday, Argentinean Georgina Balke visits to teach Spanish through sing-a-long.

"The children feel like they're playing here, but the teachers have carefully designed their activities so they're learning," Jennifer explained. "They're counting, sorting, pretending — all the developmental milestones we have planned for them, but for them, it's fun." **NOW**

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No More *I Can'ts*

— By *Melissa Rawlins*

Telling the truth is all in a day's work for Mr. Jan Cermak, media technology and ad design teacher in Burleson High School's Career and Technology Department. "I always tell my kids, 'I am not a mommy-type teacher,'" Jan explained. "I believe, of course, in building the spirits and emotional fortitude of a young person, but what's hard is critique. Most kids today do

not understand the point of objective critique; they take it to heart, and a lot of students are crushed by it. I try to be objective and let the students know what to expect in the real world."

That is Jan's job. Hired in August 1995 to teach both advertising design and media technology, Jan will purely teach graphic design at the current high school next year. And he is excited.

"I'm so pleased my vocational director, Sandra Hines, and some of our other administrators have seen fit to hire someone from the world of television video production, and have put me in this four-year Principles of Design and Graphic Design and Illustration sequence. Now I can give the students my area of expertise."

Jan considers it his calling to help guide young people and is committed to his role in Burleson, where some of his early students have now started families of their own. "Vocational education has some long history in Texas. It provides opportunity for students, who might otherwise be lost, [to] actually see the need to reevaluate and consider a more professional bearing or objective look into how they're approaching their education," Jan said.

Reared by two school teachers in a very orthodox Christian upbringing, Jan considers himself a firebrand. "I am an orthodox conservative, a constitutionalist when it comes to politics. My students see me as preachy, and I really get on a bandwagon at times about all kinds of things, from history to politics to biology to religion. I am old-school, according to my students, a pretty opinionated stick in the mud," grinned Jan, who prefers The Marx Brothers to Adam Sandler and encourages his film history students to critique movies made at least 30 years ago. "This morning, for instance, I was basically trying to tell the students that color was a very complicated area of perception and psychology, and is a misunderstood and abused aspect of design, whether traditional print publishing or in multimedia."

In the middle of such talk, Jan is exquisitely tuned in to the students to whom he has devoted his life. Asked by Candice Rich, a junior, how she could get a shadow on her colored-chalk picture of daffodils, Jan took time to prompt her, "Consider the shadows around it. Are you working from a photographic source? A picture from your cell phone? What colors do you see around the flower? What is complementary to those orange colors? Yes, blue. Consider using one of the darker blues. If you need to enforce some definition, consider using a

Education **NOW**

burnt umber and a burnt sienna also.”

It should be no surprise that Jan — a true artist who enjoys playing the Irish Fiddle in his spare time — initially studied illustration at the Philadelphia College of Art. He finished his degree in graphic design with a minor in history at the University of New Orleans, and still believes in the need for the humanities and liberal arts. He and his friends in the industry recommend that students build their business savvy and consider getting a business degree. “That sounds kind of trite, yet one of my first young ladies to bravely walk through my classroom door wound up going through a two-year video and communications program in illustration in Dallas, then finished in marketing at The University of Texas at Austin, and now works at a firm in Dallas,” Jan said. “If you have the building blocks for just cognitive thought, you’re a lot better off than those who get their certification in Final Cut Pro. You can apply your skill base in other fields.

“I try to let kids know that what you think has any kind of permanence will change, and the world changes faster and faster all the time,” Jan said, using himself as an example. “I never saw myself as a teacher. In 1988, I was an art director for a small, but successful, firm in New Orleans and then moved to Dallas, where I worked in print production.” Jan thought he would work in that industry the rest of his life. But when the owner closed his doors, Jan decided to enter the world of teaching, where he could focus on enabling young adults to realize their potential. “Their only limitations are themselves. I have students tell me ‘I can’t.’ I tell my students, ‘There are no I can’t’s in my classroom.’”

Jan refuses to coddle his students. “Across the state and across the nation, in order to erase those I can’t’s, we have to allow students to understand what failure is. If they can’t understand what doesn’t work, or if they’re so hung up on maintaining that 4.0 [grade point] average, they’re not going to get anything out of it. I tell my students that a four-year art program is four years of learning what doesn’t work and then preparing yourself to continue making mistakes, because that’s how we learn.” **NOW**

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In The Kitchen With Johanna Will

— By Faith Browning

Johanna Will has had the unique opportunity to live in different parts of the world. "When my husband, John, worked for the State Department, we lived in other countries, and we were expected to do some entertaining. Instead of hosting large cocktail parties, we preferred having smaller groups of diplomats over for dinner," she explained. "Living in foreign countries, many times we did not have prepared foods available;

thus one learns to cook from scratch."

Besides spending time with her family and friends, Johanna enjoys traveling, photography, gardening, sewing and cooking. She has acquired many of her favorite recipes from church cookbooks, *Taste of Home* magazines, friends and congregations they have been involved with. She likes a wide variety of recipes, like appetizers, vegetables, breads and desserts. **NOW**



SALMON PATE

- 1 15-oz. can salmon
- 1 3-oz. pkg. cream cheese, room temperature
- 1 Tbsp. fresh lemon juice
- 1 tsp. grated onion
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. liquid smoke
- 1. Drain, debone and flake salmon.
- 2. Mix all ingredients.
- 3. If desired, place in a fish mold; arranging sliced almonds for scales and using olives for eyes. Chill. Serve with crackers.

CREAM OF BROCCOLI/CHEEDAR SOUP

- 4 cups chopped broccoli
- 4 cups vegetable or chicken broth
- 1/4 cup margarine
- 1/4 cup flour
- 1 1/2 cups half-and-half
- 1 cup grated sharp cheddar cheese
- Freshly ground pepper
- Pinch of cayenne
- Pinch of nutmeg
- 1. Cook the broccoli in broth until tender; puree in blender.
- 2. Melt butter; add flour and cook 2 to 3 minutes.
- 3. Add broccoli puree. Cook 5 minutes until thick and bubbly.
- 4. Add remaining ingredients; heat until cheese is melted.

MANDARIN ORANGE SALAD

- 4 Tbsp. sugar, divided use
- 1/2 cup slivered almonds
- 1/4 cup olive oil
- 2 Tbsp. vinegar
- 1 Tbsp. minced fresh parsley
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. hot pepper sauce
- 1 bunch red tip lettuce, torn
- 1 11-oz. can mandarin oranges, drained

1 small red onion, chopped

- 1. In small skillet, melt 3 Tbsp. sugar over low heat. Add almonds and stir until coated; let cool. Break into small pieces and set aside.
- 2. In a jar with lid, combine oil, vinegar, parsley, salt, pepper, hot pepper sauce and remaining sugar; shake well.
- 3. Just before serving, combine lettuce, oranges, onion and almonds in a large bowl. Shake dressing and pour over salad.

SHRIMP IN A SAUCE

- 1 lb. raw shrimp
- 1 cup sour cream
- 1 small onion, chopped
- 1/4 cup margarine
- 1 6-oz. can mushrooms, drained
- 1 Tbsp. flour
- 1/4 tsp. salt
- Dash of cayenne pepper
- 1. Peel and clean shrimp.
- 2. Sauté shrimp and onion in margarine until just tender. Add mushrooms and cook 5 minutes more.
- 3. Sprinkle in flour, salt and pepper. Stir in sour cream and cook gently 10 minutes; do not boil. Serve over rice.

BAKED SPINACH

- 1 10-oz. bag fresh spinach or 1 pkg. frozen spinach, chopped
- 1 Tbsp. onion, chopped
- 2 eggs
- 1/2 cup sour cream
- 1 cup grated cheese of choice
- 1 Tbsp. flour
- 2 Tbsp. butter
- Salt and pepper, to taste
- 1. Cook spinach until just wilted; drain.
- 2. Beat eggs slightly and mix all ingredients together.
- 3. Pour into greased casserole and bake uncovered 25-30 minutes at 350 F or until center is set.

REFRIGERATOR ROLLS

- 1 pkg. dry yeast
- 1/2 cup lukewarm water
- 1/2 cup sugar
- 1 tsp. salt
- 2 eggs, beaten
- 5 Tbsp. margarine
- 1 cup warm water
- 5 cups flour
- 1. Dissolve yeast in lukewarm water. Add sugar, salt and eggs.
- 2. Dissolve margarine in warm water. Combine mixtures. Add 2 1/2 cups of flour; mix well. Add remaining flour.
- 3. Cover with plastic; refrigerate overnight or longer.
- 4. Put small amounts in greased muffin pans; cover and let rise 2 to 3 hours.
- 5. Bake 15 minutes in preheated 400 F oven. Makes about 36 rolls.

CREAM PUFFS

- 1/2 cup boiling water
- 1/4 cup margarine
- 1/2 cup sifted flour
- 1/8 tsp. salt
- 2 eggs
- 1. Add margarine to boiling water; bring to a full, rolling boil. Stir flour and salt in at once. Over low heat, stir vigorously for 2 minutes until a stiff ball forms; remove from heat.
- 2. Add eggs, one at a time, beating well after each addition.
- 3. Drop batter by the spoonful 3 inches apart on an ungreased cookie sheet.
- 4. Bake in preheated oven, 400 F for 25 minutes; turn oven off. Cut open partially and return to oven for 10 more minutes.
- 5. Cool and fill with whipped cream or custard. Dust with powdered sugar or drizzle chocolate sauce over the top.

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

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Is a Rollover in Your Future?

— By Sharon Robinson

Have you recently left one employer to begin working for another? Were you covered by an employer-sponsored retirement plan, such as a 401(k)? If so, you may be wondering about the future of your account. In the event of a job change, there are many options available to you regarding your employer-sponsored retirement account assets. The options you have will depend on the provisions of your former employer's plan. Sometimes your money can stay in the plan with your previous employer until you reach a specific age and you then can begin taking withdrawals without a tax penalty.

Remaining with your old plan may have drawbacks. Sometimes fees are charged to former employees to offset managing the account. A minimum asset balance may also be required. Other times you must take your money out when you terminate employment. You should contact the Human Resources department or benefits counselor of your former employer to determine your options. If you withdraw plan assets, you may need to find another funding vehicle.

Transferring the balance of the assets in your previous employer's tax-qualified

account to a plan sponsored by your new employer may be an option. This can be done without paying taxes if the money goes directly to the new account (known as a "direct rollover"). However, your new employer may not allow a rollover, thus you will need to look at further options. One choice to consider is rolling the balance of your account to a Traditional Individual Retirement Account (IRA). With this choice, you are able to control the investment options within the IRA. You can also avoid the need to make a further rollover if you change jobs again.

Rolling your 401(k) assets into a Traditional IRA can be costly if not done correctly. If you take a withdrawal, the trustee of your old plan must withhold 20 percent of the money for federal income tax purposes. You have 60 days to roll the distribution to a new qualified retirement vehicle if you do take a withdrawal. The 20 percent withholding will count as a distribution if you do not roll over that amount to an IRA or other qualified plan. A 10-percent tax penalty will usually apply if you are under age 59 1/2 and you don't roll the entire amount into an IRA or other qualified plan.

In order to avoid the 20-percent federal income tax withholding, a direct rollover should be considered. The assets of your employer-sponsored plan are transferred directly from your former employer's plan to a Traditional IRA or other qualified plan. You don't touch the money, and neither does the government. Your assets can grow tax-deferred until you begin withdrawals.

To complete a direct rollover, contact a State Farm agent to discuss your options. Once you determine where you want the money to go, the IRA custodian can request the money from your employer-sponsored plan in the form of a check or wire transfer. Your current IRA contributions are not affected by a rollover. You may contribute the allowable limit to an IRA even after rolling a substantial amount from your previous plan.

With so many choices available, it may be in your best interests to discuss a Traditional IRA rollover with a financial professional. You have some options. Take advantage of one with which you are comfortable. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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Eat Well, Enjoy Wellness

— By *Nelda Cunniff, D.O.*

Grocery shopping can decrease your risk of deadly diseases, burn fat and build your bones, if you add these power foods to your cart. Eating these and other heart-healthy whole foods will boost your health while pleasing your palate.

- Berries are one of nature's ultimate anti-aging foods with potent antioxidants that may help prevent memory loss, lower blood pressure and improve your skin. An additional bonus: they have fewer carbohydrates than other fruit.
- Tomatoes, whether fresh or cooked, can reduce the risk of bladder, stomach, prostate and colon cancers.
- Oats can help lower cholesterol. Rich in soluble and insoluble fiber, they can help control weight and keep you regular, too.
- Broccoli is rich in vitamin C, a good source of vitamin A, and contains folic acid, calcium, iron, potassium and fiber. Cooked or raw, broccoli delivers a burst of nutrition.
- Walnuts, almonds and other nuts contain protein, fiber, vitamins, minerals and Omega-3s. A handful a day can help lower cholesterol, boost brain power, improve sleep, prevent heart disease, reduce stress, fight cancer and more.
- Avocados have high amounts of potassium, magnesium, folic acid, protein and vitamins B6, E and K. The heart-healthy monounsaturated

fatty acids in avocados can actually help reduce belly fat, a risk factor for heart disease.

- Salmon contains Omega-3 fatty acids, which reduce the risk of cardiac disease, boost mood, fight depression and may protect against Alzheimer's disease and cancer. Salmon is also a good source of vitamin D and helps prevent osteoporosis.

- Beans are rich in antioxidants, protein, folic acid, minerals and fiber, boosting the body's ability to burn fat, helping you to feel full, controlling blood sugars and possibly helping reduce cancer risk.

- Yogurt is a good source of probiotics which help boost immunity and can help ease irritable bowel syndrome. Yogurt and other low-fat dairy products help build bone health and reduce body fat.

- Sweet potatoes are some of the most nutritious vegetables around. Loaded with beta-carotene, vitamins A, C and E, and fiber, sweet potatoes may help prevent cancer and reduce the severity of asthma and arthritis.

- Olive oil has long been linked to heart health and longevity and may be good for your brain also, helping sharpen thinking and protecting against Alzheimer's disease.

- Dark chocolate is rich in heart-protective antioxidants, reducing the risk of stroke and heart disease. It may lower blood pressure and elevate mood. Eat small amounts with at least 70 percent cocoa.

- Cherries are reported to help arthritis.

This list is just a good start. Most natural foods are healthy, and our bodies are made to digest and assimilate them in their natural form. We are blessed with so much variety of foods, so let's select healthy foods in reasonable portions. **NOW**

Nelda Cunniff, D.O., 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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Genealogical Treasure Trove

— By Adam Walker



If you are researching your family history and do not yet know about the Texas Collection at Baylor University in Waco, you are missing a valuable resource. Tucked away in the historic original library and chapel building from 1903, the Texas Collection is one of 25 depositories for the Texas State Library and Archives Commission, Regional History Department. Baylor's collection includes such valuable documents as: marriage, birth, death, tax and probate records for McClellan and the surrounding counties, but the riches to be mined do not stop there.

Baylor has built an impressive collection of small-town newspapers, which can provide birth and wedding announcements and obituaries, as well as wonderful gossipy details about your ancestor's lives and times. Where else will you learn that your ancestor had out-of-town visitors, or went visiting relatives in another county? What other source would tell you about your ancestor's fortunate recovery from a long illness or the new business venture he or she had launched or the rumor that an engagement was in the works?

Also included in the Texas Collection is a large number of county histories from near and far. Often these histories can give a researcher invaluable information about ancestors by recording information retained by another branch of the family. But Baylor is also actively collecting histories of individual towns and communities, along with histories of local churches and civic organizations to which your ancestors may have belonged and contributed. These documents could offer insights into an ancestor's standing in the community, religious beliefs and civic spirit.

Cemetery and funeral home records are also part of the collection and can often supply valuable clues. Your ancestor's epitaph could include vital information for your search, as could the mortician's or undertaker's notes about the circumstances of your ancestor's death.

If this sounds like a large collection, it is, but the collection of 125,000 books continues to grow by 150 books a month as they actively solicit donations of city directories, yearbooks from kindergartens to colleges, records of fraternal organizations, family cookbooks and cookbooks produced by churches and other organizations, which often include family stories.

Another category of books they are actively soliciting is family histories.

"They are hard to get," the librarian, Amie Oliver, reported, "because families don't often think to donate copies to libraries, but they have lots of information. We have quite a few, and we always want more."

The Texas Collection is also a repository of oral histories, and their collection of genealogical periodicals, and general periodicals of all sorts

relating to Texas, is impressive. If you are ready to take your genealogical search beyond the census records at your public library, Baylor's Texas Collection might be the perfect next stop on your journey of discovery.

The Texas Collection, located in the Carroll Library Building at 1429 South 5th Street, Waco, TX, is open Monday-Friday, 8:15 a.m.-5:00 p.m. Check their Web site, www.baylor.edu/lib/texas for Saturday and holiday hours. Call ahead at (254) 710-1268, and they will even pull your records for you and have them waiting for you when you arrive! **NOW**



SALVIAS FOREVER

— By Nancy Fenton

Finally, it looks and feels like spring! There is still time to find and plant some great plants that will bloom spring, summer and fall. Salvias are among these great types of plants. They are also known as sages. The most common are: Pineapple Sage, Mexican Bush Sage, Autumn Sage, Scarlet or Lipstick Sage, Mealy Cup Sage and Garden Sage.

These plants make up an increasingly popular group of shrubby perennials, which do well in alkaline soil and dry conditions. Growing from 15 inches to 6 feet high, depending on the type you select, they can fill blank spots in your home landscape with color. All they need is sunshine, and not even a full day at that, for they will do well in light afternoon shade. Once established, they take little care or water. This is one of the plants I use to get my landscaping to the point that it can do without me, if heavily mulched, for at least three weeks in the hot Texas summers!

Most salvia will die down in the early winter. After the foliage dies back in the late fall, I cut them back to within two or three inches of the ground and remulch them for a little extra winter protection. But in true perennial form, they rise again with the coming of spring! New growth comes from the roots. Any longer limbs that get stuck under the mulch will root and start their own little plants to be shared with friends if the plants do not fit in your flower bed.

Try some of these Texas-friendly plants. You will not be disappointed, and they can be with you forever! **NOW**



Nancy Fenton is a Master Gardener.

Happening **NOW**

Every Tuesday

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

Second Tuesday

After Hours networking mixer at Fresco's: 5:30 p.m.-8:00 p.m. Contact Terri Trefger (817) 372-1622.

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.

Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., Burleson Chamber of Commerce. Join other professionals to encourage each other to speak effectively/persuasively in public settings. 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.

Every Friday

Burleson Business Builders networking group meeting: 8:00-9:30 a.m., Fresco's in Old Town Burleson. (817) 447-7371.

Every Saturday

Old Town Farmer's Market: 8:00 a.m.-2:00 p.m. in the parking lot of City Market, at Renfro and Clark streets. Buy fresh, locally grown and home-cooked foods plus arts and crafts created by your friends and neighbors. Potential vendors should contact the Burleson Chamber of Commerce at (817) 295-6121 for information.

May 7

Champions League Golf Tournament at Hidden Creek Golf Course. Florida scramble with a 4-man shotgun start: 1:00 p.m. Event benefits special needs children. For more information, contact the founder of the Champions League, Tom Collett, at (817) 881-1875 or tomrco@aol.com.

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from the Texas Humane Legislative Network. Attendees are invited to dress in 1920s-era clothing. It is your chance to be a flapper, Gatsby girl, or gangster for the night while supporting animals throughout Texas! The gala will include a seated dinner, "Dancing with the Stars" competition, casino, silent auction and dancing. Show time aboard the U.S.S. *Lexington* in Corpus Christi, Texas, is 7:00 p.m.-11:00 p.m. Tickets: \$75 per person. Learn more at <http://www.sparklingcityhumanegala.com>.

May 8

Burleson City Council election: 7:00 a.m.-7:00 p.m., Burleson City Hall. For information, call (817) 426-9661 or (817) 426-9662, or e-mail elections@burlesontx.com.

May 11

Burleson Police Department open house: 3:00-6:00 p.m., at the BPD at the corner of Renfro and Johnson. Come learn all about the BPD. For more information contact Community Resource Officer Mike Owen at (817) 739-5183 or e-mail mowen@burlesontx.com.

May 13

Special Olympics fun and games for athletes ages 5-21: 9:00 a.m.-2:00 p.m., Elks Stadium. Contact Donald Crittenden at dcrittenden@burlesonisd.net for more information.

May 15

Brooks Brothers Gospel Tour concert: 6:00-8:00 p.m., Church of Burleson, at the corner of Wilshire and Market Street across from Braum's. This event supports Heart for the Kids, which provides for the needs of children when their parents cannot afford things like school physicals, school supplies, clothing, tennis shoes and toys. Reserve tickets (\$10 for senior citizens and \$15 for others) at (817) 447-1631. Contact Betty Shelton, (817) 412-0721 for more information about Heart for the Kids.

May 29

12th Annual Burleson Honey Tour Bike Ride: 8:00 a.m., Kerr Middle School, 517 S.W. Johnson Ave., Burleson. Call (817) 295-6121 for more information.

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

The bright side of dreams.

Late one night, Laurie Reynolds was awakened by a bad dream. Not all that uncommon, except she dreamed she had breast cancer. Understandably startled, Reynolds immediately performed a self exam, and what she thought was a figment of her imagination turned out to be an eye-opening reality. "There in my bed, in the middle of the night, I found the lump," she says.

Test results later revealed that Reynolds had an aggressive type of breast cancer. Given that her mom and sister were both diagnosed with cancer, she was all too familiar with the situation in which she now found herself.

Reynolds' physician search led her to the healing hands of the doctors at Methodist Mansfield Medical Center. "The doctors made me feel comfortable. They were compassionate and thoroughly explained everything," Reynolds confidently recalls. Being a carrier of the BRCA1 gene (which increases the risk of getting both breast and ovarian cancers), Reynolds chose to follow her physicians' advice and have a double mastectomy, reconstructive surgery, and a hysterectomy — all at the same time.

"I chose to do a double mastectomy and hysterectomy because of the link between breast and ovarian cancers and the fact that my family is at very high risk for these."

"My experience with my doctors and Methodist was extraordinary."

"Choosing this option reduced my risk of recurrence by about 80 percent," explains Reynolds. The nine-hour operation involved three different surgeons and took place at Methodist Mansfield.

"They helped me coordinate all of my procedures," she says, referring to the OB/GYN and plastic surgeon — also on staff at Methodist Mansfield. "I feel I've been blessed with fantastic surgeons," says Reynolds. "And thanks to my doctors at Methodist Mansfield, I can honestly say that I've had a really good experience with cancer."

The most common cancer in women today, breast cancer, affects millions every day. The good news is that when discovered in the early stages, most cancers can be treated. Having regular screenings and being educated about your health is the best preventive medicine. To find an independently practicing physician on the Methodist Mansfield medical staff, call 877-637-4297.



—Laurie Reynolds
Breast cancer survivor and Methodist
Mansfield Medical Center patient.



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