

# BurlesonNOW

Including Joshua and the Surrounding Area  
MAGAZINE

MAY 2011

## Dancing and Happy

Laughter makes rearing  
five girls a joy, not a chore.

### Also Inside

Empowering Art  
Empowers Life

Love, Fun and Learning

In the Kitchen With  
LuAnne Woods

Positively  
Speaking

Focused on  
Past Treasures  
At Home With  
Willard & Dorcas Willis





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## On The Cover



*The Willis home  
has beautiful gardens.*

*Photo by Opaque Visuals.*

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit [www.nowmagazines.com](http://www.nowmagazines.com).



# Editor's Note

*Howdy Burleson and Joshua!*

Those who support the New Journeys Christian Women's Job Corps feel fairly elated this month! The seven women in the spring class are graduating and moving on to put into action all the lessons they've learned. One of the ladies I spoke to plans to get an office job. Another plans to begin a business coordinating weddings. Another is undecided, but feels ready to present herself to the world. These are women who recognized they needed help, and dedicated themselves to moving forward. Some have come from prison, some are married and many have children. The Christian Women's Job Corps has equipped them for life and employment in a missions-context where women help women. The site coordinator, Shirley Ollman and her volunteer-staff are making a world of difference in the lives of Burleson women. Kudos to their helping hands!



## Melissa

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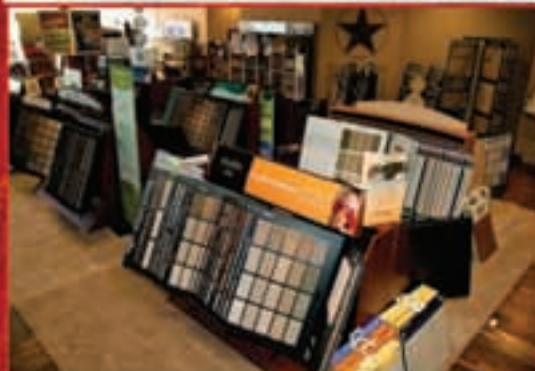
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(l to r) Dale Martin, D.D.S.,  
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As a mother, Diana's  
time became her  
daughters' time.





# DANCING AND *Happy*

— By Melissa Rawlins

*Joshua couldn't be further from New York City, where Diana Greenhouse grew up. But two common denominators are joy and dance. "Dance was a big part of home life," Diana said, remembering that the family would salsa, just to have fun, and the neighborhood kids would dance, competing against one another. Cheerleading, from middle school forward, while studying fashion and functional clothing design, was followed by another kind of joy. Diana met and married Patrick Greenhouse and, as the years rolled by, the couple reared little girl after little girl — five, to be exact. Patrick's career landed the family in this area, and Diana worked on and off teaching toddlers at a day care center, then becoming the center's director. Most of the time, Diana focused on mothering since the Greenhouse girls were enrolled in the center where she worked.*

Part of being mom was creating a joyful environment for her girls, and Diana experimented with dance in her daughters' lives. "I first realized Nina was a dancer from the minute she started walking. You just look at your baby, and I noticed she did a lot of running around. When there was music playing, it made her happy. She would bounce around. So I decided to try her in a neighborhood dance studio when she was 2, and she loved it," Diana remembered. During those years, Diana took an adult class in belly dancing while her babies were in their dance class. Even now, she and her girls (Nina is 22; Mia is 19; Zoi is 17; Eden is 13; and Sage is 12) have fun

From left to right: Zoi, Sage and Eden.



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in their living room dancing together to Michael Jackson on their Wii.

As a mother, Diana's time became her daughters' time. She tried them in different activities, like gymnastics and karate, which Zoi thoroughly enjoyed. "When I saw Nina sashay across the karate floor when she should have been a little more powerful, I said, 'This is not working.' It's difficult when you can't do everything that they want," Diana said. "I couldn't be everywhere, so Zoi kind of had to follow around with her sisters at their dance recitals. She was happy doing anything, so I had to say, 'Well, you're going to be happy doing dance because this is where we are.'"

Zoi grew up to love dance. She especially enjoys the expressive, contemporary dance, a mix between ballet, jazz, lyrical and hip-hop. Her background in tumbling prepared her to be a cheerleader on the varsity team at Joshua High School. She also loves to read history now, thanks to her history teacher, Jill Brown. "She inspired me to go for it, and exceed my levels," Zoi said, crediting her mother for always being there through life's ups and downs. "I really appreciate everything my mom does. She's so supportive of me. She makes me feel very proud that she's my mother."

When Zoi was 9 years old, the Joshua Independent School District offered Diana the opportunity to work with elementary children. While teaching at North Joshua Elementary, Diana was thrilled to watch her eldest daughter start something that has since taken on a life of its own. "Nina is probably one of the most creative 22-year-olds I've come across. There's nothing she can't do. She



makes elaborate cakes, dance costumes and friendship mums, plus leads the NJE Powersquad, which she started as KinderPower when she was only 12,” Diana explained.

Eden, who was only in Kindergarten when KinderPower started, was very shy, and Nina thought she would not get on stage to dance in the talent show alone. “I got four of Eden’s friends together with her, and dressed them in little shorts with KinderPower on the back, and taught them a cheer routine,” Nina explained. Over 9 years, Powersquad has continued to grow and now as many as 50 boys and girls will perform a quick 1 minute 30 second cheerleading and dance routine at this year’s NJE Talent Show. A whole community of kids has come together to help with it, including Nina’s sisters Mia, Zoi and Sage, along with her friend, Meredith Ausburger.

“It’s kind of gone from strictly cheerleading to more hip-hop now,” Mia said. “Last year, it was the same dance performed twice because there was no

*“She has this way of loving everybody very much.”*

physical way to get them all on the dance floor. Nina does all the choreography, but since I have dance and cheering experience, I assist as right-hand helper because it’s hard to control that many girls.”

“A lot of those kids probably wouldn’t be part of the talent show without Powersquad, but for so many kids to feel part of the talent show, part of the school, to feel special for that moment, is just great,” said Diana, who this year began a new role as assistant principal at Lofflin Middle School. All the children know her by name.

“She’s like a celebrity in her school,” observed her youngest daughter, Sage. “She has this way of loving everybody very much, and it makes us feel really appreciated.” Diana’s nurturing has also encouraged Sage and the other girls to dream big. The three youngest sisters plan college studies to prepare for careers

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Mia, Nina, Diana (mom), Eden, Zoi and Sage.

in the medical field, whether as nurses or physicians.

Through eight grades of cheering and dancing, Eden has decided to focus on academics in order to prepare for being a pediatrician. She'll never give up dance, though. Not only does she love it, but her father and mother have done everything possible to allow her to dance. Patrick even gave up his idea for an upstairs game room and installed a dance studio for the girls. "My dad is my role model, beyond my mother," Eden said. "He does a lot of great things for us, really cares about us, and I appreciate him."

The two eldest girls plan careers in education. Nina commutes four days a week to school at University of North Texas (UNT) in Denton so that she can simultaneously teach dance at Bruce Lea Dance Factory in Fort Worth. When she gets her certification, she plans to teach kindergarten and continue teaching ballet, tap, jazz, cheerleading and hip-hop to students age 3 – 13 from Joshua and Burleson. Mia is also a student at UNT, majoring in education, while also dancing professionally for the Dallas Cowboys Cheerleaders. Taking her life year by year, enjoying the moment, Mia has learned the power of a smile. "We do a lot of charity work," Mia said. "It's amazing to see how we can visit a child in a hospital and make their day just by our presence."

For Diana, motherhood's greatest benefit comes from looking at her girls' faces. "Their character is more important than anything, and they are the most honest, good-hearted people that I know. I've guided them, and now the older girls are kind of going in the direction that I saw years ago," Diana said. "It really warms my heart to see them growing into the young ladies I saw when I looked into the future while they were babies." **NOW**





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# Focused on Past Treasures

— By Carolyn Willis

At Home With  
Willard and Dorcas Willis



*Dorcas Willis fell in love with the distinctive 4,300-square-foot home on Brown's Mountain as she was showing it to prospective buyers in 1996. At the time, moving was nowhere in her or her husband, Willard's, plans nor was there an inkling that the meticulous home on Brushy Mound Road would be theirs by the new year. "I call it the Thomas-Willis Home," she smiled. "It was built in 1991 for Larry and Paula Thomas, and they lived in it for five years before they were transferred to Florida. As it turned out, the house was too big for the family I showed it to," she said, "but when I said how much I loved it, Larry Thomas became the perfect salesman. Willard and I bought it in January 1997 and have lived here longer than any home in our 50 years of marriage."*





“We made a few changes before we moved in,” Willard said. “We raised the height of the entrances to the formal living and dining rooms and added transoms above the entries to the family area and sunroom.”

The home is described as “early classical revival” and is an adaptation of a plan from *Southern Living* magazine. Its commanding presence is emphasized by paved steps leading up to a circular driveway and its large lot situated high on Brown’s Mountain. “We especially enjoy the views,” Dorcas said. “On a winter’s night, it is possible to see all of Burleson from the verandas.” The four-bedroom, four-and-a-half-bath home features three living rooms, two dining areas, a large kitchen with custom ash cabinetry, two covered verandas, two staircases and a three-car garage. Special features include 18-foot ceilings, crown moldings, four sets of French doors, a butler’s pantry, granite-topped kitchen island and a master bath with a barrel ceiling.

Combining the best of a historic museum tour with the magic of a Disneyland trip, Dorcas and Willard have added their touch to their already special home by spotting treasures, restoring value and beauty to the historic pieces and displaying them in perfect settings. It is said that three antiques of the same family constitute a collection, and a first walk through the Willises’ home reveals



more collections than the eye can count. Accentuating gorgeous oak furnishings are collections of stained glass, crystal, china, Hummel figurines, Madame Alexander dolls, teapots, clocks, thimbles, Coca-Cola memorabilia, tins, Victrolas and antique telephones. A tall, oak retail case once used to display spools of

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thread; an antique train set; an old-yet-still-working Coke machine; and an antique butcher-shop scale are just some of the singular items.

"We love Golden Oak," Dorcas said. "My favorite piece is an antique secretary." Spanning the wall between two windows, the oak secretary includes glass-enclosed shelves, a folding desktop and a bureau of side-drawers.

"We also collect clocks," Willard added. "We have three grandfathers, one

granddaughter and many wall and table clocks and most of them chime." His favorite is the rare marble-based "paddle clock" with a mechanism that resembles paddles on an old riverboat. "It was made in France in 1870 to commemorate the Industrial Revolution," he explained, "and is such a fine piece of art that only an antique watchmaker can work on it." As for displaying antiques and decorating her home overall, Dorcas credits her daughter-in-law, Dianne, as



well as her good friend and professional decorator, Joy Rutherford, for guidance and creativity.

Dorcas grew up in Graham and Willard is from Seagraves and each has remained partial to small-town Texas lifestyle. "We moved to Burleson over 40 years ago," Dorcas shared, "when it was still a quiet, rural community. We have watched it grow yet keep its hometown feel." The Willises are as integral to Burleson's small-town atmosphere as are

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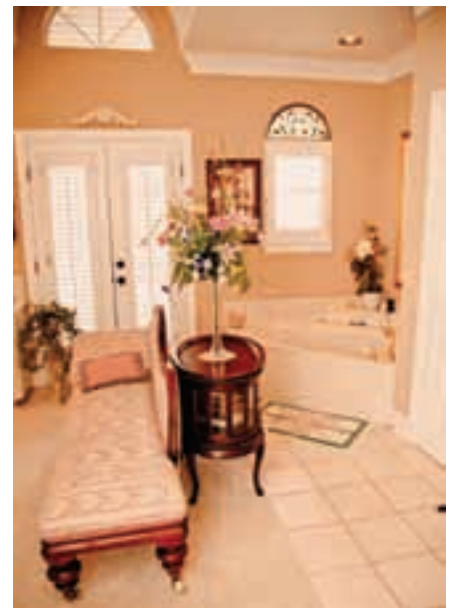
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the two historic “Old Town” houses that serve as Dorcas’ real estate firm. Quite possibly, the Willis name is familiar to more people in the community than to those who have yet to see a real estate sign, billboard or building with Dorcas’ name or who have yet to know at least one of their sons, granddaughters or great-grandchildren.

Allen and Tony Willis grew up in Burleson. “Tony works in real estate and he and his wife, Dianne, live just around the corner,” Dorcas said. “Allen is a contractor and he and his wife, Cindy, who is the bookkeeper at the real estate office, live a little farther out in the country. Our granddaughters, Richelle, Brittni, Mindy and Summer, graduated from Burleson High School and our six great-grandchildren range from 7-month-old Katelynn, 2-year-olds Ethan and William, 4-year-old Logan and 5-year-old Kaden to 6-year-old Avery. They’re all sweethearts.” Not surprisingly, the house on Brushy Mound Road is ideal for busy family gatherings.

Willard retired from Bell Helicopter after a career of over 26 years. Besides antiquing, he enjoys gardening and bluegrass concerts. “He goes where the music is,” Dorcas said. “I can sit up at a concert until about 2:00 in the morning, but he can listen all night.”

Dorcas was introduced to Willard by an aunt and uncle who lived in Seagraves. “Seagraves was our first home,” she explained, “but we needed to move to find work. Each year, we go back for the annual ‘Celebrate Seagraves’ and Willard



has stayed in touch with many of the 28 graduates in his high school class."

Last November, the couple celebrated their 50th wedding anniversary. "Instead of gifts from family and friends, we requested cards," she said, "and received a ton of them. We enjoy reading them and love sharing them."

In addition to running her real estate firm, spending time with Willard and her family and, of course, shopping for antiques, Dorcas is committed to building a strong community. "There are about 12 of us in the office," she said. "We like to give back, and we



do quite a lot of community service." Dorcas is a continuing volunteer for the annual Muscular Dystrophy Drive, Meals on Wheels, The Harvest House, the Burleson Pregnancy Aid Center and has also served on the Chamber of Commerce board of directors.

Dorcas' love for antiques began long ago as a result of sharing a friend's interest. "Searching for antiques grew to be a favorite pastime for Willard and me," she said. "We take lots of day trips and especially like spending weekends in Canton." Over the years, family and friends have given them many antiques. "When people see what you enjoy, they want to give you that," she said. She is also careful to attach information to each antique so that its "story" will never be lost. "They've all got stories," she said. "I love knowing their histories. If I'm really tired and stressed and I go to an antique mall, focusing on past treasures helps me relax and forget about everything." **NOW**

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# POSITIVELY Speaking

— By Melissa Rawlins

*A little encouragement goes a long way. Parent Teacher Organization (PTO) moms at Hughes Middle School and The Academy at Nola Dunn are helping their children, thanks to coaching they received from Dr. Wes Center, “the brain doctor.” A professor, licensed professional counselor and consultant, Wes talked*

*to moms at several PTO meetings about things they could implement at home to help their child learn. Simple, positive reinforcement includes saying key things like, “How smart you are!” versus, “Good job.” It also involves teaching study habits that will back up what kids are learning at school.*

Wes learned the value of encouragement from the man who inspired him to follow his dream. “When you’re married with bills and kids, life can get overwhelming, and support is extremely important,” said Wes, who told his friend, Dr. Al Hulse, about his desire to hang out his shingle. “Dr. Hulse, the best primary care physician I know, told me, ‘You’ll be able to help people!’ He called recently to check up on me and continues to give encouragement.”



Giving more of the same when he counsels individuals and couples, Wes also teaches the skill of encouragement to his students in the Southwestern Baptist Theological Seminary Marriage and Family Counseling Program. As a clinical professor, Wes prepares lectures and case examples, and sometimes videos, to talk about counseling from theoretical or intervention perspectives. He then spends five hours one evening per week with his students in a clinical setting. First-semester students observe through glass while fellow students counsel real subjects, then talk with their professor about what they should or

**“As long as you’re in survival mode, you’ll never get into ‘thrival’ mode.”**

should not have done. Second-semester students are a junior part of a co-therapy team. Third-semester students are a senior part of a co-therapy team, helping guide their teammates in how to conduct a counseling session. All the while, Wes provides feedback on how to be more effective counselors.

On the heels of such interactive teaching, Wes supervises students in their fourth semester of clinical training. Some of those are at state agencies like The Texas Department of Mental Health and Mental Retardation or church-based counseling centers. Some are at Wes’ Burleson clinic, walking side by side with him and learning by doing. “That is called micro skills development. See one, do one, teach one,” Wes said. “Kristin Elliot is here assisting me in brain mapping and neurofeedback, and doing counseling and women’s issues, plus conducting counseling at Southwestern.”

After 2011, Southwestern will revamp their curriculum and their Marriage and Family Counseling Program — which once served 280 students in the Ph.D.

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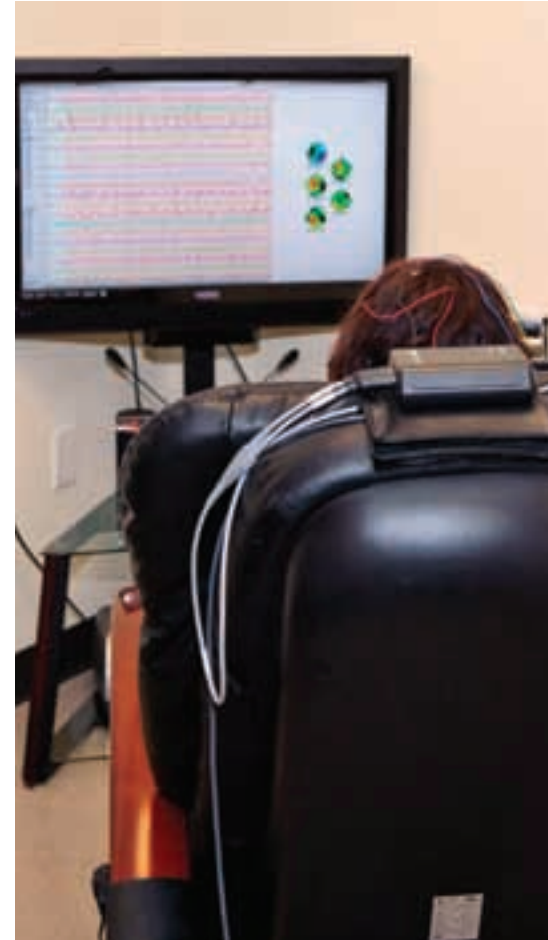
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and master's programs — will be phased out. Wes will press on to consult and counsel where he is needed. "What we counselors do is essentially missionary in nature," Wes said, remembering that even



in high school in Houston, he thought he would go into ministry. "My parents, who had been in ministry, got divorced when I was 14. The reaction of the church to my parents' marital problems was troubling. There was no one there to give them help; the only advice given to them was to pray harder and read their Bible more." At the same time, his older sister was struggling with her relationship. Wes left for college hoping to get away from all the misery at home. Most of his buddies went into ministry after graduation from Howard Payne University, going on to attend seminary in Fort Worth.

Knowing he was immature and suffered from wanderlust, Wes and his best friend went into the military. "When I chose the Marine Corps, I never intended to stay in, but every time there was an opportunity to do something different,



I signed up for it," he said. Wes was stationed in Okinawa for one year, but stayed three. "It was great! I learned how to scuba dive, and that became one of my passions. By the end of my time

there, I was a master scuba diver and became a scuba instructor. I picked up golf in Okinawa, too, but that's one of the very few things I've never taught anybody — because I never became good enough."

Before retiring in 2002 from an assignment in defense acquisition, Wes served in four command positions. During his career, Major Wes Center commanded 370 marines at Cherry Point in North Carolina. After deploying to Saudi Arabia and Kuwait, he returned to Cherry Point and served as an executive officer of two squadrons and one battalion. As he was coming up for promotion to Lt. Colonel, the Marine Corps decided to cease using Hawk missiles. "That affected my ability to be promotable, since I was essentially a Marine without a weapon system," Wes said. "We were strongly involved in

church, and in talking to my pastor and close friends, it seemed God was calling me to do family ministry. I felt like, based on my parents' experience and others in



my family, there needed to be people who could do that kind of counseling work."

One thing led to another, and with the counsel and prayers of his wife, Lydia, and others — including Dr. Hulse —



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Wes decided to make use of his Veterans Administration benefits. He retired, settled to Fort Worth to attend seminary and seven years later he had a Ph.D. and is now a member of the American Association of Christian Counselors. He has a formal consulting arrangement with East Fort Worth Montessori. But since he lives in Burleson, Wes chooses to give his time to Burleson ISD. Most recently he has been active on the Student Health Advisory Committee. "I feel it is part



of my responsibility as a parent to give something back to the community," Wes said, "because they've done such a good job of educating my children."

The "brain doctor" is especially passionate about helping returning veterans. "Having been a combat vet myself, I know what it's like to have bombs dropped on me. I am really excited about the possibility of getting the Veterans Administration to approve us to give neurofeedback therapy for Post Traumatic Stress Disorder (PTSD) to these veterans," Wes said. "Our real goal is for people to thrive. Survive is OK, but thrive is what we're after."

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# Empowering Art Empowers Life

— By Julie B. Cosgrove

*Isabel Rocha may be barely 5 feet tall, but she is an extraordinarily powerful young woman. For the past several years, she has trained in powerlifting, a sport where endurance, strength and tenacity has allowed her to reach the point of squat-lifting 350 pounds. “My goal is to reach 650,” she laughed. “My kids looked at me sort of weird at first, but as they see me striving to make my goals, it encourages them to do the same.”*

At the beginning of the year, Isabel encourages each of her 650 students in kindergarten through fifth grade to write down their goals for the year. She does the same, and together, they give each other positive support to progress toward those goals throughout the school year. “At first, many kids whine to me and say art is hard. I say, ‘That’s good. When things are hard, they challenge you,’” she explained. “It’s a chance for them to grow





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and be proud of what they accomplish. Pretty soon they are in the zone, busy creating and get upset when the 45 minutes I have with them is over.”

Isabel believes if you push through the pain, discomfort or frustrations in life, you will be proud of yourself and your successes — whether you make all your goals or not. “Powerlifting has taught me that there is no growth without pain. Muscles need to be stretched in order to grow, but,” she nodded, “there also must be rest.” Endurance and hard work pay off in the end, but there has to be time to heal, in sports and in life.

Isabel speaks from personal experience. When asked how she got into powerlifting, she admitted that at first she ran. “I went through some personal heartaches, so I chose to exercise to deal with the frustration,” she said. “By running 10 miles a day, I discovered I was running from life. Then I met my trainer, Kelvin Tatum, two years ago. I weighed barely 115 pounds, but he encouraged me to try this sport.”

Isabel trains both before and after school for about two-and-a-half hours each day, except on Wednesdays and Sundays. Training has taught her that talent is expressed in many forms. She believes the body, spirit and mind must be healthy for a person to achieve their best. When training, Isabel must keep nutrients going to her muscles during the day, so she drinks what she tells the kids is “muscle milk,” a combination of freshly squeezed vegetables and protein powders. She also rises at 4 a.m. to cook

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the six small, nutrition-packed meals she must consume each day to feed her muscles. It must be working because last October, in her first competition, she medaled in all three powerlifting categories — bench-pressing, squat-lifting and dead-weight lifting. Isabel trains only on natural nutrients, drug-free. “They are really strict in the competitions, which is good,” she stated. “You are tested for drugs and steroids before and after you compete.” She competed in Oklahoma City in April, and later in New York.

So, how does powerlifting affect her art and vice versa? Isabel explained, “Both are my passion; I can’t be asked to choose one over the other. I tell the kids, we are all different with different talents in life. We learn differently, but we can all have goals and achieve them. Art is a way for them to express what is going on inside. It’s communication without words.” Around her classroom are literally hundreds of acrylic and watercolor works her students have completed. “Each tells a story,” she said.



“They see it is a personal expression for me, and they begin to see how they, too, can express themselves.” Isabel believes when the students observe her passion for what she loves, they will also find their passion in life.

“Sometimes, they are all heads-down, painting away and the bell rings. They say they can’t believe that art class went by so fast,” she said. “I told a class once that was because they were engaged. Several boys went, ‘Yuck, not me!’ I had to explain further,” she smiled, her eyes dancing with love for her kids, “that to be engaged can mean to be zoned-in on what you are doing, not getting married.”

Isabel feels her mission is to teach these children, who see her for less than an hour, that they can achieve great things in life. She stresses how everything must be in balance —

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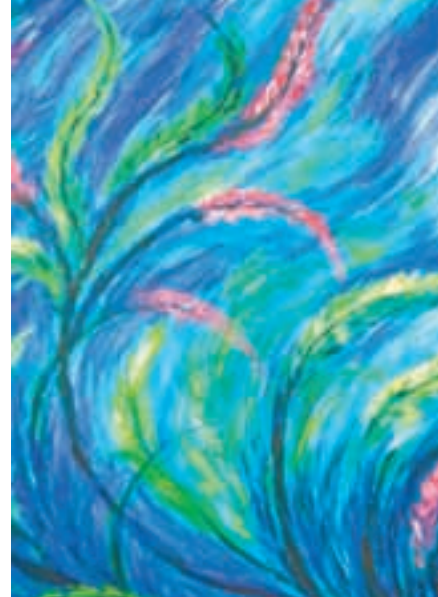
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physically, spiritually and mentally. The students are encouraged to express themselves through the medium of art. She thoroughly believes if the children can learn how to release their frustrations creatively, they will not turn to other more destructive ways to deal with it later on. Through art, Isabel tries to show her students that enjoyable things in life take discipline, planning and the desire to think outside the box in order to try new things. That is how she helps each student achieve. A deep woman of faith, Isabel believes teaching the children positive, goal-oriented, life lessons through creative expression is her mission. It is what she holds dear to her heart when she sees a child not only improve in art skills, but learn to express his or her thoughts on canvas.

Isabel stressed art in school is very important and she is thankful that Burleson ISD supports an arts program. However, Isabel supplies a lot of the material used in her art classes throughout the year. "I want my kids to have the best," she emphasized. "To be their best, they deserve that, nothing less."

This year Isabel will once again hold an art show at Ann Brock Elementary School on Oak Grove Road off Highway 1187, east of I-35 to raise funds for next year's art supplies. The art show is scheduled for May 17. She smiled with pride as she pointed to the hallway. "It will be all covered with art. I'm proud of what my kids do, and they are, too," she confessed. "There are some really, very good paintings produced in here. We put some up for open house recently, and the parents were amazed." **NOW**



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**From left:**

Kelly Mason, right, with her mother and mentor, “Ms. Patricia” Anthony; Claudia Fuqua caring for babies in the Piglets Room; Kelly and Patricia helping the kangaroos paint.

# Love, Fun and Learning

*A place for social, emotional and academic growth, Burleson Child Development Center focuses on positive reinforcement.*

— By Melissa Rawlins

Looking for a child care center where you can trust that the staff care about your child? How about a place teaching not only the A Beka curriculum, but also good manners and other skills your child needs to be a respectable adult? Parents, who appreciate a stress-free environment for their child, appreciate the homey Burleson Child Development Center (BCDC), owned and managed by Kelly Mason.

Several core values account for BCDC’s calm atmosphere. “These children spend 90 percent of their time with us, and we’re the one guiding them in the right direction,” Kelly said. “We focus on safety first, always, plus learning. Also, children need a lot of affection — in fact, some may need more than

others. Finally, you always need to make it fun. Love and fun make it possible for children to retain the learning.”

Kelly and her staff of 12 are always prepared for the what-ifs and the could-haves that accompany working with children ages 6 weeks to 12 years. Like a good family, the teachers get along well and support each other. “If one is out because they’re sick, we all pull together as a team,” Kelly said, admitting that her approach to child care is a reflection of her lifelong background in the day care business. Her mother, “Ms. Patricia” Anthony, formerly owned a child care facility in Burleson. “I have the best mom in the world. Just watching her, and watching the things she did, prepared me for life in itself. Now, I’m just modeling



what took place 10 years ago, when she owned her centers.”

A year-and-a-half ago, at the tender young age of 25, Kelly saw an opportunity to begin operating the day care of which she had always dreamed. “We are an above-minimum-standards child care facility, dedicated to the children,” Kelly said. Each individual class has its own name: Piglets, Pooh Bears, Panda Bears, Zebras, Monkeys, Kangaroos, Tigers or Elks Club House. Class activities may include walks in nearby Warren Park or styling doll hair. BCDC has a huge play yard with five different sections, so all the classes can be outside at the same time when it’s a beautiful afternoon. With a capacity of 96 students, several of the classes have a waiting list. BCDC’s pre-K program is quite popular, as is their after-school program.

Even in the summertime, BCDC provides fun activities. It hosts a week-long summer camp program out in the country. “The children make teepees and create little homes in the woods,” Kelly said. “They have the most fun you can even imagine. They get to play in the mud and rinse off with the water hose at the end of the day.” For parents who enroll their school-age children (ages 5 and up) by June 1, BCDC will roll back the fees for their summer program to prices for child care in the 1980s. Instead of \$100, the fee will be \$85 per week plus activities.

This month, Kelly hosts an open house for the parents of current 3- and 4-year-olds during which time they receive a book of the children’s accomplishments throughout the preceding school year. “Even if you’re not yet a customer, you are welcome to come to that open house, or you can stop by to visit at any time,” said Kelly. “We’ll take a special needs child, and have gone above-and-beyond to serve them.” BCDC offers child care for families that need assistance through North Central Texas Child Care Services. Tutoring is also available for anyone. True to its name, Burleson Child Development Center is a facility where each caregiver constantly communicates with the children, teaching them, guiding them and loving them. **NOW**

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*Ladies in New Journeys Christian Women's Job Corps pledge to GO FORWARD after their seminar with Valerie Henderson of Roadblock Ministry.*



*Jordan and Adi Berna explore the Interurban railcar on display at the Burleson Heritage Foundation in Old Town.*



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# Plantar Fasciitis

— By Betty Tryon, BSN

Waking in the morning, just like most of the populace, you are ready to bounce out of bed and welcome a new day. However, as soon as your foot touches the floor, the similarity ends, and a sharp, stabbing pain shoots through your foot. You may be afflicted with plantar fasciitis — a condition that occurs with inflammation of the plantar fascia ligament. Located in the bottom of the foot, it attaches your toes to your heel bone.

The cause of this condition is not very clear, but if the plantar fascia ligament suffers tears in its structure, or becomes irritated and inflamed, then plantar fasciitis can develop. When it becomes inflamed, walking can become a painful ordeal. The pain may be intense with the first few steps in the morning, but as the foot limbers and warms up, it usually decreases. During the day, if you have long periods of standing or sitting, the pain can return.

Many risk factors may increase your chance of developing this condition. Most common during middle age, this condition can develop from faulty foot mechanics, such as having an abnormal way of walking, which puts extra stress on the foot. It can also

be caused by being flatfooted or having high arches. Physical activities, such as running and occupations that require you to be on your feet for long periods, can cause difficulties. Those high heels may look beautiful, but they are not the best equipment for your feet. Shoes that do not protect or support the feet well can cause tears in the ligament.

If you are having pain in your foot, consult with your health care provider. Usually, the first line of treatments recommended are palliative ones you can do at home. Rest your foot; use ice; and with your doctor's advice, take nonsteroidal, anti-inflammatory drugs for pain, such as Advil or Aleve. Identify what is causing the stress to your foot and change it. Make sure your shoes fit correctly and support your feet properly. Avoid allowing the condition to become prolonged. If it becomes advanced, more invasive or time-consuming treatments will become necessary. In addition, plantar fasciitis can lead to back, hip and leg complications. A physical therapist can teach you exercises to increase muscular strength in your legs and to stretch out that ligament. Using an orthotic device in your shoe and a night splint can help alleviate pain. Treatment may take as long as a year, but with diligence and correct therapy, you do not have to suffer with foot pain. **NOW**

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

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# Women Must Focus on Retirement Income

— By Sharon Robinson

Whether they are the breadwinner in their household or not, preparing for retirement should be extremely important to women. One item of planning that must be considered is the financial situation of the surviving spouse and what can be done to prepare for a potential shortfall.

Women survive their spouses more often than men. The Administration on Aging estimates that seven of 10 women will outlive their husbands<sup>1</sup>, highlighting the need for retirement planning even more. Unfortunately, women are often at a disadvantage when it comes to resources available for retirement. The average woman spends nearly 15 years away from the workforce, while the average man will be away for 1.6 years. This translates into lower benefits from company pensions, 401(k) plans and Social Security.

Various estimates indicate expenses after the death of a husband will be 80 percent of what they had been when he was alive. Unfortunately, a widow's income may likely be much less than that. Of all elderly persons with income below the poverty level, over 70 percent are women.<sup>1</sup> More than half were much

better off financially before their husbands died.

Less time in the workforce may also mean fewer women qualify for health benefits. This can put an even greater burden on their retirement income. It is imperative for women to start saving now for their retirement, which can be accomplished through several savings vehicles. It is equally important to protect your nest egg through adequate life insurance coverage and insurance options should your health care needs change. Adequate planning for retirement and surviving a spouse can be a deciding factor in living comfortably.

Taking the time to examine household finances and planning carefully will help to ensure there are adequate means of support for either spouse during the golden years. Talk to a qualified individual about your retirement needs to prepare for and enjoy a comfortable retirement. **NOW**

Source:

1. "Older Women." Administration On Aging, 2000.

*Sharon Robinson is a State Farm agent based in Burleson.*



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### May 8

Happy Mothers Day!

### May 14

"Screamfree Parenting — Five Truths Every Parent Needs to Know": 7:00-8:30 p.m., Burleson Church of Christ, 820 S.W. Wilshire, Burleson. Free seminar. Refreshments and free childcare provided. For more information, call Kevin Lombard at (817) 295-2233.

### May 15

Deadline for Sponsorship of 7th Annual Burleson Lions Independence Day Parade:

5:00 p.m. Businesses and individuals interested in sponsoring the parade are asked to make plans early in order to receive pre-parade publicity. Community organizations, individuals and businesses are invited to prepare a float in accordance with the theme "One Nation Under God." For more information, visit [www.burlesonlions.org](http://www.burlesonlions.org) or contact Lion Kim Malone at (817) 903-5338.

### May 27-June 24

Hot Sounds of Summer: 7:30-9:00 p.m. each Friday night. City Stage at the corner of Ellison and Wilson streets (124 W. Ellison St.) in Old Town Burleson. The free Hot Sounds schedule includes Eleven Hundred Springs on May 27; Incognito on June 3; Josh Weathers & the True Endeavors on June 10; the Spazmatics on June 17; and Shoot Low Sheriff to close out the series on June 24. All you need is a lawn chair or blanket, and maybe some sunscreen. For more information about the Hot Sounds of Summer concert series, call David McDowell in Parks and Recreation at (817) 426-9112.

### May 28

Honey Tour Bike Ride: 6:30 a.m.-2:00 p.m.,

Kerr Middle School, 517 S.W. Johnson Ave., Burleson. Benefiting the Burleson Area Chamber of Commerce and other charities, this annual bike ride takes cyclists on a tour of Johnson County back roads. Free food and refreshments will be provided to all riders, and early registrants are eligible to win a \$500 diamond pendant created and donated by Woolard's Custom Jewelers. Register at [honeytour.athlete360.com](http://honeytour.athlete360.com) or call (817) 295-6121 for more information.

### May 30

Happy Memorial Day!

### Every Saturday

Farmer's Market: 8:00 a.m.-2:00 p.m., near City Market, corner of Renfro and Clark streets, Old Town Burleson. Each Saturday from May 7 through October, fresh produce and crafts will be offered. For more information, please contact the Burleson Area Chamber of Commerce at (817) 295-6121.

*Submissions are welcome and published as space allows. Send your event details to [melissa.nowmag@sbcglobal.net](mailto:melissa.nowmag@sbcglobal.net).*



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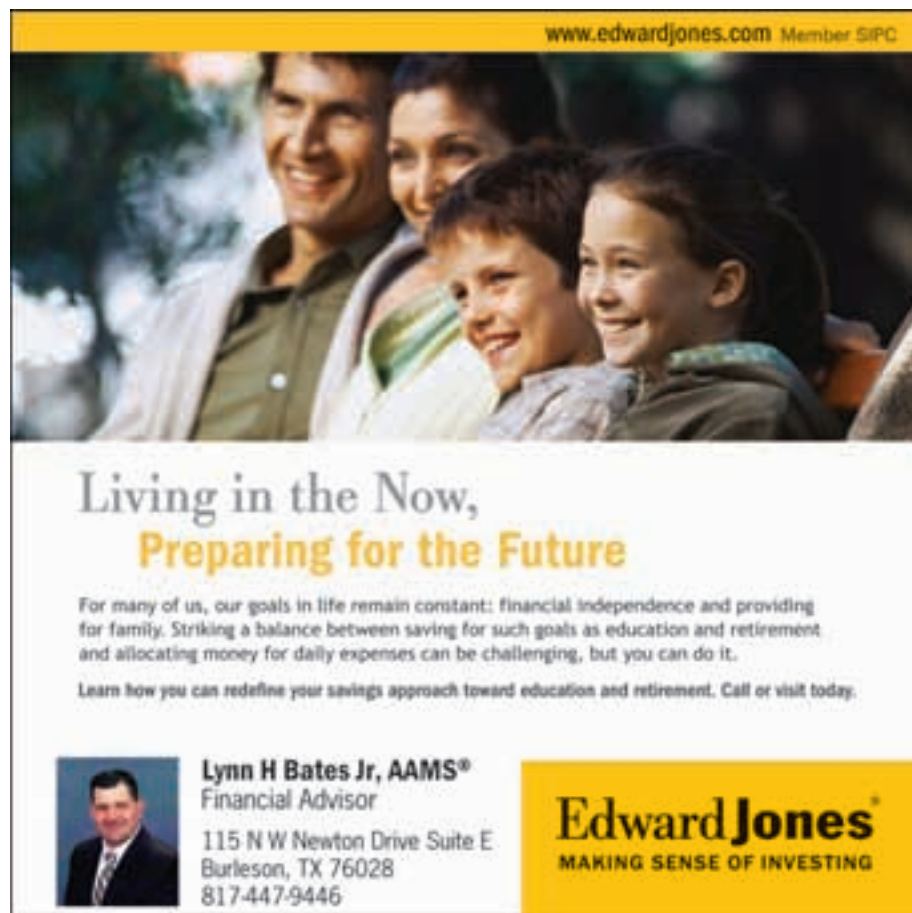
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## In The Kitchen With LuAnne Woods

— By *Melissa Rawlins*

Cheese-making caught LuAnne Woods' attention after several trips to visit one of her six children. Her daughter, Jill, raises Alpine goats and has used the goat milk to make cheese for several years. "I so enjoyed the chèvre, with all the ways it could be prepared, that I became hooked," LuAnne said. "To see cheese emerge from a pot of milk because of the action of bacteria upon the milk's sugar was like magic." Incorporating her homemade "bag" cheese, with its mild, buttery flavor, in her from-scratch recipes she has collected from friends or *Southern Living Magazine*, LuAnne complements every dish with cheese — or just finishes a meal with delicious sweet fruit and cheese. **NOW**

### Lactic "Bag" Cheese

**1 gallon pasteurized whole milk (Check the label: "Ultra-pasteurized" milk will not make cheese.)**

**1/8 tsp. direct-set mesophilic starter**  
**3 drops liquid rennet, diluted in 1/3 cup cool, distilled water**

**Cheese salt (optional)**

1. Pour milk in a large pan. Set pan down into a larger pan of water (double boiler method). Heat milk slowly to 86 F. Remove milk pan from heat.
2. Add the starter and mix thoroughly with a slotted spoon in a gentle up-and-down motion.
3. Add only 1 tsp. of the diluted rennet (discard the rest). Stir in gentle up-and-down motion. Cover lightly with plastic wrap, leaving thermometer hanging on side of milk pan. Let sit, undisturbed, at a room temperature of at least 72 F for 12-16 hours, or until a solid curd forms. The curd will look like yogurt. The pan cannot be

jarred during the process of waiting for the curd to form.

**4.** When curd is firm enough, cut it into 1-inch squares with a long-bladed sharp knife. With a slotted spoon, slowly and gently spoon out all the curd into a colander lined with cheesecloth, leaving the liquid whey in the pan.

**5.** Tie the corners of the cheesecloth into a knot and hang the bag to drain. There must be a pan below the hanging curds to catch the liquid whey. Hang the bag for 6-12 hours, or until the cheese reaches the desired consistency. A room temperature of at least 72 F will encourage proper draining.

**6.** Place curds in a bowl. Add salt, herbs and other flavorings to taste, if desired.

**7.** Store, covered, in refrigerator for up to 4 weeks. If cheese has a hard, rubbery texture, add a little less rennet next time. If cheese is too moist, add a little more rennet. Note: A Georgia company, Hoegger Supply Company, [www.thegoatstore.com](http://www.thegoatstore.com), carries all the cheese-making equipment and supplies, including rennet and various bacteria for making different cheeses.

### Savory Herb Cheese Spread

**8 oz. cream cheese or "bag" cheese**

**2 Tbsp. fresh chives, chopped**

**1 tsp. fresh dill, chopped**

**1 small clove garlic, chopped**

**1/4 tsp. ground black pepper**

**Pinch of salt**

**Cracked-wheat crackers or multi-grain bread**

**Tomato, thinly sliced (optional)**

**Cucumber, thinly sliced (optional)**

**Sprig of fresh dill for garnish (optional)**

1. In a medium bowl, blend first six ingredients well.
2. Serve on cracked-wheat crackers or on toasted, small slices of multi-grain bread. Top the spread with thinly sliced fresh tomato, cucumber and a small sprig of fresh dill, if desired.

### Honeyed Spice Cheese Spread

**8 oz. cream cheese or "bag" cheese**

**2 Tbsp. honey**

**1 tsp. cinnamon**

**1/4 tsp. allspice**

**1/4 tsp. nutmeg**

**1/4 tsp. vanilla extract**

**Plain breakfast bagels**

1. In a medium bowl, blend first six ingredients well.
2. Serve on toasted, plain breakfast bagels.

### Smoked Salmon-Dijon Canapés

**3 Tbsp. cream cheese or "bag" cheese**

**2 Tbsp. Dijon mustard**

**1 Tbsp. honey**

**1 Tbsp. freshly squeezed lemon juice**

**1 Tbsp. fresh dill, minced**

**Sliced French bread (small diameter loaves) or cracked wheat crackers**

**1/2 lb. smoked salmon, thinly sliced**

**Fresh dill sprigs for garnish**

1. In a medium bowl, combine cheese, Dijon, honey, lemon juice and dill. Cover and chill at least 4 hours.
2. If using French bread, cut bread into 1/4-inch slices. Lightly toast.
3. Spread cheese mixture onto bread or crackers. Top with a slice of smoked salmon. Garnish with sprig of fresh dill.





## *Women's Screening Event*

SATURDAY, MAY 14, 9 A.M. - NOON

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