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## On The Cover



Phillip Baker has played guitar since his teen years.

*Photo by Opaque Visuals.*

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# Editor's Note

*Hello, Friends!*

If I were a kid, I would love growing up in Burleson, where we have all sorts of parks in which to roam, plus the library for borrowing books. And this month, 12 lucky fourth-graders are spending three days pretending to put out fires. During the free Junior Fire Academy, the children go to Fire Stations #1 and #2 and the Training Tower for all sorts of fun experiences. After the students receive their own bunker gear, tour the fire stations, meet the firefighters and learn the function of each piece of apparatus, they will work with fire hydrants and fire hoses, conduct hose drags, do search and rescue and participate in a smoke drill in the Training Tower.

This year's class is already filled, but if this sounds fun, make sure you drop by Fire Station #1, 828 S.W. Alsbury Blvd., and pick up an application for next year's Junior Fire Academy. While you're there, tell our firefighters, "Thank you!"



## Melissa

Melissa Rawlins  
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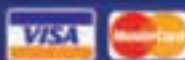
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# Red Dirt Rhythm

— By Carolyn Wills

*Phillip Baker played six-string and electric guitar as a teenager. It was in the early '80s and, not surprisingly, he and his friends lived only to play rock 'n' roll. "We practiced in the corner of my garage every night and, around 10:00 p.m., my dad would come in to tell us the neighbors were complaining, and it was time to stop. Of course, we lived in the country and the only neighbors were chickens," he smiled. "We called ourselves the Mean Mistreaters, wore long hair, makeup and tied bandanas on our legs. Our band never played a show or performed for an audience, but we looked really good in that garage."*

Phillip grew up

listening to his dad play







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Phillip grew up listening to his dad play 12-bar blues, gospel and country music on a prized 1956 Silvertone guitar. "He started teaching me to play when I was about 11 years old," Phillip said. "My dad was a teacher at Mansfield High School, and he eventually signed me up to take lessons from the music director."

After high school, Phillip enrolled at Tarrant County Junior College and joined the jazz band. "I didn't know any jazz chords," he said, "so I had to learn them. One day I got the chance to jam out with a bunch of guys in the school union. It was my first time to play in front of people, and suddenly I wasn't just a guy who played chords."

Life for most young men in their 20s is about opportunity and discovery. "I had been volunteering for the Rendon and Burleson fire departments since I was 18," Phillip said, "so I decided to become a fireman in 1991. I was married in 1992, and when we began to have a family, I put the guitar down."

Phillip joined the Mansfield Fire Department and the Fire Safety Clown program. "Safety clowns travel all over Texas teaching fire education in elementary schools," he said. "I think we've reached about 450,000 kids." To children, Phillip is known as "Res-Q the Clown," and while he has a lot of fun "clowning" around, he and the three other Mansfield Safety Clowns are extremely dedicated to their mission.

Firefighters work long, 24-hour shifts alternating with 48 hours off. They are much like a family during their stays at the station, and music is often a way to occupy and enjoy their time. When his firefighting career began, Phillip had

imagined his music days were gone, yet destiny clearly had other plans. "I started playing my guitar again with a friend at the station, and it wasn't long before we met a couple of musicians and decided to form a band. We needed someone to play bass," he explained, "so I got an electric bass and began to teach myself to play."

After practicing only a couple of songs, the group concluded their sound was so good they needed to find a real gig. They adopted the name "281 South," landed a job and took the leap. "I was still learning to play bass," Phillip laughed, "and had to move page through page of each song." That was five years ago and, today, 281 South is a rising band in the Texas music scene.

"We play a blend of Texas country, Southern rock and blues," he explained, "and that makes us a Texas Red Dirt band." Phillip plays bass and Jimmy Sliger is lead vocalist and rhythm guitarist. "Wyatt Norman sings backup and plays



lead guitar," he added. "Tobie Tatum is on drums and Mason Mathews is our full-time sound man. We're a tight-knit group. Tobie, Mason and I live in Burleson. The whole band travels and plays well together."

Red Dirt music can be a little tough to define since no specific sound can be attributed to all Red Dirt bands. The sound originated in Oklahoma somewhere in the '80s and, as it spread to Texas, a version known as Texas Red Dirt evolved. "Red Dirt is a lot of old and new Oklahoma and Texas music with some rock 'n' roll, country, folk, western swing and blues," Phillip explained. "It's about honoring the old, mixing in some new and adding your own spin. For example, if you take Texas swing, add a

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bit of rock 'n' roll, throw in a little Stevie Ray Vaughan, Stoney LaRue and Cross Canadian Ragweed, that's Texas Red Dirt. It's music with an attitude."

Working at the fire station, traveling with the safety clowns, playing in the band and spending time with his kids is a real juggling act for Phillip. His marriage did not survive the struggle, yet his commitments to children, career and music remain strong. "I love spending time with my kids. I have been a fireman since volunteering at 18 and have loved music since I can remember. Overall, I'm very lucky." The new tattoo on his arm, with ink barely dry, symbolizes his love for music, a daughter who died at birth and his five surviving children. "I also included a stargazer lily," he said, "to represent my fiancée, Laura, and her three children."

Laura handles the band promotions and artist development. "This is not an easy business," Phillip explained. "There are lots of bands, and the business is all about profit. It's important to network and develop relationships. The good news is once you're in with the Texas music business, you're in. Many commitments are done on a handshake."

It's safe to say that 281 South has earned a place in the Texas music scene. The band has opened for established artists like Stoney LaRue, Reckless Kelly, Mickey and the Motorcars, Ryan Turner, Mark McKinney and Tommy Alverson. Their first studio album, *Third Time's a Charm*, was produced by Hat Creek Records in 2008 and their single "Coming Home Tonight" played on radio stations in Texas and Oklahoma and was featured by the group on Fox 4's *Good Day Texas*. Their new single, "Oilfield Outlaw," has just been released to great response. "We're known for high octane shows," Phillip said. "We usually dress in pearl snap or tee shirts, jeans and boots, and there's a whole lot of energy when we're on stage."

Phillip and Laura plan to marry this June, and are looking forward to sharing time with family and their two cats, Ragweed and Zoey. "I want to be a firefighter for as long as I can," Phillip said. "And at some point, when and if I retire, I would love to be in one of those big buses, traveling around from concert to concert, playing my Texas Red Dirt music." **NOW**



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# Tranquility IN THE Country

— By Carolyn Wills

*Weldon Whiteman was only 13 years old when he started delivering newspapers for the Fort Worth Star-Telegram. “When Pam and I got married, I was still throwing papers,” he smiled, “and by 1990, I was vice president of circulation until I retired in 2008.”*

“We decided to move to Burleson when the new printing and distribution plant opened on Hemphill Street in Fort Worth,” Pam said. “We had been living in Euless and wanted to live in the country away from the traffic.” That was about 25 years ago and, though Burleson is now a small city, the Whitemans’ charming home in the Cross Timbers neighborhood is more appealing than ever. The 3,000-square-foot, two-story home sits comfortably off the street and is somewhat secluded amid post oak trees on five-and-one-third acres.

“The land beyond our backyard is on a flood plain,” Weldon explained, “which means our view is protected against anything being built.” Through the years, the Whitemans have added a swimming pool, patio covers and a lovely gazebo near their magnificent pond. “The pond occupies at least an acre of our property,” Weldon added.

“We love the lot,” Pam said. “At times, as many as 30 wild



# Weldon and Pam Whiteman



turkeys have been known to visit us along with their peacock 'buddy,' whom I think must be a little nearsighted. We've also seen a bobcat, fox-family of three, coyotes and our resident ducks." It's essential to point out, however, that the most important animal in the Whitemans' household is 10-year-old Dudley, the Golden Retriever who was born and raised on the property.

Pam describes the interior of their home as "eclectic." "The house was built



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in 1974 and was 11 years old when we moved in," she said. "We made some changes at the time, but, about 10 years ago, we undertook six months of major remodeling." Like many Texas homes built in the '70s, the house came with dark-stained paneling in the family room and parquet floors and heavy cabinetry in the kitchen. "When we remodeled, I wanted everything to be as light and bright as possible," Pam said. The once dark kitchen was changed by adding crisp white cabinetry, beautiful countertops and shiny oak floors. The stained paneling in the family room was painted off-white and, when combined with the open kitchen and breakfast area, the whole effect is light, clean and airy.

In addition to the spacious lot and



magnificent pond, the most unique feature about the Whiteman's home is the transformation of the formal living room into what is now a show-stopping formal dining room. "It's one of the reasons we've stayed here," Weldon said. "It is really hard to find a house with such a large dining room." The size of the dining room matters for two reasons. It serves as a holiday and occasion gathering place for the couple, their three sons, two daughters, respective spouses and seven grandchildren. It also takes such a big room to accommodate the enormous three-piece tiger oak dining

set passed to Weldon from his mother and the oak secretary given to Pam by her grandmother. Amazingly, the dining table comes with 12 leaves and the capacity to extend the distance of the room.

"We enjoy antiques," Pam said. "I grew up in my grandmother's old Victorian home and Weldon's family once owned an antique junk shop in Fort Worth. We like to go antiquing at places like Canton, Forney and the Texas Hill Country."

It seems as if the large room to the left of the entryway was always the dining room. "We use the intended dining room



as kind of a 'catch-all' room," Pam explained. More accurately, it is a gallery of photos and collectibles. A special piece in the room is Pam's Volunteer of the Year award, recently presented for



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her work with the Burleson Pregnancy Aid Center. “I’ve been involved with the center for about 10 years,” she explained. “In addition to being a client advocate, my contributions are largely with fundraising events like the annual gala, the Walk for Life and with the resale shop known as Rachel’s Hope.”

Community service is a priority for both Weldon and Pam. Weldon serves on the Burleson Pregnancy Aid Center Executive Council. “My friend is the local director for Meals-on-Wheels of Johnson and Ellis Counties,” he explained. “We are both past presidents of the Burleson Rotary Club. As a result, I became involved with the annual fundraising Meals-on-Wheels Golf Tournament years ago while still with the *Star-Telegram*. I continue to be active on the golf tournament advisory committee, and I also substitute for the Rotary Meals-on-Wheels route when needed.”

The entry hall into the couple’s home is lighted by two pendant lamps with histories that speak to Weldon’s long career at the *Star-Telegram* as well as his love for antiques. “When the newspaper changed hands and the new publisher decided to redo the Amon Carter Conference Room, some fixtures and pictures were offered and/or raffled to the employees,” Weldon said. “I bought a hundred tickets and was fortunate to win three pictures. And, I asked for the two antique light fixtures.”

The spacious master bedroom is downstairs and two additional bedrooms are upstairs. “The bedroom that used to belong to our daughter is now the guest room,” Weldon said. “The other

is my 'memorabilia room.'" And what a collection it holds, including one of the pictures from the Amon Carter Conference Room, many articles, photos and baseball, golf and football items from his years with the newspaper. "These are memories of happy times," he smiled.

In addition to his memorabilia room, Weldon added a large building to the property to house his prized auto collection. The pristine metal workshop with concrete flooring is home to a 1957 Corvette, 1957 Chevy Bel Air and a 1981 Mercedes, all in working order.

Family, friends, community service and faith are central in the couple's lives as is their love for nature. "We own a large double-wide on 130 acres near Strawn, Texas," Weldon explained. "It is a getaway for our family and friends."



They named the property the "Promised Land Ranch," and its rolling pastures and six ponds are home to three llamas and eight donkeys. "The llamas are Shadrach, Meshach and Abednego," Weldon said, "and the donkeys are Deuteronomy (aka 'Dude'), Hannah, Esther, Naomi, Bella, Tilley, Levi and Delilah. Delilah is the one who has had the most babies."

As for their country home in Cross Timbers, Weldon and Pam are continuing to enjoy the quiet stable neighborhood. "Many of our neighbors have been here a long time," Weldon said. "A lot of us go to the same church. After 25 years, I would say we've been pretty happy here." **NOW**

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# Fathering THE Fatherless

— By Melissa Rawlins

Troy with his  
daughter, Rhema.



*A few months ago, Troy Brewer left Joshua for Nicaragua to present a conference called The Father's Heart. Troy spoke about the difference between a father and a coach. "In America, we tend to think of fathers as coaches. A coach only lets you play when you play up to par," Troy said. "A father says, 'You are on the field no matter what. We're family no matter what.' I think that being able to recognize and point out the individual qualities within a young person's life, being able to say, 'I see who you are, and you're awesome,' is a key part of being a father to people. It changes a person's life for a father to say, 'I see who you are, and I approve of who you are.'"*

*'I see who you are.  
You're my kid, and  
I'm happy with you.'"*

Troy ought to know. Not only is he the pastor of Open Door Church in Joshua, which strives to reveal the Heavenly Father's heart to others, but Troy is also father to six children, when you count the two he and his wife, Leanna, unofficially adopted while they were in their early 20s. Maegan (24) is fresh out of college, with an RN degree, and 20-year-old Benjamin is getting married soon, as is his sister, Rhema, an 18-year-old with a twin, Luke, who is attending Youth With A Mission Cowboy School.

Like father like son? Troy used to rodeo, back in the day, and now observes each of his children following his or her passion for working wherever people need help. "I always told my kids, 'I'm your dad, and I love you. I'm never going to tell you that you have to be a pastor.' They're not all me," Troy said. "The first



recorded event in Jesus' life," he added, "is that the Father said to him, 'I see who you are. You're my kid, and I'm happy with you.'"

"I'm finding that effective ministry turns out to be about fathering," said Troy, who admits he used to think being a good pastor was all about preaching and teaching. As a younger man, his career in music ministry opened many doors for preaching to fans. And he went into prisons, too. Troy no longer does as much prison ministry as he did in his early days of ministry. In the last 16 years, the Brewer couple has found the Open Door Food Bank and the SPARK Worldwide orphanages their most effective method for showing people the Father's love.

"Leanna and I started off giving bread and small things to elderly people 16 years ago. It's turned into Open Door

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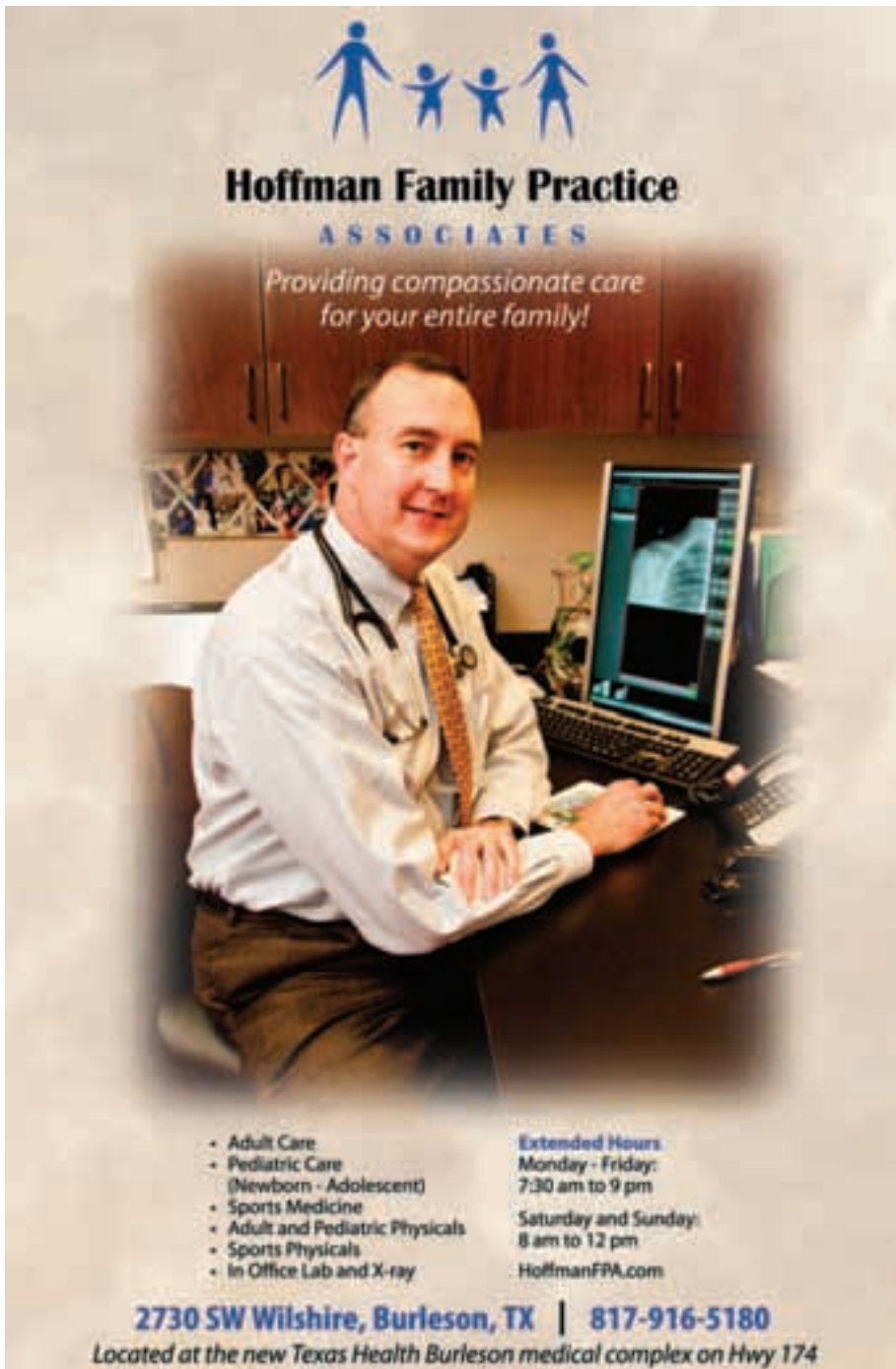
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Food Bank,” said Troy, a lifelong Joshua resident. In 2010 they gave away 1.6 million pounds of food to 18,000 people in North Johnson County, and that is twice what they gave away in 2008. Troy blames the economy, and has noticed that when people are out of work divorce rates rise. “We have tons of single moms with kids and lots of people our age

*“I’m finding that  
effective ministry turns  
out to be about  
fathering.”*

raising their grandkids,” Troy said. The word may be getting out that Open Door Food Bank gives with no strings attached and in sizeable amounts, offering \$200 worth of groceries, free professional haircuts and brand-new clothes from Walmart and The Dress Barn. The volunteer team members show them respect no matter how often they come to their warehouse on FM 912, four miles west of Joshua.

“We want to be extraordinary givers. ‘For God so loved the world, He gave,’” Troy said. He and Leanna wanted to give restoration wherever it was needed, so 12 years ago they began to operate orphanages in Mexico, India and Uganda for the sake of serving, protecting and raising children under the moniker SPARK. Thinking it was smarter to find



people they could trust who had inside knowledge of the culture to supervise the orphanages day in and day out, Leanna got SPARK designated as a 501(c)(3) three years ago. SPARK bought land in Uganda, East Africa, and is building an orphanage there while supporting others in some of the surrounding towns. They also support an indigenous ministry called Christian Life Center Ministries in Vizak, India, and there are two orphanages in Mexico that Troy and Leanna are extremely involved with, but SPARK does not own them.

The couple became interested in helping support orphanages in Mexico when Troy saved a child's life 14 years ago in Matamoros. After taking the child to the hospital, the boy went to the orphanage where he has grown up. "He is doing great," Troy said, "and he and all the orphans down there consider me a daddy figure. There is a girl named Edith who is so sweet. She is in her late teens, and lives there and takes care of the middle school girls. She showed me the little table next to her bed, and all it had on it was a stick of deodorant and a little box and a picture of me and her from several years ago at Christmas. It just broke my heart that she loves me so much."

A secret Troy learned through his work with the orphanage in Vizak, India, is that orphans often do not have birthdays. "They don't know when they were born," explained Troy, who treats orphans like they are children, not like they're orphans. "There are 300 kids at our orphanage



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in India, and another myriad that we take care of but who don't actually live there. Outside the gate, you usually step over tons of little boys and girls who are sleeping at the gate because it's a safe place for them to sleep. I asked one little girl when her birthday was, and she said she didn't have one. I said, 'Oh yes you



Front seat l to r: Rhema Brewer and her dad, Troy Brewer. Back seat l to r: Megan Jewell and Leanna Brewer. Standing l to r: Jeremy Jewell and Andrew Dally.



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do; you just don't know when it was."

Troy got all 300 children together, and each chose his or her birthday off a calendar. Nearly 40 percent of them chose December 6 — Troy's birthday. "One of the reasons we did that is so we could give them a birthday party, with a cake and presents just for them, so they're seen as individuals," Leanna said. "They tend to be clumped together as orphans, instead of individuals. The Father sees us individually, knows us by name, knows how many hairs are on our heads. It lets them know we know them, and that's how we show the Lord to them."

Leanna just returned from India, where she visited the orphanage and also dropped in on her daughter, Malinda, who now works in a slum in Bombay teaching English and saving children from sex trafficking through an organization called Good Night Red Light. "Like her brothers and her sisters, Malinda is a lot like me," Troy said. "She really likes the trenches." **NOW**

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“People tell me I’m an artist. I don’t think I am until I see the final project and like it.”

# Cars Are His Canvas

— By Julie B. Cosgrove

*Behind David Carey’s unpretentious audio and upholstery shop is a magical world of exotic leathers, scissors, creativity, hard work and vast knowledge pertaining to cars, motorcycles and boats. That is where he, with the assistance of longtime friend, Phillip West, recreates the ordinary into masterpieces.*



Jim Henry, Stephen P. West, Rayleigh Carey, David Carey and Sheena Carey.

This family man with Burleson and Alvarado roots can see an old car, motorcycle or even a boat and envision what it can look like. "I see the end result before I even start," David explained. "About three-quarters of the individuals I deal with just drop it off and tell me, 'See what you can do.' Most of the time, they are pleased with the results."

Little wonder. David's expertise and craftsmanship have been featured in television shows like CMT's *Chrome Mafia*, *Trick My Truck* and Discovery Channel's *Orange County Choppers Build or Bust*. Many



of the creations he has done are shown at auto shows such as Good Guys held at Texas Motor Speedway and the annual hot rod show at Will Rogers Auditorium each spring. "It's been a long time since I entered one of my own," David said. "But next year, I am. I have been working on a '72 Chevy truck." This is not just any truck — it is his father's old truck that he used to take David to elementary school. "I can't show it to you right now because it's all over here in thousands of pieces." But in his head, David can already see what this truck will look like in a few more months. The truck sat in a barn for 20 years and barely has 37,000 miles on it. "It was a plain, ugly white truck," he explained. "We're redoing it from the ground up. I've been gathering the pieces to do this since 2000."

On August 28, David is going to sponsor what is called a "Show and Shine" in the parking lot in front of his

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shop. The event is a family-oriented, faith-based festival with booths, local artists of all genres and live music. There will also be a swap meet. David plans to showcase some of his creations at the festival. "People tell me I'm an artist. I don't think I am until I see the final project and like it," he admitted.

David's unique passion became a money-maker innocently, when he was 13. "I needed a job and saw someone wanted a trimmer," he said. "I figured I could trim trees, so I applied." It was then he discovered a trimmer is one who mends and reupholsters automobile, truck and boat seats. He believes it was in his genes all along. His uncle opened an auto shop in River Oaks in 1946, where David worked until he decided to open his own business in 1999. "I have to give credit to other people," David added. "Scott and Travis at Thunder Alley Cycles sort of took me under their wings."

At an early age, this gifted chop shop creator loved boats and motorcycles. Living on the outskirts of Granbury, there were times David rode a motorcycle to school while everyone else was riding bicycles. When his family needed some R&R, they headed for Lake Granbury or Benbrook. "I grew up a lake rat," he said. "I love the water. When I'm not here, even now, I'm usually there with my family."

David is married to Sheena, and



together they have five daughters. Desiree is 17 and Nevaeh (which is heaven spelled backwards) is 8. Tenessa is 6, Shelbi is 4 and little Rayleigh is 2. "Rayleigh is in here all the time. She already knows how to turn a screw," David admitted with pride. Sprinkled throughout his chop shop are pastel, girlie toys. There are also two miniaturized motorcycles and a car he has made especially for his daughters.

David met his wife in an unusual way. Before working with David, Phillip West worked at a floating restaurant in Granbury where David loved to take his boat. He went to meet Phillip one day and a waitress asked him what he'd like. "Joking around, I told her a cute brunette about 5 feet 2 inches to 5 feet 6 inches." In response, they pulled over a new waitress that happened to match that description. Even then, David could envision the end product — Sheena walking down the aisle toward him.

But there was another lady in David's life named Lucille, and he talks about her to this day. Pictures of her are pinned to the board behind the cash register. She is a 1949 Ford, painted in Tango Pearl with an Almond Sunset trim. It was during the process of revamping Lucille 12 years ago that David discovered his passion beyond being an expert trimmer. He and Lucille's owner, Richard House, spent 94 hours straight over the Christmas/New Year holidays in 2002 working on the interior and exterior. "He

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actually lived with us while we worked on her. From start to finish, it took us less than a week," David said. "She sold for over six figures."

David prefers working on older vehicles because they are more sculptured in appearance. He can trick out modern cars, but he believes the lines on cars from the 1940s through 1970s naturally have more artistic quality. He also creates masterpieces with motorcycles, "but not so much, now," David admitted. "Everything has its life cycle and motorcycles are not as hot as they once were. Now it's stock cars. I'm a trendsetter, but I know to follow what people want."

David has worked on boats, but he prefers them for recreational use instead of artistic creativity. "A boat is a boat. Not much else artistic about it. That doesn't mean I don't love them, though," he laughed.

"I admit I am opinionated about my craft. I know what will work and what won't look as good," he modestly shrugged. Anyone who has seen one of David's unique finished creations would have to agree. **NOW**

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### From left:

Carol McKee works hand in hand with Lynn Bates; Several of Lynn's plaques, earned while gaining partnership with Edward Jones.

# Drawn to the Work

*Helping people live confidently, Lynn Bates makes sense of investing. — By Melissa Rawlins*

From Lynn Bates' perspective, Edward Jones' business is all about making money for people without risking their financial future. Lynn's approach is conservative. His vision is long term, and he considers only what is best for the client.

Lynn is drawn to the work for the pleasure of helping others, and he especially enjoys giving peace of mind to the nearly 50 widows in his client list. "They have someone they can feel good about to help them with their financial future," Lynn said. "They'll be able to live out the rest of their lives comfortably, and we'll invest their money in order to help them do that."

Although he rarely sees a golf course, the set of golf clubs in his office reminds Lynn of his father, who died shortly after Lynn joined Edward Jones. In fact, it was an Edward Jones advisor in Georgia who inspired Lynn to join the firm as a financial advisor in 2005. Lynn watched Michael Smith take great

care of his father's finances and, later, of his mother's when Lynn Bates Sr. passed on. "That financial advisor helped her with all sorts of financial needs, even those outside of Edward Jones' scope," Lynn said. "I told myself, 'When one of my clients is in the same position, I have a tremendous standard to live up to.' We are more than just a stock broker."

Looking back on how he and Carol McKee, Lynn's indispensable branch office administrator, have grown the business during the past six years, Lynn thinks about his customers who used to worry about their resources. "We've been able to make a lot of them feel comfortable that, yes, they have enough," said Lynn, who sometimes has to tell a client that the money will run out unless they either spend less, save more or work longer. Using Edward Jones' financial assessment tools, Lynn shows people in black and white when they are

projected to run into a problem — and this problem shows up in red on the computer screen. These tools help Lynn share the news in a thoughtful, but honest and direct way.

The Edward Jones philosophy is “buy and hold.” Lynn creates an individual financial plan to meet each customer’s

*“They have someone they can feel good about to help them with their financial future.”*

goal, and after the initial investments are made, Lynn and Carol make sure each customer stays the course. When customers need to check on a statement, they talk to Carol. If they want to talk about what the stock market is doing, they talk to Lynn.

Trading stock is only a small part of what financial advisors do, however, and Edward Jones supports a full-spectrum approach to a person’s financial plan. Their extensive list of services includes: an Edward Jones credit card associated with banking services, home equity financing, personal lines of credit, insurance, stocks, bonds and mutual funds. “If their goal is to last through retirement, we make sure they don’t ever run out of resources. If their goal is providing education for their grandchildren, we figure out how much they want to provide and keep them on track,” Lynn explained.

Lynn and his wife, Julie, are busy rearing 8-year-old Ryan, 5-year-old Bailey and 1-year-old Reid. Even with his busy work schedule and family commitments, he still finds the time to help people right here in the community. With the Afternoon Rotary Club in Burleson, he helps raise money for charities. “I’m pretty passionate about the flag program,” Lynn said. “Rotary displays flags on the six major holidays: Memorial Day, Flag Day, Fourth of July, Labor Day, Veterans Day and Columbus Day. This year we’ll do flags on September 11, since that is the 10th anniversary of the tragedy. I’d like to see Highway 174 lined up with flags! I think it would look awesome.” **NOW**



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Allison Crawford and Erin Van Cleve of Craig's Collision Centers sponsor a table at the Burleson Chamber Luncheon held at the First United Methodist Church.



Sofia Huerta and Craig Carter search for fun books at the Burleson Public Library.



The Burleson Chamber welcomes Pink Chandelier with a ribbon-cutting ceremony.



The front office staff at First National Bank of Burleson celebrate FNB's 30th year serving the community.



During Relay For Life, BurlesonNOW Editor Melissa Rawlins gave Wigs for Kids 12 inches of her hair. Survivor Tom Sibley cut it, and Bianca Anders of The Salon styled it.

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# The Golden Years

No matter your age, preventing cardiovascular disease, diabetes, cancer and high blood pressure is a priority. However, older patients do have special health concerns. In addition to improving overall health, the elderly want to retain or recover their functional abilities so they can live as independently as possible, for as long as possible. As our years increase, so do our health concerns, including:

## Mental Health

Mental health issues, including dementia, depression and anxiety, are not a normal part of aging. They can be caused by disease, reaction to medications, infections, nutritional imbalances, renal failure and vision and hearing problems.

Often, changes in cognition and behavior are not noticed right away. Discuss these changes with a physician, because an accurate diagnosis is the first step in improving the problem. To minimize the risk of mental decline, stay involved socially, do brain-challenging activities, exercise and maintain your cardiovascular health.

## Fall Prevention

As we age, our balance can decline, making us more prone to falling. In fact, one in three seniors falls each year. Our bone density declines with age, making bones weaker and more likely to break. Less dense bones also take longer to heal. Falls can cause broken bones and other serious injuries, which often lead to loss of

independence. Strategies to reduce risk of falling include exercises to improve balance and strength, regular vision screenings, home modifications and medication review.

## Multiple Medications

Polypharmacy, or problems caused by multiple medications, is a concern for seniors for several reasons. Some elderly people take several prescriptions for multiple medical disorders, resulting in drug interactions. For others, medication dosages may need to be adjusted because of decreased function in the kidney or liver, which process most medications. Changes in the gastrointestinal system can sometimes restrict the speed that medication is absorbed.

Finally, some seniors don't comply with their own medication regimen. Those with substantial memory loss or cognitive impairment may be unable to adequately adhere to their medication schedule. Others with limited income skip doses or cut them in half to save money.

The secret to getting the most out of your years applies no matter your age. And it's no secret. Maintain a healthy weight; eat a healthy diet; get regular exercise; and have regular check-ups with a physician you trust. **NOW**

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## “Munis” Can Still Work for You — Even in Tough Times

No matter where you live, the chances are good that a state or local government near you may be having some difficulty in balancing its budget. As a citizen, you're probably concerned about how this situation will affect your life and your community. But as an investor, you may also wonder how this might affect any municipal bonds you own. Fortunately, the outlook might be brighter than you think.

Of course, taken to the extreme, the financial challenges of some state and local governments could conceivably affect their ability to fulfill the payment obligations on their municipal bonds. But investment-grade quality municipal bond default rates historically have been very low, especially when compared to those of corporate bonds. And municipalities are cutting spending, eliminating nonessential programs and, in some cases, raising taxes or fees. In short, they are taking steps that, while potentially painful to residents, are likely to help them continue making timely payments of interest and principal on their municipal bond obligations. Furthermore, municipalities must still fund various projects, and even one bond payment default could impact their future ability to borrow money in the form of new municipal bonds.

So are munis right for you? The answer depends on your situation — your goals, need for investment income, current investment mix, risk tolerance and so on. But if you want to receive interest payments that are exempt from federal taxes, you may well be interested in exploring municipal bonds. Keep in mind, though, that municipal bonds may be subject to state and local taxes and the alternative minimum tax (AMT).

In addition, you'll want to be familiar with “taxable-equivalent yield.” Typically, municipal bonds pay an interest rate that's lower

than those paid by taxable bonds. Since this interest is free from federal taxes, however, the rate may not be as low as it appears. The taxable-equivalent yield measures the rate you'd have to earn on a taxable bond to match the income from a tax-exempt municipal bond. And the higher your tax bracket, the higher your taxable-equivalent yield.

Suppose that you're in the 35-percent marginal tax bracket, and you are considering a tax-exempt municipal bond with a 3.33-percent yield. You simply divide 3.33 percent (0.0333 in decimal form) by 1 minus 0.35 (your tax bracket), which would give you 0.0512, or 5.12 percent. In this tax bracket, a muni with a 3.33-percent yield is equivalent to a taxable bond with a 5.12-percent yield. (This example is for illustration purposes only.)

Keep in mind that, before investing in bonds, you should understand the risks involved, including interest rate risk, credit risk and market risk. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and you can lose principal value if the investment is sold prior to maturity. So it's best to discuss municipal bonds with your financial and tax advisors.

By adding quality municipal bonds to your portfolio, you can show faith in your municipality, your investment dollars can help support worthwhile projects in your area, and you receive a steady source of tax-exempt income. **NOW**

*This article was provided by your local Edward Jones Financial Advisor, Lynn Bates. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. Please consult your attorney or qualified tax advisor regarding your situation.*



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### June 3

Citizens Police Academy application deadline: 5:00 p.m. Free classes take place 6:30-9:30 p.m., every Thursday, June 9-Aug. 11. Applications are available at the police department (225 W. Renfro St.) City Hall (141 W. Renfro St.), and on the city Web site at [www.burlesontx.com](http://www.burlesontx.com).

### June 1-11

Runoff elections for city of Burleson: Two incumbents were re-elected to Burleson City Council. There will be a runoff election for Place 3 and Place 6. Early voting for the runoff election is Tuesday, May 31-Saturday, June 4, 8:00 a.m. to 5:00 p.m.; and Monday, June 6-Tuesday, June 7, 7:00 a.m. to 7:00 p.m. Election Day will be Saturday, June 11, 7:00 a.m. to 7:00 p.m. The votes from a runoff election will be canvassed by council the week of June 13, and the winners will be sworn in at the June 20 City Council meeting. For details, visit [www.burlesontx.com](http://www.burlesontx.com).

### June 14

Business After Hours Networking: 5:30-7:30 p.m., Lone Oak Winery, Burleson. Meeting

people you could do business with has never been more fun! Food, drink and networking at no charge for Burleson Chamber of Commerce members and only \$10 for nonmembers. Call Terri Trefger at (817) 372-1622.

### June 3-24

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 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 details, call David McDowell in the city's parks and recreation department at (817) 426-9112.

### June 19

Happy Fathers Day!

### July 4

7th Annual Burleson Lions Independence Day Parade: 9:00-11:00 a.m. Businesses and Community organizations, as well as

individuals, are invited to prepare a float in accordance with the theme "One Nation Under God." Proceeds from entries for the parade support the Texas Lions Camp for the physically handicapped in Kerrville, Texas, as well as programs for the vision-impaired in Burleson. Visit [www.burlesonlions.org](http://www.burlesonlions.org) or contact Lion Kim Malone at (817) 903-5338.

### Every Saturday through October

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

### Ongoing:

First and Third Mondays  
Johnson County Camera Club meeting: 7:00-9:00 p.m., Senior Center in Cleburne. Contact (254) 854-2558.

*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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## In The Kitchen With Ana Arevalo

— By *Melissa Rawlins*

Special occasions brought out the cook in Ana Arevalo. She learned her way around the kitchen when she was about 5, helping her mother prepare gifts for people at church in her hometown of Monclova in Coahuila, Mexico. To this day, her favorite cook is her sister, Jovita. “She puts love and taste on foods, like my mom used to do,” said Ana, who realized she was also a good cook a couple years after she married.

Ana and her husband, Paul, enjoy cooking Mexican food together, and specialize in delicious homemade tamales. “Because desserts are part of enjoying the sweet time of eating and having a good time with family and friends, we also have sweet tamales that we can have with milk or coffee,” Ana said. **NOW**

### Tamales

#### **Meat Masa (Dough for Tamales)**

- 2 cups masa for tamales**
- 1 tsp. baking powder**
- 1/2 tsp. salt**
- 2 cups lukewarm meat broth**
- 3/4 cup lard**

#### **Meat Filling for Tamales**

- 1 1/4 lbs. boneless pork loin or shoulder (or you can select chicken or beef)**
- 1 1/4 oz. pasilla chile (long red pepper)**
- 1/8 cup cooking oil**
- 3/4 cup water**
- 1/2 tsp. salt, or to taste**

#### **Tamale Preparation**

- 16 corn husks, cleaned and softened in warm water**
- 2 1/2 lbs. prepared masa**

**1.** Make Meat Masa by combining masa, baking powder and salt in a large bowl. Work in broth with your fingers to make soft, moist dough.  
**2.** In a small bowl, beat lard until fluffy. Add masa until dough has a spongy texture.

- 3.** Set aside while you prepare your tamale filling.  
**4.** Make meat filling by boiling meat in a large pot until tender, drain and set aside.  
**5.** In a small saucepan, lightly sauté chile in cooking oil until soft, removing stem and seeds.  
**6.** Place sautéed chile in a blender, add 3/4 cup water and blend into a smooth sauce. Add salt to taste.  
**7.** Cut meat into small pieces, place in a saucepan, add chile sauce, then cook to a boil.  
**8.** Set aside while you prepare your corn husks.  
**9.** Prepare tamales by placing corn husks in a large pot and soaking them for a few minutes in hot water. When soft, drip excess water off husks and lay out on clean counter.  
**10.** Spread masa evenly over each corn husk. Place a tablespoon of tamale filling in the center of each, then fold both sides to the center and close the narrow part at the top.  
**11.** Place the tamales in a steamer, cover with a wet cloth and steam for approximately 1 1/2 hours.  
**12.** Enjoy the tamales.

### Dessert Tamales

- 3 to 4 cinnamon sticks**
- 2 cups water**
- 2 cups of masa for tamales**
- 1 tsp. baking powder**
- 1/2 tsp. salt**
- 1/2 cup brown sugar**
- 3/4 cup lard**
- 1/2 cup raisins**
- 1/2 cup coconut**

- 1.** In a medium pot, make cinnamon tea by placing 3 to 4 cinnamon sticks in boiling water. Once it is brown, let it cool.  
**2.** In a large bowl, combine masa, baking powder, salt and brown sugar.  
**3.** Slowly work cinnamon tea into masa mix with your fingers to make a soft, moist dough.  
**4.** In a small bowl beat lard until fluffy. Add to masa mix, beating until dough has a spongy texture.  
**5.** Mix raisins and coconut into the dough.  
**6.** Spread about twice the masa you would use in a meat tamale over each corn husk, then fold both sides to the center and close the narrow part at the top.  
**7.** These tamales have no filling. Steam them the same way you steam meat tamales.

### Sweet Rice With Milk

- 4 cups water**
- 1 cinnamon stick**
- 1 cup rice**
- 1/2 cup sugar**
- 1/2 tsp. vanilla**
- 1 12-oz. can Carnation evaporated milk**
- 1/2 tsp. cinnamon**
- 1/2 cup raisins**

- 1.** In a large pot, bring 4 cups water to boil.  
**2.** Add one cinnamon stick to the water.  
**3.** Add the rice.  
**4.** After rice begins to boil, add sugar and vanilla, stir until sugar is melted.  
**5.** Pour in evaporated milk and stir until well-mixed.  
**6.** Sprinkle powdered cinnamon and raisins on top.  
**7.** This dessert will be a lovely, creamy sweet rice to eat hot or cold.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



## Halfer

Our signature burger made with half pound of fresh meat. **4.99**

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B-Town burgers are made with fresh meat produced with respect to nature and farmer. Fresh tomatoes, lettuce and onions are cut in our kitchen. We use premium ice cream to make shakes, malts, and root beer floats. Each step of our food preparation meets or exceeds the standards set by the health and environmental departments.



Our policy to use only fresh ingredients does cost us a bit more in prices and in labor, but we believe customers will acknowledge our commitment to quality. We get the satisfaction of knowing our customer is getting value. Our prayer is that God will allow us to help our customers smile. We realize that our customers trust us for good food. We do not take their trust lightly!

We think of our business as a way to honor God. B-Town's way of appreciating our customers is adding quality and value to each meal we serve.

### Employees & Customer Service

Each B-Town employee is trained by qualified business professionals so that we can excel in professionalism and customer service. Our employees are certified by the health department to handle food.

## B-Town Burgers



130 NW Newton  
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## FREE Fried Pickles



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Small order, with the purchase of a Halfer combo

## FREE Onion Rings



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