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# Burleson NOW

M A G A Z I N E

August 2010

## Meeting *The Needs*

## The Right Formula

### ALSO INSIDE:

*Feels Like the First Time*  
*World Class Surgeries*

## A Bit of a Diva

At Home With  
Eddy and Janet  
**Bransom**



# ATTENTION BACK PAIN SUFFERERS: BEFORE YOU END UP UNCONSCIOUS ON THE OPERATING TABLE, THERE'S SOMETHING YOU SHOULD KNOW...

A NON-SURGICAL BREAKTHROUGH TREATMENT IS OUT THERE HELPING THOSE TORMENTED BY THE UNRELENTING EFFECTS OF BACK PAIN. IT'S SO REVOLUTIONARY THAT THE PAIN HAS BEEN FOUND TO DISAPPEAR—EVEN WHILE YOU SLEEP!



## DON'T END UP LIKE THIS!

There probably isn't a more helpless feeling than being sprawled out on a hospital bed, waiting a team of doctors to slice away at the back pain that has riddled you for months, even years. The very thought of relieving pain with a razor sharp scalpel is almost a riddle in itself, and the road to the surgery wing can be a long and winding one—full of detours that ultimately get you nowhere fast! Your trip to "Painville" probably began with a stop at the emergency room or your own primary care physician. Maybe it was the "ice-pick" pain at your belt line or the fire radiating down your leg. A final cry for help may have even occurred when you were doing something as easy as putting on your shoes! Whatever the case, we all know that while physicians are fully capable of treating many ailments, back pain associated with herniated, bulging or degenerated discs and surgery often doesn't mix well. As a result, patients are directed towards more doctors and more pills that temporarily numb-down the pain, but do little to correct it. Eventually, you're left dealing with the pain by covering it up—a feeling in the end that leaves many feeling anything but themselves, and no where close to feeling any better.

### Surgery Can Be a Scary Thing!

There's a reason spinal surgeons get paid the big bucks, and that's because the surgery can be very risky. Even before surgery, the first hurdle that has to be cleared is the diagnosis itself, and that, too, is no easy task. You see, whenever you're dealing with a risky medical procedure, it's difficult to determine beyond a reasonable doubt that the operation is absolutely necessary. And most times—like a recent four-year research trial presented in the *Journal of American Medical Association*\*—there's no difference in the improvement between surgery and non-surgery patients. Factor in the other surgery risks of infection, paralysis, and (gulp!) even death, and you have to start wondering is it worth it... especially when there's another non-surgical method out there. I don't know about you, but I think I'd check out all the alternatives before anyone "sliced me in the back!"

\*JAMA 2006; 296(20):2441-2450

## A Trailblazing, Computerized Machine Gives the Surgical World a Run for its Money!

Whether you're suffering from the effects of a slipped, bulged, or herniated disc, a new computerized "disc" machine can often get you back to doing the things you love—all WITHOUT SURGERY! You see, many people are finally realizing that going "under the knife" isn't the cure-all they'd hoped it would be—especially when it comes to back pain. At HealthSource Chiropractic™, we bring a unique, breakthrough technology tailored to each of our patients. Our machine uses a computer to precisely dial-in just how much to target your injured disc—all while you relax easily. There's no reason to get undressed, and NO sharp needles involved. Some of our patients have even fallen asleep during treatment! We figure the choice is simple. Why take chances when you can rely on an option that is extremely effective!

### How Good Discs Go Bad

Let's take a cream-filled cookie and use it to represent the discs that separate the vertebrae in your spine. Over time, the discs (in this case the "cream" separating the cookies) can begin to get squashed between the cookie-like vertebrae. As the vertebrae compress together, they squeeze the discs that lie in between them. It's just like somebody pressing the cookie together until the pressure forces the "cream" to seep out the sides. When the discs, or "cream" in this case, begin touching the nerves that line your spine—that's when the pain really kicks in. Some may even try to make up for the pain by changing the way they walk or carry things, ultimately making the imbalances in your back and the pain only worse.



### How the "Disc" Machine Works...

To help suck the "cream" back into the injured disc, the new spinal decompression machine featured here at HealthSource Chiropractic™ dials in just the right amount of pain-relieving force to gently create a vacuum inside the disc. So, the "cream" is naturally sucked back in and away from the pinched nerves. Frankly, it's kind of like hasting a turkey—once the air is all squeezed out of the turkey baster, that's when the gravy can be sucked back in.

Let's face it, we don't know if you need our help or not, but at least we're willing to spend a little of our own money and time to find out. We'll check out everything from your lower back to your neck, and we'll even throw in FREE | X-RAYS if we think it's necessary! If for some reason we can't help you, we'll tell you that too. We're not promising a cure or claiming to be superior, we simply like to believe that our clinic is built on helping people feel better. In fact, here's what one of our patients said after giving us a try:

"When I first came in I had right sciatica pain, left neck stiffness, and pain when walking more than 20 feet. I had been unable to walk long distances. Before coming to HealthSource I had tried stretching, ice and heat to relieve my pain. After coming in for five treatments the right sciatica has diminished to a twinge and I can actually walk around the mall without having pain, my neck stiffness is better by 90%. I am now feeling stronger and am able to rotate my neck normally." —Kathy Baird

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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).



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## On The Cover

Eddy and Janet Bransom love hanging out with family and friends in their poolside cabana.

Photo by Shana Woods.



# Editor's Note

*Hello, Friends!*

August seems to be a month of preparation in our culture. In this issue, you will read stories about folks from Joshua and Burleson who are getting ready for a marvelous new season in their lives. Science teacher Ed Farrar has quite a history, yet looks forward to a whole new year with his students at Joshua High School. We introduce you to Texas Tradition Chorus, a group of glitzy Johnson County women who will sing at the August 10th Fort Worth Cats game before they launch their membership drive. Preston Sullivan keeps his body strong playing select league baseball until it is time to start his freshman year of college. Eddy and Janet Bransom relax by their pool, a testament to their years of hard work. This is no time for relaxing, however, for Peggy Gibson and her team at Heart for the Kids, which delivers necessities to children who are entering a new school year this month. And caterer Lois Cochran shares some recipes with the cooks in the community.

Happy August, Burleson and Joshua!


Melissa Rawlins  
*BurlesonNOW* Editor



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When chronic heartburn and indigestion began keeping her from enjoying quality time with her family, Shirley Stephens decided to bite back and settle her upset stomach — once and for all. It was then that she turned to her independently practicing primary care physician on the medical staff at Methodist Mansfield Medical Center to find out what was turning her stomach so sour.

After several preliminary tests, Stephens' doctor recommended that she have a colonoscopy and esophagogastroduodenoscopy (EGD) to determine the source of the irritation. "Even though it is routine for me to go for my annual physical and mammograms, I was a little nervous about having my first colonoscopy and EGD, but I knew these tests would help determine what was wrong," Stephens confides.

With that, Stephens was referred to an independently practicing gastroenterologist on the medical staff at Methodist Mansfield, who then conducted the recommended diagnostic testing. Those tests revealed that Stephens had a few benign polyps and Barrett's esophagus, a condition commonly found in people with gastroesophageal reflux disease or GERD.

**"It's a simple, effective treatment for me. I can now enjoy meals with my family again."**

Barrett's esophagus is a condition in which the tissue lining the esophagus — the muscular tube that connects the mouth to the stomach — is replaced by tissue that is similar to the lining of the intestine. GERD occurs when the

muscles at the end of your esophagus do not function properly and can cause stomach acid to leak into the esophagus.

Stephens' gastroenterologist prescribed medication to help ease her pain. "It's a simple, effective treatment for me," she says. "I can now enjoy meals with my family again."

Chronic heartburn, acid regurgitation, sour or bitter taste, hoarseness, chronic throat clearing, and persistent cough are all symptoms of acid reflux disease and should be brought

to the attention of your physician. To find an independently practicing gastroenterologist on the medical staff at Methodist Mansfield, call 877-637-4297 or visit [MethodistHealthSystem.org](http://MethodistHealthSystem.org).



**—Shirley Stephens**  
Methodist Mansfield  
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Texas law prohibits hospitals from practicing medicine. The physicians on the medical staff at Methodist Mansfield Medical Center are independent practitioners who are not employees or agents of Methodist Health System.



# MEETING THE NEEDS



— By Melissa Rawlins

*Peggy Gibson likes to joke that the charity she started six years ago has gone to the dogs. That is because Heart for the Kids is housed in space that used to be the city service center and the dog pound. The city of Burleson donated the warehouse to Heart for the Kids, which provides for the needs of children when their parents cannot afford things like school physicals, school supplies, clothing, shoes and toys. “I work real close with the city, schools and churches,” said Peggy. “And all of my people are free of charge.”*

The crew at Heart for the Kids is working almost 24/7 this month, especially so during the week prior to the start of school. Right now, in the air-conditioned warehouse, they are busy packing each child's box with essentials requested by their teachers, coaches and parents. “It takes Patsy Treece, Joanie Bradshaw, CM Sanders, Gaye Null, Betty Shelton, Alice Swanson, Darlene Moore, Robbie Kinney, Larry Loveless and myself to help Heart for the Kids get everything ready for the beginning of school,” Peggy said. “On July 6, we started

interviewing parents who let us know the sizes their child[ren] wear. Patsy and I then went out to buy. The parents will come and pick it up and give it to the children; that way the children don't know where it comes from.”

Peggy learned during her childhood what children need to live in dignity. Reared by her grandmother in a comfortable house in Oklahoma, Peggy remembers that the family did not have a lot of extras. “My granddad got killed in an accident. Then three children caught the whooping cough and died within a year, and my grandmother then raised eight of us children on her own,” Peggy said. “In watching her stretch a dollar, I learned how to budget my money wisely. If someone couldn't afford food for their table, she always raised a garden and had food to share with others. Because of the desire she instilled in me to help other people, I have always had a desire to help children.”

Peggy and her husband, Phil, moved here 37 years ago from White Settlement and, during their 45 years together, have reared three of their own children. Ashley Gibson will be going into the ninth grade at Centennial High School. Ginger Stewart is now 44 and teaches in Mansfield. Sherry Hill is now 42 and is a foster parent with 11 foster children. “She's taking after her mother,” grinned Peggy, who has helped children in all sorts of capacities over the years.





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Peggy has volunteered at schools with handicapped children. She directed the Little Miss White Settlement Pageant for seven years, designed pageant clothes and watched her daughter compete.



Since being in Burleson, Peggy has directed a few beauty pageants, as a hobby. She has been president of PTO at Mound Elementary and received the Golden Globe Award from JC Penney for all her community volunteer work. She currently serves as assistant youth leader at Living Water Church. At one time, she was assistant director of the women's shelter, before it moved from Burleson to Cleburne. She has helped hundreds of children through her work at Living Water Day School, which she and Phil began to operate in 1992, a year after he became pastor at Living Water Church. She volunteered at the Harvest House for 19 years and, for 13 years, was vice president over cheerleading for the Burleson Boys and Girls Club. Since the inception of Heart for the Kids, Peggy has helped over a thousand children.

"My favorite thing to do for children is to give them a new outfit and school supplies for the first day of school and then to give them warm coats and toys at Christmastime," Peggy said. Shoes are one of her priorities. Last year, in one middle school alone, Heart for the Kids furnished 102 pairs of tennis shoes for children who did not have tennis shoes for PE.

People easily jump in to help Peggy with Heart for the Kids, which works closely with police and fire departments. "If there's a family whose home has burned down, they call me and tell me what is needed," said Peggy, who works year-round with the school. "If a child needs to go on a field trip or needs a physical, and they can't afford it, we pay for that. The kids never know where it came from; we just send them down to Dr. Shaw for their physical and then we pay for it."



# BACK-to-SCHOOL

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As her husband, Phil, said, "Ask Peggy and it'll get done." Every Thanksgiving and Christmas, Heart for the Kids makes holiday meals for the on-duty firemen and their families. "Phil cooks a real neat brisket, and at least once or twice a year, we have a big dinner for the parks and recreation boys down in the old fire station," said Peggy, who also helps find lost children through the SEARCH Program at the Burleson

**"If we don't help them as children, how are they going to grow up and be leaders?"**

Fire Department and helps patrol and direct traffic as part of Citizens on Patrol (COPS). "I love to say that I'm from Burleson, because I love that it stands for a community of well-organized clubs and organizations that reach out to help mainly children and senior citizens," said Peggy, whose hectic life as a volunteer is balanced by her work and her family.

When the cook or second-grade teacher at Living Water Day School is on vacation, Peggy steps in. "It does exhaust me to be so busy and your family comes first. When you learn to balance your schedule with your family, it helps. Sometimes, I get too many things scheduled, and it gets overwhelming. My husband has to say, 'You need to step back!'"

To relax, Peggy watches her daughter's softball games with Texas Legend, the select team for which Ashley pitches. "I love to sit back in the lawn chair up under the shade tree at the games, to watch Ashley pitch at 65 mph," Peggy said. "It's awesome."

No matter whose child Peggy is helping, she operates on one philosophy: "It's important to reach out to help the children," she explained. "How do we know we're not helping the future president or the future leaders of major corporations? We help them one day at a time, meeting a need of one child at a time. If we don't help them as children, how are they going to grow up and be leaders?" **NOW**

*Editor's Note: If you would like more information about Heart for the Kids, visit [www.heartforthekids.org](http://www.heartforthekids.org).*



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Bransom

# The Gift of the Flagpole Road

— By Carolyn Wills



*Before reconnecting at their 20th high school reunion and deciding it was time for their first date, Eddy and Janet Bransom had grown up in Burleson, attended the same schools since the first grade and shared their graduations as classmates from Burleson High School. Twenty years later, Eddy had three children from a previous marriage, Janet had two, and each had been single for more than seven years. “At the reunion, Eddy asked me if I wanted to go for a motorcycle ride,” Janet said. “I thought he meant around the block, but he meant around Benbrook Lake.” Six months later, the two were married. Their combination became a family of seven, and their challenge was to create a home for everyone.*

The Bransoms’ new family moved into Eddy’s home, a four-bedroom frame house, situated on four acres about 10 miles north of Cleburne between Highway 174 and Farm Road 731 on Cross Timber Road. “The land had once been a peanut and cotton field,” Janet said, “and when Eddy first moved out here, there wasn’t even a road on the property. He would lay bricks and go through the mud trying to get to and from the main access.”

“This property is what Realtors call a ‘flag lot,’” Eddy explained. “There’s only one way in and one way out, and I own and maintain the road.” Eddy and his brother purchased the six-an-a-half







acres in 1983; Eddy's brother and sister-in-law settled on the two-and-a-half acres closest to the main road, while Eddy took the remaining long and narrow four acres, including the "flagpole" road. By 1988, Eddy had added a large metal building at the front of his acreage to house his commercial machine shop.

**Most importantly, Eddy and Janet spend time with family, the first and continuing motivation for their remodeling and planning.**

When Eddy and Janet married in 1995 and decided to live on Cross Timber Road, the Bransoms knew they were facing changes. "The house had four bedrooms, but we wanted the kids to have lots of room," Janet said, "so immediately we began construction to



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add a master bedroom, bathroom and two-car garage and to update the existing kitchen. In the first months of our marriage, our bedroom was in the dining room. It was December when we moved in and, by February, the add-on was finished.”

Today, the Bransoms’ home is a reflection of Janet’s vision and energy, Eddy’s skill and ingenuity and the accomplishments of two people who enjoy working together. What was once a small four-bedroom house is now a 2,400-square-foot, five-bedroom home with 90,000 pounds of Austin stone on its exterior. The master bedroom is a commanding 24 feet by 26 feet with recessed ceiling, two large ceiling fans, a cozy earthy palette and a king-sized bed. And, as a result of their most recent

project, the updated master bath features a huge spa-like shower with bronze fixtures and beautiful custom tile work.

During the initial remodeling, Janet took the opportunity to have the old kitchen cabinetry replaced with to-the-ceiling oak cabinets and also to add a wall of oak shelving in the living room. “Our kitchen was gutted while there were seven of us living here,” she said. “I was bringing home take-out food and having to wash dishes in the bathtub.” One of the most dramatic changes resulted when a portion of the kitchen wall was removed so that the “cooks” could join in family gatherings. “I am the major cook and Eddy is a great breakfast cook,” Janet said. “And holiday meals usually involve the kids bringing a dish,

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with the main course done here. For the last few years, Eddy has fried turkeys, usually two or three, since we generally have close to 20 people for dinner.”

While their children were growing up, most of the Bransoms’ planning revolved around them. “A few years after we married,” Janet said, “Eddy’s son became interested in music, so we built a separate two-car garage for the band to have a place to play.” Eventually, as their children moved out, Eddy and Janet found something to do with each bedroom. “We turned one into a game room, one became an exercise room, one is the guest room and the



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Before



After

Actual patient  
following a  
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last is where we keep the computer equipment,” Eddy said.

The striking changes inside the Bransoms’ home also extend to its outside. In 2004, the siding on the original structure was replaced with Austin stone, and the style of the home truly became elegant country. Three years ago, the addition of a swimming pool and cabana created an impressive and colorful complement. “We wanted to either buy land to hunt on or have a pool,” Eddy said. “We went with the pool because we thought the grandkids would enjoy it.”

Janet had the vision for the pool and cabana. “I looked at

pictures in magazines, sketched my ideas on paper and gave them to the builder,” she explained. Her vision produced a 26 foot by 40 foot, free-form pool and hot tub plus a cabana with a huge grill, slate-tiled counters and a bathroom.

Since 1995, the Bransoms’ home has changed in many ways. The “flagpole road” is fully functional; Eddy’s work is within walking distance; the pool and cabana are everyone’s dream; the Austin-stoned home is pristine and elegant; and the manicured lawn is the ideal backdrop for Eddy’s high-flying American and Texas flags and Janet’s plants, flowers and Bradford Pear trees. Of course, there is always more to do. Janet’s wish list includes granite countertops and a new floor in the kitchen. Eddy is ready to tear down the old barn to build a new one to match the house and with enough room for their three Quarter horses and his farm equipment.

Through the remodeling, building and planning, Janet continues to love working at Mrs. Baird’s Bakery where she has been for 25 years. And Eddy still walks to work each morning accompanied by Pugsley, the 14-year-old Red Healer. On top of their busy schedules, the couple also shares an annual motorcycle trip to Colorado and back on Eddy’s red Harley.

Most importantly, Eddy and Janet spend time with family, the first and continuing motivation for their remodeling and planning. “We all gather here because we’re secluded and the kids are safe to play outside. The kids love to swim and no one has to worry about cars.” While the Bransoms enjoy the results of their labors, they are quick to credit privacy as their favorite thing about the house — privacy that comes as a gift from a “flagpole road” as the only way in and the only way out. **NOW**



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

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*Three generations of horsewomen (mother, Charla Cranford, granddaughter, Felicia Cranford, and grandmother, Vicki Carter) pose for a picture out at the Nancy Knox Arena during an appreciation dinner for all the volunteers at Wings of Hope Equitherapy.*



*Sara Pryor (owner), Kori Isaacs (stylist), Danielle Simmons (stylist), Stephanie Poe (stylist), Rachelle Houston (stylist), and Sabrina Hull (esthtician) are all smiles at Serendipity's Red Carpet Grand Opening.*



*Engaged couple Steven Parks and Ashley Brickman take a break after the evening rush at Olive Garden.*



*Residents donate to Harvest House's Food Drive at City Market.*



*Hank Hoaldrige and Bill Coffey enjoy a visit to Carlsbad Caverns.*



*Three Burleson area beekeepers, Warren Freeman (left) and George Stokes (right) and Bryson Childress (center), learn from each other at a recent meeting of The Metro Beekeepers.*



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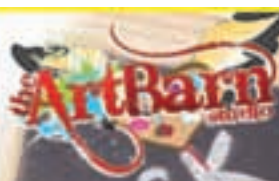
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The a cappella group now has more than 25 members from Fort Worth, Mansfield, Joshua and all over Johnson County.



# A Bit of a Diva

— By *Melissa Rawlins*

Lynda Gouker is grown up now, yet she still sings the same tune as when she was a 9-year-old harmonizing with her father in Michigan. “My dad was in barbershop quartets. I was in my first quartet when I was 12. We were called the Barberdolls! It’s embarrassing now,” smiled Lynda. “We learned a couple songs, and he took us Barberdolls all over to sing for schools and PTAs and all kinds of stuff.”

Through that experience, Lynda learned how important it is to contribute your part to make something bigger than just those four elements in a four-part harmony. “It was amazing. The first time I sang publicly with those three other 12-year-old girls, I remember thinking, This group can’t go on without me. I’m going to do my very best, so that I don’t disappoint the other three. It was kind of like a team sport. Everyone had to do their part; everyone had to contribute. It was more fun than anything.

“Texas Tradition Chorus is very similar in that everybody’s responsible for their part; you’re only as strong as your weakest link. The pressure is on for all of

our ladies to learn their part and learn it well,” said Lynda, who has lived on the southern border of Burleson for nine years and started Texas Tradition Chorus with Becca Miller, Cathy Wilkerson and Maurene Zielke only four years ago. The a cappella group now has more than 25 members from Fort Worth, Mansfield, Joshua and all over Johnson County.

“Barbershop harmony is done completely without any accompaniment. That’s why this art form is really kind of easy. We don’t need to secure a piano or a sound system for performances, because it kind of self-amplifies. People standing around under a street light or in the corner of a room amplify pretty well,” said Lynda, who sings for Texas Tradition Chorus in between caring for her family and working at Town Hall Estates Nursing and Rehab in Keene. She has been in health care marketing and medical social work since 1972, minus the few years she took off to rear her daughters. Through it all, Lynda has lifted her voice to sing.

Now, Lynda lifts her hands. As director of Texas Tradition Chorus, Lynda

rehearses the group at First Baptist Church in Burleson, waving her hands in front of everybody and teaching them how to sing. “I learned because my father taught me by example. I was also a classical competition pianist. My father was very big on classical musical education, and I played piano from the time I could reach the keys up through high school,” she said. “I had a high school choir director for four years in Michigan named Jerry Smith; he was a fabulous instructor, and I learned everything about teaching vocal music from him. Then, of course, I was in choirs through college.”

Lynda loves the four-part harmony barbershop art form. “Probably 20 of us might be on stage, but there are only four parts. Four-part harmony can be sung by 100 people. But it can’t be sung by three people, since you need four to make it four parts,” Lynda said. “The four parts still stick with male nomenclature, as the old-fashioned barbershop quartets named them. The lead sings the melody; the tenor sings the natural harmony above the lead; the bass is the lowest



part and they sing the bottom harmony; the baritone sings a fill-in note that completes that four-part chord.

"This art form started in the late 1890s and continued through the mid-1940s. Everybody thinks of the old quartets as singing 'Down by the Old Millstream' or 'Sweet Adeline.' However, the art form has expanded to the point where we actually do Beatles and a lot of gospel and some rock 'n' roll and things like 'Lollipop.' We sing 'San Francisco Bay Blues,' a song made famous by both George Burns and Eric Clapton," Lynda said.

The Texas Tradition Chorus is always looking for women who can arrange music — as well as people who want six weeks of free voice lessons. As a nonprofit organization, the chorus is devoted to serving the community. "You don't have to read music; we teach you everything! If you can sing 'Happy Birthday,' and everybody listening knows you are singing 'Happy Birthday,' you probably qualify," Lynda said. "We have CDs and MP3s with your part recorded

**"You have to be a little bit of a diva, a little bit of a showboat."**

on there, so you can listen to it in your car or [while] jogging, and that's how the majority of our ladies learn."

On stage at the Union Gospel Mission sing-out this summer, the Texas Tradition Chorus was flamboyant in their brand new costumes of brilliant blue, crinkled stretchy silky material, and big silver stars for earrings. "You have to be a little bit of a diva, a little bit of a showboat," Lynda said. "My girls, we have more fun! We laugh and laugh and laugh. There's nothing more fun than singing well and sounding good. When everyone is there and everyone is singing, it exponentially creates something that is beautiful." **NOW**



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That “first time” feeling is nothing new for Preston “Sully” Sullivan, who was recognized by all the coaches at Burleson High School as the 2009-2010 All-Around Athlete for his excellence in track, football and baseball. His first home run filled him with as much exhilaration as he feels now, knowing that he will play in his first college game within a few months. He was given the Gilbert Gridiron Scholarship in memory of Burleson High School’s beloved coach, Keith Gilbert, and has received a scholarship to play baseball at Western Texas College in Snyder.

In preparation, Sully is continuing to play out his first year with the red, white and black Texas Stix, a select



# Feels Like the First Time

— By *Melissa Rawlins*

baseball league team which often plays at Weatherford Junior College. Sully started with the Texas Stix last spring, while polishing his hitting skills with the Texas Stix coach, Shane Davenport. Ironically, since “stix” is a slang word for a wooden baseball bat, Sully considers batting to be one of his weaker points. Yet, his association with the Texas Stix is actually how he got involved with the college he will attend. “They saw me hitting for the Texas Stix. Multiple colleges were there that evening, and that’s when the recruiter for Western Texas noticed me,” Sully remembered. “So I guess I’m not too bad.”

Sully believes his strengths are speed and awareness. “I’ve played since I was 5 and pretty much grew up in the baseball field because my dad has been the Burleson Youth Association (BYA) President for around five years,” he said. “Before that, he was the president over the baseball part of BYA for my whole youth, so it kind of grew on me, and I picked up little tips here and there.” Something that helps him with his speed is being able to steal bases.

“When I was little and not playing, I would sit around and watch the pitchers and see if they had a certain rhythm.

That way, I knew when they were going to pitch before they knew they were going to pitch! Some pitchers don’t even know they do that, and it really helps if you know they do,” said Sully, who was the fastest on the baseball team and in the top two on the track team and close to being the fastest in the school before he got hurt his senior year. “I was hurt the week before the district track meet, then tore my hamstring right before a baseball game. I was out for five weeks trying to rehab real fast so I could play some baseball playoff games,” Sully said. “Me and Coach Chris McKinley were out there, and I asked if I could run around the bases. As I was rounding first base, at a light jog, my hamstring just popped.”

During late spring and early summer, the cheerful young man completed his physical therapy and began playing again with the Texas Stix in July. By end of summer, they will have played about 80 games. Sully was at every game played by this college prep team, even while injured.

When he gets to Western Texas College in Snyder, which is about an hour west of Abilene, Sully will do more than play baseball. He will visit family in Lubbock and spend time with Mamaw, his great-grandmother who lives in



Snyder. Not surprisingly, this all-around athlete also loves playing golf, and Western Texas College has a golf course on campus. "I have all sorts of family that want to come try out the golf course with me," grinned Sully, who plans to study for some type of education degree because he wants to be a coach.

Sully's own middle school and high school coaches were his inspiration. "I've noticed the way they treat the kids, how they talk to the kids," Sully said. "My favorite coaches were Coach Jacob Webb, who's moved on to Southlake Carroll High School, and Coach Jason Tucker, who is the one I want to be like when I get old. He can yell at someone for doing something wrong, but then immediately turn around and start laughing and talk



**"Something that helps him with his speed is being able to steal bases."**

to the rest of the kids. He knows how to forgive and forget. He'll only yell at you if he knows you know better."

Sully's love for competition runs in his family, all the way down to his 8-year-old sister. "Her love right now is basketball. She also plays softball and likes to brag that she gets more homeruns than me," laughed Sully, who appreciates every opportunity to compete and showcase his ability. "All through school, no matter whether it was football, baseball, or track, a team sport or an individual event, I always gave it my best. I love the feeling of winning or, after a big play, all the adrenaline rushing through my body." He also loved that "first time" feeling the day he got the scholarship offer. "Playing baseball in college was my all-time dream," Sully said. "When I got that call, I'm sure I had the biggest smile anyone's ever seen." **NOW**

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Stephanie Atkins-Guidry, Administrator, CNO and CEO of USMD Hospital with Karen Fiducia, President of the Hospital Division of USMD.

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— By Melissa Rawlins

As athletes prepare for tournaments, surgeons in the emergency room at USMD Hospital at Fort Worth are ready to care for sports injuries. Most of the visitors at the easy-to-find South Fort Worth hospital are coming for planned, scheduled elective procedures. Anyone from Burleson, Joshua and the surrounding areas needing outpatient or inpatient surgery will find state-of-the-art surgical suites at USMD, which specializes in general, orthopedic, spine, plastic and reconstructive surgeries for adults, as well as pediatric dental, pediatric and adult ENT, urology, orthopedics, adult gynecology, adult pain management and adult podiatry.

For patients who stay overnight, the private hospital rooms feel more like hotel rooms with oversized restrooms, Wi-Fi and an additional bed for an attending family visitor. For every four patients, the hospital has both a nurse and a nurse tech. Since comfort is of utmost concern to the physician-owners, it is not surprising that the two-year-old USMD Hospital at Fort Worth rated 93 percent in patient satisfaction surveys by Press Ganey.

Karen A. Fiducia, FACHE, president of the USMD Hospital

Division, believes the high marks from patients are largely due to the friendly relationships amongst the staff. “People here are nice! It’s a great team,” Karen said. “The camaraderie is second to none, and everybody helps each other out! There’s an environment of respect here that is superior. The physicians can tell you the guy who cleans the floors takes pride in his job and keeps them shining!”

“Yes, and they know his name,” added Stephanie Atkins-Guidry, RN, BSN, MBA, administrator and chief nursing officer of the South Fort Worth hospital. “We rarely have to address such issues as unkempt grounds, dirty floors or surly faces. Here, the physicians are very proud of what they have accomplished, and they want to make sure the patients have an outstanding experience. The physicians own everything you see from the time you enter the driveway until you exit again, and with that comes incredible responsibility. The physicians actually want to hear what the nurses have to say.”

Earlier this summer, the chief of staff, John Johnson, MD, decided to throw an appreciation barbecue for the staff during



Hospital Week. "Because he thinks the crew here is second to none, he closed his office and brought his smoker out here and cooked steak and chicken for the entire staff," Karen said. "Being physician-owned translates into better health care. They're the drivers of quality and high standards. When they see a patient here, they feel responsible for the entire patient experience."

Patients receive extraordinary customer



While a patient receives a Right Achilles Tendon Repair in the operating room, staff members Deanna Simpson, RN, BSN; Chris Beagle, urology coordinator; and Christina Cadden, RN, BSN, get organized before the next surgical procedure.

service even before they get to USMD on surgery day. Their nursing staff calls them the evening before, confirms the details of their appointment and gives instructions for where to park and which entrance to use. This matters greatly. For patient comfort, the physicians designed the hospital with separate entrances for adults and for children.

As children arrive, they are invited to play in a beautiful, red wooden boat while they wait for their surgery. "Pediatric care is a big deal for us for many reasons. We have nurses that specialize in pediatrics, who use stickers and coloring books and all those things that put children at ease when they're in what could be a scary environment," Stephanie explained.

Catering to children is part of the physicians' vision at USMD, the only hospital in the Fort Worth area with all-physician pediatric and adult anesthesiology teams. "Instead of a nurse, it's a physician who is specialized in pediatrics. It's very unusual for our area, and for the country," Karen said. "We've done it this way since we started in March of 2008. We wanted to provide world class service, and you cannot provide world class service unless you have world class physicians working on the patients." **NOW**

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# Internal Medicine

## Zuri Franco, M.D.

As a board-certified internist, Dr. Franco specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. She has a special interest in preventative medicine and cardiology. Most adults in the United States see internists as their primary medical provider.

After graduating from Southwestern Adventist University in Keene, Dr. Franco earned a medical degree from Loma Linda University School of Medicine in Loma Linda, California. She then completed an internal medicine residency at Kettering Medical Center in Ohio, where she served as chief resident and clinical instructor.

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— By Carolyn Wills

Ed Farrar, a fifth-generation Texan, grew up in Fort Worth, graduated from Haltom City High School and Texas Wesleyan College and, after serving in the United States Navy for five years, went to work for the Corps of Engineers. “I designed diamond drill bits,” he said, “and even though my job sounded exotic, it really wasn’t.” After three years, Ed decided it was time to try teaching.

“Many of my 14 biological aunts and uncles, from both my mother’s and father’s sides, were teachers,” Ed explained, “so teaching had always been in the back of my mind. I believe there is a certain personality that makes doing a specific job easier, and my personality fits this job.” After 33 years of teaching, it is safe to say he is right.

Following his experience with the Corps of Engineers, Ed returned to school, earned his teaching certificate, accepted his first teaching job and has been commuting from Haltom City to Joshua ever since. “The drive really isn’t that bad,” he said. “The last two traffic signals are usually the toughest, and they are two miles into Joshua.”

In Texas, students are required to take four years of science including physics,

chemistry, biology and one other science. Ed has taught everything from physical science to biology; yet his primary interest has always been chemistry, and in recent years, he has been able to focus on teaching it. “Actually, chemistry is not as hard as it looks,” he explained. “The science of chemistry rarely changes and, much like learning to read, once a student masters the basics, the rest gets easier.”

Ed’s days are divided into 12th grade Advanced Placement (AP) college-level classes; 10th grade pre-AP or what will soon be known as honors chemistry; and a ‘TAKS’ class designed to help seniors who have yet to pass their Texas Assessment of Knowledge and Skills (TAKS) test. “AP chemistry is fun to teach because it is at a higher level, and the students tend to be extremely motivated. We have some incredibly brilliant kids in our school,” Ed said. “Sophomores are also fun to teach because I get to see them move up and will see some of them again in the 12th grade. And the senior TAKS class is exciting because, after working with these kids, I generally get to see them pass. In the 2009-2010 school year, 100 percent of our TAKS seniors passed.”

Ed’s teaching style relies on humor, the teacher-student boundary and positive expectations and respect. “I tell jokes, and even though the kids may roll their eyes, they are likely to remember my point,” he explained. “Generation gaps are natural, and I don’t try to cross over. The worst thing a teacher can do is to become a friend rather than an adult to a student. I also tell my kids that in order to be successful, they need to be smarter than I am in this class.”

Ed also encourages students to participate in the University Interscholastic League (UIL) academic competitions. “Participation is not a requirement,” he said. “It’s an option that involves meeting three to five Saturdays a year for invitational contests. We were district champions again this year and, in science, that is not an easy accomplishment.”

When Ed is not teaching, participating in UIL competitions or attending Joshua High extracurricular activities, he can be found backpacking and hiking in West Texas or boating with friends at Lake Palo Pinto. He also has a farm near Gainesville, Texas, which has been in his family for over 100 years. “I’m planting



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natural grasses,” he said, “to bring some of the land back to its original state.”

As a member of Earthwatch, a nonprofit company that allows members to participate in scientific expeditions, Ed has traveled to places like Peru, Australia and New Guinea. “On one trip, we were deep in the Amazon with no one in sight and literally 100 miles from the nearest electricity.”

As for his teaching adventure, Ed is preparing for the End of Course Exams (EOC), which will replace the TAKS test



in two years. “This year’s seventh-graders will be the first to take the EOC and EOC tests are expected to be harder than the TAKS tests,” he explained.

From the unending prospect of designing drill bits, Ed took the risk of entering a field in which every year and each experience is different, and where, instead of producing a material product, he deals with the challenges of young minds and personalities. The fact that he has taught at Joshua High School for the length of his tenure suggests by pursuing the path best suited for him, he also found his destination. “We have a great group of kids at Joshua High School,” he said. “I plan to be here until the time comes that I close the door with no thought to return; no retirement or going away parties for me.” For now, though, it is clear the path that Ed chose those 33 years ago continues to be the right one for him and for generations of students to come. **NOW**

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## In The Kitchen With Lois Cochran

— By Faith Browning

As a young girl, Lois Cochran spent many treasured moments with her father while he taught her how to cook. "He never used measuring spoons. He would pour the spices into his hands, then into mine, so I would know the exact amount to use," she recalled. "This has inspired the title for my cookbook, *Poured From My Father's Hands*."

Lois keeps active with swimming,

walking, ballroom dancing and being very involved with her church, Eastern Heights, and of course, cooking. "Baking is very close to my heart, but I really love to prepare all types of food, different cuisines and see people enjoy what we have prepared," she explained. "The Cajun people have a word, *lagniappe*, the art of giving a little bit more. This is something I have always lived by." **NOW**



### MARINATED GARDEN TOMATOES

6 lg. tomatoes cut into wedges  
1/2 cup green onions, thinly sliced  
1/3 cup olive oil  
1/4 cup red wine vinegar  
1/4 cup fresh parsley, chopped  
2 garlic cloves, minced  
1 tsp. salt  
1 Tbsp. fresh or dried thyme  
1/4 tsp. coarse ground pepper

1. Place tomatoes and onions in a shallow serving bowl.
2. In a separate bowl, combine remaining ingredients; pour over tomatoes. Cover and refrigerate at least two hours or overnight. Serves 10 or more people.

### MEXICAN MEATLOAF DINNER

*A Lois Original Recipe*

4 slices bread, soaked in water  
2 lbs. ground meat  
2 eggs, beaten  
1 Tbsp. picante sauce  
1/2 onion, chopped fine  
1 Tbsp. Cavender's All Purpose Greek Seasoning  
2 stalks celery, chopped fine  
1/4 cup flour  
2 Tbsp. cooking oil  
1 14-oz. can cream of chicken soup  
1 14-oz. can cheddar cheese soup  
3 soup cans of water  
6-8 carrots, cut into 1-inch chunks  
7-8 potatoes, quartered  
1 Tbsp. parsley or cilantro

1. Squeeze water from the bread; combine bread with the ground meat, eggs, picante sauce, onion, Cavender's Greek Seasoning, celery and flour. Form

into individual loaves; chill 1 hour or longer.

2. In a skillet, brown the loaves on both sides in the cooking oil. Remove from skillet.
3. In skillet, combine soups and water. Add carrots; cook for 10 minutes. Add potatoes; cook until tender, another 10 to 15 minutes. Add meat loaves; simmer 30 minutes to one hour.

### GARDEN FRESH PATTIES

4 potatoes, peeled and diced 1/2-inch  
4 yellow squash, diced  
2 onions, diced fine  
2 cups fresh okra, sliced  
Salt and pepper, to taste  
Fritter batter, any kind, prepared per directions  
Cooking oil

1. Combine vegetables, salt and pepper; add fritter batter.
2. Prepare cooking oil to deep fryer. Drop batter by tablespoonfuls into hot oil; fry until golden brown.

### SPANISH RICE

*A Lois Original Recipe*

1/2 cup butter  
1/2 cup white rice, uncooked  
1 lg. garlic clove, chopped  
1 sm. onion, chopped  
1 Tbsp. pimento, chopped fine  
1 Tbsp. fresh cilantro, chopped  
2 Tbsp. green chilies, chopped fine  
1 tsp. black pepper  
2 tsp. salt  
1 cup tomato sauce  
3 1/4 cups chicken broth, very hot

1. In a heavy skillet with a tight-fitting lid,

melt butter. Add rice and brown over low heat until rice develops to a light tan or golden brown color.

2. Add remaining ingredients; bring to a boil. Cover with the lid; reduce heat to a simmer. Cook for 15 to 20 minutes. Remove from heat; let sit for 5 to 10 minutes. Fluff with fork before serving. Serves 8 to 10, generously.

### PECAN PIE

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3/4 cup sugar  
4 eggs  
1/4 tsp. salt  
2 Tbsp. butter, melted  
2 tsp. vanilla  
3/4 cup white Karo syrup  
3/4 cup dark Karo syrup  
1/2 cup pecans, whole or chopped  
1 piecrust, unbaked

1. Combine all ingredients, except piecrust; mix well.
2. Pour into piecrust; bake at 350 F for 40 to 55 minutes, depending on your oven.

### LEMON VELVET ICE CREAM

4 16-oz. cartons half-and-half  
3 1/2 12-oz. cans evaporated milk  
4 cups sugar  
2 cups lemon juice  
2 tsp. lemon extract

1. Combine all ingredients; pour into a gallon container; refrigerate overnight.
2. Freeze per your ice cream freezer's directions. Yields 5 quarts.

To view more of your neighbors' recipes, visit our Web site at [www.nowmagazines.com](http://www.nowmagazines.com).



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# Financial Moves for Non-retiring Baby Boomers

— Lynn H. Bates Jr.

If you're in one of the early waves of baby boomers, you may know some retirees who are now enjoying a wide variety of activities — possibly even including a new career. And you, too, may now have some choices about how to spend your time. Should you stay at your current job? Should you retire altogether and travel or pursue hobbies? Or should you “retire” and then start a new job, do some consulting or even open your own business? While you may have choices on how to draw an income, you'll also have some key issues to consider.

For starters, think about how your earnings might affect one source of retirement income: Social Security. As an early wave baby boomer, your “full retirement age,” from a Social Security standpoint, will be around 66. If you are younger than full retirement age during all of 2010, you will lose \$1 from your benefits for each \$2 you earn above \$14,160. But if you reach your full retirement age during 2010, you'll lose \$1 from your benefits for each \$3 you earn above \$37,680 until the month you reach that age. (Keep in mind that these figures are for 2010 only; for changes in 2011 and succeeding years, you'll want to check with the Social Security Administration.) Once you reach full retirement age, you can keep all your benefits, no matter how much you earn.

Deciding what to do about Social Security isn't the only move you need to make if you work during your “normal” retirement years. You'll also want to contribute as much as possible to your IRA, 401(k) or other employer-sponsored retirement plan. During these years, with your children grown

and your mortgage possibly paid, you may have more investable income available — so take advantage of the opportunity.

You'll also need to carefully review your portfolio to help ensure your investment mix is appropriate for your needs. To stay ahead of inflation, you'll still need to invest for growth, but since you're not that far from retirement, you'll also want to control risk and volatility as much as possible.

Furthermore, you're at the time of life when you may want to consider consolidating your investment and retirement accounts. If you have an IRA here, a 401(k) there and another account someplace else, you have a lot of paperwork to keep track of, both during the year and, especially, at tax time. But even more importantly, with all your accounts scattered, you might not be following one central, unifying investment approach — an approach that could help make it easier for you to pursue your long-term goals, including a comfortable retirement. By consolidating your accounts with one company, you can save time and possibly reduce administrative fees — while your accounts can work in harmony on your behalf.

This may be a good time to consult with a professional financial advisor — someone who can help you make those choices that can help provide you with the freedom to spend this next phase of your life doing as you please. After all, you've earned it. **NOW**

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



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## MOWING: Don't Let the Routine Obscure the Risk — By Clayton H. Culp, DPM, AACFAS

Lawn care season is here, and the American College of Foot and Ankle Surgeons cautions homeowners to protect their feet when using rotary-blade lawnmowers. The foot and ankle are the body parts most vulnerable to lawnmower-related injury, meaning traumatic lawnmower injuries often temporarily or permanently impact an individual's ability to walk and perform basic tasks.

Each year, nearly 210,000 Americans seek treatment from injuries caused by power mowers, according to reports issued by the U.S. Consumer Products Safety Commission. The blades whirl at 3,000 revolutions per minute and produce three times the kinetic energy of a .357 handgun. Yet, each year physicians continue to see patients who have been hurt while operating a lawnmower barefoot.

Children under the age of 14 and adults over the age of 44 are more likely to be injured from mowers than others. Anyone who operates a power mower should take a few simple precautions:

- Don't mow a wet lawn. Losing control from slipping on wet grass is the leading cause of foot injuries caused by power mowers.
- Wear heavy shoes or work boots when mowing — no light-weight sneakers or sandals.

- Don't allow small children to ride on the lap of an adult on a lawn tractor. Children can be severely injured by the blades when getting on or off the machine.
- Mow across slopes; never go up or down.
- Never pull a running mower backwards.
- Keep children away from the lawn when mowing.
- Don't drink alcohol until after you've mowed.
- Keep the clip bag attached when operating a power mower to prevent projectile injuries.
- Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.

If a mower accident occurs, immediate treatment is necessary to flush the wound thoroughly and apply antibiotics to prevent infection. Superficial wounds can be treated on an outpatient basis, but more serious injuries usually require surgical intervention to repair tendon damage, deep clean the wound and suture it. Tendons severed in lawnmower accidents generally can be surgically reattached unless toes have been amputated.

Foot and ankle surgeons know how to treat complex foot and ankle injuries, but would rather see people avoid lawnmower accidents in the first place. For additional information on foot and ankle health conditions, visit ACFAS' consumer Web site, [FootHealthFacts.org](http://FootHealthFacts.org).

*Clayton H. Culp, DPM, AACFAS, is a foot and ankle surgeon who practices in Burleson with Huguley Medical Associates.*

# Internal Medicine

## Meenu Sharma, M.D.

Meenu Sharma, M.D., has joined Huguley Medical Associates and practices internal medicine at Huguley. Prior to opening her Huguley practice, Dr. Sharma practiced internal medicine in Branson, Missouri.

As a board-certified internist, Dr. Sharma specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. Internists also help patients understand preventative medicine. Most adults in the United States see internists as their primary medical provider.

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# Happening **NOW**

## Second Monday

Metro Beekeepers monthly meeting: 6:30-8:30 p.m., United Cooperative Services Building, 2601 South I-35 W. We discuss items of interest to novice and expert beekeepers in Texas. Contact Terry Botkin at (214) 837-7256, or visit [www.metrobeekeepers.net](http://www.metrobeekeepers.net).

## Second Tuesday

After Hours networking mixer at a different business each month. On August 10, the fun will be at Raffa's Grill & Cantina, 5428 FM 1187 from 5:30-8:00 p.m. Contact Terri Trefger at (817) 372-1622.

## Every Friday

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

## Every Saturday

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

## August 2

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

## August 2-13

Re-establishing proof of residency for Burleson Independent School District, required of all students, whether new or returning. Students will not be allowed to attend classes until proof of residency has been completed. Sessions for completing proof of residency will be held at Kerr Middle School Cafeteria Monday, Wednesday, Friday, 7:-30 a.m.-4:00 p.m. or Tuesday, Thursday, 10:00 a.m.-6:30 p.m. Go to [www.burlesonisd.net](http://www.burlesonisd.net) to download requirements that each student must meet, or call (817) 245-1000.

## August 8

Benefit Concert for Ronnie Day, who once restored an *Andy Griffith Show* squad car and now is recuperating from quadruple bypass heart surgery. This Texas-roots music festival goes all day into the evening at Diamond S&D Ranch, on Highway 4 between Cleburne and Grandview; noon-

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## Happening **NOW** —

10:30 p.m. Call Matt Day at (817) 966-0211 for information.

### August 9

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

### August 10

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

### August 3

27th Annual National Night Out, a unique  
crime/drug prevention event sponsored  
by the National Association of Town  
Watch (NATW) and by Target stores. For  
more information about how to participate  
in your neighborhood, contact the  
Burleson Police Department's community  
resource officers — Mike Owen and Jack  
Goleman — at (817) 426-9910 or e-mail  
[cro@burlesontx.com](mailto:cro@burlesontx.com).

### August 16

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

### August 17

New Teacher Luncheon for BISD  
educators, hosted by the Burleson  
Chamber of Commerce, Burleson High  
School cafeteria. Call the Chamber to  
register: (817) 295-6121.

### August 24

First day of school for BISD.  
(817) 245-1000.

### September 10-11

Joshua City-Wide Garage Sale. There  
will be garage sales all over the city of  
Joshua. Starting at the north end of Main  
Street, head south and look for sales.  
Each house is responsible for picking  
up their own sign from City Hall. Please  
notify Joshua City Hall in advance if you  
intend to participate, so they will know  
how many signs to make. Call Carol  
Turpen at (817) 447-3438 or e-mail her at  
[gardengateclub@sbcglobal.net](mailto:gardengateclub@sbcglobal.net) for more  
information.

**For more community events,  
visit our online calendar at  
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