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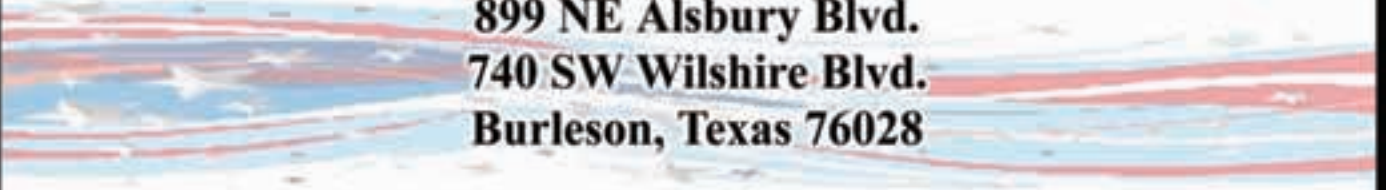
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General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Burleson Editor, Melissa Rawlins

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Lynn Bates . Julie B. Cosgrove

Betty Tryon . Carolyn Wills

Editors/Proofreaders, Teresa Maddison

Pat Anthony . Angel Morris

Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Brande Morgan

PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Jill Rasco

Photography . Opaque Visuals

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On The Cover



BISD superintendent,
Richard Crummel, is
proud of the community
he serves.

Photo by Jill Rasco Photography

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Editor's Note

Dear Readers,

This month we are adding some new friends to our mailing list. Welcome to all of our Crowley neighbors. Be sure to send me story leads about good people doing good things in the Burleson, Crowley and Joshua areas. And don't forget to read our magazine each month — you might see someone you know!

Speaking of people doing good things, tucked away on the southern side of Highway 174 is Rachel's Hope Resale, which recycles gently worn clothing. The funds generated are used to support a local charity called The Burleson Pregnancy Aid Center.

Everything the center does is about recycling, too. Led by Director Jane Burton, and run by volunteers from around the Burleson area, The Burleson Pregnancy Aid Center helps people become stronger, more loving and better able to care for new little lives. In fact, there is a baby boutique housed at the center — filled with items donated by people in our community — where clients can shop with “baby bucks” that mothers earn by attending various classes offered to them at the center. It is beautiful to see how the cycle of love keeps running here in Johnson County!

Melissa

Melissa Rawlins
BurlesonNOW Editor
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A Grand

*"At some point
in your life you
say, 'I'm ready
for a change.'"*



ADVENTURE

— By Melissa Rawlins

As Richard Crummel embarks on his 40th year in education, Burleson Independent School District's (BISD) superintendent of schools wears the dual hats of realist and adventurer, and balances them both with a black belt in taekwondo.

"When they line us up and do personality profiles of people in administration," Richard said, "one end is 'concrete sequential,' and I'll be down there at the other end labeled 'spontaneous creativity.'" That requires this visionary superintendent to get others to do the detail work. He relied heavily on two people who retired this summer: Pam Ehrlich, assistant superintendent for curriculum, and Peggy Barnes, human resources director. "It's hard for me to realize people younger than me are retiring," Richard remarked.

In 2010, when the BISD school board asked Richard to leave his position as BISD chief administrative officer and take the job of school superintendent, he committed to two to three years. After weathering his first, he is curious to see where the next goes. "At some point in life, it will be time to look at another horizon. Who's to say what that is? Maybe a lot of time with my three grandchildren, or a few more of those



hobbies ..." mused Richard, who sings in Soulful Sound, based in his church, First United Methodist. He also sings with the 150-man a cappella chorus, the Vocal Majority Chorus, out of Dallas. Plus, Richard is a member of the Burleson Rotary Club.

Those outlets will be a fulfilling

stress-reliever for Richard during the journey of the 2011-12 school year. The superintendent is proud of the many great opportunities offered for the Elks at Burleson High School and the Spartans at Centennial High School. "Kids can take certified nursing, pre-engineering, cosmetology and auto mechanics, all

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kinds of computer programs, media and television production, culinary arts, and fire academy [is] starting at Centennial,” Richard said. “This year Centennial hosts 11th grade for very first time, and the following year will have a senior class. Both high schools will be about the same size by 2012-13.”

Richard grew up in a 12-high-school town, Fort Worth, and that is where he began his career. His inspirations were his mother, herself a teacher, and his high school band director. His first degree, one of many, was a bachelor’s in music education from the University of North Texas. “Their Grammy-nominated jazz program is very competitive, and I had wanted to go there since in seventh grade,” Richard said. After fulfilling his dream, he taught music in three different FWISD schools starting in 1972. “I think I was always looking for an outstanding opportunity, and every place that I went, I was challenged. And then I was rewarded.”

After being invited to direct the Burleson High School band, Richard grew the band to 160 students over the course of seven years. “It was a great community, and one-high-school towns usually end up being the greatest bands, because all your resources go into that band,” Richard remembered. “When I came to Burleson, the band earned the right to participate at the State Marching Band contest, and in 1987, the band was invited to tour Ireland, where they performed in several parades, performances, contests and the big one: The Saint Patrick’s Day Parade in Dublin, Ireland. The kids did exceedingly well. They were proud of themselves, and the

Once in charge of the new two-high-school district, Richard focused on academic achievement. “That’s what schools are all about,” he said. “We have outstanding schools with very good ratings, so my mission was to continue that achievement at the same time that the state was raising the scores required year after year.” In this 2011-12 school year, Richard is guiding parents and students on a steep learning curve. “The state has changed the system for rating student achievement. We now have the STAAR test, a much more rigorous test than the TAKS. Depending upon the age of your child, you’ll have to finish on the

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current system while everyone from ninth grade down will convert to the STAAR system. At the high school level, we also have the introduction of the End of Course (EOC) exams, and that will be significant.”

Richard’s No. 2 issue was fiscal. “My mission was to survive the current financial crisis that’s going on statewide. We’ve already trimmed over \$4 million from our budget,” Richard said.

Finally, Richard planned to build community partnerships. “My ultimate goal would be that someday everybody in Burleson will be able to say, ‘I can go to college if I want to!’ I’m always looking for new ideas from the community. We have to put our heads together to propel us forward,” Richard said. “The Burleson Opportunity Fund is an example of community partnership. We’re still in discussion stages with people about other projects.”

This year, BISD is piloting a program at Norwood Elementary School and Hughes and Kerr Middle Schools, called Rachel’s Challenge, addressing character education, suicide prevention and diversity. “Bullying is a new term in the last 10 years,” Richard explained. “When I was young, they called it teasing, and it was sometimes mean-spirited. Now it’s become more hateful. We’ve got to teach kids that none of it is acceptable, and we’ve got to learn how to get along.”

On this grand adventure of learning and leading, the superintendent’s dedication to Burleson guides his course. “I truly love Burleson,” Richard said. “My goal is for our students to achieve, for the school district to continue their tradition of excellence and for the community of Burleson to be proud of those efforts.” **NOW**



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AT HOME WITH *Jerry and Becky Stringer*

Ordinary People, Extraordinary Lives

— By Julie B. Cosgrove

At first glance, Jerry and Becky Stringer seem to be ordinary Texans you'd meet in the grocery store or the feed store, greeting you with a smile — the kind of people who wave when they pass you on a county road. Well, they are. Perhaps that's one of the things that make them so special. Their home gives the same impression — nice, neat and well-landscaped on the outside, yet not large or pretentious.

The Stringer home sits on a parcel of land just outside Burleson, down a few county roads, blending in with the other houses. However, when you step inside, you see why this couple and their home are worth sharing with the community. Immediately, you feel the warm and welcoming atmosphere. As you walk through the rooms, the couple's personalities and lives begin to unfold into a story of mutual respect with differences that blend seamlessly to fit cozily together. "I admit," Becky said. "I'm structured. He's a free spirit."

"She always has to have a list. I like to shake it up for her a bit," Jerry added with a twinkle in his eye.

Jerry jokingly describes their decorating tastes as "early college





and Becky Stringer



dorm." It's hardly that. This modest man, who was a police officer for 29 years and is now a county commissioner, is also a master taxidermist and woodworker. Reared in Central Texas, he began his career in Killeen. "I moved up here to join a partner in taxidermy. That lasted about two weeks."

Little did Jerry know that one evening he'd meet Becky, the list maker. She laughed. "I had my list on what I wanted in a man. I told God He needed to pick him out for me, but like the good real estate agent I was, I knew I had to market myself to get the right one's attention." Jerry waltzed into her life.

"Her list said a successful man with a job. I had none. She wanted a clean shaven man. I had a beard and moustache," Jerry added.

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"God knew best," Becky blushed. "One thing I'll say about my life with Jerry, it's always interesting."

Becky was born in Fort Worth. In her early teens, her parents moved to Joshua. She and Jerry also lease 80 acres from her mother, on which they house several horses and a dozen head of cattle. "In our 50s, we often ask ourselves what are we doing taking on land that needs fences repaired and a lot of work," Becky said. "But I missed having horses, and it is worth it. We absolutely love it out there."

"It's stress relief," Jerry added. "I'm a whole different person when I come back from there." Around their home are pictures of the cattle and horses. One of their horses recently foaled, and the colt has imprinted on Jerry.

"It follows him around, and when he comes into the field, the little thing rushes to greet him," Becky said. The animals are like children to Jerry and Becky.

Jerry is, in many ways, a self-taught man. He never passes up a time to



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learn something new and useful. When neighbors talked him into running for county commissioner, Jerry, who had never been involved in politics, went online and ordered a paperback book on “how to run for office.” He shrugged, “I followed what it said to do, and it worked. I won.” Thus, he found a new way to serve his community.

The couple both custom-built and custom-decorated their home. Jerry did the tile work on the kitchen’s backsplash, including the Texas star above the stove. “He had never tiled in his life,” Becky said. “We couldn’t find the right colors in small tiles, so he bought floor sized ones and cut them down to smaller squares.”

“I told her I’d just give it a try,” Jerry remembered. “When I got to the stove I said, ‘How about a Texas star in the middle?’” The star looks three dimensional and is intricately laid. It’s the focal point of the whole kitchen.

Around the corner in the living room is another one of Jerry’s masterpieces. A two-door, 6-foot china cabinet in soft golden pecan tones holds all of Becky’s collectibles and memorabilia. It’s her pride and joy. Inside are glass bells, which her mother started collecting for her, and angels. “Many of these are from our travels to England and Germany,” Jerry stated. “We went to visit the foreign exchange students we’d taken in.” Jerry and Becky have three bedrooms, and with their daughter, Jaclyn, grown and gone, they began accepting foreign exchange students into their home — another peek at what makes this couple special.

The guest bedroom was totally designed by Jerry. He built the knotty pine headboard, end tables and lamp,

again with a Texas star motif. His mother's artwork adorns the walls. "He definitely has his mother's artistic talents," Becky said with pride.

The *pièce de résistance* is what they tongue-in-cheek call the "game room." Yes, it does have a pool table in it, but you hardly notice that. Around the room is evidence of Jerry's hunting skills, woodworking talent and unique taxidermy skills combined into an art form. "I hate just dead deer heads on the wall," he explained. Most of the preserved animals are set in a scene or a position that tells a story with a twist of the head, a pose or piece of its environment.

Jerry modestly admitted he's won awards for his craft. Encased in glass is a raccoon washing his food in a stream,



startled and looking at you in mid-task. On the fireplace hearth is a small African creature called a genet: upon closer examination, the genet is perched, not on a tree limb, but on the horns of a sable antelope. The base is hand sculptured to give the image of a skull in the sand. "I don't mind his animals," Becky said. "They just had to have a room of their own. I didn't want them staring at me all over the house."

The Stringers admitted that while fulfilling Jerry's lifelong dream to hunt in Africa, they only took one change of clothing. The rest of their suitcases were stuffed with garage sale items for the poor in the region where they were traveling. "I saw a woman pulling a donkey cart with her little children. All they had in the world was in that small cart. It touched my heart," Becky said. The animals are not the only trophies the Stringers returned home with in 2003. Fond memories of the people of Africa returned as well. Ordinary people, extraordinary lives. **NOW**

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Crowley's Champions

— By Carolyn Wills



In 1978, Jerry Bullard was voted Crowley High School's "friendliest and most outgoing" senior. He continues to treat strangers as "friends not yet met," and his energy toward all things positive is seemingly boundless. He has helped Crowley grow from a tiny town at the crossroads of Farm Roads 1187 and 731 to a small, vibrant city within easy access of neighboring Burleson, and he is a walking link to Crowley's history.



"My mother's family moved here in the 1940s," he said. "My grandfather owned a dairy and my father was a builder." He remembers when the location of his office in the Century 21 building was the local butcher shop, and he recalls being told of his mother attending high school in Fort Worth because there was no high school in Crowley. "My sister was in the first class to graduate from Crowley High School in 1968."

Shortly after his own graduation in 1978, Jerry's mother announced that she had enrolled him in real estate school. "I wasn't too happy about it," he laughed. "It took me awhile to come around. I got my license that same year and have been involved in the industry ever since. I was working at Payless Cashways in 1994 when I heard about a subdivision to be built in Crowley. I went home and told my wife that I needed to get back into real estate full time." That leap of faith was a decision well-made.

Jerry and his wife, Patrice, will celebrate their 20th wedding anniversary on December 12, 2012. "An anniversary



on 12/12/12," he said, "sounds like we planned it!" They have four children and six grandchildren. "We lost our daughter in an automobile accident in 2001," he shared, "so our granddaughter, Vadanya

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'Dany,' lives with us. I call her Crowley's 'little queen,'" he smiled. "She goes with me to chamber functions and is loved throughout our community."

Jerry decided to run for city council in 1994. "At the time, there was no place in Crowley to buy a pair of socks for the kids," he explained, "so I was motivated to help bring commerce to the area." His determination led to serving on the city council from 1994 to 2006. "When I was elected, Crowley had a population of about 4,300 and, when I retired, our population was over 10,000."

During his council tenure, Jerry became involved with another service organization. "I am a founder of the Crowley Lions Club," he said. "We were chartered on October 29, 2001, and I am a five-term president. The good thing about the Lions organization is that each club is its own entity," he explained. "We choose our projects and how funds are allocated. We help with the international efforts, but the bulk of our energies and funds go back into the community."

Currently, the Crowley Lions Club has 20 members. Annual dues are \$100 and meetings are held twice monthly at the Crowley Library. "Jason Chandler is our current president," Jerry shared, "and we're fortunate to have Crowley's librarian, Gwen Hopper, as our Lion Tamer." The Lion Tamer sees that items like gavels, banners and bells are provided at each meeting and that the appropriate




literature and favors are distributed. “Gwen keeps all the goodies, and it’s great to have her as our Lion Tamer. I’m the official Tail Twister, and that means I’m responsible for keeping the meetings energized.”

The group’s main event is their annual Casino Night which will be hosted on Saturday, September 24, at the Rafter Seven Ranch just west of Crowley. “This is our main fundraiser,” Jerry said.

“We help with the international efforts, but the bulk of our energies and funds go back into the community.”

“We held the first one at the Crowley Community Center eight years ago, and it worked out so well that we decided to keep going. By the third year, we had to find a bigger venue. In the last couple of years, the event has raised about \$10,000 each year and averaged close to 200 people. We hope to set new records this year. There’s free popcorn,” he added, “which makes the room smell good, and the local grocery stores generally donate hot dogs, chips and sodas, which

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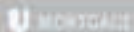
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we package for a dollar meal. It's been a heck of a draw. Sponsorships are especially important, and we take our hats off to each of our corporate, table or neighborhood sponsors."

The Crowley Lions Club strives to alleviate local needs. "We provide support to the House of Hope," Jerry said. "We have also responded to people in need of air conditioning. We're especially honored to have provided Crowley student and finalist in the freshman (third and fourth grade) Braille Challenge reading division, Ahbee Orton, and her mother, with the means to attend the 2011 Braille Reading Challenge Finals in Los Angeles."

Lions Clubs are well-known for their sight programs. "We have eyeglass collection boxes on every campus in the Crowley ISD," Jerry explained. "I just picked up 60 pairs of glasses from one



entity." In addition to collecting eyeglasses for refurbishing and distribution back into the community, the Crowley Lions Club arranges for free eye exams. "Every school nurse has our contact information in case a child needs our help."

The work by the Crowley Lions Club appears to be balanced by the friendships created. "We are a tight group," Jerry said. "These friends would probably bail me out of jail and never tell anyone I was there. That's how close we are."

Jerry is a husband and six-time grandfather, successful Realtor, past member of the Crowley City Council, member of the Grace Church in Burleson and Burleson's Community Life Church and an active member of the Crowley Lions Club. He is a companion to Annie, the Miniature Border Collie, and to Reese, the adopted Dachshund, and he is caretaker to his "grand dog," Corbie, the Jack Russell Terrier. Today, it could be said that Jerry is "the friendliest and most outgoing" citizen in all of northern Johnson County. **NOW**

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— By Julie B. Cosgrove

Joanne Hickox admitted it. For years she was a couch potato. “I couldn’t walk to the mailbox without getting out of breath,” she said. “What can I say? I’m from an Italian family that loves to eat. I figured it was normal because I looked like everyone else.” Standing 5 feet and weighing over 180 pounds, Joanne felt as if she “tilted the scales.” Now, she is a size 6 and has dropped over 40 pounds and 40-and-a-half inches through a rigid exercise program, proper nutrition and sheer determination.





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What was her motivation? “My daughter got engaged,” Joanne explained.” I suddenly realized I’d be the fat mother of the bride in all the pictures.” That’s not the way Joanne wanted to be remembered. “I needed to do something drastic to get off the couch and push me out the front door,” she remembered, “so, in December of 2008, I joined boot camp.”

Run by licensed fitness experts, Krys and Sam Davis, the camp meets very early in the morning at Burleson High School. “Krys is my savior,” Joanne said. “She’s guided me the whole way. She helps anyone, knowing they probably haven’t exercised in years. That’s no excuse. You’ve gotta just get up and start doing it.” Joanne has been going five days a week for three years. “I have it down to a science. I get up at 4:35 a.m., grab my protein snack and I’m out the door.”

Joanne said the benefits are more than just the loss of pounds and inches. “You just feel better. It gives you more energy during the day. I admit I was not a morning person. You know, give me coffee and don’t look or say anything to me until 10:00 a.m.,” she laughed. “Now, I love getting up. What’s more, I like myself.” For Joanne, that was the biggest battle. Her first marriage was one of emotional abuse. Food was her refuge. She held up two fingers millimeters apart. “He made me feel this small. No, I let him make me feel that small. He just broke me down.”

When Joanne started this early morning boot camp, she felt inept. “All



of those 20- and 30-year-olds and here I was in my 50s," she laughed. "I told myself I'd give it one month. That was my commitment."

The program is more than just exercise. "Nutrition is so important. You have to have fuel in the tank to keep your body going and keep your metabolism up," Joanne explained. "Skipping meals doesn't work. It just shuts your body down." Joanne learned that by consuming five to six small meals during the day, it not only kept her from getting hungry, it helped her shed the pounds. "The key is eating the right things," Joanne continued. "Fresh foods and organics are best, if you can afford them. Basically, if you can't pronounce one of the first five words in the list of ingredients, put it back."

Eating better with less preservatives, sugars and starches began to pay off. Joanne began to have more energy and soon, she could make it through each boot camp session. "It never clicked with me before. I never put two and two together." She admitted at first it was really tough. "Oh yeah, I was sore. Everything ached from the neck down. But I stuck with it. That was three years ago. Just last year, I ran in a 5K marathon — me, the woman who never ran a day in her life!" Later, she made it through the Mud Run, a seven-mile military obstacle course. She opened her arms wide as she added, "It pays to do it. You just have to convince yourself."

Joanne took close to a year to get down to a size 6, however, she has

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maintained that size and weight for the last two years. Lately, she has been unable to work out like normal due to a muscle injury. "And I can tell. I'm still eating right, but I miss the workouts. Can you believe that?" She laughed. "I keep whining to the physical therapist, 'When can I get back?'" Early morning exercise before work has become such a routine for Joanne that regret sets in when she has to miss it.

The program she's grown accustomed to takes a six-week break over the Thanksgiving and Christmas holidays. "That's the worst temptation time," she admitted, "all those parties and all that food. Several girls and I decided we'd keep at it, so we kept meeting at the track at 5:30 in the morning to at least run laps." Exercise is a great stress reliever for Joanne. Even now, if she gets stressed at work, she takes it out on her hand weights or takes a brisk walk. She grinned and nodded, "Oftentimes, early morning exercise is the time to get what you hate out of your system."

When asked what advice she'd give anyone who is overweight and sedentary as she once was, Joanne replied, "You have to start. That is the biggest thing. Just make up your mind and take little steps. Make short reachable goals like a pound or two, otherwise it becomes too overwhelming. A person has to enter a weight-loss program for the right reasons. It's more than weight loss. It's your health. You can't buy health. No one else can do it for you. You have to do it for you." She pointed to herself. "That hour in the morning, it's my time."

The one thing Joanne said many people find useful before beginning a weight-loss exercise program is a thorough physical exam and a consultation with a nutritionist. "Many people find out they aren't losing because their bodies are actually allergic to certain foods." But most of all, she stressed patience. "Go slow. Don't get intimidated. Set small goals and keep the reason why you're doing this in your mind. Oh, and eat right!" Joanne stressed that putting the right fuel in your body is key to becoming healthier. "But don't look at it as depriving yourself. Pick one 'cheat day' a week and have something like a cookie or ice cream. When you reach a major goal, treat yourself. Do it for you alone. It really makes all the difference." **NOW**



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From left:

Bruce and Birgit Anderson are winemakers with a gift of hospitality. Oak barrels store aging wine at Sunset Winery. Redhead wine is made from grapes grown on their fertile Burleson soil.

HARVEST TIME

At Sunset Winery, making Texas wine is as much fun as buying it. — By Melissa Rawlins

Sunset Winery's Black Spanish grapes ripen this month, and Bruce and Birgit Anderson plan to beat the birds to the harvest. "Your first clue you're getting close to harvest is the change in skin color, from white to red. That's when we start monitoring sugar levels," said Bruce, the senior winemaker because he is two years older than his wife, Birgit. "If we're lucky, and the forecast is good, then on a Tuesday I can say that we'll harvest on Saturday. If rain is due, I'll say, 'Let's harvest Friday so we don't risk serious issues with our grapes.'" Spontaneous folks looking for a grape-stomping good time are welcome to come and stain their feet purple while pretending to be Lucy Arnaz of *I Love Lucy* on harvest day.

Wines the Andersons make from this summer's vintage

will be available by Christmas. "One of our newer releases is called Redhead — made from Black Spanish and some other grapes thrown in for variety," Bruce said. "She has slimmed down for the summer and is just a bit less full-bodied than the last vintage."

Wines the Andersons made from other Texas-grown grape varieties have won multiple awards. In 2008, their 2004 Cabernet won a gold medal at the Lonestar Competition. That same wine earned a silver medal and the Best of Texas Class award at the Houston Stock Show International Wine Competition in 2010, while their Orange Muscat was awarded gold. In that same competition in 2009, their 2004 Merlot received a gold medal and Best of Texas Class award. "Our 2005 Malbec took a gold

at 2009 Grapevines' People's Choice competition, which is nothing to sneeze at," Bruce said, "though I'm almost more proud of the fact that it took a bronze at the Women in Wine Competition in Santa Rosa, California, where our Proprietor's Reserve took a silver."

The Andersons manufacture and sell the world's only 100-percent Acai wine, made for Acai Wine, L.L.C., from imported acai berries. While you swish and swirl your Acai wine in the tasting room, Birgit or Bruce or their trusted taste-tender, Dagmar, explains that the acai berry has a reputation as being a super-berry, a super antioxidant. After your wine tasting, you might want a tour of the winery, which Birgit and Bruce created inside the walls of the same home where they reared their family. "I have people again and again telling me, 'This is the best tour we've ever had.' To see how we make and bottle our wine, to get the details, makes people ecstatic," Birgit said.

Fun is simple at Sunset Winery. "Winedown," held on the third Friday of every month, is basically a "TGIF" potluck party. People bring a dish to share, buy their wine and enjoy the backyard atmosphere. Locals enjoy sitting on their sunset deck with a glass of wine and relaxing with friends, surrounded by the banister built from the Andersons' leftover oak barrel wine staves and the butterfly garden planted by Birgit.

Sunset Winery is happy to host your own happy hour at your convenience, and they also open their deck for major monthly events like Mother's Day, Father's Day and Valentine's Day. Their Fourth of July cookout and fireworks watch brought folks from as far as Weatherford to sit near the rose bushes in the front yard for a nice view of Burleson's fireworks extravaganza. And this month's Harvest Party promises a messy good time. Check their Web site to confirm the date and directions to Sunset Winery. You will find that buying award-winning wines at the Andersons' place offers a one-of-a-kind tour and tasting experience hosted by warm and happy two-of-a-kind winemakers. **NOW**

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Mountain Valley Child Development Center classmates pose during a break from afternoon recess.



The hardworking board of the newly formed Power of Heels civic organization, the women's division of the Burleson Chamber.



Burleson Chamber Ambassadors attend a grand opening and ribbon cutting for Steel Station.



Brothers Drew and Grant Milner explore a dry riverbed for lost treasures.



Neil Jones and Dale Dexheimer exemplify teamwork while hanging a new sign at the Burleson Visitor's Center.



Barry Phillips hosts a dinner for the Miss Texas Judges.

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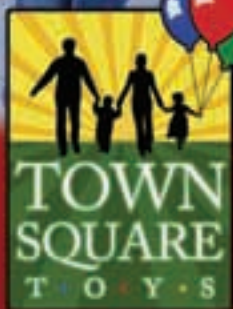
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A Pox on You

— By Betty Tryon, BSN

If you were invited to a party that promised your child would be in absolute misery in a couple of weeks, would you go? For some moms, the answer is an enthusiastic yes! The new trend for parties involves gathering healthy children to congregate together with a child inflicted with chickenpox. It sounds strange, but mothers have been pairing their healthy children with one who has chickenpox for years. Only recently has it developed into a party gathering. Is this a good idea?

The popular train of thought is if the child gets the illness early in life, it is better than getting it as an adult. There is merit to that line of thinking, because it can be more severe in adulthood. Another thought is to plan for the child to get the illness during a time when it will not interfere with school. And, some moms just want to get it out of the way, while others do not trust vaccines because of possible unknown risks.

Chickenpox, of course, has its own set of risks and complications. Teens, adults, newborns and those with compromised immune systems can develop serious complications. Even healthy individuals can develop a secondary infection of the lesions. With the invasion of chickenpox, even after the illness has run its course, the virus remains in the body in a latent or inactive form. This can cause

shingles. However, the possibility of developing this is less with the vaccine. Another complication is varicella pneumonia. People can, and do, die from chickenpox.

Chickenpox appear as red, blistering spots all over the body that itch like crazy. These spots can appear inside the mouth, nose and genitalia, as well as the trunk, limbs and face. When the blisters break open, the spot becomes an open sore and crusts over. Cases can be mild or severe enough to cover every square inch of the body. Treatment is aimed at making the person as comfortable as possible. Fever is common. Cool baths or compresses along with medication can help. Aspirin is never to be used with an individual under the age of 19 because of the risk of Reye's Syndrome. Your physician can provide guidance in this matter. Calamine lotion and oatmeal baths may prove useful for the relentless itching. Your doctor may recommend an antiviral medication soon after exposure. Of course, you can avoid all of this with a vaccine. So, are pox parties a good idea? Weigh the risks and potential complications and make the best decision for your child. **NOW**

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



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Know Your Investment Risks — and How to Respond

When you invest, you take some risks. While you can't totally avoid these risks, you can take steps to help reduce their impact and increase your comfort level. And the more comfortable you are with your investments, the easier it will be to follow a long-term strategy that can help you meet your goals.

Let's look at the most common types of risk related to investing, along with some suggestions on helping to reduce these risks:

Losing principal — This type of risk is most closely associated with investing. For example, when you purchase a stock, you know that its value could go up or down. If it drops below your purchase price, and you then sell your shares, you will lose some of your principal.

Your response — You can't eliminate the risk of losing principal,

but by owning a mix of stocks, bonds, government securities and other types of investments, you can help reduce the impact of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.

Losing value when interest rates change — This type of risk primarily affects fixed-income investments, such as bonds. If you purchase a bond that pays, say, a four-percent interest rate, and the market rate goes up to five percent, then the value of your bond will drop because no one will be willing to pay you the full price for it when newer, higher-yielding bonds are available.

Your response — You can combat, or even ignore, interest rate risk by holding your bonds until they mature. By doing so, you'll get your full principal

back, provided the issuer doesn't default, and you'll continue to receive regular interest payments unless the bonds are "called," or repurchased by the issuer. (You can help protect against this by purchasing bonds that have some degree of "call protection" and by owning bonds with different maturities.)

Losing purchasing power — This risk largely applies to fixed-rate investments, such as certificates of deposit (CDs). To illustrate: If you purchase a CD that pays two percent, and the inflation rate is three percent, you are actually losing purchasing power.


Your response — Despite their vulnerability to inflation, CDs can offer you some valuable benefits, such as preservation of principal. Yet if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. In fact, you can find stocks that have increased their dividends for many consecutive years. (Be aware, though, that companies can reduce or eliminate dividends at any time. Also, an investment in stocks fluctuates, and you could lose your principal.)

Apart from these individual techniques to reduce investment-related risk, you should also *save early* and *save often* — because the more money you accumulate, the greater your ability to follow a long-term strategy that reflects your personal risk tolerance. That's why it's a good idea to contribute as much as possible over the years to your IRA and 401(k) or other employer-sponsored retirement plan.

By understanding the different types of investment risks, and by acting to help lessen them, you can reduce much of the stress sometimes associated with investing — while you increase your prospects for achieving your objectives. **NOW**

This article was provided by your local Edward Jones Financial Advisor, Lynn Bates.

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Farmers Market: 8:00 a.m.-1:00 p.m., near City Market at the corner of Renfro and Clark streets, Old Town Burleson. Each Saturday, vendors offer local produce, woodworking, locally produced honey, organic dog treats, handmade aprons, throws and pillows, handmade jewelry, etc. The market will continue until the fall (weather permitting). Contact Kurt Jaeger at City Market at (817) 295-1051.

August 9

Business After Hours Networking: 5:30-7:30 p.m., Honda of Burleson, 632 N. Burleson Blvd. Food, drink and networking. Free for Burleson Chamber of Commerce members and only \$10 for nonmembers. Call Terri Trefger at (817) 372-1622.

August 12

Open Mike Night: 7:00-10:00 p.m., Lone Oak Winery, 2116 FM 731. Musicians of all genres invited to perform under the trees. Contact (817) 426-6625.

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10:00 p.m.; **Saturday**, noon-7:00 p.m.; **Sunday**, 11:00 a.m.-5:00 p.m., Oak Grove Baptist Church, 12351 Oak Grove Rd. S. Come join us as we exercise our thanksgiving by celebrating our centennial. Three days of fun, food and fellowship. Call (817) 293-1597 or e-mail oakgroveburleson@aol.com.

August 16

Healthy Heroes: 11:30 a.m.-1:00 p.m., Centennial High School. New employee luncheon for educators hosted by Burleson Area Chamber of Commerce and Burleson Independent School District. Title Sponsor, Texas Health Burleson, wants local area businesses and community servants to come out and show our new ISD staff that we have tools and services to help them thrive in their personal and professional arenas. Contact BACC at (817) 295-6121.

August 19

The Power of Heels: 11:30 a.m.-1:00 p.m., Women's Job Corp, located on the campus of First Baptist in Old Town Burleson. Ticket price is \$15 for Chamber Members and \$20 for Non-Chamber Members. Half of the

ticket sales will be donated to the Women's Job Corp. Tour the facility and discover how your powerful business sense might be just what another woman needs to find her place in the world. Please RSVP with payment to secure your seat at this incredible networking opportunity. For more information call Mary Slaney at (817) 295-6121.

Hearts on Fire: 6:30-10:00 p.m., First Church of the Nazarene, 2001 East Main Street, Crowley. All-Ages Christian Music Concert and Benefit for Jamie McLester. NewLyfe Paperboy (hip-hop) and Supernova Remnant (rock) close out the show, which starts with spoken word and praise. Tickets: \$10 at www.ticketstorm.com. Visit www.897powerfm.com or www.fwf.org, call (817) 297-7003 or contact Jamie McLester at jamesmichael9@gmail.com for more information.

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In The Kitchen With Teresa Miller and Tammy Trebing

— *By Melissa Rawlins*

Best buddies Teresa Miller and Tammy Trebing, began cooking for folks outside their families about nine years ago, helping out with events at their church. Now they have expanded to their own catering business. “My three children have always told me how good my cooking is, but they love the gourmet grilled cheese, frozen pizza and tacos — never the meals I spent all day cooking,” Tammy said. Tammy and Teresa are both from Texas, grew up in the same neighborhood and even went to the same elementary school. Their husbands went to high school together and introduced Tammy and Teresa to each other at church. They have learned to cherish their friendship while they cook together. Tammy comes up with the recipes, and Teresa makes them look unique. **NOW**

Almond Tea

6 cups water
3/4 cup sugar
3/4 cup limeade concentrate, thawed
4 1/2 tsp. unsweetened instant tea
1/2 tsp. almond extract
1/2 tsp. vanilla extract
Fresh orange, lemon and lime slices

1. In a 2-quart pitcher, combine water, sugar, limeade concentrate, instant tea and extracts.
2. Add fruit and serve over ice.

Grilled Shrimp With Apricot Sauce

1/2 cup apricot preserves
2 Tbsp. apricot nectar
1/4 tsp. ground chipotle powder
12 uncooked large shrimp, peeled and deveined
6 slices Canadian bacon, halved

1. In a small bowl, combine preserves, apricot nectar and chipotle powder. Chill until

time to serve.

2. Thread shrimp and bacon onto four metal or soaked wooden skewers.
3. Grill, covered, over medium heat for 6-8 minutes or until shrimp turn pink, turning once. Serve with sauce.

Glazed Sandwiches

24 Hawaiian rolls
24 slices mozzarella cheese
24 slices Colby cheese
24 slices hickory smoked ham (thinly sliced)

Sauce:

4 Tbsp. sugar
2 Tbsp. mustard
1 stick butter
2 Tbsp. minced onion
2 tsp. poppy seeds

1. Slice rolls, layer with cheeses and ham.
2. In a small saucepan, heat sauce ingredients to a boil. Use a brush to spread sauce over tops of rolls.
3. Bake at 350 F for 10-15 minutes.

Corn Salad

2 cans whole kernel corn, drained
1 medium onion, chopped
1 bell pepper, chopped
1 8-oz. pkg. grated cheddar cheese
1 cup Miracle Whip
1 10-oz. pkg. chili cheese Fritos

1. In a medium bowl, mix together corn, onion, bell pepper and cheese.
2. Add Miracle Whip and mix well. Refrigerate.
3. Just before serving, gently mix in the Fritos.

Texas Salad

1 cup Texas red grapefruit sections
1 cup fresh orange sections
2 5-oz. pkgs. baby spinach
1/4 cup red bell pepper, julienned
2 3-oz. grilled chicken breasts, sliced
1/3 cup pomegranate hibiscus salad dressing

1. Combine the first five ingredients.
2. Add dressing, mixing lightly, and serve immediately.

Fruit Salad

1 gala apple, chopped
2 bananas, sliced
1 large avocado
2 4-oz. cans mandarin oranges
1/4 cup pecans
1/4 cup raisins

Dressing:

1 tsp. lemon juice
1 1/2 tsp. poppy seeds
1/4 tsp. dijon mustard
1/4 tsp. salt
1/3 cup honey
1/4 cup orange juice
1/4 cup canola oil

1. In a large bowl, toss fruit and nuts well; transfer to a serving bowl.
2. In a jar or shaker, combine dressing ingredients and shake well. Pour over fruit. Chill well before serving.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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