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ON THE COVER



The trio behind One Safe Place is providing families a site for finding hope and healing.

Photo by SRC Photography.

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Editor's Note

Hello, Friends!

I love getting emails from people in our community. Founding father Les Todd sends thoughtful jokes that prompt pondering. Brother Hank Hoaldrige sends heartfelt encouragements that pump up my commitments. Local author Glenn Norton sends brain twisters, and from him I learned we're experiencing a phenomenon this month. We will enjoy five Sundays, five Fridays and five Saturdays. See if you can figure out how often this

happens. That'll be one way to stay busy indoors, where the air conditioning keeps you cool.

Me? I'll be out and about, meeting and greeting more of you, seeking great stories about people who make this community a pleasant, friendly place. Starting my mornings with coffee outdoors, the heat will soon drive me indoors to write. There, I'll chill, contemplating your history, your present and your future, to present to you the joys of living in Burleson, Crowley and Joshua.

Happy August!

Melissa

Melissa Rawlins
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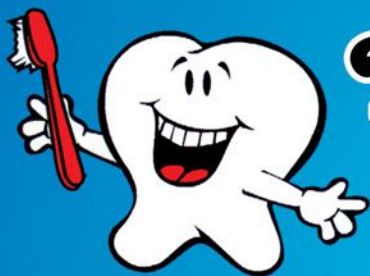
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Order from Chaos

— By Melissa Rawlins

Two of Burleson's gentlemen, alongside caring women and men from Johnson and Tarrant County, are providing serenity, solace and solutions for people tossed about on the winds of life. Survivors of domestic violence from Burleson, Joshua and Crowley are welcome to One Safe Place on Hemphill in Fort Worth, where Burleson Mayor Ken Shetter works his day job as executive director of Safe City Commission. Their chairman of the board, Joel Glenn, is a retired

secret service agent and currently heads security for Bass Companies. One Safe Place is the pinnacle of Joel's career, and his beautiful, calm backyard was the site of many planning sessions.

"When I first came here in the early '90s, I ran cattle on the ranch butting up to Mountain Valley. Civilization caught up with us," Joel said, "but we now have 100 acres in relatively pristine condition, including two sizable lakes plus small ponds."





Overlooking the water, surrounded by well-tended trees and palpable peace, Joel and Ken considered their plans carefully.

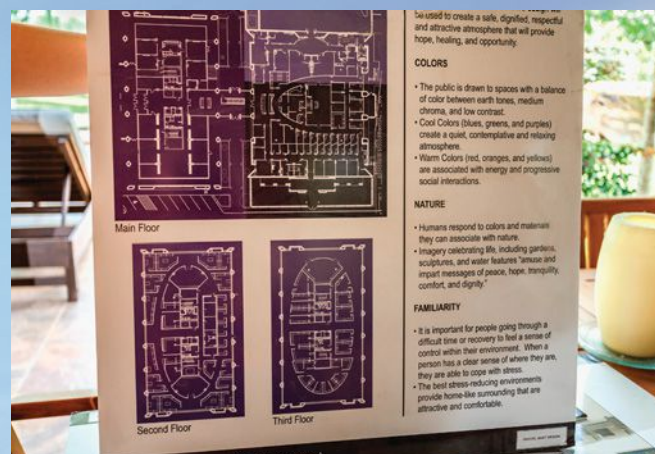
When the visionaries visited other family justice centers, they found lobbies with teller-like windows made of bullet-proof glass. Joel insisted on finding another way to approach security while achieving an open, welcoming environment. They designed a museum-like reception area featuring a green wall, made of living plants. This stress-reducing atmosphere masks the fortress-like technologies protecting those seeking help.

Michelle Morgan, also a resident of Burleson, directs the center with a mission to help anyone of any age, gender and ethnicity who is being harmed physically, emotionally, sexually or psychologically. "One Safe Place is a community established to provide victims of domestic violence a place of hope and healing along with the opportunity to take charge of their own mental and physical well-being," Michelle remarked.

Coordinating a collection of services, she and her staff partner with an array of other agencies in working to change the future.

"This is the single most important crime prevention initiative, because it involves cultural change and reaches down to our children," Joel said. In One Safe Place, north central Texas law enforcement and social services have collaborated to attack the problem of crime by focusing on strengthening families. In the peaceful environment Joel, Ken and Michelle are helping to create, women grow to see themselves as strong forces, worthy of being respected by men and able to protect themselves from those unwilling to acknowledge their value.

Three years in the making, their integrated service center communicates respect to people from Tarrant County and surrounding areas. Eschewing perceptions of institutionalization or bureaucracy, One Safe Place offers professional, safe, secure and comfortable care. Colors like purple, green and





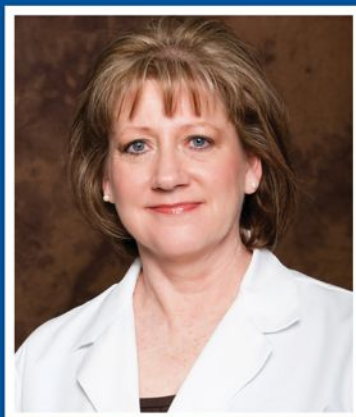
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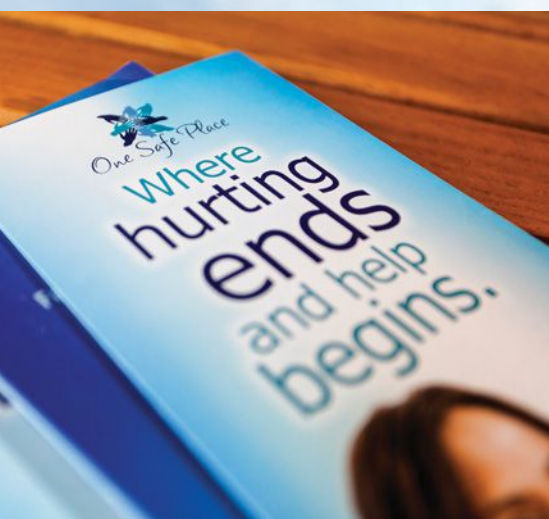


brown accentuate home-like surroundings that strengthen people mentally. Overall, the center's design encourages empowerment through the experience of peace.

"That building is going to be a very special architectural beacon," said Joel, who designed downtown Fort Worth's City Center Security. "We want One Safe Place to be approachable — for the victim, and also for the people who are going to be working for the victims. That way, they will come."


Professionals skilled in communicating with victims served 50 to 100 people every month in temporary trailers while construction was underway. Joel saw a grandfather march across the parking lot, followed by a 17-year-old girl dragging along a little 2-year-old. "She'd been hit, and grandfather was taking her in," said Joel, who started his career in the protection business during fifth grade

"This is the single most important crime prevention initiative, because it involves cultural change and reaches down to our children."



at Vickery Elementary School, where he was a lieutenant on the boys' patrol. He remembers feeling elated as he watched the man encourage his granddaughter to do the right thing. "I thought, *He has the guts to do it. He's making her do it. Now, whatever happens inside is going to affect these lives for future generations.*"

"Domestic violence is an oppressive force that affects families for generations," added Ken, who grew up in a large, loving family in which men and women respected each other. But he's familiar with research proving violent homes produce unhappiness, resulting in socially degrading effects ranging from poor health to criminal behavior. Since domestic violence is a problem that perpetuates itself, Ken's goal is that One Safe Place impact current violent crime rates by stopping the cycle of




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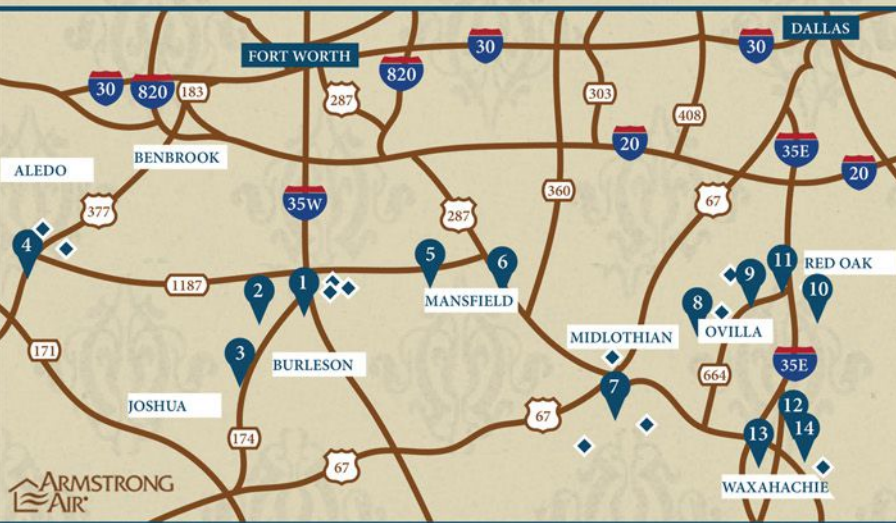
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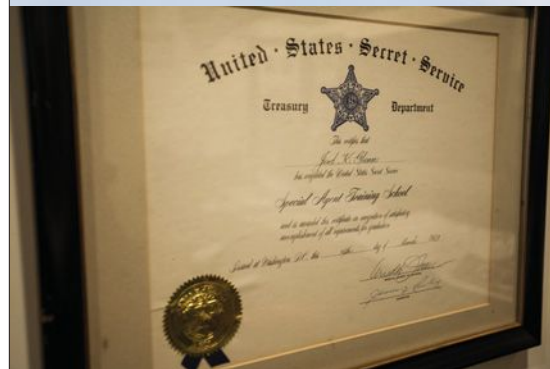
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violence. In his heart of hearts, Ken hopes all children enjoy the respectful encouragement that he and his brother and cousins did.

Many Johnson County agencies are willing to send a client to One Safe Place, which is just a quick 15- to 20-minute ride away. The center offers services as varied as counseling, case management, child care, food and clothing, spiritual support, job skills training, law enforcement, legal assistance, prosecution services and parenting and relationship education — so those looking for assistance need not travel to another



Mementos from Joel Glenn's career in the United States Secret Service.



location. "When a victim seeks help, we have got to get it right, because that could be their one chance to leave," Ken said. The Fort Worth Police Department performs the law enforcement intake interview on behalf of any citizen. If a person from Burleson comes into One Safe Place, they are not required to engage law enforcement. "But if they choose to, we contact the Burleson Police Department and let them know there is a citizen of Burleson at One Safe Place who would like to make a police report."

When people are on-site, they have time to think. One Safe Place has been designed a bit like a shopping mall, with

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Creating order out of chaos was one of Joel's goals. "As part of the human family, my responsibility is to exercise passion daily, to be able to love, to be



kind, to seek beauty, to seek order. These all lead to happiness, and that's all human beings really want — to be happy," he said. "The art of living is to be a happy person, and there is not happiness in violence."

Every morning, Joel throws aside anything in his mind that is not orderly or beautiful. "I'm going to be passionate about everything in my life today," he declares, "and not one of these things will be difficult!" At the end of his days, Joel is smiling and happy. "In a violent world, sometimes you wonder if your passion will be enough. I look around," Joel said, "and realize most people are seeking the same things I'm seeking, just in a different way."

Without Joel's team of great people, the job of building a family justice center could not have succeeded. "Despite obstacles along the way, we've maintained our vision," said Ken, remembering a frustrating day when Joel lifted his spirits with words of wisdom. "He told me, 'You know, this is the most important thing you and I are going to do in our lives.' He believes what he said. And I do, too." **NOW**

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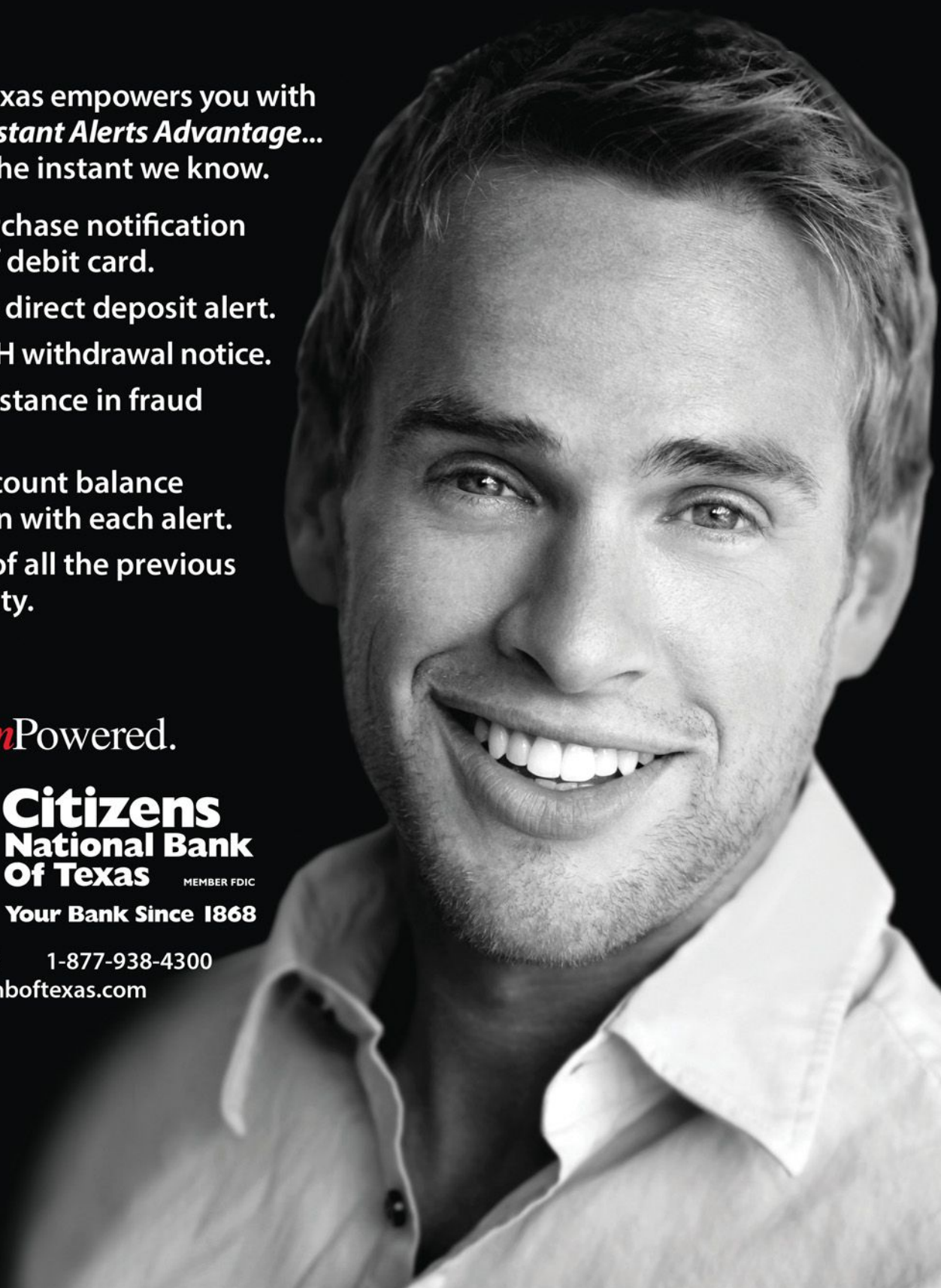
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Histo Stu

— By Carolyn Wills



On October 1, 1925, Burleson residents Olive Jewel and Rufus Haynes welcomed their first child. Mary Ruth Haynes was born at home, in the house where her father, Rufus, had grown up. She arrived with a great capacity for caring about and chronicling people, places and events. Her story weaves through time from

nic le



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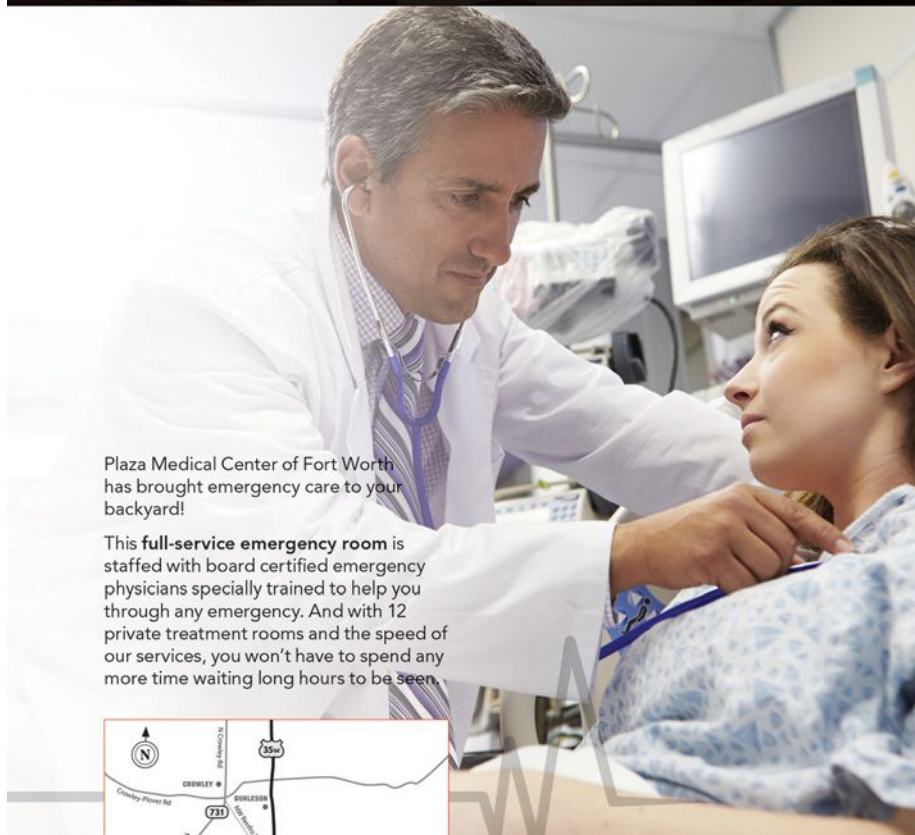
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share her memories and carefully tended documents and photos is truly a gift.

Today, Mary Ruth lives in the charming house she once shared with her first husband, Carlton Gordon. The cozy interior is filled with notebooks and albums of family, community, church and military histories. A painting by her friend, lifelong Burleson resident Doris Jo Haas, depicting the Haynes' family home hangs prominently in the entryway.

Mary Ruth's children grew up in Burleson. She remembers when the population was less than 500, before Highway 174 existed as a major thoroughway. Her mother's family came to Texas in the early 1850s, settling near what is now Chisenhall Fields. Her great-great-grandparents, Johnathon and Mary Mills, traded with local Indians, exchanging buttermilk for beaded moccasins and trinket boxes. In 1854, her great-great-great-uncle, Thomas Jefferson Mills, became one of 100 citizens to petition for the formation of Johnson County. Her maternal great-grandfather, Richard Burns, ran a blacksmith shop. At one time, her grandfather, Elisha Bert Burns, owned the Burleson Waterworks.

Rufus White Haynes moved to Johnson County in 1904, when he was 2 years old. His parents built a home in the area known as Edgehill, and in time, he and Jewel fell in love, married and had three children. Mary Ruth was joined by her brother, Edward, and when she was 18 years old, by her sister, Gayle Elaine. "Life was very different then," she smiled. "Our house was always open. We knew everyone in town and had such close friends." They called the next-door

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neighbors Uncle Jess and Aunt Effie, although they weren't really related. There was also Mrs. Taylor, whom everyone called Miss Sam. "If someone was sick or in trouble, Miss Sam was there," Mary Ruth explained. "My mother was canning one day when the boiler exploded. Corn went everywhere, and mother hollered, 'Go get Miss Sam!'"

Listening to Mary Ruth describe how she and her friends would eat watermelon and make ice cream in the summer and candy and popcorn in the winter and how they would gather at the swimming hole or meet at the train tracks just to watch trains rumble by, it's easy to appreciate the pace of another time. "The girls would have slumber parties and eat big jars of dill pickles and peanut butter," she said.

After graduating from Burleson High School in 1943, Mary Ruth wanted to go to college, but times were hard. "I decided to seek my fortune in Ft. Worth," she grinned. She was soon cashiering at Striplings Department Store, commuting from Burleson to Ft. Worth to earn \$13 for a six-day work week. Before long, though, she was hired for a "real good job" on the third floor of the Texas and Pacific Building, where she worked for a gas company and went to night school at Texas Christian University.

In 1944, she met Horace Carlton Gordon Jr., a young Marine who was home on furlough. "I married Carlton on October 6, 1946, in the First United Methodist Church in Burleson," she said. They had a wonderful marriage and four children. Carlton, though, had contracted malaria during the war while a member of the first division of the U.S. Marine Corps in the Guadalcanal. He fought on the island Peleliu, and after the war



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he struggled with heart disease. "When Carlton became ill, I prayed for him to live and help raise our children," she said. "He went to be with the Lord 45 years and seven months later in 1992." Today, their son, Richard Cyles, lives in Weatherford; son, Gary Rodney, lives in New York City; and son, Horace Carlton III, resides in Crowley. Their daughter, Mary Elaine, lives in Southlake.

Mary Ruth remained a widow for nine years, taking a job that required regular commutes by airplane from Burleson to New York. "My son, Rodney, put me to work sewing hats for theatrical productions," she said. While her millinery work proved excellent, a new door slowly opened.

On May 6, 2001, she married John William (JW) Arnold. "My first husband, Carlton, and I had been good friends with JW and his wife," she explained. After JW lost his wife, he and Mary Ruth began spending time together. JW, a decorated war hero, was awarded a Purple Heart for being wounded while serving in Germany during World War II. "Any time someone wanted something done, they would ask JW," Mary Ruth smiled. "He helped to organize the Military Order of the Purple Heart in Burleson," she said. "I joined the Purple Heart Auxiliary." Ten years and four months after they married, JW passed away on September 18, 2011.

Clearly, Mary Ruth is a creative, productive woman with the strength to travel new paths and trust in her faith. She is a long-standing member of the Burleson Eumathian Club, a ladies club formed over 113 years ago with a mission to contribute to the community. In addition to helping form the Burleson

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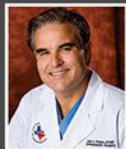
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Library, the club has been involved in many notable projects. "The club meets every month," Mary Ruth said. "I'm inactive now, but it's been a source of wonderful friendships."

Mary Ruth's maternal ancestors moved to Johnson County in the early 1850s. Although the town site was surveyed and recorded in 1881, it was 1912 when Burleson officially incorporated. In 2012, members of Burleson's Heritage Foundation organized a period-dress centennial celebration at the historic Baker House, and Mary Ruth applied her skills. "I wore a dress and hat I had made," she smiled.

A lifelong passion for chronicling Burleson's past and present, plus remarkable abilities to organize and share, have made Mary Ruth Haynes Gordon Arnold a treasured resource. Author James Haley sought her help when writing the commemorative history book of Burleson, and she has also shared some of her collections online at www.burlesonhistory.com.

Abiding faith, charm and humor have earned Mary Ruth the admiration of many. "I want to get everything organized and see that it's kept," she said. Comforted by the memories of two wonderful husbands, Mary Ruth delights in her four children, eight grandchildren and 13 great-grandchildren. "My life has been blessed," she smiled. **NOW**

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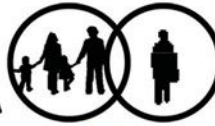
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Loving country life, they wanted to live as far from town as possible. Surprised by the quick sale, they searched and finally found a cozy house. Four years later, Tammy's dad was diagnosed with brain cancer. The family sold their home and moved to Illinois to help care for him. After a year, he was better. "I want my same street back," Tammy said as they prepared to move back to Texas.

ing Life

— By Lisa Bell



Thirteen years ago, they returned to Crowley and discovered a for sale sign at the house directly across the street from their previous home. It came with three-and-a-half acres, and she got her wish to move back to the same neighborhood.



Through the years, the couple maintained the house and yard, making improvements gradually so they could fund them all with cash. Being resourceful, Tammy and Nick took on some of the work themselves. In the living room, she attacked the walls, which now contain 600-800 pounds of putty for a raised, swirling effect. Seven layers

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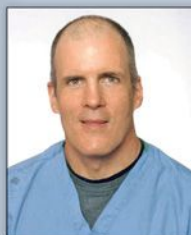


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of various materials complete the unique look. The paint store salesman said she would need to be a man to do what she had in mind, warning she'd blow out a shoulder. "Really?" she said. Determined, she went to work, successfully creating an amazing room. "My shoulder will never be the same," she admitted and then added with a grin, "but I'd never admit it to that salesman."

Although she claims a lack of decorating skills, Tammy knows what she likes — rustic, with lots of bears and iron stars. All over the house, various sizes of wooden bears appear. Some incorporate the trees from which the artists carved them.

The two most memorable statues reside in the kitchen and living room. Probably



the largest of her collection, the kitchen sentinel, belonged to Tammy's dad. The inherited bear stands in the corner watching over the 250-gallon fish tank, two mischievous cats and three playful dogs.

Tammy found a beautiful statue on Craig's List. The bear peeks out from the tree, an intricate rendition in its natural habitat. When Tammy went to pick it up, the owner started crying. Tammy hesitated. "Are you sure you want to sell it?" she asked. "You're crying." The owner explained it had belonged to her father. "You've got to be kidding," Tammy said. The woman insisted. With



a promise to take care of it, Tammy took the bear home. He quickly became one of her favorites.

All three bedrooms are simple with rustic wooden beds. One of their sons inherited his parents' propensity for collections and has decorated his room with various types of swords. The master bedroom has a unique design. The woman who built the house 23 years ago was an older Chinese lady. Off the bedroom, she had an inner room used for prayer. Tammy took one look and decided that was where the bed belonged. The larger area became a sitting room

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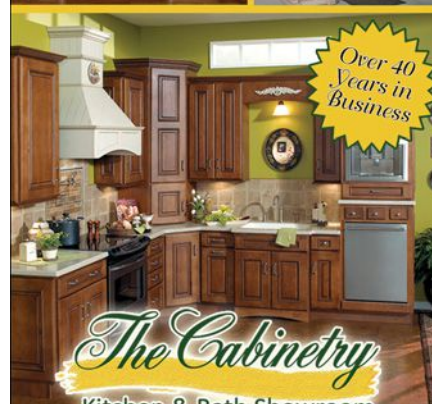
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decorated with a sofa and several quilts, which she also collects.

The couple owns Nicky D's restaurant and carefully choose where they make donations. Instead of giving food or cash to charities, she sometimes purchases a quilt to benefit a church or other organization. She also has a beautiful quilt her mother-in-law made for them hanging on the wall. Although it fits the bed, Tammy wants to protect the piece. She loves hand-painted artwork but considers things made by family or friends more priceless than anything purchased.



The bed itself came from daily searches of Craig's List. Formed from what appears to be actual trees, the unique design fits their personality. The perfect touch, it fits nicely in the inner room of the master suite. The couple worked on the master bathroom, as well. When replacing the tile, Tammy chose a wooden look, which complements the rustic feel of the entire house. A separate walk-in shower and large garden tub make it a wonderful place where she can relax after a long day.

Tammy had no idea what she wanted when it came to the kitchen — not even colors. She enlisted the help of a friend in the business who kept asking what Tammy wanted. "You know my taste," she said, handing over complete trust. From the island, with a country-style pot rack hanging above, to the



tile on the walls, she captured Tammy's personality. Natural colors in the kitchen and dining area blend perfectly with the remainder of the house.

Behind the stovetop, the tile resembles a brick wall. However, accent tiles featuring embossed roses soften the area with the same gentleness both Nick and Tammy exhibit. Perhaps a carryover from a lifetime of working in the food industry, Tammy's kitchen, used every night, remains spotless.

In the dining room, a small aquarium contains guppies. The 250-gallon version holds colorful fish, which are impossible to ignore. When a stranger enters and begins talking, they hide, coming out only after deciding the visitor is safe. "When they have babies, they get very protective," Nick said. "It's amazing how different they all are." Each fish has a name. According to Tammy, every one of them has a unique personality. Some are shy. They are happy or sometimes sad and act different when the tank has any issue.

The family loves being outside. Swings and patio furniture provide an inviting atmosphere, where the family welcomes their sons' friends. No drinking is allowed, but they offer a place for bonfires and plenty of hot dogs. "We like it when the kids come in and say hi," Nick said.

The only thing Nick enjoys more than being outdoors on his tractor is pursuing his passion for refurbishing old cars. An award-winning Mach 1 Mustang, which Tammy affectionately calls his girlfriend, resides in a large metal shed. "It's a bad hobby," Nick said, smiling. Nevertheless, Tammy admits his success with old cars helped purchase their home.

This hardworking family spends a great deal of time together at work and home, and they still like one other. "Life is about enjoying it," Nick said. What they enjoy most is each other, and the resulting peace makes their house a beautiful rustic home. **NOW**

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AQUATIC ADVENTURE

— By Randy Bigham

Nature lovers know the peace that water brings to any pastoral setting, whether it's the babbling brook of the wilderness or the trickling mini-waterfall of a terrace garden. But what can be more soothing or fascinating than a koi pond? With its colorful varieties of Japanese carp darting among rocks and plants, this touch of nature transforms any backyard into an oasis.



"Ponds have become increasingly popular recently," acknowledges letsbekoi.com, the online face for this Waxahachie-based fish and pond supplier. "They can be preformed, hand-dug, made from stock tanks, on your patio, even indoors. With so many options, you can make yours as simple or elaborate as you wish."

Koi ponds, as an addition to your water garden, not only create a tranquil environment but ensure years of refreshing enjoyment for the whole family. There are how-to guides for installing koi ponds, available in print and online, and serious garden lovers prefer the do-it-yourself approach. But if you're like most homeowners, you're not a landscape designer or even a seasoned gardener. You will, therefore, likely opt to buy ready-made pond and waterfall kits. It's an expedient route to a beautiful result, yet it pays to be informed.

Whether choosing a local contractor or a national chain to implement the water garden of your dreams, you should acquaint yourself with the process. You should also know how best to address issues from building ordinances that might impede your project to the proper maintenance of the pond, its plants and fish.





Do you really want a pond?

Before making a decision between a pond or water feature, consider the significant difference. A koi pond will require dedication to upkeep, which a water feature won't. "Ponds are miniature ecosystems with plants, animals and microorganisms working in harmony to achieve balance," explains a how-to

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page at Lowes.com. "Ponds are alive and require different care; all need to be circulated in the summer and aerated in the winter."

By contrast, a water feature merely sets off the water with decorative elements like a fountain or a lighted waterfall. They are as low-maintenance as a gardener can get. You just switch it on or off.



What to know before you build.

Before your landscaper or contractor lays out your koi pond, consult the local code enforcement department. There may be laws restricting the depth of your pond or access to it, and you'll need to be prepared to meet those or other requirements. Ordinances may also mandate fencing types, a building permit or an inspection of the site before and after construction. Finally, call 811 free of charge to request that all gas, electric, phone and cable lines be mapped out for your safety.



Collaborate with your builder.

You may want to hire either a landscape designer who specializes in gardens and pools or an independent contractor. But you can also pick one of many construction companies that now perform the excavation and initial cultivation of koi ponds.

Work from architectural drawings or images of your builder's former projects or provide your own vision for the size and layout of the pond. Incorporate highlights of your existing garden, for instance a gazebo or arbor, into the scheme. Decide with your builder on the kind of stone to be used for pathways around your pond.

Perhaps you'll want a small, rustic terrace constructed nearby so guests can admire the carp whizzing to and fro. A grotto or other forms of recessed seating along the path to the pond are attractive ideas for individualizing the addition of a koi pond to your garden.

Select the location.

Choosing the perfect site for a koi pond is key to reducing maintenance while optimizing safety and enjoyment. Make sure the pond is built lower in the surrounding landscape, but not so low that runoff threatens the pond with fertilizer or other lawn chemicals. The pond should sit in an area that receives four to six hours of sunlight. A location fully exposed to the sun will cause issues of overheating and algae accumulation. Placement in full shade will prevent water lilies and other plant life from prospering.

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Your builder will need to network with a licensed electrician to ensure safe placement and service for a pump and filters, decorative lighting and other amenities. The pond should also be constructed within access of water hoses and sprinkler lines.



Pick your fish.

There's a wide variety of koi to choose from. Distinguished by brilliant colors and patterns, the most popular types are the white-skinned, red-marked Kohaku; Asagi, with light blue and red markings; and Bekko, yellow skinned with black spots. Koi are hardy, resisting most parasites, and can live for 50 years. Koi are omnivorous, eating peas, watermelon and lettuce. But a specially designated, commercially available food is recommended, because it's nutritionally balanced and made to float, thereby bringing the fish to the surface. Koi will grow accustomed to feeding times



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Protect your fish.

The bright colors of koi that attract the admiration of garden lovers also draw predators like cats, raccoons and birds. Ponds should have a section deep enough for koi to hide in and ledges that are high enough from the surface to prevent animals from attacking. Nets covering the pond are sometimes suggested to keep away predators.



The possibilities for enjoying the peace and beauty of koi ponds are boundless. While adding a distinctive decorative element to your garden, this creative yet affordable feature will enhance your love of nature, aid the environment and provide family fun for generations. **NOW**

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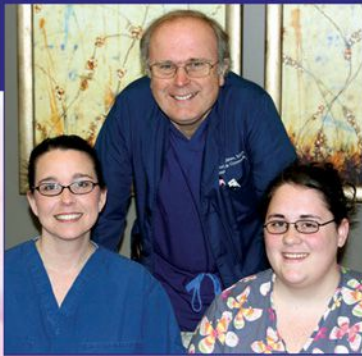
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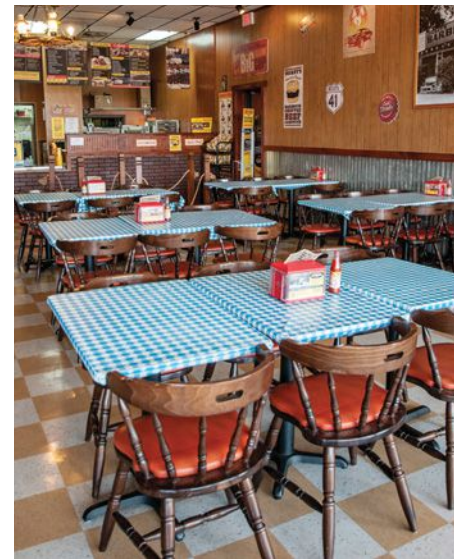
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Home-style *Gum*

Every day, the friendly staff at Dickey's Barbecue Pit serves tasty, healthy meals. — By Melissa Rawlins

Soft-serve ice cream is free any time at Dickey's Barbecue Pit, just one of many reasons customers keep on grinning. Kids also like eating from the Lil' Wranglers menu, and their parents from the whole meat, home-style selections that have been a Texas tradition since the 1950s.

Tall walls surrounding spotless, blue-checkered tables display photos of Roland and T.D. Dickey Jr., who in 1964 took over from their father, Travis, who founded the business in 1941. Since 1994, franchises have been available for people like Ryan Curtis. In 2011, he purchased Burleson's Dickey's at the southeast corner of the busy Hwy. 174 and Newton, just north of the Raceway gas station, so he could offer fine food served by good people in a clean atmosphere.

Sounds of knives on chopping boards and country music

energize customers, who can order and eat within 30 minutes. Dickey's tender pulled pork and brisket are smoked a minimum of 13 hours. Your choice of either original, sweet or spicy barbecue sauce is offered on their condiment bar, alongside Miss Ollie's homemade iced tea and sweet tea, made with real sugar.

Ryan, who owns multiple restaurants, is a hands-on owner, opening and closing, taking out trash, as well as smoking meat and cooking food. When he purchased his franchises, Ryan already had a degree in hotel and restaurant management, plus over 18 years experience. Dickey's three-week Barbecue University taught him their cooking methods and style. "These small smokers really pump out the smoke," Ryan said, "and I like that you can see the smoke rings on the meat and get that flavor in every bite."

When you need Dickey's to bring their food to you, they will

cater any and all events. "We do boxed lunches — a sandwich, a side and a cookie — for \$7.50, which is great for small offices," Ryan said. They also cater graduations, weddings and large community events.

Offering great value for individuals, dates and families, Dickey's Barbecue Pit can fit up to 80 people. Tasty, healthy meals ranging between \$8-14 per person are served by friendly people who get to know many customers by name, as well as by their favorite foods. Rhonda Stinnett, one of his newly promoted

Each day, when customers come to Dickey's, there is a different Dickey's deal-of-the-day to enjoy.

general managers, is a down-to-earth, calm and witty person, greatly experienced in the restaurant industry. Ryan also relies upon Dan Monroe, a dependable, kind gentleman who takes good care of every diner's needs.

When you dine in on Wednesdays and Sundays, kids 12 and under eat free. Ryan offers another bonus for people who are on-the-go: the drive-thru. Return customers appreciate Dickey's Barbecue Pit's freshly fried okra, French fries and Onion Tangles, which are cooked to order. Another favorite is The Westerner, a sandwich, similar to a Po' boy, that comes with your choice of two meats, plus pickles, onions and cheese. It's always the special on Wednesdays. Each day, when customers come to Dickey's, there is a different Dickey's deal-of-the-day to enjoy.

This month, Ryan and his staff are busy welcoming teachers back to school by delivering yummy sandwiches into their campus mailboxes. "My wife is a principal in Arlington, so I know it's a well-appreciated gift to say thank you for all they do," Ryan said. Gearing up for the school year, Dickey's Barbecue Pit is ready to help the whole community eat well and keep big barbecue grins on their faces. **NOW**

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1979 Weatherford High School grad, Billy Cordell, with City Councilman Stuart Gillaspie and Citizens on Patrol Captain Derald Freeman, at the reception honoring Cordell as Burleson's new police chief.



Melissa McCoy and Amber Johnson enjoy the 4th of July with a little Concert in the Garden.



Jelen Jeter takes a break between errands with his beautiful mom, Lucia.



Tanner Lee Canida fishes for tadpoles and crawdads at Warren Park.



Skyler and Alexis help their dad, Jonthan, out during their summer break at Dynamite Nutrition.



Virginia Richardson gives Lance Keller a description of the circa 1900 telephone, gifted by Victor Corrington, on display at the Burleson Heritage Foundation Museum in Old Town.



Volunteers Melissa Rawlins and Olin Horne gear up for the Round Up For Riders auction benefitting Wings of Hope.



Vera Calvin (at right), gets to know June Gallemore, the new receptionist at Burleson City Hall.

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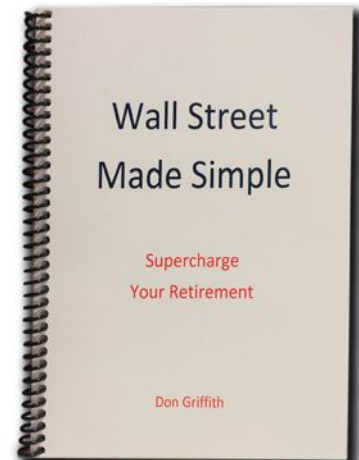
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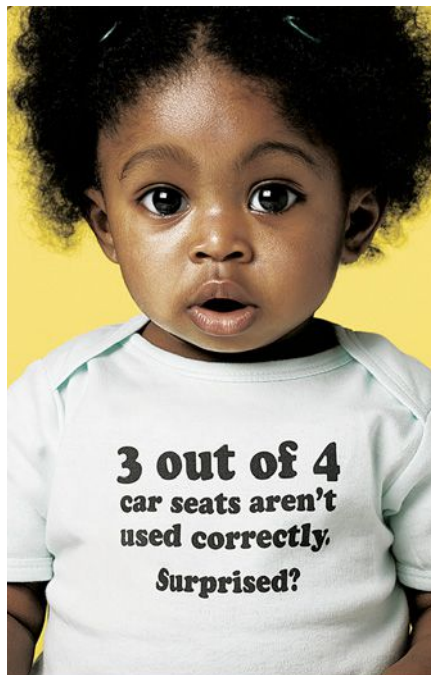
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It really doesn't take much effort to look over your accounts and legal arrangements to ensure that your beneficiary designations are current — and if they aren't, it's pretty easy to change them. In fact, for some financial accounts, you may be able to update the beneficiary designations online. In any case, plan on reviewing your beneficiary designations regularly, but especially when you experience a change in your life.

Here's one more thing to keep in mind: Make sure your current beneficiaries are informed that they will eventually be receiving your 401(k), IRA, life insurance proceeds or other assets that require a beneficiary designation. This advance knowledge may help your loved ones as they plan and maintain their own financial and investment strategies.

Although it's clearly important for you to update your beneficiary designations and to communicate your actions, you will still need to attend to other areas of your estate planning, such as providing care for minor children or dependents, deciding who you want to receive specific items that do not carry a beneficiary designation, naming someone to manage your affairs should you become incapacitated and specifying the control you wish your beneficiaries to have over their inheritance. These are just a few examples of estate-planning considerations.

Because everyone's situation is different, you will need to consult with your legal advisor to determine the level of estate planning you require. As we've seen, updating your beneficiary is one piece of the puzzle — but to leave the legacy you desire, you've got to complete the picture. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones does not provide tax or legal advice. Lynn H. Bates is an Edward Jones representative based in Burleson.

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Chronic headaches? They're not all in your head.

Have you suffered from a headache recently? If so, you're not alone. Approximately 45 million Americans are afflicted with chronic headaches, migraines or facial pain, so chances are high that you know a family member, co-worker, neighbor or friend who is also suffering. What you may not know is that an imbalance in the mouth could be the underlying cause of your pain. Moreover, your pain and its root cause can be treated without pills, injections or invasive procedures.

Does this sound too good to be true? It's not, but you may need to rethink your approach, as well as *who* you approach, for treating your headaches.

The "nerve root" responsible for headaches is also connected to muscles, nerves and blood vessels in the areas treated by dentists. These regions include the teeth, jaw, mouth and surrounding bones and muscles. Problems in these dental regions can cause traveling impulses, which result in symptoms in areas that seem unrelated to the problem origin. In other words, force imbalances can cause symptoms such as headaches, migraines, facial pain, jaw clicking/popping and ringing in the ears.

Dental force imbalances can be caused by clenching, grinding or wear. The solution is not another drug, but instead a treatment designed to restore equilibrium to these imbalances. Dentists now have proven technologies to pinpoint the cause of chronic headache pain and effectively treat it. Confused? Skeptical? Don't be. Talking to your dentist about your headaches may be the best conversation you can have.

After all, you've likely tried countless prescriptions and dozens of over-the-counter medications, changed your diet or sleep routines or given alternative

therapies a whirl. By now you've probably figured out that temporarily masking your symptoms isn't doing you any favors. On the contrary, it's probably left you wondering why nothing works and where to turn next.

Now you know. Your dentist has in-depth knowledge of dental forces, their imbalances and their subsequent, painful results that make him/her a qualified professional to treat your pain. Dentists are increasingly offering proven treatments that restore balance to the mouth. These treatments begin with detailed evaluations about why you're experiencing pain and how the underlying causes can be corrected. Then, treatment plans that don't involve painful injections or addictive medications are formulated, providing long-lasting relief after only a few therapy sessions. Therapies may include muscle manipulation and strengthening exercises, electrical stimulation, cold laser therapy and custom-fabricated rehabilitation devices. Combined, they restore normal function and balance that relieve headaches and other painful symptoms.

More than 90 percent of patients who undergo these types of therapies experience significant pain relief. So the next time you find yourself at the mercy of yet another headache, remember — it's not all in your head, but it could be starting in your mouth. Talk to your dentist for true pain relief. **NOW**

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August 4, 5, 6

Back-to-School Vacation Bible School: 9:00 a.m.-11:30 a.m., Joshua Church of Christ, 110 N. Main St. Grades Pre-K all the way to teens are welcome to this free VBS, with bible classes and activities themed The Race is On! Run with Jesus Every Day! Free school supplies for perfect attendance. Call (817) 229-4828 for details.

August 11

Metro Beekeepers meeting: 6:30-8:45 p.m., Cana Baptist Church, 2309 E. Renfro St., Burleson. Novice and expert beekeepers in Texas will enjoy learning from each other at Metro Beekeepers meetings. Visit www.metrobeekeepers.net.

August 12

BISD New Employee Luncheon: 11:30-1:00 p.m., Burleson High School cafeteria. Meet, greet and support 150 new BISD teachers and education professionals. Dr. Bret Jimerson, BISD Superintendent, gives keynote address. Sponsored by Texas Health Huguley Hospital and Texas Health Harris Methodist Outpatient Center. RSVP to the Burleson Area Chamber of Commerce, (817) 295-6121.

Business After Hours: 5:30-7:00 p.m., Location to be Determined. It always pays to meet and greet your neighbors at this fun, free networking event. For details, call Burleson Area Chamber of Commerce at (817) 295-6121.

August 13

Crowley Soccer Registration Deadline: 5:00 p.m., P.O. Box 894, Crowley, TX 76036. Want to play recreational soccer this fall with other 4- to 18-year-olds? Contact Crowley Independent Soccer Association, telute@crowleysoccer.com, (817) 727-8200 or www.crowleysoccer.com.

August 19

Mayor's Youth Council: 7:00-9:00 p.m., Burleson City Hall. Determining and solving issues related to youth, this open meeting allows for Burleson youth to comment. Contact City of Burleson Management Intern, Elisabeth White, (817) 426-9687, or visit www.burlesontx.com.

August 26

Summer School: 3:00-5:00 p.m., Lost Oak Winery. Sherri Sechrist presents a how-to session on the marketing benefits of applying

for the Business of the Year awards program. Follow your tutorial with networking and happy hour. Free to members of the Burleson Area Chamber of Commerce. RSVP to (817) 295-6121.

August 27

Joshua Area Chamber of Commerce Quarterly Luncheon: 11:30 a.m. Mountain Valley Country Club. Guest speakers from Johnson County United Way and Johnson County Family Crisis Center round out the reunion. \$15 for JACC members; \$20 for non-members. RSVP to bobbie@joshuachamber.org.

September 9

Round-Up for Riders: 6:30-9:30 p.m., historic Hilton Hotel, 815 Main St., Fort Worth. Celebrity auctioneer Scott Murray adds to the fun while guests bid to purchase items that Wings of Hope Equithrapy will use in their service to children and adults with disabilities. RSVP to (817) 790-8810 by **September 1**. Visit www.wingsofhopehorses.org.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

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In the Kitchen With Greg and Pam Chretien

— By *Melissa Rawlins*

Greg Chretien's early memories of cooking with his dad, mom and grandmother in their Louisiana home kitchen include views of spring wild flowers through the back porch screen door. Preparing for a crawfish boil, Greg, his dad and brothers caught catfish in the bayou and crawfish in the canal. They fished and hunted to feed their big family.

Once graduated from high school, Greg moved to Texas, but on one visit home, he met his wife, Pam, at a Mardi Gras party in Mamou, Louisiana. They cook several times a day for customers in their mom-and-pop grocery store southwest of Crowley. In the evenings, they prepare a hot, home-cooked meal for their two kids. Here, they share a few of their game recipes. **NOW**

Egg Rice

2 Tbsp. butter or bacon drippings
1 cup cooked rice
Salt and pepper, to taste
1 egg

- 1.** Melt butter or bacon drippings in a skillet. Add rice, salt and pepper; cook until well-heated.
- 2.** Beat egg; add to rice and mix well. Heat through over medium heat.
- 3.** Egg Rice can be served as a breakfast or brunch dish with bacon or sausage and is also a good supper dish.

Wild Game Sauce

Makes about 2 1/2 cups.

1 cup seedless white grapes
1 cup water
2 Tbsp. mushroom, finely chopped

4 Tbsp. butter
1/2 cup port wine
1/8 tsp. ground cloves
1/2 cup pecans, finely chopped

- 1.** Put grapes and water in a saucepan. Bring to a boil. Cover, reduce heat; simmer for 5 minutes.
- 2.** Stir in next 4 ingredients; simmer for 5 minutes.
- 3.** Add pecans. Serve over game immediately.

Steak Basting Sauce

3/4 cup olive oil
1 tsp. oregano
3/4 cup dry red wine
1/2 tsp. thyme
1 Tbsp. lime juice
1 tsp. sugar
1 garlic clove, mashed
1 tsp. salt

1/3 cup onions, finely chopped
Freshly ground black pepper

- 1.** Combine all ingredients; beat or shake until well-blended. Spread liberally over steak while cooking, both before and after turning.

Crawfish Pie

1 lb. crawfish tails, peeled
1/2 stick butter
1 large onion, chopped
4 stalks celery, chopped
1 bell pepper, seeded and chopped
2 cloves garlic, minced
Creole seasoning, to taste
1 10.75-oz. can cream of mushroom soup
2 unbaked pie shells

- 1.** Sauté crawfish tails in butter about 5 minutes. Remove from butter; remove tail ends; set aside.
- 2.** Add vegetables to butter and sauté 10 minutes.
- 3.** Season crawfish; return to mixture, along with soup.
- 4.** Cook at least 20 minutes. If mixture is too thick, add a little water.
- 5.** Place in 1 pie shell; cover with other pie shell. Bake in 300 F oven for 8-10 minutes, until browned.

Shrimp Jambalaya

1 cup raw rice
3 lbs. raw shrimp
1 cup cooking oil
2 onions, chopped
1/3 pod garlic, chopped
1/2 bell pepper, chopped
Salt, black and red pepper, to taste

- 1.** Cook rice until almost done. Set aside.
- 2.** Peel and wash shrimp. Pat dry on paper towel.
- 3.** Cover bottom of Dutch oven with oil. Fry shrimp, a few at a time, until pink. Remove and place in a bowl. Add more oil to Dutch oven as needed.
- 4.** Sauté vegetables in remaining oil, for about 20 minutes.
- 5.** Add shrimp, cover; cook on low heat for 15 minutes.
- 6.** Add seasoning and cooked rice. Cover; cook another 15 minutes.

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



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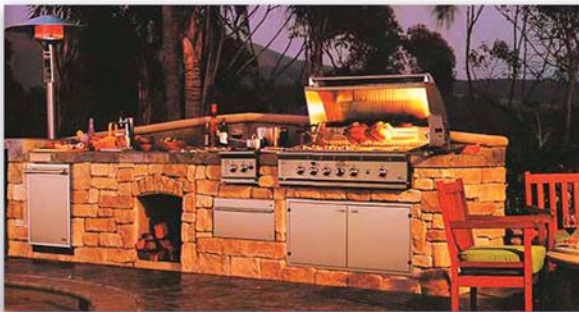
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