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Joseph Sidawi joined Caddo Grove Lodge #352 to work for Joshua's welfare.

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Editor's Note

Dear Friends,

Oh my! Looks like I'm going to have a busy winter! Because here it is, the hottest month of all, and I'm happily not doing anything. The options are endless, and they seem to always include taking long breaks from the heat in the lovely air-conditioned home I've been blessed with. If it weren't so hot, I could possibly accomplish

more. But then I'd never get any rest! I'd be staying up

late counting the stars, keeping the garden free of all Johnson grass, rebuilding the chicken coop, walking the dogs, repainting the house, rescreening the porch, reroofing the garage — necessary tasks which are just going to have to wait.

If you are accomplishing more than I, I'd love to hear how you spent your summer. Your stories could translate into inspiring articles in next summer's *BurlesonNOW Magazine!* Feel free to drop me a line.

Enjoy these dog days of summer!

Melissa

Melissa Rawlins BurlesonNOW Editor melissa.rawlins@nowmagazines.com (817) 629-3888







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program in hopes to become healthier! He's accomplished the first step by beginning this healthy lifestyle. Gary feels great!



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Fresh Face Freemaso

– By Melissa Rawlins

Both grandfathers of Joseph James Sidawi were Freemasons, an organization he joined two years ago in order to make friends and help the community. Caddo Grove Lodge #352 has operated in Joshua since June 4, 1872. The membership met by the old Caddo Grove Cemetery until moving their lodge to the upper rooms of 200 N. Main Street in the 1890s. The elementary school they adopted years ago is also called Caddo Grove, and students there enjoy brighter holidays, thanks to the generous lodge. For their annual bike show, they hire professional bicycle stuntmen to perform for the students, and then the lodge donates bicycles to children who need them.

Joseph finds joy in cooking for the children with his fraternal brethren. He also enjoys history, antiquing and the great outdoors. With an enduring interest in the Chisholm Trail, he hikes the area searching for relics of pioneers who built what we now enjoy. More than anything, Joseph loves helping people.

An old soul, this 20-something freethinker created Chisholm Trade, a flea market with the motto: Forging Trade. For the People, By the People. Whenever any nonprofit organization set up a booth at his flea market, they got to keep their profits. Last year, he used the location to host a major fundraiser benefiting both Meals-on-Wheels of Johnson and Ellis Counties and Crazy8 Ministries. Joseph let it be known help would be appreciated, and his lodge brothers volunteered to work the gates, take out trash and serve the barbecue.



of

nry

"If I hear of someone who needs something I've got, I'll give it to them."

This year, he's enclosing that facility and converting it to storage space. "We're now in the El Niño stage of wet years, and I don't want to fight the weather in an outdoor trade business," Joseph said. He manages other storage and rental properties owned by his family and acts as auctioneer for estate liquidations. God, family, friends and neighbors are his missions in life.

He couldn't stop himself from getting involved with Crazy8 Ministries two years ago. "I was at the gas station and saw a newspaper headline saying, "Women's Shelter Closing Down, Occupants Being Displaced.' I thought, *O my gosh, that's terrible!*" He googled Crazy8 Ministries and started talking to Lisa Schwarz, founder of the ministry, who shortly



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Brittany Detty, left, and Lisa Schwarz, right, are excited to begin raising funds for Crazy 8 Ministries from their new resale shop prepared for business by

County Commissioner Kenny Howell and Joseph are strong supporters of Meals-on-Wheels.

established its shelter and counseling center down the street from Joseph's ranch. "We've been friends ever since,"

He got a call one night about a snake in the living room. "I went over there with a big bucket, thinking it was going

to be a big snake," he said, grinning. "It was a water moccasin, so it's good it

got out of the house. But it was only 6

On Thursday mornings, Joseph often drinks coffee with the ladies who manage

Crazy8 Ministries. With his help, they are

Joseph never forgot that the building was

platted in 1876 and constructed by 1880

for use as the area's first school, upstairs,

downstairs. After the school moved and

and many of the first local churches,

operating a resale shop out of the back half of the downstairs portion of the lodge building. Preserving the original pecan shiplap on every interior wall,

anything, she'll call."

inches long."

Joseph Sidawi.

32



the lodge purchased the building, it held both lodge and a church. Eventually, the lodge rented out the downstairs to businesses including a feed store, a gas station and an auto shop. "Renovating for Crazy8's resale shop was a cakewalk. I've remodeled a lot worse than that," said Joseph, who lined the bathroom walls with corrugated tin and donated display cabinets that he acquired from an estate auction.

Never someone to derive pleasure from material objects, Joseph's satisfaction comes from giving to people and helping. "I am concerned about things like the little old lady who's having trouble getting up her stairs," he said. "When I see something like that, I go to Home Depot, get some lumber and build a ramp!"

His family was always very supportive as his personality developed. "Growing up, you never realize how great your parents are," Joseph said. "My mom's a doctor. My dad's a businessman. My parents always told me, 'Pay attention, look at people, and if you see something wrong, you should ask, because you don't know the consequences if you don't. I've often heard the statement by Edmund Burke: 'All that is necessary for the triumph of evil is that good men do nothing.' But we all know this is truth."

Reared in Benbrook until he was 17, Joseph attended Texas Christian Celebrating 33 Years of Serving You in Burleson! Now offering ThermiVa • Call for details

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- Dr. Susan Andrews, Chief of Staff,

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University after high school. "I started out doing premed, but it was not for me. I saw the hours my mom worked, and I couldn't do what she was doing, working those 24-hour shifts. I can't stay up past 9:30 p.m.," he admitted. Then he went to The University of Texas at Arlington while working as a financial analyst for Woodbury. Just a few hours shy of finishing college, Joseph discovered he is made to be outdoors.

He moved here five years ago, following his parents to Joshua. In the time he's been here, the family storage business positioned him to help others. "People tend to leave things when they move out," Joseph explained. A licensed auctioneer, every three months he auctions off quality stuff and gives the proceeds to Meals-on-Wheels. "If I hear of someone who needs something I've got, I'll give it to them."

As long as it doesn't cost the lodge money, the members of Caddo Grove Lodge #352 have given Joseph the right to update the downstairs. "Every member of this lodge is an owner of

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this building and this land," said Joseph, who is adamant about sprucing up the downstairs. For Crazy8 Ministries' resale shop, he donated new air-conditioning, energy-efficient LED lighting and a fresh paint job.

"Joshua is on the cusp of really being developed. I want our building to maintain a nice beauty with an aged feel, because this is the oldest original building in the downtown in its original state," he said. In the long run, he envisions this property, including the lot next door, as being a community-friendly gathering place for people of all ages. Keeping the property attractive to tenants is important so the lodge has income to insure funding of their scholarships at Joshua High School and projects at Caddo Grove Elementary School.

Ready to tackle life moment by moment, Joseph is giving his best through Caddo Grove Lodge #352 and its diverse group of men who work together for Joshua's welfare. Only a couple years ago, as he was going through his maternal grandfather's desk, Joseph found Masonic mementoes prompting him to join. "It gets lonely trying to find an avenue to make a difference. What originally started as my grandfathers' legacy led me to a great group of guys who do a lot of good helping their community." **NOW**

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Helping Children

— By Larry W. Davis

Most people have seen signs at rural intersections pointing to rural routes, farm-to-market roads, state highways, small towns or big cities. Perusing the intersection, a conspicuously commanding blue and gold logo of The Lions Club International is often front and center. Those same people have wondered, Lions Club International, who are they? Founded by Chicago businessman Melvin Jones in 1917 as a local volunteer philanthropic organization, it's now an international entity with district charters spread far and wide. The Lions Club International, its districts and local chapters' main philanthropy is focused on the care of eyes, specifically children with eye care needs.



Suzanna Powell was born and raised in northeast Tarrant County. She's a diminutive, soft spoken, very articulate lady who's married and the mother of four adult children. However, don't be fooled, she's an accomplished powerhouse leader, with business acumen, determination and a long list of achievements to match her drive. Now semiretired, Suzanna had a 30-year career as an insurance executive. She also held leadership positions within many organizations. Suzanna speaks gleefully about those days.

There is one which stands alone when she reveals some of her life's achievements. "I was the first ever president of the National Association of Insurance Financial Advisors of Fort Worth," she shared. The association had nearly 700 active members. Suzanna gleaned much from her time as president. "It taught me organization structure," she said. She's taken those skill sets and her passion for helping others into her work with the Lions Club of Crowley.



Suzanna works and resides in Crowley. Twelve years ago, one of the first people to come through her office door was Crowley business leader Jerry Bullard. He introduced her to another well-respected leader, Ron Layland. It was Ron who spoke of an opportunity to start a Lions Club chapter in the Crowley area. He asked Suzanna to join him in this endeavor. "My initial response was no," she said with a smile, "but after some persuading, I changed my mind."

Suzanna became a charter member of the Crowley chapter. Club membership is nonexclusive, thus meaning that anybody with a passion for volunteer work and a love for children is welcome. Once

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"We are here for people who may be ready to slip through the cracks."

the chapter became chartered, Suzanna was accepted as vice president. She's a former zone chair, overseeing five clubs. The Crowley chapter's approximate 20-member group meets twice a month on the second and fourth Wednesdays at noon and is part of District 2-E2. District 2-E2 has 72 clubs and covers the area from Grandview, to just west of Crowley, east to Dallas and north to the Oklahoma border.

Via hard work, Suzanna progressed to club president, serving four terms in that capacity. "Having served as head of large organizations allowed me to mentor the chapter," Suzanna admitted. Currently, she serves as the secretary of the Lions District 2-E2 Organ and Eye Bank. Her main focus is the Organ and Eye Bank work helping young children receive much needed vision exams.



The Organ and Eye Bank consists of two entities rolled into one - a vision assistance committee and vision screenings. There's brilliance to how this is set up and how consumers are secured. Through school nurses, young children in need of eyewear are identified. Using a standard request and release form with the child's information signed by a parent or guardian, the request and release forms are forwarded to Suzanna for review. Once the request is deemed valid and has committee approval, Suzanna forwards the name of the child and all pertinent information to Dr. Bill Seabert of Seabert Eye Care in Crowley where an eye exam is performed and glasses are obtained.

Suzanna estimates that over a 10-year span, the Crowley Lions Club has helped over 500 children receive eye exams and glasses. When needed, they will pay a deductible or the total cost for glasses, depending on the child's circumstance. The club has, on some occasions, partially paid for cataract surgery based on need, as well. "We are here for people who may be ready to slip through the cracks," she said.

The Organ and Eye Bank also provides vision screenings for children in need throughout the 2-E2 region. Using another very creative method with the help of the Crowley Public Library, the Lions District 2-E2 Organ and Eye Bank reaches local children. Each summer, the library has a "summer reading program" CareNov Family Doctors. Convenient Care."



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made up of mostly day care children, who sign up in advance. On the last day, they have a fair at Bicentennial Park in Crowley. Within the past two years, the Lions Club of Crowley has performed screenings (walk-ups included) of children with a parent or guardian at this event. Suzanna is a certified vision screener. A machine called "plus optics" is used to measure the eyesight of children at the event. The machine is very technical, and so sophisticated it can test the eyesight of infants. The machines are costly and effective. "We have measured children who have serious vision issues." Suzanna stated.

In most cases, the Lions Club will provide the money for children to obtain much-needed glasses. Fundraising efforts and contributions come in myriad ways to secure the funds to make this happen. Monetary gifts from small businesses, lifetime members and club donations are a lifeline, aiding successful missions. Every October 15 is the national "white cane safety day" where the group garners funds. Silent and live auctions are held once a year. They have an annual casino night the third week in September. "In the past," Suzanna said, "we've raised between \$14,000 and \$20,000 each year through these means."

Other works of the Lions District 2-E2 Organ and Eye Bank are children's







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The Vine Medical Center and Sleep Lab 921 E. FM 1187, Suite A, Crowley, TX 76036 Starting in July: Monday thru Friday from 8 a.m. to 6 p.m., Saturday from 8 a.m. to 2 p.m.

The Vine Medical Center welcomes Nagwa Lamie, MD, Board Certified in Family Medicine and Sleep Medicine. Nurse Practitioner Sheletha Bratton, APRN, FNP-C, Board Certified Family Nurse Practitioner.



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contests. There are essay writing, youth drawing and speaking contests held annually for scholarships. A drug awareness contest and diabetes awareness contest are also held where a first, second and third place finisher is announced. Next year, Suzanna will chair "the outstanding youth" program. "The winner will receive a sizable monetary prize," she added.

The Lions Club of Crowley and the Lions District 2-E2 Organ and Eye Bank are champions for young children in need of eye care. Both have an angel complete with wings in Suzanna. Jerry and Ron knew it when they urged her to help organize the Crowley chapter. That persuasive persistence has paid off for children with eye care needs who may otherwise have fallen through the cracks. Suzanna's zest for the cause is laudable. Children easily see they are better off because she's working on their behalf.

Editor's Note: For information about how the Lions District 2-E2 Organ and Eye Bank helps locally, visit www.loeb2e2.org. Durable, Hard-working, and Dependable Performance #1 Selling Tractor in the World Simple, Easy, Value,





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BACK TO SCHOOL SPECIALS Thank you, teachers! Get a fresh look for the new school year!



At Home With Domingo & Yvette Lopez

THE CLAIM H

Hodel of Happiness

— By Carolyn Wills

In 2007, an elegant 3,650-square-foot home became the builder's showcase for a new neighborhood near downtown Crowley. In 2008, the Lopez family bought it. Now eight years later, that stunning model-home-turned-familyhome is more beautiful and welcoming than ever. Beyond expert design and quality upgrades, this is a home about life, memories, activities, challenges and celebrations, as well as a place for faith and possibilities. 'It's our home," Yvette smiled. 'We love it here." The impressive two-story, variegated brown brick traditional features five bedrooms, three-and-a-half baths, a breathtaking central open living room/ kitchen/eating area, butler's pantry, formal dining room, game room, office and state-of-the-art home theater. As the model, it was treated to rich-toned, wideplank wood floors, artistic wood and metal stair railings, granite countertops, crown moldings, stone fireplace surround, custom cabinetry and built-in sound system, plus distinctive ceiling treatments and wallpaper accents.

The home opens to a high-ceilinged foyer banked on the left by a tall curved textured wall. Beyond the curve to the left, a wide carpeted staircase borders the massive room. The staircase, defined on one side by beautifully-rendered railings, allows access to the second floor. The open view from both downstairs and upstairs is breathtaking.

"It's become the 'hotel' for our South Texas relatives and friends," Domingo smiled. "It's a great house for holidays, special occasions or just to watch sports. We added a swimming pool to the backyard. There's a game room at the top of the stairs with a pool table, and a favorite room is the theater."

On the main floor, beyond and to the right of the front entrance, is Domingo's office. Warmly furnished, it features pale palomino-colored walls, a fireplace mantel and French doors.







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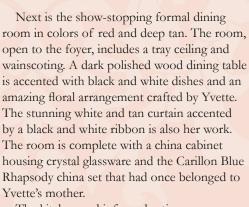


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The kitchen and informal eating area are located beyond the dining room, through a small butler's pantry. Rich, dark wood cabinetry, granite and state-of-the-art stainless steel appliances define the kitchen. A subtle brick-imaged designer wallpaper connects the kitchen to a spacious light-filled informal dining area banked by windows. The whole kitchen area remains open to the great room where deep-cushioned, comfortable sofas around a stone-accented fireplace extend the invitation to relax.

A luxurious master bedroom and spa-like bath complete the main floor. With magnificent matching wood furniture accented with leather, the oversized bedroom includes a breathtaking, deep gold accent wall and gorgeous tray ceiling.



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Clearly, there are many wonderful things about Domingo and Yvette's home, including the ideal floor plan for a young and active family, extra-gorgeous decor and, like icing on a delicious cake, the blessings of a long list of upgrades.



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The colors downstairs are predominantly khaki, sandstone and burgundy, soothing and rich next to the wood floors. Two lovely large art pieces, one in the great room and another upstairs, share metallic colors and designs reminiscent of Tuscany. In addition to the distinctive ceilings, three arches defining the kitchen are matched by three arches upstairs.

Wide-carpeted stairs lead to an open game room accented with rose-colored walls and lined with cabinetry displaying Domingo's extensive die-cast NASCAR model collection. To the right is the entrance to the home theater/media



room, aptly named the "man cave," which sports athletic memorabilia with special emphasis on favored Texas teams. Four bedrooms occupy the right length of the upstairs. A guest bedroom and another currently used as a weight room flank the Lopezes' children's rooms.

Their son, 16-year-old Domingo IV, "CJ," is a junior in high school. "CJ likes baseball, weightlifting and guitar," Yvette said. Definitely a boy's room, CJ's decor is all about black furniture, sports memorabilia and walls in orange, blue and red — a la University of Texas Longhorns, Dallas Cowboys and Texas Rangers.

Their daughter, Jenessa, is 10 years old and in the fifth grade. "Jenessa plays select soccer and likes volleyball, cheerleading and tumbling," Yvette shared. "She also loves singing and talent shows." Jenessa's room features a chalk board and an abundance of hot pink accented with black and white zebra print.

As of a few years ago, two very special additions were made to the family: a 3-year-old isabella and tan Miniature Dachshund named Champ and a 3-yearold blonde Shih Tzu named Gizmo. "Champ was a Christmas present for CJ," Yvette smiled. "Then, while visiting relatives, I fell in love with Gizmo."

"They are inseparable," Domingo grinned. "Champ is like the big brother and Gizmo, the little brother and, like partners in crime, if one gets in trouble the other does, too."

Both Domingo and Yvette are rooted in the oilfield industry of Alice, Texas. That's where they met, fell in love and married. "Yvette's father was in offshore drilling," Domingo said. "I'm third generation oil field. Drilling is in my blood, and I always knew that's what I wanted to do."

His work as a drilling consultant led Domingo to Crowley and, ultimately, the decision to relocate. "We wanted to invest in a home for our family and also in a business in addition to my oilfield work," he explained. He and Yvette are lifelong fitness enthusiasts and certified trainers, so a natural step for them was to open The Zone Sports Fitness Center not far from their home.

Clearly, there are many wonderful things about Domingo and Yvette's home, including the ideal floor plan for a young and active family, extra-gorgeous decor and, like icing on a delicious cake, the blessings of a long list of upgrades. There's also Yvette's eye for color, arranging and design and, most of all, the sense that their house is really about faith and family.

When asked about his favorite part of the house, Domingo will say it is the beautiful cross in the great room. "I grew up in the Catholic church," he explained. "While working at a drilling site in Midland, I visited a church called the Lady of Guadalupe, which serves a poor congregation of strong faith. I helped out and got to know the priest. He showed me the cross, and eventually, I purchased it. He blessed it and told me to put it in our house and no harm will enter."

The Lopez family attends Saint Ann Catholic Church in Burleson where Domingo is a lay eucharistic minister. In addition to the beloved cross in the great room, above each doorway in the Lopezes' house, a smaller cross reminds the family that theirs is truly a blessed and protected home.





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Being Kong of Being Kong of Being Kunghan - By Zachary R. Urguban

Cars are fine-tuned machines that require precise care and attention. Everyone knows to keep the gas tank full, but sometimes people neglect some of the other steps needed to ensure the family vehicle keeps the family safe. By changing the oil regularly, keeping tires rotated or replaced and performing routine maintenance, you can keep your car working at its highest level.

The Manual

• *Read it.* While your owner's manual may not be an exciting read, it is important to have a general idea of what it says. The manual will tell you what type of bulbs, fluids, tires and components to use for many of the jobs you can do on your own. It includes when to perform oil changes and other routine maintenance.

• *More than oil.* The manual will also list intervals for things like changing spark plugs, timing belts and other maintenance that often goes overlooked. Though you could neglect them and never have problems, these services are highly recommended and will help ensure your vehicle performs at its best.



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• *When to change oil*. Car lube stations put a little sticker on your car's front window to encourage you to change your oil every 3,000 miles, but that is probably more







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frequent than your car actually needs. Most vehicles today can run at least 5,000 miles without needing a change, and some can go well over 10,000 miles before they need oil, so you should check your manual for the specific mileage.

• *Know your driving babits.* Make sure you are changing your oil based on the type of use your car gets. Stop-and-go driving, as well as driving in dirty or dusty areas, will mean you need to change the oil more frequently than optimized, highway driving requires.



• "W" means winter. The numbers that identify oil indicate how viscous the oil is, and how well it flows in cold and warm temperature tests. 10W-30 is considered the standard oil, but many modern vehicles require oil with alternate viscosity levels. Verify your car's preference in the manual, and then tell the shop. Otherwise, they will probably just use 10W-30.

• *Weigh the cost.* Synthetic oil holds up better, but it is costlier. Most oil companies offer blends, especially for higher-mileage vehicles, at a cost that may or may not be worth it. If you are not sure whether the extra cost is worth it, there are online forums for almost any specific make and model of car, where you can read the experiences of people with your same car.



Caring for and Changing Your Tires

• *Check the pressure.* Changes in temperature will almost assuredly change your air pressure, as will any time you hit a curb or pothole. Even a car sitting for an extended period in the garage may lose enough pressure to need more air. Conversely, your tires may increase in pressure in the hotter months, so be ready to take air out as well. A tire lacking in air often looks flat, but a tire that is overinflated looks a lot like a normal tire, so always use a gauge, not just your eyeball.

• Look with your hands and eyes. If you notice any deviation in what should be a smooth, round shape, you might need a new tire. Tires start with a depth of 11mm, and need to be replaced when they reach 3 mm. But when checking depth, make sure to check the inner portion of the tire, which is often much more worn than the outer edge.



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• *Rotating is essential.* Your tires need to be rotated every 6,000 to 8,000 miles. This is possible to do yourself if you have the proper equipment, but there are plenty of inexpensive locations where you can have your tires balanced and rotated. Most tire shops will include lifetime tire rotations, either free or for a nominal fee, when purchasing new tires. And if you happen to be installing two new tires instead of four, make sure the new tires are in the rear of the vehicle, which gives the most stability, especially in wet conditions.



Taking Care of Your Brakes

• Pay attention to warning signs. Unless something catastrophic happens, your brakes are not likely to stop working completely, but many components in your braking system wear down over time. If you hear your brakes making a squealing, grinding or any sound that is loud enough to hear over the engine, you may have an issue. In addition to sounds, you may notice your car wobble or shake when braking. In any of these instances, your best bet is to take your car into a shop to check components. It is wise to use an ASE-certified mechanic. Look for the blue seal indicating automotive service excellence before having work done on your vehicle.





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You can never prepare for every situation you might face while driving your car. Following these tips, however, should prevent some issues and keep you and your family safe on the road.



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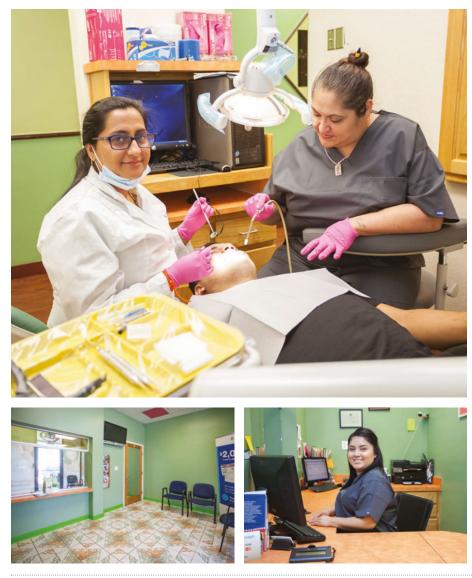
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Freedom to Feel Good

The caring professionals at Brite Dental create healthy smiles for a brighter life. — By Melissa Rawlins

Archana S. Shankgrafinagappa, D.D.S., opened Brite Dental last year. One patient followed her from her former dental office in Haltom City, where she had designed his treatment plan. He wanted Dr. Archana to finish his treatment in the same way she'd started: with compassionate honesty. She cared for him as she treats all her patients, whether young or old — as family.

She believes the end result of any treatment she provides her patients is supported only by their own positive attitude toward oral health, starting with prevention. Professing, "Prevention is better than cure," she points out it takes less money to prevent a toothache than the hundreds of dollars required to treat it.

Dr. Archana takes time to teach her patients that periodontal diseases are directly related to heart diseases and strokes. "Your mouth is just a part of your body," she said. "If you are mindful

of the things you do routinely — like eating junk food, drinking soda — you can take control of your dental health and your whole health." She has similar conversations with children and their parents, along with teaching them how to floss and brush effectively.

When Dr. Archana purchased the dental office next to Big Lots, she gave it a kid-friendly feeling by painting the walls a bold olive green. The tiles in the foyer perfectly pull together the green of the walls with the vibrant orange countertops of the front desk. The seamlessly coordinated decor mirrors the integrated team the doctor assembled for her dental office, a team that puts patients' concerns and comfort first.

Isamar Lindero handles the front desk in an organized fashion, so she doesn't make patients wait. Maria Perez manages

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Brite Dental responsibly, and with her tremendous experience handles every job, from sitting at the front desk to assisting while a patient is receiving care from Dr. Archana. Her two dental assistants, Briseida Estrada and Baldemar Valdez, are skilled at taking quality X-rays and kindly explaining to patients exactly — and only — what they need to make their mouth feel better. Children especially relax when the suction machine is introduced as The Magic Straw, and the lidocaine is referred to as Sleepy Juice.

"Pain is the main reason my patients come in," said Dr. Archana, a general dentist who is passionate about endodontics and cosmetic dentistry. She loves restoring both smile and self-confidence to each patient's face, while helping remove his or her toothache. "I'm always in communication with the patients, from the point when they come with pain to the explanation of the source of the pain to educating them about their options for fixing it. I give them the freedom to decide what to do."



At Brite Dental, Dr. Archana is in a position to alleviate pain, fix smiles and improve health - a dream she has had since childhood. "My parents were doctors, and I wanted to serve the population as they had," she said. She graduated from dental school in India in 2000 and then got married. She came to the United States in 2002 and graduated from New York University in 2008 with a Doctorate of Dental Services. She became a mother in 2010. "Opening my own practice has helped me a lot to balance family life with my career," she said. "I am able to take my daughter to swimming and gymnastics, so this is a blessing in disguise for me."

Multiple generations come to Brite Dental for services, from pediatric dentistry to being fitted for dentures. Dr. Archana is not done with the job when her treatment plans are completed. She builds a lifelong relationship with each of her patients. **NOW**



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Burleson Lions Club members give hearty applause to Mayor Ken Shetter after his presentation on the city's growth.



Harper Newcomb does a little splish splash in the pool.



Gold Star Dad Terry A. Burgess smiles for the camera with Fort Worth City Councilman Jungas Jordan and Crowley City Councilman Johnny Shotwell.



Crowley High School graduate Christian Garces, second from right, is joined by his family when Burleson Area Retired School Employees Association awards him a \$500 college scholarship.



Hudson Ridlen and his big brother, Bennett, enjoy lunch on Old Texas Brewing Company's patio with their Grandmother Becky, Aunt Lori and mother, Caitlin.



Richy Bodnar and Xavier Wyatt learn how to roar at The Texas Lions Camp in Kerrville.



Robby Page with Verizon Wireless and Ruth Moor with Gonzo Strategies pause for a photo op during the BACC Quarterly Luncheon.





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Five Reasons Not to Be a "Do-It-Yourself" Investor

These days, you can go online and invest, for modest fees. You can also visit various websites for research and watch numerous cable shows for investment recommendations. So, why shouldn't you be a "do-it-yourself" investor rather than work with a financial professional?

Actually, there are at least five good reasons why a financial advisor can help make you a better investor. A financial advisor can:

• Ask the right questions. If you try to invest on your own, you may find yourself asking the wrong questions, such as: "What's the 'hottest' investment out there?" A financial professional can help frame better questions, such as: "Given my individual risk tolerance and long-term goals, which investments should I consider to help me build a balanced portfolio?" In other words, a financial professional can help you ask the questions that can lead to better results.

• Look at your situation objectively. No matter how hard you try, you won't be able to take all the emotion out of your investment choices. After all, your investment success will play a large role in some key areas of your life, such as your ability to enjoy a comfortable retirement. Consequently, if you think you're not making the progress you should with your investments, you may be tempted to make a hasty decision to give your portfolio a





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jolt. Frequently, though, such choices can backfire. When it comes to investing, it's better to invest with your head, not your heart. A financial advisor can analyze your situation, assess your risk tolerance and make appropriate recommendations.

• Show a deeper understanding of investment research. You can look up many types of financial data on your own. But do you know how to put all these pieces together into a cohesive picture? A financial professional, with years of experience and training, is generally more capable of finding the research sources and making the most sense out of the results.

• Put experience to work in making portfolio recommendations. Even if you've been investing for many years, you might be surprised at all the underlying influences that should go into making investment decisions. But a financial professional understands market patterns, the nature of diversification and other factors necessary in helping you make the right choices for your situation.

• Spend time looking for opportunities. Even if you enjoy the process of investing, the chances are quite good that you can't spend as much time on it as a financial professional. That means, among other things, you aren't constantly on the lookout for new investment opportunities. Nor are you always looking within your own portfolio for opportunities to rebalance or make other adjustments that can help you move forward toward your goals. But when you work closely with a financial advisor, he or she is exploring the financial markets for new investment prospects while regularly reviewing your portfolio for possibilities of upgrading quality, increasing diversification or making adjustments in response to changes in your life.

The do-it-yourself route may be fine for home repairs. But when it comes to managing your investment situation, there are benefits to working with a professional.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.

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A Sick Tooth

— By Betty Tryon

With your hand gingerly laid across your cheek and a grimace of pain on your face, you've just made the universal signal of a toothache. In the course of a lifetime, most of us experience a toothache at one time or another, whether the pain is from early childhood when teeth are growing, sensitive teeth in adulthood, foreign matter lodged in teeth, trauma to a tooth and/or an abscessed tooth. One thing is for sure: an aching tooth will not be ignored!

If the origin of the pain is from growing teeth or objects that become stuck between them, the situation can usually be resolved without medical intervention. However, an infection or periapical abscess that occurs at the root of the tooth needs the attention of a professional. An abscessed tooth is an infected tooth caused by a bacterial infection. Tooth decay is a major cause of the infection. Gum disease or some type of trauma to the tooth can set up the scenario for an infection to develop.

The most overwhelming symptom is pain. The pain can be sharp, throbbing or persistent and gnawing. There can be swelling of the face, fever, a foul taste in the mouth, sensitivity to the touch on the outside of the face and a feeling of malaise. If you have any of these symptoms, you need to be treated. If you begin to have difficulty breathing or swallowing, go to an emergency room right away. An infection in your mouth needs to be treated, or it will just get worse and cause additional problems — even death. According to *Journal of Endodontics*, over 400,000 people have visited emergency departments because of infections in their teeth.

The first step in lessening the pain and beginning eradication of the infection is to drain the pus or the abscess. If the tooth can be saved, a root canal or endodontic surgery will be performed. If the tooth cannot be saved, it will be pulled. You may also be prescribed antibiotics for the infection.

Neglecting your teeth increases your chances of not only dental abscess but gum disease. Limit your intake of sugary foods and drinks and in-between meal snacks. Brush your teeth twice a day, and don't forget to floss! Replace that frayed toothbrush every three months. An old toothbrush cannot do the proper job of cleaning. A fluoride and/or antiseptic mouthwash may aid in giving you extra protection. Above all, visit your dentist regularly. It may add to your expenses, but having your teeth cleaned is a lot cheaper than treating an abscess and restoring your tooth. **NOW**

Sources:

http://www.sciencedirect.com/science/article/pii/S0099239910007971

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

Calendar

August 5

Roundup for Riders: 6:00-9:30 p.m., Historic Hilton Hotel Downtown, 815 Main St., Fort Worth. Wings of Hope Equitherapy supports extraordinary people living with special needs. Help underwrite their mission while joining WOH staff for an evening replete with a seated dinner, auctions and boots up. **RSVP** to Allison Gross, (817) 790-8810.

Lunch & Learn: 11:30 a.m.-1:00 p.m., Burleson Public Library. Free small business workshop on business planning and managing your cash flow presented by Erika Hersh, with PeopleFund. Bring your own bag lunch. **RSVP** to Burleson Area Chamber of Commerce, (817) 295-6121. www.BurlesonChamber.com.

August 6, 20

Grocery Giveaway: 9:30-11:00 a.m., OpenDoor Food Bank, 6601 CR 912, Joshua. Families in need are invited to receive free food, dry goods and encouragement. Annually, OpenDoor Food Bank gives away over four million pounds of high quality food to over 30,000 Johnson County neighbors with no regard to social or financial status. Get more information from www.opendoorexperience.com.

August 7

Back-to-School Sunday: 10:00 a.m., Joshua Baptist Church, 3231 S.W. Wilshire Blvd. Families are invited to bring the kids and encourage students who are headed into a new school year. Call (817) 295-9070.

August 9

Story Time: 10:00 a.m., Crowley Adventist Church, W. FM 1187 and Cleburne Rd. Bring your kids for stories, crafts and snacks. For more information, contact Judith Jamison, judyjrd@ sbcglobal.net.

BISD New Employee Luncheon: 11:30 a.m.-1:00 p.m., Burleson High School Cafeteria. Meet, greet and support over 150 new BISD teachers and education professionals. Texas Health Huguley Hospital Fort Worth South and Texas Health Neighborhood Care & Wellness Center Burleson sponsor this annual event, but you can help by sponsoring a teacher table or donating Items for Teacher Goodie Bags. **RSVP** to Burleson Area Chamber of Commerce, (817) 295-6121, or visit www.BurlesonChamber.com.

Business After Hours: 5:30-7:00 p.m., Lost Oak Winery, 8101 CR 802. Free to Burleson Area Chamber of Commerce members. (817) 295-6121.

Trail Life Troop TX-0110 meeting: 7:00-8:00

p.m., Burleson Church of Christ Community Room, 1150 N.W. John Jones Dr. If you are a Christian and wish to guide generations of courageous young men to honor God, lead with integrity, serve others and experience outdoor adventure, or if you are a young man desiring to learn the Christian walk, contact Toby Ford, Chaplain and Trail Master, tkf@dunaway-assoc. com or (817) 995-8466.

August 13

Midlothian Texas Arrowhead Show: 8:00 a.m.-3:30 p.m., Midlothian Civic Center. Admission: \$5, children 12 and under are free. For more information on vendor table prices, set-up times and lodging accommodations, call Harold Hughes at (972) 921-8555.

August 18

Breast Cancer Care Support Group: 6:00-7:00 p.m., Pathway Church, 250 N.W. Tarrant Ave., Suite L. Call Nedra Lamar, (817) 915-5529.

August 22

First Day of 2016-2017 School Year: Crowley ISD, (817) 297-5800 and Joshua ISD, (817) 202-2500.

August 23

First Day of 2016-2017 School Year: Burleson ISD, (817) 245-1000.

August 27

Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia St., Crowley. For more information, contact Jim Hirth, (817) 297-1942.

August 30

Disaster Preparedness and Fire Safety Training: 6:00-9:30 p.m., Burleson Fire Station #1, 828 S.W. Alsbury Blvd. Learn to be a member of the Community Emergency Response Team, which is critical in giving support to family, friends and neighbors in their immediate area until first responders arrive. For details on how to apply, visit www.burlesontx.com/CERT or call Fire Inspector/Investigator Jessica Eiswald, (817) 426-9177.

Ongoing:

Mondays

Crocheting classes: 1:00 p.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. Free. Contact (817) 295-6611.

Tuesdays

Widowed Persons Service meeting: 8:00-11:00 a.m., Our Place Restaurant, 950 N. Burleson Blvd. Enjoy breakfast, fellowship and sharing your helpful heart. Contact Don Jordan, (817) 483-5458.

AUGUST 2016

Tinker Tuesday: 10:00 a.m.-8:00 p.m., Crowley Public Library, 409 S. Oak St. This is a drop-in program with no advance registration required. For information, call the Crowley Public Library, (817) 297-6707, ext. 2090.

Burleson Kiwanis Club meeting: Noon-1:00 p.m., Golden Corral Restaurant, 301 S.W. Wilshire Blvd. Contact bur88kiwanis@gmail.com.

Civil Air Patrol TX-154 meeting: 6:30-9:00 p.m., Spinks Airport. Of 50 or more members in the South Fort Worth Diamondback Composite Squadron, many adult officers and cadets are residents of Burleson, Mansfield, Arlington, Crowley, Joshua and other area communities. For more information, contact Maj. Sharron Stockwell at (817) 995-3590.

Lifetree Cafe: 7:00-8:00 p.m., Alsbury Baptist Gym, 500 N.E. Alsbury Blvd. Everyone welcome to meet in the upstairs cafe for friendly conversation relating to life and faith. Sean Walker, (817) 707-9106

First Tuesdays

AARP Chapter 4055 of Burleson meeting: 10:30 a.m.-1:00 p.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. All seniors welcome. Potluck included. Contact Barbara Knight, (817) 447-4060.

Second Tuesdays

Burleson Heritage Foundation meeting: 7:00-8:30 p.m., Burleson Heritage Visitors Center, 124 W. Ellison. Call (817) 447-1575 for more information.

Second Wednesdays

Burleson Area Recreational Cyclists: 7:00 p.m., Spokes Bicycles & Service, 111 S. Wilson St. Work with other cycling enthusiasts to create a more rider-friendly community. Contact Dave Garrett, (817) 447-3505.

Fourth Thursdays

Dog Park Planning Committee: 6:30-8:30 p.m., Community Room, Burleson Police Department. Call Shannan Sutter, (817) 323-0255.

Third Saturdays

VFW Post 6872 Breakfast: 9:00 a.m., 3409 CR 920, Crowley. Join the Ladies Auxiliary for good food and fellowship. (817) 645-2436.

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

Cooking **NOW**



In the Kitchen With Judy Jamison

- By Melissa Rawlins

Collecting recipes and entertaining have been a few of the pleasures for Judy Jamison, Ph.D, MPH, RD., since she first started cooking in a secondary home economics class. She recalls making muffins so many times during her freshman year, that the girls hid the muffin pans so their teacher would assign a different project. Now retired from a career as a university teacher and international nutrition consultant, Judy has demonstrated cooking to her students, church groups and the community.

Centering her meals on a plant-based diet low in fat and sugar, Judy's dietary pattern supports good health. "Research has indicated children's cognitive skills and performance are better when a good breakfast is eaten," said Judy, who shares quick and easy vegan recipes for a nourishing breakfast. **NOW**

Breakfast Sausage-like Patties

- 2 cups water
- 4 Tbsp. soy sauce
- 2 tsp. onion powder
- 1/2 tsp. garlic powder
- I tsp. Italian seasoning
- I tsp. sage
- l tsp. smoked paprika
- 2 tsp. liquid smoke
- 2 cups quick oats
- 1/2 cup pecans, finely chopped (or soy Bac-Os Bits)

Vegetable oil, for frying

I. Bring water and seasonings to a boil. Add quick oats and chopped pecans or Bac-Os Bits; stir well.

 Remove from heat and allow to cool.
 Form mixture into small balls and flatten in frying pan. Fry with 1 tsp. oil per batch to brown.

Dairy-free Gravy on Whole Grain English Muffins Serves 6.

- 1/2 cup raw cashews, washed
- 1/2 cup white flour
- I tsp. salt or McKay's Vegan Special Chicken Seasoning
- I Tbsp. nutritional yeast flakes
- Dash onion and/or garlic powder
- 3 cups water (divided use)
- I cup vegetarian sausage, cooked and crumbled, or 1/4 cup soy Bac-Os Bits (optional)
- 6 whole-grain English muffins or biscuits

I. Place first five ingredients plus 1 cup water in a blender. Blend until smooth.

2. Add the remaining 2 cups water. Pour into a kettle and cook over medium heat until gravy thickens, stirring continually to prevent

scorching. Add vegetarian sausage crumbles or some soy Bac-Os Bits for added flavor. **3.** Serve over English muffins or biscuits.

Scrambled Tofu

Serves 6.

1/2 small onion, finely diced
1/2 red pepper, finely diced
1/2 green pepper, finely diced
1 Tbsp. vegetable oil
14-oz. water-packed tofu, firm or extra firm, drained and crumbled
1-2 Tbsp. nutritional yeast
1 tsp. garlic powder
1 tsp. salt
1/2 tsp. turmeric
1 tsp. cumin
1/4 cup salsa (or ketchup) (optional)

I. In a frying pan, sauté the onion, red and green pepper in oil.

 Add crumbled tofu and seasonings and toss together. (*Note:* Can omit vegetables and add onion powder and seasoned salt.)
 Simmer until all moisture is absorbed. Serve with salsa or ketchup if desired.

Crock-Pot Cereal

- I cup whole grain of your choice: oat groats, bulgur wheat, barley, brown rice, wheat berries, etc.
- 4 cups water
- I tsp. salt (optional)
- 1/4 cup toppings of your choice: chopped nuts, shredded coconut, dried fruit, fresh fruit, brown sugar, molasses, maple syrup, soy milk, etc.

I. Wash whole grains (not granular, rolled or refined cereals) and place in Crock-Pot the evening before breakfast.

2. Cover with water; add salt, if desired.

3. Before retiring, turn Crock-Pot to the lowest setting.

4. In the morning, the cereal will be cooked, hot and ready to eat. Serve with toppings of your choice. (*Note:* Can be made in a saucepan on top of the stove by cooking for 40-60 minutes on low heat.)

5. Cooked cereal can be kept in the refrigerator for several days and reheated before serving.

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

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