

10-Year Anniversary Issue

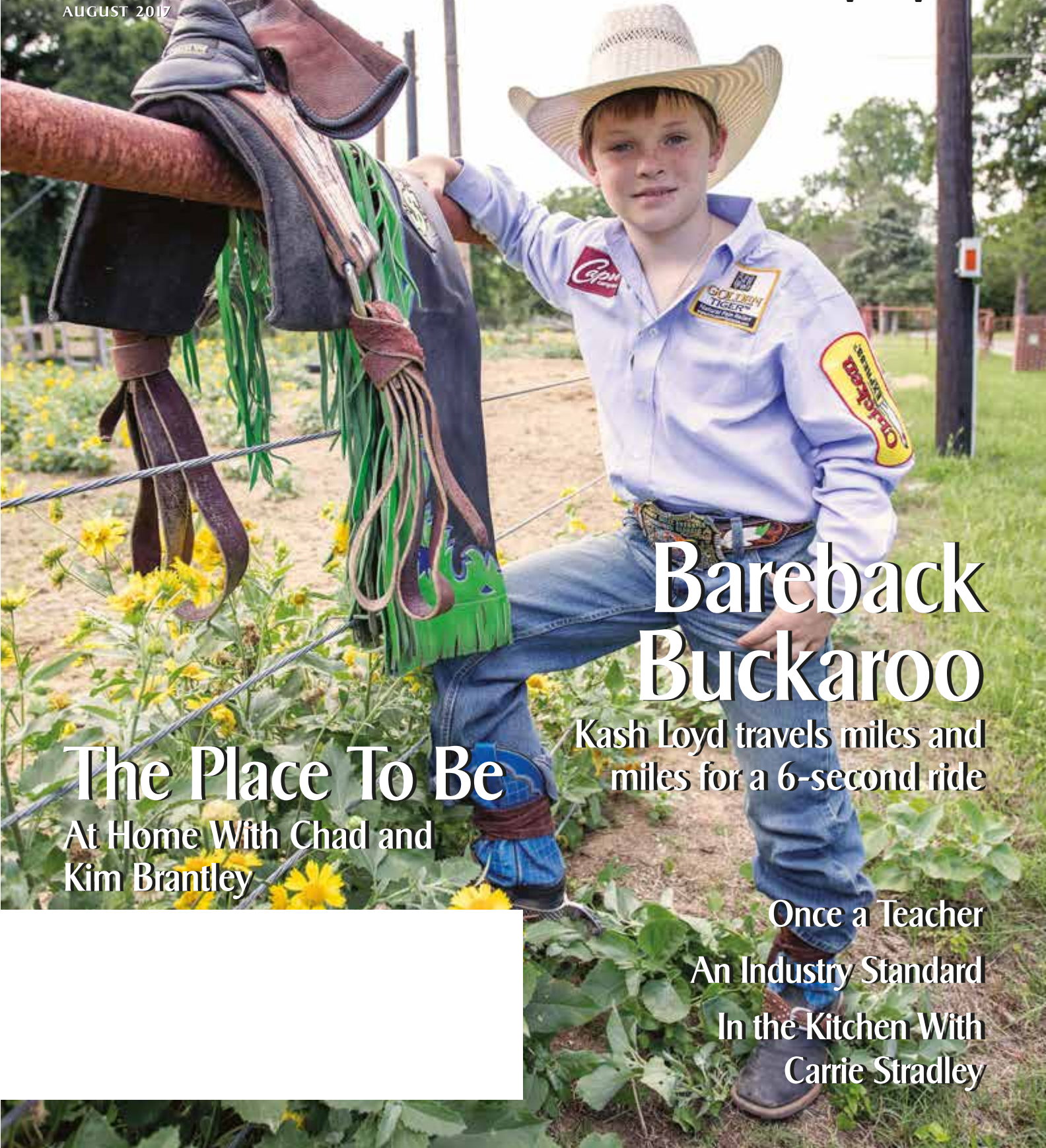
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ON THE COVER



Kash Loyd got his start mutton busting at county fairs, festivals and rodeos.

Photo by SRC Photography.

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Editor's Note

Thank You, Friends!

This community keeps improving and growing — and so does the publication you hold in your hands. *BurlesonNOW Magazine* is the eighth of ten in the NOW Magazines family, a company founded by Publisher Connie Poirier. She launched *CorsicanaNOW Magazine* in 2004 and noticed its positive impact on the businesses supporting her first publication. Taking a leap of faith, she quickly launched *WaxahachieNOW* and *EnnisNOW* and, over the next two years, she launched *MidlothianNOW*, *MansfieldNOW*, *North Ellis Co.NOW* and *SouthwestNOW* magazines. Then in August 2007, we introduced *BurlesonNOW*. Since then, we've grown to also include *WeatherfordNOW* and *GranburyNOW*.

When we launched *BurlesonNOW*, we saturated the Burleson market, mailing to every physical address. Your loyal readership and advertising have allowed us to expand our mailing areas into Joshua and Crowley, as well. We've had the privilege of writing stories and taking pictures of thousands of individuals with some pretty special talents and big hearts for others. And that contributes to a thriving community, because your friends, families and neighbors enjoy seeing each other in the magazine!

Here's to more "Good Stories About Good People!"

Melissa

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BAREB



Nine-year-old Kash Loyd walks up to the chute in full gear, peering through his helmet at the feisty Shetland pony. He climbs over the fence and mounts his dusty ride, as he tightens his gloved hand into the leather rigging behind the horse's withers. He braces his knees for the chute to pop open and the pony to explode into the arena. Holding on with one hand is not the only thing Kash has to master. Judges score the rider and the horse on posture, difficulty and time. Kash has to stay in rhythm with the pony, spurring with each jump.

For the past three to four years, Mini Bareback Riding has emerged and taken hold with the younger generation of cowboys. Everything is scaled down to fit the young athletes, but the same standards are applied to the horse and rider as at the professional level. The only difference is the time. Six seconds feels like an eternity when your body is being torqued on top of a wild little pony.

ACK BUCKAROO

— By Erin McEndree



Kash became interested in riding at the age of 3 when he watched his dad, Kevin, ride and compete in bareback. Kevin was a top rider in his day, attaining Top Bareback Rider in 2002 and was in the top 20 in the nation. "I began as a freshman in high school and worked through the ranks," Kevin said. "I got hurt in 2004 and tried to come back in team roping in 2013, but the commitment was so hard with a family." Kevin's dad was a cowboy in Waxahachie and also roped. "It is in our blood," he added.

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"We started Kash on mutton busting at county fairs, festivals and rodeos," Kevin explained. "He was pretty good and won many competitions." Ashley, Kash's mom, and Kevin entered Kash in rodeos close to home. When he kept winning, they began to travel farther, and Kash began to compete in mutton busting all over Texas. They ventured to places like Cleburne, Waxahachie, Weatherford, New Braunfels and Poteet (south of San Antonio) — anywhere there was a rodeo or festival to enter. When Kash turned 7, he began riding mini bareback.

Ashley's mom lives on some land close by, and Kash practices at his grandmother's house. She has ponies and a chute, too. Again, Kash kept winning. Now he attends rodeos in places as far away as San Francisco, California; Denver, Colorado; Livingston, Montana; and Las Vegas, Nevada; where he won Champion in Pee Wees, in December 2016, at the Jr. National Finals Rodeo. He added this title to the many he has accomplished in the past two years.

Beginning early allows kids to stair-step into the professional competitions. They do not have to wait until they are grown to begin competing like Kevin did.

High school and college rodeo teams are dwindling, and the Young Bareback Riding program will help get kids interested at a younger age and make scholarships available.

It is a tricky balance for Ashley to keep up with her teaching career, all three boys



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and packing the camper every weekend for competitions. She is a third grade teacher at Brock Elementary. "Since I have to stay late, Kash gets all his homework done at school," Ashley said. "When we get home, all three boys are always outside playing ball, or we go to my mom's house to fish or ride ponies. They don't have video games, and we don't watch much TV."

Kash has two younger brothers, Krew and Kane, who appear to be interested in rodeo events, as well. "Most competitions are on the weekends, so Kash does not miss much school," Ashley said. "That is good because he is booked almost every weekend through the summer." If the rodeo is too far away, only Kevin and Kash attend. Cowboy church is usually available Sunday morning for the families who rodeo. "We go to Cowboy Church when we have a rodeo on Sunday," Ashley said. "If there is not a rodeo on Sunday, we drive back late Saturday, so we can attend our congregation, Open Door."



The schedule is harsh. It is not unheard of for Kash to ride a few ponies on Saturday in Fort Worth and travel to South Austin that same day. "We can go 500 to 700 miles in one day and even 1,500 miles in one weekend. All for 6 seconds," Kevin said. "If it is farther, we fly."

The prizes range from cash, buckles and riggings to pendants and feathers. When Kash won first at the NFR in Las Vegas, one prize was the opportunity to design a pair of Corral boots. "I created a pair of boots for the kids' line that will be in stores soon," Kash said. "I designed blue tops, a green money sign on one side and a bucking horse on the other. I even have my autograph on the bottom!"

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"It is amazing how many people know Kash by his accomplishments," Ashley said. "Kids and older people want his autograph. People friend me on my Facebook page from all over the country, because they have seen Kash on YouTube." Kash has fans from Florida and New York to Vegas and beyond. He has some good friends, Spur and Lelo, whom he sees at competitions all the time. "Our families are together a lot," Ashley said. "It really does take a tribe to participate like we do." There are about five families that Kevin and Ashley see often and consider family. They have a big bond of friendship and trust with them.

Kash has more interests besides rodeo. "Kash always loved to watch reruns from the National Rodeo Association," Ashley said. "He also loves the Texas Rangers, hunting and says he wants to be a fighter pilot." When the family lived in San Antonio, Ashley taught at Randolph Air Force Base. Kash saw the Blue Angels all the time.

An event that Kash enjoys every year combines both his love for military and mini bareback. It is the U.S. Navy SEAL Danny Dietz Memorial Classic PRCA event. "I received an original feather with an American flag painted on it by the PRCA commissioner, Karl Stressman, for winning the mini bareback finals," Kash said. "Now those feathers are mass produced, but the proceeds go to the Navy SEALs." Kash competed in the classic in May and is proud to be supporting his passion for the military and his passion for bareback riding.

Right now, his goal is to continue to compete and work up to the professional level. "As long as Kash wants to ride, we will support him," Ashley said. "He is an adrenaline junkie!" **NOW**

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The Place To Be

— By Erin McEndree



At Home With Chad and Kim Brantley

Chad Brantley wanted a house in the country with land because he was tired of living in the city. Kim Brantley grew up in the country and wanted a house close to town. They found the perfect compromise for both personalities in one large home on 2 1/2 acres for Chad, yet only a short distance to dining and shopping for Kim. “We wanted to invest in a home we could enjoy with our family, our son, his friends and our friends,” Chad said.

When Chad and Kim put their home on the market, they never imagined it would sell in a week. They had no plan or prospect. “We lived in an apartment for six months while we searched for a house,” Chad said. “Our friends found a home near them for us to look at.” While Chad was in Houston at a golf tournament, Kim went to see the ranch-style home and fell in love with it. “Kim said she wanted the house, so I was signing electronic paperwork from my phone from the fairway,” Chad laughed.

Another offer was accepted, and Kim was frustrated. But she kept praying that God would provide the perfect home for them. The next week, while Chad was playing golf, yet again, the Realtor called with good news. The previous bid fell through, and the sellers accepted their offer. “Remember, I had never even seen this home,” Chad said. “But, for the second time, I was signing





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paperwork for the Realtor from my phone while at the golf course.” That night, they made arrangements to show Chad the house, and he loved it, too.

“I assured Chad it had all three things I wanted like wood floors, granite countertops and a double oven,” Kim said. “It also had the land he wanted.” Only a minimal amount of work needed to be done on the inside. Kim was so excited their offer had been accepted and began deciding what needed to happen first. They decided to paint the peach-colored exterior brick a neutral

beige and add dark shutters around the windows. They also added landscaping, for curb appeal. They dug up stumps and trees and brought in yards of dirt. Now, beautiful flowers line the steps to the front door, and a bench rests under a set of windows, which overlook the city of Burleson and provide the couple with a view of exquisite sunsets in the evening.

The room for their teenage son, Caden, did not need any changes. It was a nice grayish blue with a Scripture on the wall: *Put on the full armor of God*. Chad built the headboard out of planks

from a pallet. He built shelves for Caden to display his LEGO creations and sports memorabilia. However, Caden did not find his pink-colored bathroom acceptable, so that was an area that was swift to get a facelift. Now, it is navy and white with red accents. Photos of Caden’s friends and inspirational notes are displayed by the sink. A picture on the wall reads, *Pray for anything and if you have faith, you will receive it*.

Prayers have been answered for this family many times. Not only in relation to finding their home, but for health

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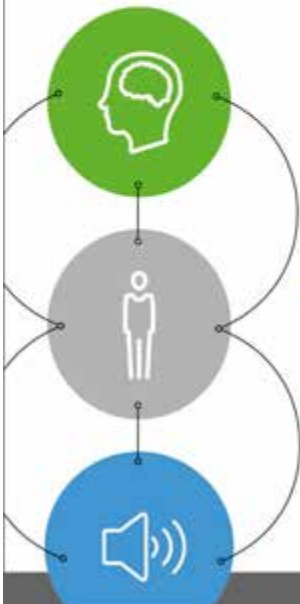
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issues also. Chad, the associate pastor for discipleship at Travis Avenue Baptist Church, is a three-time cancer survivor. "As a walking miracle, I get to share my testimony," Chad said, "and God has given me many opportunities to relate to others." Chad's hobbies are golf, coaching Caden's sports teams and running. "I have competed in one marathon, several half-marathons and will run the Pikes Peak Ascent in Colorado for the second time this month," Chad said.

Kim, who is a PE teacher at Deer Creek Elementary, loves the peace and quiet away from the craziness of teaching. She has her own hobby. "I enjoy painting furniture and repurposing old finds," Kim said. "I have several collections throughout the house, such as old wasp nests, old wooden doors and old windows hanging on the walls inside and outside the house." She has her own business, Brantley's re:purposed funk & junk. "When I retire from teaching, I'd love to own my own store," she said. She also is a vendor at the Vintage Market Days six times a year.

When Kim saw the home for the first time, she was in awe that so many elements did not have to be changed. The drop-down kitchen cabinets were already painted a green that matched the color scheme she already had. The granite countertops had flecks of the same green mingled with tan and black. Coordinating dishes in yellow and terra-cotta, along with a collection of old coffee grinders and cookbooks are displayed in the built-in cabinets near the bay window that looks out over the big backyard.

Many unique details are found throughout the home. Chad and Kim added shiplap to the guest bedroom. "The



log bed came from a cabin in Colorado my parents used to own,” Kim said. “It brings back good memories.” Vintage tables are used for side tables where Kim displays her grandmother’s glasses. An old barn door hanging in the office is a focal point, along with the telescope and French doors.

One of their favorite rooms is the family room, which at one time was the three-car garage. It also has shiplap and many vintage pieces and is where people gather to watch TV, play games or have devotionals. The Brantleys use their home for many get-togethers. “We host many events including showers, Fourth of July parties, Christmas parties and baseball practices,” Kim said.

“When we bought the home, we always knew we would use it to entertain and invite others to enjoy,” Chad said. “We are a host home for Disciple Now weekend, which includes a cookout. We also have Kim’s school kids out for a cookout, s’mores, movie night and fireworks.”

The house never seems to end. Beyond the family room is another room for Kim’s crafts. There are projects galore awaiting her touch. She stashes so many items and loves to go to rummage sales, estate sales and auctions. One of Chad and Kim’s favorite things to do is attend auctions, occasionally, on Friday nights. “We have a ‘Too Much Stuff Sale’ here, sometimes, to eliminate some of my stash,” Kim admitted.

There are still things Kim and Chad would like to do, like add a pool and a sports court. They are happy to be able to share their home with others and will continue to make it the place to be for their family and friends. **NOW**



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— By Melissa Rawlins

ONCE A TEACHER



They say you can't take the teacher out of the classroom. Joshua ISD Superintendent Fran Marek takes the classroom with her wherever she goes. From start-of-semester convocations to staff meetings to school board sessions, her cheerful, articulate communication style keeps people focused on the issues at hand. The majority of her career serving children has been spent in administrative capacities. But this superintendent got her start teaching, and she approaches leadership with a natural motivation to move people from one understanding to the next. The current shared belief is in Joshua's continued improvement while it grows.

Fran and her husband, Craig, have been part of the city's expansion ever since she joined the school district in 1990. Craig brought her here from South Louisiana after they were married. Growing up in Thibodaux, she had attended Catholic schools her entire youth. "My husband is from Southeast Texas and received a football scholarship to Nicholls State University, where we met our freshman year in college," Fran said.

She had grown up teaching catechism classes — and some swim classes — and was drawn to working with kids. So, she earned her undergraduate degrees in secondary education and science. After their wedding, the Mareks chose to live in Fort Worth, where Craig's sister lives.



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Secretary Emily Owen, Loflin Middle School Principal Damon Patterson and Superintendent Fran Marek each do their part to ensure excellence in education.

Fran interviewed with 12 school districts and accepted the offer from Joshua ISD to teach eighth grade earth science at Joshua Middle School.

She had a difficult time at first, simply because she'd never been separated from her family. "People in Louisiana don't move away. It's a different culture," she explained. "I'm the only person in my immediate or extended family that moved away." But Joshua welcomed her.

The Mareks reared two children in this community. Their daughter, Celeste, is 18 and graduated from Joshua High School, and their son, Blaine, is an eighth-grader at Loflin Middle School.

"The people in Joshua make an amazing community, full of spirit, love and a commitment to what's right," said Fran, who shares those values. An industrious woman, she gave extra effort during her inaugural year at Joshua Middle School, serving as sponsor for the cheerleaders, student council and a few other voluntary tasks at the school. "I have to stay busy," she reflected.

After her first year teaching science, her husband said, "I can see you as a principal one day." At that point, she started thinking about it. Then she took action and applied to Texas Christian University's school administration program. After two more years being both a science teacher and a master's-level student, Fran earned her Master of Education in educational administration. The leadership training she received at TCU prepared her to monitor reality and adjust appropriately. "It was about being flexible, being able to sense and analyze change and understand what kinds of things come with it," Fran recalled. "Being proactive — you can't always be ahead of the game, but if you plan as much as you can to stay ahead, it helps you be ready without falling behind."

Fran stayed alert to new opportunities in Joshua ISD. She applied for the assistant principal position at Joshua Elementary in 1993, and after three years in that

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position, she was hired to be the school's principal. That fall, her school became Staples Elementary. "During the 1996-1997 school year, I applied for the job of curriculum director and moved to our central office," she said. The community saw more growth during Fran's tenure in that position. In 2006, she was hired as assistant superintendent of curriculum and instruction. She progressed in 2011 to deputy superintendent, and then in June 2012, she applied for the job of superintendent of Joshua ISD. "It's the only district I've ever worked in and the only district I ever want to work in," she stated.

All along, Fran has promoted consistency through procedures. "The right hand knows what the left hand is doing, because fairness promotes strength," she said. Through her 27-year career, Fran has helped Joshua grow from four campuses to nine. "When we open the new middle school, we'll change the alignments again."

Last school year, Joshua ISD grew by 200 students. "We're averaging 2-percent growth each year," Fran said. The district is prepared because Fran and her team saw it coming. This month, JISD will move 601 students into Tom and Nita Nichols Middle School. "Being proactive means you're not playing catch-up."

Her expectation is that the new school will contribute to the community. "It will prevent overcrowding and allow us to reduce class sizes at the middle school level. These kids will have the opportunity to try and experience more," said Fran, whose first science classroom in Joshua Middle School had only one lab table at the front of the room. "These new rooms will have science tables with stations for the kids to be able to do experiments, along with everything that's needed —



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from equipment to a storage room where teachers have the ability to store chemicals and items necessary to provide the best science education for our kiddos."

Fran feels the energy in the community as the students anticipate walking the halls of their new middle school. And the enthusiasm has been good for Fran, whose personal life during the last year has included a surprise she could not have anticipated. "I like to be ahead of the game. However, this breast cancer is God's way of saying, 'I'm in control, Fran. You're not.' I've had to adapt and delegate much more than I normally do. I've had to let go and let God and just trust."

Despite the strangeness of her life during the 2016-2017 school year, the district continues to focus on a continuous improvement model based on quality excellence. "I'm even more aware now of the amazing qualities of my staff in Joshua ISD, who have just taken it and gone with it. They can do it without me."

In their focus on excellence, the Joshua ISD staff analyze data and review situations to determine how the district could improve. In January, the superintendent presented the Joshua ISD Texas Academic Performance Report. "We met standard, which is the highest standard that can be met, at every campus and at the district level. We're very proud of that," Fran told the community. "English I is the only score below the regional average scores. We're working on that and striving to improve that this year."

Once a teacher, Fran's heart is forever with the teachers and for the students. From the time they enter prekindergarten, Fran's goal is for the students of Joshua ISD to graduate with a Career and Technical Certificate and/or proceed to earn a college degree, so they can survive and be productive in this world. "Joshua ISD continues to show progress in our post-secondary readiness," Fran said. "Our teachers, counselors and staff are like a well-oiled machine, becoming better and better. It is who we are and what we do." **NOW**



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Tex Tech Environmental delivers clean water for a clean America. — By Melissa Rawlins

Three generations run Tex Tech Environmental out of the vibrantly painted brick building on the northbound I-35 frontage road, just south of Hidden Creek Parkway. The mural commissioned by Cleve Weyenberg Jr., president, honors his son, Sgt. Tyler Weyenberg, a Burleson High School graduate who proudly served in the United States Marine Corps. He served one tour of duty in Afghanistan.

“After five years in the Marine Corps, Tyler decided he wanted to come home and join the family business,” Cleve Jr. said. A member of the Burleson Rotary Club, a member of the board of directors for the Burleson Police Foundation and vice chairman of the board for Members Credit Union, Cleve Jr. is a licensed wastewater treatment plant Class C operator through the Texas Commission on Environmental Quality, as well as an OSII licensed installer and maintenance provider.

Tex Tech Environmental targets several markets. Known locally for designing, building, installing and maintaining residential wastewater treatment systems, Tex Tech’s footprint extends throughout Texas to other countries through its business providing complete installation of individually designed and constructed wastewater treatment facilities.

“My 92-year-old dad, Cleve Weyenberg Sr., started this business in 1978,” Cleve Jr. said. “In the older days, home septic systems were failing all over the state. We introduced the aerobic system, invented in 1955 in Ohio, to the state of Texas. Now, the aerobic system — which, in a nutshell, injects air into the sewage to keep alive the bacteria already present in the waste, which then live on the waste and eat it up — is the standard of the industry.”

The Weyenbergs developed Tex Tech Environmental Inc., first

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by constructing home systems and, later, commercial-size wastewater systems for schools, prisons, mobile home parks — anything beyond city sewers. Office Manager Amanda Kacsir stays busy helping all sorts of customers. “Amanda can take an order for a home system and know exactly what they need,” CEO Cleve Sr., said.

Through his lifetime, Cleve Sr. has enjoyed the challenge of seeing each project through to productivity. “It’s a great satisfaction to see the smile on your client’s face when they’re in operation, built securely,” he said, “so that we know the system will continue to operate according to its license.”

Now, his grandson, Tyler, a TCEQ licensed OSII apprentice and maintenance technician, installs and services the wastewater treatment systems. They fabricate their package sewage treatment plants at their location for installation or shipping to each client.

Tex Tech Environmental employs three technicians who stay busy constructing and servicing home systems in the Burleson area. Longtime employee Larry Stephens is a TCEQ Class D wastewater treatment plant operator, and his son, Justin, is a maintenance technician. Individual homeowners who have home aerobic systems are welcome to buy parts and supplies, pumps, aerators and chlorine tablets here.

A different type of customer comes to a different part of the building. Nancy Kidd-Weyenberg operates a yoga studio here called Yoga Haum. Cleve Jr. prepared the space for his wife a year-and-a-half ago. The parking lot is full when she’s teaching classes. “Nancy is 500-hours certified,” Cleve Jr. said. “She had a yoga studio of her own 20 years ago and decided she’d like to do that again. She’s found her calling.”

So has the corporation’s patriarch. “Back in my day, everything was outhouses, whether high schools or grade schools,” Cleve Sr. said. “As population grew, it developed into septic systems.” After WWII, Cleve Sr. searched for excitement in new engineering projects and found his opportunity when environmental contamination became a hot issue. Now, Cleve Sr. enjoys a feeling of gratitude that he was trusted to lead, teach and be successful helping people stay healthy. **NOW**

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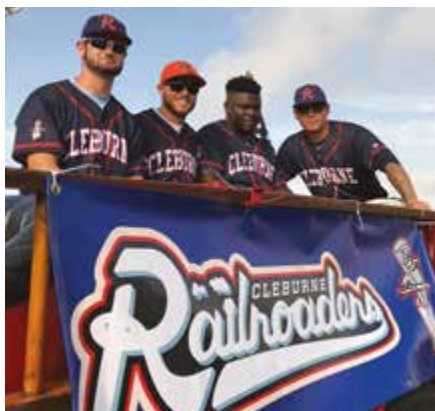
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Ambassador-in-training Sawyer Gibson joined his mother, Audrey Gibson, at the BACC luncheon hosted by Fort Worth First Church of the Nazarene.



Nazarene Christian Academy's watchful mascot greets Assistant Principal Nancy Shonamon and Office Manager Karen Gleckler.



A few of the Cleburne Railroaders ride in an antique fire truck to celebrate freedom in the Burleson Lions Club 4th of July Parade.



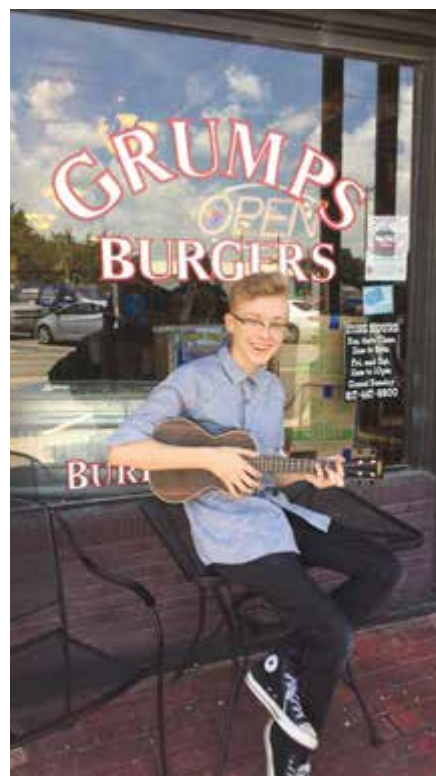
Dylan Michaud and Caitlin Dick offer great customer service at the AT&T Authorized Dealership on John Jones.



Joshua Chamber of Commerce members Margarita Valdez and Joe Tijerina spread the Fatima message at the recent multi-city mixer.



The crowd in Old Town Burleson relaxes to the tunes of Le Freak during Hot Sounds of Summer.



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You have probably heard that diversification is a key to investment success. So, you might think that if diversifying your investments is a good idea, it might also be wise to diversify your investment *providers* — after all, aren't two (or more) heads better than one? Before we look at that issue, let's consider the first half of the “diversification” question — namely, how does diversifying your investment portfolio help you?

Consider the two broadest categories of investments: stocks and bonds. Stock prices will move up and down in response to many different factors, including good or bad corporate earnings, corporate management issues, political developments and even natural disasters. Bond prices are not immune to these dynamics, but they are usually more strongly driven by changes in interest rates. To illustrate: If your existing bond pays 2 percent interest, and new bonds are being issued at 3 percent, the value of your bond will fall, because no one will pay you full price for it. (Of course, it may not matter to you anyway, especially if you planned to hold your bond until maturity, at which point you can expect to get your full investment back, providing the bond issuer doesn't default.)

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Here's the key point: Stocks and bonds often move in different directions. If you only own U.S. stocks, you could take a big hit during a market downturn, but if you own domestic and international stocks, bonds, government securities, certificates of deposit and other types of investments, your portfolio may be better protected against market volatility, and you'll have more opportunities for positive results. (Keep in mind, though, that even a diversified portfolio can't prevent all losses or guarantee profits.)

So, it clearly is a good idea to diversify your investment portfolio. Now, let's move on to diversifying financial service providers. Why shouldn't you have one IRA here and another one there, or enlist one advisor to help you with some types of investments and a different advisor assisting you with others?

Actually, some good reasons exist to consider consolidating all your investment accounts with one provider. For one thing, you'll keep better track of your assets. Many people do misplace or forget about some of their savings and investments, but this will be far less likely to happen to you if you hold all your accounts in one place.

Also, if you have accounts with several different financial service providers, you might be incurring a lot of paperwork — and many fees. You can cut down on clutter and expense by consolidating your accounts.

But most importantly, by placing all your accounts with a single provider, possibly under the supervision of a single financial advisor, you will find it much easier to follow a single, unified investment strategy, based on your goals, risk tolerance and time horizon. You won't get conflicting advice, and you'll receive clear guidance on important issues, such as the amounts you can afford to withdraw each year from your retirement accounts once you do retire.

Diversification and consolidation — one is good for building an investment portfolio, while the other can help you invest more efficiently and effectively. Put the two concepts together, and make them work for you. **NOW**

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 Burlison.

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A Mind on the Run

— By Betty Tryon, BSN

“I can’t sit still.” Those words come from an online blogger, who just needed to vent about ADHD, Attention Deficit Hyperactivity Disorder. She went on to chronicle her struggle with her thought patterns. “Like, I should have one thought that’s supposed to do its thing. Instead, it feels like there’s hundreds, all darting in different directions and confusing the others.” ADHD is a neurodevelopmental disorder that begins in childhood and can last into adulthood.

There are three types of this condition: inattention, hyperactivity and impulsivity. It is possible to have only one or a combination of the types. All of these behaviors can occur in anyone, but when they reach a level that causes everyday routines to be disrupted on a frequent basis, it is characteristic of ADHD disorder. Behaviors will differ from one person to another. Some will exhibit a combination of symptoms of this condition. Whatever symptoms are most predominant determine the diagnosis. Males are more likely to have this disorder than females. ADHD often coexists with other behaviors, such as anxiety disorders, learning disabilities and depression.

Inattention is characterized by someone having difficulty with organizational skills. They have problems keeping things in order and manage their time poorly. They make careless mistakes performing important tasks and are constantly losing items. There is difficulty in focusing and staying on task. When it comes to performing tasks that require mental focus, those with inattention may completely avoid them.

Hyperactivity and impulsivity are often seen in combination. When a person is hyperactive, that behavior will often be seen in very unhealthy ways, and being impulsive is a part of that. An example of the predominantly hyperactivity-impulsivity presentation is a person who fidgets constantly and can’t seem to sit still. Engaging in quiet activities is difficult. This patient seems to be the type of person who has to go, go, go all the time, is impatient, has trouble standing in line and engages in nonstop talking.

The cause of ADHD is still unknown. Environmental toxins have been blamed, possible brain injury, genetic factors and even cigarettes and alcohol are all suggested causes of ADHD.

The goal of treatment for ADHD is to reduce symptoms for better function. The treatment has to be patient specific and age appropriate. What works for children might not work for adults and vice versa.

When helping children with ADHD, it’s important not to label them as “bad” kids. Their behavior is not meant to disrupt and with treatment can improve. Managing this disorder gives the person a chance to live a more normal and calmer life. **NOW**

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



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August 3

Shop for a Cause: 10:00 a.m.-10:00 p.m., Old Town Burleson. Businesses in Old Town give back to the community by donating a portion of their proceeds on this day to Little Red School House. See list of participating businesses at www.ot-ba.com/shopcause or email manager@ot-ba.com.

August 4

Round-Up for Riders: 6:00-11:00 p.m., Historic Hilton Hotel, Fort Worth. Grady and Wendy Spears and Gary and Lisa Nussbaum co-chair this boots-up event benefiting the equine therapy partners and equestrians with disabilities served at Wings of Hope Equitherapy in Egan. Visit with the riders before dinner. Buy stockyards raffle tickets plus \$100 per person entrance tickets at www.wingsofhopehorses.org/roundup.html.

August 8

Burleson ISD New Employee Luncheon: 11:30 a.m.-1:00 p.m., Burleson High School Cafeteria, 100 Elk Dr. Join hands to welcome BISD's new hires and hear keynote speeches from Mayor Ken Shetter and Dr. Bret Jimerson. Great hospitality for new employees and seasoned friends from the community is all

made possible by title sponsor, Texas Health Neighborhood Care & Wellness Burleson. To reserve your \$25 seat, contact the Burleson Area Chamber of Commerce, (817) 295-6121, by **August 4**.

August 11

Larry Light & Pure Country Band: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. Anyone 50 years or older is invited to dance to this country and western band for only \$5 per person. The dress code is casual. Contact the senior center at (817) 295-6611 for more information.

August 14

Joshua Night at The Depot: 7:00-10:00 p.m., The Depot, 1906 Brazzle Blvd., Cleburne. Enjoy a night of fellowship, food and baseball with the Cleburne Railroaders. To kick off the game, the First Methodist Joshua music campers will sing *The National Anthem*. (817) 558-9801.

August 15

Genealogy Club meeting: 6:30-9:00 p.m., Burleson Public Library. Expert researcher Norman Harrell is the guest speaker and there will be a Q&A as well. For more information or

to RSVP, please call (817) 680-1933.

August 25

B-Talk Business Friday: 11:30 a.m.-1:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Gain valuable insight for increasing your market reach. Free boxed lunch for pre-registered attendees. For more information, contact the Burleson Area Chamber of Commerce, (817) 295-6121.

August 26

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

Ongoing:

Saturdays

Farmer's Market: 8:00 a.m.-noon, 217 W. Renfro St. Handmade crafts, homemade pickles, jams, jellies and breads as well as fresh produce from two local farmers. www.burlesonfarmersmarket.com.

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In the Kitchen With Carrie Stradley

— *By Melissa Rawlins*

Carrie Stradley, one of the co-chairs of last year's 65 Roses Cystic Fibrosis Foundation Wine and Food Extravaganza, is looking forward to this year's event. Ever since learning kitchen basics from her mom, whom she and seven siblings helped with household chores, Carrie has bravely tried new recipes and combinations, like her Spicy Mango-basil Relish, that take Tex-Mex and grilling to a new level.

Her husband's work brought them to Burleson from Houston right after their twin boys were born. "We had the opportunity to go back to Houston when our boys were in middle school," Carrie recalled, "and made the decision to stay because we felt this was a better place to raise a family." The recipients of Carrie's yummy, uncomplicated meals often request recipes like those below, including a cake Carrie's been making since before she was married. **NOW**

Bacon-wrapped Pork With Spicy Mango-basil Relish

Serves 4.

Pork Chops:

- 1/2 cup soy sauce**
- 1/2 cup fresh lime juice**
- 1 1/2 tsp. cayenne pepper**
- 2-3 cloves fresh garlic, minced**
- 4 boneless pork chops, cut**
- 1 1/2-inches thick**
- 8 strips bacon**

Spicy Mango-basil Relish:

- 1 mango, peeled, pitted and chopped**
- 2 Tbsp. fresh lime juice**

- 2 Tbsp. fresh basil, chopped**
- 1/4 tsp. cayenne pepper**

- 1. For pork chops:** Mix together the soy sauce, lime juice, cayenne pepper and garlic. Reserve half of the mixture for basting and place half in a shallow baking dish. Add pork to dish; turn to coat both sides. Cover and refrigerate for at least 1 hour, turning pork occasionally. (Marinate longer for more flavor.)
- 2.** Remove pork from dish, discard marinade and wrap 2 strips of bacon around the outside edge of each pork chop, securing in several places with toothpicks.
- 3.** Place pork on grill over medium heat. Cook for 12 to 16 minutes total, basting

with reserved marinade several times until pork is 160 F, as measured with an instant-read thermometer.

- 4. For relish:** In a small bowl, stir together relish ingredients. Serve a large dollop atop each pork chop.

Sock It To Me Cake

- 2 Tbsp. brown sugar**
- 1 tsp. cinnamon**
- 4 eggs**
- 1/2 cup sugar**
- 1 box butter cake mix**
- 1 cup sour cream**
- 3/4 cup butter-flavored oil (can use non-flavored vegetable oil mixed with 1 tsp. butter flavoring)**
- 1 tsp. vanilla**
- 1 cup pecans, chopped**

- 1.** Mix brown sugar with cinnamon in a small bowl and set aside.
- 2.** Beat eggs and sugar until sugar dissolves. Beat remaining ingredients, except nuts, into mixture. Beat for 5 minutes; stir in nuts. Pour half of the batter into a greased and floured Bundt pan.
- 3.** Sprinkle brown sugar/cinnamon mixture over batter. Pour in the remainder of the batter, spreading to cover sugar mixture, if needed.
- 4.** Bake for 45-60 minutes at 350 F.

Cedar Plank Salmon

Soak cedar plank for 2 hours in water before using.

- 1 fresh salmon fillet**
- 1 Tbsp. olive oil**
- 1/4 to 1/2 tsp. salt**
- 1/4 to 1/2 tsp. black pepper**
- 1/2 to 1 tsp. garlic powder**
- 1 to 2 Tbsp. fresh dill, chopped**

- 1.** Clean salmon fillet, if needed. Coat with a small amount of olive oil.
- 2.** Sprinkle fillet with salt, pepper and garlic powder, to taste. Sprinkle liberally with dill, using more for larger fillets.
- 3.** Cover and let sit for 1-2 hours.
- 4.** Heat grill to medium high. Place salmon onto cedar plank, skin side down. Cook on medium to medium high for 15-20 minutes. If plank catches on fire, sprinkle with water or beer. (You want it to smoke.)
- 5.** When done, insert spatula between skin and meat and transfer to serving plate. The skin should stick to the plank.
- 6.** This is delicious served with wild rice and grilled vegetables



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