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MAGAZINE

September 2008

The Order Between the Notes

Best of Both Worlds

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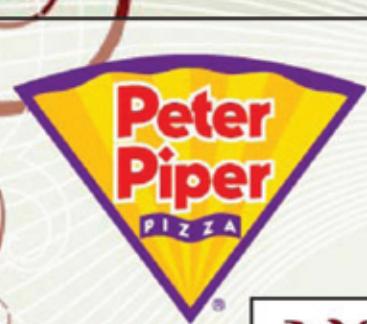
A Humble Heroine

At Home With
**Darrell and
Lisa Johnson**

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*The Spirit of the Elks marching
band gear up for a new year.*

Photo by Terri Ozymy.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.

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MAGAZINE

Editor's Note

Happy End of Summer, Burleson!

Want to know where to find some crazy fun on Monday nights? Ask our featured sports guy, Roy Sponsler. We are also featuring Darrell and Lisa Johnson's home: designed for hospitality. Barbecue chef, Donald Patterson, shares recipes for successful parties. And the sweet owners of JJ Mocha's recommend yummy beverage concoctions for after the games ... which begin at the Burleson football stadium this month. While cheering on the team, enjoy the halftime show even more after reading about the devoted members of the Spirit of the Elks Marching Band in our art feature! Be sure to read about Vanessa Gage, one band member who excels in many areas, in Jaime Ruark's lovely piece. Other lucky students in Burleson enjoy writing classes from Kelly Wortham, whose story we tell in EducationNOW. May our magazine fill you with inspiration to make the most of September.

Melissa Rawlins

BurlesonNOW Editor

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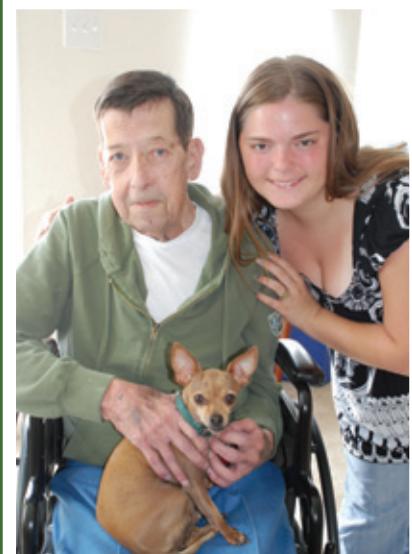
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A Humble Heroine

— By Jaime Ruark

Burleson is home to amazing people of all ages, although at times, it can be easy to forget that teens in the community are an integral spoke in the wheel. In reality, many of the young people are just as civic-minded and have just as many lofty goals and dreams as the adults who live and work here; a quick visit to the high school reveals many such teenagers. The hometown community should take great pride in the youth who will one day be stepping up to continue the growing legacy of strong work ethic, generosity of spirit and appreciation for those around them.

Vanessa Gage is one such promising young woman, and even at the age of 15, it is easy to see that this bright teenager is aware and appreciative of the world around her and the opportunities she has been given. While some teens her age spend much of their time with their eyes glued to the television screen, Vanessa is an avid bookworm. Books are her gateway to other worlds, and she loves to picture the scenes in her imaginative head as she reads them. "I can see books like they're movies in my mind," she said. Vanessa's extremely proud mother, Angela, shared, "She cannot put a book down. It's been funny at times, and a little hard, because I've even had to take her books away



Vanessa and Charles Varney.

so she can get things done. Her teachers try to keep her at a pace with the rest of the class, but she always reads ahead."

A sophomore at Burleson High School, Vanessa plays the flute in the band and spends much of her time practicing for marching and concert competitions. "I enjoy marching because you're interactive, and you get to learn new things constantly. This year is a competition year," she enthused. Her excited expression reveals how eagerly Vanessa is looking forward to learning the new songs, marching patterns and routines.

Balancing schoolwork with her band responsibilities has been a learning experience for Vanessa. "I was in debate [class], but with band, I can't do both because band takes up so much time," she said. "We practice after school during the week, and then on Fridays (game days) we practice in the mornings." Angela added, "She leaves here on Fridays around 6:00 in the morning, and she doesn't get back home until

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around midnight sometimes."

"My mom got me started on the flute. I was thinking about playing the clarinet, but she changed my mind, because she plays the flute," Vanessa said. Between seventh and eighth grade, she considered dropping out of band, but her mom assured her fun times were coming as she moved up to high school. "Band is awesome. You go on these trips, and you're with your friends and you make these memories. Game nights can be crazy, too. It's just so much fun," she gushed.

"She really handled it like a trooper."

While Vanessa obviously knows how to enjoy life, she also has a solid and mature head on her shoulders. She has, in fact, been in a situation which required her to maintain a calm and cool demeanor perhaps beyond her years. "I was at my Aunt Kathy's while she was out of town for a funeral. While they were gone, I was taking care of her dad, and he woke up one morning later than usual. I went to check on him, and he seemed fine, but when he came out of his room he said he couldn't breathe," Vanessa recalled. "I called my mom and Kathy to see what I should do, and then I called 9-1-1. He was having a heart attack."

Vanessa remained calm, at least on the outside. "While I was on the phone with the ambulance, I was freaking out a little bit," she admitted, "because I didn't know what was wrong with him, and I didn't know exactly what to do." Angela remembers with pride how amazingly well her daughter performed in such a scary situation. "When I got there she was fine. She was handling what she needed to handle. They have some dogs, and she was corralling them so the ambulance people wouldn't have to deal with them. She was able to answer all the necessary questions. She really handled it like a trooper. She probably felt completely overwhelmed, but she did exactly what she was supposed to do," Angela expressed.

"He would have died if she hadn't been there, because he was not coherent enough to know to call 9-1-1. He doesn't even remember what happened at all."

Saving a family member's life has in no way turned Vanessa's head or made her prideful. A sweet and humble girl, she speaks of the incident only when reminded and then in a very matter-of-fact tone. Ralph, Vanessa's dad remarked, "She's just not a typical teen. She's always been such a good kid. We got lucky." Angela, nodding her head in agreement, added, "A lot of teens her age are starting to get into things they maybe shouldn't be getting into, but I don't have to worry about that with Vanessa. That's just not something she's doing; it's just not her style."

"She has a little brother with special needs, and I think maybe that's kind of what steered her away from some of those bad things," Angela continued. Vanessa's 7-year-old brother, Michael, has a form of autism called Asperger's syndrome, and she helps her family care for him. "I want to learn more about what Michael has," she said. "I'm thinking about taking some classes so I can learn more about it."

Vanessa's altruistic nature extends beyond her family and friends. "When I was in the sixth grade I had hair down to my waist. I went to get it cut and they asked me if I wanted to donate it," she recalled. Without a second thought, Vanessa donated her long, pretty locks to Locks of Love, a nonprofit organization that provides donated hairpieces to children suffering long-term medical hair loss from any diagnosis. She donated it in honor of her granny, a survivor of breast cancer and now considered five years cured.

Vanessa's hopes, dreams and eagerness to learn about the world around her shine through every conversation. "I want to see New York someday, and Hawaii and Paris. I want to see the Eiffel Tower and all the pretty lights," she smiled. With such a positive attitude and winning personality, it is easy to imagine her doing all that and so much more. **NOW**

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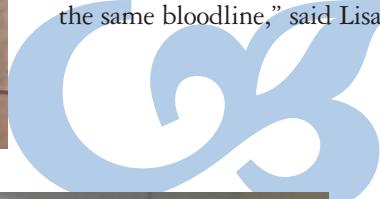
Making Space for Love

— By Melissa Rawlins

At Home With Darrell and Lisa Johnson

Darrell and Lisa Johnson nurture a very close, blended family. They enlarged their home when they married so they could take in Mannie, who worked in the same restaurant as both Lisa and Darrell. While the couple honeymooned, the restaurant shut its doors. When the newlyweds returned to real life, they found that Mannie needed a job, a home and most of all, a family. "God has blessed us with Mannie," Darrell said. Now 42, Mannie learned to drive and works two restaurant jobs. He has also built up a clientele who hire him to do yard work. He still lives with the Johnsons and maintains the lawns at both their home and business.

"He's one of our family. At Christmas and party time, everyone puts Mannie on the list. You'd think we're all from the same bloodline," said Lisa, who has lived since day one of





her marriage with not only Darrell, but also with Mannie, 12-year-old Drew and 11-year-old Haylee — Darrell's two children from a previous marriage. "In the seven years we've been married, we have had two kids: 4-year-old Emilee and 2-year-old Chloe. Now we have a third on the way. It's fantastic," Darrell said. "We love children. That's why we have a big home."

As their household has increased, so have their responsibilities. Lisa currently works at First National Bank in a jack-of-all-trades position. Darrell



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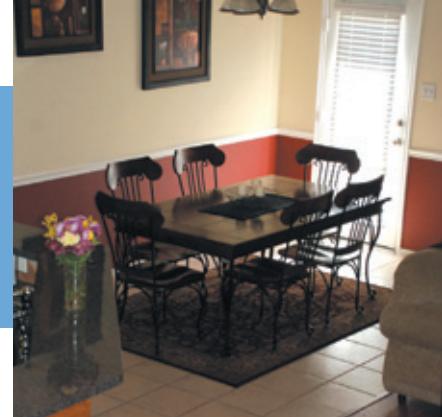
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Up to 45 guests at a time have enjoyed dinners, Bible studies and, of course, Christmas in the big family room. The three tree-shaped obelisks on the coffee table hint that Lisa and Darrell are modern people. "Lisa has decorated this entire house herself. We laid the wood floors and painted the

walls," Darrell said indicating that the physical objects in the home mean a lot less to the family than the spaces where they spend time together.

Unless you count Emilee's time capsule, subtly stored on the dining room sideboard. "On Emilee's first birthday, we had all the family write notes to Emilee, which she'll read on her 18th birthday." The notes are stuffed into a nondescript box cousin Kim had given the couple as a wedding gift. Except for that special object, it is the activities in each room that create the family's memories, not things. Lisa plans to build special memories for her



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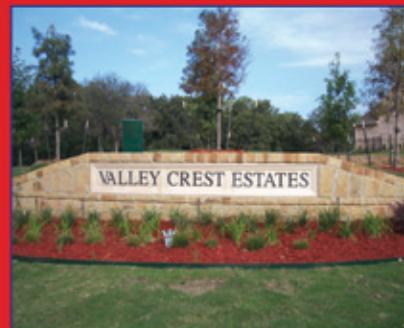
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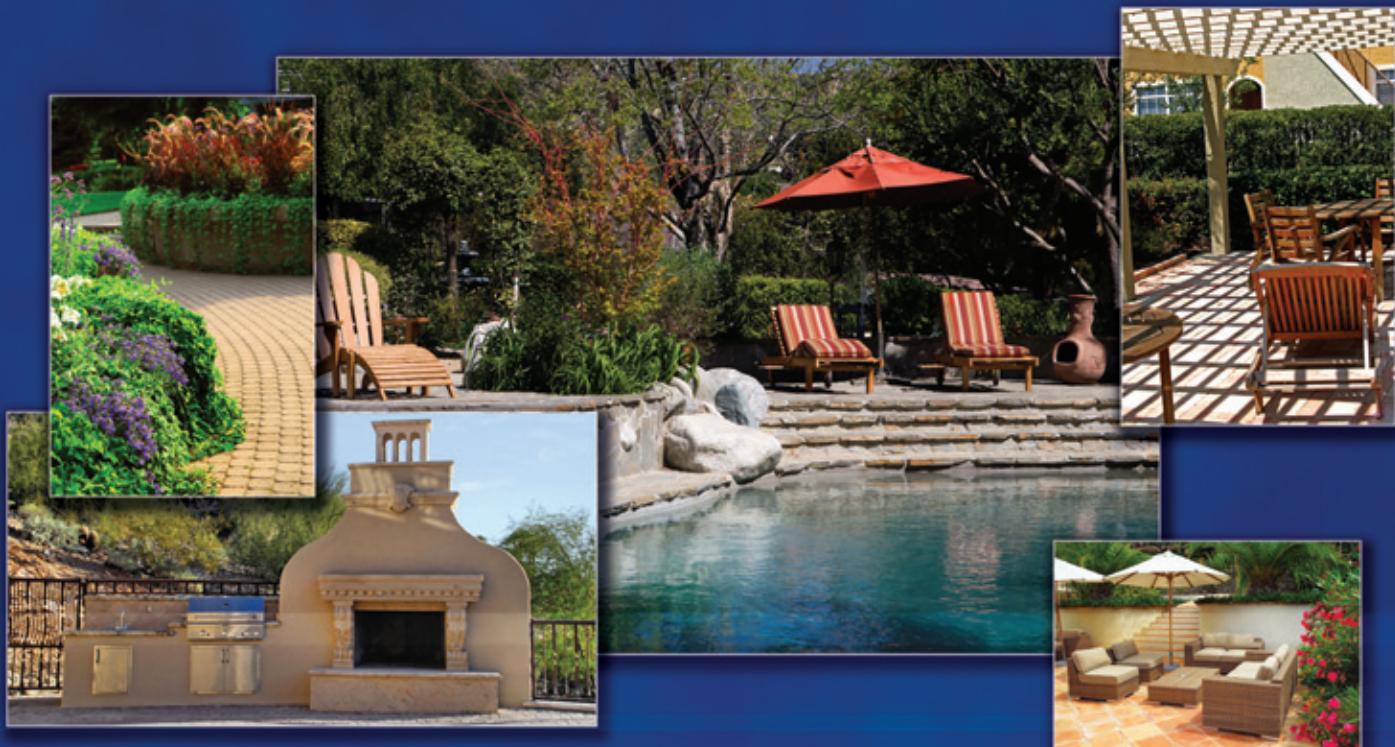
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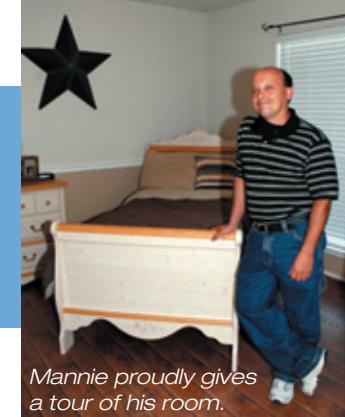


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children with a special meal to be held at the table generally reserved for fancy holiday dinners or for ladies from church. "I really want to surprise the kids with etiquette lessons," Lisa said, with a gleam in her eye.

Meals are prepared in the chef's kitchen. "We both have cooking backgrounds and need lots of counter space," Darrell said, laughing in surprise when Lisa pronounced him a better cook than she. Darrell often grills in the backyard while the Australian Shepherd, Ollie, plays with the children in his domain.

Their newest canine, a Maltese named Dallas, prefers the neat and tidy indoor environment. Lisa and Darrell's well-decorated house is fun and inviting for friends and family. "This house has separate rooms where we can enjoy our time and host parties for church and for different events," Darrell said.

The warmth begins before entering the Johnson's home. Mannie, who has his own yard work business, cares for the rolling green yard, but the two fir trees that greet guests like jovial sentries are tended by Lisa. "She trims the bushes with scissors," grinned Darrell. "We planted the circle tree and the spiral tree and have enjoyed watching them grow," added Lisa, who likes to keep fresh potted flowers blooming by the front door.

Once inside the 3,200-square-foot house, guests feel drawn to one of two places: the family room with the fuzzy rug and plush couches downstairs or the playroom atop the Scarlet O'Hara-style staircase. In the playroom, Lisa and Darrell have made space for rambunctious, creative children to play to their hearts' content.

This expansive, sunny loft is where the quartet plays video games: Rock Band and Guitar Hero III, and builds forts out

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of blankets spread over the vacuum cleaner and the chair arms. Dad always sits in the big leather chair closest to the side table. "It's sunk in perfectly to my body," Darrell smiled. "Lisa usually sits on the couch, next to me, and the ... kids fight over the other two leather chairs!" This is where friends and family sit when it is time for adult games: Dallas Cowboys, Dallas Mavericks and Dallas Stars.

When fun ends and bedtime begins, the children go to fantastic rooms decorated with care by Lisa. Drew might invite his friends or cousins to his sports-themed room, where they can sleep on the bunk bed surrounded by sports memorabilia. He has a Nintendo Wii and a game chair in his room for solo playtime. On the other side of the peony-filled bathroom shared with his sisters, Emilee and Chloe sleep in a princess room.

"We designed this room ourselves," said Darrell, who painted the whole room cotton-candy pink in honor of

his girls. Lisa found the sweet wrought-iron bed at Bombay Kids, and bought the dreamland bedspread separately. "I thought the embroidery looked like butterfly antennas, matching the butterflies on the curtains," Lisa said. She placed an Anne Geddes Butterfly Baby on the shelf above the dresser, and made the pink-and-white-ribbon bulletin board. The books in the room are well used. "Emilee will read a book to you! She knows the stories off the pictures," said Lisa, adding: "While I experienced two months of morning sickness with the baby that's due in December, my Emilee would read to me a lot. Chloe likes to listen."

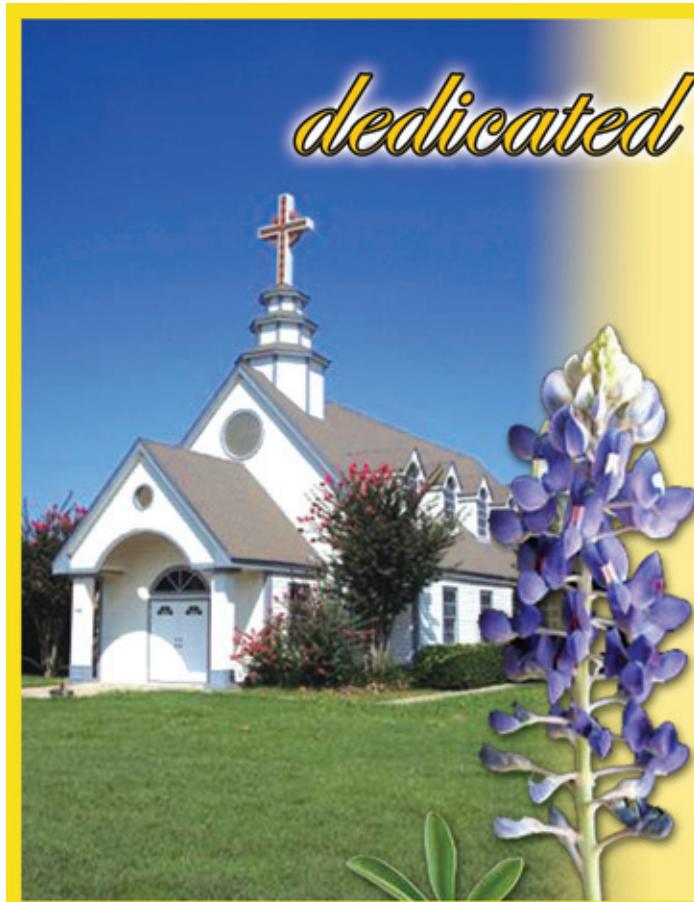
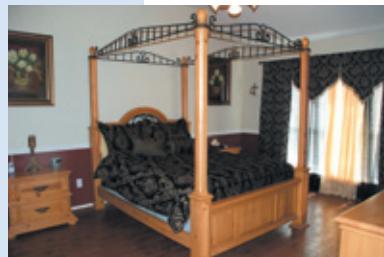
Before the new baby comes, the couple will redecorate the upstairs guest room (traditionally where Haylee has slept) as the baby's room, and Haylee will move into the room with the other girls. "We are not going to find out

what gender the baby is," Lisa said. "With this one, we're going to be surprised, so it's harder to prepare because you can't go shopping." Given the couple's track record, the baby should be satisfied. "Our kids never wake up in the middle of the night. They love their rooms," Darrell said.

Darrell and Lisa have their own retreat, downstairs, decorated for relaxation in dark maroon, gold and

black. "Our bedroom is our getaway," Lisa said. The elaborate candles on the dresser are lit when people are over, to make the

house smell homey. That is the feeling Lisa enjoys about her favorite room in the house: the master bath, where she reads the Bible in the tub after the kids are all tucked in. "This," Lisa said, "is my sanctuary." **NOW**



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The Order Between the Notes

— By Melissa Rawlins

How do you transform 200 plus teenagers into a spectacle the whole town can enjoy? Burleson High School band director, Joe McGee, has a few tried and true ideas. One is a little surprising, but logical. Talking is forbidden in the Elk Band — at least during practice. Each of the students must learn to think of themselves as just one part of the greater whole. For that reason there are a lot of aspects of the summer and fall drills that are militaristic.

"It has to be regimented," explained Joe. "If there's any dialogue, it's after the fact for clarification or improvement to make the music better. Dialogue loses the other 199 kids while you're serving one's concern."

Still, fun is the hallmark of the Spirit of the Elks Marching Band, whose rousing performances inspire cheering in the stands. "We're giving Burleson a mixture of ballet, musicianship, athletics and technique," Joe said. "The students are traversing all over the football field and maintaining their distance between the others on the field. If anyone considered what we do during that half-time show, it's astounding."

This fall's performances required

eight months of intense preparation, led by a four-person band staff, in the mathematics of notes, rhythm and marching. In the spring, the team selected the music, which was given to a drill writer who charted the show for 112 wind players, 18 percussionists and 14 color guards. The drill writer manipulated dots in the students' drill charts, where each student plots his/her steps on the grid of the football field — enabling memorization of the highly complex transitions between songs. Before summer and after-school practices, students help the team paint drill spots on the field. Then, Mike Moscoso rehearses the students' marching drill, while Joe oversees the wind players, Cody White directs the percussionists and Jaime Sharp puts the flag color guard through their paces. Under the blazing sun, students hang their dot books from red shoelaces around their necks and learn their drill spots in their heads — while their bodies learn how to subdivide the total distance into step lengths, which will, eventually, become recognizable forms on the field.

"It's not like when I was in high school, when we just marched up and down the field playing a Sousa march,"

laughed Joe, who began playing piano in fourth grade, saxophone in sixth grade and bassoon in 11th grade. He went on to study bassoon, conducting and composition at Midwestern State University in Wichita Falls. He received his master's degree in theory and composition, because he loved music, although he did not start out to become a band director.

"I grew up near the Red River during the Beatles era. I love rock 'n' roll music, and played in dance bands from the age of 14 until the time I was probably 31 years old. That's the way I made my way through college," Joe said, adding: "When God got a hold of me, and said, 'You've got too many things going; something's got to give,' I quit playing on Friday and Saturday nights and just did my day job," remembered Joe. "Since about 1984, I have served my church in music ministry. Serving and teaching music is just my occupation. I'm just answering my call in life."

As with all artists, Joe improved his skill level through repetition, another technique he employs with his students, most of whom played music for three years in middle school. "Studying and practicing the notes, rhythms and

mathematics is all just a means to the end. It's a left-brain way of analyzing the art and breaking it down in a way we can understand it logically. In practice, we try to get the logic done so well that it's transferred into a right-brain function, so that the students become absorbed in the music," Joe said. "The artist does not cease to think, but performs with the right brain, where the emotions and spirituality are contained. The student has to

"When there are 200 kids in a marching band, it's anarchy if everyone does what they want to do."

process all that information and data emotionally and physically — from the waist down you're an athlete, and from waist up you're an artist."

"Even though the band is an art form, we are a form of athletics," said Joe, adding that true athletes are, in fact, artists. "For a running back or a split receiver to run down the field and leap 15 feet in the air to catch a pass, he had to have a perfect understanding of the physics that enable that to happen. When he's able to make a play like that, and make it look like God just threw it down for him to catch (and in effect, He did) it's a wonderful experience to get to perform that and to be able to watch that." Joe's goal is to offer such a wondrous experience to spectators at Burleson High School games.

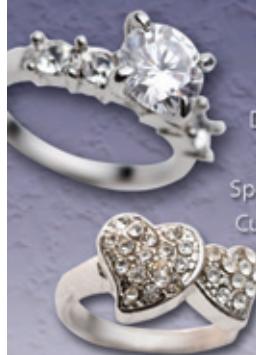
"This year, we're taking something written 50 years ago, the theme from the old *Peter Gunn* television show, as well as the music from the musical *West Side Story*, and we're arriving at a performance of what we hope the composer intended. But," added Joe, "our performances will have their own twists, in our school colors." Now that is the spirit of the Elks! **NOW**

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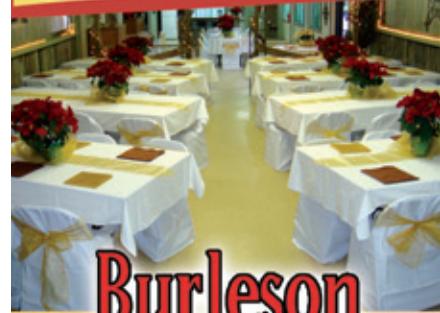
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Run, Pops, Run!

— By Melissa Rawlins

Four generations play table tennis at the home of Roy Sponsler. The Table Tennis Club is open to all ages, and it is free, meeting at the Burleson Community Center every Monday from 7:00 - 9:00 p.m.

Life is just a game for Roy Sponsler, and it is all about getting better. When teaching his favorite game, Roy's mission is to make table tennis fun by helping the new players improve. "Nothing makes me happier than to have somebody come in who can actually learn enough to get better. Even if we don't have enough tables, I tell them to go hit the ball against the wall until they get a chance to play," said Roy, who hosts the Table Tennis Club every Monday at the Burleson Community Center.

The rest of the week, Roy could be playing table tennis at home on his portable, weatherproof Kettler table. However, his family is a little too busy. "Everybody's either in school, or at work. And if the wind's blowing you can't play, since the ball's not that heavy."

Roy likes to play with balls made in France. "They're spun glass and are a little heavier than the balls we use here. They don't break. They have fiber in them, are flexible like ours, but do not have a seam in them," explained Roy, who likes the heaviness since it gives him a little better control. "I want to aim into a specific spot on the table. You put a lot of spin on the ball — put top English or side English on the ball — to make it bounce in different directions when it hits

the table. This makes it harder to hit, for one thing. And your opponent will have to correct for the English to make the ball come back to you, since it will jump off their paddle in a different direction based on the English."

Yes, the sportsman believes in good equipment. His Kettler table has a slate finish with a little grip on it so the ball will skip from one side to the other, depending on what English is put on it. He has over 25 paddles — some over 50 years old. "My grandson [also named Roy] uses one of those paddles that my father used to use. At 89 years old, my father, Dean, can still play Ping-Pong," said Roy, who learned the sport from his dad. "We had a Ping-Pong table when I was a child in Des Moines, Iowa, and from then on as we moved all over the world. I played in military day rooms most of the time."

Ping-Pong competitions among Air Force brats were Roy's training ground for table tennis. While his father was stationed in Japan, Roy began playing with the Japanese and learned their styles. "It came natural to me. I could play with either hand. In fact," teased Roy, "when I play table tennis up here against a person who wants some competition, I'll play them left-handed without my glasses on, because I don't want to beat them too hard. I am getting slower as I age. Still, a lot of

them come in and think, *Oh there's a fat old man! He's not going to be able to beat me.*"

His grandson, Roy III, told a different story: "He's fast and he's strong."

"Yes," agreed Roy's wife of 47 years, Dorothy. "But table tennis consists of playing halfway out of the room, and he can't run like that anymore!"

There is a singular difference between Ping-Pong and table tennis. "Table tennis is played a lot like regular tennis," Roy explained. "When you serve, you have to hold the ball flat in your hand; it has to be pitched up higher than six inches before you hit it with your paddle. You play a game of 21. You have to go across court on your first serve, and then you can hit the ball anywhere you want to on the table."

To play a game of Ping-Pong, on the other hand, the ball just has to be free of your hand when you serve. "I teach either one," Roy said, "but we always start with Ping-Pong to build the skill. Once you play pretty well, we'll move into the proper way to serve, but they first have to get to where they can hit the ball over the net."

"The hallmark of the group at the Burleson Community Center is we're all having fun, enjoying it," smiled Roy. "No one is made fun of or anything else. We let even small kids that come in there play. It's a good, fun family thing."

Roy wants to see other people enjoy it as much as he does, so he throws down the gauntlet: "I'm a lot slower and a lot less capable than I used to be. I tell some of those teenage boys, 'I am 66 years old, 100 pounds overweight; I've had surgery on my heart and on both knees and both ankles. There's no way on earth I should be able to beat you.' Yet, if they'll keep coming back," he said with a wink, "I'll teach them how to beat me."

For a shortcut, here is a tip from Roy III: "Make Pops run. It's the only way to beat him!" **NOW**

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Great Times

— By Melissa Rawlins

Great Coffee, Great Food.” That is the motto at JJ Mocha’s, the Old Town coffeehouse decorated with pressed tin ceiling tiles and large murals by local artist Brad Smith on the walls. Given its peaceful funkiness, JJ Mocha’s might as well add “Great Times” to its list of virtues.

In fact, time stands still for customers at the spacious café owned and operated by John and Jennifer Huffman, for whom the precious gift of time is compartmentalized. “Early mornings are your coffee-to-go people. Mid-mornings are breakfast and coffee drinkers that meet and work. Midday is lunchtime,” John said. “Mid-afternoon, you get a lot of folks coming in to cool down with a smoothie, Italian soda or blended iced coffee. A lot of kids come in after school for drinks and to hang out on the computer. Evenings, we get people coming in to relax, meet up with friends.”

Music lovers come in for open mic night every Thursday at 7:30 p.m. On the third Saturday of every month, JJ Mocha’s features a live Christian band playing from 7:00 - 9:00 p.m. “The mix offered by local bands always has a nice surprising element to it,” John said. “Thursday nights, especially, we’re very dynamic.”

“We do put limitations on what they sing Thursday nights,”

added Jennifer, “since we try to promote a family environment. No matter what age group is in here, it won’t be offensive. But still, you never know what you’re going to get!”

Their coffee, however, is perfectly predictable. “We focused our blend to be something smooth and rich that people could enjoy without having to doctor it up with cream and sugar. Our coffee’s good taste and bold flavor is very drinkable, regardless of whether you choose a coffee or an espresso,” John said. Their secret? They have a private roaster from Texas who came up with a special blend.

Between 2004 and 2007, John and Jennifer served up coffee through another franchise in Burleson. “The franchise specialized in the drive-thru market. While we appreciated what we were able to do under their franchise, we did not feel we could continue under them, in the direction we wanted to go in this business in Old Town.”

The extensive list of coffee drinks painted above the JJ Mocha’s serving bar includes specialties from their original franchise and a few of their own concoctions. “My personal favorite is the caramel macchiato: a thick caramel sauce, with a shot of French vanilla, blended with espresso and milk,” John said. They also created the Black and White Mocha — a

combination of dark chocolate and white chocolate — and the pomegranate, blueberries and cream frozen drink.

Customers can enjoy a drink for less than \$5.00, and lunch with a drink is under \$10.00. Their high-quality, homemade soups and made-to-order sandwiches have gained enough of a following that Jennifer has added party platters to JJ Mocha's list of offerings. "The chicken salad is a family recipe that John came up with," Jennifer explained.



By hiring great employees, serving great coffee to great customers and operating in a great location, the coffeehouse can focus on its owners' vision: "The key has been the directions we've received from the Lord, as far as where this business is headed," Jennifer said. "God led us to this place, and we're doing everything we can here to glorify His name."

JJ Mocha's, located at 108 South Main Street in Old Town, is open six days a week: Monday through Friday, 6:00 a.m. - 10:00 p.m.; Saturday, 7:00 a.m. - 10:00 p.m. For more information, call (817) 426-0300. **NOW**

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23

BurlesonNOW September 2008

Best of Both



— By Jaime Ruark

Teachers spend every day molding the small minds in their classroom, and often that means teaching more than just what the lesson plan calls for. Being a teacher is therefore described by many as a calling, rather than just a career path. Those who choose to enter classrooms do so for the love of the children.

Kelly Wortham, a fourth-grade teacher at Nola Dunn, is new to the Burleson Independent School District. Because nonaccredited private schools have different legislation than public schools, Kelly was able to work at the Saint Matthew Christian School for seven years, moving up through the ranks from teaching prekindergarten to school director, all while earning her teaching degree. Kelly soon distinguished herself in her field, working hard and bringing dedication to

Worlds

her job. "When the director left because she had a baby, they offered me the position," she said.

She truly enjoyed her work as director, but her career path was soon to change. "My plan originally was to return to Saint Matthew and continue as director there, but when I started student teaching, I just fell in love with the kids. They just grabbed hold of my heart and I knew I needed to be in the classroom," she added. "It just changed my entire world. I felt like I could make a bigger difference working one-on-one with kids rather than adults."

Kelly's creativity and lifelong passion for writing meant teaching fourth grade would be a perfect fit for her. "I was the girl in school that carried a notebook around with me wherever I went. I was always writing poems, short stories — pretty much anything. Even as an adult, I still enjoy it, and toy around with stories and different things," she shared. "One of the reasons I wanted to teach fourth grade was because there is a big emphasis on writing." Kelly hopes to pass on her love of writing to the children she teaches.

Fourth grade focuses on developing writing skills because of the standardized TAKS (Texas Assessment of Knowledge and Skills) test that children must pass. Kelly is constantly trying to discover ways to pass on her passion to her students. "We have to spend a part of every day writing, and it can get tiring," she expressed. "So, I'm always trying to find ways to make it fun and exciting for them."

As a writer herself, Kelly is careful to encourage her students to find their own voice, because she feels that writing is a personal process. "I want to be able to hear the kids through their words," she said. "I like to combine writing with other things to grab their attention. If we're doing poetry, I might include some artwork that they can look at or music that will help that self-expression come out. I want them to be able to express themselves in a way that is going to capture someone's attention."

"Basically, two different passions of mine have merged together into one thing," she continued. "When I was growing up, the teachers that I had were not always positive. I think that created a need in me to be a teacher that could be a positive role model for children. With writing, although it's something that I enjoy, I don't get the same type of satisfaction that I do working with children. Being able to teach fourth grade, I get the best of both worlds."

Kelly has been very successful in the classroom. She focuses on building relationships with her students, creating bonds and a feeling of safety which enables her students come to school ready and willing to learn. "In order to get anything done academically in the classroom, you have got to reach the kids on a personal level. You really have to find out who they are and what's going on in their lives, and create that personal relationship. Because if you don't have that, they really don't have a reason to work for you," she asserted. "I think when you create those bonds, it makes a big difference. When they have people in their lives that really care about them, it can change a lot concerning what they feel like they can accomplish."

"One of the things I enjoy most about teaching is that I really get to know those kids. I have an opportunity every single day to be the person that says something positive to them. I get to

“I want to be able to hear the kids through their words.”

be the person — maybe the only person — that smiles at them every day," Kelly noted. "I want to create the idea in them that they can do anything. If I can help take care of the emotional side of things, make them feel safe and fill them up with enthusiasm for themselves, then all the academic stuff is going to fall into place. When kids feel safe in the classroom and know that they can take risks and make mistakes and it's okay, they are going to grow. It's rewarding every single day, because I get the satisfaction of seeing them grow emotionally. That's huge for me and them." **NOW**

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Around Town **NOW**



A ribbon cutting, top left, was held at Pondview Ranch. Thanks to a \$4,000 donation from Chesapeake Energy, the Burleson Fire Department is more equipped to handle rope rescues, top right, whenever the need arises. Jennifer Horton, second row left, helped her son, Caleb, and Regan Wilkins as they sent their names to the Science and Technology NASA Downlink. A ribbon cutting, second row center, was held at WineStyles Wine & Gifts. Jim Garrett and Rocky Bransom of B&G Commercial Investments, bottom left, accepted the 2008 Award for Excellence in Community Improvement from Jerry Allen. Pastors Stephen Blandino and Jeff Galley, bottom right, met for coffee and conversation on the Starbucks patio.

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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH DONALD PATTERSON

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RIB RUB:

2 Tbsp. ground cinnamon
2 Tbsp. Kosher salt
2 Tbsp. black pepper
1 Tbsp ground cloves
1 Tbsp ground coriander

ASIAN LIME SAUCE:

3 Tbsp. ginger, coarsely chopped
2 Tbsp. garlic, coarsely chopped
3/4 cup rice vinegar
1/2 cup low-sodium soy sauce
1/2 cup ketchup
1/2 cup fresh cilantro, chopped
1/3 cup fresh lime juice
1/3 cup brown sugar
1/4 cup hoisin sauce
2 Tbsp. dark sesame oil
1 Tbsp. crushed red pepper flakes

Rub meat with the rib rub, then set oven to 350 F; roast ribs 2 to 3 hours. After ribs have been rubbed and roasted, you are only 15 minutes away from eating some mighty fine barbecue. Now preheat the grill to medium-high. Coat ribs with sauce; place on grill. When they begin to develop a little black char on them, flip and brush again with sauce. Repeat this process at least twice; ribs should be well-glazed and nicely charred. This should only take about 15 minutes.

SMOKED BRISKET

8- to 10-lb. brisket

BRISKET RUB:

1/2 cup paprika
1/3 cup brown sugar
3 Tbsp. garlic powder
3 Tbsp. onion powder
2 Tbsp. oregano

Trim the fat from brisket to about 1/4 inch. Rub

brisket with your favorite rub or recipe above. Set the meat aside; allow it to come to room temperature. Meanwhile, prepare fire in the smoker. Once smoker temperature reaches 220 to 240 F, put the brisket in fat side up. Cooking time is about 1 to 1 1/2 hours per pound or until meat reaches an internal temperature of 195 F. Once the brisket is done, wrap it in foil and let it rest for about an hour in a heat-retaining container.

GRILLED CORN ON THE COB WITH GARLIC BUTTER, FRESH LIME AND COTIJA CHEESE

8 ears corn, un-husked
4 fresh limes, quartered
garlic butter, recipe follows
1/2 cup grated cotija cheese (queso añejo)
2 Tbsp. chopped chives, for garnish
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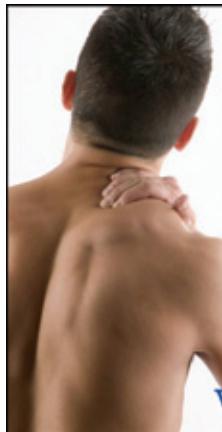
2 sticks unsalted butter, slightly softened
8 cloves garlic, peeled and coarsely chopped
1/4 habanera pepper, seeded
1/4 bunch fresh chives
salt and freshly ground black pepper
GARLIC BUTTER RECIPE: Combine butter, garlic, habanera and chives in a food processor; process until smooth. Add salt and pepper. Set aside until ready to use. CORN ON THE COB: Preheat grill to medium. Peel back the husks of the corn without removing them. Remove silk and recover the corn with the husk. Soak in large bowl of cold water for 30 minutes. Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes. Remove husks and brush corn with the garlic butter. Sprinkle with the cotija cheese and squeezed lime juice. Garnish with chopped chives.

PICO DE GALLO

2 cups tomatoes, seeded and diced
1 cup red onions, diced
1/4 cup chopped fresh cilantro
2 jalapeños, seeded and diced
2 Tbsp. olive oil
1 Tbsp. fresh lime juice
1 tsp. sugar
salt, to taste
Combine all ingredients in a bowl and set aside until ready to serve.

SOCK IT TO ME CAKE

1 box Duncan Hines Butter Cake Mix
1/2 cup sugar
3/4 cup Wesson oil
1 8-oz. carton sour cream
4 eggs
1 tsp. vanilla
1 tsp. imitation butter flavoring
2 tsp. cinnamon
2 Tbsp. brown sugar
1/2 cup pecans, chopped (if desired)
GLAZE:
1 cup powdered sugar, sifted
2 Tbsp. melted butter
3 Tbsp. milk
Combine cake mix, sugar, oil and sour cream; mix well. Add eggs one at a time, beating well after each addition; then add extracts. Grease and flour tube pan; pour half the cake batter into the pan. Combine cinnamon, brown sugar and nut; sprinkle mixture over 1/2 of batter. Pour remaining batter into pan; bake 1 hour at 350 F. Let cake cool in pan 10 minutes; remove from pan and glaze.



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Concerned About Market Volatility?

— By Lynn H. Bates Jr.

It happens every time the stock market drops: Investors question their strategy, their luck and their timing — all in an attempt to determine what went wrong and what they should have done differently. But if you, as an individual investor, really want to know how to respond to today's market decline, you need to look back at yesteryear.

To begin with, market declines are part of the investment process. Over the past century, the stock market has averaged one "correction" — defined as a decline of 10 percent or more — a year. Furthermore, on average the stock market has declined 20 percent or more once every three or four years. So, instead of thinking that a severe market decline is a once-in-a-lifetime disaster that "just had to happen" while you were investing, keep in mind that market declines are normal, frequent and, for the most part, short-term. And if you're a long-term investor, these declines usually offer an opportunity to buy quality investments at a lower price.

What other lessons related to a declining market can you learn from looking back in time? Here's one: Over the long term, quality stocks have historically outperformed quality bonds. This fact should be of particular interest to you, if, like

many investors affected by a market decline, you begin to wonder if you should scale back on your stock investments in favor of "safer," more conservative vehicles. But look at the numbers: From 1926 to 2008, large stocks returned 10.4 percent per year, long-term government bonds returned 5.5 percent and corporate bonds returned 5.9 percent. While it's true that past performance is not an indication of future

results, it's also apparent that if you want to give your money the potential to grow — and grow at a pace that can keep you ahead of inflation — you'll need at least some exposure to stocks. While you certainly may want to own some bonds — which offer current income and the ability to help stabilize your portfolio in the short run — you don't want to let a "down" market discourage you from buying stocks of strong companies and holding them for the long term.

Here's one last "history lesson" to consider: The U.S. economy has proved amazingly resilient. Since the end of World War II, each recession has averaged 10 months — and each economic expansion has averaged almost five years. Recessions often begin and end without warning, so if



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you take a "time out" from investing in response to a recession-induced market slump, you could end up missing the beginning of the next market rally. And when the market does turn around, your quality investments are the ones that will likely show the quickest recovery.

George Santayana, a well-known philosopher, wrote: "Those who cannot remember the past are condemned to repeat it." As an investor, you can benefit from heeding these words, learning from history and not getting too rattled by short-term market downturns. By owning a mix of quality investments that are suited to your risk tolerance, time horizon and long-term goals, you can develop a strategy designed to weather any storm that hits the financial markets. **NOW**

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

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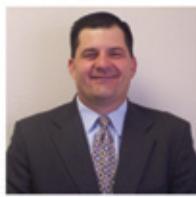
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Cholesterol Can be Good

— By Betty Tryon

Tim Russert, the successful moderator of the political talk show *Meet the Press*, died suddenly from cardiac arrest with a history of high cholesterol. Mr. Russert's death rang a serious wake-up call for many. High cholesterol gets its bad reputation with good reason. However, it may surprise many to discover that cholesterol is not all bad and it is in fact, necessary. It is so necessary for some of our bodily functions that not only do we receive this product from some food sources, our bodies naturally produce it.

Cholesterol, a fat-like substance and waxy in its texture, is found in all parts of the body. It is essential in producing certain hormones such as testosterone and progesterone. The use of Vitamin D and the production of bile acid to digest fats depends on cholesterol. It also assists in the production of cell membranes. Our body only needs a small amount of cholesterol to meet these needs. The excess cholesterol results in fatty deposits in the blood vessels and begins to build up and narrow the passageway of the arteries. When it starts to build up, it can harden and form plaque which can be a precursor to cardiovascular disease.

There are two types of cholesterol: LDL (low-density lipoprotein), commonly called the bad cholesterol and HDL (high-density lipoprotein), commonly called the good cholesterol. LDL cholesterol is the form that causes the

clogging of the arteries. HDL earns its sterling reputation because unlike LDL, it does not build up in the arteries and helps usher the bad cholesterol out of the blood vessels.

There are several factors to examine when determining risk factors. The most obvious is the diet. Foods that are high in cholesterol and saturated fats should be limited or avoided to lower your blood cholesterol levels. Exercise can increase your HDL which can help lower the bad cholesterol in the blood. An unhealthy weight can lead to increased LDL levels. The good news is that losing weight, moderate exercise and watching your diet can lower your blood cholesterol.

Some of the risk factors cannot be controlled. There is some evidence that some persons may be predisposed to higher levels because of genetics. If high cholesterol levels run in your family, have yourself tested in order to know your levels. Increased age can lead to higher cholesterol levels, particularly in women who have reached menopause.

The key to prevention is knowledge. Forearmed is forewarned. If you know you have high cholesterol, you can now work with your physician for the health care plan best for you. Whether it is a lifestyle change or medication, help is available. **NOW**

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

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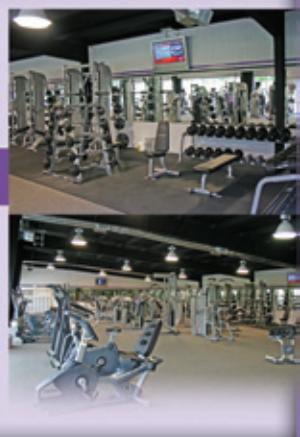
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Dr. Neef completed his obstetrics and gynecology residency at University of Texas Southwestern Medical Center at Dallas, where he received the 2006 Academic Excellence award. He earned his medical degree from the University of Texas Health Science Center at Houston Medical School. He holds a Bachelor of Business Administration degree in finance from Texas Christian University in Fort Worth.

Dr. Neef holds memberships in the American College of Obstetricians and Gynecologists and the Texas Medical Association. Located in the Huguley medical office buildings, he accepts most insurance plans, including Medicare and Medicaid.

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September 2008

Community Calendar

Every Wednesday

The Breakfast Club networking group meeting, 8:30 - 10:00 a.m., Cracker Barrel. (817) 295-2161.

Second and Fourth Wednesdays

The Burleson Lions Club meeting, noon - 1:00 p.m., First United Methodist Church. (817) 980-9436.

Every Thursday

Prime Time Connections networking group meeting, 9:00 - 10:30 a.m., The Burleson Area Chamber of Commerce. (817) 703-8141.

The Burleson Network Connection networking group meeting, 11:30 a.m. - 1:00 p.m., Sammy's Italian Restaurant. (817) 295-2161.

Fourth Thursdays

American Business Women's Burleson Charter Chapter is always looking for new faces to join, and meets at a local restaurant; 6:30 p.m. for networking, then meeting and meal start at 7:00 p.m. RSVP to Linda Houst, at (817) 295-7060 or ljh67@sbcglobal.net or Sue McKnight, at (817) 295-3220.

Every Friday

Burleson Business Builders networking group meeting, 8:30 - 10:00 a.m., JJ Mocha's. (817) 295-2161.

September 1

Labor Day! Last day of the season at Chisenhall Park pool. Hidden Creek Golf Course will be open for regular hours. The Burleson Animal Shelter, Burleson Public Library, Burleson Community Center and Burleson City Hall will be closed. No trash or recycling collection. Regular collection schedules resume on Sept. 2. Contact City of Burleson public information office, (817) 447-5400, ext. 286.

September 6

Burleson Soccer season begins. Thanks to everyone who helped get the complex ready for the fall season. Burleson Soccer is a nonprofit organization providing recreational youth soccer for boys and girls ages 4 to 18. Register for the fall season at www.bisoccer.com.

September 8

Burleson Independent School District Board Meeting, 6:30 p.m., 1160 S.W. Wilshire Blvd. (817) 245-1000.

September 9

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

September 11

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

September 16

Special Burleson Independent School District Board Meeting, 6:30 p.m., 1160 S.W. Wilshire Blvd. (817) 245-1000.

September 20

Conquer Chiari 5-K Walk Across America, fundraiser walk in Fort Worth to raise money and awareness about Chiari Malformation, a serious neurological disorder affecting 300,000 people in the U.S. Participation is free; T-shirts for registered walkers: \$20. For more information, visit: www.conquerchiari.org. Contact Stacy Jones at tsujonesy@yahoo.com.

City of Burleson Annual Trash Bash. Volunteers are asked to register in advance to get a location assignment. All ages are welcome, but youth participants are required to have adult supervision. 9:00 a.m. - 11:00 a.m. (817) 447-5410, ext. 269.

September 25

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

For more community events,
visit our online calendar at
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