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Burleson NOW

M A G A Z I N E

September 2010

Special Kind of Steel

How Long Is the Dash?

ALSO INSIDE:

All in the Clay

Making Connections

Great Growth!

At Home With
Keith and Diane
Kelly



FREE For Burleson Women With Back Pain...

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"Most Valuable Women's Back Pain Information Ever Offered!"

Burleson — Because women's back pain can be very different from men's back pain, Dr. Pettke & Dr. Klein of HealthSource Chiropractic have created an opportunity for women of Burleson who suffer from the misery of back pain. An opportunity for women with back pain to have the unique nature of THEIR back pain evaluated, understood, and if possible, successfully treated.

Women's Back Pain Is Different From Men's

Unfortunately, and all too often, women with back pain are treated identically as men with back pain. The same exercises, the same treatments, and also unfortunately all too often...the same poor results, if the wrong treatment was given.

One clinically detailed look at a woman suffering with back pain and it's painfully obvious that when it comes to back pain, women's needs are often different from men's. Women move differently, are structurally built differently, and possess genetic strengths and weaknesses when it comes to their backs. One of the main keys in solving women's back pain, especially those women who have suffered through failed treatment, failed therapy, failed exercise regimens and failed rest periods...is addressing the many CAUSES of back pain that can be UNIQUE TO WOMEN.

Possible Causes Of Back Pain...UNIQUE TO WOMEN...

- Lifting children
- Pregnancy
- Childbirth
- Osteoporosis
- Fibromyalgia
- Stress
- Standing over countertops for long periods
- Smaller, weaker abdominal muscles than men
- Job related (desk jobs, nursing, caregiving)
- Exercise (running, cycling, aerobics, other sports)
- Gynecological conditions (endometriosis, PMS)

This is by no means an exhaustive list, but with all these potential causes of back pain for women, it creates a need for a unique and specific evaluation and treatment approach uniquely designed for each individual woman. Certainly many "cookie cutter" approaches will fall short for women suffering with back pain.

The Solution

So, in response to the overwhelming need of Burleson women to have a special and unique approach designed exclusively for each individual woman, Dr. Pettke & Dr. Klein of nationally-renowned HealthSource Chiropractic™ have created a special opportunity just for women suffering from back pain who desperately would like a personalized and customized approach to their back pain problem.

Not surprisingly, Dr. Pettke & Dr. Klein and HealthSource's approach involves a personalized FREE Detailed Initial Examination with any necessary X-Rays, where the possible causes of women's back pain will be considered. Our goal is to provide Burleson women with a relaxing, enjoyable, and worry-free experience.

And lastly, to ensure that all Burleson women can feel supremely at ease in receiving this special opportunity, Dr. Pettke & Dr. Klein are also offering the nationally-recognized HealthSource Chiropractic™ Triple Satisfaction Pledge... 1) HealthSource Chiropractic™ gets you in the **SAME DAY YOU CALL OR YOUR FIRST TREATMENT IS FREE!** 2) If you do in fact qualify for treatment and are not cheerfully greeted by our warm and friendly team, then your treatment is FREE. And 3) If you find a better opportunity for Burleson women suffering with back pain than this one here that Dr. Pettke & Dr. Klein are offering, they'll give you an entire week's work of treatment for FREE.

No More Excuses...Kids Are Back At School

There is truly a ray of hope for women of Burleson suffering with back pain. You have no more excuses to put off taking care of yourself like you know you should, now that the kids are back in school. Don't waste this terrific opportunity to end your pain, feel great again and get back to moving and going through your day with the ease and grace you deserve.

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Publisher, *Connie Poirier*

General Manager, *Rick Hensley*

Editorial

Managing Editor, *Becky Walker*

Editorial Coordinator, *Sandra Strong*

Burleson Editor, *Melissa Rawlins*

Contributing Writers,

Faith Browning . Joseph Daniels

Nancy Fenton . Sharon Robinson

Carolyn Wills

Contributing Editors/Proofreaders,

Pat Anthony . Teresa Maddison

Beverly Shay

Advertising Art

Art Director, *Chris McCalla*

Ad Artists, *Julie Carpenter*

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Editorial Art

Creative Director, *Jami Navarro*

Production Artists, *Brande Morgan*

Pamela Parisi . Jennifer Wylie

Photography

Photography Director, *Jill Odle*

Photographers, *Maria Monreal*

John Riley . Shana Woods

Advertising

District Sales Manager, *Carolyn Mixon*

Advertising Representatives,

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Billing Manager, *Lauren De Los Santos*

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Contents

September 2010
Volume 4, Issue 9



William Brigham, member of the Burleson Church of Christ and a "visiting judge" in 18 Texas counties, enjoys making pottery in his backyard studio.

8 How Long Is the Dash?

14 Treasures and Tradition

At Home With Keith and Diane Kelly

22 Around TownNOW

24 ArtsNOW

All in the Clay

28 SportsNOW

Special Kind of Steel

32 BusinessNOW

Great Growth!

34 EducationNOW

Making Connections

36 Who's CookingNOW

38 FinanceNOW

40 HealthNOW

41 TravelNOW

42 OutdoorsNOW



On The Cover

Jesse James Vick was born with that special kind of "steel" and, since discovering his passion for bullfighting, he has never looked back.

Photo by John Riley.

Editor's Note

Dear Friends,


Have you ever wondered what it might be like to be someone else? Take a trip with this issue into the lives of some of your neighbors! We give you a glimpse into the mind of William "Bill" Brigham, the potter named "A Living Legend in Clay" by the Texas Pottery and Sculpture Guild. We introduce you to Monika Ringo, an ordained minister who teaches life-saving and child-rearing techniques! Follow along as one man, Hank Hoaldrige, influences family life across the state of Texas. Read how one bank, First National Bank of Burleson, sparks life in our community. We share with you some recipes from the kitchen of Cheryl Thornton, who loves canning her home-grown tomatoes. Look into the home of Keith and Diane Kelly, who celebrate renewed beauty in their spacious house in the country. And hold onto your seats as we spotlight the humorous, yet sometimes harrowing agility of bullfighter Jesse James Vick. Try putting yourselves in the shoes of *these* folks!

Don't forget Family Day on September 27, Burleson and Joshua!

Melissa Rawlins
BurlesonNOW Editor



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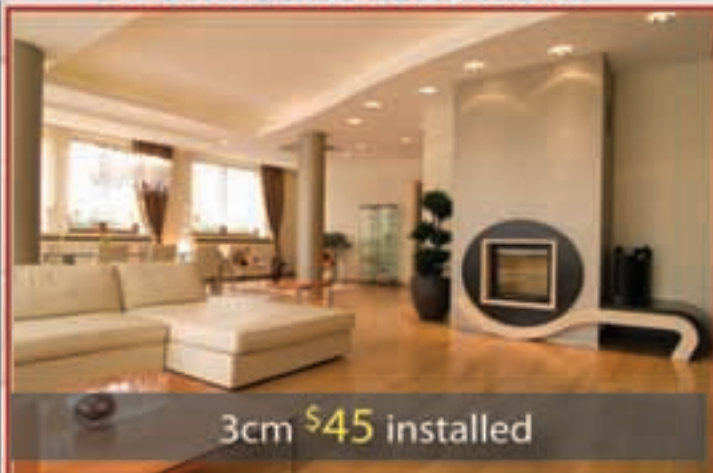


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HOW LONG IS THE DASH?

— By Melissa Rawlins

If you do not know who Hank Hoaldridge is, you are probably new in town. This September 27, when we celebrate Family Day folks all around Texas will benefit from the influence of this hometown hero — who was Burleson's Citizen of the Year in 2002. "I hope that, in a similar fashion to Prayer Around the Pole [See You at the Pole], Family Day will extend across the state and country because I see that families are stretched tight as rubber bands in our culture," Hank said. "The good news is that we can, with effort, change!"

The word about Family Day is only now beginning to get out. The special day for mothers, fathers and children to spend time together, strengthening their bonds of love, has just this year been set apart in a proclamation by Texas Governor Rick Perry. And the whole thing was really Hank Hoaldridge's idea.

"The Family Day started with a dream," said Hank, remembering that he petitioned then-Governor George W. Bush, who sent Hank back a proclamation celebrating children. This was in 1996, when Hank was principal at Nola Dunn Elementary



and his own children were still young. They are all grown up now, and Hank is very proud of them all. Emily Hoaldridge teaches autistic elementary students in Manhattan, New York; Bart Sturdy Hoaldridge is a lawyer in Omaha, Nebraska; Dana Uttley Hoaldridge is an award-winning elementary teacher in Stratford, Texas; and Katie Hoaldridge is a student of broadcast journalism and a track star at The University of Texas at Austin. Hank's wife, Colene, who won Special Education Teacher of the Year in Dallas/Fort Worth in 2002, now teaches at Norwood Elementary in Burleson. She and Hank enjoy every minute with Shorty, their Dachshund, and their children and four grandchildren, Logan, Libbie, Lane and Ava.

"Our family is extremely close," said Hank, who retired from Burleson Independent School District in 2005. "I have always found that when children have challenges, often the challenges come from the family entity. After I retired and became a substitute teacher in the elementary schools, it was obvious to me that our families were breaking down and imploding. Great love was being lost and covenants were being broken.

"By the time I had retired from working 65 to 70 hours per week, I was the director of Burleson Community Education," Hank continued. "I was honored to head up the program with a strong and creative advisory board and good help." Hank was also teaching classes like Anger Management, Communications, Marriage Counseling and New and Old Testament, and he began offering a live radio broadcast of encouragement at 10:00 a.m.



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"You cannot do something good with bad things pulling you or your family apart," Hank said. "I would watch students who were desperately struggling. I asked myself if there was anything that I could do to help bring families devout communications and stronger love, like putting sparkly ornaments on a Christmas tree!" Having already petitioned one governor, Hank — always a dreamer — decided to send a letter to Governor Rick Perry, imploring him to encourage Texas families to relax together, express gratitude for each other and celebrate their love.

"I wrote, using every five-dollar word that I knew!" Hank said. "I told the governor that we had Halloween, Valentine's Day, Mother's Day, Father's Day, Christmas Day, Grandparent's Day along with Ground Hog Day, but we had

**I can see Family Day
reuniting families,
who will be
treating their children to
a life of joy, faith, love
and hope!**

no day to celebrate families! I envisioned that a Family Day could connect the family circle, reduce the divorce rate, increase graduation rates, reduce disciplinary actions and generally amplify and reconnect families. My wife, Colene, and I prayed that what we were doing would help stop the reality that little children cry themselves to sleep."

Hank used to ask himself, "What can I do? I'm just an old boy born three miles from here. I was an accident; my mother suffered from depression, and I was the third son of a poor, dysfunctional family." But Hank cries easily when he thinks back on his own history and how it prepared him to inspire Governor Perry to proclaim September 27 Family Day in Texas. "[The governor] and his crew put work into this proclamation ... not for me, but for families," smiled Hank, who opened his mailbox one day last summer and was surprised to find an

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over-sized envelope from the governor containing the 14-inch tall proclamation, stamped with a red, blue and gold seal!

"I thank God for the man or woman who read my letter to the governor. All letters [that are sent to the governor] are screened, and the good ones get to him. I feel like he's incorporated some of my letter I wrote to him and put some of himself into this proclamation! It's interesting: every 12-step program has about six steps relating to the Supreme Being. Rick Perry puts religiosity into this proclamation. It's nearly like he's hinting that we need to do this for years to come, for our generations to come. 'Family Day is celebrated every year in September,' says the proclamation. 'Let us therefore focus on TODAY and the precious opportunities that we have been given as members of families.' I can see Family Day reuniting families, who will be treating their children to a life of joy, faith, love and hope! I can see Family Day spreading from our state across our country," said Hank, crying as he read the proclamation.

"You know the story about the dash on the tombstone?" Hank asked referring to the common saying that what matters on a tombstone is not the birth or death dates, but the dash representing the years of your life and what you did with them. "Well, I've often asked, 'What can I do to start a dash or maybe increase that dash?'" This proclamation of Family Day was bred through heartache and near-death several times," said Hank, who learned after a serious car wreck on Highway 174 that he was born with only one kidney. Only one out of 15 million people have this condition. That alone has made Hank wonder why he has been kept alive. "I've also had cardiovascular challenges. I had two strokes almost three years ago. There's no way I should be talking to you today. But, like Barnabas the great consoler, when I became more aware of the disruption in our families, I thought just maybe someone could feel my pain and my desire to create something that could still be going on 1,000 years from now to help families reunite and bring the circle back together. Don't forget that every September 27, there's a special day for families, having everything to do with God, who can do something in every family!" **NOW**

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AT HOME WITH KEITH AND DIANE KELLY

Next to loving antiques and cherishing family heirlooms, the Kellys are all about tradition. “Our Thanksgiving tradition took on another dimension the year our daughter did a project in school that involved a bottle rocket,” he explained. “Everyone enjoyed it so much that we launched our own bottle rocket contest. Each Thanksgiving, the winner takes home a perpetual trophy.

“We really kind of ‘blew’ this house up three years ago,” he continued. “Our goal was to add a porch and increase the interior space but, importantly, we didn’t want it to look like an add-on. We described our vision to an individual who drew up the plans; then we hired a contractor and were on our way.”

Today, the little house on Black Jack

TREASURES AND Tradition

— By Carolyn Wills

After 17 years of Thanksgiving dinners served to as many as 25 guests in a small dining room and prepared in an equally small kitchen, Diane Kelly thought it would be nice to have a bigger kitchen, a larger dining room and maybe a back porch. Keith Kelly agreed and the two began envisioning their 1,300-square-foot house in a bigger form. “Keith and I love to cook,” Diane said. “We’ve each cooked commercially, and we also love to entertain. Part of the reason we decided to renovate rather than move is that we have such great neighbors.”





Lane is an impressive 2,300-square-foot country home dressed in a beautiful sandstone exterior, surrounded by stylish metal fencing that defines both the house and the neighboring building that houses Keith's business, the KMP Group, one of the largest suppliers of emergency vehicle graphics in Texas. The original bedrooms and baths remain as they were, but the dining room, kitchen, living room and game room/home office combination have either been added or renovated.

The old front door is now an interior entry to a tiny pantry while the new front door opens to a massive dining room with 12-foot ceilings and an open state-of-the-art kitchen with stainless steel counters and a massive granite-topped island. The old brick fireplace in the living room has been refaced with the same sandstone as the home's exterior and now has the substance and look suited to a country home. With the approval of the Kelly's three dogs, Lizzy, the Greyhound/



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Doberman mix; Mason, the Golden Retriever; and Abby, the Brittany Spaniel mix, the flooring in the living room is a wide-plank oak, and, in the kitchen, dining and game areas, it is a soft-colored ceramic tile. "We kept the walls and floors neutral," Diane explained, "to highlight our antiques, most of which are family heirlooms."

"We like old things," Keith reiterated. "The piano, purchased in 1898, was passed down to Diane from her great-grandmother. Our bed is the one I slept in as a child. Amazingly, it survived the 1972 Hurricane Agnes flood and Diane brought it back to 'life' by refinishing it."

Keith's enthusiasm for old things also extends to his passion for motor sports and historic vehicles. "I bought an antique fire truck four years ago and have driven it in more parades than





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I can count.” As past president of the Burleson Lions Club, Keith is active in the community. He grew up attending Formula One races in his hometown of Watkins Glen, New York, and, as president of KMP Racing, a division of his company, he has represented clients and sponsors competing at the top levels



of racing. “We’ve also held part ownership in pro racing teams,” he added.

It is hard to imagine the Kellys’ home as having been different than it is today. The open space and higher ceilings in the dining room and a portion of the kitchen meld into the original 8-foot ceilings so that the impression is one of architectural interest rather than any sign of renovation. And the large game room and home office, distinguished by a bay window and French doors opening to the back porch, show no signs of having been anything but an integral part of the home. The neutral walls and floors and tall ceilings accentuate the spacious open design so that each piece of antique furniture is set apart and appears as a work of art. The walls are largely left bare with the exception

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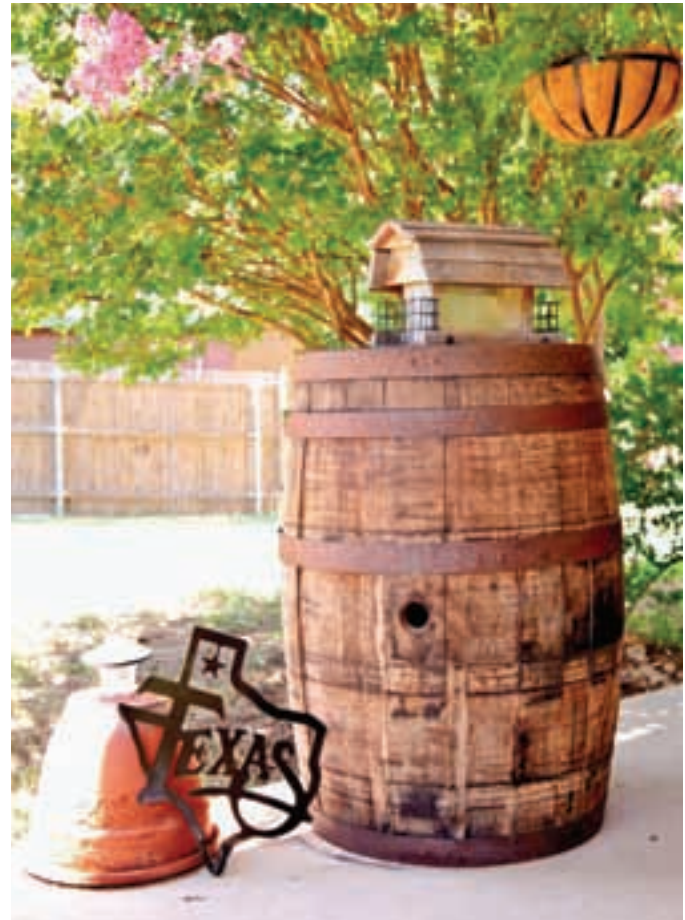
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of two substantial art pieces created by Burleson artist, Gary Crouch. "I love the kitchen, and I love that the house is so open," Diane said, "but I especially love the big back porch."



In fact, the expansive back porch has inspired another tradition. "A musician friend stopped by to see the house," Keith said. "He looked at the porch and announced he and a friend would be returning to play some music, and we were welcome to invite a few of our



friends.” That October evening three years ago sparked what is now known as the Battle of the Bands. Each year, the Kellys’ backyard fills with people who come to enjoy the music and, as Kelly tradition will have it, the celebration promises to thrive for many years.

Until 20 years ago, Texas was nowhere in Keith and Diane’s history nor a part of any plan. Keith had grown up in upstate New York and Diane had grown up in northern Pennsylvania. Their first home as husband and wife was in Boston where they lived for five years until Keith was called to Fort Worth for a temporary job. Before they knew it, his job became full time; Diane was offered a position in Cleburne; and the search for a new home was on. “We must have looked at 70 houses before we found this one,” Keith said. “I don’t know if we picked it because we were so tired or because we liked it!” At the time, the house was still a modest three-bedroom, two-bath, ranch style brick on four acres. Burleson was just beginning to grow and the area off East Renfro was largely unpopulated.

As life unfolded, the neighborhood developed; Burleson became a small city; and, most importantly, the Kellys’ daughter was born. “Shannon is 17,” Diane said, “and is a senior at Burleson High School.” Over the years, other changes happened, too. Keith established his business, and Diane accepted a position in the Leadership Development Department of Texas Health Resources in Arlington where she continues to enjoy her job. “We’re so blessed,” Diane said. The little house on Black Jack Lane that served the Kelly family for 17 years is now their spacious country home. **NOW**

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Local businesses receive a pat on the back from the Chamber Diplomats, who every two months visit 10-15 members of the Burleson Chamber to thank them for their commitment to good business in Burleson. From left: Top Producers Real Estate; Firehouse Subs.



The Bad Boyz receive a banner and metals after finishing 3rd at the Pony Bronco-II World Series in Chesterfield, Virginia.



Khanh Pham and Don Nguyen have fun serving yummy gourmet goodies to Burleson NOW editor Melissa Rawlins on the patio of Sushi Axiom.



Whitney Popov buys her last mocha from Ashley LoBue (black hair) and Christina Carney (red head), who have had to say goodbye to J.J. Mocha's.



All the kids in the 70+ family of Ronnie Day came to play at the benefit concert south of Cleburne hosted by his nephew, Matt Day, to help Ronnie as he recovers from quadruple bypass surgery.



Manuel and Karen Trevino, owners of Goin' Postal, celebrate their store's third anniversary with special guests Sophie and Cowboy and their trainer Blake Ovard.



Surrounded by family members, Joel and Jacob Rodgers sign their letters of intent to The University of Alaska.



Larry Martin shows off "Spring Stream," the oil on canvas painting that his wife, Eldonna, painted.



Araceli Martinez, president of the League of Railway Industry Women, enjoys browsing the museum of The Burleson Heritage Foundation.



Pandora Montemayor (left), Bettie Bailey and Candise Montemayor chat and enjoy a snack together at a recent art show hosted by the Burleson Art Guild and First National Bank of Burleson.

All in the Clay

— By Melissa Rawlins



"Yellow stickies make the world go round for me," said potter William "Bill" Brigham, who uses neither computers nor the Internet but relies on books and magazines to do the research vital to his artistry. He handwrites letters to people who intrigue him, asking for more information about clay, glazes or kilns. They always respond to his polite requests, made with the respectful care you would expect from an appellate court judge. "I retired December 31, 1999, from the Court of Appeals and have been, what is called in Texas, a visiting judge," he said. "I now serve in 18 North Texas counties."

In building his career, Bill found his passion for clay. "Providence was guiding me. I was an FBI agent in New York City, assigned to a KGB [Russian] officer. Everywhere he went, I had to know what he was doing. He went into a potters' studio one day, and I was there and saw the potters working," Bill said. "Sure enough, when I got back to Texas, I studied at an art studio in Fort Worth for

four years with the deputy chief of police of Fort Worth and his wife."

When Bill exhibits his work, he can tell within 10 seconds whether a person would accept his pitcher or casserole dish as something they would want in their home. "There is a mathematical equation that each one of us has in our head that the pot must have a relationship to itself, in size, depth, length and width and if it doesn't have that then we, in our own mind, will reject it," said Bill, who has a studio behind his home in Burleson and also a studio on his ranch outside of Waco. The length of time he spends making a pot depends upon his mood.

"I am an artist because I'm willing to work, dig, work, dig, work, dig," said Bill, who thinks through the procedure before he ever sits down at the potter's wheel. "The first pot I made was 11 inches tall, and my art instructor told me, 'You've done this before!' No, that was the first time. I think no matter what art form you're into, it takes an awful lot of intuition, research, digging. I read

constantly in the evenings about clay; over a period of 40 years, I have studied clay and know a good bit about what's going on around the world and who's doing what with [it].

"Every time I sit down at the potter's wheel I think of the millions of years that clay has been on this earth just waiting to be used in the proper manner. I've studied with a potter from Arizona named Drew Lewis," Bill said. "Drew is an American Indian, and he taught me a lot about how to use clay the way it is meant to be used. I observed him over several days, and I observed how he respected clay — just little bits of clay on the palm of his hand — he'd take great care of it."

It took Bill many hours of study and work to go from being a craftsman to an artist in clay. Bill's well-organized studio gives a glimpse into the mind of the man named "a Living Legend in Clay" by the Texas Pottery and Sculpture Guild. In the center of the rectangular room are reading chairs, magazines, notebooks and

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little steno pad containing all the recipes he developed since his start in the early '70s. "It took me three years one time to come up with the recipe for the color of the glaze I call Copper Grape. The secret is in the kiln, not in the glaze," said Bill, who has installed three different kilns in his studio to help him achieve his visions.

Behind Bill's study area are racks where he dries the finished pots. Around the perimeter of the room are several

"The length of time he spends making a pot depends upon his mood."



pottery wheels, in addition to work stations set up for specific procedures related to preparation of the clay. "I buy the products and mix it myself, and then I plug it to remove all the air," said Bill, who waits until the clay is ready before sitting at his wheel by the window overlooking the home and gardens which are tended to by his wife, Trudi.

Here, while his hands gently press the spinning clay into a hollow container, Bill has decided many a judicial case. He keeps his mind focused on the outcome he seeks from the clay. "I guess I should thank that KGB officer for getting me into clay," laughed Bill, who will continue to do it his way, making strictly functional pottery. "I've studied around the world, here and in Ohio, England, Spain, Holland, and I just enjoy the study of clay. You can study clay for three lifetimes and not know anything about it. It really is an art form that's infinite. It's not just simply a potter sitting at the wheel and getting dirty." **NOW**



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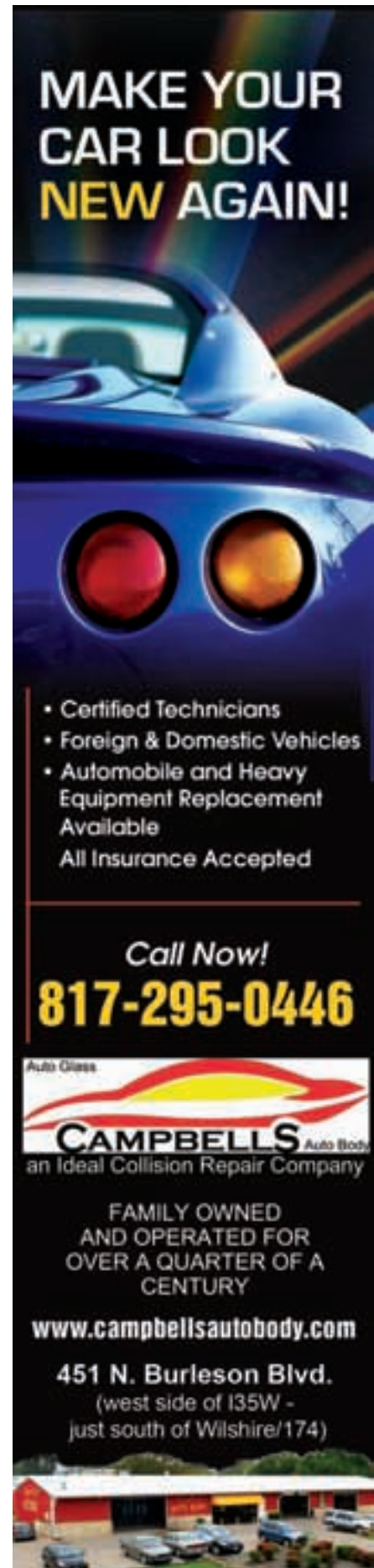


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SPECIAL KIND OF STEEL

— By Carolyn Wills



Nicknames: They can be funny. They can be fearless. And, as every bullfighter knows, they are essential. Technically, bullfighters are called rodeo protection athletes; but, mostly, they are known as bullfighters or rodeo clowns and their job is to protect riders who have been thrown or have jumped from a bucking bull. Not surprisingly, bullfighting is not the job for everyone; it takes a special kind of “steel” to step up to a 1,800-pound bull and dare to become its alternative target. Jesse James Vick was born with that special kind of “steel” and, since discovering his passion for the bull riding arena, he has never looked back. “I grew up going to rodeos,” he said. “My mom was a barrel racer, and my dad rode saddle broncs. And like most kids, I liked the rodeo clowns.”

When Jesse was not playing football for Burleson High School, he was riding horses and doing chores. “When I got out of high school, I worked as a mechanic,” he explained, “but I wasn’t happy, and I wasn’t ‘going’ anywhere. My dad had gone to school with Jimmy Anderson, a famous bullfighter from Fort Worth; and it was when I finally met Jimmy that I got interested

in bullfighting. My dad said if I really wanted to learn, he would buy me a bullfighter’s vest. So I found a practice pen at Cowbell Rodeo in Mansfield and, two weeks to the day, I was working at Billy Bob’s.”

Jesse was 21 when he got his first bullfighting job. He kept his day job while using the weekends to prove that distracting rampaging bulls and saving cowboys was truly the job for him. It was not long before he was a full-time bullfighter; in fact, the head bullfighter at both Billy Bob’s and Cowtown Coliseum. “These days, I work every weekend,” he said. “I also work for a contractor who supplies bulls to 12 rodeos in different locations each year. Part of that job involves promotion; I visit local schools, retirement centers, chambers of commerce and the media dressed in my bullfighter gear.”



Bullfighters' uniforms have evolved over the years. "Today, some bullfighters wear loose-fitting jerseys and shorts," Jesse explained, "but I like the old school 'clown' clothing and makeup. It's important to find what you like and stick with it. I always wear a blue and white striped shirt, baggy pants and lots of bandanas." Oddly, the most important part of his uniform, a protective undergarment vest with breakaway construction should he be hooked by a bull's horns, is not even visible.

Technically, bullfighters are called rodeo protection athletes; but, mostly, they are known as bullfighters or rodeo clowns and their job is to protect riders who have been thrown or have jumped from a bucking bull.

Bullfighting exists to protect the bull rider and, for Jesse, the best way to do that is to stay healthy. "Bullfighting is a sport," he said. "It takes preparation and discipline. If you get injured, which is going to happen, and you know how to take care of yourself, you'll go far. Last weekend, I was mauled by a bull, and I'm bruised and sore. But today I'll go to the gym, work out, get in the sauna and then go home and work around the house. The longest I have ever been off was after a bull stepped on my stomach; after a CareFlight [helicopter] ride, six days in a hospital and six weeks of recovery, I was back in the arena."

To stay strong and flexible, Jesse runs and stretches. "And I watch my diet. In bullfighting, it doesn't matter how big you are; what matters is pound for pound, your strength versus your size."

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and fighter. "So that's why we sometimes grab a bull's face or roll the barrel toward them," Jesse explained. "I like to jump over the bull by running full force toward the barrel and propelling off of it. The trick is for a good barrel man to distract the bull when I'm in the air so it won't raise its head and hook me with its horns."



Today, the sport of bullfighting has its own competitive event. In national competitions and as special rodeo performances, freestyle bullfighting is usually a 70-second encounter between bull and bullfighter. The bullfighter is judged partly on his ability to control and maneuver the bull and partly on the attitude and behavior of the bull.

"Bullfighting has taken me to places like Las Vegas, Minnesota and Florida, but mostly all over Texas and Oklahoma," Jesse said. His "home" is a trailer and his traveling companions are Cowboy the Basset Hound, Toby the Aussie and, sometimes, 3-year-old son, Cutter James, and wife, Chrissy. "My wife knows I'm tougher than nails, and my son is my best friend and biggest fan."

People have told Jesse that he is built to be a bull rider but, clearly, it is the art of bullfighting that is in his heart. "Some bullfighters are known by nicknames," he said, "but my name is Jesse James. So when I got into this, I said, 'I'll go with it!'" **NOW**

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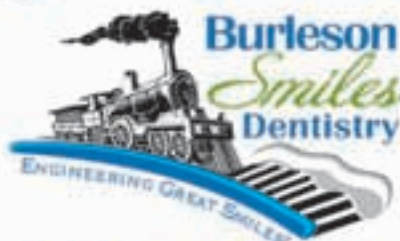
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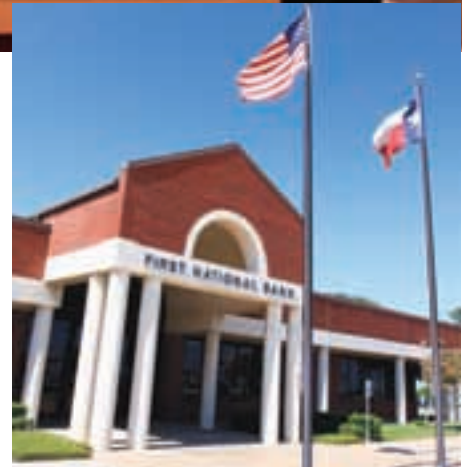
Expecting progress in the Burleson area, First National Bank of Burleson invests greatly in our homegrown businesses. — By Melissa Rawlins

Since 1981, when the only locally owned, independent community bank chartered in Burleson began putting money into the community through personal and business loans, First National Bank of Burleson (FNBB) has helped local businesses open everything from auto dealerships to warehouses to hotels. Amazingly in the past two years, despite the downturned economy, we have seen the establishment of convenience stores, day care facilities, churches, car washes, shopping centers and municipal facilities thanks to support from First National Bank of Burleson.

One of the reasons FNBB can take care of customers so well is they are independent and local, and their process for deciding on your loan takes place right here. “We focus on being here, being available, taking care of customers

quickly,” said Gary Shipp, president and CEO. Gary believes the bank’s success rests in its commitment to its customers.

That’s one reason FNBB remodeled their branch facility on Wilshire, which the bank bought in 2003. At that time, they remodeled it on the inside. This year, they remodeled the outside to look like the Alsbury branch, which was built in 1988. “This is something the bank has wanted to do for a while, and we are fortunate enough to be in a position to undertake such a project at this time,” said James M. Russell, chairman of the board. The Wilshire branch enables First National Bank of Burleson to better serve the community on the south end of town. “We hired a local contractor, Newsome Construction, and he in turn hired local subcontractors to do most of the work,” Gary said.



From left:

The 14 bank officers in this photo serve as managers at First National Bank of Burleson.

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Consumer confidence in big banks may have gone down, but FNBB is doing well. FNBB has been consistently rated a five-star bank by Bauer Financial, very likely because FNBB has always stuck to what it does best. "We support the local community through charity work and through loans for personal and commercial endeavors, particularly in owner-occupied real estate," Gary said. "That could include SBA [Small Business Administration] loans, which are really popular right now."

First National Bank of Burleson offers all types of retail loans, for people who need to go on vacation or make purchases like automobiles and boats. "Old school banking is about having a relationship with your local banker, from being able to offer credit counseling to just talking. We haven't had a lot of turnover in our management," said Gary, who has served 19 years at FNBB. The educated and experienced staff has 809 aggregate years in banking!

Business customers now enjoy remote capture deposits, online cash management and business debit cards. Individual customers of FNBB are taking advantage of online banking and bill pay, along with a multitude of other products. "When you call this bank you're going to talk to a person," said Gary, who is proud that FNBB is a little old-fashioned in terms of how they give personal service. "When you walk in, you hear your name being called. Anybody can come into my office, too."

FNBB loves to support local charities that are child-focused, including: Cowboys for Kids through the Johnson County Children's Advocacy Center, Heart for the Kids, Harvest House, Chisholm Trail 100 Club, and the American Cancer Society Relay for Life. "We are very proud to help the Chisholm Trail 100 because of what they do for families of fallen officers and firefighters," Gary said. "This helps the kiddos. That's been our emphasis for years, since children are the future. Whatever you can do for them you're helping the future of the community." And making a way for great growth in Burleson has been First National Bank of Burleson's vision all along. **NOW**



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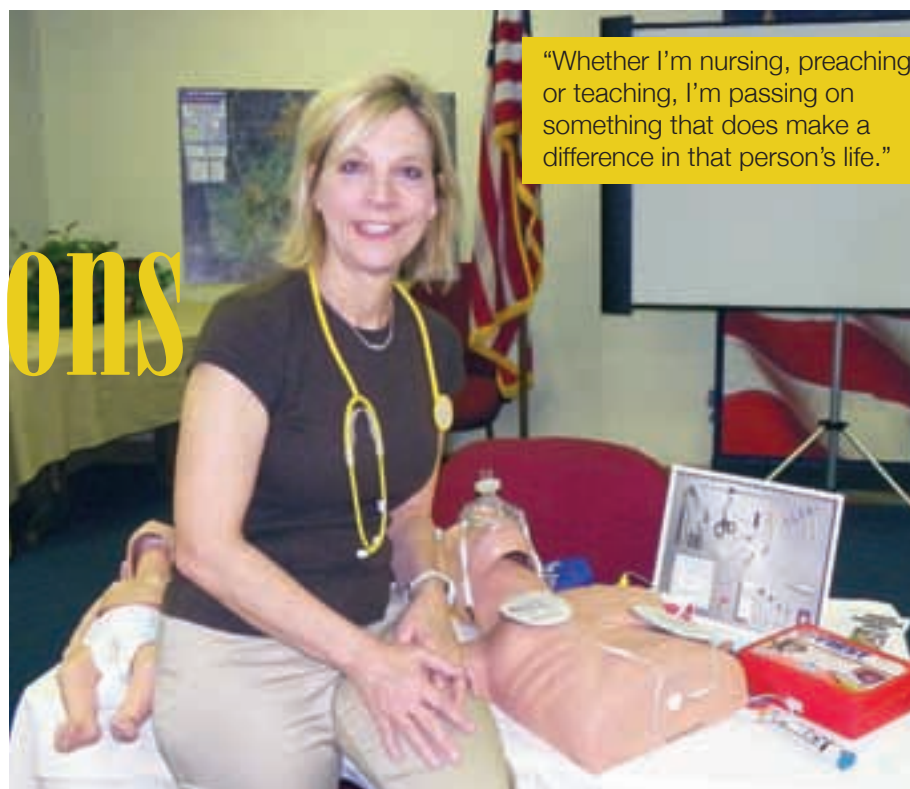
— By Melissa Rawlins

Helping others feeds Monika Ringo's soul. She is an ordained minister, a nurse, and an instructor of CPR, first aid and infant safety — not to mention the mother of four daughters, three of whom are triplets. Meghan, the eldest at age 26, lives in Lubbock while the triplets, Shannon, Callie and Kristen, 21, still live at home.

Born prematurely, the triplets are one of the reasons Monika teaches classes for the community. "Knowing what it is like to have a child in neonatal intensive care, and how scary it is to take a preemie baby home, has given me extra compassion and heightened my passion to equip parents with these important skills," said Monika, who loves to teach and has found teaching CPR especially enjoyable. "It's just interesting how God redirected my life!

"I have that knack to relate to people," Monika said. "And it's absolutely a gift from up above to connect with people and get them beyond their fear, so they have confidence that they could jump in and help if they want to. When it comes time for the CPR portion of my class, people sit up and go, 'Wow!' When you see them ... practicing and doing hands on, they relax enough to where they get the hang of it. It is exciting to then see that look of confidence like, 'I can do this!' By the time they leave, they're smiling and saying, 'Thanks, it was really good; I enjoyed it.' And it's genuine."

While working in surgical intensive care in Lubbock's Methodist Hospital during her nursing studies 24 years



"Whether I'm nursing, preaching or teaching, I'm passing on something that does make a difference in that person's life."

ago, Monika realized the importance of confidence. "I think lots of times my students come in realizing that it would be a good idea to learn these skills. Deep down inside, a lot of their desire stems from that fear of what they would do if they had to help somebody in an emergency," said Monika. She helps students from all walks of life challenge and conquer their fear by teaching them how to give care to loved ones and even

Church or in the conference room at the Chamber of Commerce where Monika feels blessed to hold classes regularly. Using baby and adult/child mannequins, plus a training Automated External Defibrillator, like the one found in most schools and public places for emergency situations, Monika teaches techniques for helping children and adults who are unconscious and unresponsive and may need to have their heart shocked into a more regular rhythm. She also teaches breathing and chest compressions for ministering to a person until the ambulance arrives.

"I do a lot of teaching at Baylor Hospital to expectant parents. It's usually people who are expecting their first baby, who want to be safe and prepared through childproofing their homes and learning to administer CPR. On occasion, I do some baby basic classes on how to care for a newborn, something as simple as how to change a diaper, how to feed your baby, and what to look for when your baby's getting sick. You could have a new dad with a Ph.D. in engineering who breaks out in a cold sweat when he has to change a



strangers who are in critical situations.

Her classroom is wherever people want to meet, whether in Fort Worth at Baylor Hospital or in Burleson in a meeting hall at First United Methodist

Education **NOW**

diaper,” Monika said. “We don’t have the extended family anymore, and a lot of these new parents don’t know what to do! I teach how to hold a baby, how to comfort a baby, how to decipher some of the baby’s cries. For that I have different props like tubs, blankets, baby dolls. The soon-to-be parents constantly hold that baby doll so they get used to not putting down that baby!”

Adjusting her presentations for diverse groups, Monika keeps her classes informal and interactive. “If people want to add comments, it works for me. The big thing I use is humor,” Monika said. “I



am the first one to make fun of myself. Just the other day, I picked up one of my baby mannequins and just as I got ready, I conked the baby’s head on the side of the table. I said, ‘Not the thing to do! Now we have to worry about the head!’ I don’t come across as the one with all the wisdom. I put people at ease, and that opens people up so they’re not afraid to ask a ‘dumb’ question or even to practice.”

Monika has stretched out her hand to help people in other ways. In 1999, Monika went to Brite Seminary at Texas Christian University and graduated with her Master of Divinity in 2004. While in seminary, and working full time as a nurse, Monika also pastored a church in the Hill Country, 45 miles south of Brownwood. “It was hard to leave my little country church,” said Monika, who makes a better income nursing. “Whether I’m nursing, preaching or teaching, I’m passing on something that does make a difference in that person’s life. If I can connect with someone and convey a sense of respect for their core, that’s what it’s all about.” **NOW**

Foot & Ankle Surgery

Clayton H. Culp, D.P.M.



Clayton H. Culp, DPM, has a foot and ankle surgery practice in Burleson. A podiatrist, Dr. Culp has extensive training in all aspects of foot and ankle care, including diagnosis and treatment of bunions, hammer toe, flat foot, foot and ankle pain, neuroma, arthritis, ingrown toenails, infections, and foot and ankle fractures.

Dr. Culp graduated from Texas Christian University with a Bachelor of Science degree in biology. He earned his Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He completed his three-year residency in foot and ankle surgery at Kaiser North Bay Consortium in Vallejo, California, where he served as chief resident his final year. A member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons, Dr. Culp has presented his research at professional conferences.

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In The Kitchen With Cheryl Thornton

— By Faith Browning

Texas born and reared, Cheryl Thornton grew up learning to cook and to can from her mother, grandmother and her Aunt Verlyn. "As a child, I spent my summers with my grandparents on a working farm in Taylor, Texas. This is where I developed my gardening and canning skills," Cheryl recalled. "There is nothing better than growing your own homegrown veggies and fruit, then making canned goods or just a good meal."

Cheryl enjoys riding horses, gardening, canning, quilting and cooking for her husband, Dusty. She acquires her recipes from the Internet, friends, family and cookbooks. "I find new ideas; then I change them around to suit my taste," she explained. "I love to collect cookbooks, especially old ones I find at garage sales. I can sit down and read a good cookbook like most people would read a book." **NOW**



HECKMANN'S FAMOUS DILL PICKLES

3 qts. water
1 pt. white vinegar (90 proof)
1 cup pickling salt
6 1-qt. canning jars
10 - 12 garlic cloves
5 - 6 dried red peppers
12 heads fresh dill
16 - 20 sm. cucumbers

1. Bring the first three ingredients to a rolling boil.
2. Pack fresh cucumbers tightly in quart jars; leave about 2 inches at top for your dill. In each jar place 2 garlic cloves, 1 red pepper and 2 heads of fresh dill.
3. Pour boiling liquid over cucumbers, fill jars about 1/2 inch from the top. Immediately seal with hot lids and secure with rims.
4. Hot water bathe the pickles for about 5 minutes. Take out of the pan and let cool completely.

BREAD AND BUTTER PICKLES

25 - 30 med. cucumbers
8 lg. onions
2 lg. bell peppers
1/2 cup pickling salt
5 cups apple cider vinegar
5 cups sugar
2 Tbsp. mustard seeds
1 tsp. turmeric
1/2 tsp. cloves

1. Slice cucumbers, onions and peppers very thin.
2. Cover sliced vegetables with the pickling salt and let stand for 3 hours covered; drain off liquid.
3. Combine last five ingredients in a large pot and bring to a boil.
4. Add drained cucumbers to this liquid and heat thoroughly, but do not boil.
5. Pack the mixture in jars and seal.
6. Hot water bathe for 5 minutes.

CANNED PEARS

2 cups sugar
1 qt. water
8 - 12 pears, cored and sliced
4 - 6 qt. jars

1. Bring sugar and water to a boil.
2. Add sliced pears to liquid, enough that they are all covered in liquid; boil for 5 minutes.
3. Put pears in jars; add enough liquid to fill just below rim. Seal and hot water bathe for 5 minutes. VARIATION: Put 20 red hot candies at the bottom of each jar before adding pears.

PEAR HONEY

8 cups pears, chopped
8 cups sugar
1 20-oz. can crushed pineapple
1 Tbsp. lemon juice

1. Run pears through food chopper; combine with sugar, pineapple and lemon juice.
2. Cook until thick as marmalade or desired consistency (about 2 hours), stirring often.
3. Pour into jars and seal. Hot water bathe for 5 minutes.

PEPPER JELLY

3/4 cup bell peppers, chopped
1/4 cup jalapeños, chopped
1 1/2 cups apple cider vinegar
6 cups sugar
4 oz. liquid pectin
3 drops green food coloring

1. Process peppers in food processor until finely chopped.
2. Combine pepper mixture, vinegar and sugar in a saucepan and bring to a rolling boil. Remove from heat and add pectin and food coloring.
3. Pour into sterilized jars and seal. Hot water bathe for 5 minutes.

24 HOUR PICKLES

6 cups water
2 cups white vinegar (90 proof)
6 Tbsp. sugar
1/2 cup pickling salt
16 - 20 sm. cucumbers
Fresh dill
1 sm. onion
Garlic cloves
Dried red peppers
Pickling spices

1. Bring water, vinegar, sugar and salt to a rolling boil.
2. Pack cucumbers in a gallon jar in one layer and then add a layer of dill, onions, garlic, peppers and spices.
3. Continue on with another layer of cucumbers and then the seasonings.
4. Pour boiling liquid over cucumbers and seal.
5. Let these stand in a dark room for 24 hours and then refrigerate.

PICANTE SAUCE

12 cups tomatoes, grated
3 cups onions, grated
1 Tbsp. cayenne pepper
3 sm. cans green chilies
5 jalapeños
Dash hot sauce
1/8 cup salt
1 cup white vinegar
6 garlic cloves, grated

1. Mix all ingredients together in a large pot and bring to a boil; simmer for 2 hours.
2. Pour into jars and seal. Hot water bathe for 5 minutes.

To view more of your neighbors' recipes, visit our Web site at www.nowmagazines.com.

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Traditional IRAs: Savings Vehicles With Tax Advantages

— By Sharon Robinson

There are many ways for you to build a retirement nest egg. One of the more popular is the traditional Individual Retirement Account, or IRA. Tax deferral is one of the reasons for its popularity.

Contributions to a traditional IRA may be deductible from your income, lowering the federal income tax for which you are responsible. Federal income tax on your IRA will be deferred until you begin taking withdrawals, usually when you have retired and may be in a lower tax bracket. Generally, you can qualify for a tax deduction if you are not an active participant in an employer-sponsored retirement plan.

For 2010, if you are an active participant in a retirement plan, your deduction for contributions to a traditional IRA will be reduced (and then phased out) if your modified adjusted gross income (MAGI) is:

- Up to \$89,000 for a full deduction; \$89,000 - \$109,000 for a partial deduction for a

married couple filing a joint return or a qualifying widow(er).

- Up to \$56,000 for a full deduction; partial deduction \$56,000 - \$66,000 for a single individual or head of household, or
 - Less than \$10,000 for a married individual filing a separate return.



You must begin taking minimum annual withdrawals from your traditional IRA by April 1 of the year after the year you reach age 70 1/2. Taxable withdrawals will be subject to ordinary income tax rates.

There are a number of options available to you when you open an IRA. Various investments may be used depending on factors such as your time horizon, risk tolerance and other financial goals. Talk to a qualified financial professional to find out how you can take advantage of the tax benefits of a traditional IRA. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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ARTHRITIC KNEE PAIN: A Variety of Treatment Options Are Available

— By *Joseph Daniels, D.O.*

In this day and age, there is a wide array of options for treatment of arthritic knee pain. Alternatives range from utilizing shark teeth to stem cells, bracing to magnets, and lasers to total knee replacement. However, the most important step in treating knee pain is to get an accurate diagnosis of the generator, or root cause of your knee pain. This may sound easy, and it is common sense, but it is the necessary tool to make sure you are presented with the optimal treatment options that will work best in your specific situation.

The knee joint is a highly specialized hinge joint separated into three compartments: the medial (inside), lateral (outside) and patellar or anterior compartment (kneecap). The joint surface is composed of a frictionless material called articular cartilage. A small spacer called the meniscus, a highly specialized cartilage, protects this smooth surface. Also, the ligament structures and muscles surrounding the compartments of the knee protect the meniscus.

Pain generators can come from one or a combination of factors that lead to your symptoms. In order to make a proper diagnosis, physicians use physical examinations, radiographic evaluation (X-rays) and even possibly an MRI.

Treatment options are wide and varied. First, avoidance of certain physical activities and rehabilitation are very important in the treatment of most knee joint injuries. Non-surgical treatment options may also include oral medications, supplements (such as Glucosamine with Chondroitin Sulfate) and injections of a corticosteroid or highly specialized hyaluronic acid material.

Surgical intervention is sometimes necessary to restore functional capabilities of the knee and relief of pain. Arthroscopic techniques may help particular problems, such as meniscal tears, ligament injuries and isolated arthritic conditions. At times, some isolated arthritic conditions may require more than arthroscopy but less than total joint replacement. These options include replacement or resurfacing of select compartments of the knee, and are usually reserved for middle-aged active adults.

In summary, treating arthritic knee pain requires an accurate clinical examination, X-rays and sometimes an MRI. Once a specific diagnosis is made, multiple treatment options will likely be available. And due to a rapidly developing medical technology sector, new options are arising virtually every month.

Therefore, if you have knee problems, it is advisable that you make an appointment with your primary care physician or an orthopedic surgeon to determine the best options for treatment of your specific knee pain symptoms. **NOW**

*Joseph Daniels, D.O.
Southwest Orthopedic Associates*



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Meenu Sharma, M.D.

Meenu Sharma, M.D., has joined Huguley Medical Associates and practices internal medicine at Huguley. Prior to opening her Huguley practice, Dr. Sharma practiced internal medicine in Branson, Missouri.

As a board-certified internist, Dr. Sharma specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. Internists also help patients understand preventative medicine. Most adults in the United States see internists as their primary medical provider.

The office accepts Medicare and most insurance plans.



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OK, HERE WE COME!

— By *Becky Walker*

Plen'y of air and plen'y of room/Plen'y of room to swing a rope!/Plen'y of heart and plen'y of hope./Oklahoma, where the wind comes sweepin' down the plain/And the wavin' wheat can sure smell sweet/When the wind comes right behind the rain. These famous words penned by Oscar Hammerstein II for the musical *Oklahoma!* really seem to capture the heart and spirit of our neighbors to the north. Theirs is a spirit similar to our own — and in spite of our Texas/OU rivalry, we have a lot in common.

Both states were settled by tough-as-nails pioneers with a never-give-up attitude. They needed such “grit” to tame a new land and make it their home. Like Texans, Oklahomans love their land, their history and like to have just a little “elbow room.” You can get a sense of all three aspects with a trip to Oklahoma City.

As the largest city in the state, Oklahoma City is full of diversity, blending its old-fashioned, Western roots with a hip, urban scene. The Bricktown Entertainment District is a must-see. Originally the city's warehouse district and the site where four railroad companies focused their freight operations, Bricktown is rich in history and was the key to Oklahoma City's early economic growth. Following the Great Depression and World War II, the area fell into decline until investors with a vision revitalized the area in the early 1980s.

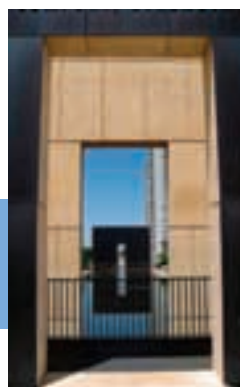
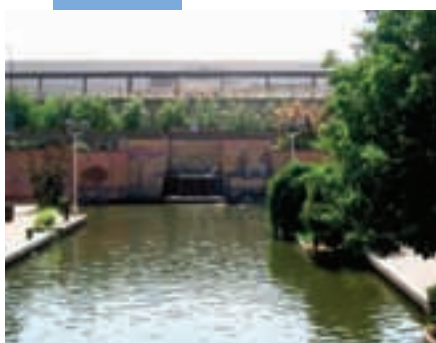
Today, Bricktown is a thriving retail and entertainment district, filled with restaurants and nightclubs, like Mickey Mantle's Steakhouse and Toby Keith's;

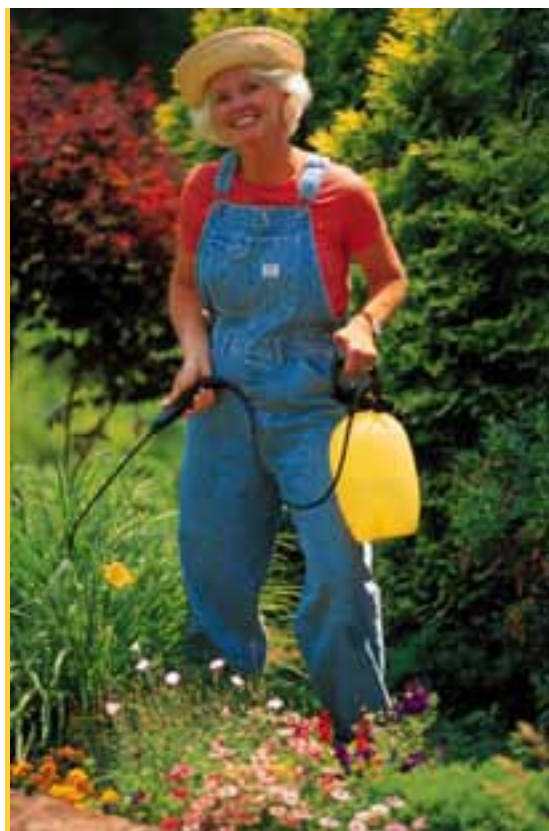
shops; a ball park; a movie theater; and an awesome canal. At one end of the canal is the beautiful Devon Energy Centennial Mosaic Mural. The mural, which took more than a year to complete, was constructed by Oklahoma City Community College students, volunteers and artists in honor of the city's 100th birthday and features official state symbols.

Also located along the Bricktown Canal, is the Oklahoma Land Run Monument. While already impressive, this sculpture is not yet complete. Honoring those who participated in the Oklahoma Land Run when the Indian Territory was opened to settlers, it will take about 12 years to get all 45 pieces made and installed. When it is finished, it will be one of the largest sculptures of its kind in the world.

Of course, a trip to Oklahoma City would not be complete without paying respect at the Oklahoma City National Memorial & Museum. The Outdoor Symbolic Memorial spans the downtown city block where the Oklahoma City Bombing took place on April 19, 1995. With a field of lighted chairs, a beautiful reflecting pool and the sturdy Survivor Tree, the memorial reflects Oklahomans' spirit of hope, love of the land and wide open places, respect for their history and their love of peace.

Oklahoma City is located approximately three-and-a-half hours north of Dallas off I-35. If you are ready to take a trip, you will find this is one city that is OK! **NOW**





THE TIME IS NEAR!

— By Nancy Fenton

September is here, and it is time to think about fall fertilizers for lawns. Sometime around the end of September, the evening temperatures cool down to 50 degrees or below. That is the time to get out the spreader! Another great indicator that it is time to fertilize your lawn is when you do not need to mow for two weeks or so. It is important to fertilize the lawn in the fall to prolong fall color and increase winter hardiness. Also proper fertilizer helps maintain a dense turf that resists winter weeds.

Our alkaline soils have lots of their own phosphorous, so Texas A&M suggests fall fertilizers should be high in nitrogen (the first number) and very low in phosphorous (the last or third number). Usually the amount to be applied is one pound of nitrogen per 1,000 square feet of lawn. Most bags of fertilizer will tell you how much the bag will cover. Organic or chemical makes no difference as long as the numbers are the same.

Watering the lawn is the icing on the cake because it activates the fertilizer. Spray and soak will give you the best results, with the fertilizer going to the roots rather than running into our streams and lakes. This consists of several short periods of watering (the lawn, of course, not the street or drive) relatively close together, so the water soaks into the ground, rather than one long period when it runs off.

If you have more questions about lawns, call the Texas AgriLife Extension at (972) 825-5175. **NOW**

Nancy Fenton is a Master Gardener.

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Happening **NOW**

Second Monday

Metro Beekeepers monthly meeting: 6:30-8:30 p.m., United Cooperative Services Building, 2601 South I-35. Guest speaker Brooks Bradley will discuss native Texas plants that are bee-friendly. Contact Terry Botkin at (214) 837-7256 or visit www.metrobeekeepers.net.

Every Saturday

Old Town Farmer's Market: 8:00 a.m.-2:00 p.m., in the parking lot of City Market, at Renfro and Clark streets. Fresh locally grown and home-cooked foods. For more information, contact the Burleson Chamber of Commerce at (817) 295-6121.

Last Saturday

Parents Night Out: 5:00-7:00 p.m., hosted by Alsbury Baptist in Burleson. Event offers an evening of rest, relief and rejuvenation to parents who are caring for special needs children and their siblings ages 6 months to 12 years. Volunteers will guide the children through fun activities, a pizza dinner, crafts, snacks and building new friendships — all at no cost. Reservations are required. For more information, contact Keara Kirk at (817) 881-5028 or kearakirk@sbcglobal.net.

September 10

Final day to register for Fall Softball 2010 at Hidden Creek Sports Complex. There are no non-resident fees or requirements and no gate fee for spectators and players. At a cost of \$300 per team, registration is limited to the first nine teams in each league and must be done at the Burleson Recreation Center (the BRiCk) on Summercrest Boulevard, Monday-Friday, 8:00 a.m.-9:00 p.m. or by calling the BRiCk at (817) 426-9104.

September 10-11

Joshua City-Wide Garage Sale. There will be garage sales all over the city of Joshua. Starting at the north end of Main Street, head south and look for sales. Each house is responsible for picking up their own sign from City Hall. Please notify Joshua City Hall in advance if you intend to participate so they will know how many signs to make. Call Carol Turpen at (817) 447-3438 or e-mail her at gardengateclub@sbcglobal.net for more information.

September 18

Taste of Burleson: 5:00-8:00 p.m., where local restaurants share their flavor for everyone's fun! Hosted this year at the



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Happening **NOW**

RE/MAX Complex near I-35. For more information, contact the Burleson Chamber of Commerce at (817) 295-6121.

Antique Alley Texas and 25 Miles of Sales: 9:00 a.m., 300 Criner Street, Grandview, TX. Downtown Grandview will be filled with vendors, festival foods, quilts, antiques and more. For more information, contact Nita Redmon at (817) 240-4948.

September 20

Softball League play begins at Hidden Creek Sports Complex, which features four well-manicured and irrigated softball diamonds, 300-foot fenced fields with 8-foot fences and a full-service concession stand. Games are Monday-Thursday. Co-Rec D plays Mondays and Thursdays. Co-Rec E plays Mondays, Tuesdays and Thursdays. Men's D plays Mondays, Wednesdays and Thursdays. Men's E plays Monday-Thursday. Two men's church leagues play on Tuesdays and Men's Super D plays on Wednesdays. For more information, call Paula Benjamin at (817) 295-6611.

September 25

Arlingtonanswers.com Job Fair: 9:00 a.m.-1:00 p.m., hosted by The Church on Rush Creek at 2350 S.W. Green Oaks Blvd. in Arlington. This event is produced in conjunction with Work Force Solutions for Tarrant County, offering 50-plus employers that are currently hiring for all job levels. Download the Pre-registration Form off www.Arlingtonanswers.com or call (817) 224-2247 or e-mail jobfair@arlingtonanswers.com.

2nd Annual Family and Friends Concert: 11:00 a.m.-2:00 p.m., Warren Park, Burleson. This event is given to the whole community as a free gift by Texas Tradition Chorus. For more information, call Becca Miller at (817) 645-5232.

October 1

1st Annual Fall Golf Tournament, benefiting the Burleson Chamber of Commerce and its promotion of prosperity in Burleson and the surrounding area! The event will be held at Hidden Creek Golf Course. Sponsorships are available. For more information, contact the Burleson Chamber of Commerce at (817) 295-6121.

**For more community events,
visit our online calendar at
www.nowmagazines.com.**

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