

# BurlesonNOW

Including Crowley and Joshua  
M A G A Z I N E

SEPTEMBER 2011

## A Circle of FRIENDS

Mary Slaney knows  
when women get  
together, ideas explode.

### Also Inside

Getting to Know You  
In the Kitchen With  
Rita Shipman

## The Boys of BURLESON

Daring  
to Soar  
in Crowley

WATCHING  
THEM GROW  
AT HOME WITH GREGG  
& BRENDA GAMMON



# BACK PAIN? NECK PAIN? HEADACHES?

Would you like to be  
pain-free once and for all?

Find out what sets us apart from other Chiropractors!



**Sciatica | Bulging Discs | Arm Pain/Numbness**

## TRIPLE SATISFACTION PLEDGE:

- Get in the SAME DAY you call or your first treatment is **FREE!**
- If you are not cheerfully greeted by our staff, your treatment is **FREE!**
- If you find a better Pledge, you get an entire week's worth of treatment for **FREE!**

## NEW PATIENT SPECIAL

**\$17 First Visit** (\$189 VALUE)

Includes consultation, examination, any necessary X-ray, and report of findings from the doctor.

This offer does not apply to federal insurance beneficiaries or ACN participants. Must present coupon. New Patients only. Not valid with any other specials or offers. Expires 9/30/11.

## FREE 15 Minute Massage

with your exam for first seven patients to make appointment and mention this ad.

Some restrictions apply. Expires 9/30/11.

**HS HealthSource®**  
Chiropractic & Progressive Rehab™



Dr. Corey Skinner, D.C.



Dr. Alexander Klein, D.C.



Dr. M. Brandon Pettke, D.C.

817-297-7100 | 1320 NW John Jones Dr. | Burleson, TX 76028 | [HealthSourceOfBurleson.com](http://HealthSourceOfBurleson.com)



# SMILE FOR THE SCHOOL YEAR!

Orthodontics by  
**Sheila T. Birth, D.D.S., M.S.**

**Charles Stewart, D.D.S.**

*Board Certified Orthodontists*

Voted top doctor by peers in Ft. Worth Magazine

Received Readers Choice Award voted by readers  
of Ft. Worth Star Telegram

Bring in this  
coupon & receive  
**\$250 OFF!**

Good towards comprehensive treatment only.  
Can not be combined with any other coupon. U/C #4818

- Braces for children & adults
- No downpayment
- Affordable monthly payments
- Most insurances accepted
- Medicaid accepted
- Certified orthodontic specialist

**Go Wireless With Invisalign®**



Call today for your *FREE* initial consultation!

**817-546-0770**

[www.professionalsmiles.com](http://www.professionalsmiles.com)

109 W. Renfro Street  
Burleson, TX 76028

Member American Association of Orthodontists





# AUTO LOAN EXTRAVAGANZA



**First National Bank**  
*of BURLESON...LOCALLY OWNED*  
*Welcome Home!*

**Rates as low as 2.75% APR!\***

Keep your dealer rebates  
then come to us for financing  
or  
lower your existing payments;  
refinance with us today!\*

\*Other conditions or restrictions may apply.  
Offer good for a limited time only.

Ask for Ms. Carr  
817-295-0461

Subject to credit approval.  
See lender for details.



Member  
**FDIC**

**Yes,  
we still offer**

## FREE CHECKING!

In a changing economy where many big banks are taking away free checking, It's nice to know that the hometown bank many have come to trust for over 30 years remains one of the top-rated banks in the nation and still offers FREE CHECKING!

Stop by either location to meet with a friendly new accounts representative or simply call us to request an easy-to-use switch kit and let us help you get started with a First National Bank of Burleson Free Checking account.

**www.FirstBurleson.com**

**817-295-0461**

899 NE Alsbury Blvd. • 740 SW Wilshire Blvd.  
Burleson, Texas





Publisher, Connie Poirier

General Manager, Rick Hensley

## EDITORIAL

Managing Editor, Becky Walker

Burleson Editor, Melissa Rawlins

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Mark Jameson . Barbara Willis

Carolyn Wills

Editors/Proofreaders, Teresa Maddison

Pat Anthony . Angel Morris

Pamela Parisi

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Julie Carpenter . Martha Macias

Allee Brand . Cherie Chapman

Marshall Hinsley . Arlene Honza

Brande Morgan

## PHOTOGRAPHY

Photography Director, Jill Rose

Photographers,

Jill Rasco Photography . Opaque Visuals

## ADVERTISING

Advertising Representatives,

Melissa McCoy . Teresa Banks

Rick Ausmus . Linda Dean . Laura Fira

Bryan Frye . Carolyn Mixon

Jami Navarro . Lori O'Connell

John Powell . Steve Randle

Linda Roberson

Office Manager, Angela Mixon

## On The Cover



Brenda and Gregg Gammon refresh themselves at home for service in the community.

Photo by Jill Rasco Photography

# Contents

September 2011 • Volume 5, Issue 9



8

### A Circle of Friends

It stands to reason that the world benefits when happy-hearted women with open minds and the willingness to participate join forces.

30

### The Boys of Burleson

The hard work was definitely worth it for Luke Rosales and his friends.

14

### Watching Them Grow

At Home With Gregg and Brenda Gammon.

24

### Daring to Soar in Crowley

Linda Arnold knows that sacrifice is part of the commitment to sports, but the returns are great.



36 BusinessNOW

38 Around TownNOW

40 FinanceNOW

42 HealthNOW

44 CookingNOW

*BurlesonNOW* is a NOW Magazines, L.L.C. publication. Copyright © 2011. All rights reserved. *BurlesonNOW* is published monthly and individually mailed free of charge to homes and businesses in the Burleson ZIP codes.

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](http://www.nowmagazines.com).

# Editor's Note

*Howdy Burleson, Crowley and Joshua!*

Ten years ago, heroes from around the country inspired our nation's healing after the trauma of destruction at the World Trade Center. Professional and volunteer firefighters and police officers headed to New York City to help in any way they could. Here in Crowley, Joshua and Burleson, we are blessed with men and women just as dedicated, just as fierce, just as honorable.

My heart warms, knowing that First United Methodist Church in Burleson is hosting a Hometown Heroes Appreciation Dinner on September 8. During the banquet, there will be a ceremony marking the 10th anniversary of September 11, 2001. And students at Joshua High School are hosting a 9/11 Remembrance on Friday, September 9. May we all mark that day in our own heart of hearts and continue encouraging each other to good works.



## Melissa

Melissa Rawlins  
BurlesonNOW Editor  
melissa.nowmag@sbcglobal.net  
(817) 629-3888

**HAPPY LABOR DAY!**

- Fine Jewelry
- Diamond Setting
- Jewelry Repair
- Special Order Work
- Custom Designing
- Laser Welding
- Watch Repair

*Woolard's Custom Jewelers*  
*Jeweler By Trade. Artist By Heart*  
Bob and Caryll Woolard

437 S.W. Wilshire Blvd • Burleson, TX  
Between NW Newton & Exchange  
**817-295-6361**

**Did the Summer stress your skin out?**

The sun can wreck your skins glowing complexion and make you look stressed and sun damaged. IPL Skin Rejuvenation is your answer!

Photofacial treats many skin conditions such as Hyperpigmentation, Rosacea, Acne Marks, and much more!

Through September Get Two For The Price Of One!  
(Regular Price is \$250 per treatment)

*Med Spa 3  
At Seena One*

701 E. Rendon-Crowley Road | Burleson  
www.spaseena.com | 817-509-0405

**Oil & Gas in Our Region**

**Chautauqua Assembly-September 24, 2011**

12:30 PM Opening Ceremony  
1:00 PM Ken Morgan, Ph.D. Director of Energy Institute at TCU  
Geology of 20th Century and Surrounding Area  
1:30 PM WYO Jazz Band  
2:15 PM Tommy Winger, Ph.D. Navarro College  
A Brief History of Oil and Gas in Our Region  
2:15 PM Old-Fashioned Slides  
3:45 PM Howard Stronken, Dean of Academic Affairs TCU  
Geology of our Region  
4:30 PM Woodstock Community Theatre  
Musical in the Mountains  
by F.B. Rogers  
6:15 PM Panel Discussion on the pros and cons of the oil industry  
6:15 PM Dinner Break  
6:45 PM SAGU Jazz Band Performance

**Chautauqua Auditorium - Gettendanner Park, Woodstock, Texas**  
All Day Tickets \$20 Adults - \$10 Students  
Purchase tickets at:  
www.DiscoverCulture.org  
Donor's Workshop Displays (301 North College, Woodstock, TX)  
Rio County Museum (301 S. College Street, Woodstock, TX)  
For additional information contact Jerry Chapman, 817-623-4261

Proceeds from this event will be used to fund new exhibit lighting which will enhance events held at the Chautauqua Auditorium

**CNB Citizens National Bank of Texas**  
New York State Bank

**CHAUTAUQUA**



We Accept



# Gentle

## Family Dental

Quinlyn E. Yates, D.D.S.

- ◀ New location, same friendly staff
- ◀ New modern equipment
- ◀ Emergencies seen same day (if in by 3:00 p.m.)
- ◀ Most insurances accepted

### *Back-to-school Special*

FREE Bleaching with completed cleaning, X-rays and necessary work needed



## \$25

Initial exam  
and necessary  
X-rays  
(new patients only)



## \$20

Emergency  
includes exam  
& necessary  
X-rays

# (817) 295-2031

2780 S.W. Wilshire Blvd. Burleson, TX 76028

Located at the new Texas Health Burleson Medical Complex

# TREASURE YOUR CHEST.



**Texas Health**  
Harris Methodist Outpatient Center™  
BURLESON

Healing Hands. Caring Hearts.™

At Texas Health Harris Methodist Outpatient Center Burleson, preventing breast cancer is a priority. That's why we offer digital mammography services. If you're 40 or older, an annual mammogram can help detect issues early. Unlike many facilities, we use MammoPad® technology to make your mammogram as comfortable as possible. The soft foam pad creates a warm, softer surface between you and the system. So make a mammogram part of your year, because peace of mind is something we all treasure.

1-877-THR-Well | [TexasHealth.org/Breast](https://www.texashealth.org/Breast)

Doctors on the medical staff practice independently and are not employees or agents of the hospital. © 2011



★ ★ ★ ★ ★  
**Check out our 5-Star  
Customer Service rating**  
at yellowpages.com



**Interest Free  
Financing!**



**\$100 OFF**

Any installed flooring

•Minimum of \$1,000.00 up to \$1,999.99  
Offer Expires 9/30/11

**\$200 OFF**

Any installed flooring

•Minimum \$2,000.00 to \$2,999.99  
Offer Expires 9/30/11

**\$300 OFF**

Any installed flooring

•Minimum \$3,000 and up  
Offer Expires 9/30/11

### Current Specials

**\$5.69** sq.ft.

Handscraped  
Hardwood Installed

**FREE Carpet  
Installation**

Minimum Footage Required

**10% OFF**

Any remodel project

\$5,000 Minimum

**\$3.99** sq.ft.

Handscraped Laminate

500 sq. ft. Minimum

Expires 9/30/11. Coupons must be presented at time of purchase and may NOT be used in conjunction with specials, clearance or sale priced items.

#### We Do Remodeling!

- Kitchen and Baths
- Fireplace Updating
- Plumbing
- Electric
- Tape, Bed, Texture, Paint
- Room Additions

**FREE**  
Design  
Consultation

#### We Offer:

- Lifetime No Exclusion Stain Warranty
- Lifetime Warranty Laminates
- Lifetime Installation Warranty from Certified Installers
- Free Measure and Estimates
- Free Design Consult



Store: 817.641.2010  
After Hours: 972.345.4917  
infinityflooring2010@gmail.com  
www.myinfinityflooring.com

Financing Available with Approved Credit  
Hours: Mon-Thurs 9am-6pm • Friday 10am-5pm • Saturday 10am-5pm • Closed Sunday  
**Stop by our beautiful Showroom conveniently located at ...**  
**307 E. 12th Street, Ste B • Joshua (Next to Family Dollar)**

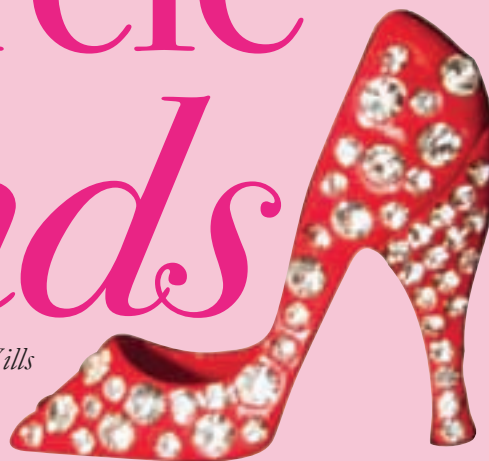






# A Circle of Friends

— By Carolyn Wills



*It was a wintery day in 2008 when Mary Slaney and Peggy Harkins invited eight women to join them for lunch. The date was February 14, Valentine's Day, and everyone arrived at Peggy's home eager to sample her chicken enchilada soup and share the dishes they brought. "After lunch, we gathered around my TV to watch a video that Mary and I had borrowed," Peggy said. The video featured best-selling author, humorist and motivational speaker, Nicole Johnson, performing a skit called "Girlfriends." Its point is that "every woman needs a good girlfriend and having one is as good as cash in your wallet." With her ingratiating style, Nicole expressed how female friends laugh and cry together, see movies that men will not see, stay up with each other and, most importantly, enjoy doing what they do best — talking. "As I watched everyone watching the DVD," Peggy smiled, "I was moved by their reactions. I could see bonds beginning to form, and I knew that Mary's idea was good."*

Interestingly, Mary and Peggy met in a women's group, and when that group began to dissolve, it was Mary's inspiration to start something new. "I moved to Burleson in 2005 and didn't know anyone," she said. "I'm married, yet I also treasure my women friendships. When I met Peggy, we decided to create a circle of friends who value the importance of women sharing and supporting each other."





# Welcome

**Chandra  
Chellappan, M.D.**

**Obstetrics and  
Gynecology**

**¡Se Habla  
Español!**

Chandra Chellappan, M.D., has joined Huguley Medical Associates and opened an obstetrics and gynecology practice. She cares for women at all stages of life, including pregnancies and well-woman check-ups. She offers various treatment options for both medical and surgical problems, including several minimally invasive procedures performed in her office.

Dr. Chellappan completed her obstetrics and gynecology residency at John Peter Smith Hospital in Fort Worth. During her training, she also provided obstetrical and gynecological medical care for Tarrant County facilities. She earned her medical degree from Texas A&M University Health Science Center College of Medicine, and she studied nutritional sciences at Texas A&M University.

Fluent in both English and Spanish, Dr. Chellappan welcomes new patients and accepts most insurance plans, including Medicare and Medicaid.

**Chandra Chellappan, M.D.**  
11803 S. Freeway, Suite 206  
**817-551-9339**



Peggy's motivation was a little different. "I had recently become a widow," she said. "And through the challenges of meeting people and becoming involved in new experiences, I learned how difficult it can be for anyone surviving the loss of a spouse after 30 or 40 years and how helpful friends can be."

As it turned out, the Valentine's luncheon more than fulfilled their expectations and, as a result, a group known as "The Circle" was born. "Mary came up with the name," Peggy said. "When I think of the circle that formed around the video screen at our first gathering, I cannot imagine a name that would be more appropriate. Also, we often begin our meetings by forming a circle and saying a prayer."

Brenda Huskins and Diane Lybbert were quick to join Mary and Peggy as founders of The Circle. Like Peggy, Brenda had lost her husband after many years of marriage. And, like Mary, Diane is married. "I retired from Bell Helicopter at the end of 2006, and after 33 years of working, I wanted to find women friends to do things with. I belong to the Burleson Monday Night Book Club that meets at the library, and that's where I met Mary. I was at the right place at the right time to become a founding member of The Circle, and it has been great fun! Since I always have my camera handy, I started keeping scrapbooks for the group beginning with that first luncheon," Diane shared.

"We welcome any woman with a happy heart, open mind and the wish to participate," Peggy explained. In age, the group ranges from 50 to 82 with the majority in their 60s. Ninety percent



are retired, and over half have enjoyed professional careers. While most live in Burleson, the group also includes members from Fort Worth, Arlington, Crowley and Granbury. Women, married or single, may join and religious affiliation is not a factor. "There are a lot of personalities and histories," Peggy shared. "It's what makes The Circle so special. If one of us encounters tragedy, sickness or simply needs support, we are there for each other."

Since Valentine's Day 2008, members have celebrated and cried with each other through illness, family deaths and life changes. "Most of us continue to stay connected," Peggy said, "except for some who may not be as mobile as they used to be or have shifted their energies toward a new relationship."

"It's an honor to be part of this group," Brenda added, "and it means a lot to all of us. Within The Circle, there is always someone to talk to and share activities." As an outgrowth of her involvement, Brenda rediscovered her love of dancing. "I am now part of the Hi-Steppers," she smiled. "We line-dance every day, often up to seven hours a week, and perform in the community."


Last February, The Circle celebrated its third year. The membership has grown from 10 to near 20 regular members with up to 50 participants per activity. "This



group doesn't just go shopping," Brenda laughed. "We have an activity every month and an annual trip. We're going to San Antonio this year, and last year, we rented a five-bedroom, bed-and-breakfast inn in the historic area of Jefferson, Texas, where we took a swamp boat ride, toured the museums and some of us visited the casinos in Shreveport."


"We meet in January to plan our

# Totally custom...



# surprisingly affordable!


*Custom-built homes on your land \$85,000 - \$285,000*



**ZERO down**

**100% in-house financing**

**No payments for 6 months**



**United-Bilt  
Homes**

Homemade just for you.

**Chad Ralston 817.455.8474**

**Jimmy Rodgers 817.983.5332**

**[www.ubh.com](http://www.ubh.com)**

\*\*\*With approved credit for qualified homeowners. Licensed Residential Mortgage Lender A/R, L.A., MD, MI, IL, TX. NMLS#200043





# Elite Floors

Est. 1985



**Brand-Name Flooring Products**

Chamber of Commerce  
Business of the Year



**Installed Mohawk Carpet**  
**60 Day Mohawk**  
**Free Replacement**

(not including freight and installation)  
We will replace carpet for any reason up to 60 days after installation.

Come see our showroom or visit our website:  
[www.elitefloorstx.com](http://www.elitefloorstx.com)  
Mon-Sat 9am-6pm  
Mohawk Color Center

MUST PRESENT COUPON TO BE VALID

**Handscraped Wood**  
**\$5<sup>77</sup>**  
Sq. Ft. Installed

MUST PRESENT COUPON  
Expires 9/30/11

MUST PRESENT COUPON TO BE VALID

**10% Off**  
**Total Installed Remodel**  
(Non-sale items) \$6,000 min

MUST PRESENT COUPON  
Expires 9/30/11

MUST PRESENT COUPON TO BE VALID

**\$275<sup>00</sup> Off**  
**Any installed hard surface floor.**  
**Minimum of \$500 sq. ft.**  
(Regular priced items only)

MUST PRESENT COUPON  
Expires 9/30/11

Insurance Claims Welcome • Insured • No Interest Financing



- Kitchen
- Bathroom
- Roofing
- Windows
- Stone Veneer
- Painting
- Electrical
- Plumbing
- Countertops
- Granite
- Cabinets
- All Flooring
- Tape & Bed
- Sheetrock
- Silestone

**Complete Kitchen and Bathroom Remodels**



MUST PRESENT COUPON TO BE VALID

**Silestone Distributor**  
Ranked the best countertop material in the world.

**FREE UNDERMOUNT SINK**  
with Silestone Counter in Kitchen.

**Upgraded Edging with Coupon**  
Expires 9/30/11

**Mohawk Freize Carpet**  
Coupons must be present at time of purchase and may NOT be used in conjunction with specials, clearance or sale priced items.

**817.295.5574** 384 S.W. Johnson Ave • Burleson  
One block south of the Library

calendar and decide who will be responsible for coordinating each activity,” Mary explained. Completing this year’s calendar, they look forward to touring Fort Worth’s Texas Civil War Museum, attending the “Miss Firecracker Contest” at Theatre Arlington, enjoying a train ride from Palestine to Rusk and back, visiting the State Fair of Texas, spending two nights in San Antonio, participating in the Women’s Holiday Tea at Burleson Baptist Church and enjoying lunch and shopping at the Montgomery Street Antique Mall/ Tea Room in Fort Worth.

“When women get together, ideas explode,” Mary said. “We participate in the American Cancer Society Relay



for Life of Burleson and last year, we generated close to \$3,000 toward the fight against the disease. We also bring gifts to our annual Christmas party to donate to a charity.”

As the director of first impressions (truly her title) at the Burleson Area Chamber of Commerce, Mary coordinates the new “Power of Heels” program — a uniting of female business leaders to make a difference in the community. “We’re working with the local Women’s Jobs Corps,” Mary said, “and I would love to add a ‘Golden Division’ to include the support of our Circle as mentors for the women in the Job Corps program.”

Sporting a tiny multicolored feather woven into her short hair, Mary is a woman who wants to reinvent the world. According to Nicole, “every friendship arises out of an invitation.” By inviting women into their circle on that exciting day in 2008, Mary and her friends not only enriched their lives, but began a process of touching many others. After all, when women with happy hearts, open minds and the willingness to participate join forces, it stands to reason that the world will surely benefit. **NOW**





The people you want looking  
over your shoulder. Same goes  
for your hip, knee or spine.

**Drs. Joseph Daniels, Jason Tinley, Tracy Rukab Munford and Michael Boothby** are four of the area's most experienced orthopedic surgeons. It's no coincidence that all four practice at USMD Hospital at Fort Worth. They — along with so many other respected specialists — were attracted by the advanced technology and high standards of care at our physician-owned hospital. Good reasons for you to choose USMD too.



Call 888.444.USMD for physician referrals.





# WATCHING THEM GROW

— By Melissa Rawlins

*Once inside the front door of their home on the golf course, Brenda and Gregg Gammon feel like they are out in the country. After all their dinners out and evenings at work, the couple's sanctuary begins with the beautifully manicured lawn, kept up by a reliable yard man, and extends to the backyard, where the Gammons have created an oasis for morning coffee and evening wine. Inside, each room provides a setting that rejuvenates them to encourage each other and other people. Their calm and peaceful master bedroom beckons them to relax, and in its private bath, Brenda has hung a whimsical chandelier. Yet, in stark comparison, the couple has hung an utterly serious plaque announcing their motto: 'Live Life ... There is no Take Two!' next to their front door to see as they leave to take on the world.*







## AT HOME WITH *Gregg and Brenda Gammon*

The couple had years of chasing kids in soccer, basketball and softball. As empty nesters, they are now free to contribute to the community. Brenda never misses a City Council meeting and is on the Old Town Review Standards Board. Gregg just gave up the presidency of the Afternoon Rotary Club, handing the gavel over to Dusty Babitzke from Crowley this summer. It is never easy to pass leadership roles along to someone else, but Gregg and Brenda challenge themselves to do new things. When they moved into this home in 1998, they planned to enjoy their community by becoming a part of it and giving back. "Burleson has exceeded our expectations of our ability to make a difference," said Brenda, who is active in the Burleson Area Chamber of Commerce.

"It's nice to live in a community that embraces change, progress and

# Back-to-School



Nurturing Young Hearts and Minds  
All for the Glory of God

### Mothers Day Out is Back!

We have many schedule choices available.  
Call to see what schedule works best for your family.

- We offer infant, toddler, pre-school, kindergarten preparatory & after-school programs. We provide flexibility to meet the needs of most schedules & budgets.
- Beautiful state-of-the-art facility conveniently located on Wilshire Blvd.
- Live streaming video to view your child while you are at work.
- Spanish and baby sign is taught in the daily curriculum.
- Music education program. Also, a monthly visit from Mr. Music!
- Morning chapel with praise and worship.
- All teachers are trained by a master-level teacher.
- A Beka Curriculum and Reading Mastery early literacy program

## Mountain Valley Child Development Center

2975 S.W. Wilshire Blvd. • Burleson, TX 76028 • (817) 484-2444  
[www.mountainvalleychilddevelopmentcenter.com](http://www.mountainvalleychilddevelopmentcenter.com)





outsiders,” Gregg added. The couple came from Fort Worth and opened Gammon Financial together. “We have a saying on our wall: ‘Inspiring people to be proactive and live life on purpose.’ We live our life that way.” Not long after settling here, the couple became founding members of the Burleson Citizens Police Academy, of which Gregg was president. Brenda was event chair for Relay for Life in 2008, and still serves on the boards of Court Appointed Special Advocates (CASA) for Johnson County and Huguley Hospital.

Gregg only plays golf three times a month now. He used to play six times a week, and the couple’s home once reflected that. He has competed for the past 10 years in golf tournaments with other employees from Southwestern Bell/AT&T, the company he served for 29 years before retiring to Burleson. This year, Gregg won first place. Still, his heart is more focused these days on grandchildren. So, Brenda recently redecorated. Removing all but a few of the golf knickknacks, adding pictures that remind her of their trip to Paris and

arranging soft, comfortable furniture in the open floor plan provided a safe space for relaxation with the family.

Gregg got guitars for both of his little grandsons so they can play with him when he fools around in his music room. He loves to play the Guild guitar Brenda bought for him when he officially retired. Gregg’s music room also houses a Harmony Sovereign guitar and an Italian violin made in 1729. The violin was purchased by Gregg’s great-grandfather from a Mexican soldier in the Mexican-American War. On the back it says in

## Say Goodbye to Low Interest Rates on Your Savings and Investments

# 8.0%

- Income paid monthly
- Interest rate stays the same for as long as you own it
- No smoke and mirrors—simple to explain and understand what you own and how it works
- IRA eligible
- This is NOT a life settlement or a deferred fixed annuity

8.0% effective APR based on holding to maturity. Selling before maturity may cause a loss of principal. Maturities range from 36-240 monthly payments. Investment incomes source from federally backed pensions. Other income sources are available. All investing involves risk. Before purchasing, consider your situation and the investment’s objectives and risks. Call us to learn more or visit our website.

**Call Scott Brown for more information.**

Local office inside Mountain Valley Studios, Highway 174 and 4th Street, Joshua, TX.

**817.591.2242 [www.definedincome.com](http://www.definedincome.com)**



### Ask Vonna Your Decorator

**Question:**  
I want to redo my living room. I’m not sure where to begin!

*Susan McEwen*

**Answer:** Most people think they need to decide on the perfect color or pick out that one great piece of furniture and decorate around that. Don’t do that yet! First think about YOU and your family. Consider the way you like to relax. How do you entertain? YOUR likes and dislikes: physical needs & aesthetic requirements. Your home should reflect your personality. Once you have analyzed yourself & what you want your home to be, then begin your decorating process. Don’t forget to call in a professional interior decorator to save precious time and costly mistakes. Thanks for asking!

Ask me your question.  
[vonnapool@decoratingden.com](mailto:vonnapool@decoratingden.com)  
**817•447•1185**



# FIRST IMPRESSIONS SALON SPA

## brazilian blowout™


**\$125 Brazilian  
Blowouts**  
for all of September!  
with coupon • Exp. 9-30-11

We now welcome  
**SUZANNE**, licensed massage  
therapist to our salon!!!

**\$49 FULL HOUR  
MASSAGES**  
Tues. and Wed. only.  
with coupon • Exp. 9-30-11

Gift Certificates  
Available.

# 817-295-9955

[firstimpressionssalonspa.com](http://firstimpressionssalonspa.com) • 815-1 Alsbury Blvd. @ Summercrest 



The Best Little Wine House in Texas

**Be Cool in our AC**



Stop in whenever we are open -  
Enjoy a glass of wine or a cool  
Señorita, Peach Bellini,  
Cosmorita or Wine Glacé  
September Special - only \$5

Visit us at Taste of Burleson 9/10  
Or Grapefest 9/15 - 9/18

the Place for Fine Wines & Fun Events  
817-426-1141

Open Thursday - Sunday, Noon - 7 PM  
1535 S. Burleson Blvd. • Burleson

✓ Our event schedule, map & directions at:

[www.SunsetWinery.com](http://www.SunsetWinery.com)



## Accepting New Patients

We specialize in:

- Painless Hemorrhoid Banding
- Wireless PH monitoring for Acid Reflux Disease
- Pill Camera Enteroscopy



**Muhammad A. Memon M.D.**  
Board Certified Gastroenterologist

**Two locations serving Burleson  
and surrounding areas & Mansfield**

701 E. Rendon Crowley Rd.  
Burleson, TX 76028  
817-477-5500

2800 E. Broad St.  
Mansfield, TX 76063  
817-477-5500





Michele Fuentes, proudly serving Mansfield  
for the last 7 years

# Restore Your *Natural Beauty*

**September SPECIAL**  
**\$100 OFF**  
**PHOTO FACIAL**  
**FREE Consultation**  
and touch up  
appointment included

**Aesthetic Services & Medical Spa:**

- Permanent Makeup
- IPL Photo-Facial
- Micro-Peels
- Microdermabrasion
- Chemical Peels (for all skin types)
- Acne Facials

\*We sell SkinCeuticals and Obagi Products

**MANSFIELD**  
cosmetic surgery center  
*& Medical Spa*

Find us on Facebook 

Medical aesthetic facial procedures performed by:  
**Michele Fuentes, Licensed Aesthetician**  
550 N. Walnut Creek, Suite 120 • Mansfield, TX 76063  
817-477-9000 • [www.mansfieldcosmeticsurgery.com](http://www.mansfieldcosmeticsurgery.com)



## RAPID BODY MAKEOVER

*The Fat Burning Begins NOW!* **Women Only!**

Four weeks of fun, energizing outdoor activities designed to help you reach your fitness goals **FAST!**

**ALL SHAPES, SIZES, AGES AND FITNESS LEVELS WELCOME!**

**BURLESON**  
**ADVENTURE**  
**BOOT CAMP**

**HURRY!**  
Camp Starts  
**SEPT. 19th**  
Sign up online

**SIGN UP ONLINE! (817) 719-0355**  
**MetroplexBootCamp.com**



## Burleson Pain & Wellness Clinic

Can N. Ho, D.C.  
**682-472-4011**

*Specializing in pain management for:*  
Headaches, Spine, Arthritis, Fibromyalgia,  
Failed Back Surgeries, Workers' Comp Injuries

*Non-forced spinal adjustments*  
*Laser acupuncture*  
*State-of-the-art equipment*  
*School Physicals Available*

**230 N.E. Wilshire**  
**@ Hillery Ste A, Burleson**





**"A SURE FIT EVERY TIME!"**



UPPER AND LOWER  
EXTREMITY PROSTHESIS



KNEE/BACK/HAND/WRIST/  
ELBOW BRACING



DIABETIC SHOES  
AND INSERTS



MASTECTOMY  
FORMS/BRAS  
AND SUPPLIES

"You asked, we listened...  
Now offering compression  
hose and garments"

**3 Convenient Locations to Serve You.**

**BURLESON**  
2781 SW Wilshire Blvd  
Burleson, Texas 76028  
817-484-9699 Phone  
817-484-9877 Fax

**GRANBURY**  
306 S. Morgan  
Granbury, TX 76048  
817-573-9333 Phone  
817-573-9353 Fax

**DALLAS**  
7989 West Virginia, Suite 104  
Dallas, TX 75237  
972-709-6070 Phone  
972-709-6177 Fax

*Most Insurance Plans Accepted, Including Medicare and Medicaid. Visa, Mastercard and Discover and Payment Plans Available.*



Family Dentistry & Orthodontics  
[www.crystaldental.org](http://www.crystaldental.org)

**Emergencies seen  
SAME DAY**

**ZOOM!**

teeth whitening in office \$250  
(Reg. \$599)

**\$20 OFF**  
**ANY DENTAL WORK**  
of \$100 or more with this AD

**FREE EXAM  
& X-RAYS**

for 2nd family member  
after 1st family member  
is seen for exam, X-rays &  
cleaning at reg. price



We Accept Medicaid,  
CHIP and Most Insurances

**NEW LOCATION:**  
**FORT WORTH**

1114 E. Seminary Drive • Ft. Worth 76115  
817.921.0883

**BURLESON**

664 S.W. Wilshire Blvd • Burleson 76028  
817.426.3331

**MANSFIELD**

2880 N. FM 157, Ste. 102 • Mansfield 76063  
817.473.6200

**CLEBURNE**

1301-H.W. Henderson St. • Cleburne 76033  
817.641.3344



**Anytime.  
Anywhere.  
Any day ...**

Art Brucks, Agent  
100 NW Renfro St  
Burleson, TX 76028  
(817) 295-2211  
[artsmyagent.com](http://artsmyagent.com)

That's when you can count on State Farm®.

I know life doesn't come with a schedule. That's  
why at State Farm you can always count on me  
for whatever you need - 24/7, 365.

**GET TO A BETTER STATE®.**  
**CALL ME OR VISIT US ONLINE TODAY.**



**State Farm**

1101198

State Farm, Home Office, Bloomington, IL



2nd Annual Fall Golf Tournament

October 7th, 2011

Hidden Creek Golf Course

Shotgun Start 1pm

Lunch 11:30am - 12:30

Team & Sponsorship opportunities still available!

*Taste*  
of Burleson

"A Celebration of Delicious!"

Saturday, Sept. 10th, 5-8 PM

(rain or shine)

RE/MAX Complex

Renfro Square in Burleson

TICKETS ON SALE NOW!

Call the Chamber at 817-295-6121 or visit [www.burlesonareachamber.com](http://www.burlesonareachamber.com)

**FREE: First 6 Months Weekly Pool Maintenance with Each New Pool Build.**

NEW POOL CONSTRUCTION  
RENOVATIONS & REMODELING  
PLASTER, TILE & COPING  
DECK INSTALL & RESURFACING  
EQUIPMENT REPAIRS & UPGRADES

SALT SYSTEMS  
OUTDOOR KITCHENS  
FIRE PITS  
WATER FALLS  
WEEKLY POOL MAINTENANCE

**817-297-7120**

[www.BlueWaterCustomPools.com](http://www.BlueWaterCustomPools.com)

VISIT OUR SHOWROOM LOCATED AT  
10424 FM 1902 CROWLEY, TX 76036

**You can just have a pool, or you can have a BlueWater Pool!**



Italian, "Living in the forest I was silent; now being dead I sing." Although he has played his family heirloom, Gregg has not plugged it into his VOX amplifier, which he reserves for when he gets together with friends to play several times each week. "I really enjoy guitar playing," Gregg said. "I started when I was 13 years old and had a high school rock 'n' roll band. We just made a lot of noise."

Forty years later, the songs Gregg sings with his 2 1/2-year-old grandson, Wilder, bring joy to everyone in the house. "Our three grandchildren are the love of our lives, and when they come over, we don't get concerned about picking up until they leave," Brenda said. The newest, Ashton, born July 14, will share a room with one of the older boys. Six-year-old Jack's room features Curious George, Star Wars, and the saying "You are my Sunshine" in two spots on the wall. Wilder's room pays homage to Elmo; his dogs, Mama and Baby; and his baby stroller — into which he put his great-grandmother's doll that he calls "Baby."

Both Brenda and Gregg love their kitchen. Its skylight brightens the yellow-striped wallpaper that they each prefer to a makeover. "This is a good kitchen to cook in," said Gregg, a gourmet cook who likes to prepare food with the gas range and electric oven. Brenda is the baker in the family, and on weekends they both enjoy cooking with their kids and grandchildren. The grandchildren's favorite things are "granddaddy eggs," scrambled by Gregg with a slice of deli cheese, and climbing up on the kitchen counter with Brenda to bake cookies with her.

Sometimes, Gregg goes out in the garage where he keeps his woodworking tools. He built the bookcases in Wilder's room and made Brenda the hutch she put near the kitchen table and filled with family pictures. She has another family memory spot: her "Grandmother Room." In this guest room, where



Brenda frequently comes to read, she keeps her great-grandmother's rocking chair, made of quarter-sawn oak. "It creaks," Brenda said, with glee. "I rocked my daughter and both grandchildren in it. It is one of my favorite things!" In this room, she also proudly displays two quilts that were pieced and quilted by two of her grandmothers.

Perched above the door is a feathery Mardi Gras mask. "That was my Athena mask," said Brenda, who was inducted this year into the Athena Society of Burleson. "The mask reminds me of those ladies and all they stand for, to



collectively help the community." Lately, when she is relaxing on the bed, Brenda has been planning the Muy Caliente Pink Luncheon, next month's fundraiser for The Careity Breast Care Center at Huguley. Having survived cancer 28 years ago, Brenda understands that it is the "what-ifs" that drive a person crazy. "We've already helped seven women go through the cancer center. Everybody knew the plan of action and they didn't have to wait," Brenda said, who loves lying in her Grandmother Room, daydreaming about helping others.

Brenda also likes working in the yard with Gregg. She put up a curtain, rather than an awning, for shade, and they grow tomatoes and azaleas. "This is the longest we've ever lived in a house," said Gregg, whose company moved his family every three years. In this backyard they planted two burr oaks plus crape myrtle, and together, the Gammons are watching them grow. **NOW**



# Let the September Sales begin ...



## Custom Fencing at Affordable Prices!

- Fence Repair
- Fence Staining
- Retention Walls
- Concrete Staining
- Outdoor Cook Areas
- Arbor, Pergolas & Decks
- Landscaping & Irrigation Systems

**FREE ESTIMATES**

VINYL • WOOD • WROUGHT IRON FENCES • ELECTRIC GATES CUSTOM OUTDOOR PATIOS • GUTTERS • CONCRETE STAINING

**Ross FENCING**  
COMMERCIAL & RESIDENTIAL CONSTRUCTION

1604 N HWY. 67 • MIDLOTHIAN  
(9th St Exit, North Bound Frontage Road)

**Call 972-904-1904**

**FREE**  
Controller with  
Sprinkler System

Hurry! Offer Ends 9/30/11

**\$200 OFF**  
Full Fence Purchase

Hurry! Offer Ends 9/30/11

## Look who's found a new home at First United.

Samie Campbell has over 13 years experience in the Financial Services Industry.



**Samie Campbell**  
Branch Manager  
NMLS# 277792

308 E. Renfro St., Suite 206  
Burleson, TX 76028  
817-447-4443  
sjcampbell@firstunitedbank.com  
sjcampbell.fubmortgage.com

## Good news for Burleson area prospective homeowners

### Call today to ask Samie about:

- Quick approval with no application fee
- First-time home buyer loans
- Flexible financing options
- Construction to permanent loans
- FHA, VA and USDA loans
- Jumbo loans
- Debt consolidations

*For all your mortgage needs, call me today!*

**First United**

**U MORTGAGE**

Banking • Mortgage • Insurance • Wealth Management

Equal Housing Lender

Life is busy. So are you.  
Take time for yourself.  
A Complete Beauty Escape.



**Serendipity**  
A Complete Beauty Escape

Sara Pryor, Owner/Stylist  
110 S. Main Street (Next to Flower's)  
817-426-1900

Escape Hours: Tuesday-Friday: 9-6  
Saturday: 9-4 • Walk-Ins Welcome



**\$5.00 OFF**

Offer expires 9/30/11



**"Earning my MBA helped me build a better career..."**

**Pursue a Master's degree in  
Business Administration  
at Johnson County's only University!**

- A program designed for your busy schedule
- Concentrations in Accounting, Finance & Management/Leadership
- Our 12-course program includes 5 online courses & 7 weekend courses

**Apply today at [www.swau.edu](http://www.swau.edu)**



**SOUTHWESTERN  
ADVENTIST UNIVERSITY**

Located in Keene, TX  
(800) 433-2240 or (817) 202-6794



← Scan me with your  
smartphone!




**Teachers LOVE flowers, too!**  
Large selection of flowers, plants,  
gift baskets, Circle E Candles,  
balloons & Sweet Shop Chocolates



**Burleson's Premier Flower Shop**  
*Blossom*  
on the boulevard  
a flower shop!

**2201 SW Wilshire Blvd**  
(3/4 mile south of Target on 174)  
**817-426-0800**  
[www.blossomsontheblvd.com](http://www.blossomsontheblvd.com)  
Locally-owned Daily Deliveries

**Your Center for Complete Healthcare**



**Chronic Disease Management**

- Diabetes
- Allergies
- Hypertension
- Arthritis
- High Cholesterol



Same Day Sick Visits Available • Mon. – Fri. 8am to 5pm  
Most Insurances Accepted • Se Habla Español



**THE  
internalmedicinecenter  
OF FORT WORTH**  
**817.568.8700**  
[www.theinternalmedicinecenter.com](http://www.theinternalmedicinecenter.com)

**Now Accepting New Patients**

**Located in Doctor's Surgery Center @ Huguley Hospital**



# DARING TO SOAR IN CROWLEY

— By Carolyn Wills

*Linda Arnold arrived in this world with a sense of her own destiny and a connection to the passion that would define her life. Today, she stands firmly on track. “I’m a rural country girl with a love of sports,” she shared. “If there was a sport to be played in high school, I did it. I played volleyball and basketball and ran track, and if it had been allowed, I would have played football!”*

Linda was born in a small town in East Texas called Pennington, where she lived in the same house until she was grown. She graduated from Groveton High School. Her father managed a department store, and her mother was secretary to the high school principal. “My dad was a big sports enthusiast,” Linda said. “Together, we watched sports on television and went to a lot of games.” With two older brothers, she was the youngest in her family. “I’ve always loved sports, so I was my dad’s athlete.”

After finishing high school, Linda left to attend Stephen F. Austin State University in Nacogdoches. “I ran intercollegiate track all four years,” she said. “In my senior year, our relay team finished fifth at the National Collegiate Athletic Association (NCAA) track meet.” With a Bachelor of Science in education, she taught her first year in Crockett, then two years in Tyler and eight years in Weatherford.

“I was the assistant track and basketball coach at Weatherford







High School,” Linda said, “and a head track coaching position opened at Crowley High School.” This is now Linda’s 23rd year at Crowley High School and, overall, her 33rd year in the field of education. For the past six years, she has served as the athletic coordinator in charge of boys’ and girls’ athletics and, until last year, also coached girls’ track and field. She still coaches the girls’ cross country team, which has been District Champs the past three out of four seasons. In 1999 and again in 2003, she coached Crowley High School girls’ relay teams to state championships.

Linda is responsible for a staff of 34 coaches and two trainers, 17 sports and



# “He’s Worth the Trip”

When Dr. Omar Osmani's wife needed a gastroenterologist, they traveled 484 miles from their home in Roswell, New Mexico to see **Adil Choudhary, M.D.** at the **Huguley Center for Digestive and Liver Disorders** in Texas. Why? “Dr. Choudhary's an excellent doctor. Many gastroenterologists are closer to home, but he's worth the trip,” said the renowned spine surgeon.

Although Dr. Choudhary moved to Huguley three years ago, dozens of his former patients and colleagues from New Mexico continue to make the trip here for their gastrointestinal care.

Fortunately, your drive to see this award-winning gastroenterologist is much shorter.

- Founder, Huguley Center for Digestive & Liver Disorders
- One of the select group of Fellows of the American Society of Gastrointestinal Endoscopy
- Named Top Doc 2010 & 2011 by *Fort Worth, Texas* magazine
- Trained at NYU, Yale & Tulane
- Offers painless colon cancer screening

**Adil Choudhary, M.D.**  
11803 S. Freeway, Suite 110  
**817-551-7332**



**PREFERRED  
IMAGE  
SALON DAY SPA  
& BOUTIQUE** Since 1981  
817.447.1247  
327 Northwest Renfro Street - Burleson  
www.preferredimagesalondayspa.com

From top: Michael Etherton, Jackie Ausich, Katy Ricci, Denette Barbare, Julie Owens, Stephanie Hudson, Kim Snoddy, Michelle Baldwin, Julia Nettles, Alyssa Ramon, Denise Green, Ambria Whitaker, Teresa Anderson

*We NOW have Hair Tinselt!*

Start every day off with a GREAT smile

**Family Smiles** Multi-Service Dentistry

General Dentistry for Adults & Children  
(817)426-9337



**\$1.00**  
**Toothache Visit**  
Includes Necessary X-Ray, Exam and Doctor Consultation  
Reg. Price \$100  
Not valid with any other offers.

**\$50** Initial Exam  
Includes Necessary X-Ray, Exam and Doctor Consultation  
Reg. Price \$150  
Not valid with any other offers.

**For Patients with No Insurance**  
Full Mouth Deep Cleaning \$300  
Simple Cleaning \$75  
Most Extractions \$200 (Excludes Wisdom Teeth)

**Teeth Whitening**  
**\$75**  
Reg. Price \$300  
Includes custom fitted mouth guard & take home bleaching kit.  
New Patients Only

**CALL FOR FREE TRANSPORTATION**  
817-426-9337 • 225 Exchange St. Ste. D • Burleson

Mon - Fri 9:30am - 6pm  
Sat 9:30am - 2pm

Accepting Medicaid & CHPS and all PPO Insurances  
Walk-ins & Same-day Emergencies




a multitude of competitive events. It is not unusual for her work days to carry over into evening hours. "I do my best to attend our games," she said. But since sports overlap, it's not possible for her to see every event. Fall season includes football, volleyball, cross country, golf and tennis. Winter brings basketball, soccer, power lifting and swimming, and spring includes softball, baseball, tennis, golf and track. "I love to see educators at the games because the kids really appreciate it," she explained. "When teachers show interest in an athlete, it can make a difference in the classroom. Many athletes are perceived as leaders and can be a positive influence on classroom morale and behavior."

Being a coach and serving as the athletic coordinator are significant achievements for Linda, professionally and personally. "All of our student athletes are my children," she smiled. "In my second year at Crowley High School, I was blessed to have a student named Melony Patterson, our most decorated single female athlete. By the time Melony graduated, she was a two-time cross country state champion and a two-time track state champion. I've met and coached many great athletes," she continued. "Jennifer Foster was also a track state champion and received a full scholarship to Kansas University, where she earned her master's degree. She has been an assistant track and volleyball coach at Crowley High School now for seven years. This year, she will take over as the head boys' and girls' golf coach. It is gratifying to see students return as high school coaches. Currently, we have five former graduates on staff."





With approximately 1,800 students, Crowley High School is ranked as a 4A school by the University Interscholastic League (UIL), the organization administering athletic, music and academic contests for public schools in Texas. "North Crowley High School is a 5A school, but we compete with them in most sports," Linda added. Coach Tommy Brakel does a great job as the athletic coordinator." As the athletic director of Crowley ISD, Charles Lincoln oversees the athletic operations in both high schools. "I am grateful to him for giving me the tools, the time and the opportunity to do what I love," Linda said. Last year, Crowley High School welcomed Dr. Thurston Lamb as its new principal. "We're very fortunate to have a principal like Dr. Lamb," she explained. "He is an athlete and a huge support to all of our students."

Coaching takes energy, focus and commitment. It is a specialized field with a lot of requirements and, thankfully, rewards. One reward is the sense of community and camaraderie with other coaches. "Networking and sharing ideas is important," Linda said. Every month she attends meetings of the Texas High School Athletic Directors Association, and each year she attends the Texas Girls Coaches Association (TGCA) summer convention as well as the Texas High School Coaching School. "I have spoken at the TGCA convention numerous times," she shared. She has also been honored as a three-time TGCA All Star Track & Field Coach and TGCA Track & Field Coach of the Year.

"I know what sports have done for me personally," Linda said, "and that's what



**817-295-1732 • 108 W Ellison St.**  
(across from Babes in Old Town)



**EASY-REST**  
Premium Memory Foam

**Compare to  
Tempur-Pedic**

• **GRAND OPENING SPECIAL** •  
Regular \$1599

**ONLY \$899**



**Free sheet set with the purchase of the memory foam**

- 4" of luxury 5.3lbs density memory foam
- Zip off, removable, anti-microbial washable cover
- No motion Transfer

6 month Smart Plan • No Credit Check

YOUR FIRST & LAST CALL!



**ALPHA AND OMEGA**  
PEST CONTROL

**COMMERCIAL & RESIDENTIAL • FREE ESTIMATES**



- TERMITES
- CARPENTER ANTS
- FIRE ANTS
- PHAROAH ANTS
- FLEAS & TICKS



- GENERAL PESTS
- ROACHES
- MICE & RATS
- YARD

**THE TERMITE EXPERTS!**

**YARD TREATMENT**

**\$85**

Expires 6/30/14

**FLEA TREATMENT INSIDE & OUT**

**\$160**

Expires 6/30/14

**END OF SUMMER SPECIAL INSIDE & OUT**

**\$95<sup>50</sup>**

Expires 6/30/14

**MONDAY - SATURDAY • 8 A.M.-5:30 P.M.**

**ONE CALL KILLS THEM ALL! 817-426-4445**

**121 N.W. RENFRO • BURLESON, TEXAS • 76028**

TRUCKS • INSURED & BONDED [www.alphaandomegapestcontrol.net](http://www.alphaandomegapestcontrol.net)



Have you got ...


# School Spirit

*Pink Chandelier Boutique*

- school bows
- school spirit shirts
- accessories

100 S Dobson St. • Burleson  
**817-447-5002**


**20% Off**  
Any School Spirit Merchandise  
Must present coupon  
Pink Chandelier Boutique



## Hoffman Family Practice

ASSOCIATES

**Providing compassionate care for your entire family!**



- Adult & Pediatric Care (Newborn to Adolescent)
- Adult & Pediatric Physicals
- Sports Medicine & Physicals
- IN-OFFICE Lab & X-ray

**Extended Hours**  
Monday - Friday:  
7:30 am to 9 pm  
Saturday and Sunday:  
8 am to 12 pm  
[HoffmanFPA.com](http://HoffmanFPA.com)

**2730 SW Wilshire, Burleson, TX | 817-916-5180**  
Located at the new Texas Health Burleson medical complex on Hwy 174

we want to instill in our athletes. Athletic commitment takes sacrifice, yet there are many returns. Students build confidence and character, develop organizational and relationship skills through winning and defeat and, by working in a team setting, they learn the benefits of health and fitness.” As important as performance and participation are, though, academics comes first for Linda and all of Crowley High School. Due to the UIL ‘no pass,



no play’ policy,” she said, “a student must be passing all classes in order to be in sports, and that is a serious incentive in the classroom. Class rankings and overall passing percentages of our athletes are typically higher, and we’re very proud of that. We also do our best to help every athlete who aspires to go to college by providing information and contacting college coaches.”

In her spare time, Linda likes to play golf and is an avid fan of the Crowley Eagles, Texas Longhorns, Dallas Cowboys, Texas Rangers and Dallas Mavericks. She enjoys watching movies, especially about sports, and her favorite sports film is *Tin Cup*. She also loves to read, garden and cook. “I am blessed that my mother, grandmother and aunt were great cooks,” she said. “My mom began teaching me at an early age.”

By “daring to soar” personally and professionally, Linda has honored the sense of destiny that was her birthright. “I am a people person,” she said, “I love what I do.” **NOW**





**We make your car look **NEW** again!**

**10% OFF**  
ALL NON-INSURANCE  
**WINDSHIELD REPLACEMENTS**

When mention this ad!  
Sorry, not available on fleet  
or Insurance accounts

- ✓ Certified Technicians
- ✓ Foreign & Domestic Vehicles
- ✓ Automobile and Heavy Equipment Replacement Available

**All Insurance Welcome**

**CHIP REPAIRS**  
Lifetime Warranty on Workmanship on Glass and Collision

**FREE MOBILE AUTO GLASS SERVICE**

**817-295-2278**

Auto Glass  
**CAMPBELLS** Auto Body  
an Ideal Collision Repair Company

**451 N. Burleson Blvd.**  
(west side of I35W - just south of Wishire/174)  
[www.campbellsautobody.com](http://www.campbellsautobody.com)

**Enroll Now for Only \$11**

- ✦ 12 Week Training Program with membership
- ✦ OPEN 24/7 ... 365 DAYS A YEAR



**ANYTIME FITNESS**

Corner of E. Renfro & Hurst Rd.  
**817-426-4624**  
[club.anytimefitness.com/clubs/burlesontx](http://club.anytimefitness.com/clubs/burlesontx)

**UNDER NEW OWNERSHIP**

**Dana Glosup, Manager**

**Come join the fun!**




**Lil' Rascals**  
**Child Care Center**

- Montessori Based Preschool
- Caring Staff

**1st Week is Tuition FREE**

110 SW, Thomas St. • Burleson  
817-426-8113  
Mon-Fri: 6:30 - 6:30pm  
[www.lilrascalspreschool.com](http://www.lilrascalspreschool.com)

## The Churches have left the building!



Burleson churches will be putting  
their

### ***Faith in Action***

On the weekends of

October 8th & 9th and

October 15th & 16th.

Come and join us as we unite  
together to serve our  
community.

For more information  
contact

#### **Cana Baptist Church**

2309 E. Renfro  
817-295-3891

#### **Oak Grove Baptist Church**

123514 Oak Grove Rd. S  
817-293-1597

*"Therefore as we have  
opportunity, let us do good  
to all people, especially to  
those who belong to the  
family of believers"*  
Galatians 6:10

**Don't Just Go To  
Church  
Be The Church !**



# THE BOYS OF Burleson

— By Carolyn Wills

*Luke Rosales is remarkable. He has big dreams, a heart of gold and he's only 11 years old. His buddies are also remarkable and, as a group, these boys get things done. The majority of them play football for the Burleson Pee-Wee Elks in the Major division of the Boys & Girls Club youth program. Last season, they practiced hard, played hard and helped their team make it to the playoffs. Judged by friendship and football they had a great year, but Luke and his friends wanted more. Their definition of "more" and their commitment to finding it are what distinguish these six boys as truly remarkable young men.*



Football season lasts from July through November or December. This is Luke's fourth season in Burleson. He plays defensive cornerback and offensive tight end, and his best friends are Bryce Howard, Isaac Dagley, Bailey Mullins, Drew Durham and Christopher Gonzalez. "We go to different schools," Luke said, "but we call each other and hang out at each other's houses. Last year,

we started talking about doing something outside of football, something to help others."

Luke had always wanted to volunteer in some way. "We didn't know what to do at first," he said, "and, then, we heard about SLANT 45." SLANT 45, Service Learning Adventures in North Texas, is a program designed by the North Texas Super Bowl XLV Host



Committee and Big Thought Inc., an organization focused on creative learning. From February 2010 through January 2011, the program offered challenges and rewards to young people involved in community service, and it appeared to be the answer to Luke's dream. Not only did the program offer workbooks and tools to help organize projects, it presented an enormous reward in the form of an invitation to a special "SLANT 45 Kid's Bowl Bash Party."

"We had already decided to do something in our community before we knew about SLANT 45," Luke explained, "so when we found out that Johnson County was not included in the program, we were disappointed but decided to go ahead anyway." They named themselves the "Boys of Burleson" and quickly moved into action. Their first project was the Leukemia & Lymphoma Society Walk in which they raised over \$1,000 toward finding the cure for cancer. "We looked for opportunities to volunteer,"

**Their definition of "more" and their commitment to finding it are what distinguish these six boys as truly remarkable young men.**

Luke said. "We collected our toys and donated them to Cook Children's Medical Center. We gathered canned goods and toys, sorted and loaded them in a truck and took them to the Harvest House in Burleson. It was hard work, but an excellent and unbelievable feeling."

When the company where Luke's mother worked was sold, the boys were given 25 new messenger bags printed with the previous company's logo. "We donated them to a center that helps women look for work," Luke said.

Every other week for three months, Luke's mother, Belinda, drove the group to Meals-on-Wheels of Johnson and Ellis Counties to pick up meals to distribute to a list of recipients. "All of our projects were really great, but Meals-on-Wheels

For 47 years we have been the best and the most competitive. Guess what ... We still are.

# BIG FLOORING SALE

**Carpet Installed**  
\$1.44 sq. ft. w/Pad  
or \$12.96 sq. yd.

**Handscraped Hardwood Floors Installed**  
at \$5.99 sq. ft.

**8 mil. Laminate Floors**  
Installed at \$3.50 sq. ft.  
**We Beat All!**

**Wholesale Carpet**  
As Low As  
\$6.96 sq. yd. or  
\$.78 sq. ft.

**We Still Offer**  
**8 Mil. Laminate Floors**  
\$1.59 sq. ft. to Go!  
40,000 sq. ft. in stock  
**Very Special Buy!**

## TARVER CARPETS

919 Nolan River Road • Cleburne, TX  
817-641-8432 • 817-556-9216

We are proud to announce the addition of

### Adam Stewart, M.D.

*Comprehensive Ophthalmologist*

Call today for an appointment.

## Berry Eye Center

2790 S.W. Wilshire Blvd. • 817.484.2020





## Blinds & Shutters by LaDonnia

**We would love to earn your business!**

LaDonnia White  
Owner  
817-798-0573 cell

Debbie Inmon  
Sales Specialist  
817-964-5882 cell

[www.BlindsAndShuttersByLaDonnia.com](http://www.BlindsAndShuttersByLaDonnia.com)



# Cooper

SALON & SPA

**SEPTEMBER SPECIALS:**

**Back to School Stress Relief Special for Moms**  
(includes Aromatherapy, Hand & Foot Massage, Scalp Massage w/Deep Condition Treatment, Shampoo & Blow Dry)  
**\$50**

**High School & College Students**  
Come In & Bring a Friend  
**Get 2 Haircuts for Price of 1**  
*2nd Must Be Equal or Lesser Value*

**All Body Waxing**  
**20% Off on Wednesdays**

**Swedish One Hour Massage**  
(Reg \$70)  
**\$45 on Wednesday**  
**\$55 on Thursday, \$65 on Friday**

**COLD STONE MIGRAINE THERAPY**  
Available in September

(Hair discounts honored by participating stylists only)

**SATURDAY THEME DAY IS BACK!**

"Like" us on Facebook to find out our theme  
**Receive 15% Off any service if you come dressed in our theme**

832 E. Renfro • Burleson, Texas

**817-447-1922**

"A Professional Redken Summit Salon"

*Gift Cards Available Instantly From Our Website: [www.coopersalonandspa.com](http://www.coopersalonandspa.com)*



was the most exciting," Luke said. "We got to meet some extraordinary people, and they were so thankful. There was a note on a door one time from two ladies in a house. They couldn't get out of bed, so the note asked us to come in. When we did, they wanted something to drink from the refrigerator downstairs, so we did that. It's a great feeling to know we've helped these people. We all want to do the Meals-on-Wheels project again!"

When the Boys of Burleson had completed their projects inside SLANT 45's timeline, Luke's mother sent the results along with a letter to the organization. "In the end, we got to go to the Kid's Bowl Bash Party," Luke grinned. "It was held last January at the American Airlines Center and there were so many people there!" In fact,

## The Wethington Team

*For all your Real Estate needs.*

*Karla Renee Karen Bill*

817-632-9126 817-233-8124 817-429-3124 817-977-7645

308 E. Renfro, Suite 104  
Burleson, TX 76028  
Office: 817-632-8127  
Fax: 817-546-7363  
kwethington@kw.com  
[www.wethingtonteam.com](http://www.wethingtonteam.com)

**KELLER WILLIAMS REALTY**

## ATLAS FOUNDATION CO., INC.

*Serving this area since 1958...*

**5 YEAR FIXED RATE FINANCING AVAILABLE**

Winner of 2006 Ft Worth Better Business Bureau Golden Torch Award

**FREE ESTIMATES! NO SALESMAN**

**817-478-1181**

PRESSED PILINGS • STEEL PILINGS • SLABS • PIER AND BEAMS • MUDJACKING • DRAINAGE

[www.atlasfoundationinc.com](http://www.atlasfoundationinc.com)



Luke poses with former Dallas Cowboy, Daryl "Moose" Johnston.





over 15,000 attended and mostly were third- through fifth-graders. The boys got to enjoy performances by pop stars Jordin Sparks and Mitchel Musso and to see former President George W. Bush and Dallas Cowboys Troy Aikman, Daryl Johnston, Drew Pearson and Roger Staubach. "After the Bash, we were invited to another party, and I actually got to meet Daryl 'Moose' Johnston," Luke beamed. "I asked him to please put Johnson County into the SLANT 45 program."

Luke moved from Harlingen to Burleson three years ago. "Harlingen is about 20 minutes from South Padre Island, and my parents and I still go back on vacations." When he was just 6 years old, Luke won a first-place trophy in a surfing competition. "I like





## Our New Office is Open!

We would like to express our appreciation to all of our patients for their continued support and understanding during the new office construction. We are extremely proud of our new location and look forward to providing you with the same state of the art dentistry you have come to expect over the last 25 years. We would like to extend a warm welcome to all of our existing, new and prospective patients to come by and visit your new home for dental care!

*Most insurance accepted, Care Credit.  
New patients are always welcome.  
Same day emergency appointments available.*

**Jason M Miller, D.D.S.**  
921 E. FM 1187, Ste. B  
Crowley, Texas 76036  
**817-297-2271**

**Mon - Thurs 8:30-5:00**  
Same Day Emergency Appointments

Solar Screens • Shades • Windows • Screen Rooms • Awnings • Glass

## Solar Screens Save You Money!

- Cuts utility bills up to 20%
- Blocks the sun, not the view
- Reduces TV glare
- Reduces sun fading of furnishings
- Made of 80-90% polyester materials
- Ensures daytime privacy
- Installs as a screen, not a film
- Available in 7 colors
- We replace foggy and/or broken glass



LIKE us on Facebook  
for an  
additional  
**\$5 OFF**  
your order.

**817.447.3500**  
800-232-4493 817-558-8257  
[www.atlarsolartex.com](http://www.atlarsolartex.com)

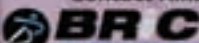
**Solar-Tex** SOLAR SCREENS, SOLAR BLINDS & MORE

**25% OFF**  
Installed Solar Screens

## CITY OF BURLESON CO-ED VOLLEYBALL LEAGUE

Fee: \$150 per team  
Ages: 18 and up  
Registration ends September 23  
League play begins October 3  
On Mondays starting at 6 p.m.

Teams of six will compete, but at least three women must be on the court at all times. There will be six – eight games with a championship tournament at the end of the season.  
Contact Allison Hulcy at 817-426-9106  
for more information.





**RENT TO OWN AN ALL-STEEL STORAGE SHED**

**Convenient. Saves money. High quality**



8' X 12.5' (100 Sq. Ft.) Shed  
7'5" Interior Height

- Payment plans available
- Fast Delivery
- Durable - Built to Last!

**No assembly Required**

**RENT-TO-OWN**  
**\$59<sup>00</sup>**  
MONTHLY

**(866) 314-2454**  
Delivering Self Storage to You

**My STORAGE**

[www.mystoragetx.com](http://www.mystoragetx.com)

**Studio C Dance**  
*Burleson's Only Performing Arts Training Facility*



**Cristin Leoni**  
owner/director

120 NW Newton Drive  
Burleson, TX 76028  
**817-295-8277**

[studiocdance@sbcglobal.net](mailto:studiocdance@sbcglobal.net) [www.studiocdance.net](http://www.studiocdance.net)

**HVAC**  
SERVICE & REPAIR

**T&S Heating & Air Conditioning**  
Service and Repair • Replacement

**(817) 269-6531**

1210 Mineral Wells Hwy. • Weatherford

**Earn Bonus Bucks On Repairs & Referrals**  
\$50 Value  
Must have coupon. Offer Expires 9/30/11

**Super Summer Saver!**  
A/C SERVICES SPECIAL  
ONLY **\$69<sup>95</sup>**  
Must have coupon. Offer Expires 9/30/11

• Expert Service & Repair  
• New Installation  
• Residential & Commercial

TACL#B24144E

to swim and surf," he smiled, "and play soccer, baseball and football. My favorite entertainer is Eminem, and I like military movies and the History Channel. My favorite team is definitely the Dallas Cowboys, favorite player is Roger Staubach, and I like the New England Patriots and the Green Bay Packers." Luke is also an excellent student. This year, he is in the sixth grade at Hughes Middle School and, while his favorite subjects are science and math, he is also an accomplished writer. "I won first place

## *The Boys of* *Burleson* **created** **themselves from a** **desire to help others.**

in an essay contest for fourth- and fifth-graders," he said. "My essay was about what you can do to build character." He is also quick to point out that all the Boys of Burleson are excellent students.

As for SLANT 45, it appears the success of the program has encouraged the sponsors to keep it going, and time will tell if Johnson County will officially be added. "No matter what, we plan to continue," Luke said. "It's fun to get with friends and help people." In addition to working with Meals-on-Wheels, the Boys of Burleson are excited by the prospects of participating in the Leukemia & Lymphoma Walk again and they have an idea for Cook Children's Medical Center. "My mom has a lot of beads from when she used to make jewelry and we're thinking about taking them to Cook Children's Medical Center so the kids can make necklaces for the doctors, nurses and their parents."

The Boys of Burleson created themselves from a desire to help others. Their efforts have been performed outside of school. As they move forward, they are open to adding more kids and, thankfully, other parents have offered to help with transportation. Currently, the whole group fits snugly into Belinda's car. "Adding more people means helping more," Luke grinned, "and that's what we want. When I see the faces of people we've helped, I can't describe that feeling. It's amazing." **NOW**





A MEMBER OF  
**ANN GIBSON INSURANCE GROUP**  
SERVING NORTH TEXAS SINCE 1964

Auto • Home • Watercraft • Motorcycles • Umbrella • Commercial General Liability  
Commercial Property • Business Auto • Commercial Umbrella • Life/Health  
Group Health • Bonds • Farm & Ranch • Retirement Options



America First  
Insurance



ZURICH



TRAVELERS

HUMANA

FOREMOST  
INSURANCE GROUP

Safeco Insurance

Danland County Mutual  
Insurance Company of Texas



STATE AUTO  
Insurance Companies

Aetna

PROGRESSIVE



Delight Justice

**817-295-5878 (JUST)**

344 SW Wilshire, #J, Burleson (Next to Antonio's Mexican Restaurant)



MARK A. BISHARA M.D.  
Cosmetic Surgery & Hair Restoration

The Paragon  
MED • SPA

- ▶ Breast Augmentation
- ▶ Breast Lift - Tummy Tuck
- ▶ Mommy Makeover
- ▶ Stem Cell Transfer
- ▶ Fat Transfer with Cryobanking Option
- ▶ Liposuction
- ▶ Hair Transplant
- ▶ Laser Skin Rejuvenation
- ▶ Laser Tattoo Removal
- ▶ Laser Hair Removal
- ▶ IPL Photofacial
- ▶ Botox
- ▶ Juvéderm Ultra Plus XC
- ▶ Radiesse
- ▶ Microdermabrasion
- ▶ Facials & Chemical Peels
- ▶ Skincareuticals & Obagi Skin Care Lines

Laser Hair Removal Buy 3 get 3 for FREE!!

It's the beginning of Laser Season!

Help to minimize summer sun damage  
with a series of Photo Facials.

Botox  
\$9/unit

877-70-NEW-LOOK  
[www.markbisharamd.com](http://www.markbisharamd.com)  
[theparagonmedspa.com](http://theparagonmedspa.com)

1830 E. Broad Street Ste. 102  
Mansfield, TX 76063

Harvard Fellowship trained  
in Aesthetic & Reconstructive  
Plastic Surgery





### Family Medicine Associates

3517 S.W. Wilshire Blvd.  
Joshua, TX 76058  
(817) 447-1151

Web site: [www.cleburnefma.com](http://www.cleburnefma.com)

### Hours:

Joshua: Monday-Friday: 7:00 a.m.-5:00 p.m.  
Cleburne: Monday-Friday: 8:00 a.m.-8:00 p.m.  
Saturday: 8:00 a.m.-2:00 p.m.  
Sunday: 1:00-5:00 p.m.



### From left:

Ava Land, FNP-BC; J. Mike White, M.D.;  
and Heather McKenzie, M.D. know how  
important it is to treat the whole patient.

# Getting to Know You

*Treating people of all ages, the physicians at Family Medicine Associates want to know your family.*

— By Melissa Rawlins

The physicians at Family Medicine Associates practice medicine by dealing with the whole patient. “I could be an ear, nose and throat guy and only look at ears, noses and throats,” Dr. Mike White said. “But in my office, I spend 20 seconds on their sore throat, for instance, and then talk the rest of the time about how they’re not sleeping and their grandmother died.” Dr. White and his colleague, Dr. Heather McKenzie, take care of the whole patient, plus their families — many of whom they have known for 25 or more years.

Since 1980, Dr. White has built trust with his patients in Joshua and Cleburne. He moved here in 1980 after medical school, residency and two years in the U.S. Army. “The day we

pulled into town, it was 116 degrees,” Dr. White remembered. “We nearly pulled in the other direction!” He and his wife, Kay, reared their three children here and see their kids and grandchildren frequently. The community benefits from his time, too. He served as a Kiwanian and a member of the Joshua Chamber of Commerce.

“He also does a lot of medical mission trips,” Dr. McKenzie bragged. Dr. White goes all over the world with Manna Worldwide, and has seen the need for travelers to be immunized. So, Family Medicine Associates is about to start a travel medicine clinic for those planning to travel overseas to get their immunizations without having to go to the public health



department in Fort Worth.

Dr. McKenzie does not yet go on mission trips. "I can't leave my two boys," she said. Her eldest child is 8, and her youngest is 5. Her husband is an agriculture teacher in Joshua, where Dr. McKenzie grew up. She became Dr. White's protégé during medical school and residency, after spending her high school years working as a file clerk and receptionist at Family Medicine Associates, which was founded by Dr. White and Dr. Steve Johnson. "Dr. White's been my doctor since I was 5," Dr. McKenzie remembered. "I left for school, had a practice, and then moved back about three years ago to work with him. He's always been my mentor, and now it's nice to have him as a colleague."

Family medicine treats people of all ages, from birth to death. The practice offers vaccinations for students and implantable bio-identical hormones for adults. Dr. White has chosen to specialize in helping children and adults with attention deficit disorder (ADD). Dr. McKenzie enjoys helping people with diabetes. "I trained in San Antonio, where there is a heavy population of diabetics, which is [a disease] more common in Hispanics," she said.

Patients can trust Family Medicine Associates to help them in other ways. From their Web site, patients can learn more about specific issues, including ADD/ADHD. They can also log into their own account, access their lab results, send questions to nurses, pay their bill and even schedule appointments. Family Medicine Associates offers two clinics for the convenience of their patients. The Joshua office houses its own laboratory and X-ray, allowing patients to get any needed tests done during their appointment.

The Cleburne office provides an after-hours clinic available on weekends and evenings until 8:00 p.m. At that location, they also have a cardiac lab and a sleep lab for diagnosing the source of people's complaints. In addition, anyone with a question about their health can ask Dr. White during his call-in show on Big Country Radio 1460 AM. And when Dr. White is out of town, Dr. McKenzie gets to be the fill-in. **NOW**



**Family Medicine Associates, P. A.**

**Our Family Taking Care of YOURS!**

3517 S.W. Wilshire Blvd.  
Joshua, TX 76058  
817.447.1151  
www.joshuafma.com

**OPEN EVENINGS & WEEKENDS**

220 N. Ridgeway  
Cleburne, TX 76033  
817.556.4800  
www.cleburnefma.com

Joshua Hours: M-F 7am-5pm  
Cleburne Hours: M-F 8am-6pm • Sat 8am-2pm, Sun 1pm-5pm



Where *luxury* meets *beauty* and  
treatments exceed your expectations

**LASER REJUVENATION**

is now located at

**Family Medicine Associates, P. A.**

3517 S.W. Wilshire Blvd. • Joshua  
817-447-5270  
www.laserrejuv.com

**\$20 OFF**  
Microdermabrasion  
With coupons. Offer good thru 10/31/11

Juvederm BOTOX OBAGI





Chesapeake Energy's Justin Bond presents \$4,000 to Dave Buske of the Burleson Lions Club.



The Burleson Area Chamber of Commerce holds a ribbon-cutting ceremony for Rawhide Rustic in Old Town Burleson.



Glen Worsham, an artist from the Burleson Visual Arts Group, displays his art in FNB's Wilshire room.



Boy Scout Troop 620, represented by Danny Mims with his son Rendan Mims and Rodney Chappell with his son Ryan Chappell, earn recognition from the Burleson Lions Club for their float in the July 4th parade.



Staff and volunteers for Burleson Pregnancy Aid Center serve a beautiful luncheon to women in the Power of Heels.



Laura Penton, Melissa Rawlins, Frances Lea and Addy Yarborough finish up a Zumba lesson with a flourish.

**Ready, Set ... BACK TO SCHOOL!**  
**Back-to-School Gear for ALL Ages**

- Personalization
- Backpacks
- Lunchboxes
- Locker Lookz
- Lap Desks
- Drinking Bottles
- Smencils
- Japanese Erasers

**FREE Japanese Eraser**  
 With this ad. Limit 1 per ad.  
 Expiration date 9/30/11  
 Code: BRJE

**TOWN SQUARE TOYS**  
 215 N. Walnut Creek Suite 101 • Mansfield, TX 76063  
**817-453-TOYS (8697)**  
 www.townsquaretoys.com

**NO GIMMICKS! CALL US FIRST! LET US SAVE YOU MONEY!**

**1<sup>st</sup> PROFESSIONAL TRANSMISSIONS**

- ✓ **FREE** COMPUTER DIAGNOSTIC CHECK
- ✓ **FREE** LOCAL TOWING WITH OVERHAUL (UP TO \$55.00)

• Wholesale for the Public • Performance Transmissions  
 Minor Auto Repairs • Military Discounts • Senior Discounts

**817-447-1270**

101 N. Burleson Blvd @ Route 635 service rd-west side

**Flowers by Fran**

817-295-3501 • 817-295-7361  
 248 S.W. Wilshire • Burleson (near N. 35 Highway)

**www.flowersbyfran.net**



# PULLIAM POOLS

would be honored to build your outdoor stay-ca-tion destination!

Named Top 50 Pool Builder by Pool & Spa News for nine consecutive years.  
Named Weatherford Chamber Big Business of the Year in 2005

New Pool Construction  
Renovations • Outdoor Kitchens  
Fireplaces • Waterfalls • Fountains

817-346-4778 www.pulliam.com  
2725 Altamesa Blvd. • Fort Worth, TX 76133

Intensive Pool Builders Experience Since 1968

CPO  
APSP  
CSP  
CERTIFIED  
POOL PROFESSIONAL

## Music Lessons

Guitar • Piano • Drums  
Violin • Voice • Sitar

### Instruments & Accessories

## Tune City Music

344 SW Wishard Blvd. Suite 1 (next to Antonio's Restaurant)  
817-295-9080 • www.tunecitymusic.com

Part time • Full time • Occasional • Frequent • Last Minute

## SeekingSitters®

Easy, Safe Babysitting Solutions

Ask about our School Rebate Program

Our sitters don't just sit! All of our sitters:

- Active with age-appropriate activities
- Are over 18 years of age
- Have extensive child-care experience with all ages of children
- Have successfully completed an intensive background screening process
- Are personally interviewed and selected
- Are trained in CPR and First Aid

SeekingSitters® Owner Wendy Rosen: "As owner of SeekingSitters® and as a mom, I know personally how important and sometimes challenging it can be to find reliable child care that is flexible around your family's busy schedule. SeekingSitters® is continuously recruiting and certifying experienced and professional babysitters to ensure a qualified sitter is available for your specific request. We look forward to referring a Certified Professional Sitter to your family soon."

DFW Southwest 972.853.7448 • www.seekingsitters.com Find us on: [Facebook icon] [Twitter icon]

## PURIFIED WATER

Health's greatest necessity.

### WATER PURIFICATION & FILTRATION TECHNOLOGY

- Reverse Osmosis Systems
- Iron & Sulphur Treatments
- Water Softening

## TEXAS DRINKING WATER SYSTEMS, INC.

605 N. Broadway Joshua, Texas 817-295-8514  
www.Texwater.com

## Welcome to the farm folks!

Admission includes: Bounce houses, playground, petting zoo, a train ride, hay rides, a storyteller pony rides (weekends only) and a wooden maze

Admission: \$9 per person (kids and adults)  
Ages 2 and under get in FREE!  
Includes a pie-sized pumpkin for each child, and each family receives a jack-o-lantern pumpkin.

Open Saturdays: 10 am to 5 pm • Sundays: 1 to 5 pm  
gets close at 4 pm each day.  
Weekdays by reservations only.

Pumpkin Patch begins Sept. 24th and runs through the end of October, possibly into November, as long as pumpkins last.

We also offer birthday parties and field trips at our farm, and petting zoo and pony rides that can travel to you.

817-477-3060 • www.countryatthefarm.com



# Teen Driving Education Can Save Lives

— By Mark Jameson

The beginning of the school year is here. As teens adjust to the closing of one chapter (summer) and the start of another, it's a good time to reflect on the importance of preparing them for the future. Part of that preparation includes teaching them about becoming safe and responsible drivers.

## Studies show texting while driving is extremely dangerous

A recent survey showed one-third of U.S. teens with cell phones text 100 times a day. While texting seems like a harmless way for teens to keep in touch, where and when it's done can have grave consequences. A recent foundation study found one in four girls frequently read or write texts while driving and another study found texting while driving can increase the risk of crashing by 23 times.

Unfortunately, an alarming number of teens — roughly 4,000 — die each year in teen-related auto accidents. That's an average of 11 each day. These are teens whose lives could have been saved and whose families could have been spared heartbreak if



You can't LOL  
if you're R.I.P.



**Mark Jameson**  
(817) 447 1139

558 SW Wilshire Blvd  
Burleson  
mark.jameson@allstate.com

Nearly a third of teens polled admitted to texting while driving\*.

Because motor vehicle accidents are the #1 killer of our teens\*, it's time to start talking about what we're doing behind the wheel. Call or stop by for your own copy of the Allstate Parent-Teen Driving Contract. It will help you and your teen start the conversation.



© 2010 Allstate Insurance Company, Northbrook, IL. \*Statistic based on Insurance Institute for Highway Safety Fatality Facts 2009 and The Allstate Foundation Teen Driving Report 2009.

**JORDAN**  
HEALTH SERVICES  
*Where is where healing begins.*

900C Medical Centre Drive, Arlington, TX 76012  
**817-701-2660**  
**800-64-NURSE** (800-646-6773)  
www.jhsa.com

Follow Jordan:    

## Advertise with us!

Reaching over 500,000 readers throughout nine markets, with interesting stories about the people living in those communities **NOW** Magazines are the smartest choice for your advertising dollars.



Call for info: 817-477-0990



stronger emphasis on discouraging the practice of texting while driving were followed.

Studies show that car crashes are the No. 1 killer of Texas teens. With school now underway, teens will be hitting the highways across our community. This data should spur parents and community leaders to take action and teach our teen drivers that speeding, distractions and carelessness can be costly.

## Learn the Laws

Make sure your family understands the current graduated driver license law in Texas, which stipulates that drivers under 18 can't use a wireless communication device except in case of an emergency. The law also states during the first year following a teen under 18 getting a driver license, they cannot drive:

- After midnight and before 5:00 a.m. unless for employment, school or because of a medical emergency.
- With more than one passenger under 21 in the vehicle who is not a family member.

## X the TXT

Pledge not to text and drive, and help reduce teen deaths and other distracted driving injuries. Join the X the TXT Facebook page at facebook.com/XtheTEXT.

## Parent Teen Driver Contract

Parents can start the conversation with teens about the importance of safe driving and set guidelines and rules through a family meeting where parent expectations are delivered. To further emphasize the importance of the discussion, a written contract should be signed by the teen and the parents, thereby eliminating any chance of a misunderstanding.

*Mark Jameson is a licensed Allstate sales associate based in Burleson.*



**Edward Jones**  
MAKING SENSE OF INVESTING

It shouldn't be a crazy notion that your financial advisor actually takes your call. At least not to Edward Jones. Our over 10,000 offices are in neighborhoods where you live, not in giant downtown skyscrapers. And we typically have just one financial advisor per office, so you can enjoy undivided, one-to-one attention. Which is only right. Join the nearly 7 million investors who know. Face time and think time make sense. [www.edwardjones.com](http://www.edwardjones.com)

**Have the audacity to believe access to their financial advisor should be a right, not a privilege.**



**Lynn H Bates Jr, AAMS®**  
Financial Advisor  
115 N W Newton Drive Suite E  
Burleson, TX 76028  
817-447-9446

Member SIPC © Edward Jones, 2011

**For your new construction, replacement or repair needs:**



**(817) 920-9221**  
[www.nixdoor.com](http://www.nixdoor.com)

*Installation, service and repair are available for all products.*

**DOORS:** wood, iron, fiberglass, metal, break-in repairs  
**HARDWARE:** door, cabinet, bath  
**WINDOWS:** wood, vinyl, fiberglass, screens, broken & fogged window repairs  
**SOLAR LIGHTING:** solar tubes, skylights  
**FIREPLACE:** wood, gas, electric, logs, doors, remote controls

**Did someone say hunting season?**

Rifle and pistol range • Skeet and trap  
Self-pull manual traps • 5-stand sporting clays




**5482 Shelby Rd. • Ft. Worth**  
(at Dick Price Rd. & Shelby Rd. in Rendon/Mansfield Area)  
817-478-6613 • [www.alpinerange.com](http://www.alpinerange.com)  
Gunsmith on site Thursday-Sunday

**Texas Concealed Handgun License Classes at Alpine Range**  
One-day Class and Range  
Call for Reservations

**\$2 OFF Rifle or Pistol Range Fee**  
Please bring in this ad for discount



## Are You Heart Smart?

— By Barbara Willis, R.N.

If you want a healthy heart, start by using your brain! Take this quiz to see how much you know about reducing your risk of heart disease.

1. What is the leading cause of death for women? (a) heart disease (b) cancer (c) stroke (d) chronic respiratory disease

A — Heart disease, which is the cause of death for 25.8 percent of American women. Cancer follows with 22 percent, strokes with 6.7 percent and chronic respiratory disease is 5.3 percent.

2. Which lifestyle factor puts you at the greatest risk for heart disease? (a) obesity (b) lack of exercise (c) high fat diet (d) smoking

D — Smoking. Smoking raises blood pressure, increases the tendency for blood to clot, reduces good cholesterol and increases atherosclerosis, the tendency for fatty substances to build up in the arteries.

3. Which of the following healthy foods is not a heart “super-food”? (a) blueberries (b) oatmeal (c) whole grains (d) salmon

C — Whole grains have many health benefits, including regulating blood sugar and improving digestive health, but they don’t have the antioxidants of blueberries, the cholesterol-lowering power of oatmeal or the heart-healthy omega-3 fatty acids of salmon.

4. Which symptom might be an indication of a heart attack? (a) pain in the arm, jaw, back, neck or stomach (b) shortness of breath (c) nausea (d) lightheadedness (e) all of the above

E — The classic symptom of a heart attack is chest pain or

discomfort, but all of these symptoms may accompany a heart attack.

5. If you think you might be having a heart attack, which step should you take first? (a) Take a baby aspirin. (b) Call 9-1-1. (c) Take an antacid because it could be indigestion. (d) Lie down for 15 minutes and see if symptoms persist.

B — Call 9-1-1. The faster chest pain is diagnosed and treated, the less damage occurs to the heart muscle and other vital organs.

6. What type of dietary fat is most unhealthy? (a) monounsaturated (b) polyunsaturated (c) saturated fat (d) trans-fat

D — Research indicates that trans-fats, often found in fried or processed foods, raise bad cholesterol, clog arteries and contribute to heart disease even more than the saturated fat we get from animal products. Choose mono- and polyunsaturated fats, found in vegetable oils, nuts, avocados and fish.

Although some risk factors for heart disease cannot be controlled, many can. By taking the lifestyle steps to reduce your risk of heart disease, you also lower your risk of many types of cancer, strokes and diabetes. **NOW**

Barbara Willis, R.N., M.S.N. • Cardiovascular Service Line Director  
Huguley Memorial Medical Center.

## An Emergency is No Time for “Hide and Seek”



In an emergency, you need to know where to go and how to get there. Our new **EMERGENCY** department sign makes it easy to find the only local emergency department that is equipped to handle a true emergency.

Some emergency departments diagnose patients, then transfer them by ambulance to a hospital miles away for treatment. At Huguley Memorial Medical Center, we have an emergency room that can quickly diagnose your condition and provide the care needed for most emergencies, including open heart surgery.

**In an emergency, take the direct route to  
emergency care, right here – right now.**

 **HUGULEY MEMORIAL  
MEDICAL CENTER**

Physicians are independent practitioners and are not employees or agents of the hospital.



# Calendar

SEPTEMBER 2011

## September 3, 10, 17 and 24

Farmer's Market: 8:00 a.m.-1:00 p.m., near City Market, corner of Renfro and Clark streets, Old Town Burleson. The market will continue until the fall (weather permitting). Contact Kurt Jaeger at City Market, (817) 295-1051.

## September 10

Taste of Burleson: 5:00-8:00 p.m., RE/MAX Complex and Renfro Square. Burleson area's premier tasting event provides a unique opportunity to sample a variety of fabulous foods and wines. Taste, listen, smell and see what Burleson has to offer with entertainment and cuisine from area restaurants and caterers. Proceeds from this event will benefit the Burleson Area Chamber of Commerce. Contact BACC at (817) 295-6121.

## September 13

Business After Hours Networking: 5:30-7:30 p.m., Hidden Creek Golf Course. Food, drink and networking, free for Burleson Chamber of Commerce members and only \$10 for nonmembers. Call Terri Trefger at (817) 372-1622.

## September 16

Crowley Chamber of Commerce 3rd Quarter Luncheon: 11:30 a.m.-1:00 p.m., New Crowley Recreation Center. Sponsored by Total Care Clinic, this luncheon offers members the opportunity to meet and encourage each other. Contact Eileen Yarborough, Crowley Area Chamber of Commerce, (817) 297-4211 or e-mail [info@crowleyareachamber.org](mailto:info@crowleyareachamber.org).

The Power of Heels: 11:30 a.m.-1:00 p.m., Lone Oak Winery, Burleson. Networking with a Brush and a Beverage, sponsored by The Art Barn and Lone Oak Winery, offers an unusual opportunity to paint-your-own wine glass with encouragement from Art Barn instructors. Ticket price is \$15 for Chamber members and \$20 for non-Chamber members. Please RSVP with payment to secure your seat at this incredible networking opportunity. Call Mary Slaney at (817) 295-6121.

## September 20

Partners in Progress: 7:45-9:15 a.m., Honey Donuts, 104 S. Tarrant and Main Streets, Crowley. Anyone interested in strengthening

our Crowley community is invited. \$1 to attend, free coffee and networking. Call Terri or Paul Andow at (817) 368-7606.

## September 24

Crowley Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia, Crowley. \$5 per person. Call (817) 297-1942 for details.

## September 25

Huguley Memorial Medical Center's 18th Annual Crystal Heart Gala: 5:30-10:00 p.m., The Worthington Renaissance Fort Worth Hotel. The evening will feature a four-course gourmet dinner and a large silent auction, followed by entertainment by Randy Travis. Proceeds will benefit uninsured and financially challenged patients who desire cancer screenings and services. Table sponsorships range from \$3,000-\$25,000 with individual tickets available for \$300. Monetary or auction donations are welcome. Contact Laurie Evans at (817) 568-3281 or e-mail [laurie.evans@ahss.org](mailto:laurie.evans@ahss.org).

*Submissions are welcome and published as space allows. Send your event details to [melissa.nonmag@sbcglobal.net](mailto:melissa.nonmag@sbcglobal.net).*



Enjoy Labor Day with a new pair of glasses!

Gift cards are available

- Comprehensive Exams
- Excellent Selection of High Quality Frames & Lenses
- Accepting Most Insurances

**Seidel Cameron Seidel, OD**  
Optometry Glasses Specialist

**(817) 916-4140**

1314 NW John Jones Dr., Burleson TX 76028  
[www.seidleyeyes.com](http://www.seidleyeyes.com)



**JILL RASCO PHOTOGRAPHY**  
817.319.8989

AWARDED PHOTOGRAPHER  
[WWW.JILLRASCOPHOTO.COM](http://WWW.JILLRASCOPHOTO.COM)



**The Ritz**  
SALON AND SPA  
Owner/Stylist Adrienne Lowes

136 W. Bufford St. Burleson  
**817-295-6000**  
Call to Schedule Your Appointment: Mon-Sat

**GLITZ BOUTIQUE**  
Owner Kristina Spitz

**NO PAIN! NO GAIN!**  
60 min. Massage  
Acupuncture &  
**FREE** Bottle of Weight-loss herbal supplement  
**\$100** Save \$40  
Limit one per customer

**Buy 2 Facials Get 1 FREE**  
of equal or lesser value

**Clothing, Cocktails and CLEARANCE!**  
Thursday, September 15, 5-8pm

**Clearance Items SUPERSALE MARKDOWNS**  
Cocktails & Hors d'oeuvres

1/2 Off Chair Massages  
\$5 Facial Waxing

Bring a friend to be entered in the **GlitterFlops Giveaway!!!**

License #ME2147





## In The Kitchen With Rita Shipman

— By *Melissa Rawlins*

Rita Shipman's favorites cooks — her mother, Louise James, and grandmother, Cleo James — are gone from her life. She still digs into their recipe boxes, though. "I hope to be able to pass their legacy on to my two daughters," Rita said. "Grandmother, who was one of the head cooks for the lodge at Yellowstone National Park, never really measured anything. It was all about the touch and the amount she was preparing." Louise and Cleo taught Rita the Southern style of cooking — which she is now modifying to combat her husband, Melvin's, diabetes.

Rita and Melvin moved to Burleson in 2001, and her youngest daughter and family followed and are buying a home in Crowley. Living in our laid-back community gives Rita time to experiment with the recipes she inherited from her mother and grandmother. **NOW**

### Cleo's Buttermilk Pies

**3 eggs**  
**1 1/2 cups sugar**  
**2 Tbsp. flour**  
**1/2 cup butter, melted**  
**2 cups buttermilk**  
**1 tsp. vanilla**  
**1 unbaked pie shell**

**1.** Beat eggs; add sugar and flour. Add melted butter, buttermilk and vanilla.  
**2.** Cook in an unbaked pie shell at 375 F for approximately one hour until golden brown on top.

### Cleo's Date and Nut Squares

**2 eggs**  
**1/2 cup sugar**  
**1/2 tsp. vanilla**

**1/2 cup flour**  
**1/2 tsp. baking powder**  
**1/2 tsp. salt**  
**1 cup walnuts or pecans**  
**1 cup finely chopped dates**

**1.** Beat eggs, until foamy. Add sugar and vanilla. Set aside.  
**2.** Sift together flour, baking powder and salt. Add to egg mixture. Add nuts and dates.  
**3.** Spread in a well-greased, 8-inch pan and bake until top has dull crust. Cook in slow, moderate oven of approximately 250 F until brown. Turn after 30 minutes.

### Cleo's Butter Cobbler

**1 cup milk**  
**1 cup flour**  
**Pinch of salt**  
**1 tsp. baking powder**

**1 cup sugar**  
**1/8 lb. butter, or more, if desired**  
**1 qt. can peaches, undrained**

**1.** Put milk in a bowl and then add sifted flour, salt, baking powder and sugar. A few lumps in the batter are OK.  
**2.** Melt butter in a 9 x 13-inch pan. Pour batter into middle of the butter. Add peaches to the middle of the batter. Do not mix.  
**3.** Bake at 350 F until light brown on top. Serve hot with vanilla ice cream!

### Louise's Chicken Vegetable Soup

**1 10 3/4-oz. can boned chicken**  
**1 10 3/4-oz. can chicken broth**  
**1 10 3/4-oz. can water**  
**1 10 3/4-oz. can cream of chicken soup**  
**1 10 3/4-oz. can mixed vegetables**  
**1 Tbsp. minced onion**  
**1 pkg. small egg noodles**  
**1/2 tsp. celery salt**  
**Pepper and salt, to taste**  
**1 8-oz. can peas (if desired)**

**1.** Bring the first 6 ingredients to a boil. Simmer 20 minutes.  
**2.** Add noodles and cook until tender.  
**3.** Add celery salt, pepper and salt 15 minutes prior to serving. Add peas, if desired, just before serving so they get hot without becoming mushy. Serve with crackers.

### Louise's Strawberry Cake

**1 white or yellow cake mix**  
**1 1/2 cups water**  
**1 24-oz. container frozen strawberries**  
**1 9-oz. pkg. strawberry Jell-O**  
**1 5-oz. pkg. instant vanilla pudding**  
**1 12-oz. container Cool Whip**

**1.** Bake cake, according to package directions, in a 9 x 13-inch pan. Cool and crumble.  
**2.** Boil water, strawberries and Jell-O for 1 minute. Pour over crumbled cake.  
**3.** Prepare pudding as directed on box. Layer pudding over Jell-O. Top with layer of Cool Whip. Chill overnight.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**



# Get your smile ready for *fall*

## Book Your Dental Appointment Now

- Additional Training In Children's Dentistry
- Kid Friendly Environment
- Combined Over 30 Years Experience
- Offering Oral, IV & General Sedation



Jennifer Ketchel, D.D.S.



(l to r) Dale Martin, D.D.S.,  
Drew Jamison, D.D.S.,  
Casey Stroud, D.D.S.



# Burleson

## Pediatric Dentistry

1161 S. W. Wilshire Blvd.  
Suite 110

Across from Burleson High School  
in the Huguley Professional Building

817-447-7474

[www.burlesonkids.com](http://www.burlesonkids.com)

Most Insurance & Medicaid Accepted



# mcmc

mike carlson motor co.



## WE HAVE HOT WHEELS

We Have Two Burleson  
Locations to Serve You:

240 Exchange St  
(Behind Braum's)

800 SW Wilshire  
(Next to 1st National Bank)

- Millions of dollars for in-house financing available to loan!
- Over 250 low-mileage 2009 & 2010 Carfax-certified vehicles.
- Every unit comes with a 12-month/12,000-mile limited powertrain warranty.
- We report each month to Equifax and TransUnion.

**MCMC Finances your future not your past!**

[www.MCMCAuto.com](http://www.MCMCAuto.com)

RELIABLE. TRANSPORTATION. PEOPLE.



Find us at [Facebook.com/MCMCAuto](https://www.facebook.com/MCMCAuto)



Follow us at [Twitter.com/MCMCAuto](https://www.twitter.com/MCMCAuto)