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## ON THE COVER



*Paige Dunn and all the Sparklers are ambassadors for Centennial High School.*

*Photo by SRC Photography.*

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## Editor's Note

*Hello Burleson, Crowley and Joshua!*

The fourth Friday of this month is Native American Day. How many of us actually have family lore saying we're part Indian? I do. I also have documents proving I've got ancestors who rode on the Mayflower, survived the first winter through teamwork and grace, and contributed to the colonizing of Plymouth. I recently found an 1891 novel about a second-generation Pilgrim. Its linen binding and browned pages piqued my curiosity.

What a find! The author described the Plymouth colony lifestyle, not unlike the healthful communities many of us now yearn for. Families worked hard to care for their own, building and growing their private property, while balancing every word and deed with the colony's interests top of mind. They succeeded in early years partly because they befriended the Indians, not only relying on their knowledge of local flora and fauna but also their protection. And the Pilgrims paid it forward.

Enjoy your transition into fall!

*Melissa*

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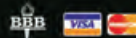
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# Shine On

— By Melissa Rawlins

*Dreams are the substance of every breath Paige Dunn takes. Three years ago, she set her sights on becoming a Kilgore College Rangerette, as well as getting her degree in dance. Her Centennial High School drill team director, Miss Drew Ellison, mentioned to all the Sparklers that she had tickets for one of the (Kilgore) Ranger football games at a reduced price. Paige went to their homecoming game and became entranced by their drill team's poise. "Their dancing ability was awesome," Paige said.*



Centennial High School drill team director Drew Ellison poses with Paige Dunn.



A young woman with blonde hair, smiling, is sitting on a green grass field. She is wearing a white cheerleader costume with blue sequined trim and a wide white fringe collar. She is also wearing a white straw hat with a blue sequined band and a matching blue sequined wristband with white fringe. In the background, there is a blue sky and some trees.

*“My family wants to keep seeing me smile and shine like the Sparkler I am!”*

She researched and learned how she needed to behave in order to be a Rangerette. “Since then I have pushed every single day to raise myself to the level of being on a college drill team,” she said. “I have been running miles to build stamina, lifting weights in gym with my dad, doing abdominal workouts, kicking higher and working on posture, building muscle strength

in my back, practicing precision in each movement.” Paige will try out during the summer of 2014. Everything she does this year supports her own beautiful goals, as well as those of her colleagues on the Sparklers and her fellow students at Centennial.

At 18, Paige is the eldest of the 30 girls in the Sparklers, who perform in competitions, community functions, pep rallies,



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athletic events and at local retirement homes. Always early to practice, she is eager to learn and willing to help. She loves the team and the dance, and has grown as a person through her involvement in the Sparklers. "Dance is not the whole reason I'm here at Centennial," Paige said. "I'm here to learn and get my education. But I love being here now that I'm in an organization and get the extracurricular enjoyment of having so many friends." The diversions make it tougher to keep up her grades, yet she has still maintained a 3.2 GPA.

As a Sparkler, Paige is an ambassador for her school along with National Honor Society students, cheerleaders, musicians and athletes. When Miss Ellison started the drill team with only 12 girls three years ago, she selected girls who would be organized and responsible leaders, show positivity and be exemplary students.

Paige did not always fit this description. As a freshman, she was confused, directionless and bored. She investigated the teacher-led organization of dancing, cheerful Sparklers and found students who could be her friends. Having never been on a team, Paige immersed herself in practices both before and after school, as well as performances during football games and competition. She and her teammates bonded like sisters. "Miss Ellison was supportive of all her girls, and she helped motivate me to come to school," Paige recalled. "Now I have my family at home, and I have my family at school with my teammates."

During football season, the Sparklers perform every Friday night on the field during halftime at home games and away. During basketball season, the drill team offers home game halftime shows, revealing the dances they are preparing



for competition during the late winter. At the very end of the year, they produce their Spring Show, a big-bang finale performing every dance they've prepared for competition. Held in the Centennial auditorium, the Spring Show is one of the Sparkler's major fundraisers. The money raised helps with team expenses.

Each Sparkler gains administrative experience, accountability and leadership skills by hosting frequent fundraisers. The team members teach young girls dance technique at their much-loved youth clinics, for which they charge \$35-\$40. Besides their big Spring Show, they also participate in a performance with a silent auction during Christmas time. At that



family-friendly event, where children can get their faces painted while eating hotdogs, the Sparklers perform along with the Centennial High School Pep Squad and Show Choir and dance and gymnastics studios from around town. Their goal is to set aside the \$1,400 for each dancer who wants to fly to New York City the following summer for private dance lessons with The Rockettes.

"I'm really excited because at one time I wanted to be a Rockette, but I'm too short," said Paige, who is currently a dance officer and a senior lieutenant with her own squad of six girls called Paige's



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Pearls. Paige describes her Pearls as a team inside the team. Three other dance officers, Kaylee Paige, Abby Russell and Ashton Haley, bring their squads alongside Paige's Pearls so that all four teams support each other, pushing for positivity and raising standards.

Last year's team motivator, Kaylee would yell, "United!" and the rest of the team would yell back, "We shine!" Such early-morning motivation pumps the girls up by creating unity. "When we're all separate people, we're not dancing to our best ability," Paige said. "We do things so much better when we're together."

As she develops her leadership skills, Paige relies on other Sparklers who come into the dance studio every day with huge smiles on their faces. "Because the girls are so ready to learn and dance their hearts out, we all want to be just as excited to dance, to always push for more," Paige said. "Taylor Barksdale is one of those amazing girls!" As captain, Taylor gives her heart and soul to encourage every girl on the team. One of the requirements is to get to the school every school day at 6:30 a.m. for difficult workouts.

Paige was not at all athletic before joining the Sparklers. "I sat at home and watched TV," she said, confessing to riding her bike every once in a while and running track a little bit in middle school. Now Miss Ellison has her girls out running miles and doing kicks around the track. "It was tough to get started, but I've received a lot of benefits from it. I've learned how to be healthy. I was not eating what I needed to eat, drinking enough water, nor treating my body the way it should be treated."

Her family at home loves the new Paige. "Once I joined Sparklers, I was so happy, I wanted to come to school, I had a drive in life, my grades improved, and so did the aura around me," she said. "My parents were amazed what a team can do for a person!" They took her to practice at 6:30 every morning, before she got her own car. Her parents and grandparents pitched in their money and time to support Paige's devotion, cheering her on at every performance. "My family wants to keep seeing me smile and shine like the Sparkler I am! They give me everything they possibly can, because they want to see me succeed and do great things." **NOW**





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# UNEXPECTED

## Rewards

— By Lisa Bell





*When Brooke Justice joined the Burleson Rotary Club in 2008, he viewed it as a way to serve many organizations while being a member of only one. Rotarians support multiple local and international efforts, meshing well with his desires. Not long after joining, the volume of membership led the group to form a second club in Burleson. Brooke's wife, Delight, opted for the Midday Rotary Club, while he remained active in the Morning Club.*

When talking with the couple, their passion for working through Rotary beams like a bright light. Brooke's eyes sparkle as he discusses putting dictionaries into the hands of third-grade students. As a child, his parents read to him and made all types of books available, strengthening his vocabulary. Not all children receive this same advantage. "For most people, giving a child a dictionary seems like such a small thing, but there are a lot of third graders who do not own a book. Nobody reads to them," he said. "You would not believe how excited they get. Their eyes light up. We get lots of letters. Some I'm sure are initiated by teachers, but the kids are really grateful."

Although they love this project and enjoy receiving thank you notes back, the true unexpected reward for the couple came from hosting delegates from other countries. Through Rotarian participation in the Open World program and Group Study Exchange, Brooke and Delight meet people from other countries who sometimes change their lives.

Open World facilitates sending delegates to other countries, especially from areas with developing democracies. They learn as much as possible and return home prepared to make their cities, regions and countries better. Because the Rotary Club has international connections, they pair local members with these delegates. The members open their homes, becoming hosts to one or more visitors. In some cases, the groups share common language, such as the Group

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Study Exchange team who traveled from Australia. With easy communication, friendships develop quickly.

When a group traveled from the Ukraine to Burleson, the Justice family graciously invited a delegate to stay with them. They never suspected the impact the young woman would have in their lives. One of few delegates who spoke any English, this young woman amazed them with all she had accomplished. In spite of the language barrier, they connected. Many conversations lasted late into the night and created an unlikely friendship.

Hosting the delegates, the couple joined other volunteers. They introduced them to city council meetings, parks departments, state legislation and many other opportunities to learn the way things work in America. They swore not to become too attached to this group. Yet eight days later, when the delegation left for home they all broke their agreement and cried.

"Ukraine isn't exactly a common vacation destination," they said. "We said goodbye, wondering if we'd ever see our new friends again."

The language barrier didn't prevent them from realizing a common bond of humanity. Because Brooke became president of the Burleson Morning Rotary Club in 2012, they missed an opportunity to visit Ukraine last year. As he finished his elected term in June 2013, they planned a much desired trip for late August. "We plan to hit the ground with boots on and check in hand," Delight mentioned before they left, ready to support local projects. "We don't know exactly what projects we'll be working with until we get there," she said, suspecting they would help with clean water and orphanages.



The couple planned to reconnect with members of the delegation on their home ground. One Open World delegate they met lives part time in France and the other part of the year in Ukraine. By the time they arrive, she will have left her home town and traveled back to France. Thanks to technology, the Justices remain connected to her, and they plan to stop in Paris for a chance to check on their young friend. The fears of not seeing friends again dissipated as the couple finalized travel plans. When they volunteered their home, Brooke and Delight didn't anticipate the unexpected return of potentially lifetime relationships, but they treasure the gift.

Brooke serves as immediate past president of the Morning Club, while Delight has just now concluded a two-year term serving on the Midday board of directors as international service chair. Going into the fifth year, the Midday Rotary Club focuses more on local projects, so she relishes the opportunity to participate with Brooke, while working toward involving her club more with international opportunities.

Rotarians support many different projects worldwide. The local clubs get to join with other clubs throughout the United States and in other countries. Funds raised at a local level combine with those of many Rotary Clubs to make the world a better place. An international project supported by local funds provides wheelchairs in places like the Dominican Republic. Brooke hopes to travel with a group someday to deliver huge shipping containers of wheelchairs. He wants to



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experience the stories he has heard of helping people who come from near and far to receive a wheelchair. "There's never enough," he said.

Rotary International joined forces with the Gates Foundation in an effort to eradicate polio throughout the world. Currently, only three countries experience the deadly and life-altering effects of a disease America once fought against. While we no longer worry about losing a child to this dreaded illness, other countries still do. The local clubs take pride in contributing to the effort.

On a local level, the Rotary clubs raise money to provide scholarships for seniors in the Burleson school district. Both clubs typically give over \$12,000 to deserving students. Both clubs provide not only funds, but often hands-on assistance to local charities such as Harvest House and Crowley House of Hope. When the tornado hit Cleburne in May, the Morning Club contacted the Cleburne club to see what help was needed. Both clubs deliver lunches through the Meals on Wheels program and participate in Burleson healthy lifestyle initiatives.

To raise funds, the clubs place and remove American flags for local business and residents who pay a fee for the service. The Rotary Morning Club initiated the Reindeer Run, which not only provides funding, but gets the community involved. Enjoying breakfast with Santa, running or walking and then sitting down to watch the Parade of Lights and the Burleson Christmas tree lighting has now become a tradition for many families.

The heart of a Rotarian isn't about meeting for fun, but about supporting the local community. Because of international Rotary connections, they can also go places inaccessible to many organizations. For the Justice family, being Rotarians is more than a club membership. Through this way of life, where they relentlessly give of themselves, they get back far more rewards than they ever expected. **NOW**

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## CARING for a Prince

— By Lisa Bell

*Once upon a time, Chandra Chellappan lived with her family in Houston. She and her sister often dressed up as princesses, but Chandra dreamed of becoming a doctor. With her small medical bag, she practiced on siblings, listening to hearts with a tiny stethoscope and using a pretend syringe to draw blood. Reared in Hico, Jared Keller was the middle child, an all-star athlete who fished when he had the chance and never fantasized about becoming a king. If only he had known what the future held.*

After graduating from high school with college credits already on her transcript, Chandra pursued her goal of becoming a doctor, eventually studying at Texas A&M University Health Science Center College of Medicine.

One weekend in December 2004, both visited Austin with friends. On the legendary Sixth Street, Jared met a beautiful princess. She was easy going and so sweet, exactly the opposite from him.

"That was it," he said. "I settled down from my wild ways. She probably never had any wild ways, but





## At Home With Jared Keller & Chandra Chellappan

I did." From the beginning, his family loved her, and she loved them.

"He fell for me pretty quickly," Chandra said. "He was persistent." She was a little more reluctant, thinking it wouldn't last. "But after a couple dates, we both knew we had indeed found *it*."

March 20, 2013, they celebrated their third wedding anniversary, five days after their prince, Jax, arrived. Even before they became pregnant, Jared knew he would care for their newborn. A little shaky at first, he soon grew comfortable in the role of Mr. Mom. "It's easier than I thought it would be," he said. "He laughs and smiles all the time and only cries when he's hungry or needs a diaper change. Piece of cake."

"He's the best Mr. Mom ever," Chandra added. In the evenings, when she plays with Jax, Jared gives her tips about what the baby likes. "I went back to work after five weeks," she said. "I wanted to be with my patients, but I couldn't have gone back so early without my husband taking care of our son."

Originally, she wanted to be a sports medicine doctor hoping to be team doctor for the Dallas Cowboys. Medical school changed her mind. During her third-year OB/GYN rotation, Chandra

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found what she really loved. “Ninety-five percent of the time, it’s just happy,” she said.

As she prepared for and took board exams, Jared acted as liaison with recruiters. They wanted to stay in North Texas, in an area that felt like home. Then, as fate would have it, she received an email asking if she had any interest in Huguley Hospital, now part of Texas Health Resources. She didn’t hesitate. They wanted to move away from the

hustle and bustle of Fort Worth before starting a family, and knew Burleson would be perfect.

She heard about a home for sale in a new development near the hospital. One day after work, she drove through the neighborhood. Fortunately, she recognized a man from a Burleson After Hours networking event who was a home builder. He showed her a model home with a healthy amount of stone and a turret, which immediately caught her eye.

She always wanted a tower on her house. She knew Jared would love the open concept, and he did. With a few tweaks, they had the floor plan for their home, where they’ve lived since July 2012.

Approaching the two-story home, visitors might look up, half expecting to see a beautiful maiden peering down from the turret. Inside, a spiral staircase and spacious entry feel like a castle. The builders designed the space as a formal dining room. With an adequate dining

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area between the kitchen and back door, Chandra had other plans. She grew up playing an upright piano, but always said, "One day, I'm gonna get a baby grand." With extra space, she did. Paintings of Venice and the Sea of Galilee bring continuity to the living room and open area. Chandra's aunt created two of the paintings.

Chandra uses a small office to take phone calls, protecting patient privacy. A Texas-theme fills the room, including a historical picture of Hico. Jared modified the space to include a hidden doorway into the closet and master bathroom. The couple agreed to have less office space in exchange for more closet space. The master bath has a large separate shower and garden tub plus his-and-her sinks created with height differences in mind.

Chandra modified the master bedroom design to include a doorway opening to the patio, borrowing the idea from her parents' house. With a love for the outdoors, they wanted a direct escape to the back yard. Jared's favorite room technically lies outside of the four walls. On the back patio, an outdoor kitchen looks over a beautifully designed pool perfect for Texas summers. Gated to protect their baby and other children, they strategically placed plants around the yard and added wicker furniture. With the tropical getaway feel, they look forward to celebrating holidays and hosting cookouts with friends for many years.

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Inside, the kitchen features a gas stove, lots of granite, an island and plenty of space for cooking. "Jared is the cook of the family," Chandra stated.

A gracious couple, they enjoy entertaining guests. Jared's mother and aunt decorated one of the extra bedrooms with simple elegance. A second guest room has a rustic feel, although Chandra hasn't completed adding her personal touches yet.

An area complete with multiple plugs lies at the top of the stairs. Adding a desk will make it the perfect spot for children to do their homework. The upstairs looks down into the living room, reminiscent of viewing a ballroom below.

Jared's second favorite room, his man cave, opens off the game room, which holds a pool table. Complete with theater seating and a big screen TV, he enjoys time watching sports games or playing Xbox. However, he welcomes Chandra and guests into his cave for the Super Bowl or movie nights.



Chandra's favorite room in the house belongs to Jax. Opening the door transports a visitor into a little log cabin, complete with a window view of a lake and beautiful trees painted on the wall. Camouflage bedding adorns the crib. They used duck blind wrap to create curtains for the actual window in the room. Chandra looks forward to entertaining her son's friends. "I can't wait until his friends come over to play and have sleepovers," she said.

Jared envisions having acreage with a lake or river someday, where he hopes to take Jax fishing every day, and Chandra agrees. Together, they hold onto that dream for their future, while savoring the present. "I'm definitely happy with where I am in life right now," Chandra said, "just living my dream." **NOW**

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# First Steps for LONDON

— By Erin McEndree

*Music was a requirement in Demond Spraberry's family. His mom was a choir director and played piano. His grandmother always made sure he was at every lesson. Back then lessons cost between \$1 and \$5. When he started playing at church, he received \$25 on Sunday. With more experience, his pay increased. When his daughter, London Jade, was born with tibial hemimelia, music was the talent Demond used to help his family financially, while bringing awareness about her rare condition to the community. "I was always involved in music at church, so when London was born with a rare disorder, I participated in several musical benefits to get the word out about London," Demond said. "I also wanted to help other frustrated parents find hope for this one-in-a-million condition."*

When you walk into the Spraberry house, the four children are playing, swimming, reading or using the iPhone



"She is a  
happy girl."



apps on Shenan's phone. They do what typical kids their age do. Even 2-year-old London plays with blocks and says words to get her family's attention. She does not let the large apparatus on her right foot deter her from doing what 2-year-olds do. She is a happy girl and does not understand that she was born with a condition called tibial hemimelia. Her parents did not know what a long battle it would be to find a doctor who specializes in this skeletal abnormality.

The lower leg has two bones: the fibula and the tibia. Tibial hemimelia is a partial or total absence of the tibia and is the rarest form of lower limb deficiency present at birth. This causes a foot deformity, and the knee may also be affected. Demond and Shenan thought London had a clubfoot. They were devastated to learn it was the rarest form of a skeletal abnormality, which presents in many variations of malformation. London's right tibia did not form completely, and her ankle joint is also malformed. They were even more devastated when every doctor they confided in suggested amputation. They saw every doctor imaginable to rule out every possible syndrome. "We did a lot of praying and a lot of crying," Demond said. "Shenan searched the Internet and finally found the expert in Florida who specializes in tibial hemimelia."

When they went to see Dr. Paley, he told them two things: "First, this is the last foot I'd cut off. Second, London will be able to walk again." Dr. Paley

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was instrumental in finding new surgical techniques for the treatment of limbs. The Spraberrys were relieved. They were determined to do what ever it took to help London over this hurdle in her life. Shenan is a counselor at Sherrod Elementary, and she had to take off work to travel back and forth to Florida for treatment. London would need multiple surgeries and physical therapy to correct the malformation of her right leg.

To help finance these long trips to Florida and the upcoming surgeries, Demond performed several musicals at church. "One was a fried chicken dinner musical," Shenan laughed. "We wanted to increase awareness of London's condition to help others going through this. We wanted people to know there were options out there. Church seemed



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the natural place to start. The musicals were a blessing because I had to take off work for so long." The family also wanted to start a nonprofit organization and a website to further help families with information and other needs.

"We kept everyone updated on how her surgery was going through the website," Shenan said. "We stayed in Florida for three months the first time to make sure every thing was working properly on the apparatus on her leg." The apparatus consists of several stationary pins in London's leg and foot. They are connected to a mechanism that lengthens London's leg and improves the angle of her foot. Shenan has to rotate the pins in her leg everyday. Ever-so-slowly London's foot is moved to the correct position.

While Shenan and London were gone, Demond did his best to take care of Amare, Christian and Korth. The kids missed their mom. They didn't understand what their mom and sister were going through. Shenan's mom, Delphine, was a blessing and tremendous help. With Demond in his last year of chiropractic school, he also had to be gone a lot. "It was not uncommon for me to make a two-hour drive to Dallas," Demond said.

After four years in the Air Force, he was a police detective for seven years. "Then my wife wanted me to change careers," Demond said. The danger and the long hours were not a good match for this family. Now, Demond is home more and not in danger, unless you

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count Dallas traffic. He has one more year of chiropractic school. "I am on the downhill side, so that is a good thing," Demond said.

To relax, Demond plays music on just about every instrument you can think of. He writes songs, too. "If I'm playing music, it is late at night after family time or early Sunday morning," Demond said. Reading music was hard when he was a kid, but his grandma would wake him up early every Saturday morning for lessons. "That was back when they still paddled



your hands with a ruler," Demond explained. "I didn't like it, but I'm glad I stuck with it."

When London is older, she will be thankful her mom and dad stuck with trying to find a solution for her condition. For now, she is turning into a rough and tough little girl with two older brothers who are very protective. London is pretty popular in her community, and she even appeared on a TV show. *Inside Edition* came to the first surgery and filmed all day. They followed London through pre-op, surgery and post-op. They also filmed an older girl whose surgery had been successful to show what the goal was for London.

"We were frustrated and knew nothing about tibial hemimelia," Demond explained. "I want to help others be aware of their many options, so they can decide what is best for their situation and their family." Demond will always play his heart out for his daughter. He knows God has given him a gift of music — one he uses to benefit his family and glorify God. He wants to share with others London's journey of taking her first steps. **NOW**

*Editor's Note: For information about London and tibial hemimelia, visit [www.steps4Jade.com](http://www.steps4Jade.com).*

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# Her Dream

— By Carolyn Wills

*Joyce Breeden grew up without ever riding a horse or living in a place long enough to own or even to know one, yet they meant everything to her. She knew about Black Beauty, Fury and Flicka, thrilled at Dale Evans and Buttermilk and hungered for horse tales in print or on screen. "I pretended my bike was a horse," she laughed. Her dad was in the Navy, which meant moving every three years. "Also, my parents shied away from anything related to agriculture," she explained. "Farming is where they came from, and it represented hard times."*

Thankfully, as her father neared retirement, he requested Dallas for his final transfer. Joyce finished high school in Shawnee Mission, Michigan, and moved to Texas with her family. She earned a fine arts degree from The University of Texas at Arlington and went on to be the first teacher in Arlington to teach seventh-grade art.

As an adult, her love for horses seemed to grow still, possibly to remain merely a child's dream. "Life took me to other places," she smiled. She married and divorced, opened a dress shop with her parents, earned a master's degree in vocational technical education from the University of North Texas, taught fashion merchandising at Tarrant County College, taught high school marketing and distribution education and, eventually, moved into college administration. "I was part of the Texas Wesleyan University staff for nine years and became dean of admissions for freshmen, transfers and international students."

While life was taking her other places, she also met Ernie





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Breeden. "It was 1974. I was divorced and living in a neighborhood where I didn't know anyone," she said. "I was working, going to school, barely keeping my head above water and not doing a very good job of caring for the yard and house." Slowly, she noticed that somehow things were being tended to and, eventually, traced the kindness to two young men just home from Vietnam. One of them, the one with a mustache and aviator glasses, asked her out. "We started talking, didn't quit, soon became inseparable and married on May 13, 1976." Two years later, they welcomed their daughter, Carlette.

When Carlette was not yet 6

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months old, Ernie asked Joyce, "What's the one thing in your life that you've wanted and never had?"

"Of course, my answer was a horse," she said.

To which, Ernie replied, "Well, let's find you one."

"No one had ever said yes," she smiled.

Their quest began with very little knowledge. "We did everything you're not supposed to do," she admitted.

They bought a little palomino mare and called her Sassy. Then, with no clue about caring for her, they found a place to board her. "It was a barn filled with horses belonging to 4H kids who loved to show," Joyce said. "That's when we really started to learn."

"Of course, one horse wasn't enough," she smiled. "Ernie dreamed of a buckskin like Matt Dillon had." When a quarter horse arrived at the barn as a rescue and, against warnings that the horse was unknown and possibly "wild as a March hare," Ernie purchased him. "Baron was a buckskin and the sweetest, kindest horse anyone could ever find," Joyce said. "He taught us so much." Carlette was barely sitting up when she began to ride him with her dad.

"I believe horse people are born," Joyce said. "It's an innate passion that unfortunately comes with risk." If harm is rendered, the result may become the real measure of passion. Joyce was finally living her dream and was soon tested.

"I was walking with an empty bucket in the pasture ahead of Carlette," she



said. "I saw horses running toward us and knew I would be surrounded. I yelled for Carlette to leave. The next thing I felt was a hoof to my left arm." Her humerus was shattered, the radial nerve severed and her arm was attached only by skin. "That was the beginning of my storm," she said. "Microsurgery saved the arm, and three terrible years of immobilization, pain, weight loss, medication, therapy and, finally, determination to think of it as a broken wing, at last, restored the function."

In 1982, she and Ernie bought five acres in what was then the outskirts of Burleson. There was a place for horses, yet Joyce's accident had left her petrified. "Carlette was demonstrating so much talent, though, that I finally decided my fear would not affect her. Thankfully, we discovered Pony of the Americas (POA)."



From the age of 8 through high school, Carlette's life revolved around horses, shows and horse people. "We ended up with a barn full of POAs," Joyce smiled. "Carlette was definitely our horse person. She rode and trained, won ribbons and trophies and raised POA babies." They became part of the POA community, and Joyce served as a three-term president of the Texas Breed Association.

Eventually Carlette's interests shifted, not surprisingly, to quarter horses and, specifically, to the competitive world of cutting. The Breedens' property was now a full-fledged horse ranch with barns, fences, a new garage and a second house. They had owned, bred, trained and sold horses.



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When Carlette left for college and then married, Joyce and Ernie found themselves at a crossroads. “We still had high-bred cutting horse mares,” Joyce said. She and Ernie decided to jump back in. They bred the cutting mares, found a training barn and promptly purchased a Futurity prospect. They were back in the saddle, and, this time, Joyce was ready to ride.

“When it was clear our Futurity horse wasn’t ready for professional competition, I switched him to amateur status. I hadn’t ridden in 20 years,” she laughed. “I told



our trainer he had 45 days to teach me to ride and, specifically, how to cut!”

Today, she has hours of long trotting, loping and cutting under her belt. “I’ve won checks and buckles, but my victories are not always monetary,” Joyce smiled. “I’ve just turned 65 and will now show in the senior classes. I have wonderful trainers, don’t take terrible risks, and I’ve ridden enough to not confuse my horse.”

Currently, she competes on a mare named Hope who actually belongs to Ernie. As soon as her horse, Maria, weans her filly, Joyce will show her, too. Carlette has returned to live on the property with her 8-year-old son, Blake, and is again the vital horse person. “We have a colt and a filly at home, and Carlette works with them,” Joyce said. “I’ll be in my 70s before I can ride them, but I will.” After all, this has always been her dream. **NOW**



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### Danielle Elston

Upper Cut Salon  
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dmsfs06@gmail.com  
<https://www.facebook.com/DanielleElstonStylist>

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Saturday: 9:00 a.m.-4:00 p.m.



Danielle Elston, whose favorite color is cheetah, specializes in styling and coloring hair, airbrushing makeup and eyelash extensions.



# Making People Beautiful

*With a flair all her own, Danielle Elston brings confidence to women's faces.*

— By Melissa Rawlins

Anywhere she can help women feel good about themselves is a place Danielle Elston likes to be. On Wednesdays, you'll find her at Fleurdleys Inc., off of Rendon New Hope Road in Ft. Worth, doing perms, colors, styling and roller sets for some of the residents. "I love it," Danielle said. "I frequently visited my grandmother, who worked at a nursing home, and grew up going to play bingo with the ladies. I've always enjoyed that environment."

Another favorite place for this professional stylist and makeup artist is behind the scenes at weddings. "I love being in the backroom with all the girls while they're getting ready.

There is something about it that makes me so happy. I'm a part of their special day, and seeing them all pretty when they first walk out is so exciting," Danielle said.

When she starts, she talks to each person in the wedding party about whether they wear a lot of makeup and what kind of look they're going for, so that, in the end, they're not going to go home and try to correct it. Her goal is to make the bride, her friends and family happy. She recommends Dinair Airbrush makeup because it is sweatproof. "If you're going to stand out in the sun while you're getting married, the makeup will not run down your face," Danielle said. "It will last through



the day and all night long.” In fact, she explained, you’ll have to scrub it off with exfoliant. Some women prefer Toni & Guy makeup, which Danielle offers to the public.

When eyelash extensions became popular about two years ago, Danielle saw she could fulfill women’s dreams of fuller, thicker fringes around their eyes. “It is a luxury,” she warned, “and like nails, it is a luxury you have to maintain by getting them filled every two or three weeks.” In a process that takes about two hours, Danielle disinfects her tweezers, tapes down her client’s eyelashes, and glues the Nova Lash upper-lash extensions onto each individual eyelash inside a calm, private and highly sanitized environment.

Her glassed-in room is another of her favorite places. Here she tends to her clients’ unique needs surrounded by her favorite colors. The styling robes are cheetah print, and the curtains are red. The owner of Upper Cut Salon, where Danielle works, redid all the stations to match the color of her curtains. “If cheetah print, could be a color,” Danielle joked, “it would be my favorite!”

Her eye for color extends to her clients’ hair. Danielle has found Wella offers great color choices and conditioning when she styles her customers’ hair. “I usually throw in a glossing treatment at the end of my color treatment,” Danielle said, “because it helps seal in the color and makes the hair look really shiny.”

Over the past seven years, Danielle has given perms, global keratin taming treatments and haircuts to women desiring a quality hairstyle. She got her cosmetology license in high school in Paris, Texas, and moved here three years ago because her husband, Taylor, is from Burleson. For two years she worked with another salon. One year ago, she found the freedom to set her own schedule when she began working from her red-and-cheetah room in Upper Cut Salon. She has found her niche making people beautiful. “Seeing ladies walk out feeling good about themselves,” Danielle said, “that does it for me!” **NOW**



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*A small group gathers at one end of the banquet table at Our Place during the weekly breakfast meeting of Widowed Persons Service of Tarrant County.*



*Eric Neeley plays the euphonium with the Centennial Brass Quartet at Veterans Memorial Park.*



*Pam Ochoa out shops with her grandkids and their puppies, Pebbles, Scooter and Oreo.*



*The Sanders siblings and their friend, William, investigate the Burleson Police Department command vehicle manned by Sgt. Craig Bastible.*



*Billy Ayars, Wanda Page, Donald Wakeman and Sam Moore serve the community in Burleson.*



*Lonestar Orthopedic and Spine host a grand opening and ribbon cutting.*



*Sandra Pendergras, registered dental hygienist, mentors Robyne Harbin, who plans to enter dental hygiene school.*



*Steve Kelly with his sons, Trenton and Tatum, hit baseballs and have fun.*



*Caitlin Claver, general manager of It's A Congirl Thing Boutique, makes a deal with Lisa Miller, sales rep for NOW Magazines.*



*Michael Gage and Gabriel Deboyos, with Renee Nelms of AT&T Pioneers, who host over 50 visually impaired students at the Fort Worth Stock Show and Rodeo.*



*The Lättig family gathers for dinner at Babe's Chicken Dinner House.*



*Roberto and Joanne Hernandez take a break from the heat inside Hide Out Burgers where they do crossword puzzles and read.*



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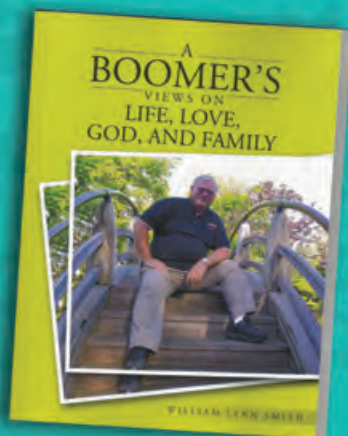


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## Tips for Setting — and Pursuing — Financial Goals

You can get lucky by finding a parking meter with time left on it. You can luck out by having nice weather on your vacation. You can even be lucky at love. But when it comes to financial matters, you're better off not counting on Lady Luck — and focusing instead on setting and pursuing goals.

Here are some suggestions for establishing and pursuing your financial objectives:

**Be specific.** You probably have a lot of ideas about what you want to do, but if you're going to turn these wishes into reality, you need to get specific. So, for example, instead of telling yourself that you want to retire early, set a goal of retiring at, say, 62. You can then use this target number to help

guide your overall investment strategy. To illustrate: You can determine that you need to invest a certain amount of money each year, and earn a certain rate of return, to be able to retire at 62. You can also estimate about how much money you can afford to withdraw from your investment accounts each year to sustain a retirement that begins at 62.

**Prioritize your goals.** Of course, you want to achieve all your financial goals — and you can have a better chance of doing so if you rank these goals in terms of both importance and timing. For example, you may want to send your kids to college, purchase a vacation home and still be able to retire at age 62. How should you allocate



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your resources to each of these goals? Should you invest more at any given time for a specific goal? What types of investments are best for each of these goals? Prioritizing your goals can help you answer these and other questions — and help direct your overall investment strategy.

## Be prepared to change your goals.

Over time, your family and financial circumstances can change considerably — which means you shouldn't be surprised or alarmed if you have to change your goals accordingly. And you'll find it easier to maintain this flexibility if you've worked diligently to create an investment portfolio with sufficient resources to allow you to change direction, as needed.

## Review your progress regularly.

If you're going to eventually achieve your goals, you absolutely need to measure your progress along the way. Are your investments performing the way you had anticipated? Are your goals becoming more expensive than you had initially envisioned? To achieve these goals, are you taking on too much — or too little — risk? To answer these types of questions, it's a good idea to review your overall progress at least once a year and then make whatever adjustments may be necessary.

As you can see, it will take considerable effort to set, review and (hopefully) achieve your goals. And it can be somewhat complex, too, so you may want to work with a financial professional — someone who takes time to talk with you about your goals, understands your risk tolerance and family situation, and has the training and experience necessary to help you work toward your objectives.

But in any case, think hard about your goals and how you might accomplish them. And don't delay in taking action — because goals are generally easier to attain if you have time on your side. **NOW**

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



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# A Fungal Mess

— By Betty Tryon, BSN

“What happened to your nail?” is a question usually delivered in tones of incredulous disbelief. Nail fungus is unsightly, and if you have it, you want to get rid of it. This condition occurs when one or more of your nails become infected with a fungus that grows in your fingernail or toenail. Fungi (plural for fungus) are microscopic organisms that like to live in warm, moist places.

Nails with a fungal infection may present as being thick, brittle, discolored and crumbling. They may have an odor, may separate from the nail bed and may become painful. It all starts as a white or yellow spot under the nail where the fungi have entered from small scratches in the skin or where the nail separates from the nail bed. Once the nail is affected, the infection will not go away on its own. It just continues to grow until treated. When that first spot appears, it is time to see your doctor before the fungus causes too much damage to the nail or spreads to the surrounding area.

This condition shows up in men more than women and in older people more than the young. Nail growth may slow down as one ages and may also thicken. This can increase the possibility for nail fungus. There may be a hereditary aspect to this also. Having pedicures under less than sanitary conditions can make you susceptible to fungal infections. Also walking

barefoot in public swimming areas and gym showers and damp locker rooms increases your risk. If you perspire heavily and wear socks and shoes where your feet receive little to no ventilation, the environment is great for fungi to grow and thrive.

Nail fungus can be difficult to treat. There are anti-fungal medications you can purchase over the counter. Sometimes these are ineffective, and stronger medication from a physician is necessary. They may prescribe topical and/or oral medication for treatment. In severe cases, an option is removal of the nail surgically or by laser therapy. Treatment in many cases takes weeks or even months before relief is seen. Unfortunately the fungal infection is subject to reoccurrence. It is important to keep your hands and feet clean and dry. Change socks throughout the day. Wear sandals or other protective footwear when walking on wet surfaces. Avoid places of business for manicures and pedicures that do not uphold stringent hygienic practices. Some home remedies for treatment may bring results. Research these treatments carefully, and check with your doctor before implementing them. It takes work, but you can be free of nail fungus. **NOW**

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

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10th Annual Langdon Review of the Arts in Texas: 9:00 a.m.-10:00 p.m., 308 E. Pearl St., Granbury. Art-lovers welcome for presentations, screenings and more. Contact (817) 279-1164.

### September 9

Metro Beekeepers meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St. Visit [www.metrobeekeepers.net](http://www.metrobeekeepers.net).

Burleson Independent School District Board meeting: 6:30 p.m., Boardroom at 1160 S.W. Wilshire Blvd. Call (817) 245-1000 for more information.

### September 9, 16, 23, 30

Joshua Young Life meeting: 7:02 p.m., the "old gym" at Joshua High School. Contact Theresa Boydston at (817) 368-0349.

### September 10 — October 29

Youth Dance Clinic: Tuesday evenings, Centennial High School dance studio. 5:30-6:30 p.m., K-fourth grade; 6:30-7:30 p.m., fifth grade and up. This is a fundraiser for The Sparklers. Contact Miss Ellison, (817) 245-0270.

### September 12

Meals-on-Wheels Golf Benefit: 7:30 a.m. and 1:30 p.m., Hidden Creek Golf Course. Help provide food and friendship for our homebound elderly neighbors throughout Johnson and Ellis counties. For more information, visit [www.servingthechildrenofyesterday.org](http://www.servingthechildrenofyesterday.org) or call (817) 558-2840.

Free Horticultural Seminar: 6:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. Hosted by the City of Burleson and Keep Burleson Beautiful and conducted by master gardeners from the Texas A&M Agrilife extension. Call David Lenartowicz, (817) 426-9842.

### September 14

Community Appreciation Day: 10:00 a.m.-2:00 p.m., 124 NW Newton St. The bounce house, free hot dogs and fun are hosted by State Farm Insurance, Sharon Robinson. Call for more information: (817) 295-2000.

### September 20

Power of Heels: 11:30 a.m.-1:00 p.m. BRiCk. Includes Lunch, Networking and Inspirational Presentation by Coach Krista

Gerlich, women's basketball coach from The University of Texas at Arlington. \$15 BACC Members; \$20 Non-Members. RSVP to (817) 295-6121.

### September 25

20th Annual Golf Tournament: 8:00 a.m., Southern Oaks Golf Club, 13765 Southern Oaks Dr. Proceeds fund the Leonard Morfeld Memorial Scholarship. Call (817) 297-4211 to register.

### October 5

Casa Superhero Run: 7:30 a.m., 210 Featherston, Cleburne. Benefiting CASA of Johnson County, community volunteers who act as voices in court for abused and neglected children. Contact Cheryl Price, (817) 558-6995, or [raceinfo@casajohnsoncounty.org](mailto:raceinfo@casajohnsoncounty.org).

Feed the Need: 8:00 a.m., 590 NE McAlister. 5K & Family Fun Run hosted by First United Methodist Church of Burleson to provide food for the hungry in Johnson, Tarrant and Ellis counties. \$15 for two-legged walkers and runners, or \$3 for leashed pets. Register at [www.funburleson.org](http://www.funburleson.org).

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

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## In The Kitchen With Alicia Sánchez

— By *Melissa Rawlins*

In her third year of life, Alicia Sánchez began helping her father cook breakfast. She also helped her mother and grandmothers flip tortillas. When her mother noticed her daughters creating multilayer cakes with nuts in their Easy-Bake oven, she offered to teach them to use the real oven, and Alicia found herself to be a good cook. Watching Julia Child on PBS, she discovered a whole new world of cuisine. Now the owner of Justice Insurance Specialists in Old Town, Alicia cooks for family and friends and enjoys grilling meats and vegetables. In her home state of New Mexico, chile appears in most dishes. Ever creative, Alicia enjoys the challenge of finding ingredients to attempt new dishes, cooking an array of recipes from around the world. **NOW**

### Hamburgers

**1 cup baby bella mushrooms,**  
finely diced  
**1/2 stick butter**  
**1 Tbsp. parsley**  
**1 Tbsp. thyme**  
**1 tsp. salt**  
**1 cup Reisling wine**  
**1 lb. ground beef**  
**8 oz. Gouda cheese**

1. In a skillet, sauté mushrooms in butter, thyme, parsley and salt for 5 minutes; add Riesling wine, reduce heat to simmer; continue cooking until wine is reduced and flavor locked in. Remove mushrooms from heat; cool.
2. Add cooled mushroom mixture to ground beef. Form into patties of 1/8 lb. each.
3. Insert Gouda between two patties; press edges together to make one patty.
4. Cook hamburgers.

### Chile Rellenos

*Serves 4.*

**8 Hatch chiles**  
**2 16-oz. blocks cheddar cheese**  
**4 cups vegetable oil**  
**8 eggs, room temperature**  
**3 Tbsp. flour**  
**1 tsp. salt**

1. Place oven rack on the highest level; cover the bottom oven rack with aluminum foil to catch fluid from chiles as they roast. Set oven on broil.
2. *To roast chiles:* Place chiles onto top rack under broiler; broil until chiles begin to blister and skin turns brown. Rotate chiles until all the skin is blistered. Remove chiles; place in a bowl covered with a towel to steam for 30 minutes. Remove peels and seeds; leave stem intact. Rinse off any remaining peels; pat dry.
3. *To make rellenos:* Cut cheese into sticks

the length of the chile. Cut a 1/4-inch slit in the top of each chile; stuff with cheese sticks. Avoid making the hole too big, as the cheese likes to escape!

**4.** Meanwhile, fill a large frying skillet half full of oil; heat to 375 F (usually this occurs when the batter begins to fry when dropped in the oil).

**5.** *To make batter:* Separate egg whites and yolks. Add salt to egg whites; beat to a firm peak. Add flour, one Tbsp. at a time. Add 4 yolks to mixture, 1 at a time.

**6.** Dip the stuffed chiles into the batter; fry until golden brown.

**7.** Place chile rellenos on a napkin to remove excess oil before serving.

### Green Chile Stew

**2 cloves garlic, finely diced**  
**1 lb. pork meat, diced**  
**2 Tbsp. salt (divided use)**  
**1 Tbsp. flour**  
**4 large potatoes, diced in small pieces**  
**1 28-oz. can diced tomatoes**  
**1 cup green chile, diced**  
**4 cups water**  
**1/2 tsp. basil**  
**1/4 tsp. oregano**

1. Mix garlic, pork and 1 Tbsp. salt in large soup pot. Cook meat thoroughly.
2. Add flour; let brown. Add potatoes, tomatoes, and green chile. Add enough water to cover all ingredients; add herbs. Bring to a boil.
3. Simmer until potatoes are tender; salt to taste.

### Pomme Frites (French Fries)

**1 cup vegetable oil**  
**4 golden potatoes, sliced into sticks**  
**1 Tbsp. Parmesan cheese**  
**1/4 tsp. parsley**  
**1/8 tsp. truffle oil**  
**Salt, to taste**

1. Heat oil to 350 F. Drop a portion of potatoes into oil; pan fry for 1-2 minutes.
2. After all potatoes are par-fried, put all fries back in the oil and fry until golden brown, about 3 minutes. Remove the crispy fries from pan into a mixing bowl.
3. Sprinkle Parmesan cheese, parsley, truffle oil and salt onto potatoes; toss gently.

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