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## EDITORIAL

Managing Editor, Becky Walker  
Burlson Editor, Melissa Rawlins  
Editorial Coordinator, Sandra Strong  
Editorial Assistant, Beverly Shay  
Writers, Lynn H. Bates . Lisa Bell  
Sheila Birth . Justin Jergensen  
Erin McEndree  
Editors/Proofreaders, Pat Anthony  
Pamela Parisi

## GRAPHICS AND DESIGN

Creative Director, Chris McCalla  
Artists, Kristin Bato . Casey Henson  
Martha Macias . Felipe Ruiz . Arlene Honza  
Brande Morgan . Shannon Pfaff

## PHOTOGRAPHY

Photography Director, Jill Rose  
Photographers, Jennifer Spears  
SRC Photography

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Rick Ausmus . Linda Dean . Laura Fira  
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## ON THE COVER



*Crowley High School's Cody May is a superstar in FFA — amongst multiple other endeavors.*

*Photo by Jennifer Spears.*

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## Editor's Note

*Hello Burlison, Crowley and Joshua!*

During National Bird Feeding Month, it's easy to watch the Creator of all providing for the birds. My living room window provides a panoramic view behind my house. Several types of birds, including the bright red cardinals perch and play in the trees. They are most inspiring when snow falls. Then, those perky, puffy creatures inspire me to revel in whatever life brings.

They take their posts on branches bare of anything but a layer of white stuff. They stand alert, watching the beauty and looking for food. When they find it, they glide to the ground and elegantly peck for the seeds and berries presented on a surface looking much like a white china plate.

May the view from your window inspire your heart to gratitude. Just look, and you'll find birds all around your home, too!

# Melissa

Melissa Rawlins  
BurlisonNOW Editor  
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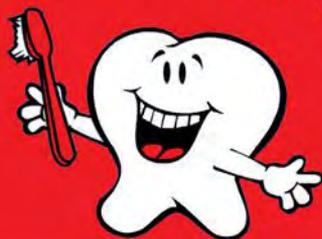
The ATHENA Society of Burleson is a 501(c)(3) organization.



The ATHENA Society of Burleson is composed of 18 women who have received the prestigious ATHENA Award for professional excellence and community service. In October 2003, award winners formed the Burleson Society with the primary goal of reaching further into the community to help Johnson County residents who have cancer.

The mission of the ATHENA Society of Burleson is to assist women in realizing their full leadership potential, participating in the community by contributing time and energy to improve the quality of life for others, serving ethically, with dignity, grace and sensitivity.

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# MORE

*Many years ago, FFA meant Future Farmers of America. In 1988, the name changed to National FFA Organization, a reflection of a growing diversity in the agricultural industry. Cody May, a junior at Crowley High School, currently serves as the local chapter and district vice-president. “Many people have a misconception that FFA is all about farming,” he said. “Some think agriculture isn’t important, but it’s everywhere around us — in the clothes we wear and the food we eat. Animals are not even close to all FFA encompasses.”*

As part of the organization, students develop leadership characteristics. They also learn skills, enabling them to pursue jobs they might never consider otherwise. Raising up future leaders is at the heart of the organization.

Malissa, Cody’s mother, likes the broad choice of events available to students. “With so many different aspects, you can be a superstar in one event or in eight. The perception used to be that these were redneck, country kids,” she said. “But these



# THAN FARMING

— By Lisa Bell

kids are top in the nation. These kids win the most scholarships and have the highest GPAs. They are the ones taking 30 credit hours before college.” She knows firsthand after watching Cody’s older sister win 32 scholarships, which will pay for her entire college education.

Cody first became interested in FFA because of watching his sister succeed and grow through her involvement. Following in very huge footsteps, he joined during his eighth-grade year. Careful to prevent too much competition between the siblings, his parents insisted he show lambs until his sophomore year in high school. When his sister graduated and passed the vice-presidency on to Cody, she also left a love for cows. “Cows are just fun — top of the animal totem pole. They are the biggest and coolest animals,” Cody said. “I love them. They’re my babies.”

Each of his five cows bears a name worthy of the shows where they compete. Pistol Annie, Cody’s first cow, is his favorite. Even when she’s been out in the pasture for months, she still knows and loves him, easily persuaded to give him a kiss. Of course, the treat he holds between his lips entices her a little, too. Annie recently had a baby, Southern Jewel. When she reaches 6 months, Cody will begin showing the calf, and Annie will enjoy retirement from competition.



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Shotgun Suzie is Annie's best friend. "It is a proven fact cows have best friends," Cody shared. "They're herd animals and can get depressed when left alone." At shows, the two cows went everywhere together. If one was taken out, the other began looking around, calling out for the missing friend with a loud moo.

Cowgirl Hanna is the motherly type. She constantly watches over the smaller Hanna's Belle. Each animal has a very different personality, but for the most part get along well with each other.

The cows keep Cody busy. He spends three to four hours a day washing, brushing and making them look as good as possible. They must also learn discipline to compete well. Even though they get cranky when hungry, the cows endure daily hygiene before feeding time. "Show cows are like fine china," Malissa said. "They come out for special occasions — very high maintenance." She compares them to 2-year-old children.

Cody agreed. "They are mischievous and defiant at times. Sometimes they do stupid things and learn from their mistakes," he said. One cow managed to find the smallest hole in a fence and stick her head through it. No turning back, she found herself completely stuck. Cody missed first period that morning, freeing her from the predicament. She learned not to stick her head through the fence.

While he enjoys taking care of the animals, Cody learns from the experience. With school, the animals and other activities, he needs excellent time-management skills. He maintains a 4.03 GPA in spite of missed classes during shows. He must communicate well



Cody May and one of his FFA mentees, Jennifer Estrada, pose for a photo in the Crowley ISD Ag Barn.



with teachers, get assignments and take ownership of completing and turning them in in a timely manner.

Serving as an FFA officer, he takes on additional responsibilities for meetings and educating and encouraging students to get involved. He also chooses to mentor others, explaining not only what to do, but also why. If he has a question someone can't answer, he conducts research. Caring for his animals helps draw out leadership qualities.

In addition, he sees additional value in FFA membership. He takes advantage of other available activities, such as leadership development and career development events. Some students become very active in the organization without owning or raising animals. They choose to participate in the science fair, horticulture, photography, floriculture, leadership and career events or one of many other areas available. Cody pursues as many of these other activities as he can, further broadening his experiences.

Cody also likes hunting and fishing, although he doesn't get to go very often. FFA events consume a great deal of time for this young man. However, he participates in school leadership through student council. He started Delta Force



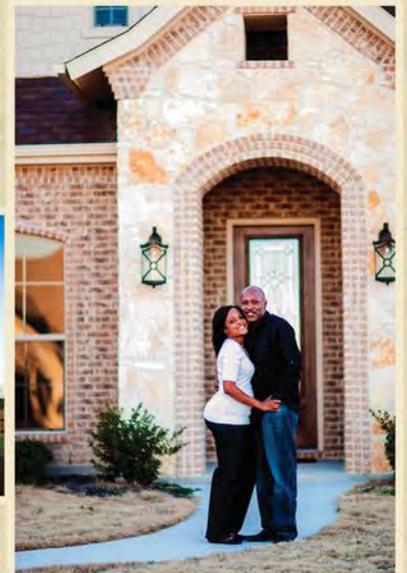
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Bible Club, providing short sermons on Tuesdays and leading the group. As part of the Texas Brigade, a Texas State Parks and Wildlife youth leadership program, he practices public speaking among other activities. This past summer, he participated in community service projects. Helping in local repair projects, going to Moore, Oklahoma, after the tornado and helping with vacation Bible school for inner city kids in Tulsa filled his first weeks of summer. A mission trip to Honduras changed him the most, leaving him grateful for all he has. "These people don't have anything. They live in houses made of clay or whatever. But to watch them worship is incredible," he said. "We have everything and complain about what we don't have. With nothing, they give everything to God."

Cody has a desire to be involved in some type of youth ministry later in life. He still has another year before college,



but has plans to attend Texas A&M University and pursue a degree in wildlife biology. After graduation, he wants to become a biologist or perhaps a game warden.

Although he doesn't win all of the cattle shows he enters, Cody can take pride in many achievements. Winning a show brings a sense of pride and overwhelming joy after many long, hard hours of work and preparation. "But since I don't win a lot," he said, "it also teaches me about losing with dignity."

Nevertheless, an impressive résumé



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# You're ENGAGED... Now What?

— By Shannon Pfaff



*He finally popped the question, and you said, “Yes!” Now it is time to plan your wedding. When you sit down to plan, you may be overwhelmed trying to figure out where to begin. Several things should be considered: the date, the location, the cost, etc. But one of the major tasks to think about is finding the dress. No matter how long the engagement, it is never too early to start shopping for your wedding attire.*

One of the first things to decide regarding the perfect dress is budget. A good rule is to budget 10 percent of the overall wedding fund for the dress, accessories and alterations. Wedding dresses can cost anywhere from \$400-\$4,000 depending on the store and brand. Larger bridal stores will have less expensive dresses, whereas the bridal salons will have pricier designer dresses with handmade details. If your wish is to have a custom-made dress, expect to pay more. When you decide what your dress budget will be, factor in the cost of alterations. Alterations for your dress can cost \$100 or more. Remember, most dresses don't come with a bustle, so you will have to pay an alteration fee.



Another thing to consider when shopping for a wedding dress, is your body type. Some brides make the mistake of planning to shop for a dress when they have lost weight or ordering a dress in the size they plan to be for the wedding. It is best to shop early and purchase a dress based on your current size. You can always have the dress altered later if you lose weight. Body type is more than just dress size, you need to think about your body shape as well. Are you shaped more like an hourglass? A triangle-or pear-shape? An apple-shape? Or a rectangle-shape? Knowing your shape can help you determine which dresses will accentuate your best features and mask the ones you like least.

Shopping for your dress may be stressful, but it should be fun and exciting as well. Consider bringing a close friend or family member with you while you shop. Second opinions can help when you are trying to narrow down your



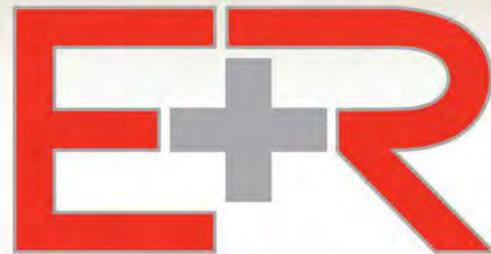
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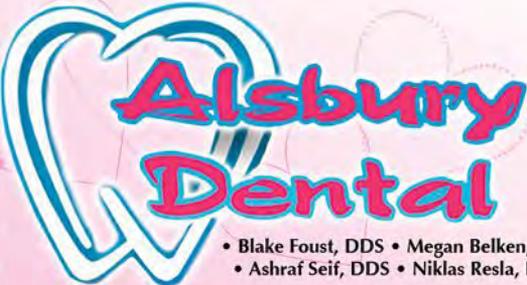
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choices. Then there is the added bonus of having someone who isn't working on commission tell you how beautiful you are. Of course, you can bring more than one person with you while you browse, but don't feel obligated to bring everyone who expresses a desire to go with you.



Whatever dress you decide to wear, make sure you love it. Begin shopping early to allow time to look at multiple stores with plenty of time for shipping your dress. With many bridal store options available, you are sure to find the dress that fits your budget and your body type perfectly. Don't be afraid to go back and try a dress on two or three times. After all, you will be gracing the aisle, and you'll want to feel good about how you look.



Shopping for  
your dress should be fun  
and exciting.

For more help with planning your wedding, here is a timeline to keep you on track:

12 Months Before:

- Select a date.
- Think about the wedding type — formal or informal.
- Set a budget.
- Hire a wedding planner, if desired.
- Reserve ceremony and reception sites.
- Select attendants.
- Select and book caterers, photographers, videographers, florists, musicians, etc.
- Begin compiling guest list.
- Shop for wedding dress and accessories.
- Start planning honeymoon.

Nine Months Before:

- Order your dress and accessories.
- Create a wedding website.

Six Months Before:

- Send save-the-date cards.
- Sign contracts and place deposits for wedding services.
- Reserve rental equipment — tables, chairs, tents, etc.
- Meet with officiant to go over ceremony details.
- Choose attendants' attire.
- Order wedding cake.
- Book honeymoon.
- Begin planning rehearsal.

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## Four Months Before:

- Schedule fitting.
- Schedule appointments for hair and makeup.
- Register for gifts.
- Purchase or reserve groom's attire.
- Book accommodations for wedding night.
- Choose and order favors.
- Choose gifts for wedding party.
- Order invitations, announcements and stationary.
- Arrange transportation for the wedding day.
- Compile a music list for your ceremony/reception.

## Two Months Before:

- Go over final details with service providers — menu, flowers, etc.
- Address invitations and announcements.
- Make a list of readings for the ceremony.
- Complete the order of the ceremony and reception.
- Print programs.
- Purchase wedding rings.
- Send event schedule to the vendors.
- Shop for ceremony/reception accessories, such as a cake knife and the guest book.
- Schedule rehearsal and rehearsal dinner.

## Six Weeks Before:

- Mail invitations.
- Discuss wedding photo ideas with photographer and videographer.
- Send announcement to newspaper.
- Prepare all of the necessary name change documents.

## Four Weeks Before:

- Obtain marriage license.
- Make final payments to vendors.
- Arrange for final dress fitting.
- Confirm times with all vendors, including hair and makeup.
- Assign seating for reception.

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## Two Weeks Before:

- Notify caterer or reception venue of the guest count.
- Address announcements.

## One Week Before:

- Pick up wedding rings.
- Confirm details with all service providers, including arrival times.
- Verify that all attendants have picked up their formalwear.
- Delegate wedding day tasks — transporting gifts, bustling dress etc.
- Make sure attendants know when to arrive for the rehearsal, rehearsal dinner and wedding.
- Pick up your dress.
- Set aside final payments for vendors.
- Pack for honeymoon.
- Advise caterer of changes to guest count.

## The Day Before:

- Review seating arrangements with the ushers.
- Make sure groom's attire is picked up.
- Rehearse ceremony.
- Rehearsal dinner.

## The Wedding Day:

- Eat something!
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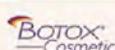
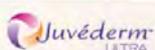
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# Faith, Family and AGGIES

At Home With Cutter and Nancy Orr

— By Erin McEndree

*When looking for a new home, people often know they've found it the moment they walk in the front door. Instead, high school sweethearts Cutter and Nancy Orr knew they'd found the right house when they saw what was outside the back door. They fell in love with the backyard view, the open concept and the location. The Fort Worth skyline and the Miller Brewery are perfectly framed by the tall trees. "It is beautiful at night," Cutter said. "And it is so peaceful." Since last April, Cutter and Nancy have been making the traditional house a home by filling it with their own rustic style. "It was ready to move in," Cutter added. "We didn't have to do anything." Besides painting a couple of accent walls, it was the perfect find after a year-and-a-half of looking.*



Among the attractions are the barn-style garage doors on this traditional house. A whimsical little frog and hippopotamus greet visitors at the front door, not to mention the "Howdy" Aggie rock in the flower bed. "Three things are very dear to us," Nancy explained, "faith, family and Aggies." All three are evident in the furnishings found throughout their home. Family photos are displayed in every room and capture memories from trips together. Crosses hang on several walls. A Beth Moore Bible study and Nancy's Bible sit on the bar. They also love their Aggies — Whoop! Subtle hints of the Aggie spirit can be found everywhere.

They both grew up in Burleson. "We were born and raised here," Cutter said. They went to Texas A&M University, but came back to Burleson as fast as they could to live and rear their family. Cutter works in the family-owned industrial business, and Nancy is a stay-at-home mom. She has a CPA license, but



rearing the kids and being there to help in their busy lives is her main priority. Their daughter, Allyson, is 13 and will attend Centennial High School next year. "The high school is so close," Cutter explained. "The location is one thing that drew us to this house."

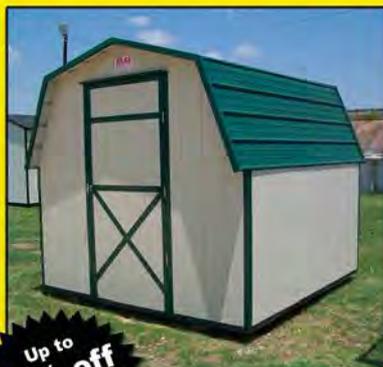
A platform bed Cutter made sits under a Caribbean blue accent wall in Allyson's room. Trophies from various sports and academic accomplishments are displayed on her shelves. "Allyson is in volleyball,

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helped coach football in the past, and Nancy will coach Kyler's basketball team this year.

The main floor of their home has an open floor plan, which the couple loves. The dining room, living room and kitchen flow together well. "The layout is perfect for entertaining," Nancy said. "We are involved with the youth at Cana Baptist Church and enjoy having them here." Brown is the main color tying the area together. Dark chocolate brown walls surround a large rectangular table in the dining room. An abstract painting of a horse is flanked by two sconces. The same dark color is mirrored in the leather couches in the living room and built-ins that hold mementos from their family. Cutter's grandfather's old Bible sits in a place of honor on the top shelf.

basketball, cheer, student council and drama," Nancy said. "I stay busy driving my kids to all their activities, but love every minute of it."

Their son, Kyler, attends Holy Cross Christian Academy. The walls in his room are plastered with posters about Aggies and video games. He enjoys the PS3 and Xbox. He participates in basketball, football, soccer and track. Cutter and Nancy take an active part in their children's lives. Cutter has

The dark wood cabinets in the kitchen are made of knotty alder. This rustic-looking wood was used for pallets because the knots were not as appealing to customers as clear wood. Its popularity has increased over the years, and it is very



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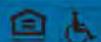
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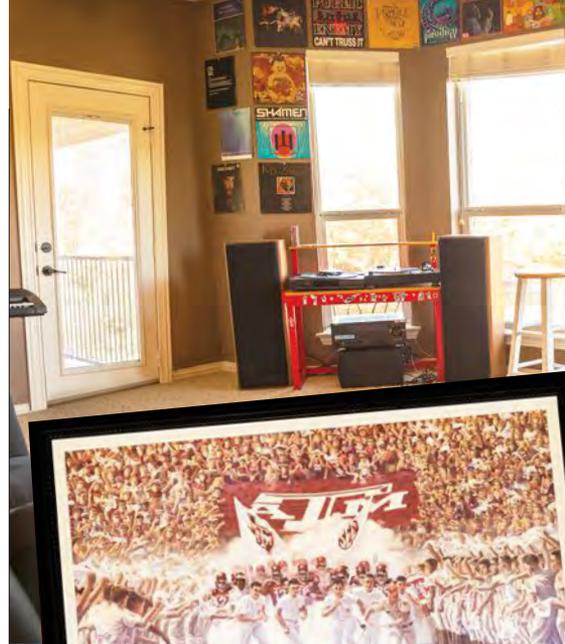
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desirable now. The wood stain caught Nancy's eye. "I love the deep rich color that is also on the vent hood," Nancy said. "I also love the detail around the hood." Vines and clusters of grapes pop out in a 3-D pattern. Silver drawer pulls on the island mimic the grapes on the hood. Lighter granite countertops with swirls of tan and brown complement the dark cabinets. "The bar is where the kids do their homework," Nancy said. "We can be together and catch up on the day."

The banister adjoining the kitchen has the same stain as the cabinets. A cowhide rug in the game and media room anchors the furniture around the large screen TV. The kids enjoy games on the TV and playing ping pong with their friends. A wall of windows shows off the view. "The balcony is the perfect place to sit and have quiet time," Nancy said. The windows continue into the music room where there is another impressive wall filled with vintage 45 vinyl records. Included are Willie Nelson's first album, U2, the Beatles, the Beach Boys, Erasure and The Righteous Brothers. They remain carefully hung until they're played on the nearby turn table. Electric drums and a keyboard sit in opposite corners of a room complete with microphones, a disco ball and strobe light for the many '90s dance club records. "Allyson and her friends enjoy this room," Nancy said.

Back downstairs, the color scheme continues in the master bedroom. Accent pillows with earthy, brown tones are atop

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— By Melissa Rawlins



*Serving up love wherever she goes, Marzie Bartee cooks a mean King Ranch Chicken. And everybody just loves to help her. She coordinates several groups of people who cook week after week, all year long, out of the kitchen at her church, First United Methodist Church on McAllister. Recipients of their fine, hot meals include participants with the Burleson Area Chamber of Commerce, the Burleson Lions Club, Burleson Area Retired School Employees Association and The Bridge. She is a director and an officer of the Burleson Heritage Foundation, which keeps a file on Marzie herself. Since moving here in 1972, she reared her children, taught school and volunteered throughout Burleson. She was publicly recognized for her efforts when she was named Citizen of the Year in 2008. Since then, the Chamber has given an annual Marzie Bartee Award to other outstanding citizen volunteers.*

Marzie's rewards for helping others are constant and personal. "Doing this, you meet new people," said Marzie. Recently, Community Bank honored six charities, including Burleson



**“MY DAD  
GAVE ME THE  
CONFIDENCE  
THAT I COULD DO  
ANYTHING  
I SET MY  
MIND TO.”**

Heritage Foundation. They were having a pie contest, so Marzie baked six sugar-free pecan pies, and hers won. “I’ve had more calls for that recipe. But it was given to me, so I don’t want to share the recipe.” Instead, Marzie tells her friends she will make one of her pies for them.

An extraordinary time manager, Marzie developed a dedication to responsibilities while growing up on a farm in Coryell County. “I knew what I had to do in order to accomplish certain things,” said Marzie, who played basketball for her rural high school. “That’s where I first started meeting people, learning personalities and having fun. That’s also where I learned I had to meet certain requirements before I went to either practice or play the game.”

While she helped her team go to state twice, Marzie began to consciously prioritize her tasks. “I have 24 hours each day, just like everybody else. But if I know I’ve got something to do tomorrow, I don’t wait until tomorrow to prepare. I work on it today. It’s disciplining your time that allows you to be efficient,” she said.

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Shirley Gilbert and Marzie Bartee partner up in service.

These days, Marzie looks at her to-do list every morning to remind herself of commitments made, then gauges how much time will be involved in accomplishing what she must do. In order to miss the crowds in the grocery store, Marzie usually shops at 6:30 a.m. A respect for mornings was developed during childhood. "My mind is clearer," she said. "I go get my stuff, and maybe go to the church and get going — whatever I need to do. I'm through by 9:00 a.m. I discipline my time."

Approximately 15 hours of Marzie's weeks are spent researching the best deals, purchasing groceries, planning menus and coordinating all the meals prepared out of the FUMC kitchen — whether for church functions or community meetings. Easy to work with, Marzie encourages her crews to confidence. They divvy up tasks and work in unison while fixing whatever menu she has laid out on the counter. This volunteer job is a calling for Marzie, who always wanted to be a missionary, but did not want to go overseas.

Ironically, she married a man whose passion was travel — often to hard-to-reach places like Big Bend National



Park, Nepal or Papua New Guinea. J.T. "Sandy" Barte was a redheaded CPA, who planned every trip their family made and even field trips for their Sunday school class. "When we traveled, I never packed his bag. He thought I had enough to do to take care of his 98-year-old mom and our children. We each had our responsibilities. He wondered why I



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wanted to do all this stuff, but he stood behind me," said Marzie, who thought of Sandy as her backbone.

Although they shared in common the ability to plan, they did not expect to have two children of their own after adopting Mitchell. Sandy and Marzie reared their children on four acres in Briar Oaks, where they could have horses and goats. Once their children finished high school, Sandy moved the family into town. Mitchell stays with Marzie, now that Sandy's gone, and helps her at the church. "Mitchell's such a good man, always smiling"

Marzie smiles, too, especially while remembering her mother, for teaching her to serve, and her father, for teaching her to be responsible and for building her self-reliance. They worked hard on the 300-acre farm near Turnersville. Marzie Nolene Weaver hoed and picked cotton, milked cows, did all the rugged work that needed to be done. "We didn't have much money, but we had plenty of farm food — vegetables, beef, pork and chicken. We had plenty to eat, but it was the Depression years. Everybody was alike," Marzie said. "Of course, my mom cooked our meals, but she was also in the community serving. If a family was down, she took them meals."

Yet growing up, cooking did not interest Marzie. "I enjoyed outside chores and was my dad's handyman," Marzie said. "The tractors I drove never had tires, only lugs. When I was 10, I was driving the tractor. Mom would say, 'Are you gonna let her go over into that far field?' Dad would say, 'Yeah, she can do it.' My dad gave me the confidence that I could do anything I set my mind to."

Taking that self-assurance off to McMurry College (now McMurry University) in Abilene, Marzie paid for her education by cooking daily breakfasts for the 24 girls in her dorm and recording grades in the registrar's office

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Charles Gilbert obviously enjoys giving Marzie a hand.

on a typewriter. She studied business administration, and minored in English. Her husband-to-be had just returned from service in WWII, and was attending McMurry on the GI Bill while working in the bookstore, where Marzie met Sandy, while they were freshmen.

They dated for four years before getting married. Marzie directed her girlhood dreams of being a missionary toward building their family. "While the kids were in school, I was a substitute teacher in the middle school under Mr. Nash. That way I kept involved with the kids and the community," Marzie said. She helped cook meals even then for the Chamber and the Lions, but not in the role of coordinator.

Before long, Marzie ran out of days to play in the women's golf tournaments at Mountain Valley Golf Course. "Everybody was asking me to do this, serve here. I always said, 'Yeah, I can do that.' My kids always asked, 'Can't you say no, mom?' Well, I told them, 'You know me, it's a new opportunity!'"

Burleson has continued asking Marzie to say, "Yes!" And people have come alongside her to fulfill the call. Each new opportunity allows her to be a missionary — in her very own community. **NOW**

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Premiere attractions like the Tulsa Zoo, Oklahoma Aquarium and Tulsa Air & Space Museum and Planetarium are destinations for all ages with interesting creatures and learning experiences to excite and educate young and old alike. Residents and visitors both appreciate unique shopping districts like Utica Square, festivals like Mayfest and Oktoberfest, fine dining, gaming, horse racing and more. Outdoor enthusiasts enjoy over 26 miles of outdoor trails winding along the Arkansas River, perfect for hiking, biking or running.

In this dynamic city, you'll find a renaissance spirit — to renovate, reinvent, revitalize and restore. Newness and change are ongoing, but the city respects and holds dear its historic landmarks. While the entire metro area reflects a broad scope of styles and vibes, downtown is a stand-alone experience. A new arena, baseball stadium, renovated hotels, restored attractions and venues, as well as the vibrant nightlife and entertainment options, create a one-stop spot for friends and family looking for fun. Downtown's anchors — the BOK Center and ONEOK Field, reflect just a portion of the nearly \$1 billion recently invested in the area.

Known for its funky vibe, the historical Brady Arts District is booming, with plans underway to create an entirely walkable arts district. A number of the older buildings have been renovated and several more are in the process, like the Mathews Warehouse, which will soon house art collections from Philbrook Museum of Art, The University of Tulsa and the Woody Guthrie Archives. The recently completed Guthrie Green brings an urban park to the Brady. Named for famous Oklahoma singer and songwriter Woody Guthrie, the park features an outdoor stage for music and films by night, while the trails, gardens and fountains provide a peaceful escape and family activities for day-time visitors.

The Blue Dome District is another center for downtown nightlife. Situated around a 1920s gas station that once attracted Route 66 travellers with its art deco-style blue dome, this district is now the place to enjoy pubs, restaurants, a vintage bowling alley or regional bands. The interesting art deco architecture of the Blue Dome district is something Tulsa is known for, ranking among the top three highest concentrations of art deco in the country, following New York and Miami.

All of this awaits visitors to Tulsa. A few days in the city will wet your whistle to return to explore the community's modern renaissance. **NOW**

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# His Cheerful Heart

*Dr. David Holmes provides full-service OB/GYN care along with pure positivity! — By Melissa Rawlins*

A new obstetrics and gynecological office opens this spring in Burleson. Dr. David Holmes will see patients out of his private practice in the Texas Health Care clinic conveniently located on south Interstate 35 just north of McAllister. The full-service OB/GYN women's care will include colposcopy exams for cervical disease and ultrasound. Dr. Holmes, who has already been in practice in town for one-and-a-half years, will continue delivering babies in downtown Fort Worth's Andrews Women's Hospital, where patients will also be sent for mammograms.

Dr. Holmes lived in Fort Worth until moving to Burleson six years ago, but has been caring for women's health in this area since 1981. Originally from Canada, he completed all his medical training up north, and then followed his father's footsteps to Texas. During the time Dr. Holmes has grown his private

practice, his family has contributed to Burleson's character. His wife, Jan, is a certified registered nurse anesthetist whose hobby is scrapbooking and card making. When she teaches Saturday classes at Russell Farms, her husband often delivers sandwiches and tea to Jan and her students.

A caretaker at heart, Dr. Holmes joined Baylor's health system about six years ago, and has been delivering babies in Andrews Women's Hospital. "It's a comfortable unit to have a baby," Dr. Holmes said. "We're high-tech while feeling homey."

Noting how medical practice has changed over the last 30 years to a managed-care system, Dr. Holmes relies on his patients for success and satisfaction. His patients appreciate his laid-back approach to the serious matters considered in each OB/GYN exam. "Way back in the distant past, before medicine,

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I was a psychology major, and on a personality test I ranked 100 percent on cheerfulness," Dr. Holmes said. "I make exams easy for my clients by helping them to answer the questions, keeping it lighthearted, while really listening to what they're saying, so they feel better than they did when they walked in."

Always jovial and positive, Dr. Holmes enjoys getting to know his patients while recognizing their personal boundaries. When they have an opportunity, these women refer their friends. "I've had patients for 30 years, and have seen the grandma, the mom, the daughter, so you kind of get to know them," Dr. Holmes explained. "For me that's really fun."

He has chosen just-as-personable staff members. Jessica Kuhn schedules appointments while his nurses, Dona and Darcy, work with him during exams. Dr.

**"We're high-tech while feeling homey."**

Holmes likes to joke that at work he has all girls, while at home he has all boys. Two of his sons are grown, one practicing medicine and another accounting, while two are finishing college. His leisure time, when not enjoyed with friends and family, is normally spent quietly reading.

His other hobbies tend to be photography and photo-manipulation on the computer, with software like Photoshop. "I like people," Dr. Holmes said, "so I merge my two passions." Over his career of delivering more than 300 babies per year, Dr. Holmes has taken photos of his patients with their new child. "We used to put those photos up at the office," he said. "At the new office, which we share with other people, I don't do that as much."

Dr. Holmes' practice shares space with about 30 other OB/GYN doctors in the group known as Texas Health Care. When they move to their expanded Texas Health Care in Burleson this spring, at least two doctors will always be available to address a patient's need. Their presence gives women one more choice in Burleson. **NOW**

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Owen and Ivy Clark practice driving their new Powerwheels in the parking lot by the BRiCK.



Noah Bourque shows off his blue cowboy boots while mom gets her car fixed at Christian Brothers Automotive.



Kim Peckler (left), animal control supervisor, receives recognition as one of Burleson's five City Employees of the Year from Lisa Duello, neighborhood services director.



Bekah Mulvaney and Steve O'Toole enjoy their work sorting books at Half Price Books.



Great friends gather on New Year's Day for beautiful weather and praising God.



Crowley Middle School teachers D. Tribble, left, and K. Williams, right, have fun in their college T-shirts on career day.



Michaela Clements looks on while her brother, Brenden, is photographed by Kindra Woods.



Cousins Dorothy Wilson, left, and Peggy Cook, right, enjoy coziness with coffee.



Anna Martin plays with her children, Ben and Owen, at Joshua's City Park.

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Obviously, the word “unexpected,” by definition, implies an unlimited number of possibilities. However, at different stages of your life, you may want to watch for some “expected” unexpected developments.

For example, during your working years, be prepared for the following:

- *Emergency expenses* — If you needed a major car or home repair, could you handle it? What about a temporary job loss? These events are costly, especially if you are forced to dip into your long-term investments to pay for them. To help guard against these threats, try to build an emergency fund containing six to 12 months' worth of living expenses,



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• *Investment risk and market volatility* — Extreme price swings are unpredictable, and they can affect your investment success. To defend yourself against wild gyrations in the market, build a diversified portfolio containing quality investments. While diversification, by itself, can't protect against loss or guarantee profits, it can help reduce the effect of volatility on your portfolio. And here's one more thing you can do to cope with the ups and downs of investing: Maintain a long-term perspective. By doing so, you won't be tempted to overreact to short-term downturns.

• *Long-term disability* — One-third of all people between the ages of 30 and 64 will become disabled at some point, according to the Health Insurance Association of America. Disabilities can be economically devastating. As part of your benefits package, your employer may offer some disability insurance, but you may need to supplement it with private coverage.

• *Premature death* — None of us can really predict our longevity. If something happens to you, would your family be able to stay in your home? Could your children still attend college? To protect these goals, you need adequate life insurance.

As you approach retirement, and during your retirement years, you may want to focus on these challenges:

• *Living longer than expected* — You probably don't think that "living longer than expected" is necessarily a bad thing. However, a longer-than-anticipated life span also carries with it the risk of outliving your money. Consequently, you may want to consider investment solutions that can provide you with an income stream that you can't outlive. Also, you'll need to be careful about how much you withdraw each year from your various retirement and investment accounts.

• *Need for long-term care* — If you had to stay a few years in a nursing home, the cost could mount to hundreds of thousands of dollars. These expenses could jeopardize your financial security, so you'll need to protect yourself. You could self-insure, but as that would be extremely costly, you may want to transfer the risk to an insurance company. A financial professional can help explain your choices.

None of us can foresee all the events in our lives. But in your role as an investor, you can at least take positive steps to prepare for the unexpected — and those steps should lead you in the right direction as you move toward your important goals. **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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### February 7

Denim and Diamonds: 6:30-9:00 p.m., Crowley Recreation Center. 41st Annual Awards Banquet for Crowley Area Chamber of Commerce. Dinner served promptly at 7:00 p.m. RSVP to (817) 297-4211.

### February 8

Father/Daughter and Mother/Son Valentine dance: **1st seating**, 4:00-6:30 p.m.; **2nd seating**, 6:30-9:00 p.m., The BRiCk, 550 N.W. Summercrest Blvd. Little ones go first; the later seating is for older children. Both time slots feature a dinner, dancing coordinated by a professional disc jockey, games, corsages and pictures. \$16 per couple, \$8 per person in advance. At the door, tickets are \$25 per couple or \$12.50 per person. RSVP to the BRiCk, (817) 426-9104.

### February 10

Metro Beekeepers meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St. Novice and expert beekeepers in Texas will enjoy learning from each other at Metro Beekeepers meetings. Contact Stan Key, (817) 888-0470, or visit [www.metrobeekeepers.net](http://www.metrobeekeepers.net).

### February 11

Sky Ranch Summer Camp Preview Night: 7:00-8:00 p.m., Canterbury Episcopal School, 1708 N. Westmoreland Rd., DeSoto. Learn about the Christian day camp to be held in June. Free preview for parents and children, ages 5-11. RSVP at [CharlesE@TheCanterburySchool.org](mailto:CharlesE@TheCanterburySchool.org).

Business After Hours Networking: 5:30-7:00 p.m., Location to be determined. Food, drinks, door prizes and networking, free for Burleson Chamber of Commerce members and only \$10 for non-members. RSVP to Burleson Area Chamber of Commerce, (817) 295-6121.

### February 13

Quarter Auction: 6:30-8:30 p.m., 740 S Wilshire Blvd. Charity event benefitting Independence Creek Preserve, a 20,000 acre property located in West Texas, and home to endangered species, new species to science, and hundreds of other species of plants and wildlife important to Texas. This preserve is the most important of the few remaining freshwater tributaries of the lower Pecos River, thus protection of this resource is critical to the future of Texas' freshwater supplies. Contact Destiny McGuire, (682) 478-6124, or [destiny.mcguire@live.com](mailto:destiny.mcguire@live.com).

### February 20

Burleson Area Chamber of Commerce Annual Awards Luncheon: 11:30 a.m.-1:00 p.m., First United Methodist Church. Couch & Russell Financial Group is the title sponsor, Charter Business sponsors presentation of Star Small Business of the Year Award, the Chamber sponsors Legacy Chamber & Community Service Awards and Texas Health Huguley Hospital sponsors the ATHENA Award. \$20 for members; \$25 for non-members. RSVP (817) 295-6121.

### February 21, 22

The Art of Marriage: **Friday**, 7:00-9:00 p.m.; **Saturday**, 9:00 a.m.-4:00 p.m., FWF Nazarene Church, 2001 E. Main, Crowley. \$60 registration. Childcare is provided. If you require childcare, please indicate when registering. Email [blessed2bemomof3@yahoo.com](mailto:blessed2bemomof3@yahoo.com) or call (817) 297-7003.

### February 25

29th Annual Banquet & Awards Presentation: 6:30-10:00 p.m., First United Methodist Church, 114 Paula St., Joshua. A great way to meet new friends and business associates, the Joshua Area Chamber of Commerce will be presenting the Chamber awards and 2013-2014 Teacher of the Year awards. Tickets are \$45 each if reserved by February 11. RSVP (817) 556-2480.

### Ongoing:

#### Mondays and Thursdays

Toastmasters International meetings: **Mondays**, 6:30-7:30 p.m.; **Thursdays**, 7:00-8:00 a.m., Burleson Chamber of Commerce on Wilshire Blvd. Join other professionals to encourage each other to speak effectively and persuasively in public settings. Contact Neal Jones at (817) 343-2589 or Gary Miller at (817) 919-3243.

#### Tuesdays

Burleson Kiwanis Club meetings: Noon-1:00 p.m., Golden Corral Restaurant, 301 SW Wilshire Blvd. Contact [bur88kiwanis@gmail.com](mailto:bur88kiwanis@gmail.com).

#### First Tuesdays

AARP Chapter 4055 of Burleson meetings: 10:30 a.m.-1:00 p.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. All seniors welcome. Potluck included! Contact Barbara Knight, (817) 447-4060.

#### Second Tuesdays

Burleson Heritage Foundation meetings: 7:00-8:30 p.m., Burleson Heritage Visitors Center, 124 W Ellison. Call (817) 447-1575 for more information.

#### Third Tuesdays

Neighbors On Watch meetings: 7:00 p.m., Crowley Public Library. For more information, contact (817) 297-6707.

#### Tuesdays and Thursdays

Johnson County Roller Derby: **Tuesdays**, 7:00-9:00 p.m.; **Thursdays**, 7:30-9:30 p.m., the gym at 301 S. Main St., Joshua. For additional information, email [JCRollerDerby@gmail.com](mailto:JCRollerDerby@gmail.com).

#### Wednesdays

Knitting classes: 10:00 a.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. Free. Contact (817) 295-6611.

#### Second and Fourth Wednesdays

Burleson Lions Club meetings: Noon-1:00 p.m., First United Methodist Church on McAllister. Visit [www.burlesonlions.org](http://www.burlesonlions.org) or call (817) 992-9823.

#### Wednesdays and Thursdays

Family Storytime: 10:45-11:15 a.m., Burleson Public Library. A free weekly opportunity for parents, grandparents and caregivers to spend time with their children and encourage the love of reading with stories, songs, games, music, puppet shows, finger-plays and much more. Contact Carolyn, (817) 426-9204.

#### Fridays

Crocheting classes: 1:00 p.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. Free. Contact (817) 295-6611.

#### Saturdays

Russell-Boren House tours: 10:00 a.m.-2:00 p.m., Russell Farm, 405 W. CR 714. Free. Built in 1877 by Martha Glenn Russell, an independent pioneer woman, the house sheltered not only Martha and her five children, but also descendants of the Russell family for 135 years. Middle-school aged and older students should be accompanied by their teacher or parents. For more information, call (817) 447-3316.

#### Third Saturdays

VFW Post 6872 Breakfast: 9:00 a.m., 3409 CR 920, Crowley. Join the Ladies Auxiliary for good food and fellowship. (817) 645-2436.

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*

# Chronic Headaches? Take a Number.

If you suffer from chronic headaches you are not alone. Recurring headaches are one of the most common health problems noted in a recent survey by the American Academy of Pain Medicine. Maybe you were among the 45 million who missed an estimated 157 million days of work, school and life due to persistent headaches. Whether it's a pain in the neck, head or face, all headaches — tension, traction, inflammatory or vascular causes — are all a veritable headache. While sleep, stress management, diet, over-the-counter and prescription medications may alleviate some headaches, they can't eliminate all of them. And when traditional relief techniques don't work — and the doctors, co-workers and family can't understand why — where can the still-suffering patient turn?

Turns out there may be hope for those who've been told it's all in their head. New treatments are made to treat chronic headaches, right there where it hurts. The trigeminal nucleus, or "nerve root," located in the base of the cranium is the information hub that collects all sensory information from the face/head/mouth region. All pain experienced in those parts of the body are processed there. It seems no wonder then that a new technique, aimed at addressing that signal station, the nerve root, is proving effective at subduing chronic headaches. A new, cold-laser therapy targets the pain at the source for lasting relief rather than temporarily easing of headache symptoms. The painless techniques and their success at eliminating chronic

headaches is drawing an ever-increasing following of happy patients.

Dental professionals trained to offer headache treatments assess the needs of patients individually using computer imaging to identify specific problems. The gentle and painless laser treatment alongside muscle manipulation, electrical stimulation and sometimes with a custom orthotic mouth device, work together to address the pain at the root. In-office services combined with simple exercises to stretch and strengthen the muscles, restore the nerves and muscles to fuller function. While some traditional approaches leave patients dependant on costly regimens of pills and injections, a headache treatment program offers patients control and relief with an at-home care kit, so relief isn't only available in office.

While there isn't a cure-all for every case, the results of headache treatments are very promising. Average success rate is about 93 percent, with most patients feeling noticeable pain relief after one treatment. For those who have suffered enough, maybe there is hope for relief by turning to something new and treating the pain at the root. Take a number to join the growing fan club for this exciting and accessible new technique for chronic headaches and migraines. **NOW**

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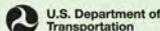
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## In The Kitchen With Louise Bodiford

— *By Melissa Rawlins*

At the age of 17, inexperienced in the art of food preparation yet recently married and alone in the kitchen, Louise Bodiford attempted chicken and dumplings and learned to love cooking. “My dumplings were twice the size I expected them to be and were overflowing out of my pot,” she recalled, with a grin. She invested in a larger kettle plus a cookbook.

Since then, she has collected over 10 dozen cookbooks — plus two binders full of recipes clipped from magazines. Louise moved from White Settlement to Burleson in 1966, when Wilshire Boulevard was a two-lane country road with one street light at Renfro. Now, her four kids and her grandchildren enjoy Louise’s southern-style favorites whenever the opportunity arises. **NOW**

### Chocolate Cream Pie

- 1/3 cup flour or 1/4 cup cornstarch**
- 1 cup plus 1 Tbsp. sugar (divided use)**
- 1/4 tsp. salt**
- 1 tsp. cinnamon**
- 2 1-oz. squares unsweetened chocolate**
- 2 cups milk, scalded**
- 3 egg yolks, slightly beaten**
- 2 Tbsp. butter**
- 1 tsp. vanilla**
- 1 9-inch pie shell, baked**
- 1 pint whipping cream**
- 1 4-oz. Hershey chocolate bar**

- 1.** Mix flour, 1 cup sugar, salt and cinnamon. Set aside.
- 2.** In a double boiler, add unsweetened chocolate squares to milk while heating; stir until chocolate melts. Gradually add dry ingredients. Cook over moderate heat, stirring constantly until mixture thickens and boils. Cook 2 more minutes; remove from heat.
- 3.** Add small amount of mixture to egg yolks. Stir into remaining hot mixture. Cook

- 1 minute, stirring constantly. Add butter and vanilla; cool slightly.
- 4.** Pour into baked 9-inch pie crust, store-bought or homemade.
- 5.** Whip cream partially; add 1 Tbsp. sugar. Whip until peaks form. Dollop onto completely cooled pie. Grate chocolate bar over whipped cream.

### Beef Burgundy

- 2 1/2 lbs. eye of round roast, trimmed of all fat**
- 1/3 cup Wondra flour or regular flour**
- 1/3 cup canola oil**
- 1 10.75-oz. can mushroom soup**
- 1 pkg. dry onion soup mix**
- 3/4 cup red wine**
- 1 1/2 cups beef broth**
- 1/4 tsp. garlic powder**
- 1/4 tsp. thyme**
- 1/4 tsp. celery salt**
- 1/4 tsp. paprika**
- 1 tsp. pepper**
- 4 cups medium egg noodles**

- 2 quarts water**
- 2 Tbsp. butter**
- 1 tsp. pepper**

- 1.** Cut beef into 1/2-inch cubes. Dust with flour; lightly brown in oil. Mix soups, wine, broth and spices. Mix well; add beef.
- 2.** Pour into a lightly greased, covered casserole dish. Bake for 2 hours at 300 F. If too thick at the end of the cooking process, stir in a little more beef broth.
- 3.** Bring water to a boil; cook noodles until tender. Drain, add butter and pepper. Pour beef burgundy over the noodles.

### Baked Sweet Potato Wedges

- 3 Tbsp. butter**
- 3 medium or 2 large sweet potatoes**
- 1 tsp. cinnamon**

- 1.** Line baking sheet with foil; crimp edges. Melt butter on the cookie sheet while preheating oven to 400 F.
- 2.** Wash sweet potatoes, cut off ends and cut into wedges. Roll wedges to coat with butter; sprinkle with cinnamon on all sides. Bake for 15 minutes. Turn wedges over; bake another 15 minutes.

### Bacon-wrapped Asparagus

- 1 lb. asparagus**
- 5-6 slices bacon**
- 1/3 cup butter**
- 1/3 cup brown sugar**
- 1 Tbsp. soy sauce**
- 1 tsp. pepper**

- 1.** Preheat oven to 400 F. Wash asparagus; cut or break off the tough ends. Precook bacon halfway until it’s still pliable (otherwise the asparagus will cook before the bacon is done).
- 2.** In a small saucepan, melt butter with brown sugar, soy sauce and pepper. Divide stalks into 5 or 6 bundles.
- 3.** Line a cookie sheet with foil; crimp edges. Spray with canola oil or Pam.
- 4.** Wrap 1 slice of bacon around each asparagus bundle, leaving the tips and ends exposed. Lay bundles on baking sheet. Pour sauce over each bundle; bake for 10 to 15 minutes.

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



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[TexasHealth.org/Burleson](http://TexasHealth.org/Burleson)

 **Texas Health**  
Harris Methodist Outpatient Center<sup>SM</sup>  
BURLESON



Ross Hamilton, DDS, Randy Hamilton, DMD,  
and Blane Hamilton, DMD

To all **iKids** patients and parents!

*Thank you* for making our days  
full of fun and excitement.

*Thank you* for placing your trust in us.

*Thank you* for your friendship and for giving **iKids**  
the opportunity and privilege to serve you.

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