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June 2010

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Josh Lovejoy swims at the Huguley Fitness Center.

Photo by Amy Ramirez.

Editor's Note



Dear Readers,

During this last month of spring, I would like to celebrate new beginnings by spotlighting Johnson County's newest charity. Chisholm Trail 100 Club is a growing network of people working together to provide financial support and encouragement to dependents of eligible law enforcement officers, firefighters and emergency medical services personnel who are killed or seriously injured in the line of duty. Sheriff Bob Alford and Melissa Zaborowski held an initial meeting in November 2009, out of which a steering committee was formed made up of individuals throughout Johnson County including the following: Don Beeson, Jerry Stringer, Bruce Basden, Charles Bosworth, Bob Alford, Melissa Zaborowski, Bob Russell, Bonnie Davis, George Jenkins, Glen Ball, Keith Kelly, Justin Bond, Clint Ishmael and Jerry Payne. You can contact Mr. Payne at (817) 295-0461 for more information on how to support the CT100, which exists to support new beginnings for all the families of fallen heroes in Johnson County.

Have a safe and peaceful June, Burlson and Joshua!

Melissa Rawlins
BurlsonNOW Editor

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— By Melissa Rawlins



Stephanie Leneé Brooks prepares to take a ride on Phyllis the horse with the assistance of Ginger Josephson (far left), DeAnn Michie (holding the lead rope) and Margaret Dickens (far right).



and the physical. The horse is an amazing healing tool for the people Wings of Hope serves. These children and adults are disabled. They have to have a doctor's release saying that riding their horse won't hurt them."

Wings of Hope Equitherapy is a premier center fully accredited by the North American Riding for the Handicapped Association (NARHA) serving 97 adult and youth clients from Tarrant, Dallas and Johnson counties since 1996. "We are involved in Special Olympics, Chisholm Challenge and Horses for Heroes," Margaret said. "At this point, as I am retiring, I am free to be a connection with the parents and caretakers, because our program director, Julie Rivard, is doing a great job of running everything smoothly."

The staff and volunteers keep a busy schedule caring for the horses, managing the barn, teaching riding lessons and leading nondenominational prayer meetings between each class. All Wings of Hope instructors are NARHA certified and have extensive experience with both horses and disabled riders. Riders are taught to control the horse with reining. They are taught to control themselves through the use of games played from astride the horse. And they are taught responsibility through teamwork and stable management with volunteers. To help clients develop spiritually, mentally, emotionally and physically, therapy at Wings of Hope is designed to increase cognitive skills and self-esteem, and to improve balance, coordination, posture, fine motor control and articulation in each rider.

"These children and adults have bonded with the horse, and they think about their horse and their riding lesson all week long! For every rider, we need three volunteers during their lessons. What the child or the adult rider experiences in the hour they are

Margaret Dickens is trying to retire. She has tried twice before. "When you're a founder, you can't just leave," laughed Margaret, who plans to take the title of Emeritus Director of Wings of Hope, the equine therapy center just south of Burleson, a little north of where FM 917 and CR 806 coincide. "This field of equine therapy is not just pleasure riding. We're helping the people physically and mentally, and we have 150 volunteers helping us do it. I want Wings of Hope to continue long after I'm gone."

Growing up in Fort Worth, Margaret rode horses all her life. "During my first job as a camp counselor, I took my earnings and bought my first horse," said Margaret, who believes horses help people to be whole. "It's a combination of the spiritual side



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in their lesson, amazingly, is 12 people giving them care during that hour! And their parents and caretakers are supported through the prayer group," Margaret said. "We'll have a child for one hour. Parents have them for 23 hours! The care these children require is unbelievable."

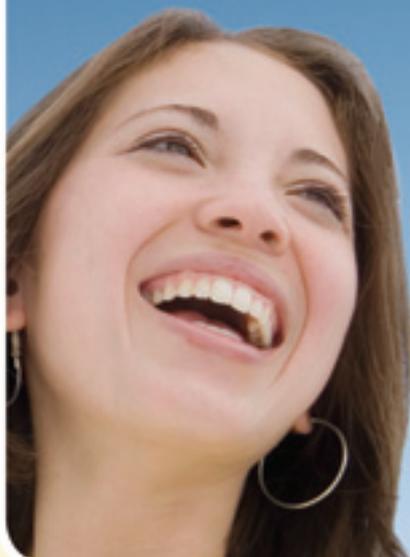
The pleasure Margaret gets from helping people is contagious. She first entered this field in the 1980s, when she was already volunteering at a soup kitchen in Fort Worth. She learned there her gift was rehabilitation and exhortation. "In the soup kitchen, I spent hours and hours praying with children and adults, leading them to the Lord. We baptized 150 children from the streets! When you're energized in what you're doing, you realize you're doing what God is calling you to do," Margaret said. "It's life-changing when you're operating in your gifts."

She knew, however, that she needed paying work and she prayed for a place to work that would allow her to use her gifts. "I wanted more. I loved horses. I wanted to make use of my gift of rehabilitation," Margaret explained. "What happened next was a miracle!" She answered an ad on October 15, 1986, and was immediately hired to work in Keene at Odyssey Harbor, which served children who had been abused, teaching them to trust again through therapeutic riding.

Margaret's life experiences have taught her that once you learn one skill, you can use it in other areas. "I had been director of religious education for St. Andrews Episcopal Church before volunteering in the soup kitchen, and at St. Andrews I had learned to play guitar and lead vacation Bible school," Margaret said. "That experience prepared me to be effective when Patti Pace and I led the church and prayer meetings at Odyssey Harbor. She and I used to tune our guitars and say, 'It's OK if it's not perfect; it's just the love that counts!' As it turned out, the combination of all of it was most important. The prayer group and the riding was a ministry that those kids responded to.

"We added prayer and church to our therapeutic riding and what we did was so effective that when Odyssey Harbor closed in 1996, they agreed to give us their horses if we would open a private, nonprofit equestrian program.

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That is how Wings of Hope began," Margaret said. "I know I was led into this organization and it was God who turned it into a ministry."

At Patti Pace's place in Burleson, Patti and Margaret began to give riding lessons to clients who were not abused, but were physically, cognitively and emotionally handicapped. For three years, between prayer meetings and lessons, Margaret and Patti also raised funds to purchase 26 acres in Egan, dedicated to Wings of Hope. Volunteers were always welcome. Margaret's niece had a friend named Nancy Knox, who rode cutting horses. She chose to volunteer, but died shortly after making the commitment.

"Her family donated, in Nancy's memory, enough money to build a covered barn and an arena. With that, other foundations came in to support Wings of Hope," said Margaret, adding: "As my husband used to say, 'If God is chairman of the board, and if He wants it to happen, then it will.' After that, Lockheed Martin came on board to help build the stalls and tack room, HB Zachary Construction donated the concrete, and Morrison Supply Company donated the plumbing and fixtures. Three trucking companies from Cleburne transported seven truckloads of reclaimed asphalt to build the parking area and United Co-op Services donated the outdoor lighting." The Amon G. Carter Foundation has been a big supporter, funding the driveway, the purchase of more land, a farm truck and a site plan for future improvements, which will include an outdoor arena, more barn and stall space, and a chapel for prayer meetings and church services.

For now, Margaret often leads a prayer group at Wings of Hope. Recently after a riding class, a beautiful dark-haired woman in a wheelchair, the woman's caretakers and other riders joined in for worship. Margaret picked up her guitar and asked the client what song she would like to hear. Pointing to letters on a laminated card to spell out words her vocal chords could not quite articulate, the woman called for "The Joy of Jesus" and Margaret picked up her guitar. With a big grin on her face, she urged the group to sing out, "I am so happy, so very happy, for I've got the joy of Jesus in my heart!" **NOW**

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Oops!

Here We Are!

— By Carolyn Wills

AT HOME WITH TED AND ANDREA RUBY



Ten years ago, Ted and Andrea Ruby were not really looking to move. Their daughter Grace was 2 years old, Andrea was pregnant with their second child, Ted was building his business and, as always, their schedules were super busy. A friend had discovered a home for sale in The Cliffs and had encouraged them to at least drive by and look at it. The Cliffs is an old Burleson neighborhood filled with custom homes, big lots and great trees. On their way to the listing, Ted and Andrea were distracted by a charming brick home which, while not their intended destination, surprisingly and quickly became their destiny. "I fell in love with it from the outside because of the trees," Andrea said. "We weren't really looking for a new house, but there was something special about this one, and the next thing we knew, we were talking to a Realtor and ended up buying it."

The Cliffs is located near the intersection of Alsbury and Renfro and is easily accessible to just about everything a Burleson family needs. The quiet area is made especially interesting by its variety of well-built homes and large, tree-covered lots. The one that “called the Ruby’s name” is a brown brick traditional with a pitched roof, commanding trees, bricked walks and a covered entrance. Featuring a sunken living room with a massive wood-burning fireplace, the spacious three bedroom home includes a formal dining room, cheerful kitchen and eating area, two baths, a large playroom off the living room, office, laundry room, backyard patio, swimming pool and, of course,



a tree-shaded lot. The previous owners were teachers and the house had been custom-built, beautifully designed and well-kept. “But by the time we moved in,” Andrea explained, “the 1980s style with wallpaper in just about every room and pink painted crown molding was ready to be updated.”

The Ruby’s are a family on the go. “Our house needs to be very livable,” Andrea said. “We’ve had lots of parties from birthdays and showers to family and friend get-togethers. Each New Year’s Eve we host a karaoke party and, at some point, it is guaranteed that kids will be dancing on the coffee table.”

Ted and Andrea grew up in Burleson, were high school sweethearts, became engaged and married, had two daughters and have always been active in business, family and community. Before they

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married and until the birth of their first daughter, Andrea worked in Fort Worth advertising agencies and was used to organizing projects and streamlining the creative process. Since he was 15 and pushing a mower across neighborhood lawns, Ted has been growing DLC, Inc., a successful commercial lawn care company. Over time, the couple also accumulated and maintained rental properties in the Burleson area and created Blossoms on the Boulevard, the colorful and bustling flower shop on Highway 174 between Burleson and Joshua.

“Ted likes to tackle a couple of home projects a year, usually in the winter,” Andrea explained, “so the first thing we did for the house was to remove the wallpaper and paint every room a different color. The living room is soft yellow, the kitchen green, the dining room rust, our oldest daughter’s room is hot pink and



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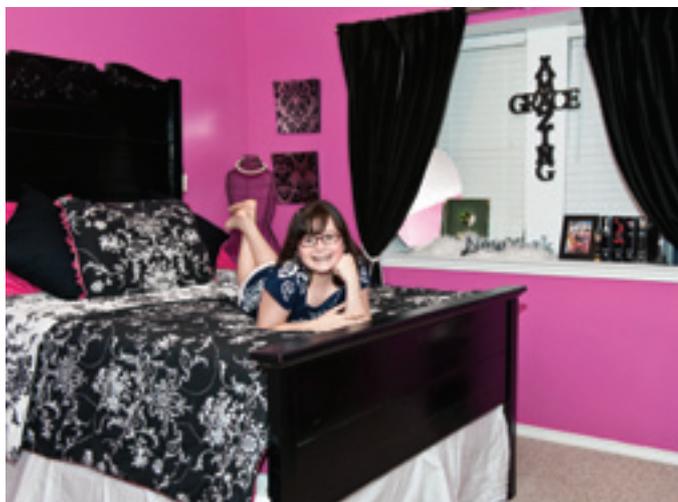
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black, the youngest daughter's room is Hawaiian lime green, our bedroom is blue, the playroom is wood paneling and Ted's office is khaki." Ted has also laid tile in the entryway, bathrooms and kitchen, replaced a wooden rail between the dining and living rooms with wrought iron, installed a cherry wood floor in the master bedroom and trimmed, planted and revitalized the yard.

The Rubys' life experiences are documented by the many photos throughout their house. Grace, who is 12 years old and a sixth-grader at Hughes Middle School, and Kirsten, who is 9 years old and a third-grader at Academy at Nola Dunn, clearly reflect the independent and adventurous spirits of their parents. "As a family, we began to learn judo at Ruben Martin's Dojo about four years ago," Andrea said. "Since then, Grace

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and Kirsten have been to countless tournaments including the Junior Olympics and the US Open.”

Grace and Kirsten selected the colors and decor for their bedrooms. Grace’s hot pink and black reflect her love for drama and Kirsten’s lime green is the ideal backdrop for her surfer-dolphins-Hawaiian theme. The most recent project in the Ruby’s home is the master bedroom; the new style of furniture and accessories is modern tropical as a complement to the cherry wood floor and blue walls. “Now that Grace and Kirsten are older, the playroom will be our next project,” Ted said. “We’ll probably make it more of a media room or theater with a TV and projector. There are no TV’s in any of our bedrooms. Everyone gathers in



the living room to watch TV together.” It should be mentioned that “everyone” includes Beans, the Rubys’ 2-year-old Boston Terrier and best friend to anyone with the last name of Ruby.

“We’re doers,” Andrea explained, “and have never been much for collecting.” The exception is her grandmother’s

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“We especially appreciate living in Burleson now because our kids’ teachers are people we grew up with.”

Frankoma pottery. “My grandmother, Betty Wills, was very important to me,” Andrea said. “Growing up, my sister and I traveled with her often to places like Nashville, Las Vegas, Tulsa and Austin. But most of all, we got to be with her.” Andrea is the granddaughter of western swing legend, Bob Wills, and although he died when she was just a toddler, through her grandmother’s stories he became an integral part of her life. Andrea goes to Turkey, Texas, every year for the annual Bob Wills celebration which, in 2011, will mark its 40th anniversary. For the past two years, she has worked tirelessly to help develop the Bob Wills Heritage Foundation established shortly after she and her aunt attended the 2007 Grammy Awards and accepted a Lifetime Achievement Grammy Award in honor of Bob Wills.

“Family is most important to Ted and me. Ted’s parents, Rick and Millie, are long-time Burleson residents and are very involved as grandparents. And they love Beans, too,” Andrea laughed. “We especially appreciate living in Burleson now because our kids’ teachers are people we grew up with. We love our home because it is so livable and because of the many important and not-so-important things that have happened while we’ve lived here.” **NOVY**

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Burleson High School students receive All-State honors and are recognized at the BHS board meeting. From top left: Members of the BHS Academic Decathlon Team and their parents: Cameron Center, Franklin Preninger, Dirk McHazzlett, Patrick Barron, Alex Solomon, Cooper Wyatt, Jordan Williams Academic Decathlon team sponsor Charles Boardman; BHS band students Laramie Debann, Brandon Lewis, Ben Melrose, Mark Seifert, Rhema McGee and their parents along with trombone private lesson instructor and BHS Band Director Joe McGee; BHS choir students Courtney McCutchen and Rhema McGee with their parents along with BHS Choir Director Philip Glenn and BHS Band Director Joe McGee.



Sharon Price, mother of D'Vine Wine owners/ sisters Dana Bell and Donna Thiessen, helps prepare their storefront for its grand opening.



Susan Allen of Radiant Healthcare Services wins a Spartans T-shirt from JamzSports and celebrates with Shirley Franklin of Accu-Level Foundation Repair and Mark Wylie of American National Bank.



Mickey Lopez, waitress at Bello's opens the sunny deck for lunchtime business.



Billy Proffitt and his wife, Sue, grin for the fun of life at a Wednesday coffee at Tris FitzGibbon's Edward Jones Investments.



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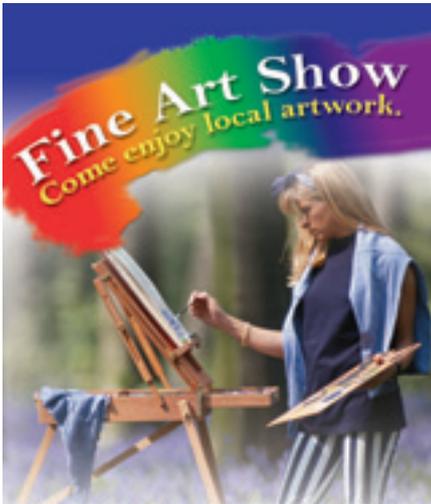


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“And people ask me why I dance for the Lord?”

Let's Waltz

— By Melissa Rawlins

Talking about talent with Jennifer Easley gives you goose bumps. For this 65-year-young ballerina, dance is ministry, and is as much about the glory witnessed by the audience as it is about the beauty she experiences in the midst of the movements. Jennifer and her dance team interpret the words of a gospel song and reach out to tell the congregation, “There’s a place we go in Him. You can go there, too!” Jennifer explained.

Combining her gift of dance with her talent for sewing, Jennifer clothes Lion of Judah Ministry with homemade gowns, mantles and banners. “My Mother was an artist who loved to paint with oils and watercolors, and who made most all of my clothes. She taught me to sew for my dolls. I raised my two children, Trisha and Tim, very aware of the economical benefits and the pleasure that sewing for your family can bring,” Jennifer said. “Then when the granddaughters came, I loved to sew for them. Now, I use the talent the Lord gave me to make our worship attire, worship flags, banners, ribbons and glory hoops.”

The vibrant, well-organized dance room at Burleson’s Living Water Church is where all the creative juices flow. “The selection of design, color and fabric is extremely important. I turn on worship music, shut the door, pray and the Lord begins to [help me] create some beautiful things as only He can,” said Jennifer, who uses a pattern she refers to as “old faithful” and then adds other elements to make a unique garment. It is not difficult for Jennifer to cut out a dress, sew it up and in one day have a garment that fits the person she is sewing for.

“For that,” Jennifer said, “God receives all the glory and praise! I have a love for the Old Testament, where God was very

specific what His priests wore. Even though we don’t live under the Law, when we minister under the anointing of the Holy Spirit, our concern is that the congregation experiences the Lord’s presence.” Jennifer wears a high priest’s garment when she ministers with a song called “Holy of Holies.”

“Often I have had people ask me, ‘You dance in church? Why do you do that?’ My answer to them is, ‘Why not?’ In 1982, I was diagnosed with a crippling back condition that would have put me in a wheelchair, addicted to prescription pain medication by the time I was 40. But I knew a God who heals,” Jennifer said. “For two-and-a-half years, I was in constant pain that no man could stop. Then one day, I woke up and was pain-free and have been ever since! And people ask me why I dance for the Lord?”

She dances *with* Him, too, on her tip toes in a flowing white satin gown, as a song called “Dance With Me” plays on the stereo. “That song reminds me of when I was 16, and my Daddy and Mama had a 16th birthday party for me. My daddy was a dancer. He loved to tap dance,” recalled Jennifer. “He said, ‘We’ll host your party on one condition: that you dance the first and the last dance with me.’ And I did. And now he’s in heaven, and I just [believe he is] dancing around the throne room of God. Not only will I get to dance with my Daddy again one day, I’m dancing now with the Father. I’ll get the congregation up to waltz with me, and they do it willingly, too,” Jennifer said.

Teaching basic ballet positions to new dancers, and sign language to emphasize their interpretive dance, Jennifer lays the foundation for team members to develop grace while they preach the

gospel through songs like “The Alabaster Box” and “He’s Been Faithful.” “It’s so important we don’t structure God out of things,” Jennifer said. “There’s nothing wrong with choreography; but we have realized this is a ministry, and we do not use the words perform or entertain.”

At a recent conference, Jennifer taught a group of women — one of them 40 years old — to dance. “All the troubles, all the drug addiction and all the abuse



Ada Morris, Jennifer Easley, Marsha Bartlett and Denise Bartlett (seated) share a passion for dance ministry.

began to fall off; it was like they were little girls again,” Jennifer said. Lion of Judah School of Worship began in 1998 to train men, boys, girls and women to worship. At this time, only one member is 10. The other four women are over 40. “The Lord has given us strong bodies and super health,” Jennifer said. “Our agility is from Him. I minister in other churches quite often. People later ask, ‘How did she do that?’ Well, it’s all about Him.” **NOW**

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**“For me, it’s
all about the
competition.”**

Swimming on Dry Land

— *By Carolyn Wills*

It would seem the Burleson High School swim team would relish spending time out of the water after surfacing from a long and active season; yet it appears the discipline and determination that encourages these athletes to compete also motivates them during their off-season. “We had a month off after the district meet,” Josh Lovejoy said, “and before we started back, I was itching to get back in the pool.”

In his second year as captain of the Burleson Elks swim team, 17-year-old Josh started swimming competitively when he was a freshman. “I’ve been in sports all of my life,” he said. “I was tired of playing football, and when I heard about the swim team, I thought that sounded like fun. Swimming is harder than football because it takes a lot of core strength and so many muscles.”

With eight girls and 12 boys, ages 14 through 17, Burleson’s swim team is smaller than the other teams in their district. The season stretches from October through February with competitions meeting nearly every other weekend, many of which are held out-of-town. Swim meets consist of 24 events based on one or a combination of four competitive strokes including freestyle, breast, back and butterfly. The events, alternating between girls and boys, range in distance from 50 to 500 yards.

After months of strenuous competition, off-season for the swim team is more relaxed. It is the time to hang out together, to watch movies and go to each other’s houses. It is also the time to work on building stamina and learning strokes. Off-season practice and training are on a voluntary basis and, not surprisingly, interest and attendance by the team, parents and coaches remain high.

“Off-season is more about cardio workouts, drills and technique,” Josh explained. “We are not in the pool as much, so we do a lot of individual dry land workouts at home or in a gym.” Dry land workouts and weight training are exercises performed out of the pool to help improve strength, stamina, endurance and, as applicable, to aid with injury prevention and rehabilitation. Josh runs one or two miles a day and does sit-ups and lightweight, high-repetition bench work. To maintain flexibility in the water, it is best not to be too muscular.

Cramps are a swimmer’s worst nightmare, so warming up and stretching are crucial, especially before a swim meet. Beyond the peril of suffering a cramp, competitive swimmers rarely encounter injuries while in the pool other than scraping a nose on the bottom of the pool or hitting heels on the wall during a turn. While it may not inflict an outward wound, there is also the misfortune of totally missing the wall on a turn back and having to complete a lap without momentum. And there are issues involving the chlorine and dry skin. “Chlorine gets old,” Josh said. “You smell like it all day. My friends say I smell like a pool. I also go through bottles and bottles of skin lotion.”

Off-season for varsity swimmers is also tryout time for next year’s team. Until the new Burleson Community Center is ready, the team swims at Huguley Fitness Center. This season, Elks head coach Kellie Hohreiter plans to add competitive events to the dry land routines and swimming practices. With as many pools as there are in Texas and for the advantages gained by the swimmers, off-season competitions are ideal training grounds.

Sports **NOW**

A summer swim camp is often a productive off-season investment for a competitive swimmer. Last year, Josh and three teammates attended the Southern Methodist University (SMU) Swim Camp and this summer, he and four others are going to a camp at Texas A&M University. The SMU camp videotaped each participant under water and the tapes proved to be invaluable for learning and/or refining the difficult competitive strokes.

On top of their hectic in-season schedule, competitive swimmers contend with the ever-present pressures of



mastering technique, staying healthy, maintaining grades, practicing rigorously and ultimately vying for a coveted championship at the annual district meet.

Why do they endure the hardships? “For me, it’s all about the competition,” Josh explained. “I like to win. Some people are in it primarily for the enjoyment. I enjoy it too, but the competition is more important. Like any other sports group, we all work hard together and some are better than others. I’m naturally good at swimming. I also enjoy playing the trombone in the school band, but I have to work at that.”

Competitive swimming requires discipline and strength and is quite possibly the toughest, most intense sport in high school. It is also avidly supported by families and fellow students. “My family is very supportive,” Josh said. “They come to every meet, and my father is president of our booster club. Our competitions are usually packed and very loud.” When the time comes for the Elks to meet Burleson’s new Centennial High School and, quite possibly, for Josh to compete against his younger brother, Kyle, who will be a freshman at Centennial, all of Burleson may want to purchase earplugs. **NOW**

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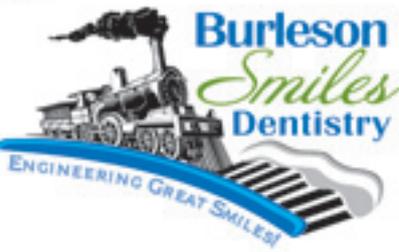
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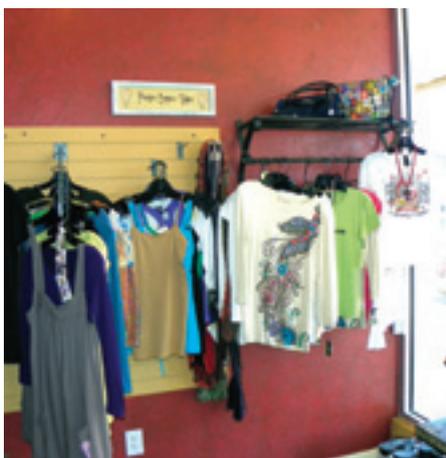
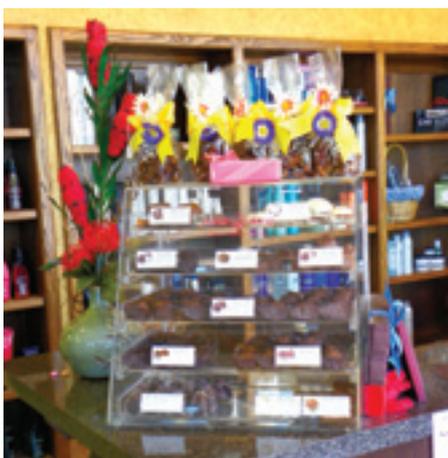
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From left to right: Brandee Hand, manicurist; Stacy Rattan, aesthetician; Linda Snoddy, receptionist; Kelly McCulloch, stylist; Sandra Crites, stylist and former owner; Jackie Ausich, stylist and former owner; Kim Snoddy, stylist and current owner; Teresa Anderson, stylist; Jamie Keating, stylist and former owner. Not pictured: Stylists Michelle Young, Tuesdee Lynch, Michelle Baldwin; Massage Therapists Gwen Womack, Deja Mitchell, Leah Beckwith.; Chocolates on the welcome counter are made by The Old Fort Worth Sweet Shop.; The Krishell Boutique, located in the lobby of the hair salon, offers fashion, sandals, and jewelry and gifts for women of all ages.

A Time for Pampering!

Hair knows no boundaries, so the stylists at Preferred Image Salon and Day Spa oblige their customers' whims as well as their schedules. — By Melissa Rawlins

Some families have come to Preferred Image since its inception in 1983. Men and women who are new to the salon receive just as much tender loving care. “Some come in and get their hair colored early in the morning, and then go on to work,” said Kim Snoddy, owner of Preferred Image. “We are very accommodating with our hours.”

Likewise, each stylist allows for the realities their customer deals with when they look in the mirror each morning. “All of us are very experienced and have lived through more than one trend,” Kim said. “We know a lot of tricks to customize your hair to be exactly what you need. We take into consideration your hair and face shape as well as lifestyle.”

Kim has surrounded herself with wonderfully talented people

who make this salon the calm, efficient place that it is. At one time or another, four of the nine stylists have been owners of Preferred Image. Kim Snoddy, Jamie Keating, Sandra Krites and Jackie Ausich have also welcomed the professionalism of Teresa Anderson, who brings years of salon-ownership experience to Preferred Image. They all appreciate what makes the atmosphere comfortable for their clientele, and share their energy with each other while attending to their clients.

“Our four massage therapists are excellent,” Kim said, adding: “I had to seek out their services because I wanted to go through life without pain. For me that involves taking the Isotonix and Premier Research Labs nutritional supplements we sell, as well as the massage therapy we offer. Weekly massages and the

Business **NOW**

supplements enable me to work the 12- to 14-hour days that I do.”

Preferred Image also offers the services of aesthetician Stacy Rattan, who specializes in cleansing, chemical peels, microdermabrasian, and all kinds of waxing, including Brazilian. Next to the spa they have a manicure/pedicure specialist, Brandee Hand, who is usually busy, so appointments are preferred.

June is the month all the staff at Preferred Image will be getting brides and bridal parties ready. “They will need a cut and color at least a couple weeks ahead,” advised Kim. “At that time, they’ll tell us what they want for the wedding. By this time, we’ll know our client’s likes and dislikes. Massages, manicures and pedicures should be done the day before the wedding. The day of the wedding the wedding party will come in, and we’ll

“Our four massage therapists are excellent.”

style their hair. We cater to our wedding clients, big parties or small.”

For those who want to try a new look, a new color or just want to go pure Texas blonde this summer, the stylists at Preferred Image have gone to New York City for classes in color and can highlight your hair to your preference. “We specialize in keeping you beautiful inside and out! We sell conditioners with our colors,” Kim said, “and we know your hair is an extension of what’s going on inside your body. We recommend you drink plenty of water and take your supplements!”

Of course, Anna Claires and Fudge Truffles from The Old Fort Worth Sweet Shop, and homemade iced tea and coffee, are available for salon clients. In the lobby, the Krishnell boutique beckons gift-buyers with jewelry, candles and ladies’ fashions.

When it is your time to be pampered, you will enjoy the feeling of family and the uplifting ambience at Preferred Image. Apparently, there is some thread that has held the staff and their customers together for over 27 years of hair styling — and the customers reap the benefit. **NOW**

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

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AMAZING Transformations

— By *Melissa Rawlins*

Leesa Starrett believes every student has potential and a calling. “Part of our job as adults is to help them to learn how to help themselves,” said Leesa, who has done just that for 13 years in her former Health Science Technology classroom at Burleson High School (BHS). This month, Leesa will move into her new classroom at the Centennial High School campus across town. She will miss the friends she saw daily at the BHS campus, as well as the familiarity of her old classroom.

“This transition will be just like moving into a new home,” said Leesa, who is looking forward to twice as much space in her new digs at Centennial. “We’ll have a fitness center the students can use! I’m a big believer that if you’re a health care provider, you should be the

example of what you are expecting of your patient.”

Every square inch of Leesa’s laboratory and classroom will be used for hands-on focus on real-life activities people working in the health sciences industry perform every day. Amongst the mannequins, hospital beds and racks of clothing Leesa bought at garage sales, her students can also locate vital signs kits and hearts for dissecting.

“I try to help them be able to make it all seem real. In one class, the Practicum for Nursing Assistants, we go to nursing homes and the students practice 54 procedures, including giving patients bed baths and making beds while the patients are in the bed,” Leesa said. “Once they finish that training, they take both a skills

and a written test; if they pass both, they become certified nurse assistants!”

Teaching four different classes is all in a day’s work for Leesa, whose natural compassion for her students increased this year while she studied at Tarleton University for her graduate degree in counseling. Originally, Leesa went into teaching so she could be a better mom. “I was working in a hospital as a nurse — weekends and holidays — and missed a lot of my children’s activities. I wanted a job where I’d have the same schedule they did. I’ve stayed in teaching because it’s very exciting to see how the students have grown,” Leesa said.

“My students have taught me a lot



about how much they are capable of doing if we just believe in them and help them learn to believe in themselves. For instance, when we go to the nursing home we have a parent meeting, where I explain to them what that means. I say, ‘People there are incontinent, and they have to be fed and given help with bed baths. The parents often say, ‘How can my kid do that? They don’t even make their beds at home!’ But the students always meet the bars we set for them. They give their whole heart and soul and come back from the nursing home realizing they’ve made a huge contribution!

“Also, teenagers are so generous, as far as giving the things we’ll collect for the nursing home,” said Leesa, who sponsors the BHS Health Occupations Students

Education **NOW**

of America (HOSA) community service club. They just completed their HOSA blood drive and wrapped up their "Adopt a Granny" program, in which HOSA got the whole school involved to collect things for the bingo room at the nursing home.

Students in Leesa's classes learn more than how to change bed pans or how to pronounce certain medical terms. Most importantly, the teenagers learn they are accountable for their own happiness, health and success. "My job as a teacher is to teach the subject matter and, of course, to provide learning strategies for the many different types of learners," Leesa said, "but I really want them to know that for every problem there is a solution and there are resources available to help them.

"I'm a big believer that if you're a health care provider, you should be the example of what you are expecting of your patient."

"When my students ask, 'What if I fail state boards?' I always tell them failure is not an option; it is just an opportunity to exercise plan B. We offer many plan B's at BISD," Leesa explained. "Crossroads is one, as well as NovaNET®. I had a girl who signed up for one of my classes. It was her second year as a freshman. She had that lost, given-up-on-education attitude. She did not pass my class but signed up for my yoga physical education course her sophomore year. In that class, we not only exercised our body but learned an attitude of gratitude and self-reflection is a great starting point for discovering our calling. That student signed up for NovaNET her junior year, got caught up and graduated on time her senior year!

"I asked her what she thought was the key to her major change from when I met her as a freshman. She said, 'I just realized if I am going to make it in this world, education is what is going to get me there.' Witnessing students transform from young teenagers to amazing adults," said Leesa, "is a very rewarding part of my job!" **NOW**

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In The Kitchen With Lisa Byrd

— By Faith Browning

Lisa Byrd did not learn to cook the conventional way. “The first thing I learned to cook was eggs,” she recalled. “I learned over the phone from my grandma.” After she married her husband, Michael, she decided she needed to get serious with her cooking skills. “I have always loved to cook. I just haven’t always been good at it,” she explained. “I like to cook stuff that looks

hard or make things from scratch. Good and simple is how I usually cook, but if I’m going to get down to it and *really cook*, I want to do it right!”

Currently, Lisa is attending school and co-owns a local café bakery. “I like the satisfaction of making other people happy,” she expressed, “and knowing I made something with my hands, that is incredible.” **NOW**



PESTO STUFFED TOMATOES

Plum tomatoes

Pesto, homemade or otherwise

Parmesan and mozzarella cheese

1. Cut tomatoes in half and hollow out; fill with pesto. Top with a little Parmesan and mozzarella.
2. Bake at 350 F for about 15 minutes, or grill for about 10 minutes.

CALZONE ROLLS

4 lg. kaiser rolls (or any type of large bread roll)

8 oz. pepperoni, sliced or log

1/4 cup Romano cheese, shredded

1/4 cup Parmesan cheese, fresh shredded, not powdered

1/2-3/4 cup mozzarella, shredded

Your favorite pizza sauce, homemade or otherwise

1 tomato, sliced

Fresh basil, few sprigs

1. Heat the oven to 325 F. Cut the kaiser rolls favoring the bottom half a little. Carefully scoop the insides out of the bottom halves, making sure not to create holes.
2. Dice up the pepperoni; mix with the 3 cheeses.
3. Fill the bottoms with pizza sauce; top with pepperoni and cheese mixture. Top it off with just a bit of sauce, about a Tbsp. Add a slice of tomato with basil on top. Throw a little bit of mozzarella on for good measure.
4. Bake approximately 20 minutes; set the top of the roll on for the last 5 minutes. For a great touch, spread butter and garlic on the tops of the rolls — *delish!*

PIZZA ON THE GRILL

1 .25-oz. pkg. active dry yeast

1 cup warm water

1 pinch white sugar

2 tsp. kosher salt

1 Tbsp. olive oil

3 1/3 cups all-purpose flour

2 cloves garlic, minced

1 Tbsp. fresh basil, chopped

1/2 cup olive oil

1 tsp. minced garlic

1/4 cup tomato sauce

1 cup tomatoes, chopped

1/4 cup black olives, sliced

1/4 cup roasted red peppers

2 cups shredded mozzarella cheese

4 Tbsp. fresh basil, finely chopped

1. In a bowl, dissolve yeast in warm water, and mix in sugar. Let sit 10 minutes, or until frothy. Mix in the salt, olive oil and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes.
2. Place dough in a well-oiled bowl; cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down (just once or twice, lightly, to get rid of air) and knead in garlic and the 1 Tbsp. chopped basil. Set aside to rise for 1 more hour, or until doubled again.
3. Preheat grill at high heat. Heat olive oil with minced garlic for 30 seconds in the microwave. Set aside. Punch down dough and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick. This will not rise much on grill, so roll it out to desired thickness.
4. Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas.
5. Working quickly, brush oil over crust and then brush with 2 Tbsp. tomato sauce. Arrange 1/2 cup chopped tomatoes, 1/8 cup sliced black olives, and 1/8 cup roasted red peppers over crust. Sprinkle with 1 cup cheese and 2 Tbsp. basil. Close the lid, and cook until the cheese melts. Remove from grill, and set aside to cool for a few

minutes while you prepare the second pizza. These are just the toppings I like; feel free to experiment!

PIÑA COLADA PIE

8 oz. cream cheese

1 1/2 cups whipped cream (homemade or otherwise)

1/4 cup sugar

1 tsp. vanilla

3/4 cup crushed pineapple

1/2 cup sweetened shredded coconut

Graham cracker pie crust (homemade or otherwise)

1. Beat cream cheese until smooth. If you let it set to almost room temperature, it is much easier.
2. Add in all other ingredients, except pie crust; mix until cohesive.
3. Pour mixture into pie shell and place in refrigerator for 2 hours, or until set.

EASY SUGAR COOKIES

2 3/4 cups flour

1 tsp. baking soda

1/2 tsp. baking powder

1 cup butter, softened

1 1/2 cups white sugar

1 egg

1 tsp. vanilla extract (I use Mexican Vanilla.)

1. Preheat oven to 375 F. In a small bowl, stir together flour, baking soda and baking powder. Set aside.
2. In a large bowl, cream together butter and sugar until smooth. Beat in egg and vanilla.
3. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls and roll in sugar. Place onto ungreased cookie sheets. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

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Answering Five Questions Can Help You Pursue Your Goals

— By Lynn H. Bates Jr., AAMS

As you strive to achieve your long-term goals, such as a comfortable retirement, you may, at times, feel frustrated over events you can't influence, such as the up-and-down movements of the financial markets. Yet there is much you can control — once you determine the answers to just five key questions.

Where am I today?

Take stock of all your assets — your IRA, 401(k) and other savings and investment accounts. Then, do the same for your debts, such as your mortgage and any other financial obligations. On your financial journey through life, it's essential that you know your starting point.

Where would I like to be?

Once you've established where you are today, you'll need to identify where you'd like to be tomorrow. How much will you need to pay for the retirement lifestyle you've envisioned? Will you be able to help pay for your children's or grandchildren's college education? Will you need to support any other family members? At this stage, you'll want to write down all your goals and put a price tag on each one.

Can I get there?

After you've identified your goals, determine if they are, in

fact, achievable. By considering a variety of factors — including your likely future income stream and your family situation — you should be able to determine if you can attain your goals or if you need to modify them in some way.

How do I get there?

Now it's time to put a strategy into action. Specifically, you need to choose those investments that can help you pursue the goals you've selected. Your ideal portfolio will depend on your risk tolerance and time horizon, but in general, you'll want a diversified mix of quality investments. While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility. As you put together your holdings, make sure you understand what you can expect from your investments. For example, growth stocks may offer the highest potential returns, but they also carry the greatest risk. On the other hand, investment-grade bonds can offer a steady income stream and, barring the default of the issuer, will repay your principal when they mature.

How can I stay on track?

Once you've built your investment portfolio, you'll need to review it regularly — at least once a year — to help ensure it's still meeting your needs. After all, many things can and will change in your life, such as your family situation, your goals, your employment and your risk tolerance. To address these changes, you'll need to adjust your portfolio over time.

As you can see, answering all these questions will take both work and expertise. That's why you may want to work with a professional financial advisor to help you identify your goals and create a strategy for pursuing them.

In any case, though, start asking — and answering — these five key questions as soon as you can. It's easier to reach your financial goals if you put time on your side. **NOW**

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



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Know Your Numbers

— By Meenu Sharma, M.D.

Warning lights on your dashboard alert you to take action before your car leaves you stranded. Similarly, your body has indicators to caution you that health problems may be ahead. These four numbers give you and your physician a quick gauge of your health. If you don't know your numbers, it's probably time for a check-up.

Blood Pressure

Blood pressure measures the amount of effort it takes your heart to pump blood through your body. Normal blood pressure is below 120/80. Known as the silent killer, high blood pressure often has no symptoms. One in three adults has high blood pressure, which increases your risk of heart attack, stroke and kidney disease.

Blood Glucose

Blood glucose is the sugar stored in the blood as your body's main source of energy. Blood glucose levels fluctuate after eating, so physicians prefer to measure fasting blood sugar. A fasting blood sugar greater than 100 may indicate diabetes or prediabetes. Left untreated, diabetes can lead to heart disease, blindness, kidney disease or amputation of legs or arms. Symptoms of

diabetes include frequent urination, extreme hunger or thirst, unexplained weight loss, increased fatigue or blurry vision.

Cholesterol

Cholesterol measures a type of fat in your bloodstream. Strive for total cholesterol of less than 200, but you also need to know your "good" HDL cholesterol and "bad" LDL cholesterol numbers. High total cholesterol, low HDL or high LDL means you need to take action to prevent a possible heart attack or stroke.

Waist Size

The size of your waist predicts your heart disease risk even better than weight or body mass index. If your waist size is over 35 inches for women or over 40 inches for men, your risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and high cholesterol is raised.

Once you know your numbers, improve them by making healthy lifestyle choices to reduce your risk of heart disease, diabetes and high blood pressure. There are two more numbers that can improve your health: 30 minutes of exercise most days and five servings of fruits or vegetables each day. **NOW**

A board-certified internist, Dr. Meenu Sharma practices on the campus of Huguley Memorial Medical Center. Prior to joining Huguley Medical Associates, Dr. Sharma practiced internal medicine in Branson, Missouri.

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Every Friday

Hot Sounds of Summer Concert Series, where the city of Burleson offers free live music for fun-loving Texans. Bring your lawn chairs and relax to the sounds of Victor Trevino Jr. on June 4, Landon Dodd on June 11, Voodoo Blue on June 18, and Eight Arms to Hold You on June 25. Victor Trevino Jr. will entertain you with the king of music's wilder years — the rockabilly performed by Elvis Presley in the '50s and '60s. Landon Dodd & the Dancehall Drifters describe themselves as “a true dyed-in-the-wool traditional music act” that uses the fiddle, steel guitar and three-part vocal harmonies reminiscent of Ray Price, Buck Owens, Faron Young and Bob Wills. Voodoo Blue is a tribute to the music of Stevie Ray Vaughn and Double Trouble, the band Vaughn, a drummer and bassist formed in the late 1970s. Eight Arms to Hold You plays all of the Beatles songs with authentic vocal and instrumental sounds and a lot more edge on some of the later hits. Concerts are staged in Old Town Burleson: 7:30-9:00 p.m. Contact Sally Ellerston at (817) 426-9622 for more information.

Every Saturday

Old Town Farmer's Market offers fresh locally grown and home-cooked foods plus arts and crafts created by your friends and neighbors: 8:00 a.m.-2:00 p.m., in the parking lot of City Market, at Renfro and Clark streets. Anyone interested in being a vendor should contact the Burleson Chamber of Commerce at (817) 295-6121.

Second Saturday

Iris Club meeting: 10:00 a.m. at the Electric Coop on Hwy. 174, north of the courthouse in Cleburne. Contact (254) 854-2558.

Defensive Driving Classes taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Area Chamber of Commerce. To attend this class you must pre-register; call (817) 341-7384.

Every Sunday

Join Brother Hank Hoaldrige Live on Big Country 1460 AM each Sunday morning for some spiritual breakfast during the program called *The Grace Place*. For questions or partnership, please contact Hank Hoaldrige Ministries at 4grace@att.net or call (817) 293-0115.

Second Sunday

Joshua Organic Garden Club meeting: 3:00-5:00 p.m., in and around Joshua at individual members' homes. Contact (817) 295-2161.

June 5

Grand Re-opening of the First National Bank

Internal Medicine

Zuri Franco, M.D.

As a board-certified internist, Dr. Franco specializes in the prevention, diagnosis and treatment of diseases that affect adults, including patients with multiple illnesses at the same time. She has a special interest in preventative medicine and cardiology. Most adults in the United States see internists as their primary medical provider.

After graduating from Southwestern Adventist University in Keene, Dr. Franco earned a medical degree from Loma Linda University School of Medicine in Loma Linda, California. She then completed an internal medicine residency at Kettering Medical Center in Ohio, where she served as chief resident and clinical instructor.

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of Burleson's branch on Wilshire Blvd. after its major facelift: 1:00-4:00 p.m. There will be a lot of food, music and festivities for children. In addition, the First National Bank of Burleson is sponsoring a dunking booth for the benefit of the Chisholm Trail 100 Club. For more information, contact Jerry Payne at (817) 295-0461.

Grand Opening of the Burleson Recreation Center (BRiCk) and kickoff party for the library's Summer Reading Club at the new BRiCk at Bartlett Park, 550 N.W. Summercrest Blvd. The program begins at 10:00 a.m. with Mark Shelton's High Energy Percussion Party. Mark plays more than a dozen instruments in a performance that blends influences from classical, jazz, folk and pop. At 11:30 a.m., the ceremonial ribbon will be cut on the two-story 65,000-square-foot recreation center. The Silver Rail band will entertain, noon-2:00 p.m. Come join the fun and sign up for the Summer Reading Club! For every five hours read by participants, a small prize will be awarded. Certificates will be awarded after 20 hours are completed. All reading logs must be turned in by 6:00 p.m. July 28, 2010. Participants may also sign up at the library throughout the month of June. For more information, call the main library at (817) 426-9210.

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

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

June 11
Burleson Opportunity Fund 1st Annual Golf Classic at the Hidden Creek Golf Course. Four-person Scramble, 11:30 a.m. Check-in/lunch: 1:00 p.m. Shotgun start, amateur tournament. If you would like additional information or have any questions, please visit www.BurlesonOppFund.com, or contact Kellye Cunningham at kcunningham@burlesontx.com or (817) 426-9682.

June 14
Board Meeting for Burleson Independent School District: 6:30 p.m. Call (817) 245-1000 for more information.

June 21
Burleson City Council Meeting at City Hall: 7:00 p.m. Call (817) 447-5400.

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



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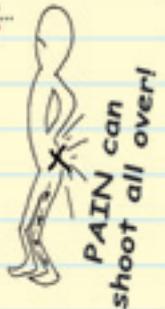
Hi, My naMe is Luke and I'm 3 years old. My dad's a dOctor. I've seen a lot of peOple who coMe limping & bent ovEr to his office. He's kinda busy so I'm writing a letter to help him tell people about 2 secrets. Here's the first one...it's gross about your...

Secret #1—A Tricky Pain in the **BUTT!**

I see people who can't get off the chair so they puSh on thier knees to gEt up. My dad says it's cause of pain in the hip from a seCret muscle in thier bUtt (gross) thAt no one kNows about.

It piNches the SCiaTIC nerve and can hurt in the back & the hip and even go down the leg. EveRyBoDY thiNks it's a "ruptured disc" but my daD calls it a "NerVE ENtRAPMeNt" witch is a way to say the muscle traps the nerve—like a chUBBY kid tryiNg to wiggle unDer a feNce who gets sTuck and sQueezed. NerVes hAte beiNg sQueezed. They get mad and Shoot pAin all oVer the plAce in your hIp & leg & back!! My Dad says it's worse than a bAd tOothache!

One of Dad's seCrets is something called REFERRED PAIN. It's a BIG deAl! Even doCtors in big medical centeRs like orthopedik surgens and neurologests mIss this and so do exPensive MRIs & Kat scans. That's why he hAs both therapists (muscle professionals) and chiropractors (spine & joint doctors) working togEther at his HealthSource Chiropractic™ Clinics... 'cause they also use thier HANDS to find the problems...not just fancy machines. That's why they're suPer-good at tracking down sNeaky pain.



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Until June 30, 2010, my dad is offering a FREE "Hope for FATHER'S DAY" 17-POINT HiddEn-Pain Community Service Screening for your bAck so You can see if this nEW treAtment approach is for you (they'll tell you if you don't qualify). Usually it cOsts \$189, but For jUst a fEW days—uNtil June 30, 2010—yOU cAN get this screening for FREE (NO money!).

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* WhOOps! I forgot something REAlly IMpOrtAnt! My daD says that the firSt 7 peepLe who call wILL get a Soooooothing relaxation massage for FREE! My dad is not promising a cure or claiming to be superior, he simply likes to believe that his clinic is built on helping people feel better. (But don't wait—you've ONLY got 7 days!)

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