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Burleson NOW

M A G A Z I N E

July 2010

Happy On
A HORSE

**Taking
THE REINS**

**ALSO
INSIDE:**

*Healthy Water,
Healthy Life*

The Heat Is On

**The Whole
Nine
Yards**

At Home With
Jackie Pittman

Why Suffer if You Don't Have To? Find Out What's Wrong—For FREE!—and You May Get...

RELIEF from Back and Neck Pain—FAST— No Matter How Long You've Had It!

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Have You Heard the Joke About Joe?

Living pain free is NOT like the joke going around about Joe, when he went to the doctor complaining about a "bad back." The doctor asked him how it happened, where it hurt and finally, what made it worse. So Joe said, "It kills me when I bend over to tie my shoes." The wise doctor nodded, wrote out a prescription and gave it to Joe, who expected pain pills or muscle relaxants. But on the way to the drug store, he glanced at the note which said, "Get slip-on shoes!"

I know, it's a dumb joke, but it's EXACTLY what people do before they come to HealthSource Chiropractic™. They've tried treatment after treatment, and finally given up. They're afraid the only way to survive is to do like the doctor says in the story—quit doing anything that hurts, even the things they love. Some folks even hurt as bad as Melanie, who was in agony. Here's what she said...

"I never thought I'd feel anything but PAIN."

"I couldn't sleep because I was in too much pain to lay on my sides or my back. I had lower back pain, pain in my buttocks, hips and legs. I couldn't stand in one spot too long even though I was supposed to for 8 hours at my job. I tried medications, other doctors, nerve blocks, pain management and therapy. I took many medications, most of which I didn't finish taking. I never thought I'd feel anything but pain. I'm a positive person but I was actually losing hope."

We'll hear more from Melanie in a minute, but first, let's see why she got better when she found...

The OBVIOUS Answer to Back and Neck Pain!

It's sad, but many people tell us the same story—how they've gone to a doctor who's told them to:

- Quit Lifting
- Be Careful
- Don't Reach
- Don't Twist
- Take it Easy
- Stop Typing
- Slow Down
- Avoid Bending

THIS IS RIDICULOUS! They've even been told to get a new job...as if you can just pick up a new job like a new shirt at WalMart®. Well, we know you can't. That's why we've developed what we believe to be the best—and fastest—way to get out of pain...no matter

how long you've had it. It's called Progressive Rehab™, and it's available exclusively at HealthSource clinics across the USA. And what makes this approach so effective is that it's...

- NOT just treating muscles
- NOT just exercises and stretches
- NOT just adjusting the spine
- NOT just pills—then wait and see
- NOT just rest, heat and hope

No, this breakthrough approach COMBINES the best techniques from therapists, chiropractors and trainers to make them far more powerful than when they're used alone. It's almost like GUN POWDER, where you take an ordinary substance like charcoal—add boring old sulfur and potash in just the right amounts and BOOM—so much more power when they're combined in precisely the right amounts. And when you combine the most powerful, cutting-edge chiropractic treatments with the freedom of muscle release—then add the latest stretching techniques, rebalancing and strengthening from therapists and trainers, you SUPERCHARGE the process by blending them together. Which brings us back to Melanie, who we mentioned earlier. Even after the frustration of going everywhere for help, she finally got what she wanted—RELIEF at her local HealthSource Clinic:

"Right now, I feel better than I have felt in 8 years after only 3 to 4 weeks of chiropractic care. I can sit for short periods of time without too much pain. I can actually lie on my sides and fall asleep quicker most nights. It is unbelievable. I can proudly say that I am on the road to recovery. —Melanie Jones

But that's not all you'll see happening at our clinics. Keep reading, and you'll discover the amazingly detailed process we go through to pinpoint the source of your pain...and it's FREE!

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Your back and neck are very complex. That's why it takes an in-depth exam to get deep down to the cause of your pain. Sure, there are many techniques that provide a partial solution, like yoga, pilates, and massage. But for long term relief you've got to fix more than one piece of the puzzle. For example...there's 3 muscles on the front of the neck that can even trick orthopedists and neurologists because when they're knotted up, they can send pain to the back of the neck, the shoulder, and even to the 4th and 5th finger. It can also pull on the vertebra so they're "off track", and no machine can figure this out...

Only the MOST POWERFUL HEALING TOOLS IN THE WORLD can do that—the hands of a trained doctor! And that's why our hands-on, comprehensive 19-point screening is so thorough. Because if something is missed, you only feel better for a while, but the pain keeps coming back...and it drives you crazy with frustration. And our screening is FREE because we want people to feel safe—so there's no pressure and no obligation to buy anything. Only then, when they know WHY they're in pain and how long it will take to get better, should they make any decisions about what to do.

Can You Even Imagine Being PAIN FREE Again?

It's sad, but a lot of folks have forgotten what it's like to bend and play with the kids, to twist while swinging the golf club, to look behind you when you're driving, and to get on your bike and think about the birds and the bees—instead of your aching back! So if you're sick of hurting and living half a life, check out the FREE COMMUNITY SERVICE SCREENING (\$1899 VALUE) coupon below NOW!

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On The Cover



Robin Sanchez directs the summer polo camp at Brushy Creek Ranch in Burluson, where she teaches year-round clinics for groups, families and adult players.

Photo by John Riley.

Editor's Note



Dear Readers,

How will you stay cool this month? May I recommend sitting by the pool, chillin' with a glass of tea or water and reading *BurlesonNOW*? This issue is brimming with fun and fact-filled stories about folks who make our hometown a fascinating place to live.

We let you in on the passions of Ashton Pennington, who suffers through blisters and shin splits to play his euphonium with the Crossmen drum corps. We tell you of Robin Sanchez, who currently runs the summer polo camp at Burleson's Brushy Creek Ranch. We give you a peek inside the home and heart of Miss Hospitality herself, Jackie Pittman. We share the joys of Allyson Harrell, a dedicated teacher and licensed school specialist in psychology who works for Hand-in-Hand, a local program intended to help families whose children have mental health issues. We present to you Dianne Arcement, who organized the Sixth Annual Burleson Lions Club Independence Day Parade honoring heroes in uniform. We also introduce you to Texas Drinking Water Systems, a local business that knows how to keep your water clean.

Have a safe and peaceful July!

Melissa Rawlins
BurlesonNOW Editor

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“When you work in a small town, it’s very important to get involved and get to know people.”

— The — WHOLE NINE YARDS

— By Carolyn Wills

This year, Dianne Arcement volunteered as chairman of Burleson’s 4th of July Parade, co-chaired The American Cancer Society Relay for Life of Burleson and serves as a Chamber of Commerce Ambassador. While one of these commitments might overwhelm the light-hearted, this vibrant, effective and organized woman is also a mother, wife and entrepreneur. Not surprisingly, when her commercial banking position succumbed to the economy last year, she took action. “I didn’t know if or when I would find a job,” she said, “and I didn’t want to sit around and wait. So, I jumped into my volunteering, began working on projects for investors and started my own company called Nine Yards Project Management. I knew everything would work out in the end.”

Dianne grew up in Southwest Fort Worth in a family of avid water-skiers; she skied on an exhibition team from her

teens through her early 20s. She worked her way through Texas Wesleyan College to graduate in 1992 *summa cum laude* with a degree in finance. In 1993, she moved to Burleson with her husband and began a daily commute to her work in downtown Fort Worth. After her daughter was born, Dianne took a position with a Burleson bank and, at last, was able to feel a part of her own community. “When you work in a small town, it’s very important to get involved and get to know people,” she said. “What I love about Burleson is that it is such a unique community. We’ve experienced a lot of growth, yet we still have the small-town feel. It is such an active community with special people who really want to help and there are so many avenues for getting involved.”

Those avenues for Dianne are the Burleson Lions Club, the Burleson Chamber of Commerce and The American Cancer Society Relay for Life. The Burleson Lions Club is a civic-minded service club with a focus toward preventing blindness and helping the sight-impaired. For the past six years, the Burleson chapter of over 60 members, has organized Burleson’s 4th of July Parade. With the fireworks display provided by the city, the Independence Day celebration is one of Burleson’s biggest events; and, this year, Dianne served as the parade chairman. She is also the club’s third vice president-membership.

In 2006, Dianne became an Ambassador for the Burleson

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Area Chamber of Commerce. "An Ambassador is the first face of the Chamber for new businesses," she explained. "I enjoy attending ribbon cuttings to extend a welcoming smile and friendly handshake and to help our community grow." Dianne was treasurer of the Ambassador Club in 2009 and also served on the social committee for the past two years, including helping with the Chamber's annual Gala. She served on the VIP committee and the decorating committee for the 2010 Gala and is also a member of the planning committee for the Burleson Founders Day.

Especially close to her heart is Dianne's third avenue of involvement. "When my daughter was 2 years old, I had a nephew with brain cancer who died at the age of 4. He was a real trooper and his struggle tore our family apart.

**"Extending a helping hand
may seem like something
small, but life is so short."**

I was married to Jessica's dad then and his family had lived in Burleson a long time. We participated in the Burleson Relay for Life 2000 as a family team and, after that, I continued to be involved." In 2000, she had no idea how the disease would affect her again. "I made the commitments to my volunteer work last year before I knew my dad was sick; he was diagnosed with cancer in November and died in March. I helped take care of him 24/7 and actually used the services of The American Cancer Society; something that really put things into perspective. It was hard to balance everything. Without the help of my younger sister, Cindy Speirs, who lives in Burleson and worked on the accounting committee this year, and the help of my family, friends and committee members, I couldn't have done it."

The American Cancer Society Relay for Life is an event that is often life-changing for participants. Realizing that cancer never sleeps, Relay for Life is an overnight event that can last up to 12 hours. Teams camp out at a local high school or park and take turns walking or running around a track, being careful

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to have a representative on the track at all times. The Relay for Life is an annual fundraiser that allows families, friends and community to celebrate the lives of people who have battled cancer, to remember loved ones lost and to raise funds to fight against the disease.

The Burleson Relay for Life, one of the top Relays for the American Cancer Society, took place on April 16-17 this year at Kerr Middle School. Dianne was event co-chair and also responsible for the accounting. "My kids and husband definitely understand my passion for Relay for Life and finding a cure for cancer," she explained. "So many people are touched by the disease every day. So far, the 2010 Burleson Relay for Life has raised \$248,738 in gross income, and I'm sure more funds will come in as the weeks pass. Isn't this awesome? And what's more amazing is that we really got rained out this year. By 11:00 p.m. it was pouring, but we didn't close the event because, believe it or not, people were still out walking. It's that important."

Two years ago, Dianne and Lenny Arcement built a beautiful new home on the outskirts of Burleson. When the construction was complete, the couple married and became a family of five, including three daughters: Alison, 18; Emily, 17; and Jessica, 12. According to Dianne, the girls keep them very busy. "We are so fortunate because we have a blended family and they all get along. The older girls look after Jessica and give her good advice. We're also still close to Jessica's dad and his family, so Jessica is surrounded by family who all live in Burleson." Not to be forgotten are the Arcements' Yorkshire terriers, Bear and Deuce, also important members of the family.

"Extending a helping hand may seem like something small, but life is so short ...," Dianne said. "When my dad became ill last November, I never dreamed he would pass in just four months. We need to do what we can while we're here. My volunteerism has defined who I am, what I live for; helping others, serving in the community whether it is business-related, cancer-related, financial need based, mentor or role model based — whatever it is — I hope I instill the same attitude and desire in my children!" **NOW**

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House *Beautiful*

— By Melissa Rawlins



This summer, Jackie Pittman is following her cardiologist's orders and exercising in her beautiful backyard pool. "My grandkids and their granddaddy loved that pool," Jackie said. "I can still hear their voices say, 'Granddaddy, one more time,' and he would pitch 'em into the water!" Stan has not been with Jackie to enjoy that pool for the past five years, and she has grieved tremendously over the husband whom she ran away from home to marry four days before

graduating from high school. Jackie has now completely renovated the 2,300-square-foot home that she and Stan shared for 32 years and has done a lot of growing in the process.

"I knew who Mrs. Stanley Pittman Senior was. But after he passed away, I had no idea who Jackie Pittman was. I was 57 years old when he died, and that's young," said Jackie, who had always been a wife, a mom and a grandmother. "My husband was bound and determined to prove to my parents that he could take care of me! I had never gotten the oil changed in the car; I had never bought



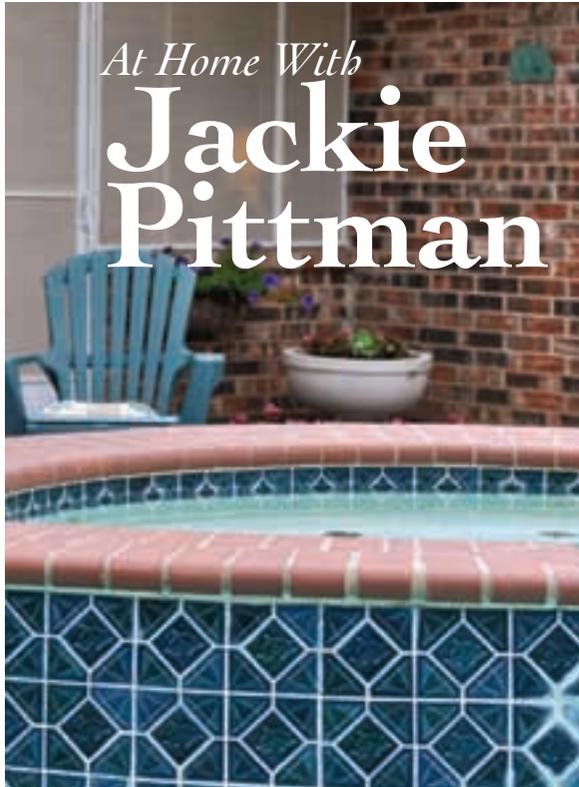
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At Home With
Jackie Pittman

insurance. The second year after he died was the year I bought my first car.”

It was also the year Jackie started making her home into what she proudly calls “a woman’s froufrou house.” At Easter, Jackie put yellow grass in the bathroom windowsill, and filled it with eggs. She makes her bed daily and sets on it a serving tray with a vase and flower. She has kept a few reminders of her husband but turned her home all feminine.

“My kids tease me about the bookcase in my sitting room. Everything on it was something really important to my husband. None of it is sad memories,” Jackie said. “I knew that if I was going to stay in this house, I needed to make this My home, My place, My comfort spot, My security blanket.” Jackie received

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a lot of help from her dear friend from San Antonio, Mary Solomon, whose husband had been Stan's colleague. "Mary was always redecorating her house, and when I decided to do some redecorating she said, 'Let's set a date. I'll come; we'll talk; we'll go look at fabric.'"

When you know exactly what you want, you do not waste time! "Mary sewed the table skirt that we put on the 59-year-old coffee table that myself and my children and my grandchildren learned to walk around. She put a pillow on top where I can put my feet up here if I want to," Jackie said. "She made the mosaic

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For more information on this unique initiative for women's health through Huguley Memorial Medical Center, join today and receive notifications on exciting upcoming events.



tile serving tray that's on top with a fondue set. It's wonderful to have a friend who loves to decorate!"

Mary sewed the window treatments throughout Jackie's home. On a window seat in the kitchen nook built originally by developers Don and Donna Volkman, Jackie has arranged at least 12 pillows. "Some were made by Mary; the white ones with Battenberg Lace were my mother's," Jackie said. "I'm free now to have as many pillows as I like! My husband didn't like pillows. I love pillows!"

The burgundy guest room gives that bed-and-breakfast feel. From the adjoining bathroom, lined with spring bouquet wallpaper, you gaze through greenish-gold lace onto the tall four-

poster bed, fluffy with a satin comforter. "The rocking chair was my mom's," Jackie said. "She rocked my children and her great-grandchildren in it. The buffet that's in there was my daddy's mother's."

Jackie sleeps on the cast-iron bed that belonged to her parents. "I'm very sentimental," Jackie admitted. "There isn't enough money in the whole wide world to buy my memories. I also love making memories. Every time we took a trip or did something really unusual, Stan would say, 'We're making memories!' How wonderful our life was because we filled it with memories!"

In the extended dining room where Jackie entertains friends and family, her grandchildren, Colton, Bethany and Jack

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Internal Medicine

Meenu Sharma, M.D.



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

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

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Tanner, like to sit with the adults at the dining table. On one wall, Jackie displays her bell collection in a hand-made cabinet that Stan commissioned from a craftsman in Burleson. Around 2004, Jackie switched to collecting kitchen chefs and now has 72 “little cooking buddies” surrounding her while she cooks for the 13-member small group from her church that Jackie says brought laughter back into her life.

“After Stan died, I had really given up living. I got very involved in church at First United Methodist in Alvarado, where I have been for 18 years,” said Jackie, who now co-chairs the bereavement dinner committee, serves on the congregational care committee and leads the new Stephens Ministry counseling program. “I definitely found out who Jackie Pittman is: Jackie Pittman is a caregiver. It’s a different direction now from wife, mother and Grammie.

“The biggest thing in my life now is my Stephens Ministry. Not having one at our church, and being asked to start one showed me a side of me that I didn’t know existed, the fact that someone saw leadership in me. It’s been wonderful,” Jackie said. “God leads you in directions where you have no idea you could walk down that road, but He leads you down that road.”

Jackie also spends a lot of time putting together pictures of all her generations to adorn the walls of the hall on the way to her red, white and blue Mickey Mouse room. Her favorite ride at the family’s much-loved vacation spot, Disney World, is memorialized by a music globe that plays “It’s a Small World,” just one of the

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many souvenirs Stan bought her. Jackie is still taking her time getting her Mickey Mouse room just the way she wants it.

Jackie has so many other areas to play with! In the den, she keeps current a holiday tree. For Independence Day, she puts garlands, strings of white lights, flags and any knickknack that is red,



white and blue. "I also decorate it for St. Patrick's Day, Christmas, Thanksgiving and Easter," Jackie said. "I just always wanted to have one, so I decided a couple of years ago, *Why not?*"

Most recently, Jackie hired two trustworthy men to retiling her screened porch. From Jackie's lounging glider — or from one of the two rocking chairs that she and Stan bought from Cracker Barrel as a gift for his mom before she passed away — Jackie can sit and gaze at the pool. "It's a neat place to drink coffee in the morning and meditate," she said. "Now, I gotta get my happy butt in that pool!" **NOW**

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Waitressing is fun for Brooke Laberge, who takes a lunch order from Becky Stringer one fine day at The Cotton Patch.



Shea Palmer, from Bransom Elementary, gets a little help through the obstacle course at the Special Olympics.



Burleson ISD announces its Teachers of the Year. From left: Elementary Teacher of the Year Katie Bongue; Middle School Teacher of the Year Cheryl Essex; High School Teacher of the Year Jonathan Moore.



The warm weather is drawing golfers of all ages to Hidden Creek Golf Course. From left: Lynn Bates Jr. of Edward Jones and his son, Ryan, enjoy their Friday afternoon on the golf course; Wayne Bridewell, Adam Russell, David Warren and Adam Tidwell get ready to tee off.

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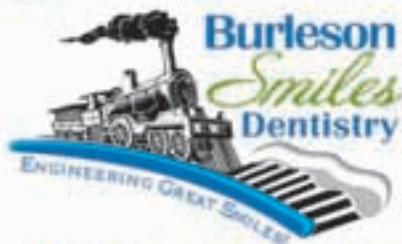
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THE HEAT ISON

— By Carolyn Wills

At age 3, Ashton Pennington was listening to Mozart and Beethoven. By the time he was 9 and had discovered his preference for wind instruments, he was playing blues and chromatic harmonica. In fifth grade, he met a tenor-voiced brass instrument known as the euphonium, had his first audition with that instrument the following year at Kerr Middle School, and has been playing it ever since. “Something felt good about the euphonium,” Ashton explained. “It was different. It speaks with a mellow, subtle sound and can provoke emotion. In England, it is considered the instrument of love.”

Today, 17-year-old Ashton plays baritone horn, concert euphonium and marching euphonium. He holds the first euphonium chair in the Burleson High School Honors Band and Symphonic Bands One and Two and often performs solo. While his middle and high school musical accomplishments are impressive and clearly demonstrate a gift for music, there is much more to Ashton’s story. Beyond his “ear” for music and the talent to “push air” into melodic sounds, Ashton’s ability, stamina and passion have led him to the world of competitive drum corps, the intense, choreographed musical experience staged and judged on football stadium fields.

Directed by an organization known as the DCI (Drum Corps International), a drum corps must pass exhaustive and strenuous evaluations to be recognized as World Class competitors. Today, there are 22 World Class Drum and Bugle Corps. In 2006, one of them known as the Crossmen, relocated to San Antonio to become the first and, so far, the only one of its kind in Texas.

In November 2008, at age 16, Ashton signed up to audition for the Crossmen on the wild chance that he might be selected for the horn line. Defying the odds, he survived three separate auditions to become one of the youngest members of the World Class group; no small accomplishment considering that each year more than 8,000 students audition for fewer than 3,500 positions in the top-tier DCI member corps and 72 percent of those positions are typically filled by 19-year-old, full-time college students.



“Drum corps is music in motion,” Ashton explained. “World Class corps can have up to 150 performers between the ages of 14 and 21 who play percussion or brass or perform in ‘auxiliary’ (color guard). It is an art form that combines music, marching, pageantry, theatrics and dance into an event like you’ve never seen before.”

Like most top-tier corps, the Crossmen commit to an intensive summer schedule, traveling more than 10,000 miles and performing programs at more than 35 sanctioned events. “Our corps is a family,” Ashton said. “We are brothers and sisters. We bleed, cry, laugh, eat, sleep and travel together. The Crossmen is one of the youngest and most respected World Class corps. In our 35 years of existence, we’ve placed in the finals 22 times. We haven’t won yet, but we’re hoping this is our year. We have a new show every year. Last year, our program was called ‘Forbidden’ and was similar to the love story, *Twilight*. Our colors are red, black and white and, last year, we also wore black capes.”

Ashton performs on the horn line using a marching euphonium; the weight of which requires stamina and strength to hold during a performance. “My hands were meant to hold an instrument,” he said. “All summer long, we focus on the show,

playing 10 hours a day, seven days a week. It takes a lot of teamwork and we form strong bonds. Thanks to the Crossmen, I now have friends all over the globe; friends from New York and Pennsylvania to Japan to 10 miles down the road.”

The cost for each drum corps to travel the DCI Summer Music Games is over one million dollars and each member of the Crossmen must raise approximately \$3,000 to cover individual fees and expenses. It can take up to nine vehicles traveling as a caravan to move down the road. Happily, Ashton’s family shares his



passion. His father, Daniel, is lined up to drive one of the vehicles in this summer’s caravan; and whether from afar or in the audience, his mother, Linda, and younger brother, Mason, are always present to cheer him on.

Beyond performance, the corps helps students learn skills like leadership, goal setting, discipline and problem solving; and according to Ashton, the kind of devotion he holds for the corps is shared by all veterans who have travelled the road. “Twenty years ago, there were over 65 World Class Drum Corps,” Ashton explained. “Today there are 22. It is important for people to know about us so the art form doesn’t die. Thankfully, ESPN televises the finals. And, this year on May 13, local theaters helped kick off the season by showing a film entitled *DCI 10 The Countdown*.”

At the beginning of competition, there is a point when the announcer says, “Let’s get ready for a night of drum corps.” “At that point,” Ashton said, “all corps are ‘on,’ all pistons are ready and the heat is on. It doesn’t get any better than that.” **BYD**

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Happy on a Horse

— By *Melissa Rawlins*

aspect of the game and the game flow. A lot of people have a leg up in one aspect of this sport, and then it's the challenge of learning the other aspects."

Texas Christian University's polo team practices at Brushy Creek Ranch in Burleson, where Robin directs the summer polo camp and teaches year-round clinics for groups, families and adult players. "I do not doubt there will soon be a Hill College polo team because Rel Mazur, who has been a counselor for my camps in prior summers, is going to start taking classes at Hill College in the fall," Robin said, adding, "Collegiate and scholastic

polo are kind of like having a dinghy. You can use horses owned by the school!"

Since the age of 11, Robin has been hooked into the Metroplex polo scene. "There's more polo in this area than people know about. My father started playing polo up in Oklahoma, and then we moved back to Texas and he ran a polo club called Willow Bend in Plano for many years," said Robin, who continues to play polo because she loves the horses. "Everyone's unique. Sometimes you come across a horse that, just like people, you don't get along with. But it still makes the game interesting."

Robin has done a little bit of every style of riding. While a youngster learning from her father, Robin chose polo over jumping because it takes more horses to play polo. "My father tended to bring in professional coaches that gave instruction rather than professionals that just won games; I grew up in this whole philosophy that everybody's polo is supposed to improve and be fun, rather than everybody's supposed to

win. It's about enjoying yourself; good, solid competition; and coming out of it with a smile on your face. Sometimes you can lose and be smiling!"

Relying on the horse's agility and skills to make up for her weaknesses, Robin is thrilled by the team aspect of her chosen sport. "There is more contact than people think, especially in the arena," Robin explained. "You actually use your horse, within a safety parameter, to push other horses out of the way so you can get to the ball. You actually block other people's sticks with your sticks. You're pushing, you're shoving, grunting, sweating.



Who knew there was polo playing in this town? Sounds hoity-toity, but in reality polo is all about teamwork, responsibility and fun. "A lot of people think of polo [in the 1990 movie] *Pretty Woman* and Prince Charles," said Robin Sanchez, polo player, teacher and organizer in Burleson. "This sport is more like boating, in which you can have an outboard or you can have a yacht."

"For polo, you don't have to have 28 horses and millions of dollars," said Robin, adding that there are no skills unique to polo. "It's a combination of a bunch of other sports. When I teach people, the barrel racers and the jumpers have good riding skills. Golfers find the swing easy since it's similar. People who play soccer or basketball or hockey understand the passing

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There's no way of avoiding falling off, but you get back up. It's very physical. Some people are grateful for their four-minute breaks because it's a contact sport between two 1,200 pound players."

"Polo is not as 'pip pip cheerio' as people would think! Knock on wood," grinned Robin. "I haven't broken anything playing polo. I've broken a collarbone playing flag football. In the three years I've been here at Brushy Creek Ranch, we've had two broken wrists and a bloody nose. So out of maybe 600 games, that's not a bad ratio. In fact, interscholastic and intercollegiate polo has the least amount of injuries per hours played. But it is a sport that when there is a big wreck, it can be really bad."

That is why Robin drills her students in the rules of polo. "I'll get people started in the rules one-on-one. When players are ready to be in scrimmages, we're constantly explaining the rules to keep people from getting hurt," she said.

"There's no way of avoiding falling off, but you get back up."

"You start in a comfort zone and a speed that's safe. Then as you learn the rules and get more confident in your riding and hitting, the speed picks up in a completely safe manner."

In the months of July and August, the pace slows down for Robin to keep horses and humans from heat exhaustion. Camping trips to cooler climates are on the horizon for Robin and her husband. To stay in shape for polo, Robin will do cardio workouts, core conditioning for her abs and lower back, and leg workouts with resistance training, pilates and yoga.

Just riding her horse helps build Robin's leg muscles. And every day, she spends anywhere from two to eight happy hours on a horse, plus a lot of time lifting hay bales and sacks of feed in the barn gym. Surrounded by trees, sun and grass, Robin's joy in polo is being with the animals. "The horses are so amazing," she said. "Likewise, I'm in an environment at Brushy Creek Ranch where the people are always happy to be right where they are." **NOW**

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The men and women running Texas Drinking Water Systems strive to honor their Creator in their business, even praying over the water they sell!

— By Melissa Rawlins

Zena Bodyu is happy running the water store for Texas Drinking Water Systems, taking care of customers who come in for water by the gallon and building most of the home reverse osmosis (RO) systems. Everybody loves Zena and her smile. “All our customers tell me our water is the best! I say, “Thank you, I know, because we pray every day for this water.’ It’s very healthy for them,” said Zena, who has worked for six years in the store, owned by Otis Gillaspie and run in harmony with Service Technician John Gain, Office Manager Jerry Gregg and Installation Manager Mark Mitchell.

Mark’s dad, Gary, started the company in 1983. “He was sick all the time from amoebic dysentery that he got from waterskiing in a lake. Doctors couldn’t diagnose him. He did all the research, diagnosed himself, and doctors then

confirmed it. That sent him on a quest to teach people to clean up their water,” Otis said. “Illnesses from drinking impure water are more common. It’s the colonizing bacteria that are most dangerous. Every time you drink tap water you’re drinking contaminants.”

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From left:

Esther Bodyu, Zena Bodyu and Owner Otis Gillaspie, proudly offer pure water to their customers.

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In July and August, Texas Drinking Water Systems is offering \$100 off any whole house filtration system that incorporates all the plumbing in the house. “We’ll also extend that to a reverse osmosis system. In essence, if they buy an RO system as well they could get up to \$200



“I want our customers happy. I take ’em the joy of the Lord when I do their service.”

off,” said Otis, explaining that the average price for a whole house is \$2,000 with installation, and an RO system is \$595.

Once the installation is complete, John Gain will visit once a year to service and sanitize the home RO system. “I want our customers happy,” John said. “I take ’em the joy of the Lord when I do their service. When I got this job three years ago, I needed work. The same day I prayed, Otis showed up and offered me the job. I love people, and now I get to go out and help them, checking the water quality our system is producing and making adjustments accordingly.”

In the store, Zena serves a European blend tea made with purified water. Even the ice is clear instead of white and cloudy. “This tea stays pretty until you drink it all up because there are no total dissolved solids in the water,” said Otis. “The in-home systems I sell can do the same thing for the tea people make at home.” **NOW**

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

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

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Taking the Reins

— By *Melissa Rawlins*



Allyson Harrell is on a mission to help families whose children have mental health issues. Born into the home of a music teacher, Allyson grew up surrounded by teaching, and loved to help grade papers and cut out laminating materials. Now, she works through First Baptist Church of Burleson’s Promises Community Ministries to help socially, emotionally and behaviorally challenged children when they are faced with difficult circumstances at a young age. “My best job,” Allyson said, “is to help parents learn those skills to work with their children, to help them manage their emotional reactions to their kids.”

Allyson gets in the trenches with the family, encouraging them to find a way to live every day. The program is free to clients, and is carried out by volunteers as well as two employees of First Baptist Church (FBC). Funds come from a six-year, 8.3 million dollar grant called Hand-in-Hand, which is supervised in Johnson County by Shelly Melia, who has been on staff at First Baptist for 14 years and serves as the preschool minister and a licensed professional counselor in their counseling center. Shelly’s husband was killed almost 5 years ago, and she was left

with three children below the age of 7 to try to help through the loss of their dad. “So, my heart beats for kids who struggle (and their parents, particularly the single moms),” Shelly said. “This grant helps address some of those issues ... although the issues are much, much, much broader than loss.”

Shelly chose Allyson — who also teaches music camp and kindergarten Sunday school at FBC — to work directly with the clients because of Allyson’s prior success during her seven years in the Grand Prairie schools as a licensed specialist in school psychology. “We tried to make sure the kids were not put out of the classroom for disciplinary reasons,” said Allyson, who served an increasing number of autistic children. “We often did neuro-psychological assessments for kids who were struggling to find out what the hold-up was. We would go back to the basics to find out how their brains were interpreting information, so we could figure out how to move forward in the classroom and at home.”

The intensive work Allyson now does through Promises Community Ministries as part of the Hand-in-Hand program helps prepare preschoolers to succeed

at school by getting families connected to these free resources. This allows early identification and intervention, which can achieve powerful results. There are some criteria to meet in terms of diagnosis or imminent risk, but once families get started with Allyson, their own dreams take wings.

“I come to this job understanding that it’s about what is right for the family, and utilizing the child’s and the family’s strengths to promote positive change for them,” Allyson explained. “I tell them, ‘Let’s look at something we do really well, and let’s try to build on that, and this [negative] part will change.’ I think people get so used to hearing, ‘Well, it must be something you’re doing,’ or, ‘It’s a parenting issue,’ or, ‘They only act that way in one place.’ Well, my philosophy is, we have to look at it more as a puzzle. The more severe the child’s social, emotional or behavioral problems are, the more of a challenge it is for me, because I don’t think anything is past the point of being helpful.”

While the child’s family has dinner, or is at roundtable discussions in some other place where they feel comfortable, Allyson talks to mother, father, children.

Education **NOW**

“When you put the focus on the things your spouse and yourself and your kids do well, then it’s easier to ask, ‘What area do we want change?’ As a family they make that decision,” Allyson explained.

The family also sits down with Allyson and makes a list of the people who support them — family members, people in their community, co-workers, medical and educational professionals, friends and fellow church members. From this list of supporters, Allyson and the family put together what is called a Wrap Team. This team wraps its arms around the family, working together long-term to help them. Allyson observed, “It’s neat to get a lot of different people involved in a child’s life who are making positive change in their life.”

“It’s neat to get a lot of different people involved in a child’s life who are making positive change in their life.”

Allyson listens to parents and provides them a sense that they are not alone. “When they see I have experience dealing with children who have had behavioral problems, they no longer feel isolated. I tell them the things we tried at home, and the things we tried at school,” said Allyson, who suggests questions the family can ask school administrators so they can feel better about what their child is doing.

Eventually the family learns to run their Wrap Team without Allyson’s involvement. “We’re showing them [the parents and the children] that they have the skills and strengths for living life well, and if they need to develop skills, we guide them to resources. But since it’s their choice, they’re more likely to really make the change. It’s motivating to the kids, who stick with it more when they [the kids, not the parents] come up with a different way to behave. It’s a different level of commitment. You learn how to take care of your own family instead of relying on professional services. You are able to take the reins.” **NOW**

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Zuri Franco, M.D.

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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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In The Kitchen With Ginny Wilson

— By Faith Browning

Growing up, Ginny Wilson had many memorable moments of learning to cook with her grandmother. “At an early age, I watched my grandmother create some pretty good Southern meals,” she recalled. “My fondest memories are the love the two of us shared while stirring and tasting what we were fixing for dinner, the wonderful stories she shared about her childhood, and just laughing, humming, stirring and hugging.”

Besides cooking, Ginny enjoys reading, walking and watching her grandchildren play volleyball and swim. Instead of following the step-by-step directions in recipe books, Ginny prefers to create her own recipes. “I mostly cook by trial and error. I will take a recipe, add or delete ingredients,” she explained. “I would rather live in the moment and create as we go along in life.” **NOW**



HAMBURGER BALLS

A recipe a child can make.

1 lb. ground hamburger meat

1 bottle barbecue sauce

1. Pinch off enough ground meat to make 1-inch balls.
2. Cook meatballs in a skillet; turn balls until they are evenly cooked.
3. Once meatballs are cooked, add barbecue sauce to coat the meat; simmer a few minutes until sauce is warm. Serve with cheesy potatoes.

YUMMY PEACHES

A recipe a child can make.

1 lg. can peach halves

1 stick butter

Brown sugar

Sugar

Cinnamon

1. Drain peaches; place halves on pie plate flat side up.
2. Place a thick slice of butter in center of peach, where the pit used to be. Sprinkle sugars and cinnamon on top of butter.
3. Ask a parent to broil peaches in the oven until butter melts and sugars dissolve. Serve with pork or ice cream.

SWEET POTATOES IN ORANGE RIND

A recipe a child can make.

4 to 5 lg. oranges

1 lg. can sweet potatoes

2 Tbsp. butter, or to taste

2 Tbsp. brown sugar, or to taste

1 tsp. sugar, or to taste

1/2 tsp. cinnamon, or to taste

1 bag large or small marshmallows

1. Cut oranges in half; scoop out orange. Eat oranges while making potatoes.
2. Drain sweet potatoes; place in medium pot. Add butter, sugars and cinnamon according to how sweet you would like them; heat evenly.
3. After potatoes are heated, mash them. Scoop mixture evenly into orange rinds; top with a large marshmallow or make a face with several small marshmallows.

4. Just before dinner, have parent place into a heated oven long enough to melt marshmallows. *This makes a pretty dish to serve at Thanksgiving and Easter.*

CHEESY CHICKEN CRESCENT

A recipe for an adult and a child.

1 can crescent rolls

2 cups chicken, chopped or shredded

1 cup sharp cheddar cheese, shredded

1 can cream of chicken soup

1 cup milk

Salt and pepper, to taste

1. Have the child separate rolls into triangles. Place a small amount of chicken in the center of the large part of the triangle and add a little cheese.
2. Starting at the large end, have the child roll up triangles, pinching ends closed.
3. *A parent should handle the remaining steps.* In a saucepan, mix soup, milk, 1/2 of cheese, salt and pepper. Heat, stirring continuously until heated through and well-blended. Pour half of sauce in a greased 9 x 12-inch baking dish.
4. Place crescents in the sauce; bake at 375 F for 20-25 minutes until crescents start to brown. Remove from oven and sprinkle with remaining cheese. Return to oven to melt the cheese.
5. Serve with remaining heated sauce. *Yields 6 servings, but I always double the recipe because the grandkids love these.* Serve with green beans, English peas or salad.

STUFF

Dad's Leftover Recipe

2-3 chicken breasts, skinless, boneless, cubed or sliced

Small roast beef, cubed or sliced

3-4 pork chops, cubed or sliced

1 lb. hot sausage

1 pkg. hot links, thinly sliced

Pot roast, leftover

Steak, leftover

1 lg. onion, chopped

1 green pepper, chopped

1 clove garlic, chopped

1 jalapeño, chopped (optional)

1 lg. bottle soy sauce

2 cups or more rice, cooked

1-2 eggs for a small family, 4-6 for a large gathering

1. In a large skillet, cook all raw meats until they are done. Add leftover meats, onion, bell pepper, garlic and jalapeño if desired. After all is heated completely, cover meat in soy sauce and simmer.
2. Place cooked rice in a big roaster pan; coat rice with soy sauce; add meat mixture and stir completely.
3. Scramble eggs and add to rice and meat mixture. Can be made the day before, but be sure to add soy sauce so it is not too dry. Do not add salt, but you can add pepper. Adjust meat portions to your rice. Shrimp can be added, but only shrimp.

HARVARD BEETS ALA FREDA

2 cans sliced beets

1/2 cup sugar

1/2 cup vinegar (I use apple cider vinegar.)

1/2 tsp. salt

1/4 cup water

2 Tbsp. butter

2 Tbsp. plain flour

1. Drain beets; pour into glass pie plate.
2. In a saucepan, heat remaining ingredients until butter melts and flour is blended.
3. Pour sauce over beets; bake at 350 F for 30 minutes.

GREEN BEANS AND TOMATOES

2-3 slices bacon, cut into small pieces

1/2 onion, diced

2 14-oz. cans French-cut or regular green beans, drained

1 12-oz. can diced tomatoes

1 pinch sugar

Salt and pepper, to taste

1. In a large skillet, fry bacon and onion until almost done. Do not fry bacon crisp.
2. Add remaining ingredients; simmer and stir until liquid from tomatoes is gone.

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DON'T RELY ON OTHERS FOR YOUR RETIREMENT

— By Sharon Robinson

Recent debates about Social Security and the increasing number of employers reducing or eliminating employee pensions have underscored the need for a sound retirement plan. Gone are the days when employees were guaranteed a percentage of their salaries once they leave a company. While Social Security may or may not change, it was never intended to be the sole source of retirement income.

Retirement planning is something everyone needs regardless of their existing situations. If the current financial debates tell us anything it's this: the only funding you can count on is that which you do yourself. Some of the options you have are individual retirement accounts (IRAs) or an employer-sponsored plan such as a 401(k). Contributions you make to a 401(k) can reduce your federal income tax burden and the contribution limits are higher than those of an IRA. Plans are available for any size of business, be it a large corporation or a small mom and pop operation.

Contributions to traditional IRAs may be income-tax deductible. While Roth IRA contributions are not deductible, qualified distributions are received free from federal income taxes. An IRA is something you can set up with the help of a financial professional. There are a number of options available when choosing how you want to fund your IRA.

No one can be sure what the future holds in store. Making preparations for a number of possibilities can begin with careful planning. You can start by contacting a financial professional to discuss your goals and how to reach them. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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With Chest Pain, Seconds Count

— By Barbara Willis, RN, MSN

Did you know that coronary heart disease is the No. 1 cause of death in the United States? Each year, approximately 1.2 million Americans suffer a heart attack and nearly one-third of these individuals will die — many before they reach the hospital. Often people are not sure what may be wrong and simply dismiss the chest pain as heartburn or a pulled muscle. Unfortunately, many people wait too long before getting help.

It's important to recognize the early symptoms of a heart attack so you can get help right away, either for yourself or someone close to you. Acting quickly can save a life or reduce the amount of damage that the heart suffers.

Warning signs of a heart attack:

The first sign of heart disease for many people is chest discomfort. Not everyone who has a heart attack experiences crushing chest pain. Often the symptoms are more subtle and start slowly. The most common signs are:

- Chest pain or discomfort — most heart attacks produce pain in the center of the chest that lasts longer than a few minutes. It may feel like pressure, tightness, fullness or pain.
- Discomfort in the upper body — sometimes pain occurs in the arms, jaw, back, neck or stomach.

- Shortness of breath — with or without chest discomfort.
- Other symptoms may include nausea, vomiting, cold sweats or light-headedness.

Women may experience a heart attack differently than men. Sometimes, women experience no chest pain at all. One-third of women who have had a heart attack reported they had no chest pain.

Some common symptoms for women include:

- Pressure, fullness, squeezing pain in the center of the chest or sometimes lower chest.
- Chest discomfort accompanied by fainting, light-headedness, sweating, nausea or shortness of breath.
- Pain that extends to the upper body — neck, shoulders or jaw.
- Vague chest discomfort or abdominal pressure.
- Shortness of breath.
- Extreme fatigue.
- Back pain.
- Upset stomach, nausea.
- Light-headedness, dizziness.
- Palpitations.

At the first signs of a heart attack, dial 9-1-1. Do not drive or bring the person in a car to the hospital. Emergency personnel can begin life saving procedures immediately. **NOW**

Barbara Willis, RN, MSN is the cardiovascular service line director at Huguley Memorial Medical Center in Burleson.

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Second Monday

Metro Beekeepers hosts guest speaker from Texas A&M University, Dr. Paul Jackson, who will discuss the beekeeping industry in Texas. The Metro Beekeepers meet monthly at the United Cooperative Services Building, 2601 South I-35; 6:30-8:30 p.m. Contact Terry Botkin, (214) 837-7256, or visit www.metrobeekeepers.net.

Second and Fourth Wednesdays

Burleson Lions Club meeting: noon-1:00 p.m., First United Methodist Church Visit www.burlesonlions.org or contact (817) 992-9823.

Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., Burleson Chamber of Commerce. Join other professionals in encouraging each other to speak effectively and persuasively in public settings. We have fun, too! Contact Neal Jones at (817) 343-2589.

Fourth Thursdays

American Business Women's Burleson Charter Chapter meeting, Burleson Chamber of Commerce. Networking: 6:30 p.m. Meeting and meal: 7:00 p.m. RSVP to Linda Houst at (817) 295-7060 or ljh67@sbcglobal.net or Sue McKnight at (817) 295-3220.

Every Friday

Burleson Business Builders networking group meeting: 8:00-9:30 a.m. at Fresco's in Old Town Burleson. Contact (817) 447-7371.

Every Saturday

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

July 3

Sixth Annual Burleson Lions Club Independence Day Parade, celebrating Heroes in Uniform with the theme "Stars

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n Stripes Forever.” The parade kicks off at 9:00 a.m. from Kerr Middle School and runs through Old Town Burleson. Check in for parade entrants starts at 7:00 a.m. All entrants will be judged during the parade, and award winners — plus sponsors and volunteers and veterans — will be honored during the Appreciation Dinner scheduled for July 8. For more information, call Dianne Arcement (817) 992-9823 or register at www.burlesonlions.org.

July 4

Independence Day! The city of Burleson hosts a beautiful fireworks extravaganza to celebrate the July Fourth holiday. Eleven Hundred Springs — a country band that plays honky tonk and rockabilly — headlines the 7:30 p.m. concert on Sunday. Start setting up your chairs and blankets at the sports complex at 6:00 p.m. The concession stand will be open but you can bring your own picnic. No alcohol is allowed inside Hidden Creek Sports Complex. The 90-minute concert wraps up just as the city’s fireworks show, choreographed to patriotic music, lights up the skies. For more information, call the city of Burleson, (817) 426-9622 or visit www.burlesontx.com.

July 6

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

July 7

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

July 15

Quarterly Luncheon for Burleson Chamber of Commerce: 11:30 a.m.-1:30 p.m., First United Methodist Church. Call the Chamber at (817) 295-6121 for more information.

July 19

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

July 26

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

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