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Burleson NOW

M A G A Z I N E
November 2010



Youth Initiative
Gets to Work

ALSO INSIDE:

All in the Timing
The Smile Fixer

Patriots
and Heroes

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At Home With
Bob and Martha
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- relaxed
- flexible
- strong
- solid
- comfortable
- vigorous
- supple
- coordinated
- active
- limber
- elastic
- energetic



- burning
- tingling
- aching
- shooting
- grabbing
- catching
- stabbing
- locked
- vice-like
- tearing
- rigid
- weak



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Burleson
The Community Magazine
Serving Burleson, Joshua and
the Surrounding Area
NOW
MAGAZINE

Contents

November 2010
Volume 4, Issue 11



A year ago, Sara Underwood went to Cozumel, Mexico, where she triumphed in her first Ironman Triathlon.

8 Patriots and Heroes

14 Dreams Come True

At Home With Bob and
Martha Godlewski

24 Around TownNOW

26 ArtsNOW

All in the Timing

30 SportsNOW

Grateful for Every Mile

34 BusinessNOW

The Smile Fixer

36 EducationNOW

Youth Initiative Gets to Work

38 Who's CookingNOW

39 OutdoorsNOW

40 HealthNOW

41 TravelNOW

42 FinanceNOW



On The Cover

Alex Ferguson's faith helps her serve students and businesses in Burleson.

Photo by Opaque Visuals.

Editor's Note

Hello Friends,

Thanks to cool temperatures and hot turkeys, this is a month of hope! The city of Burleson celebrates hope for its future when it hosts the Character Luncheon on November 16. Gratitude abounds for the variety of experience and beauty of character in this city.

In honor of Veterans Day, I am especially pleased to let Milton Gibson and Dale Dexheimer talk about why they are donating so much time and energy to an extraordinary project sponsored by the Library of Congress. They are videotaping area veterans talking about their experiences and then archiving the tapes with the Library of Congress as well as with the city of Burleson (thanks to efforts by Gary Burton and the Burleson Heritage Foundation). Their story is one of eight, in this issue, about folks whose hopes and dreams have come true.

As always, if you know a good person about whom I should write a good story, feel free to call or e-mail me at the following: (817) 629-3888 or melissa.nowmag@sbcglobal.net

Happy November, Burleson!
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PATRIOTS AND HEROES

— By Carolyn Wills



“Our veterans are the reason we’re here today and still free,” Milton Gibson said. “Dale and I use two words to describe them: patriot and hero. Most of them will say, ‘Yeah I’m a patriot, but hero? I did what I was told to do for my country. I did my duty.’”

Something important happens when the future comes face-to-face with life’s battles won and lost: generations connect and history is preserved. On

Memorial Day 2010, Burleson Mayor Ken Shetter announced the launching of a project called Operation Remember. The objective? To archive the personal accountings of local veterans and to make those histories available online and through an interactive kiosk at Veteran’s Memorial Park.

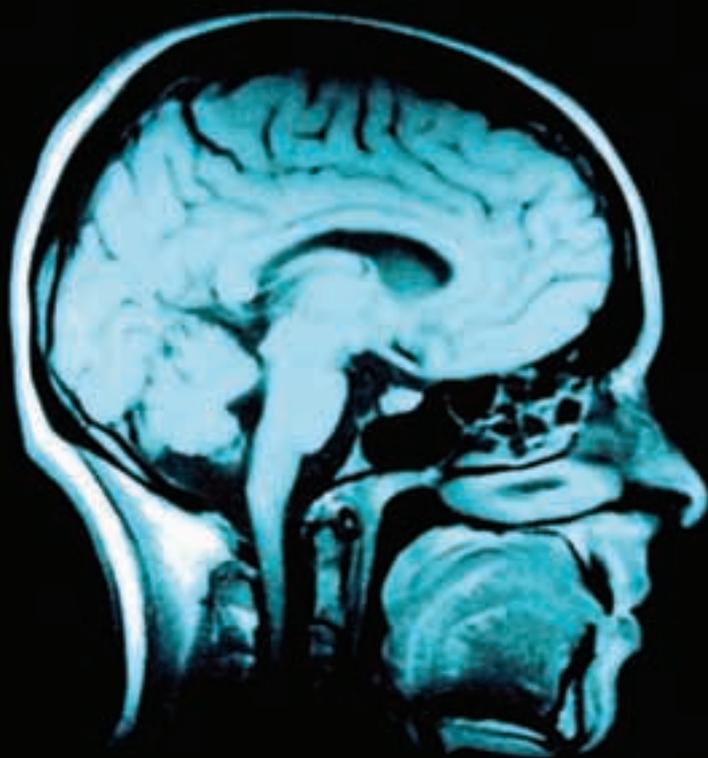
Milton, along with Dale Dexheimer, reached the frontline of Operation Remember at its inception and both are quick to say it is a service they are honored to perform. “We have a lot of people to thank,” Milton said. “The Burleson Heritage Foundation (BHF) for giving us the opportunity; the city of Burleson for supporting our efforts, St. Matthew Cumberland Presbyterian Church for generously allowing us to use their equipment and facilities; and, above all, the exceptional veterans who have allowed us to record their stories so that history will not be lost.”

Operation Remember evolved as a companion to the Congressionally mandated Veterans History Project (VHP). Ten years ago, VHP of the American Folklife Center at the Library of Congress

began collecting, preserving and making accessible the personal accounts of American war veterans, including U.S. civilians who were actively involved in supporting war efforts. After a decade and with the help of thousands of organizational volunteers who requested to be VHP Partners, over 68,000 individual collections are now available at the Library of Congress and more than 7,000 of them are also accessible through the VHP Web site.

Dale serves on Burleson’s library board and volunteers at the BHF and Visitors Center. When he was asked to help with the VHP effort, he found the local process stalled by the lack of equipment and technological expertise. That discovery preceded the launching of Operation Remember and the Veteran’s Day Celebration on November 6, as the unveiling date of the new interactive kiosk. It also, thankfully, preceded Dale’s introduction to Milton and the emerging of their dynamic team.

Dale moved to Burleson in 1978 and Milton in 1972. Both are retired: Dale from Martin Sprocket & Gear and Milton



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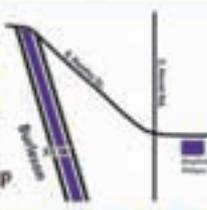
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first from Winn-Dixie and then from the Southland Corporation. Yet, for these two, life is anything but retiring. Since last April, they have recorded nearly 30 American war stories told by the veteran or by the veteran's family. Dale arranges and conducts the interviews and Milton handles the camera and production work.

With an estimated 13,000 veterans in Johnson County, the project might seem endless for anyone other than this team. "What I see is that people need to get their stories documented or they will be lost," Milton said. "My grandfather was in the Civil War and my father was born in 1893. When I was young, I remember



taking a trip with my father to find an old log cabin where he might have lived as a child. When he pointed it out, I looked at my watch as much to say, 'Are you about through?' Kids think they have plenty of time, but as we get older, we realize it is time to get the stories told."

Dale maintains a stack of "calling" cards and is always ready to complete another 3 x 5 index card with the name and information of a prospective veteran. On Wednesdays, he volunteers at BHF and Visitors Center and also uses the time to make calls. "Some people say no — maybe a third of those I've called. Sometimes they change their minds, and some don't believe they have done anything," he explained. "That's when I assure them that if they have served, regardless of whether it was on the frontline or to cook or get the mail, their story is important."

Veterans are interviewed on Fridays at St. Matthew Cumberland Presbyterian Church with the use of the church's equipment. "The city is in the process of buying the appropriate equipment," Dale explained. "Some of our prospects are in nursing homes so we want to be able to go to them. Also, not everyone can

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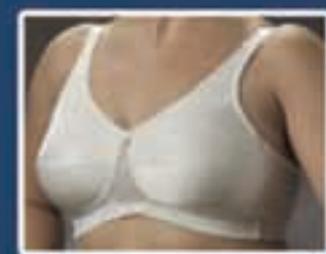


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come during the week, so we need to be able to meet on Saturdays. "I begin by asking the questions listed in the Field Kit provided by the VHP, such as the veteran's name, birth date, name of the conflict, highest rank and anyone present during the interview," Dale explained. "Then, we have a little chat before so the veteran has an idea of how and where to begin. Sometimes, they will say they don't want to talk about a certain time or experience," Dale explained. "I tell them it is their story, so they are free to talk only about what they want. We never edit their stories."

Milton records directly to a laptop as well as a tape back-up and when the interview is complete, he makes a copy for the veteran, the city and the church. The city forwards a copy to the Library of Congress. "Anyone can record a veteran's story for the VHP," Milton said. "We're providing a service to give a quality video and to make sure the whole process gets done."

So far, the majority of veterans interviewed for Operation Remember have been over the age of 60 and the conflict most represented is the Vietnam War. Remarkably, the united theme to their stories, including the toughest accounts, is that, overall, they enjoyed the time and consider it to be one of the best in their lives.

"Most don't say anything about their decorations," Dale said, "and while some have made peace with their experiences, others are still very emotional. It's hard to say which story has had the most effect on me, because they are all veterans. Whether they enlisted or were drafted, they did their time. From the 18-year-old sailor who joined the Navy to see the world and never left the coast of Corpus Christi; to the man who was captured in Vietnam and spent years in the 'Hanoi Hilton'; to the one who never saw battle but started a crucial gunnery school; to the young man six months out of Iraq with a purple heart, a damaged brain and postwar distress syndrome — all of their stories are interesting because all of them are personal." **NOW**

Editor's Note: For information about Operation Remember, please visit www.operationremember.org, call the Burleson City Secretary at (817) 426-9661 or e-mail amccrory@burlesontx.com.

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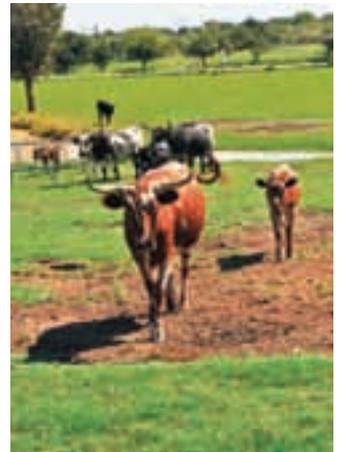
DREAMS COME TRUE

— By Melissa Rawlins

Wait a few minutes after Bob Godlewski sings, “Oh-Cattle-Cattle-Cattle-Oh-Cattle-Cattle-Cattle-Oh!” from his front yard, and all 12 of his sleek fat Longhorn and Black Angus come running around the corner, almost skipping in their joy that daddy called. Bob’s wife, Martha, also treasures watching his two paint horses, who whinny and gallop from the pasture when Bob calls lovingly to them.

Bob has been a cattle raiser since moving his family from Everman to Burseson in 2001. The couple purchased their home because of the front porch, where they sit in nice weather and watch their pet longhorns grazing by the lake with the ducks. Born

**At Home With
BOB AND
MARTHA
GODLEWSKI**



in Connecticut, horses and longhorns were always a dream of Bob's. "We have a picture of him as a child, in cowboy boots and a hat," said Martha, who displays on headboard-shelves in the guest room at least 20 model horses Bob collected during his youth.

Texas beckoned to Bob with opportunity for business and love. He opened Able Moving and Transfer over 30 years ago in Fort Worth, then met and married Martha in a whirlwind romance 29 years ago. Martha continued the business name with Able K-9 Academy. Martha can use every bit of her 14 acres for training and working dogs, although she mainly uses two acres for basic obedience and agility.



The cattle Bob breeds are kept separately. "We do it for majestic purposes. They're the symbol of Texas! Some of ours are from the King Ranch bloodline," said Bob, who admitted to spoiling his cattle. Ranger and Susie were the first he bought from his neighbors, Frank and Joyce Loessberg, who made him promise not to sell Susie and taught Bob how to care for the longhorns. "It's just for having 'em out here and the love of it, being able to see



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the babies born, and to ride our horses out there with 'em.”

In exchange for the love they receive from their pets, and the feeling that they're part of something bigger than themselves, the Godlewskis work hard to care for their animals. Martha's kennels hold 12 Yorkies of every stature and 27 German Shepherds. The couple is adding a new kennel, where Martha's canine mothers will birth their babies. "Mine are hand-raised from the day they're born," said Martha. She plans to install a camera in the new kennel so she can watch the baby dogs from screens inside her home. "When I started doing the German Shepherds seriously in Everman, I committed to doing this right. We do it for the love of the breed. They're expensive hobbies."

Not only does Martha watch her dogs on television, she also has a TV in every room of her house so she will not miss football games. "Can't miss my boys; can't miss a play," said

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Martha, who keeps an extensive collection of Dallas Cowboy memorabilia in the dining room on an antique sideboard that Bob found for her during one of his cross-country moving expeditions. Across the room, Martha's collection of memorabilia from all three *Toy Story* movies rests behind glass.

The home's wide-open interior beckoned to Bob to differentiate the spaces by theme and atmosphere using different colors on the walls. The dining room is orange, the family room is sand and the kitchen is a bright yellow. "When you're cooking breakfast, you want to be lively and enjoy what you're doing," Bob said. "Every day we wake up, the Good Lord lets us play another day. We're gonna make it a good day."

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Each room of Bob and Martha's home contains collections that remind them of love — especially that of family. "I collect Lucy and Ricky memorabilia because Desi Arnez and Lucille Ball were basically my parents. My mother was from the United States and my dad was from Havana, Cuba," said Martha, who heralds Bob's Polish ancestry through her egg collection. "I love eggs because I'm an Easter fanatic. When my mother-in-law retired, she allowed me to have her eggs, which were made by Polish nuns, some going back to 1939. As a matter of fact, that's her cabinet that she kept them in," Martha said, pointing to the hutch with her dramatic collection on display.

Many pieces of furniture Bob and Martha use were gifts from Bob's mother, including the Lane cedar chest in their master bedroom. The peach-painted walls nicely accent the rich colors of the antique chest of drawers, marble-top humidior and well-used icebox (reminiscent of the ones in homes that ordered ice deliveries made by Bob's Polish grandfather in Hartford, Connecticut, where Bob's mom and dad were reared). Bob honors his mother by displaying her handmade ceramics throughout the home.

Another collection Bob started as a child was of rocks and gems. "They were the size of my thumb back then," he said, "but after 30 years of traveling, I became friends with rock shop owners," said Bob who displays on the front porch and on his hearth all sorts of topaz and amethyst geodes, Texas sulphur, sand dollars from the California

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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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A couple of times a week, the Godlewskis travel less than seven miles to visit with their son, Carl, and his wife, Amanda, and their grandsons, Daniel "Lil' G," who is almost 5 years old, and Connor, 11. As often as they can, they see Michael, 16, Carl's firstborn son who lives in Granbury. "You enjoy all your blessings while you're here," Bob said.

For the sake of their animals, the Godlewskis stay home for every holiday. "The dogs don't know it's Thanksgiving or Christmas," Martha laughed. "They eat, they wanna go out and they wanna play!" Each Easter the entire family comes to the Godlewskis' and they carry out all Bob's Polish traditions. "We wish each other wealth and happiness and good health; after all, Easter happens to be the resurrection of Christ," Bob said.

At Thanksgiving, the well-wishing is quieter while Carl's family goes to Amanda's parents' home. Martha's brother, C.P., and his wife, Carol, will join Martha and Bob in their bright orange dining room next to Bob's toy, the gigantic pool table. The four Micro Yorkies — Polka, Dot, Levi and Whisper — will also be there when Martha serves the sausage dressing Bob loves. "I tried to learn from his mother, but she forgot to tell me a very important detail. For years he would say, 'It's OK, just not quite like Mom's.' One day I watched her making it, and saw her sautéing the onions in butter first. After learning the secret, Bob's like, 'That's it!'" Yet another dream come true! **NOW**

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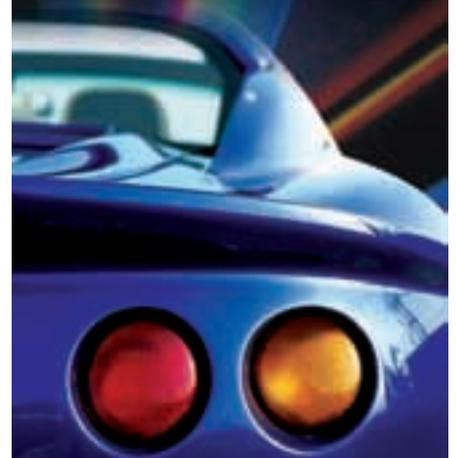
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Alice Watson of Planet Signs applies window vinyl storefront window graphics at DaVinci Wine.



Maggie Loftice, Tasting Room specialist at the Lone Oak Winery, pours wine for Perry and Lorna Hoover from the Rocking H Ranch in Kennedale.

Burleson business owners enjoy a break from work during a mixer. Bill Carver gets a drink from Kim Bunch.



From left: Jobanna and Clayton Culp, M.D., Lawrence Whaley, M.D., and Ginger Allen enjoy the conversation at the mixer hosted jointly by the two Huguley Hospital doctors.



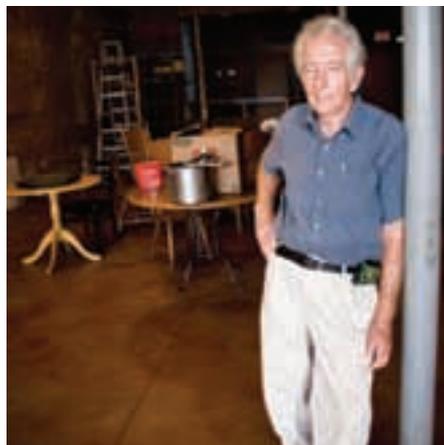
David Carey, owner of Carey Upholstery and Audio, selects the color he will order to replace a customer's headliner.



Kurt Logan and Nancy Holland, two members of the Cleburne High School class of '74, take a break from discussing ways to get together with some of their other classmates still in the Johnson County area to pose for the camera.



Russell Humphrey and Ray Codd discuss flooring options.

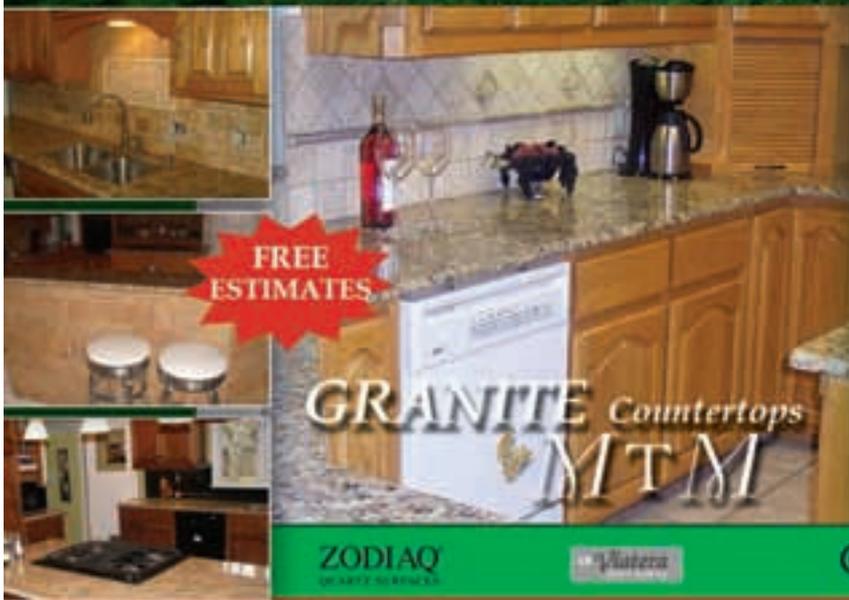


Jim Bailey takes a break from working on his new endeavor, Bailey's Place.



Andrea Woodson is held by dad, Pat, who is back home from Basrah, Iraq.

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ALL IN THE TIMING

— By *Melissa Rawlins*



This Thanksgiving, Phil Hamilton's gratitude goes out to his three F's: family, friends and fans. The congruence of their support, of Phil's dreaming and planning, of his band mates' preparation and availability — plus guidance from professionals — heralded Phil's entrance on the Texas music scene last year. Seemingly sudden and spectacular, Phil Hamilton's success was more a matter of hard work than anything else. The leader of the band graduated from Burleson High School only 10 years ago and worked construction and odd jobs until recently. Still a young man, Phil adeptly strategized how to make a living playing music. Then he did more than dream and talk: Phil started working the plan.

Now his band, Phil Hamilton, plays all over Texas, driving around in their own teak-lined bus to play indoors and out for girls and boys, women and men. His fans wear sneakers, sandals and cowboy boots, yet really prefer to rock 'n' roll. "I've said a million times, this all comes down to the three F's. Without their support, you cannot survive and you have nothing. The fans pack the venues out, and your friends and family buy your records and go through the hard stuff to help you stay balanced," Phil said. "My Aunt Gina is a singer, and without her I wouldn't be able to

be where I am. She gave us tips and drove us to keep going, and now comes out to almost every show even though they're long drives."

While keeping his eye on his source of stamina, Phil looks at himself quite seriously. "The stress of running a business has probably made me age. I have been in businesses that are stressful before this. This is probably the hardest work of anything," said

Phil, whose fingers play his iPhone as much as they play his Telecaster. "After a late night on stage, I get up at 8:30 or 9:00 a.m. and work it just like any other job. If I'm not talking to management or my booking agent, I'm

just making sure everything's working right. I have all these wonderful people working for me, but in the end, it's my baby. I want to make sure I'm always in the loop. I think the people who work for me appreciate that."

Phil appreciates the end result. "For all my time that I'm calling people on the phone, all that goes away as soon as I get on stage. I'm a pretty straight-laced guy. The performance is where I get my rush; that's my addiction. Seeing the fans sing the songs back to you — that's my outlet. All I can think about are the people and the fans and the music. I'm

"We write about life experiences, the struggles and troubles and ups and downs that I've gone through to make this thing happen."

not an incredible singer, but I get that rush from what we created and seeing that the people are receptive to it," said Phil, who believes his creativity is a gift that he was born with, an ability of some kind that people can relate to.

He and his fellow artists in the band are creating music and lyrics that come from within. "I started writing songs with Colin Moloney, my bass player. The band collectively came together and wrote all the songs on the record, *Nothing to Lose*. In the end we've all shared a lot of the same experiences, so when one has an idea, it's easy to come together and create a song," Phil said. "We write about life experiences, the struggles and troubles and ups and downs that I've gone through to make this thing happen. They're about love, loss, fun and the party — the whole thing. We all go through those experiences. Losing people along the way because of what you believe in and what you have to do — you go through a lot of things and emotionally the songwriting is the outlet."

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hours he has strummed his guitar. “As a youngster, I hung out in my room and played music. There have been times in my life I’ve put music behind me, caught up in my latest girlfriend or job opportunity. I’ve always wanted to make a good living and be comfortable, but as I got older it was really about trying to make the right decisions and make a living and have my own home. For a while I thought it wasn’t going to happen. It just goes to show, you never know,” Phil said.

“I live this thing by two phrases: ‘Failure’s not an option,’ and ‘The window of opportunity opens up for so short a time, if you don’t keep going towards that, it’ll close and it’ll close so fast that within a month you’re back to being a nobody.’ You have to look at it



“It just goes to show, you never know.”

that way because there are so many artists out there, with great connections. If I sit back for even a short amount of time, it goes back to, ‘Failure’s not an option.’ I’m done with the construction jobs and the odds-and-ends jobs, and this is what makes me happy. This is too much fun; everything I’ve ever dreamed of.” **NOW**

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GRATEFUL FOR EVERY MILE

— By Carolyn Wills

Twelve miles into her 22-mile run, Sara Underwood was joined by a stray dog. He stayed with her for the next 10 miles. “Snow was coming; it was cold outside; we were approaching the highway, and he had no collar,” Sara said. “So, I called my husband, Pete, and asked if he would come and get us. We never found the dog’s owner and Pete soon grew attached. ‘This dog is a runner,’ he said, so we named him Prefontaine after the famous runner.”

Before Prefontaine’s arrival, there was a time when anything athletic, especially an Ironman Triathlon, would have been the last thing on Sara’s mind. “Four years ago, I put on a pair of old shorts and they were tight,” she said. “I thought my metabolism was probably changing, so I decided to go for a jog. We live at the top of a hill; my run lasted less than a quarter of a mile and, by the time I reached the bottom, I couldn’t breathe; by the time I returned home, I was crying.” Encouraged by her husband to “go one house further each day,” Sara began to run. “It took two months to work up to three miles,” she said, “Then, I thought maybe I could run five miles.” At the time, neither she nor Pete could have imagined the miles that lay ahead for them.

In June 2007, Sara had been running for about three months when their 7-year-old daughter, Soren, was introduced to a youth triathlon. “The atmosphere was so encouraging and the event so much fun,” Sara said, “that Pete and I decided to try one.” And that was that. The family boat was replaced with racing bikes, and for their 11th anniversary, Sara and Pete did their first triathlon. “Pete finished first in his age group and



fourth overall out of 232 racers,” Sara said. “I was second in my age group and 31st overall. I fell in love with the sport.”

Soon, Pete began to train for an Ironman Triathlon to be held in Oklahoma City in September 2007. By November 2009, Sara was heading for her first Ironman Triathlon in Cozumel, Mexico. An Ironman Triathlon is a 2.4-mile swim (usually in open waters), a 112-mile bike ride and a 26.2-mile marathon run, raced in that order within a time limit of 17 hours without a break.

“I am grateful for every mile I run,” Sara said, “This sport

has given me more confidence than anything in my life, and as a result, I want to do more in all parts of my life. The most amazing effect has been on my whole family including my husband, two daughters, Soren and Reese, my siblings, parents and grandparents. Of my four siblings, each of us has done at least a half marathon. Our mom has done multiple sprints, and Dad runs and bikes and, also, takes amazing photos of our events. Family gatherings are different, too. There are no longer sodas in the family spread, but lots of organic whole foods. And we have an annual 5K run with a staggered start so everyone finishes together, including a pregnant

“This sport has given me more confidence than anything in my life, and as a result, I want to do more in all parts of my life.”

sister and 82-year-old grandparents.”

Training for a triathlon takes time, and with travel expenses, entries as high as \$600 and bikes costing as much as \$5,000, competing is also expensive. “I am fortunate to work from my home,” Sara explained, “and to have such a loving and involved family. It means everything that they come to the events. The sport is so mentally challenging and seeing a supportive face goes a long way.” Sara’s husband is a certified trainer and her coach. “We train together,” she explained. “Pete is encouraging and challenging and I couldn’t have done this without him. He tells me, ‘If you do the training, you can do the race.’”

Triathlons are increasingly popular these days. “It is easy to find at least two or three events on the weekends in the Metroplex, and there are lots of informative Web sites and clubs,” Sara said. “Burleson has its own bike shop now.” Children from 3 years old to people in their 80s can participate, and

Geriatrics & Internal Medicine



Jose Rosado, M.D.

Jose Rosado, M.D., has opened an internal medicine practice specializing in geriatrics. He sees outpatients at his Huguley office and visits patients in area nursing homes and other assisted living facilities. Dr. Rosado focuses on promoting health and preventing and treating diseases and disabilities of adults of all ages.

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there are variations to meet all skills from sprints, Olympic triathlons, marathons, half-Ironman triathlons, youth triathlons all the way to the exclusive, qualifying World Championship in Kona, Hawaii.

Ironman Triathlons cap at 2,500 entries and tend to fill up within the week following an annual event; yet in the midst of so many, each competitor stands alone. Understandably, only a few actually place in their age and gender categories. "It's fun to receive a medal," Sara said, "but my goal is to do

"Of my four siblings, each of us has done at least a half marathon!"



something better than my last time. Most competitors want first to finish the race and, most importantly, to better their personal record."

Sara's next competition is next May near Houston. She and her sister will be racing, and it will be her sister's first Ironman. "I've encouraged many people," Sara said. "I was never athletic. Now, whether it's running, swimming or biking, I love it all. Yep. It's a good life." **NOW**



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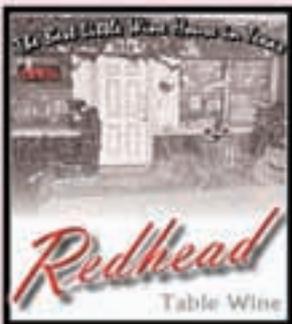


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The Smile Fixer

Burleson Smiles Dentistry makes a positive difference in people's lives!
 — By Melissa Rawlins

Looking for some joy in your life? Well, on the day you go to Burleson Smiles Dentistry your joy — as well as your mouth — is Dr. Christopher Hawkins' concern. "I want to give people a reason to smile," Chris said. "I want every interaction they have with me to bring people some joy. It's really nice for me, too, when someone comes to me with a problem and I can fix it. They come to me with a dry mouth, and they've been eating only pureed food for some time. I can give them an implant or a partial denture, and they can eat corn on the cob again!"

Chris learned the easy way that the practice of dentistry is a joy. "My dad, Ron, is a dentist. I watched him over the

years and heard him sharing stories about how he was able to help a person who had a hard time eating or would never smile or never go on a date or were self-conscious in social situations. He could do something for them and change their life. I thought, *How great!*" said Chris, who studied biology at Lubbock Christian University before attending dental school. There Chris met his wife, Misty, who currently practices dentistry in Keller. "We recently moved to Burleson," Chris said. "Eventually, she'll work with me as we get busier."

Family is important at Burleson Smiles Dentistry, which offers a variety of services in general dentistry, including: crowns, bridges, fillings, preventive

From left:

Dr. Christopher Hawkins and his trusty staff, Denise Watkins (left) and Renay Strain (right).

Burleson Smiles Dentistry

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cleanings, gum care and oral surgery. Specializing in dental implants, bone grafts and cosmetic dentistry, Dr. Hawkins is cultivating lifelong patients who will bring their children to the clinic as their families grow. "I take time with these patients and get to know them," Chris said. "It's not a fast-food approach to health care. We take the time to listen and understand patients' needs.

"I believe in treating people with the utmost of ethics and integrity," Chris said. "I like to be upfront and honest with people. I tell them, 'This is what I see; this is what I recommend. If you want us to help you, great. If not, that's OK, too.' I always take my patient's financial situation, schedule and medical history into account before we make a recommendation."

Consultations with Dr. Hawkins are educational and encouraging. Using the latest in digital imaging technology, he helps patients understand what they need. He stresses the importance of good nutrition and dental hygiene and the importance of returning to their dentist every so often to make sure nothing else is going on. "Healthy gums equal a good, healthy heart; gum disease has been shown to lead to heart disease," said Dr. Hawkins, who teaches his patients how to conduct quality home care. "Brushing twice a day for two minutes with toothpaste that contains fluoride and flossing once a day is critical; if the patient doesn't establish good home care then everything I do is a waste."

Dr. Hawkins gets just as excited about the implants he offers, and for those interested he offers free X-rays and consultations. "It's really simple ... in two appointments you're done! Implants are one of the greatest things that have happened in all of medicine in the last 40 years," said Chris. "Sometimes patients can get more wrinkles in their upper and lower lip due to bone loss. Implants help counteract some of that, which is one of the warm fuzzies I get from being their dentist. Giving patients the ability to chew again is the greatest pleasure for me as a health care professional." And that is what Burleson Smiles Dentistry is all about: making a positive difference in people's lives. **NOW**

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Youth Initiative Gets to Work

— *By Carolyn Wills*

Alex Ferguson loves Dove Chocolates, those bite-sized pieces with the special message in each wrapper. And she generously shares them. “They are a great ‘pick-me-up,’ kind of a mini-latte,” she said. To meet this young and exceptionally accomplished woman is clearly to know that the quick burst of energy from that piece of perfect chocolate is but a tiny prelude to the exuberance she shares. She is the community outreach director for Burleson’s Chamber of Commerce. She is also a senior at Texas Christian University and a chosen participant in the Burlington Northern Santa Fe Leadership Program, a two-year program for developing excellence in business leadership. Alex grew up in Burleson with her parents, younger sister and the family’s collection of rescued animals. Her mother is “super intelligent and keeps things in perspective,” and her dad is a “visionary.” She describes both as “amazing ethical

leaders,” and her 12-year-old sister, Abby, as “kind and intelligent.” Alex graduated from Burleson High School. And, she has a mission.

“I am fortunate to have worked at the Burleson Chamber since I was a sophomore in high school,” she said. “I started as an intern and, over the years, became aware of a gap that awaits a lot of high school kids. They are so busy learning the basics in education that, by the time they graduate, many seem to have no idea of what they want to do. Our Chamber president, Dan-O Strong, encourages us to do what we believe in, so when I proposed an idea that could help kids through this disconnect, the Chamber board gave their full support.”

Six months ago, making use of a lot of her spare time and help from the Chamber staff, Alex created the Burleson Chamber Youth Initiative. Its mission is to provide focus and growth opportunities

for the youth of Burleson by preparing them for higher education and careers. The developing program hopes to work with high school students, focusing on subjects like: writing a résumé, dressing professionally, hygiene and speech in the workplace, how to search for a job and how to get hired. Students will have the chance to hear from business leaders across a variety of industries, to attend seminars and to talk with each other. Juniors and seniors with valid driver’s licenses may apply to be “matched” with a business where they will job-shadow for a semester.

“The Chamber will act as the liaison between the students and businesses,” Alex explained. “We will monitor the progress and make sure the program is working for both.” It is anticipated that businesses will pay a small fee to cover the Chamber’s administrative costs; they will need to be a Chamber member and commit to the program for at least one semester. As far as the students are concerned, the process is relatively simple. After completing an application, including the parent’s or guardian’s permission and proof of automobile insurance, the Chamber will match the student to the appropriate business or solicit the business if it is not in the pool.

“Our board is ‘on board’ with the Chamber Youth Initiative as are a number of businesses,” Alex said. “Participating is a great way for companies and organizations to gain new energy and fresh ideas.” Businesses like H-E-B, Burleson Polo Club, Orr & Associates, Teresa’s Treasures, Gammon Financial and the Chamber have already signed up. Volunteer locations like Harvest House, Burleson Heritage Place, the animal shelter and fire and police departments are on the list of possibilities.

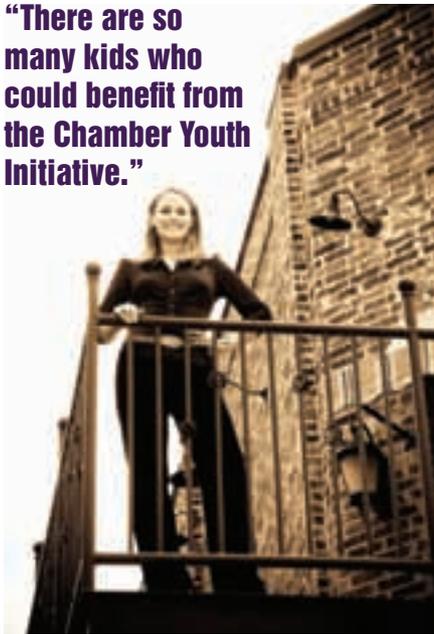
“We are in the process of talking with the schools and students to work out the timing and possibility of the schools granting credit,” Alex explained. “We want this to be a program of every motivated student. It is a valuable way for a young person to accumulate experience, determine if college or a trade is really a direction, possibly cut down on changes in majors, and maybe for the Youth Initiative connection to actually evolve

into a job or career.” At the end of the process, Alex envisions the student receiving a certificate of achievement from the Chamber and a letter of recommendation from the business.

“I’m thankful and blessed to have the chance to develop this program,” Alex said. “Everyone I’ve contacted so far has been wonderful, and the Chamber staff is fantastic. When I have felt the least bit discouraged about not having time to work on this, someone always shows up to ask, ‘How’s the project going?’ and to offer help.”

Not surprisingly, Alex has a dream and vision for her future. “There are so many kids who could benefit from the Chamber Youth Initiative. I dream of doing a

“There are so many kids who could benefit from the Chamber Youth Initiative.”



program like it with kids of all ages and from all backgrounds. Some day, I want to establish and run my own foundation. I want it to be on property large enough so my family can live there and we can offer summer camps and leadership programs where businesses can even recruit employees. Faith is one of my drivers, and I know, beyond serving kids and businesses today, this experience is also preparing me for the future.” **NOW**

Editor’s Note: To learn more about the Burluson Chamber Youth Initiative, visit www.burlesonareachamber.com or contact Alex at alexj@burleson.org.

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In The Kitchen With Bettie Bailey

— By Adam Walker

Bettie Bailey grew up on a West Texas ranch, about seven miles outside of town, with a large garden and lots of animals. “As a child, I learned to plant, pick and can vegetables, as well as how to cut up a chicken,” she remembered.

From customers in her beauty shop, she collected recipes, such as one of her favorites: the Candied Orange Slice Cake, which Velma Smith taught her to

make in 1962. She likes basic cooking and sharing with others. She and her husband, Jim, owned the Peppermint Tearoom in the late '90s, where she had a great cook, who also shared recipes. She likes to oil paint, sew and work in her yard. Bettie plans to cook quite a bit this Thanksgiving, since this is the first year in “ages” one of her children is coming home, with the family. **NOW**



MACARONI AND CHEESE

4 cups water
2 Tbsp. unsalted butter
Salt, to taste
Watkins pepper, to taste
2 cups macaroni
Milk
2 cups Velveeta cheese

1. Bring water to a boil. Add butter, salt and Watkins pepper to taste. Add macaroni.
2. Reduce to simmer. Cook until most of the water is gone.
3. Add enough milk to cover macaroni. Cook until done.
4. Turn off burner. Add Velveeta cheese. (Add more or less cheese to your taste.)
NOTE: I always use unsalted butter. Watkins pepper and flavoring are a must. If the macaroni sits too long and becomes dry, add a little more milk. Do not over stir!

CHICKEN OR TURKEY AND DRESSING

BROTH FOR DRESSING

Bones and skin of cooked turkey or 4 to 5 lb. fryer
2 qts. water (at least)

1. Boil bones and skin at least 30 minutes. Remove bones.

CORN BREAD FOR DRESSING

(Do not use corn bread with sugar.)

2 cups all-purpose flour
2 cups yellow corn meal
1 tsp. salt
6 tsp. baking powder
6 Tbsp. oil
2 eggs
1 3/4 cups milk

1. Mix dry ingredients. Add oil and eggs. Mix. Add milk. Stir only until combined.
2. Bake at 450 F in greased pan until brown.

BISCUITS FOR DRESSING

2 cups all-purpose flour
2 1/2 tsp. baking powder
1/2 tsp. salt

1/3 cup shortening
3/4 cup milk
1 Tbsp. unsalted butter

1. Preheat oven to 425 F.
2. Mix dry ingredients. Add shortening, milk and butter. Mix until dough is like cornmeal.
3. Roll out dough. Use biscuit cutter or small glass to cut out biscuits. Lay biscuits upside down on a warm cookie sheet.
4. Bake for about 15 minutes or until slightly brown.
Note: Use a tube sock on your rolling pin, or buy a rolling pin tube to prevent dough from sticking to the pin.

GIBLET GRAVY

About 4 cups broth
2 diced boiled eggs
Approximately 2 cups turkey or chicken, diced
Salt, to taste
Watkins pepper, to taste
Approximately 2 Tbsp. cornstarch
Water

1. Heat broth. Add eggs and meat. Salt and pepper to taste.
2. Combine cornstarch and just enough water to make a paste. Add slowly to the hot broth. Simmer until barely thick.

CRANBERRY SAUCE

1 pkg. fresh cranberries
2 cups water
2 cups sugar

1. Wash cranberries.
2. Bring water and sugar to a boil. Simmer for 15 min.
3. Add berries. Simmer until all the berries have popped. Simmer about 5 more minutes.

NOTE: This will keep like jelly in the refrigerator. It is good after the holidays, so make extra while the berries are in season.

CANDIED ORANGE SLICE CAKE

1 box dates, chopped

1 lb. candied orange slices, cut in pieces
2 cups pecans
4 cups flour
1/2 tsp. salt
1 tsp. soda
2 cups sugar
4 eggs, well-beaten
1 1/2 cups buttermilk
2 Tbsp. grated orange rind

1. Combine dates, candied orange slices and pecans. Coat with 2 cups of flour.
2. In a separate pan, combine remaining 2 cups of flour with remainder of ingredients.
3. Combine the two mixtures.
4. Bake in a tube pan at 325 F for about 1 hour.

ICING FOR CANDIED ORANGE SLICE CAKE

1 1/2 cups sugar
1 cup orange juice
1 Tbsp. orange rind

1. Combine all ingredients and simmer until thick.
2. Ice cake while cake is still hot.

SWEET POTATO CASSEROLE

4 large sweet potatoes
Oil
1/2 cup brown sugar
1/2 cup sugar
1 cup water
2 Tbsp. unsalted butter
1/4 tsp. salt
1 tsp. cinnamon
Marshmallows

1. Wash and rub oil on potatoes. Bake (suggested at 350 F for one hour, according to size of potato) until soft. Peel; cut into slices. Place in 9 x 12-inch pan or glass casserole dish.
2. Mix brown sugar, sugar and water. Bring to a boil; simmer for about 15 min. Add butter, salt and cinnamon to syrup.
3. Stir into potatoes. Cover with marshmallows; brown under broiler.

To view more of your neighbors' recipes, visit our Web site at www.nowmagazines.com.

Ready to Put Those Perennials to Bed?

— By Nancy Fenton



Now is the time to seriously think about fall and cooler weather. Central Texas usually gets its first freeze between the 15th of November and Thanksgiving. Those great perennials (plants that come back each year) will be even better next year with a little care now. Those that bloom in the spring need to be checked to make sure they are not too crowded. If so, they need to be thinned so they can grow to be large and luscious again.

Our most common perennial is the iris. Although it is tough, it can always benefit from a little care. Three to four years is about the longest they can just sit without care if you want them to thrive and bloom heavily. They do not die, but have to struggle for every drop of water

and food. A small handful of slow-release nitrogen on the irises will feed them through the winter and make them ready to “burst out” come spring. Be sure to pull the dead leaves and mulch back from the iris rhizomes to avoid rot and/or disease, which are typical for irises.

Brown “sticks” of much-loved blooming plants that freeze at the first cold snap need to be cut back severely — like into the ground. Leaving the dead foliage encourages disease, and you do not want that! Daisies, phlox and salvias can all be cut back without fear. A little balanced fertilizer and a light covering of mulch will protect the roots from cold and stimulate great growth next spring.

Crepe myrtles and other blooming

shrubs should have been trimmed just for shaping in late September. They can also benefit from a check on their mulches. Make sure your sprinkler system is winterized or drained and turned off. You may need to water just a little bit in the driest winters, but not enough to merit the chance of frozen systems. The ice fountains are lovely, but only if they are in someone else’s yard!

Enjoy the cooler weather! Get your cameras ready and start taking pictures now — the Master Gardener photo contest is coming. More information will be provided next month on how to enter. **NOW**

Nancy Fenton is a Master Gardener.

YOU DON'T HAVE TO LIVE WITH CHRONIC FOOT PAIN

— By Alan Garrett, DPM, FCFAS

The foot is one of the most complex parts of the human body, consisting of 26 bones connected by numerous joints, muscles, tendons and ligaments. An extraordinary amount of force is distributed through the anatomical structures of the foot. This often creates some of the problems routinely seen by doctors.

Plantar fasciitis/heel spurs

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed — resulting in heel pain. The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel.
- Heel pain that gradually increases over a period of months.
- Pain in the heel that is usually worse first step out of bed.

After a few minutes of walking the pain decreases, because walking stretches the fascia. The most common causes of plantar

fasciitis are foot structure and lack of flexibility, obesity or having to stand on hard floors multiple hours daily. There are many non-surgical treatments that when combined will usually improve or eliminate this problem:

- Stretching exercises.
- Avoid going barefoot.
- Ice directly to the heel.
- Limit activities to low-impact activities.
- Shoe modifications.
- Anti-inflammatory drugs.
- Lose weight.

Bunions/Hallux Rigidus

Every day, with every step you take, your big toe bears a tremendous amount of stress — a force equal to about twice your body weight. Most of us don't realize how much we use our big toe until a problem develops.

Bunions are often described as a bump on the side of the big toe. It is not a growth that can be simply “cut out.” The visible bump actually reflects changes in the bony framework of the foot. The severity of “the bump” usually increases over time. Bunions are caused by an inherited faulty mechanical structure of the foot — not by the type of shoes you wear.

Hallux rigidus is a condition where the movement of the toe is restricted to varying degrees. It is actually a form of degenerative arthritis (a wearing out of the cartilage within the joint).

Symptoms of both conditions include:

- Pain and stiffness in the big toe.
- Pain and stiffness aggravated by cold, damp weather.
- Difficulty with certain activities.
- Swelling and inflammation around the joint.

Both of these conditions can be improved with non-invasive treatment if caught early. In many cases, early treatment may prevent or postpone the need for surgery. Non-surgical treatments include:

- Shoe modifications.
- Orthotic devices.
- Medications. (Non-steroidal anti-inflammatory drugs)

With any of these conditions if you continue to have pain after several weeks of treatments, you should consult with your podiatric surgeon. In some cases, surgery is the only way to eliminate or reduce pain. **NOW**

Alan Garrett, DPM, FCFAS
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AN OUTDOOR ADVENTURE

— By *Becky Walker*

The great outdoors! Something about autumn simply beckons nature lovers. Perhaps it is the cooler temperatures, coming as a pleasant relief to the extreme heat of Texas summers that draws people to pack up their camping gear and head for the country. Or maybe it is the nostalgia of sitting around a campfire and reliving childhood pleasures like roasting hot dogs and marshmallows and listening to someone play the guitar. If the idea of a weekend retreat or vacation in the wilderness appeals to you, you might want to consider Cleburne State Park. Sitting on 528 wooded acres, the park is rustic and beautiful, boasting cedar, oak, elm, mesquite, redbud, cottonwood, sycamore, ash and sumac trees. With so many varieties of trees, what better place to take your children to hunt for leaves to add to their collections or use as part of their school projects?

Spring-fed Cedar Lake provides many opportunities for fun and relaxation: swimming, fishing and boating. Fishermen will find crappie, bass, catfish, blue gill and red ear sunfish in the cool waters. The boating speed limit is five miles per hour and personal watercraft such as jet skis are not allowed, but paddleboats are available for rent. Or if photography is more to your liking, the scenery will provide ample opportunity

for being a shutter bug. The area is full of wildlife, including: white-tailed deer, turkey, duck, armadillo, squirrel, skunk, bobcat, coyote and beaver, to name a few species. A hike on one of the trails just might land you a once-in-a-lifetime photograph! If you prefer a more athletic activity, be sure to bring your mountain bike. The park offers five-and-a-half miles of mountain bike trails with varying levels of difficulty.

Cabins, RV hookups and tent campsites are available. Picnic tables, grills and fire rings are located at each campsite as well. A large up-to-date playground offers hours of fun for the children. And there is an amphitheater perfect for group sing-a-longs.

Cleburne State Park is located 10 miles southwest of Cleburne, Texas. From Hwy. 67, turn left onto Park Road 21 and go six miles. The park sits on land that was once a favorite hunting ground for American Indians. Cowboys used it as a camp site while driving cattle along the Chisholm Trail. As you enjoy the peaceful beauty of the area, allow your imagination to take you back to the days when the Indians hunted in the woods and the cowboys played *their* guitars by the campfire. **NOW**

Editor's Note: For more information, visit www.stateparks.com/Cleburne.html.



Seven Strategies for Saving

— By Sharon Robinson

Are you doing your best to save for your future? It can be very challenging to begin a savings program. After necessities such as food, clothing and housing, there can be little left to put aside for future goals. Unfortunately, failing to save could mean the difference between enjoying a comfortable retirement and giving up some basic needs. Often it is a matter of making the decision to begin saving now in order to buy a new home or car later. The goals you set are important to you. Making changes to prepare for those goals can make a difference.

There are various ways to get a person's savings plan on track. Here are seven strategies that you can use today.

1. Don't splurge with your tax refund.

Instead of spending your refund, use it wisely by paying down debt, funding an individual retirement account or saving it for future financial goals.

2. Take full advantage of your employer's retirement contributions.

Your employer may match a percentage of the contributions you make to your retirement savings plan. It's a good idea to do what it takes to get the matching limit. It's free money that can really help your bottom line during retirement.

3. Start small and stay steady.

The first word is the most important — start. You should begin as early as possible to get the most out of your savings plan.

4. Pay yourself first.

Think of your savings or investments as a bill you must pay on a regular basis, much the same as a car or mortgage

payment. Be disciplined and make the payments according to a set schedule. For better results, establish an automatic monthly deduction from your paycheck or checking account to fund an investment or savings account.

5. Create separate pots of savings for upcoming life stages.

Retirement may be an important goal for which to begin saving, but other goals or events need as much or more preparation. Don't short-change other goals while concentrating on one thing. Whether it's a home, car or child's education, it is important to give appropriate attention to each.

6. If you have children, find the right education plan.

You have a number of choices when it comes to saving for a child's education. Finding the one that makes sense for your situation takes planning and information. This takes us to the seventh and, quite possibly, the most important point.

7. Work with someone you know and trust.

Everyone's needs and goals are unique. Just as you go through many changes during your lifetime, your financial goals may change. You should work with a professional who not only knows about various plans and strategies, but knows you and will stay with you through the long haul. Most people feel the best guidance they receive comes from a financial professional they know and trust.

In the end, it all boils down to making a plan, getting started and staying the course. When you make the decision to finally start, contact a financial professional who knows you and understands your needs. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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Second Monday

Metro Beekeepers meeting: 6:30 – 8:30 p.m., United Cooperative Services Building, 2601 South I-35 W., Burleson.; Items of interest to both novice and expert beekeepers in Texas will be presented. This month, the guest speaker will be the woman chosen as The Texas Honey Queen! Contact Terry Botkin, (214) 837-7256, or visit www.metrobeekeepers.net.

Second Tuesday

After Hours networking mixer: 5:30 p.m. – 7:30 p.m., at a different business each month. Contact Terri Trefger (817) 372-1622.

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

Every Wednesday

Celebrate Recovery meetings: 7:00-9:00 p.m., The Burleson Chamber of Commerce on Wilshire Blvd., Burleson. For those needing help with any hurts, habits or hang-ups. Child care available. For more info call Teresa at (817) 563-0127 or email: teresajames127@sbcglobal.net.

Every Thursday

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

Fourth Thursday

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

Every Friday

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

Second Saturday

Iris Club meeting: 10:00 -11:30 a.m., Electric Coop on Hwy. 174, north of the courthouse in Cleburne. Contact (254) 854-2558.

Defensive Driving classes: 10:00 a.m.-4:00

p.m. The Burleson Chamber of Commerce on Wilshire Blvd., Burleson. To attend this class, taught by Speed of Life, you must pre-register; call (817) 341-7384.

Last Saturday

Parents Night Out: 5:00 - 7:00 p.m., Alsbury Baptist Church, Burleson. An evening of rest, relief and rejuvenation for parents who are caring for special needs children *and* their siblings ages 6 months-12 years. Volunteers will guide the children through fun activities, a pizza dinner, crafts, snacks and building new friendships — all at no cost. Reservations are required. Contact Keara Kirk, (817) 881-5028, or kearakirk@sbcglobal.net.

Every Saturday

Improv Comedy Night: 8:00 p.m., After Hours Improv Theater, 100 N. College Street, Waxahachie. Local clubs are invited to utilize AHI Charity Nights to raise funds for their organization. Call (972) 937-9839 or visit www.AfterHoursImprov.com.

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.

November 1

Deadline for submission of nominations for Burleson Independent School District Sports Hall of Fame: Call Coach Phil Anderson, (817) 456-5613, for more information, or visit www.burlesonisd.net for eligibility requirements. Please note: the BISD has waived the \$25 submission fee.

November 1 and 15

Burleson City Council meeting: 7:00 – 9:00 p.m., City Hall. Call (817) 447-5400.

November 3

Chamber Lunch & Learn: Noon-1:30 p.m., Burleson Chamber of Commerce. \$10 for Chamber members or \$15 for non-members and includes a box lunch, sponsored by Gammon Financial. Call the Chamber at (817) 295-6121.

November 6

Military Veteran Tribute: 2:00-4:00 p.m., Veterans Memorial Park, 298 E. Renfro Street, Burleson. Music, posting of colors by the honor guard, speeches by dignitaries and veterans and presentation of a wreath will be part of the honor given to military veterans who served and sacrificed for this nation.

Call (817) 426-9112.

November 8

Board Meeting for Burleson Independent School District: 6:30-8:00 p.m. Call (817) 245-1000 for more information.

November 13

Christmas in November: Registration: 9:30 a.m. The Golf Club of Dallas, 2200 W. Red Bird Lane. Event cost is \$25. Sponsored by the DeSoto Charter Chapter American Business Women's Association, this annual event includes brunch, silent auction, guest speaker, vocal entertainment, table favors and door prizes. For tickets, call Ann Ferguson at (972) 224-3049.

November 16

Character Luncheon: 11:00 a.m. – 1:00 p.m., Burleson Recreation Center (The BRiCk) 550 N.W. Summercrest Blvd., Burleson. Gene Stallings will be the keynote speaker at this event, hosted by The Burleson Character Council to promote positive character qualities throughout our community. Call Mary Slaney, Burleson Chamber of Commerce, (817) 295-6121, or Kellye Cunningham, city of Burleson, kcunningham@burlesontx.com.

November 22-26

Thanksgiving Holiday: Schools in the Burleson Independent School District will be closed.

November 29

Mayor's Youth Council Meeting: 7:00 p.m.-9:00 p.m. at City Hall, 141 W. Renfro Street in Burleson. Call (817) 426-9682 for more information.

November 30

Stroke Hopes: 4:00-6:00 p.m. In the Santa Fe Room of First Financial Bank, 403 North Main Street, Cleburne. Huguley Memorial Medical Center has launched a new support group in Johnson County. The Stroke Hopes Support Group is free to the community and all are welcome. Call (877) 426-2751 for more information.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbcglobal.net.

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