

# Burleson

Including Joshua and the Surrounding Area  
M A G A Z I N E

JANUARY 2011

# NOW

## A Dog's Best Friend

Blake Ovard shows  
others what a treasure  
shelter dogs are.

### Also Inside

Never Fear,  
Nurse Betty Is Here  
Getting It Covered  
In the Kitchen  
With Eileen Vaughan

Power of a  
Champion

At Home With  
Dr. David &  
Katie Green

# The only thing worse than having severe chronic back or neck pain in 2011 is... thinking there's nothing you can do about it.



**BURLESON** — Understand, we're not talking about you feeling better for just 5 minutes or even just a day. As nice as it might be to just "get a break" from the pain, we're talking about you completely erasing your back or neck pain from your life for good, like washing an old-fashioned chalkboard.

## Days, Weeks, Months & Years Of Pain Free Living?

It's not only possible with the ideas and extremely unique, non-surgical and drug-free technology you're about to discover... it just may be your destiny to finally being pain free.

For starters, you could possibly be getting out of bed with zero pain each morning (without surgery or painful injections!). Add to that the ability to bend, lift, exercise, roll on the floor with the children and work to your heart's content without pain and without worry. You should be amazed at what you can do once you've had the RIGHT assessment and treatment.

Suddenly, you may have a whole new life, the kind of life that every person who suffers from severe back or neck pain truly deserves. You shouldn't be victimized by your frustrating pain and failed treatments anymore.

## It may be possible for YOU to Feel Better 30 Days From Now

Don't laugh. Because now, as you're long hoped for, you may be finally able to begin to regain your movement, flexibility and pain-free life. Consider this: you've likely had multiple different treatments from

- Pain pills
- Rest
- Natural Supplements
- Physical Therapy
- Massage
- Possibly even surgery
- Exercise
- Stretching
- Pilates
- Chiropractic
- Yoga

And having gone through all of these treatments with only temporary success at best, you'd be beyond human if you weren't extremely frustrated with your lack of progress.

## So, Do You Have Any Other Options?

In a word, the answer is "YES". And giving up all hope right now and ending your search for a solution would be stopping short just before finding what you've been looking for all this time.

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Ultimately that's what nationally recognized HealthSource of Burleson and Dr. Pettke & Dr. Klein are all about. Taking back and neck pain sufferers who have long suffered through pain, inconvenience, failed treatments and ongoing frustration and giving them NEW HOPE is their mission. The answer is to find REAL and LASTING solutions to erase their pain. If you currently suffer with any of the following, then you may qualify for one of HealthSource of Burleson's nationally recognized programs...

- ✓ Neck pain
- ✓ Back pain
- ✓ Buttock pain
- ✓ Leg pain
- ✓ Shoulder pain
- ✓ Arm pain
- ✓ Headache pain
- ✓ Stiffness
- ✓ Muscle tightness and spasms
- ✓ Can't exercise
- ✓ Can't have sex
- ✓ Can't sit through a movie
- ✓ Can't travel
- ✓ Can't walk your dog
- ✓ Can't look over your shoulder when you drive
- ✓ Fire burning down your leg or arm
- ✓ Numbness in your toes or fingers
- ✓ Shooting pain into your thigh or arm

## Maximum Pain Relief In The Shortest Time Possible

That's our mission. And it takes treatment geared towards YOUR unique body and YOUR unique problem. That's the starting point for eliminating your pain quickly. NO COOKIE-CUTTER treatment plans allowed at HealthSource. Although we're not promising a cure, or claiming to be superior, we just want to ease your pain.

You get an evaluation customized exclusively for your pain, and if Dr. Pettke & Dr. Klein feel confident you can be helped and you qualify for treatment, you'll receive an equally customized and exclusively designed treatment plan just for you, written out.

## Solving YOUR Back or Neck Pain Riddle?

For people just like you, endlessly frustrated by the misery of back or neck pain and the empty and expensive promises of relief... There FINALLY may be a NEW solution.

This potential solution that involves unlocking the unique COMBINATION of treatments, strategies and methods that just might allow you to escape the dark, dank prison of your ongoing back and neck pain.

Your back and neck pain likely involves not ONE, but MULTIPLE sources...

- Tight Muscles
- Weak Muscles
- Stuck Joints
- Inflamed Joints
- Tendons
- Nerves
- Posture

We believe the reason many back and neck pain treatments fail is they fail to address ALL of these critical components SIMULTANEOUSLY. Stretching tight muscles and failing to soothe the swollen joints can cause your treatment to fail. Taking pills to decrease the pain and failing to loosen the stuck joints can cause the treatment to fail too.

HealthSource of Burleson and Dr. Pettke & Dr. Klein are dedicated to non-invasive, all-natural, painless back and neck pain treatments, as are their certified therapists and trainers. They have a team approach to COMPLETE back and neck pain relief.

Utilizing both "old-school" common sense combined with the newest and most unique technology can be key. This is designed to solve your back and neck pain without subjecting you to dangerous drugs, surgery or painful treatments. Back and neck pain solution strategies designed to specifically address ALL the most common causes of common unresolved back or neck pain...

- Relaxing Tight Muscles
- Strengthening Weak Muscles
- Loosening Stuck Joints
- Soothing Swollen Joints
- Unpinching Nerves
- Creating Freedom Of Movement
- Eliminating Pain Once & For All

*"My major symptoms were low back pain and achy neck pain. I would wake up at night frequently. HealthSource helped me... it worked, no pain, and no sleeping problems. I feel great... 100% better! The HealthSource staff were friendly and it was comfortable letting them know what my problems were. The treatments actually work! I would recommend HealthSource to my friends and family." —Nicole Peterson*

## Not All Back & Neck Pain Can Be Solved

The purpose of this article is NOT to say to you that HealthSource of Burleson and

Dr. Pettke & Dr. Klein have the cure for every form of back or neck pain.

Actually, the truth is quite the contrary. These treatments are NOT for everyone. In spite of the fact that they are painless, drug and surgery free, some conditions are so severely degenerated they can't be helped. And this is why HealthSource and Dr. Pettke & Dr. Klein offer you a complete risk, cost and obligation free means of discovering IF in fact these unique methods CAN help you.

They do this for TWO reasons...

1) To eliminate furthering your frustration... if you cannot be helped, Dr. Pettke & Dr. Klein will do everything possible to prevent you from beginning and ultimately failing in treatment.

And it's for THIS reason the unique, customized programs discussed earlier are so effective... because they're offered to patients Dr. Pettke & Dr. Klein hand picks.

2) To minimize or even eliminate any cost in money or time needed to discover if you qualify for these advanced treatments.

## Make Your New Year a Pain-FREE One By Erasing Your Pain

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**On The Cover**



Tugg, a fun little character adored by Blake and Kim Ovard, has his own Facebook page!

Photo by Shana Woods.

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# EDITOR'S NOTE

*Howdy, Y'all!*



As I consider all that is before us, I just want to sing from the top of Brushy Mound: "Well I know my Redeemer lives!" Yes, I am listening to Nicole C. Mullen while I write. Why not? What are you listening to and reading this year? As you enjoy the articles in the pages of our magazine, which promises to bring you many more good stories about the good people in your community, I know you will find many things to be thankful for.

This month, be sure to try out Eileen Vaughan's recipes. She cooks Filipino food for family and American food for the children at Kerr Middle School. Also, be inspired by our story of Christian Strybel, who goes to Oklahoma City this month for his first competition since recovering from an injury that he feels God allowed him to go through and learn from! May you each achieve your dreams this year!

Happy New Year, Burluson and Joshua!

Melissa Rawlins  
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Jennifer Ketchel, D.D.S.



(l to r) Dale Martin, D.D.S.,  
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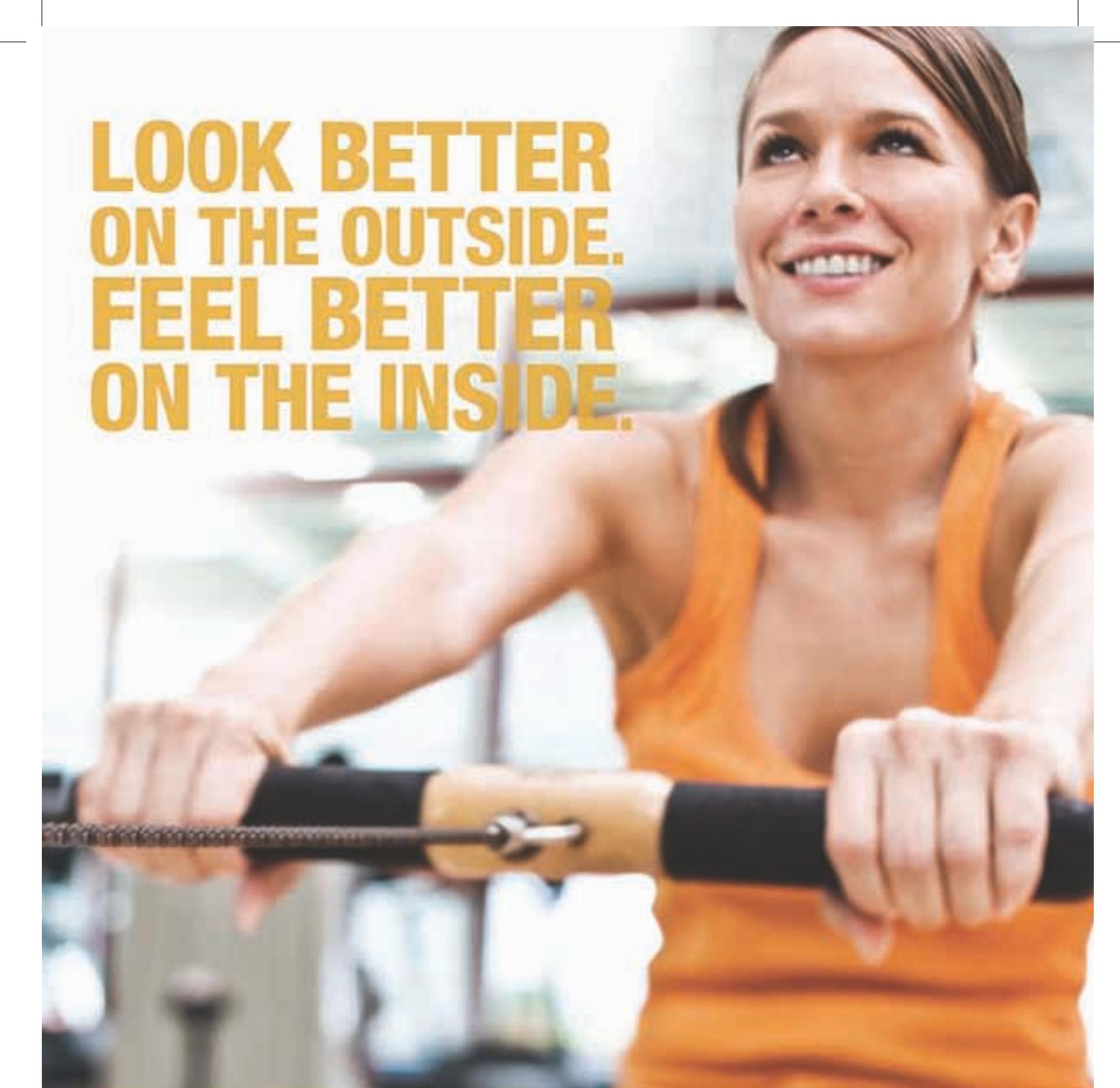
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**“I want to show people that dogs can be great companions.”**



# A Dog's BEST Friend

— By Melissa Rawlins

*Blake Ovard knows how it feels to win. Competing with his dogs in agility, rally, obedience and conformation, training dogs part time and heavily involved in dog rescue, Blake works with the Border Collie Rescue of Texas, Bull Terrier Rescue and Second Time Around Aussie Rescue. Before moving to Burleson two-and-a-half years ago, he was the head trainer in the Hobbs (New Mexico) Kennel Club, and worked extensively with 4H students and their dogs for 4H shows and county and state fairs. Every year, he is an invited trainer for the Extreme Mutt Makeover because of his extreme love for dogs.*

“What the Makeover has to offer everyone involved, from the dogs to the adopters, trainers to the spectators, is something special that is hard to define,” Blake said, “kind of like the way you feel when you’ve accomplished something that has taken a lifetime to accomplish — when you reach that goal that you have been working so hard to achieve. Lance Armstrong has the Tour de France, Tiger Woods has the Masters, Michael Phelps has seven Olympic medals in swimming, politicians have elections and for me, just competing in the Makeover and seeing these dogs do what they do, I know how all of those people feel.”

Both dogs that Blake trained in the eight weeks prior to the televised event have been adopted into loving homes, and that is the main reason Blake participates. “There is a competition; there is a first place. But the whole thing about it is if the dogs get a good home, then we all win. It’s about knowing that any dog, a mutt, can be a good dog if you take the time to love and

work with it.” Sophie, a Lab/Shepherd mix, had spent a long time in Dallas Animal Services and was less than 24 hours from euthanization when Extreme Mutt Makeover pulled her for the competition. “Sophie’ll do pretty much what you ask her to do if she knows what it is, and it’s up to the people to let ’em know,” Blake said. “Now, she is in New England with a young couple who are very active. I think her new family is a great fit for her, and I’m excited that she has found the perfect forever home!”

The other dog Blake worked with was Cowboy, a Lasa/Maltese mix. “Cowboy was actually the first dog from this year’s competition to be adopted. He’s a little ball of energy that I suspect is keeping his new mommy on her toes, but last I heard, she is extremely happy she made the choice to adopt him.

“I’ll do the Makeover for as long as they keep inviting me,” Blake exclaimed. “It’s such a great event that draws hundreds of prospective adopters to become aware of what shelter dogs have



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to offer. After you see how amazingly shelter dogs can perform with only a short training time of eight weeks before the Makeover competition, imagine what shelter dogs can do with even more training and the love of a forever home."

Since they started fostering dogs 20 years ago, Blake and his wife, Kim, have cared for over 200 dogs that have all been adopted into good homes. High school sweethearts who have reared three children together — the youngest 21 and out of the house — the Ovars sometimes joke that their children were taking up spots that their foster dogs could have. "Now, dogs are spread throughout the house, one in our guest bedroom and one in our bedroom. One is in the sun room! They stay in crates when we're not here. They're out with us when we're home, and they act like wild children. We try to spend a couple hours every day with them. If they don't get along when they get to our house, they learn to get along"

The couple keeps each dog an average of one-and-a-half months, and usually fosters 10 in a year. "I just really enjoy spending time with them every day. When they give me kisses, that's awesome!" Blake said. "For dogs like Sophie and Cowboy and any fosters I train, the satisfaction is in getting them good homes. I know that here's a dog nobody wants, for whatever reason, and I work with the dog and get it to have manners and be a dog that somebody does want — so there's a dog that's spared."

In order to coach people on how to help their own dogs be winners, Blake spends some of his off-duty time in the local libraries, service club meetings and businesses. He gives a talk introducing the Extreme Mutt Makeover, detailing what it is about and answering questions



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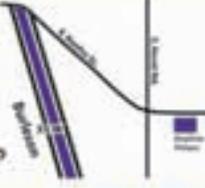
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about dogs and dog training. He and some of his dogs have appeared at PetSmart numerous times. “We just go there because it’s a good place to socialize the dogs,” Blake said. “People like shopping; the dogs like shopping. I want to show people that dogs can be great companions.”

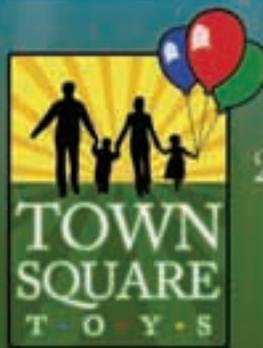
Blake and Kim — both animal control officers for the city of Fort Worth — do not leave their work at the office. They picked up a little pup named Tugg last summer. “Eighty percent of Tugg’s body was covered with demodex. Because of that he had open lesions, scabs and secondary infections. The police officer



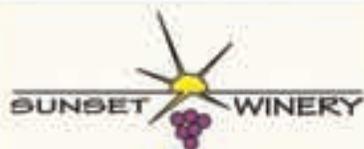
that found him on the side of the road said he was wrapped in a blanket, staked to the ground, with a sign that said DOG. He went to the shelter for about a week. After no rescue wanted to take him, we said we’d take him. We took Tugg to the emergency vet, who said he probably wouldn’t make it and should be put down. We took him the next day to our vet, who said it would just take time, love and energy. He got better day by day, and is just a little fun character, kind of like a clown in a dog suit.

“We knew he would stay a part of the family not long after we took him in. He just tugged on our heart strings,” said Blake, who began documenting Tugg’s recovery on Facebook in order to show people that it is possible to overcome great things — if you have the time, love and right outlook. “Our goal with Tugg is to take him through therapy training and have him become a certified therapy dog. We then plan on taking him to schools, tell his story and help teach kids all the valuable lessons Tugg can help teach.” Now who is the real winner? Tugg? Blake? Perhaps all the little dog lovers in Burleson. **NOW**

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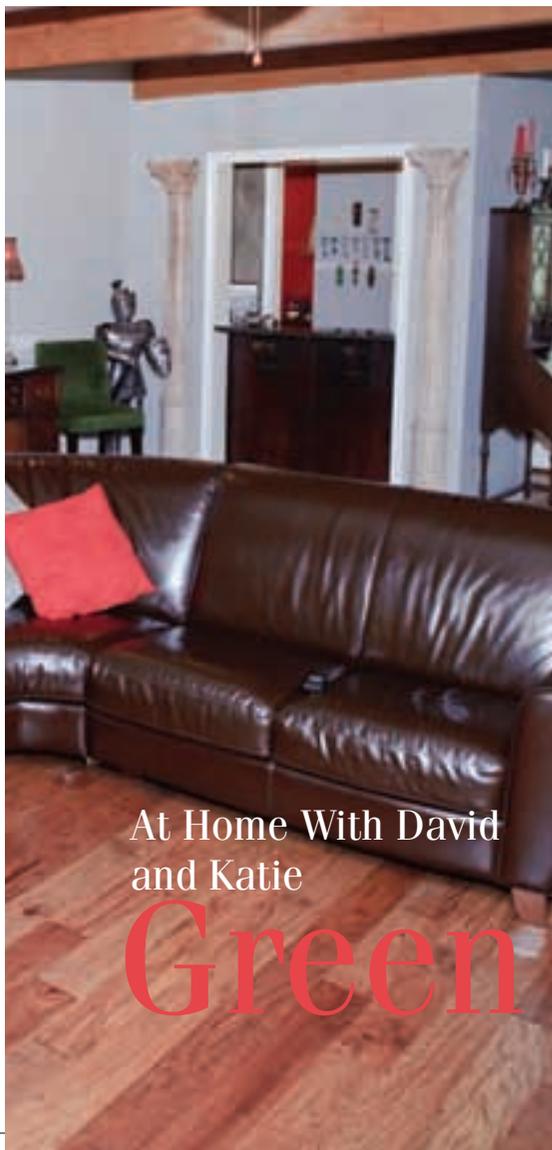
# Making It *their Own* — By Carolyn Wills

*In the late 1970s, a Mediterranean-style home was built on a quiet cul-de-sac in the area of Burlleson called The Cliffs. This charming neighborhood near the intersection of Alsbury and Renfro is known for its distinctive homes, large lots and lovely trees. In its day, the white-bricked Mediterranean home was a most suitable addition. So suitable, in fact, that it was owned and lived in by the same couple for 30 years.*



In October 2009, the 2,800-square-foot home was listed for sale, the long-time owner having decided to retire out-of-state. Meanwhile, Dr. David and Katie Green had renovated a nearby home, lived in it for two years and were selling it. "We have always enjoyed renovation," Katie said. "We like older homes with character and, especially, in The Cliffs where the houses are so unique. When we saw the house in the cul-de-sac, we could envision it updated." In 14 years of marriage, the Greens had moved seven times. Their last three homes were located in Burleson, and all three had been within a mile of each other. "Our first and second Burleson homes were purchased with the idea of renovating and selling," Katie explained, "but there was something about this house that told us, *This purchase is for roots.*"

As luck would have it, the Greens' house sold quickly, and their move to the new home was immediate. "The renovation was so extensive, we knew we couldn't do it by ourselves," Katie said.



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“So, while work was being done, our two young sons and David and I lived in a room that was actually an add-on to the house. For three weeks, we lived in that little playroom like the three little bears lined up in our beds. Wallpaper was removed throughout the home. Every wall and ceiling was scraped, retextured and painted, and almost every floor was redone.”

Today, the white-bricked Mediterranean home is again a jewel in the neighborhood. It sits on an expansive, well-kept lawn and features, for the skillful driver, a winding driveway that allows access to the front entry and garage. The original red tile roof has faded to neutral beige, and yet remains the perfect cap. The face of the beautiful, substantial Spanish-style front door is now a dramatic dark stain. “I am fascinated by architectural elements, so I made exterior shutters for the house,” David said. “I wanted them to be authentic and open and close on hinges as they would have a century or more ago. At Fort Worth’s Old Home Supply, I asked for metal hardware that would have been used on old shutters and learned that I needed shutter dogs.”

In addition to newly installed shutter dogs, as well as ample supplies of original pocket doors and custom built-ins, the Greens’ home features an updated kitchen that is now a striking combination of original adobe brick flooring, refinished cabinetry and hand-made architectural finishing. “I made the vent hood from copper pounded with a ball-peen hammer,” David explained, “and finished out with old brass from a scrap yard, including an antique door jamb, parts of an old fireplace surround



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and brass sprinkler heads. I kept looking until just the right parts came together for the project.”

The couple moved to Burlison in 2002 after David, a licensed counselor, graduated from Southwestern Baptist Theological Seminary and was appointed associate pastor of First Baptist Church Burlison. Dr. Green oversees the administration and operations of the church. The couple’s sons, 11-year-old Garrett and 7-year-old Landon, attend the Academy at Nola Dunn. “Our boys share my affection for working with their hands,” David said. “Garrett came to me a few weeks ago with this very serious look and said, ‘Dad, I just want to build something ... can you help me?’” Not surprisingly, the newest project at the Greens’ is converting a spare room off the playroom into the boys’ own workshop.



“Our family likes the philosophy of serving others,” Katie said. “A home’s beauty is about bringing people in, not about prettying it up and remaining cloistered. We want others to feel special when they arrive and blessed when they leave,” she said. “And I want our house to be the ‘Kool-Aid’ house for the boys and their friends.”

The boys’ birthdays are major events



game to see who notices first when a picture has been changed!”

One of the things that attracted the Greens to their house is the glassed-in porch that opens to a huge pie-shaped backyard with a rock garden painstakingly built by the previous owner and a tree house designed by David. “The boys really enjoy the tree house,” Katie said. “They turned it into the ‘Trick ’R Tree House’ at Halloween, and this past Christmas, it had its own decorated tree. Whether it is used for a campout or a fort from which to shoot their Nerf guns, the tree house is a big hit. As for the backyard, we have lots of visiting critters. A mama raccoon comes every year with



for the family. From soldiers and pirates to firemen and squirrel-trapping, birthday themes are decided early and activities are designed for everyone to have fun. “We have a picture frame for each month of the year on our breakfast room wall,” Katie said. “Special events or memories are framed, and it’s fun to look back over the year. It’s a family

her babies, and we like to sit on the porch and watch them.”

The back porch is also practical. Last Christmas, it enabled 45 people to sit for dinner, 24 on the porch and the rest in the open dining/living room. “With all the fun we have with projects, making our house a home is most important,” Katie stressed. “Regardless of which house we’re in, our home is to be our family’s refuge and a place where others feel welcomed and encouraged.”

The Greens feel especially blessed to have become friends with their home’s previous owner who now lives in a retirement community in Arizona. “Well after the remodeling was done, he came to town for a visit,” Katie explained. “We were excited to catch up with him and show him the renovations. As he reflected on selling the house and moving away after the loss of his beloved wife, he told us that from the beginning he wanted the couple with the two little boys to have the house. He said, ‘I know that my wife is smiling from heaven to see how you’ve taken the house she loved and made it into your home.’” **NOW**

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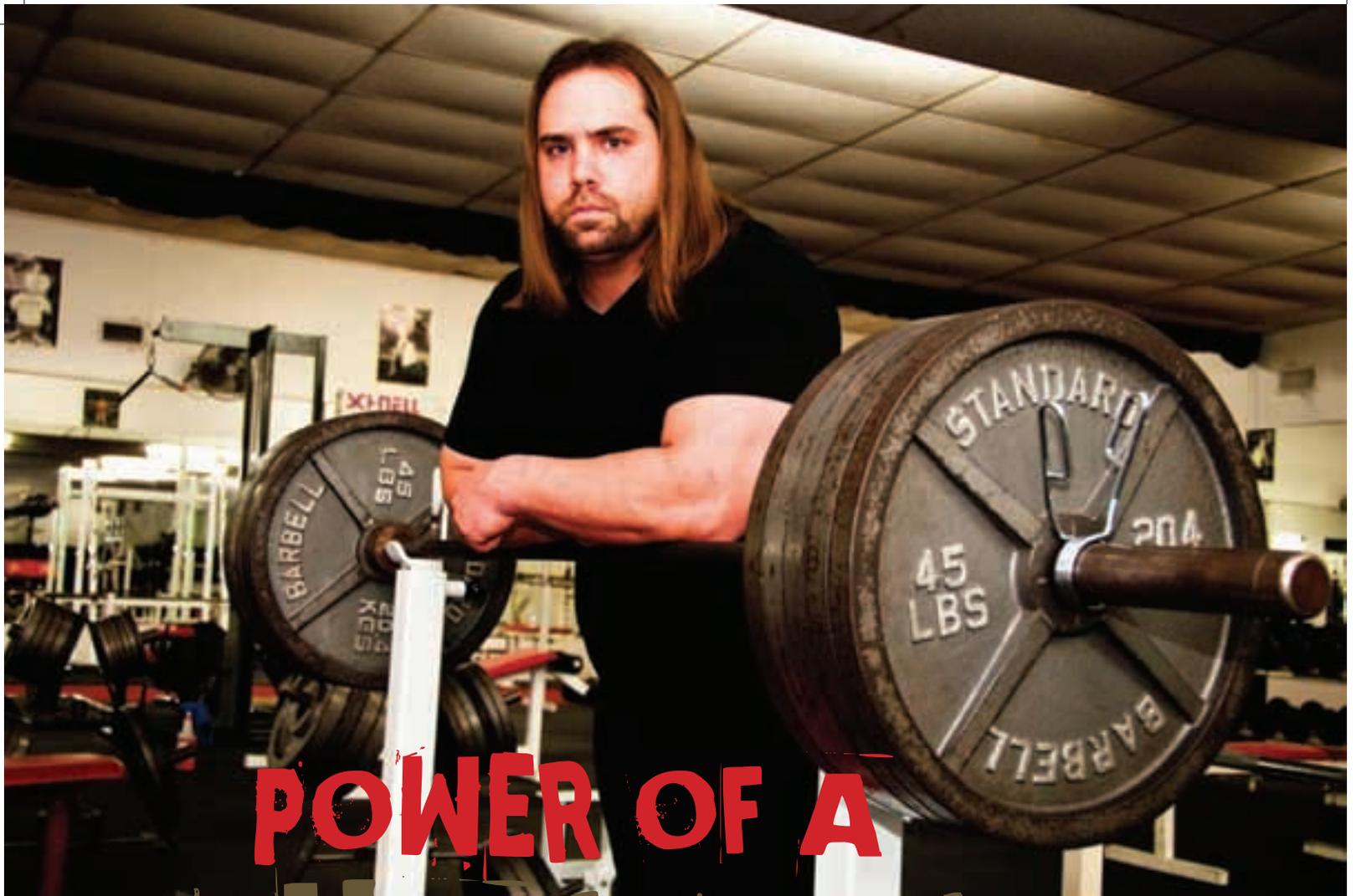
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# POWER OF A CHAMPION

— By Carolyn Wills

Christian Strybel grew up in San Diego as a troubled youth who never knew his father and who lost his mother suddenly and unexpectedly. “By the age of 16, I was already on my own and, for the most part, living out of my car,” he explained. “I had really become a punk who spent a lot of time lashing out at life. When I was barely 17, my mom passed away. She had circulation problems in her legs, went in for routine surgery and never woke up.”

In an environment where crime and violence were everyday occurrences, Christian’s future might have been bleak. “Without my coach, Allen Funtanilla, I wouldn’t be where I am,” he said. At the age of 28, Christian is a Burluson homeowner, devoted husband and a World Champion. Through years of training and discipline, he holds the world record in a power lifting sport known as



“bench press” — not a small achievement for the youth with an attitude.

“I started weightlifting about 10 years ago,” he explained. “I was picked on in school because I was super skinny; I wanted girls to like me so I started going to the gym. When I saw these really big guys lifting weights, I got interested. The day that I asked their coach if I could train with them was the day that changed my life. Over the next seven years, Coach Funtanilla put me in my place,” he explained. “He taught me to be a man. I learned about responsibility and hard work. He coached me to the point where I could improve my life. I met my wife, Teresa, at the gym. As time went by, I realized we could move to Burluson and buy a home — Coach Funtanilla understood.”

Christian and Teresa decided to leave California about two years ago. Both had

grown up in San Diego, and they met and married there. While they agreed it was time to move, neither had any idea of where to go. "We wanted to buy a house," Christian said, "but in California, that was almost impossible." As it happened, a real estate analyst belonged to the same gym as Christian, and when he offered to research options for them, the Strybles were grateful. "A month later, he told us that Burleson and Nashville topped the best places for us to live," Christian said. "We had never heard of Burleson, Texas."

After some serious research on their own, they agreed that Burleson was a great place to live. "Housing costs were lower than in Tennessee," Christian explained. "We felt like we had won the



lottery. We found a new housing development and bought our house sight-unseen. It was built while we were still in California." Today, they live in their beautiful home in Burleson's Wakefield neighborhood which they now share with their newest addition, 8-month-old Basset Hound puppy "Daisy," whose best friend is the 3-pound Yorkie next door. Teresa works in the medical insurance field and Christian has a new career in retail management. Thanks to Christian's success in the gym, though, their adventure and its ultimate impact on the Burleson community are much greater than the leap of faith that landed them in Texas.

In January 2009, Christian competed

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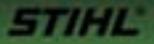
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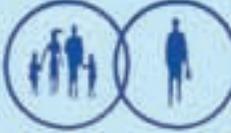


in Oklahoma City to set the “all-natural” bench press world record for his weight of 272 pounds by lifting 501 pounds. Power sports include the curl, dead lift and bench press. “I do all three,” he explained, “but I was able to get a world record in bench press. Bench press is my bread and butter. I also hold the American record and rank 6th on the Natural Athlete Strength Association list of top bench press lifters in the world.”

World power lifting championships are held every other year, which means Christian’s bench press record is up for contention again this month in Oklahoma City. “To qualify, I must have competed since the last championships,” Christian explained, “and that means entering two to three competitions a year.” After achieving the world record, life decided to test Christian again.

“Six months ago, I lost my technique for a split second and ended up tearing a pectoral muscle from the tendon. I still competed so my title holds, but the injury required surgery and rehabilitation.” The surgery to reattach the muscle to his tendon required him not to move his arm for about six months and to undergo extensive rehabilitation. To make matters worse, he lost his job. “I had been promoted to a managerial position, so it was quite a blow,” he said. “They let me go because of the recovery time.” As it turned out, the duration of Christian’s recovery proved to open more opportunities for him.

“I started applying for different jobs and ended up becoming the manager of



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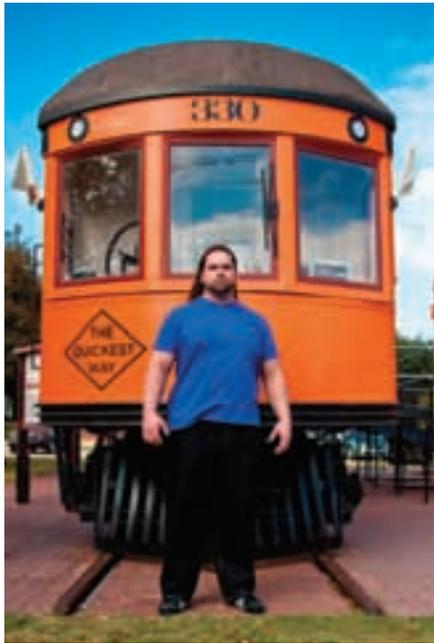
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and ended up becoming the manager of a Dollar General store. It's a wonderful company to work for and it is, by far, the greatest job I've ever had." Christian was also able to reflect on why his injury happened and how it would affect his future. "I talked to a lot of other power lifters," he said. "The guys at the Burleson Athletic Center are all into it now. We're the 'Texas' team; and we have a lot of fun. We support each other while training and competing. Some had watched the video of my event, and I watched it too, over and over. I could see where the injury happened. It was 100 percent my fault; I had become excited and had thrown caution to the wind and, as a result, I forgot my form. When I saw it was not a fluke but a lapse in technique, I knew how to fix it and that I would have the self-confidence to keep going."

Christian was a 120-pound "cocky" teenager when he started weightlifting, and he credits the sport and a special coach for where he is today. "I started training because my coach stressed the importance of having goals. Competing in front of an audience is a whole new level where you learn to block, use fear and stress and feed off of the energy. When kids ask me how I do this, I tell them, 'Naturally with a lot of work and nutrition. Nutrition, nutrition, nutrition and slow and steady training are important. And if you can't do it without drugs, don't do it. Anybody with determination and heart can do what I do.'" **NOW**

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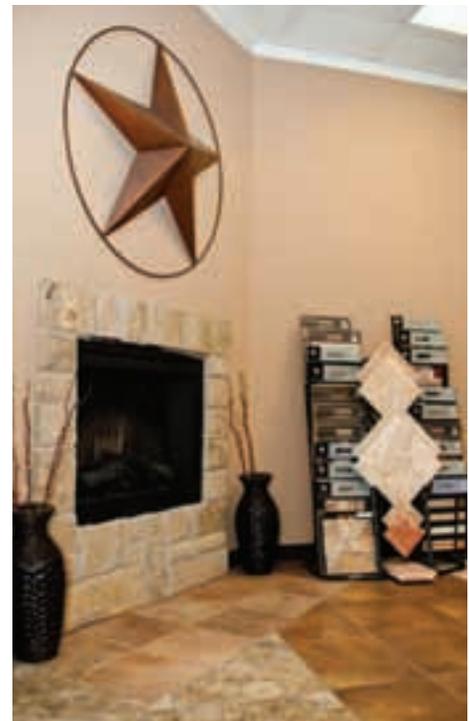
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# Getting It Covered

*Infinity Flooring offers big-town selections at small-town prices!*

— By Melissa Rawlins

Tax returns will soon hit our mailboxes. While you wait, Jennifer Allen will be happy to help you design a new look for your home — beginning with an update to your floors. With 15 years experience renovating all types of residential, commercial and industrial floors, the hardworking family of five offers free measures and estimates to help you design your perfect project.

“A lot of customers come in, overwhelmed at the beauty of the showroom. They think it’s expensive, but it’s not,” Jennifer said. “We use that 15-year relationship with our distributors to pass on better pricing to our customers.”

Shoppers walking through Infinity Flooring’s 6,000-square-foot showroom find it is very user-friendly. Along the perimeter, each of the seven offices

and the bathrooms have been updated with intriguing designs that showcase the versatility of Infinity Flooring’s products and the skill of their designers and installers. Seeing over 100 different styles installed on the showroom floor helps customers visualize which of the many varieties would best suit their taste — whether carpet, laminate, standard or luxury vinyl, tile, hardwood or granite.

Jennifer and her husband, Wes, opened the showroom in March 2010, and have slowly updated every square foot.

“We completely remodeled what used to be Joshua Junction, creating custom-themed centers — a bathroom, a nook, a living room, a kitchen,” Jennifer said, adding with pride that she gutted and remodeled the bathrooms herself. “You would be surprised how budget-friendly a

Jennifer Allen is ready to help you give your home a makeover.

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Sunday: By appointment only

## Business **NOW**

project like that can be. It's simple. It's just tile. You can really make something look custom just by updating the floor covering!"

After years of running their business from home, the Allens enjoy operating out of a showroom. The couple paired Jennifer's design and real estate knowledge with Wes' flooring knowledge to form Infinity Flooring. They decided to open their showroom in Joshua to be closer to Wes' family. Still, Infinity Flooring is mobile, and serves customers anywhere — even out of state.

Their four installation crews, all insured and bonded, are skilled in small-project remodels as well as every type of flooring installation imaginable. "If it goes on the floor, we cover it!" Jennifer said, adding that they offer a variety of "green" carpets, laminate and wood products. And the majority of their products are American-made.

**Jennifer Allen and her husband, Wes, earn their business through great service in every aspect of their customer's new flooring experience.**

The folks at Infinity Flooring love helping people get the look they want. "We have fun watching the process from start to finish," said Jennifer. She gets to be the designer, sometimes the installer and the bookkeeper. "There's not a part of this business that I can't do. What I like the most is being part of the before and after transformation. We don't just do a turnkey job. We do sell a lot of material-only transactions for the homeowner that's a do-it-yourselfer. We also sell the design and preparation process, the installation and the post-install.

"We hold your hand through the entire experience. You get reminder calls, follow-up calls, and any type of issue handled very promptly. It's your home; you own it! We go a step further in every aspect for you," Jennifer said. The reason they named the company Infinity Flooring is that they intend to serve their customers for life. The Allen family is young, knowledgeable and motivated. They do not assume they deserve your business. They earn it! **NOW**

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*Jim Wadlow cheers Burleson on after winning the Byron Black Award.*



*Gene Stallings poses with the BISD Citizens of the Year from each school.*



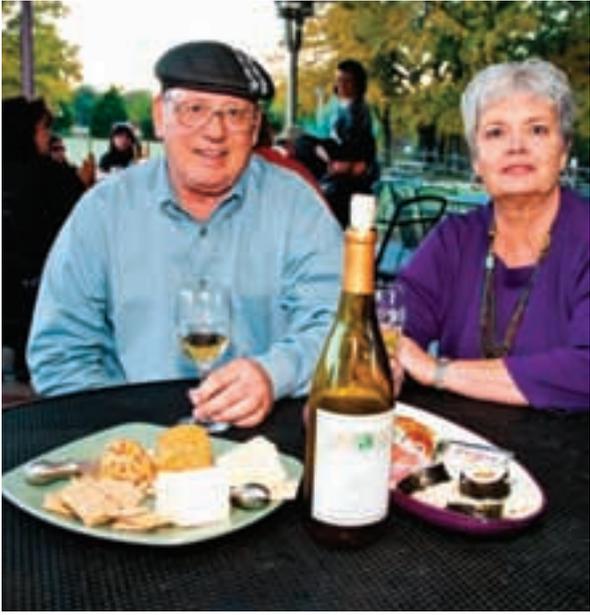
*First Western Title Company hosts Dancing with the Realtors' Open House.*



*Kaleb Spence hangs out with Santa at the Community Bank Holiday Open House.*



*Rhonda Sanders and DeeDee Kelley enjoy an afternoon at Antonio's Mexican Restaurant.*



*Bruce and Linda Gilliam celebrate this year's bumper crop at Lone Oak Winery.*



*Beth Shelton of Fuzzy's Taco Shop pauses to visit Donnie Haefs and C.W. Schultz.*



*The Burleson Chamber of Commerce welcomes new businesses with a ribbon cutting ceremony. From second row left: Short Family Medical Center; All 6 Construction; Christian Bros. Painting; Craig's Collision Centers.*



## Get the Credit Rating You Want

— By Sharon Robinson

Customers often ask why lenders need to review their credit report before approving them for a home or car loan or a credit card. Credit reports contain a lot of valuable information about your previous financial behavior and help lenders predict whether you'll pay off any new debt. Therefore, it's important that you maintain a good credit report.

If you're just starting out, there are several ways to establish a good credit history. You could apply for a credit card or obtain

an installment loan. It's smart to start out using credit cards and installment loans for small items — this gives you time to gain experience with working monthly payments into your budget. Just as credit cards and loans can help build your credit history, so too can your everyday actions. Always be sure to pay your bills on time, including rent, electric, gas, water and TV bills.

If you are interested in learning more about your credit report, Equifax, Experian and TransUnion are the three major credit reporting agencies. You can contact one of these companies to obtain a copy of your credit report or visit [www.annualcreditreport.com](http://www.annualcreditreport.com) for one free copy of your credit report from the three major agencies per year. Please use caution, some of the other credit agencies offer free annual reports after you commit to a service membership.

Unfortunately, there are times when we may find ourselves with an unfavorable credit rating. If you've found yourself in this position, there are steps you can take to improve your credit report: begin paying your bills on time; avoid taking on any new debt; and work with your current creditors to repay your debts. If you are very late on your payments, consider calling a credit counseling agency instead of claiming bankruptcy. Credit counseling can assist you in reducing your debt without as much damage to your credit report. By addressing your problems early, many creditors will be willing to work with you provided you show a sincere interest in repaying your debts.

Whether you're just now beginning to establish credit for yourself or you're trying to improve your credit rating, taking smart steps now will enable you to enjoy greater opportunities later; when it comes time for you to apply for a loan on a new home or that car you've been eyeing, you'll be confident that your credit report won't be stopping you from the things you enjoy. **NOW**

*Sharon Robinson is a State Farm agent based in Burleson.*



## Sharon Robinson, Agent

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# Making Your Resolution Last

— By *Jamie Harraid*

For most people, the New Year means New Year's resolutions. For many of us (me included) that means setting a goal for change. Maybe it's losing 10 pounds, eating "healthier" or getting back in shape. Regardless of what your resolution is, the biggest question is, "How long will it last?" If you're anything like me, we jump on the band wagon at the first of the year, eat our fruits and veggies and two weeks later, we are digging in to the leftover cake from the office birthday party. So much for resolving to eat healthier!

The key to making any change last is to make it gradually. If you aren't what people would term a "gym rat" (or, face it, you don't work out at all) you are probably not going to make it by working out six days a week right away. By starting a workout plan that is two or three days

a week, you can make a gradual change in your life. Eventually, you will work up to those six days a week without getting burned out. And making exercise a lasting routine pays off in more ways than just eliminating holiday weight gain. According to the Center for Disease Control and Prevention, regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases.

If you want to eat healthier go gradually and don't deprive yourself of things you love, just eat them in smaller quantities. If dessert is your favorite, cut down to eating it only on the weekend (one per day!) to reward yourself for being good during the week. Begin to replace unhealthy things in your diet. For example, buy whole wheat bread instead of white or use 2% milk instead of whole

milk. Don't keep junk food in your cabinets. If it's there, it will usually get eaten. Small changes like these, over time, can make a big difference.

Remember, there is no magical pill you can take and lose 10 pounds safely overnight. Long lasting lifestyle changes and weight loss takes time. Healthy weight loss, which will last, should occur one to two pounds per week. So, for those of you wanting to lose 10 pounds, your goal probably won't be reached until mid-February if you started on January 2.

The best thing you can do to make your goal last is find some accountability (and I don't mean the scale in your bathroom). Find a friend to walk with each day or hire a personal trainer at your gym. Making small changes can reap huge rewards and keep you on track to meet the goals you set at the beginning of the year. **NOW**

*Jamie Harraid*  
General Manager  
Texas Health Fitness Center Burleson

## Foot & Ankle Surgery

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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.

The office accepts Medicare and most insurance plans.



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# Calendar

JANUARY 2011

## January 6

Kickoff Celebration of American Cancer Society Relay For Life of Burleson 2011: 5:45-8:00 p.m., Huguley Fitness Center, 11801 South Freeway, Burleson, Texas, 76028-7021. Enjoy the finger foods provided by Cotton Patch Cafe at 5:45 p.m.; then stay for the fun-filled meeting to plan Relay For Life, which takes place Friday, April 15 through Saturday, April 16 at the stadium at Kerr Middle School. Call Chair Donyelle Allen at (817) 648-2554 or Co-chair Dianne Arcement at (817) 992-9823.

## January 11-13

Chisholm Challenge: 6:30-8:00 p.m. at John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Drive, Fort Worth, Texas, 76107. During the Fort Worth Stock Show's Chisholm Challenge, the public can watch the fun of competition between riders from Wings of Hope, in Egan, and many other Texas equine therapy centers. Call (817) 790-8810 for more information.

## January 13

Public meeting on regional commuter rail service: 6:30-8:00 p.m., Burleson City Hall,

141 W. Renfro Street, Burleson, Texas, 76028. The city of Burleson, North Central Texas Council of Governments (NCTCOG) and the Fort Worth Transportation Authority (the T) will host a public meeting to talk about the design, development and access to the proposed transit station in Burleson. For more information, contact City Planner Kent George at (817) 426-9614 or kgeorge@burlesontx.com.

## January 20

Burleson Area Chamber of Commerce Annual Awards Dinner: 7:00 p.m.-8:30 p.m., Centennial High School, 201 South Hurst Road, Burleson, Texas 76028. The business community of Burleson honors this year's winners and introduces the 2011 Board of Directors. The Chamber will also be making several special announcements about what they have in store for the upcoming year! If you have any questions about the awards dinner or need more details, please call the Chamber at (817) 295-6121.

## January 25

"1776 — The Rest of the Story": 2:00-4:00 p.m., Cleburne Senior Center, 1501

W. Henderson St, Cleburne, Texas, 76033. The Johnson County, Nathaniel Winston Chapter of the Daughters of the American Revolution present to interested members of the public Katie Jolley, who will speak about our foundations in a program titled "1776 — The Rest of the Story." For more information please e-mail: DARJohnsonCounty@gmail.com.

## February 5

Athena Society Mardi Gras Gala Sponsorship Deadline: 5:00 p.m. The 8th Annual Mardi Gras Gala (on Saturday, March 5, 2011) benefits Johnson County residents and cancer patients through the Center for Cancer and Blood Disorders and the Careity Breast Care Center at Huguley Memorial Medical Center, pediatric palliative care at Cook Children's plus educational opportunities for women and New Journeys Christian Women's Job Corps. Visit [www.AthenaSocietyofBurleson.org](http://www.AthenaSocietyofBurleson.org) or call (817) 295-1816 or (817) 447-9849 or (817) 307-8606 for more information.

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

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## In The Kitchen With *Eileen Vaughan* — By Adam Walker

Burleson resident Eileen Vaughan was born and reared in the Philippines, which is a major influence on her cooking. Because of her Filipina heritage, she loves rice and dishes with lots of fish, chicken or beef, and she likes to flavor her food with fish sauce.

She learned to cook from her mother. “I think I love to cook because I always helped my mom when I was a young girl,” she explained. “In the Philippines, the females in the household are expected to help in cooking.” Now she sometimes invents her own dishes. “I mainly cook for my family and myself,” Eileen said, “but I sometimes cook for the Bible studies my family goes to and for my co-workers or friends.” **NOW**

### BEEF SINIGANG or PORK SINIGANG

- 2 lbs. beef or pork roast
- 4 cups water
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. minced garlic
- 1 whole onion, thinly sliced
- 1 pkg. tamarind or tamarind soup base (buy at Asian store)
- Kangkong (also called water spinach) or other leafy greens including Cabbage (small head)

1. Boil the meat in 4 cups of water until tender. When it is almost done add spices.
2. Then add the vegetables and simmer 15 minutes.

### LUMPIA

- 1-2 lbs. ground beef, pork or chicken
- 1 big cabbage shredded
- 1 fresh onion, chopped
- 3 cloves garlic, chopped
- 1 carrot, chopped
- 1 can corn (whole kernel for south-style cooking)
- 1 tsp. salt
- 1 tsp. pepper
- 1 Tbsp. soy sauce
- 1 Tbsp. fish sauce
- 40-50 eggroll wrappers
- Mixture of 1 egg white and water or flour and water

1. Cook the ground meat and then add all the vegetables and cook a few minutes more. Then add the spices.
2. Prepare an eggroll wrapper by laying it out as a diamond on point. Fill with about 1 Tbsp. of stuffing and spread it out. Roll up the

eggroll by starting with one corner and pulling it just over the ingredients in the middle. Fold in the side corners and make sure they are tucked in nicely. Then roll it up the rest of the way. After the eggroll is rolled, dip your finger in the mixture of egg whites or flour and water and apply to the corner of the eggroll which has not yet been rolled to make it stick. Finish rolling up. Repeat with remaining wrappers and filling.

3. Deep fry in very hot oil until golden brown.

### BANANA Q

- 8 plantain bananas, cut in half
- 1 qt. cooking oil
- 1/2 cup brown sugar

1. Cook the bananas in very hot cooking oil.
2. Pour brown sugar on top as they fry, making sure sugar coats them thoroughly.
3. Remove from oil. Let cool. Serve.

### MEATLOAF EMBUTIDO — FILIPINO STYLE

- 4 lbs. ground beef
- 4 carrots, diced small
- 1 onion, chopped
- 1/2 cup soy sauce
- 1 cup chopped ham
- 1 cup grated cheddar cheese
- 1 cup bread crumbs
- 5 whole eggs
- 1/4 cup pickle relish
- Raisins, to taste
- Ham strips (optional)
- Boiled eggs (optional)

1. Combine all ingredients. Form into loaf.
2. Bake or steam in a double boiler for

about 1 1/2 hours.

3. Serve cold or hot. May garnish with strips of ham or boiled eggs, if desired.

### NO-BAKE CHEESECAKE

- 2 8-oz. pkgs. cream cheese
- 1 16-oz. tub Cool Whip
- 1 tsp. vanilla
- 1 Tbsp. sugar
- 1 graham cracker pie crust
- Lemon juice (optional)

1. Whisk cream cheese until creamy. (Cream cheese may be heated to soften it and make it easier to stir.)
2. Mix in other ingredients. Add a few drops of lemon juice, if desired.
3. Pour into crust.
4. Refrigerate for 1 hour. Garnish with fruit to serve.

### OMELETTE WITH GROUND BEEF AND EGGPLANT

- 2-3 Asian eggplants
- 1 lb. ground beef
- 1 small chopped onion
- 1 small clove of crushed garlic
- 1 tsp. black pepper
- 1 tsp. salt
- 4 whole eggs

1. Grill the eggplant and remove the skin. Mix it with the ground beef and spices.
2. Beat eggs and fry in a flat pan.
3. Put the meat and eggplant mixture in the already fried eggs and fold in half.

To view more of your neighbors' recipes, visit our Web site at [www.nowmagazines.com](http://www.nowmagazines.com).



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