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ON THE COVER



Drip and Bobalu found their crowd when they found Bikers against Child Abuse.

Photo by Jennifer Spears.

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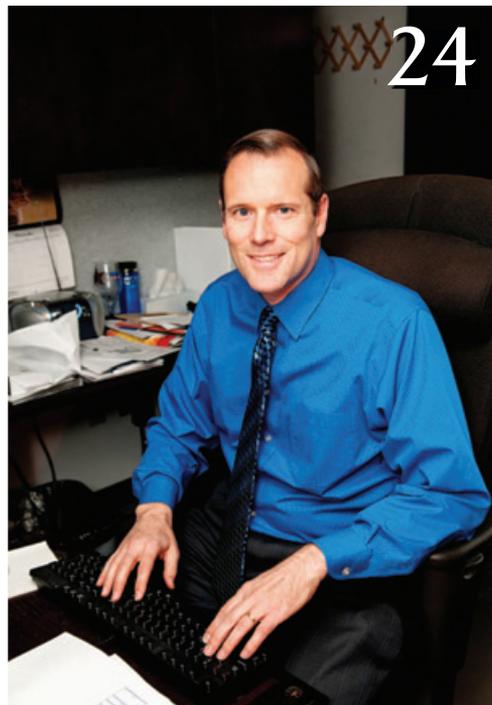
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Editor's Note

Hello Burleson, Crowley and Joshua!

As an Air Force "brat," I attended 18 schools in 18 years. The three high schools were spread from Utah to South Carolina, and I graduated from an Alabama school whose mascot was a fighting poet wielding a giant quill pen. No joke! At all three schools, I was a bit like that fool and was targeted in the hallways, where books were knocked out of my arms, and in the classroom, where boys shocked me by passing notes filled with drawings of marijuana leaves. I retreated into cynicism and isolation. If only I had understood what Burleson ISD and the entire community is now rallying to teach our youth through Rachel's Challenge: It is easiest to combat bullying with kindness. I applaud you all for doing as the little children are learning to do — being kind to yourselves and to one another.

Kindness surely matters!

Melissa

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BOB ALTT KEY



— By Rick Hope

Tattoos are something many children see from the witness stand while giving testimony in a courtroom. As they look at the Harley Davidson motorcycle-riding men and women in leather vests, they aren't fearful or intimidated. In fact, what they feel is quite the opposite — comfort, reassurance and friendship. That's because they are looking at friends from Bikers Against Child Abuse.

On some occasions, two of the friends they see are Phillip and Lisa Gilbreath. For this Joshua couple, Bikers Against Child Abuse (BACA) isn't just about riding. It's about making a difference within their community. Phillip got his road name, "Drip," from a bike he used to have that was always leaking oil. When he was 18 years old, he bought his first motorcycle, but that first one didn't

last long. "I didn't have a license," Drip stated. When he was 43, Drip got his second motorcycle and started riding again. That was six years ago. "At first, all I could find was the bar-hopping scene," Drip admitted. "That just wasn't for me." But shortly, Drip found out about BACA and knew he'd found his crowd.

According to their Web site, "BACA exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of

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violence or physical force in any manner; however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.”

Lisa was given her nickname, “Bobalu,” from some of her co-workers in Burleson. Bobalu checked into BACA because, as she said, “Drip was never home.” For that reason, she went and checked it out for herself, and before too long, she was finding herself actively involved. “I can’t think of anything better to do with my free time than to do what I do,” Bobalu said. These two fun-loving do-gooders are quick to point out that BACA is not about invading any child’s life. “We are simply there to offer encouragement.”

“We are in their life as much as they want us to be,” Drip explained. Usually, referrals are given to them from advocacy centers, police departments and other agencies. Once BACA has the child’s name, the child liaison will set up the initial interview with the child and the parent/guardian. That’s when the child, and no one else, decides to adopt BACA into their family. Allowing the child to make that decision is empowering. “When they adopt us, we give the child a certificate of appreciation, a pillowcase with the names of the BACA members who attended the adoption, a BACA blanket, a vest with their road name on it and a special Teddy bear filled with hugs by all those who attended the adoption. When the hugs and love are used up, the child tells us to come back and refill it.”

At the adoption, the child is given the name and number of two BACA



members who live near them. They then become the child's primary contact person(s). Drip pointed out not everyone can be a part of BACA. Before becoming the primary contacts for any child, the bikers are cleared for participation through an extensive background check. In addition, they must also have ridden with the chapter for at least a year and have received special instructions from the Licensed Mental Health Professional. "Anytime the child feels scared and feels the need for the presence of his new BACA family, the child may call upon these bikers to go to the child's house so they can provide the necessary reassurance for the child to feel safe and protected," the Web site states. BACA members and supporters also provide escorts for them if they feel scared in their neighborhoods, ride by their homes on a regular basis, support the children at court and parole hearings, attend their interviews and stay with the children if they are alone and frightened.

"BACA members never go to the child's house alone," Bobalu said, "and they never go without the knowledge or permission of the parents. Their mission is to not be permanently engaged as the child's power. BACA's mission is to help

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the children and their families learn just how powerful they can be. "Our presence will be available as long as the child needs us," Bobalu said. "BACA also hosts other functions to benefit the children, such as barbecues and parties."

When the court day arrives, the BACA crew will show up. If the judge will allow, they will all wear their biker vests. "When the kid looks up from the witness stand, he sees all of us," Drip said. "We're there to empower the child, to give them the strength they need to testify."

Once a child's case is over, the BACA crew will stay available if the child still wants them in their life. But, Bobalu pointed out there is never any pressure for them to do so. "If they want us, we are there. If the perpetrator gets out later, and the child still wants us, all they have to do is call," she explained. "We'll camp out on the yard if necessary. The truth is that if they don't ever need us again, then it just means we've done our job."

Most children do still stay in contact with them. "We'll have regular reunion parties, and the kids will still show up," Drip said. With tears in his eyes, he shared a time when a debriefing was occurring in a convenience store parking lot. A young girl in her early 20s recognized their patch and approached them. "She said we had taken care of her when she was 12 years old," he shared. "She just wanted to thank us. I will never forget that." Neither will that lady, or countless other children who have been helped by Drip, Bobalu and so many others like them. **NOW**



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LIVING INSIDE a Dream

At Home With Jonathan and Leslie Duncanson

— By Rick Hope

Jonathan and Leslie Duncanson have a dream and a goal. Dreaming is a good thing. Having a goal is also a very good thing. They believe nobody should settle for less than their personal best, and regardless of personal circumstances, the goal must always be kept at the forefront. Keeping their eyes on the goal of pressing toward their dreams, even when things are bleakest, and giving 100 percent is what Jonathan and Leslie have tried to teach their children, and the house they live in is a testament to that.



Jonathan and Leslie have been married for 13 years. They have five children — Sierra, 12; Alex, 10; Elijah, 8; Nathan, 7; and Ivy, 6. Jonathan lived in various places growing up, but moved to Burleson in 1993 and has tried his best not to leave. He met Leslie in Joshua, and except for a brief four-month stint in Oklahoma, they have lived their entire married life in the Burleson area. “We like this community,” Jonathan said. “It’s our home, and it’s where we want to stay.”

For a period of time, the family lived in a 1,000-square-foot house near Burleson High School. While the family is very close knit in their relationships with one another, the closeness of such a small space for the seven of them was a little too much. Even though it was obviously a little cramped, Jonathan and Leslie made sure their faith and their dreams did not disappear. They knew that something better for their family was waiting for them on the horizon, so they began making plans to move in that direction.

While living in the tiny home, they began to get a picture in their minds of what their next house would look like. They kept dreaming of something bigger and more suitable for the family. “We found a floor plan of a house we really liked,” Jonathan said. “I made copies of it, and we taped it on every wall of the house.”

This helped remind them all that there was a better place down the road. “It helped us keep a goal in mind,” she said. “One day, we would live there.”

Jonathan felt the whole experience was good for them. “Our life is filled with faith-building exercises,” he said. “Most of the time, the things that seem impossible in life seem to work out. We just have to keep pushing forward.”

Jonathan and Leslie also began putting money back and determined how much they were willing to pay for their down payment. Jonathan wrote a check for that amount and taped it on the inside of his day planner. Each day, when he opened it up to look at the day’s events, he was reminded of the dream that he and Leslie had for their family. In addition, they set a date on the calendar indicating when they would have enough money to begin building their dream home.

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Jonathan began working with Meritage Homes. At the same time he was also working with a Realtor, who happened upon the exact floor plan they had taped all over the house — available for a cost less than they had originally been quoted. The decision to buy the home the Realtor found came easily for the couple. They signed final papers on their new home one day before the date Jonathan had marked in his calendar.

The home is a beautiful two-story, five-bedroom abode. While most of

the bedrooms are upstairs, the master bedroom is downstairs. The children all sleep upstairs. However, Leslie quickly pointed out that “they are very rarely in their bedrooms except to sleep.”

“And sometimes not even then,” Jonathan laughed. “Sometimes, we wake up with multiple children downstairs in our bed.” But, Jonathan and Leslie wouldn’t have it any other way.

Leslie, who is also currently studying for a degree in sports nutrition, particularly enjoys the walk-in pantry.

“There is a huge amount of storage space, and I need that to feed this hungry crew.”

Their house also features a walk-in closet adjacent to the master bedroom. With a smile, Jonathan explained the closet they have now is roughly the same size as the master bedroom at their previous home. That closet alone serves as an excellent reminder of how far the family has come.

The family finds great pleasure in music, so their home rings with joy. “I’m



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also a singer and a songwriter," Jonathan shared. "My favorite kind of music is folk rock." Even so, their entire life is not spent in their home. The Duncansons are very active in their church, The Church of Jesus Christ of Latter-day Saints, and

"LIFE IS AN EXERCISE IN FAITH"

the children love going on various church camping trips and other activities. But when they are home, it's clear they live in a place that does not provide any time for boredom.

Connecting the upper and lower floors is a fairly large staircase, which is a source of much fun and amusement for the family. Soon after moving in, all five children were found sliding down the stairs using their sleeping bags. Not to be outdone, Leslie's brother, Kenny, used

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the lid of a toy box to do his sledding. This is not something that bothers Jonathan and Leslie in the least. "A home is meant to be lived in, and a home needs to be a place where memories are made," Jonathan explained. "To do that, you just can't be formal. You have to allow for some fun. Our kids have a ball in this house."

The family room is incredibly inviting with a faux fireplace that anchors the room while serving as a decorative piece. The family room also functions as a classroom for Leslie, who homeschools the two oldest children. Jonathan, who owns Duncanson Roofing, which specializes in custom metal roofing, admits they are not finished dreaming yet. "We love this house, but we would really like to have more land," he admitted. As large as the house is, the backyard is relatively small. And there is no doubt that if they keep dreaming, planning and setting goals, they will eventually get there. "Life is an exercise in faith," Jonathan stated. The house they live in is proof of that motto. **NOW**

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CHANGING FOR THE *Better*

— By Melissa Rawlins

Tuning in to the world around him through every means possible, City Manager Dale Cheatham looks for problems to solve. A communitywide survey conducted last summer revealed that 79.2 percent of those who took the survey were satisfied or very satisfied with their opportunity to be involved in the decisions made by the city about city services, programs, economic and community development. An independent firm conducted a separate survey last fall, contacting households and posing to adults and youth questions focused on understanding the citizens' priorities.

Such surveys complement Dale's other methods of discerning both needs and wants of Burlesonites. In prior positions managing cities like Brownsburg, Indiana, and The Colony and Watauga, in Texas, he has made use of focus groups and town hall meetings with City Council members. Here, he will add social media to his repertoire for promoting interaction with the public. "Burleson has more than 5,000 users on our Facebook



“I want to feel comfortable that we have flexibility.”

page,” Dale said. “That’s a lot of friends for a city our size.”

Making friends easily, Dale periodically visits service clubs like Rotary, Kiwanis and Lions, and attends meetings of the Chamber of Commerce. “The important thing is being involved and hearing what people have to say,” said Dale, who takes his job very seriously and sees it as an extension of the strong work ethic instilled by his parents during his childhood in Chicago suburbs.

“Despite the fact that neither of my parents got a high school degree, they talked about the importance of education, work ethic and Christian values,” Dale said. Attending The Church of Jesus Christ of Latter-day Saints every Sunday, or spending the day providing service to individuals, Dale and his wife, DeeAnn, regularly visit and help members of their church, some active and some not.

Giving DeeAnn kudos for enabling their mutual mission of giving back to others, Dale appreciates her recent efforts to homeschool their children. “DeeAnn has the same education background as I, holding a master’s in public administration,” Dale said. “She was in charge of a program providing investment training in cities, counties and schools. She worked out of the home when we were married, and after our children turned 10 and 8, we jointly made the decision that she would take on the primary responsibility of educating them.”

Since becoming city manager in March 2011, Dale has brought his children to work with him a few evenings, yet it took them until very recently to complete the decorating of his office, and get pictures and certificates hung on the walls. He had other goals, written as bullet points in blue ink on lined paper. “Lists help

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- DAY 9
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- DAY 10
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- DAY 11
Emily Gillmore won 6 month Membership donated by Hugley Fitness Center.

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me stay on track," Dale said, "not only personally but also as city manager. You have to juggle a lot of balls, and I wouldn't be able to operate otherwise." Much on his lists consists of reminders to follow up with others on his staff to get status updates. "Monthly I visit with all those who directly report to me to find out what I can do to be of direct assistance to them."

Dale is leading the city staff to fulfill the City Council's priorities and objectives. Dale brought Kevin Lasher on as community development director so Bradley Ford could focus on his job of economic development director. That is the only hiring decision Dale has directly participated in thus far. "For the



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next budget year, I don't anticipate major changes to staff, but after that additions may be warranted," Dale indicated.

In his first year, Dale also analyzed Burleson's financial position and developed a budget. That required six months of soliciting input from City Council, staff and citizens to find out priorities and develop a strategy. "I want to feel comfortable that we have flexibility, and want to draw down on fund balances," he said. "In terms of cash flow, 70 percent of our general fund budget goes to personnel so we don't have flexibility. That makes us reliant on developing additional growth via business development to get additional property and sales tax: one cent for the general fund, half a cent for parks and recreation and half a cent for economic development."

Opening his office door and venturing out enabled great communication with staff and the City Council. He met with each, either individually or in groups, and offered to meet with councilmembers once a month. "Council members do not need to be in City Hall all the time but need to have a comfort level with all that is going on here," Dale said. "I don't have all the answers, and may have questions, so let's discuss it around the table." And yet he recognizes that ultimately many of the decisions are his to make.

For instance, Dale helps prioritize the list of possible capital projects developed by the Infrastructure and Development Committee, and then takes those recommendations to council. One

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area Dale would like to see developed is extending Alsbury Road to Hulen. “However, there are no funds for that expansion, which I have been told could cost \$6 million. Since that would open up growth, I think we should focus on it,” Dale said.

Hence, his interest is bringing businesses to Burleson. “Several have knocked on our door, some we’re aggressively pursuing. We are doing



an industry study trying to identify what industries out there might be best matches for the city of Burleson,” Dale explained, “as well as a retail site analysis to identify what locations are best suitable for some of the retailers that might want to come here. After those two are in place, we will be able to develop an economic incentive policy.”

Interestingly, this man who had great success in expanding Brownsburg’s land mass is not placing annexation at the top of the city’s list of priorities, because feedback from his investigations indicates lack of interest in aggressive annexation. “We won’t be a big city like Dallas. I guess our population will end up in the range of 60,000-65,000,” Dale said. “If there are property owners interested, we would consider voluntary pre-annexation.” On another front, Dale pushed to the top of his list an update of the city’s zoning ordinance to remove contradictory policies.

In his first year, Dale looked at Burleson’s big picture. “There is nothing that jumps out indicating we’re operating inefficiently,” he said. “But as a multi-million dollar organization, there are opportunities for improvement.” You can be sure Dale will continually tune in, looking for why corrections should be made and how Burleson could change for the better. **NOW**

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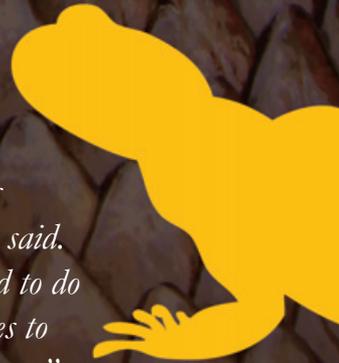
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Crazy About Critters

— By Sarah Anderson

When Lacy Green envisions her future, the details are slightly fuzzy, but the big picture is clear. She knows without a shadow of doubt it will involve working with wildlife. At 22 years old, she is a dedicated, straight-A, full-time biology major at Tarleton State University with an emphasis in wildlife and a minor in wildlife management. She is also an active member of the Tarleton Student Chapter of The Wildlife Society and a member of the Texas Chapter of The Wildlife Society. Her regular commute from Burleson to Stephenville is a small sacrifice to achieve her goal. "I've always loved animals. For as long as I can remember, I've wanted to help as many critters as possible," Lacy said. "I'm determined to do whatever it takes to make that happen."



But Lacy was not always a driven and goal-oriented student. As a teenager, she barely made it through high school. In 2008, she graduated from Burlson High School with a 1.43 GPA after a frantic last-ditch attempt to pass. "I hated school, and no one could give me a satisfactory reason why I should care," she said. Then she was picked up for truancy and court-ordered to go even more than before. She had to go to school early and stay late every day. "You can force someone to go to school, but you can't force them to care," she said. So what convinced Lacy to care? She credits Jeremy Green, a close friend at the time, and now her husband. He managed to persuade her.



"I've always loved animals. For as long as I can remember, I've wanted to help as many critters as possible."



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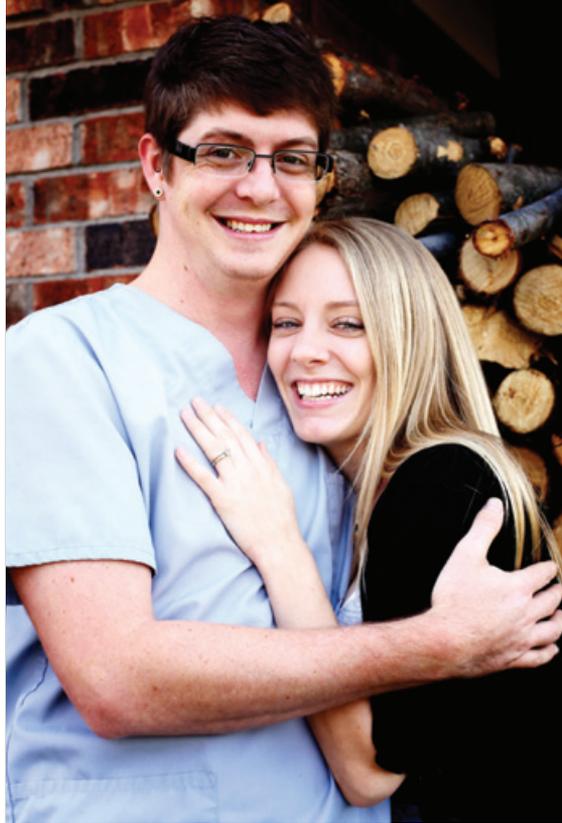
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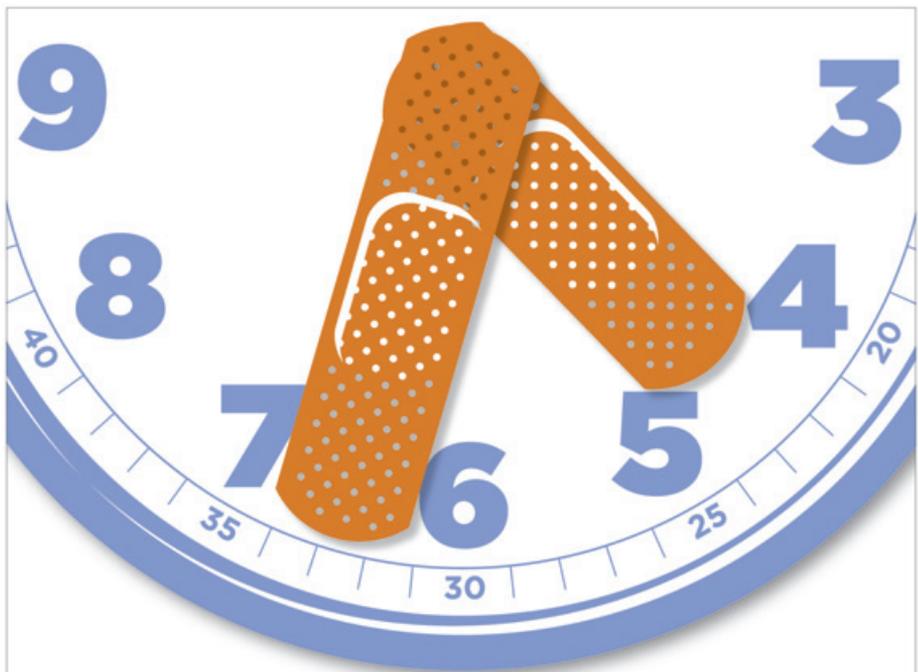
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“There was something about Jeremy. He stood out. I respected what he had to say,” Lacy said. “He was different than other people. I wanted to be different, too.” So, she used the extra hours she had been “sentenced to” to turn things around, but it wasn’t easy. She not only had to work tirelessly at school, she also had to separate herself from the drugs she had discovered in middle school and later made a daily habit in high school. “It is no secret I did drugs,” she said. “I’m not going to lie. It was a struggle for me, but with Jeremy’s boot in my rear, so to speak, I slowly changed.”

Lacy’s mother, Patsy Plummer, always knew her daughter had it in her. It was just a matter of convincing her. “Of course, a teenage girl doesn’t want to listen to her parents,” Patsy said. “It’s no surprise there. I was just so grateful for Jeremy’s influence. It’s been wonderful to watch Lacy grow from a stubborn teenager with attitude into a lovely young woman so determined to do whatever it takes to achieve her dream.”

When Lacy graduates from Tarleton, she will be the first to earn a college degree on both sides of the family. Patsy and Mike, Lacy’s father, said they couldn’t be more proud. They adopted Lacy the day she was born, and despite her difficult years, Lacy has always been the light of their life. “We were proud as punch when she graduated high school,” Patsy said.



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At first, Lacy didn't plan on higher education. But then a woman from Burleson High School presented information about a brand new scholarship, the Burleson Opportunity Fund. Funded by individuals, businesses and organizations in the community, it was created with the goal of providing "every high school graduate from Burleson the opportunity to attain post-secondary education." The few requirements were all things Lacy could do. "If it weren't for that scholarship, there's no way I would have gone to college. It not only gave me the idea, *Hey maybe I could go*, but it gave me direction and a place to start, a place where I could go locally. It made a huge impact on my life."

Once enrolled in college classes, Lacy soon encountered Nancy Holland, the dean of Hill College at Burleson. "I believe the Lord puts people in your life for a reason, and I knew He put Lacy in mine," Nancy said. "I saw a lot of myself in her, and I could tell she was a sharp young woman — stubborn, but so smart. She just needed some guidance and direction, some smoothing out, if you will."

Three years, and many frank and very direct conversations with Nancy later, Lacy earned her associate degree in liberal arts and graduated *summa cum laude* with a 3.9 GPA in May 2011. "Watching her graduate was like watching one of my own," Nancy said. "She is a prime example of what we are all about here and our mission with the Burleson Opportunity Fund." Lacy was one of the first 28 students to receive the scholarship, and now five years later, nearly 100 students have used it to build their future.

Several months before Lacy graduated from Hill College, she and her inspiration (Jeremy) tied the knot. When she finished high school, their friendship gradually blossomed into romance, and it wasn't long before Jeremy asked her parents for her hand in marriage. "Lacy is an energetic, beautiful and extremely smart girl. When she was given the awesome opportunity to go to college, she ran with it," he said. "I knew who she was on the inside all along. I loved her before her

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transformation, and I'm still in love with her now."

The two celebrated their second wedding anniversary in November and actively work together to rescue displaced pets, especially exotic animals. They currently care for turtles, snakes and lizards along with a sugar glider. "We make sure they get proper care and then find them a new home," Lacy said. Two of Lacy's favorites are a pair of Savannah Monitors — Jack Hana and Selena. They were rescued from an unfortunate situation and immediately earned a special place in her heart. Jack Hana is often Lacy's study buddy. "I just lay him against my skin under a blanket, so he stays warm, and he rests right there with me," she said.

When Lacy isn't making her two-hour trek back and forth to Stephenville, studying or tending to her beloved reptiles, she and Jeremy do everything they can to help their mothers, who are both battling cancer. "It makes things more difficult for sure, but we are happy to help. We don't want to miss any opportunity to spend with them," Jeremy said.

Lacy agreed, "It's tough and scary, but we just take it day by day."

Patsy said no matter what happens, she knows the future is bright for Lacy. "We cannot wait to see where all her hard work takes her." **NOW**



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Heart to Help

Improving quality of life in every patient, Trinity Chiropractic balances people's nervous system and helps them fulfill their potential.

— By Melissa Rawlins

Dr. Chase Dyess is here to help during these cold winter months, which bring with them common colds and flu, aches and pains from moving Christmas decorations. Dr. Dyess can fit people in on the same day they call. Very little time is spent in his waiting room where bright green walls promote the idea of rejuvenation.

“A chiropractic adjustment boosts your immune system and reduces aches and pains,” said Dr. Dyess, who has seen amazing things in his office. “A patient who had had headaches for 19 years no longer has headaches. Someone came in unable to walk upright, and after two to three visits had no pain at all. People come in having scoliosis and, after only a handful of visits, detect a noticeable change in their posture and curve in their spine.”

Every patient of this chiropractic practice, which is nearing its one year anniversary, gets an adjustment. Additionally, the doctor and his associates are skilled at designing and supervising appropriate corrective rehabilitation plans and stabilizing techniques, so adjustments hold for longer periods of time. “I am a fan of Kinesio taping,” Dr. Dyess said, “because it supports the adjustment and muscle movement and decreases pain.”

With an in-house X-ray, two private adjusting rooms, two therapy tables, heat tables and a roller table for inner segmental traction, plus exercise equipment for corrective rehabilitation, most patient problems are treated here in the office. Trinity Chiropractic will refer out to orthopedic surgeons, massage therapists and pain-management doctors.

Dr. Dyess employs three-phase treatment plans. He re-examines patients every six visits to determine their progress. "We go through pain/corrective care, stabilization care and maintenance care to eliminate pain and rehabilitate to full maximum medical improvement," he said. "If I feel like people are progressing faster than normal, I cut the plan down. But because pain is a terrible indicator of whether there's a problem, we do not stop treatments just because pain stops. Pain is the last thing to show and the first thing to go."

He corrects a patient's posture by using wedges, blocks and exercises to encourage spinal bones to stay in their proper place. "So people have to see me less often," Dr. Dyess explained. "The goal is for you to want to come see me at least once a month, because you can feel a difference in your life since adopting chiropractic. We want you to maintain that proper alignment by coming in for a quick adjustment, so you can enjoy your lifestyle."



"Pain is the last thing to show and the first thing to go."



In fact, the relaxed lifestyle in Burleson attracted Dr. Dyess. After growing up in Alexandria, Louisiana, a town of 70,000, and then studying at Parker Chiropractic College in the large city of Dallas, Dr. Dyess discovered laid-back Burleson was the perfect place to settle with his family. His wife, Sara, who manages Trinity Chiropractic, and his kids, Jack and Andrew, all receive chiropractic adjustments.

Beyond caring for patients, Dr. Dyess takes time to serve Meals-on-Wheels on Tuesdays, delivering food to the elderly. The couple has raised over \$1,200 for Harvest House. And he and Sara are currently raising money for Support Our Soldiers by offering exams, X-rays and results for donations of \$27. With a heart to help, Dr. Dyess will continue to give, grateful for the way this community has welcomed him. **NOW**



Is Your Body Giving You Signals?

In simplest terms, a subluxation (a.k.a. Vertebral Subluxation) is when one or more of the bones of your spine (vertebrae) move out of position and create pressure on, or irritate spinal nerves. Spinal nerves are the nerves that come out from between each of the bones in your spine. This pressure or irritation on the nerves then causes those nerves to malfunction and interfere with the signals traveling over those nerves.

How does this affect you? Your nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100% of their innate abilities. In other words, some part of your body will not be working properly.

It is the responsibility of the Doctor of Chiropractic to locate subluxations, and reduce or correct them. This is done through a series of chiropractic adjustments specifically designed to correct the vertebral subluxations in your spine. Chiropractors are the only professionals who undergo years of training to be the experts at correcting subluxations.

*Yours in Health,
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Burleson Opportunity Fund Scholarship recipients serve breakfast at Breakfast of Champions.



Dick Thomas and Dr. Frank Norwood catch up on old times.



Helen Skoda and Katie Bean are all smiles on their birthday hot air balloon ride.



Aly Allen-Engstrom, Ruth and Remy Moor, at will-call for the 2nd Annual Burleson Wine Crawl.



Roy Livingston pretends to be the train conductor at FUMC, Crowley.



Heather Whitley serves Jonathan Price his favorite: a double shot with a sub of caramel brulee sauce shaken with non-fat milk!



Evelyn, Aunt Amanda and mother, Heather Kitchens, take little brother, Timothy, out for his first ice cream cone!



Waiting for work: Jamaral, Randy, Wayne (with pup Tex), Danan and Cameron play pick-up football behind their oil field service shop in Joshua.



Peyton, daughter of Paige Halterman Ward, gives her brother, Kale, a mud facial.



Larry and Christy Foley, Friends of the CPL, sell hot dogs to benefit the Crowley Library.



Josh Weathers entertains the crowd at the Burleson Wine Crawl.

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North Texans More Hopeful About Their Financial Future than Other Americans, Despite Lack of Retirement Savings

North Texans are more hopeful about their financial futures than other Americans, according to the inaugural Life Tracks Poll, released recently.

Dallas-Fort Worth area residents also say they've done more financial planning and view buying a new home as a more realistic goal than their national counterparts.

In this new poll, 1,000 adults were surveyed across the nation in 18 markets, including the Dallas-Fort Worth area. Here are some of the key findings:

- 63 percent of North Texans are hopeful about their future finances, compared to 53 percent of respondents nationwide.
- 54 percent of North Texans say they have planned a great deal for their future finances versus 39 percent of respondents nationwide.



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• Only a quarter (25 percent) of North Texans view buying a new home as not realistic, compared to half (50 percent) of respondents nationwide.

While North Texans in the poll say they have done more planning for long-term finances, 41 percent don't have retirement savings and almost a third (27 percent) don't have a savings account. To view the national Life Tracks Poll results, visit www.allstatenewsroom.com.

Act Now to Improve Your Financial Health

As the Life Tracks Poll points out the need to take greater action to prepare for our financial futures, it recommends three immediate actions to help improve your financial health:

- **Do your homework:** You can find a wealth of valuable, yet free, information about managing your finances: personal finance Web sites, books, newspapers and seminars. Financial professionals can guide you through this information and help you set financial goals. For information about specific products, such as life insurance, you also can ask for a referral from professionals you currently deal with and trust — such as your auto/home insurance agent.
- **Set goals and a timetable to achieve them.** But rather than trying to make progress on all your goals at once, prioritize those goals every year and focus on the two or three that are most important to you.
- **Make a date.** Make a date once a year for an annual life insurance checkup to double check that the amount and type of coverage is right for your current situation. **NOW**

Note on Survey Methodology:

Survey was conducted among American adults age 18-plus who have thought about or planned for their future financial needs. Respondents were reached via landline and cell phone. The [city] area poll surveyed 100 adults August 8-17. The survey has a margin of error of +/-9.81 percent. The national poll of 1,000 American adults was conducted August 4-8, 2012 via landline and cell phone. The survey has a margin of error of +/- 3.1 percent in 95 out of 100 cases. The survey was conducted by FTI Consulting, Inc.

Mark Jameson is a licensed Allstate sales associate based in Burleson.

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Source: Insurance Institute for Highway Safety Fatality Facts 2007-2009. Allstate Fire and Casualty Insurance Company © 2012 Allstate Insurance Company

Crawling With Life

— By Betty Tryon, BSN

Once again, the two sisters found themselves on a familiar path to the nurse's office at school. They were sent there by their teachers who noticed the troubling symptoms of another round of head lice infestation. Head lice are wingless parasitic insects that live on your scalp, feed on your blood and lay their eggs in your hair. They are very tiny, about the size of a sesame seed, and when they move around on the scalp, it can feel like a tickling or crawling sensation. Lice infestation is not a sign of uncleanliness or poverty. Anyone can get lice. They are nondiscriminatory about whom they choose to crawl on. They spread by crawling from person-to-person and by the sharing of personal items, such as combs, brushes, hats or headphones.

The earliest and most predominant sign of lice infestation is itching with resultant scratching. The itching is because of an allergic reaction to the saliva excreted from the louse (singular form for lice). Intense scratching can cause open wounds which can then become infected. Another visual to determine if lice are present is the actual bug itself and its eggs, which are called nits. Nits are deposited on the hair shaft next to the scalp. One can find the bugs most often on the back of the neck and behind the ears.

Getting rid of lice is involved but worth it. There are products and medications available over the counter (OTC) and by

prescription to kill lice and their eggs. Follow directions carefully. Use a fine toothed comb on wet hair to remove nits. Check the hair of all persons in the household. Remember to wash all brushes and combs in hot sudsy water. Afterwards, either soak them for an hour in isopropyl alcohol or replace them. Sheets, pillow cases and clothing that have come in contact with the infected person need to be laundered using hot water. Items such as large comforters or stuffed animals that cannot be laundered should be placed in a plastic or airtight bag tightly sealed for at least two weeks. The environment, floors and furniture, should be vacuumed thoroughly. For children under the age of 2, check with their health care provider before using any chemicals or OTC medications. For them, it is usually sufficient to remove live bugs and nits by hand.

Having lice may be embarrassing, and it is definitely annoying. However, the good news is that with effort they can be eliminated from your home and your head. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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Calendar

JANUARY 2013

January 2 Through 4

Winter Fun Camp: 7:00 a.m.-6:00 p.m., BRiCK. Campers 6-12 years old will participate in fun and exciting activities. (817) 426-9104 to register.

January 7

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

January 8

Business After Hours Networking: 5:30-7:30 p.m. Rawhide Rustic, 3300 SW Wilshire Blvd. (New Location). Food, drinks, door prizes and networking, free for Burleson Chamber of Commerce members and only \$10 for non-members. Call Sara Pryor at (817) 999-0823 or Allan Tidwell (817) 798-5008.

January 9

Lunch n Learn: 11:30 a.m.-1:00 p.m., Burleson Area Chamber of Commerce, 1044 SW Wilshire Blvd. Representatives of SCORE and SBA will speak on *Business Management*. Make reservations: (817) 295-6121.

January 14

Metro Beekeepers Meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St., Burleson. A review of bee biology and discussion of spring build-up will be followed

by announcement of youth scholarships awarded. Contact Stan Key, (817) 888-0470, or visit www.metrobeekeepers.net.

January 15

Partners in Progress: 8:00-9:00 a.m., Compass Bank Heritage Room. Entry fee is \$1. Networking with a punch! Call the Crowley Chamber of Commerce, (817) 297-4211 or info@crowleyareachamber.org.

January 15-21

Celebration of Martin Luther King: Crowley Public Library. Videos depicting MLK's life and influence on our society, a "birthday party" complete with birthday cake during story time for younger patrons, and a day of service when collected socks and mittens will be delivered to Crowley's House of Hope on Monday, **January 21**. For more information, contact (817) 297-6707.

January 26

Parents Night Out: 5:00-8:00 p.m. Alsbury Baptist Church. An evening of rest, relief and rejuvenation for parents who are caring for special needs children and their siblings ages 6 months-12 years. Reservations are required. Contact Keara Sharman, (817) 881-5028 or specialneedsministries@alsburybaptist.com.

January 31

Burleson Chamber Annual Meeting & Awards Luncheon: 11:30 a.m.-1:00 p.m., St. Matthew Cumberland Presbyterian Church, 380 NW Tarrant Ave. To RSVP, call (817) 295-6121.

February 9

10th Annual Mardi Gras Gala: 6:30 p.m.-Midnight, Walnut Creek Country Club, 1151 Country Club Dr., Mansfield. Ticket price benefits Johnson County residents and cancer patients. Call (817) 295-1816 for more information.

Ongoing:

Wednesdays and Thursdays

Family Storytime: 10:45-11:15 a.m., Burleson Public Library. Free weekly opportunity for parents, grandparents and caregivers to spend time with their children and encourage the love of reading. Contact Carolyn, (817) 426-9204.

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



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In The Kitchen With Tanya Kennedy

— By *Melissa Rawlins*

As a youngster, Tanya Kennedy had her own countertop, rolling pin and flour supply for making tortillas. Rolling, flipping and rolling, Tanya earned great respect from her mother for how perfectly round her tortillas were. Into her 30s she practiced and learned, even taking tips on technique from a local Fort Worth chef, Louise Lamensdorf. Tanya found in her early 40s that she was, in fact, a good cook, and has even done video demonstrations of many of the below recipes.

Her meals at home are usually big entrees, guaranteeing leftovers for several days. When entertaining, she makes multicourse meals complete with dessert and wine pairings. Tanya tastes the good life in Joshua, just outside the Metroplex yet close to fine grocers carrying good brie, portabellas and wine. **NOW**

Buttermilk Ranch Potato Salad

- 5 lbs. gold potatoes, peeled and cubed
- 2 Tbsp. dijon mustard
- 5 Tbsp. white wine vinegar (divided use)
- 1 bunch cilantro, finely chopped
- 3 shallots, minced
- 5 cloves garlic, pressed
- 1 red bell pepper, smoked and chopped
- 1 cup mayonnaise
- 1 cup buttermilk
- 1 tsp. salt
- 1 tsp. pepper
- 2 tsp. dill

1. Place potatoes in enough boiling water to cover. Cook for exactly 12 minutes. Drain and spread on large baking sheet. Combine mustard and 3 Tbsp. vinegar. Pour over hot potatoes.
2. Combine remaining 2 Tbsp. vinegar with final 9 ingredients.

3. After potatoes have cooled, place in large bowl and combine with dressing. Serve immediately or after chilling.

Chicken Parmesan Soup

Croutons:

- 1/4 loaf French bread
- 2 Tbsp. olive oil
- 3 Tbsp. garlic and herb rub (divided use)

Soup:

- 1 1/2 cups unsalted chicken broth
- 2 cups marinara sauce
- 1 28-oz. can diced tomatoes with garlic and onion
- 2 1/2 cups chicken breasts, cooked and diced
- 1 14-oz. can black beans, drained
- 3 garlic cloves
- 1 oz. Parmesan cheese
- 3/4 cup mozzarella cheese, shredded (divided use)

1. *For croutons:* Cut bread into 3/4-inch cubes. Toss bread crumbs, olive oil and 1 Tbsp. garlic herb rub in deep stone casserole dish. Microwave on high, uncovered, for 3-4 minutes, stirring every minute until they begin to brown. Spread on parchment paper.
2. *For soup:* Stir stock, remaining garlic herb rub, marinara sauce, tomatoes, chicken, beans and garlic into casserole dish. Microwave on high for 11-13 minutes.
3. Grate Parmesan and stir into soup. Top soup with half of mozzarella and half of croutons.
4. Top with remaining mozzarella. Put lid on casserole dish for 2 minutes. Serve soup with remaining croutons.

Stuffed Meatloaf

- 2 lbs. ground chuck
- 3 carrots
- 3 celery stalks
- 1 large sweet onion
- 1 28-oz can diced tomatoes, drained
- 2 eggs
- 1 tsp. salt
- 1 tsp. pepper
- 2 8-oz. pkgs. cream cheese
- 1 9-oz. pkg. frozen chopped spinach, thawed

1. Heat oven to 350 F
2. In large bowl, break up hamburger. Dice carrots, celery and onion; add to bowl. Add tomatoes, eggs, salt and pepper; combine.
3. Line large baking sheet with foil. Unless you have wide foil, you will need to overlap two pieces. Spread meat mixture over entire baking sheet.
4. In food processor, combine cream cheese and spinach. Spread cream cheese mixture over the meat, keeping within 1 inch of the edges. Begin to roll the meatloaf up like a jellyroll by using the foil to lift the meat up and rolling it. Seal edges of foil together.
5. Bake for 35-40 minutes or until internal temperature is 160 F.
6. *Variation:* For an extra touch, pipe 1/2 cup mashed potatoes on top and sprinkle with Parmesan cheese. Bake for an additional 10 minutes or until lightly browned.

To view recipes from current and previous issues, visit www.nowmagazines.com.

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