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A Passive Force

Sergeant First Class
Gregory Peavy inspires
students to turn trouble
into triumph

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ON THE COVER



The Gamers have great fun bringing people unfamiliar with the Victorian era into their well-appointed home.

Photo by Jill Rasco.

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Editor's Note

Hello Burlison, Crowley and Joshua!

Winter is here, and thanks to some unexpected inspiration I planted a garden in October. Now I'm enjoying greens and will soon enjoy Brussels sprouts — my favorite vegetable! Every year since I was able to chew meat, my mother served my birthday meal on December 24 and it included roasted lamb and potatoes with Brussels sprouts covered in real butter. Lately, I find myself duplicating that meal and celebrating the year past with deep peace.

Looking at your past year, which I can easily do by reviewing the *BurlisonNOW Magazine* covers filed in my office, a feeling of satisfaction brings a smile to my face. Story after story of good people flow off those pages, and hope prevails. Your individuals, families and organizations are all growing strong together. You must be eating your veggies! Keep up the good work, y'all.

Have a Happy Every Day!

Melissa

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Our family would like to take this opportunity to wish our many customers, friends and neighbors season's greetings. Wishing you a happy heart, home and many new reasons for us all to be thankful. Thanks to everyone for the trust and confidence you have shown us over the years. May Peace be your gift at Christmas and your blessing all year through!

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A Positive FORCE

— By Sarah Anderson



When they say it takes a village to rear a child, Burleson's Sergeant First Class Gregory Peany does not take it lightly. As an instructor of North Crowley High School's Junior ROTC program, he considers it part of his job description to be a significant part of his students' village. When he walks through the halls of his school, there is rarely a person he doesn't know. If he does come across an unfamiliar face, he stops to introduce himself. "It all starts with a conversation," he said. "To earn a student's trust, they've got to know you care. They've got to know you respect them. Once these kids see that you care for them, and once you have a relationship with these kids, you can do anything." And sincerity is key. "They always know if you're sincere," he said. "They always know if you mean what you say."

“TO EARN A STUDENT’S TRUST, THEY’VE GOT TO KNOW YOU CARE. THEY’VE GOT TO KNOW YOU RESPECT THEM.”



According to his colleagues and students, Peavy’s sincerity is never in question. His genuine interest in their lives is apparent. Stefanie Allen, North Crowley High School principal, feels Peavy’s constant enthusiasm and encouragement is directly reflected in his students’ success. “SFC Peavy gives his students direction and purpose,” she said. “He is a positive force here. Our JROTC program’s success is a perfect example of his focus on the kids and his focus on their future. He places a huge importance on setting and achieving goals, which his students not only do, but often exceed.”

When Peavy took over the high school’s JROTC program five years ago, just less than 100 students were enrolled. Now the program includes nearly 350 ninth through 12th graders who, after busting at the seams of several portable buildings on campus, were moved into the main building this year. With a spacious, freshly-painted classroom and state-of-the-art technology, cadets proudly stenciled Peavy’s motto on the wall: *To teach every student to become a problem solver, a life-long learner*

and a productive member of society. “When people think ROTC, they often think it’s just going to be a lot of marching or *Oh, they’re just trying to get me in the military*, but that’s not what this is about,” Peavy said. “We are about citizenship and respect. We are providing a foundation for success. We are providing leadership skills and application. We are teaching management skills, communication skills and accountability. In here, we are creating CEOs and managers.”

Cadet Colonel Matthew Porter, who started the program as a freshman, is now a senior at North Crowley High and serves as the Panthers’ Battalion Commander. Porter worked his way up through the ranks and now holds the highest position of student leadership. “SFC Peavy is absolutely correct,” he said. “When I used to be over a company, which is a smaller unit within our battalion, I would always ask my cadets what they

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were doing to go above and beyond. Paying attention to the details, taking initiative, thinking ahead and being extra meticulous — these are skills that make a good leader, especially the communication skills. How you get your point across is critical to leadership.”

Peavy beams with pride when he talks about his students. “Porter is a glowing example of the outstanding young people who come out of JROTC,” he said. He has watched countless students transform before his eyes. Dylan Francis, who graduated in 2012, is another example. After a rocky start to high school, his



chance of graduation was slim, but he did it. He not only graduated, he decided on a promising career in the military.

“SFC Peavy never gave up on me. He helped me turn my life around. Even when I wanted to give up on myself, he believed in me,” Francis said. “One day I want to be as wise as he is and be a role model for others like he was for me.”

Peavy discovered his love for teaching after he retired from his 20-year military career. Master Sergeant Howard Mack, who retired shortly before him, recommended him for the JROTC



program at Williams James Middle School in Fort Worth ISD. "Other people always saw it in me, but it wasn't until I was teaching that I realized I really love this," he said. Then when North Crowley High School had an opening, he was again recommended, this time by Chief Warrant Officer 4 Jeremiah Marshall, the Junior Cadet Corps Coordinator.

Teaching JROTC was an ideal transition into retirement for Peavy. It embodies everything his Army career did — serving and providing service. The Army slogan, *Be, Know and Do*, is a regular lesson for his students. "*Be*: be who you are supposed to be. Be the example. *Know*: know your soldiers. In this case, know your students. Know what they are going through. *Do*: do and accept your responsibility," Peavy said with conviction. "That is what it all boils down to."

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Peavy started his military career when he enlisted in the Army at age 18. He grew up in Gulfport, Mississippi, in a family of six, two of whom also went into the military. During his time in the service, he traveled around the world with his family. First, he and his high school sweetheart moved to Germany

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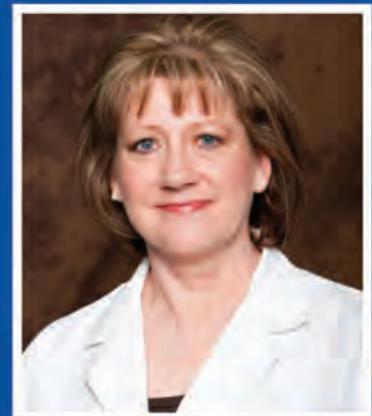
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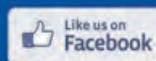
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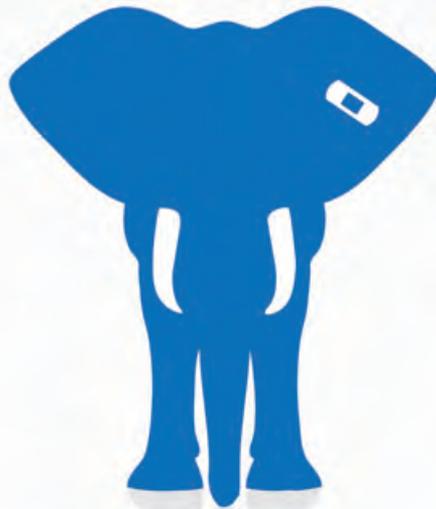
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immediately after getting married. Then they were off to Korea, the Middle East, Hawaii and finally his last station, Fort Hood, in Killeen, Texas. During that time, he and his wife had four children — two who have followed in his footsteps as teachers and two who are in eighth and ninth grades.

Seeing him parent his own children, many parents seek Peavy's advice outside the classroom. "Sometimes I can reach these kids when their parents can't. It's not that I'm better than their parents, but I am a valuable asset in their lives that they are always reaching back for guidance. That is the beauty of it. We work together as a team to be these kids' village," he said. Peavy also gives tremendous credit to his fellow JROTC instructors. "They are high octane," he said. "We have an incredible team here."

Peavy and the JROTC instructors also train special teams, which compete in events such as physical training, color guard and drill team. The 60 students who competed with the special teams last year brought home 45 trophies. "I could not be prouder of my students. When we go out there, we tear it up," Peavy said. "When you see these kids compete for the first time, it's breathtaking." Peavy is blessed and fortunate to be a part of JROTC. "With God's help I get to help change the course of these kids' lives." **NOW**



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Sharing the *Caring*

— By Melissa Rawlins

Every December is different at Glenn and Roberta Garner's very Victorian residence. Yes, their love for Christmas gives the season its reason, yet something else is usually happening. One year, they hosted a wedding that featured a cappella carolers dressed in Victorian winter costumes. "We took the furniture out of the living room, and then set up 63 white, wooden chairs," Roberta said, recalling the beauty of the ceremony. "Normally at a traditional wedding

you see the backs of bride and groom.

But because of our Y-shaped staircase, the wedding party was on the upper stairs, the preacher stood at the bottom and you could see the faces of the bride and groom!"

This year, the Garners are celebrating their own anniversary of 30 years of marriage.

Dreaming, planning, saving and working together, Roberta and Glenn moved into their home in 1996 and transformed the blue-grey Victorian replica into a comfortable version of their ideal. The couple pinpointed their taste by studying magazines and visiting many bed-and-breakfasts, seeking out true Victorian style. Glenn learned



At Home With Glenn & Roberta Garner

on those trips that he did not want to complicate his life by bringing an antique home's plumbing and electricity up-to-code. Here, in a home built in the '80s, they thought they would only have one or two major changes, at the most, so they decided to fix it to their taste. "It



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turns out this house has been a nonstop [project] for 16 years,” Glenn said. “There have been no structural changes. But I have touched every inch of every part of this house.”

The original owners custom-built the house and installed the living room mantel saved from another home in a Northeastern state. “They knew where they wanted to go with this house but

never got there, because her husband had passed away,” Roberta said. “The woodwork was here, but the walls were all white.” To achieve the correct texture required two layers of white-backed wallpaper under the decorative layer before Glenn could get a smooth wall. He accomplished all that while still working as a project manager for an oil company when his only time to revamp his home was weekends or nights. After five years, he brought the inside up to the Garner’s standards.

During this time, he and Roberta were adding and replacing furniture, chosen mostly for comfort. Some of it is not antique, but most visitors do not notice. Mixed in with modern couches and chairs, which invite lounging while hinting at the elegance of days gone by,

are true antiques. Included are the 1918 Victrola that still plays old Gene Autry and Roy Rodgers 78 RPM records, the 1906 organ with its brass and pewter lamp and a Seth Thomas mantel clock dating to the 1890s, a gift from Glenn to Roberta for her birthday in February. “It bongs! It’s authentic, and I really like it,” Roberta said.

Roberta can play the organ, which is in tune. Its knobs adjust how many keys go down at one time, effectively multiplying her fingers. She even knows how to manipulate the pedals. Glenn made the dulcimer leaning against one side of the organ. Opposite stand two tall bisque dolls, the blue one a thank you gift from Roberta’s niece, who was married here.

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greens and blues in homage to Roberta's mother. The heavy mahogany bed, handmade in the late 1800s, is covered with a spread bought to cheer Roberta's mother. An antique pair of Victorian shoes Roberta thinks were never worn is displayed with some pantaloons, camisoles, hats and a crocheted ladies



bag. The old sewing machine in the corner may or not be certified Victorian era. But its age contrasts nicely with another beautiful bisque doll by a German manufacturer, Armed Marcelle, who covered her head with blonde ringlets of human hair.

In the master bedroom by the wicker settee are hat stands Glenn made for Roberta. The dress on the mannequin was Roberta's going-away dress. In fact, the oldest thing in this room is the dresser where Roberta keeps pretty decorated perfume bottles from the Victorian era. A true collector, she is very excited about her recent acquisition of an 1894 dresser set consisting of a ladies tray with a hair receiver, a ring holder and small little dishes for miscellaneous items. Another fireplace graces the room, its mantel made of tiger oak. Roberta's favorite place for relaxing is "tucked inside the turret on the settee, [where] it's nice cuddling up sometimes with a book," she said. "I have kept all my Victorian books. They give me ideas, and I always go through them looking for new ways to perfect our home."

She and Glenn have great fun bringing people who don't know much about the Victorian era into their home. "This is how it was in a Victorian house. They put a lot of stuff in their bookshelves and display cases," Roberta said.

"When you live around it every day you take a lot for granted," said Glenn, who grew up on a farm. "We lived day-to-day, just getting by, in a house where we didn't have two chairs that matched and everything was old stuff. When Roberta wanted to go Victorian, I first thought, *Man, this is what I've been trying to get away from — antique stuff.* And yet it's quite nice.

"You don't realize what people think when they come in," Glenn added. "Kids surprise me more than anything. Pizza delivery people always say something about it. The little kids at Halloween call it 'the doll house.' It's neat to see little kids get that excited about a house."

"Sharing it is what's fun," Roberta said. "I want people to enjoy things in the way I do. It makes me feel good when people ooh and ah. I am happy they are feeling the enjoyment that I feel."

The couple has hosted several ladies teas here, for church or for friends, as well as a wedding reception, another wedding and a few baby showers. Glenn does a lot of the cooking for those events. He also caters to his wife, who



still works as a director for a computer software company in Dallas. "Because I have such a long drive to work to such a hectic job, we've made this home more like a sanctuary," Roberta said. "We have picked things out together and seem to like the very same things. It's very calming, and I can't wait to get back to the place where I totally relax." Totally in love after 30 years, Glenn has dinner ready when Roberta comes home, and he serves it on a decorated tray! **NOW**

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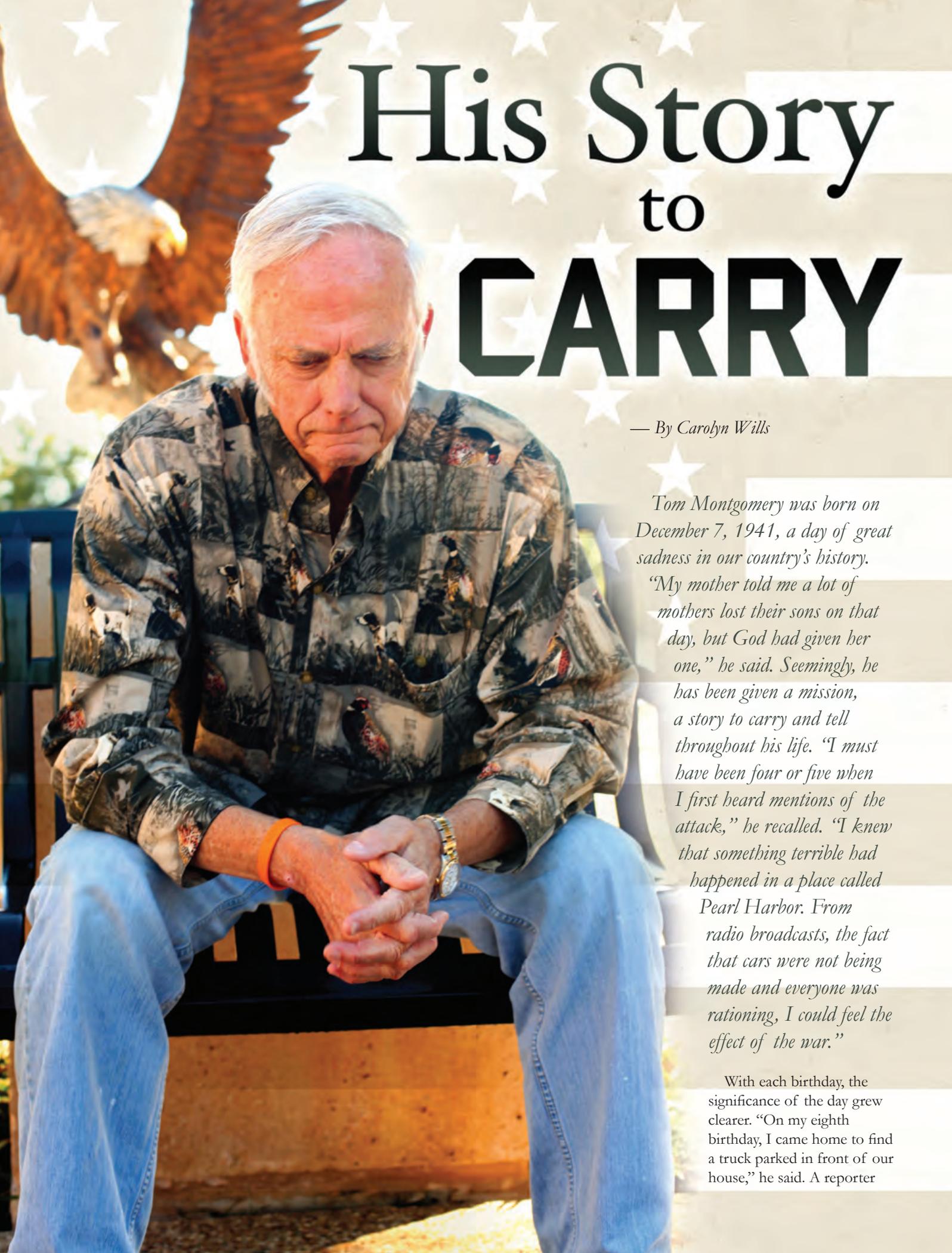
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His Story to **CARRY**

— By Carolyn Wills

Tom Montgomery was born on December 7, 1941, a day of great sadness in our country's history. "My mother told me a lot of mothers lost their sons on that day, but God had given her one," he said. Seemingly, he has been given a mission, a story to carry and tell throughout his life. "I must have been four or five when I first heard mentions of the attack," he recalled. "I knew that something terrible had happened in a place called Pearl Harbor. From radio broadcasts, the fact that cars were not being made and everyone was rationing, I could feel the effect of the war."

With each birthday, the significance of the day grew clearer. "On my eighth birthday, I came home to find a truck parked in front of our house," he said. A reporter

and photographer from the *Fort Worth Star-Telegram* had come to interview him. The occasion was the ninth anniversary of the bombing of Pearl Harbor. In 2011, on Tom's 70th birthday, the newspaper revisited the story once again.

At 17, Tom joined the Navy. "I chose the Navy mostly because I was sympathetic to the damage that had happened in Pearl Harbor," he said. Ironically, his first cruise took him to Honolulu, Hawaii, in 1960. "I was a helmsman on the *USS Princeton*," he explained. Eighteen years after the attack on Pearl Harbor, he found himself



"In the end, we were able to win the war, everyone suffered and we came together."

standing face-to-face with the bow of the *USS Utah*, one of eight U.S. Naval battleships that had been damaged or sunk on that Sunday morning in 1941. "We pulled right up to it, and although all that remained was a piece of metal sticking out of the water, it was a powerful sight," he said.

While many of his friends were assigned tours to the Mediterranean, in another twist of destiny, Tom was sent to Japan for two years. "I was a yeoman for a squadron of military pilots," he said. It would be one of several opportunities for him to visit Japan. "By the time I

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was 9, I knew harboring bad feelings toward the Japanese was not something that I wanted to do," he explained. "While I was stationed there, I learned how humble and respectful the Japanese people are and how important honor is in their culture. I talked to many families who had lost sons in World War II and could see they were as grieved as we were."

By September 1962, he was out of the Navy and attending The University of Texas at Arlington. Tom had grown up in Fort Worth and graduated from Arlington Heights High School. "I was born in Nashville, Tennessee," he said. "At the time, my parents were living with my brother and sister in one bedroom of my grandmother's house." Thankfully, before his first birthday, his dad got a job at a defense plant in Fort Worth. "I moved to Texas as soon as I could," he grinned.

While attending the university, he fell in love and married a young woman named Brenda. "We've been married for 47 years," he smiled. Initially, he planned on becoming a doctor, but his interest turned toward the ministry, and he enrolled in a two-year preacher training school in Hurst. "I ended up finishing my undergraduate degree at Oklahoma Christian College in Oklahoma City and, ultimately, received a master's degree in philosophy and religion from the Harding School of Theology in Memphis," he said. In total, Tom and Brenda spent 12 years in the ministry. "I finished school, preached in northern Mississippi, then



planted churches in Wisconsin for about six years," he said.

By 1980, he and Brenda had decided to move back home to Fort Worth. "We asked Brenda's mother to look for a rent home for us, and she just happened to find one in Burleson." Today, Burleson is home to Tom and Brenda, their three children, seven grandchildren and three great-grandsons. "Our newest great-grandson was born in June," he shared. "This is when life is really fun."

Once they moved back to Texas, Tom took a job with a major provider of supplemental insurance. "I worked in the insurance business for 27 years and have continued caring for policyholders since." What may have seemed like a big career change actually brought him closer to people. "I feel like I've ministered to more people in my insurance work than I did as a preacher," he smiled. "I deliver checks directly to people in need."

His insurance career also brought travel, both for meetings and other company events. "Brenda and I have been to Hawaii eight times," he said. "I always make a point to visit the USS *Arizona* Memorial, where so many lives were lost in that particular battleship — it's an emotional and very reverent experience. We've also seen virtually every site in Hawaii that was involved in the 1941 attack and talked to as many survivors as I could about their memories of it."

In 2004, Tom retired from full-time work. "Travel was out of our system," he said. "Brenda and I had been to Europe

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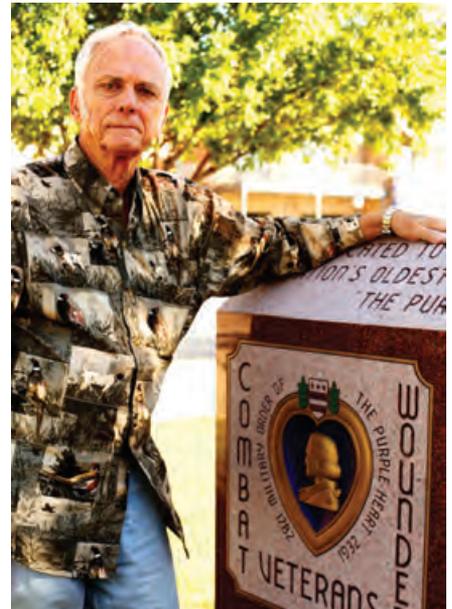
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three times. On a particularly memorable trip, we visited Normandy. We've also been to Hong Kong, Canada, New York, Boston, Switzerland, Rome, London, Paris and many other places."

Today, he volunteers on the board of New Day Services for Children and Families in Fort Worth and also helps with the Clergy and Police Alliance Program. When he's not volunteering, delivering insurance benefits or playing with great-grandchildren, he enjoys his Gold Wing Honda motorcycle and writing poetry. He and Brenda share life with Puff, their white Pomeranian. "Our biggest joy, though, is being around our children and grandchildren."

On the day of his birth, Tom took on a special mission. Throughout his active and productive life, he is never far from the story that has been his to carry. Recently, sitting on a bench at Burlleson's Veterans Memorial Park, he thought of those who were lost on the day proclaimed as "the day that lives in infamy."

"For many years, December 7, 1941, was front page news. It was a carefully planned military attack that forever changed America. Today, there are few survivors, and it grieves me to think the events of that day might disappear into history. It's important to remember and honor those who were lost. It's also important to realize that from such tragedy, enemies ultimately emerged as allies. In the end, we were able to win the war, everyone suffered and we came together." **NOW**



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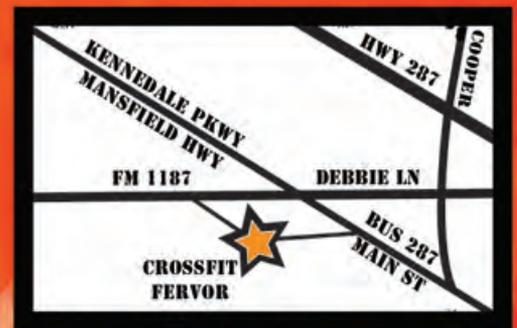
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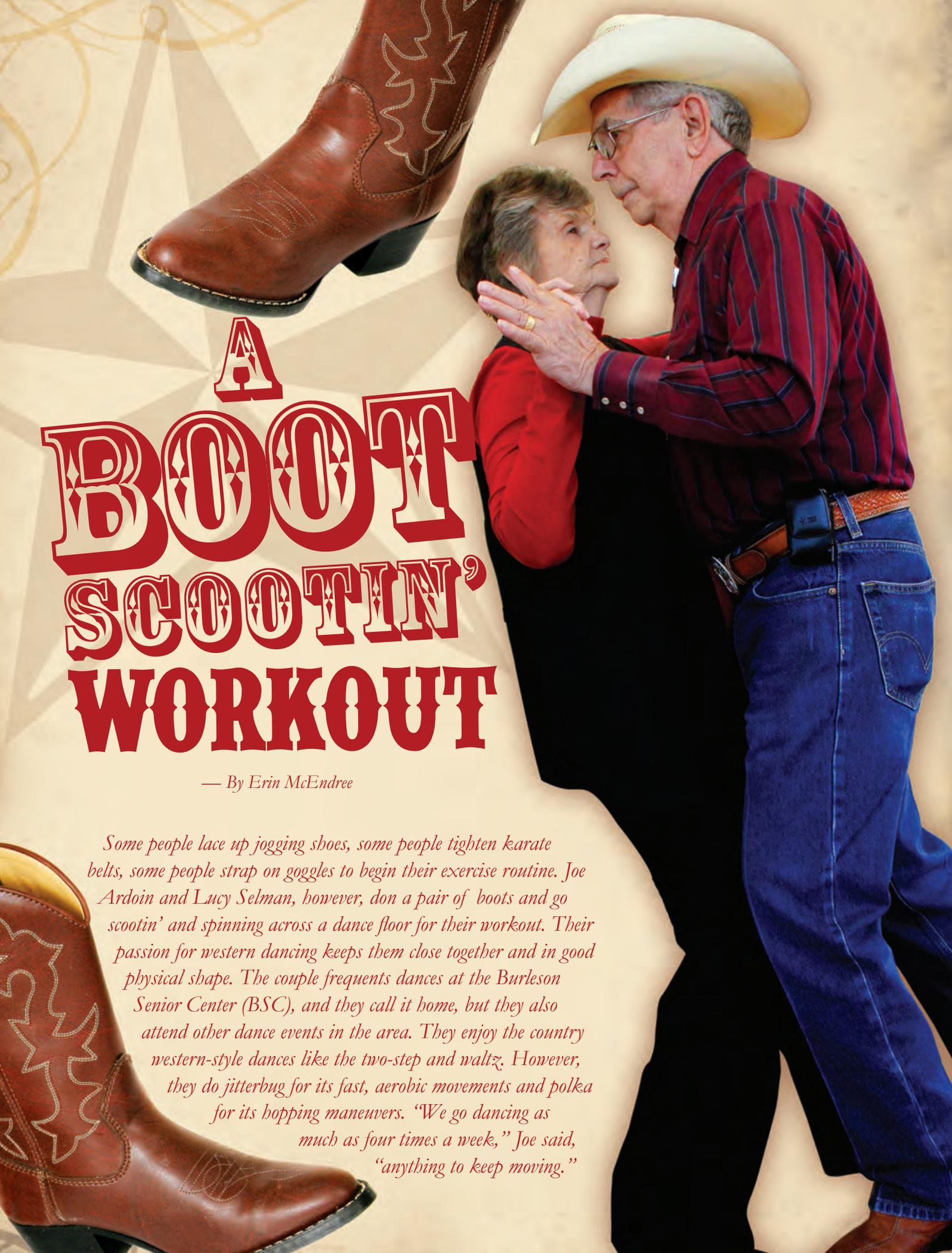
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— By Erin McEndree

Some people lace up jogging shoes, some people tighten karate belts, some people strap on goggles to begin their exercise routine. Joe Ardoin and Lucy Selman, however, don a pair of boots and go scootin' and spinning across a dance floor for their workout. Their passion for western dancing keeps them close together and in good physical shape. The couple frequents dances at the Burlison Senior Center (BSC), and they call it home, but they also attend other dance events in the area. They enjoy the country western-style dances like the two-step and waltz. However, they do jitterbug for its fast, aerobic movements and polka for its hopping maneuvers. "We go dancing as much as four times a week," Joe said, "anything to keep moving."

Lucy, 86, grew up in Lakeview and attended Polytechnic High School, in Fort Worth, where she took some dance classes. She married Raymond Selman right after graduation and continued to dance after marriage. Prior to his passing they shared 55 years of marriage, and she and Raymond owned a remodeling and foundation company. They had four children. Now Lucy enjoys eight grandchildren, six great-grandchildren and two great-great-grandchildren.



Joe, 79, grew up in Louisiana. "He's my little Cajun," Lucy patted Joe's arm. He was married to Haddie for 51 years and has seven children and 20 grandchildren. He retired from Miller Brewing Company where he worked for 20 years in filtration. "We go to Louisiana two or three times a year to visit his large family," Lucy said.

When Joe moved to Burleson, his and Lucy's daughters went to the same elementary school so they somewhat knew each other.

About five years ago, Lucy's daughter wanted her to get out of the house and meet some people. "She wanted me to go to the Burleson Senior Center, but I did not think it was for me," Lucy said. "After I went, I

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really liked it." Lucy started attending the dances. She met people and made friends. "One of my friends brought a man for me to dance with. When I saw Joe I told my friend, "That's Joe. I've known him longer than you and I have been friends," Lucy laughed. Joe and Lucy began dating and have been together for four years. "I thought Joe was a really good dancer," Lucy shared.



Joe admitted he took a dance class after his wife passed away. "When Lucy and I first started dating, I would not sit by her at the dances so other men would ask her to dance," Joe explained. "If she wasn't dancing, then I would ask her. Now, we only dance with each other." Dancing helps the pair stay flexible. Dancing can also burn up to 500 calories per event. Staying physically active is a great way to build and maintain strength as you age. Dancers can enjoy the music and movement while improving their level of fitness.

Joe and Lucy know almost everyone at the dances. The same people attend other dances across the community. "We enjoy getting out with people from Crowley and Burleson," Lucy said. Joe hugs the ladies and shakes the men's hands. "Joe always wears his cowboy hat, but one time he forgot it," Lucy chuckled. "No one recognized him, and they thought I came with another man."

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fitness levels and self-esteem while reducing stress and tension. Pat Williams is the activities coordinator. Activities such as bingo, cards, karaoke and dominos are offered. Health awareness is important and energetic activities are scheduled, such as Wii bowling, Wii exercise, Jane Fonda Fitness classes and music exercise classes. The center

provides five opportunities to dance during the week. "This is a good place for people who don't have family," Lucy said. "Pat makes the environment good for us." She fosters a caring and friendly atmosphere. In return, people have a good outlook on life.



Health awareness is also promoted in the *Senior Life Magazine*. Plenty of copies are scattered around on the tables. The magazine contains two full pages of dance schedules for surrounding senior centers, dance clubs and American Legion Posts, as well as including the latest wellness news and health coverage updates.

Because movement keeps the muscles flexible and increases stamina, Joe and Lucy reap the health, social and emotional benefits from dancing. They have better balance and endurance, and they do not fatigue easily. "Dancing keeps us moving. It's like exercise to us. Dancing is one of your better exercises," Joe explained.

Joe and Lucy are concerned because attendance at dances has dropped. "They used to average 160 people, but now it is more like 85," Joe said. "We also love to gamble at WinStar and Shreveport." Joe drives a bus back and forth to the casinos for seniors. "It is only an hour-and-a-half drive. I heard they were putting in a dance studio close to one of the casinos. They also attend shows with stars such

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as Rod Stewart, Kenny Rogers, Allen Jackson and the Gatlin Brothers, to name just a few.

“We don’t get rich, but we have lots of fun,” Lucy said. Joe and Lucy make exercising a priority even on the road by walking most places they go. The two casinos they like to visit are a mile apart. They put on their comfortable shoes and



“IF SHE WASN’T DANCING THEN I WOULD ASK HER.”

walk instead of drive. Moving is part of their lifestyle that makes them feel good.

Lucy’s dance skills have paid off in more ways than just health. Once, at a show, she was coaxed into going on stage with the Haywood Brothers. “They made me dance with them on stage. I became known as the celebrity show girl after that event,” Lucy laughed. Another nick name Lucy has is Spitfire. Lucy quickly added, “Joe calls me that, but only when he is mad at me.” Joe and Lucy belly-laughed down the hall together.

When the weather is bad or too hot, you might see a cute couple power walking in a local store. It might be Joe and Lucy. They buy coffee and start making laps. “If you walk five times around, it’s a mile,” Joe said.

Isaac Newton stated, “A body at rest will remain at rest ... and a body in motion will remain in motion ...” Joe and Lucy are not ready to rest. They prefer to stay in motion. Dancing keeps them physically active, socially involved and emotionally positive. They will continue to dance the night away every chance they get. **NOW**

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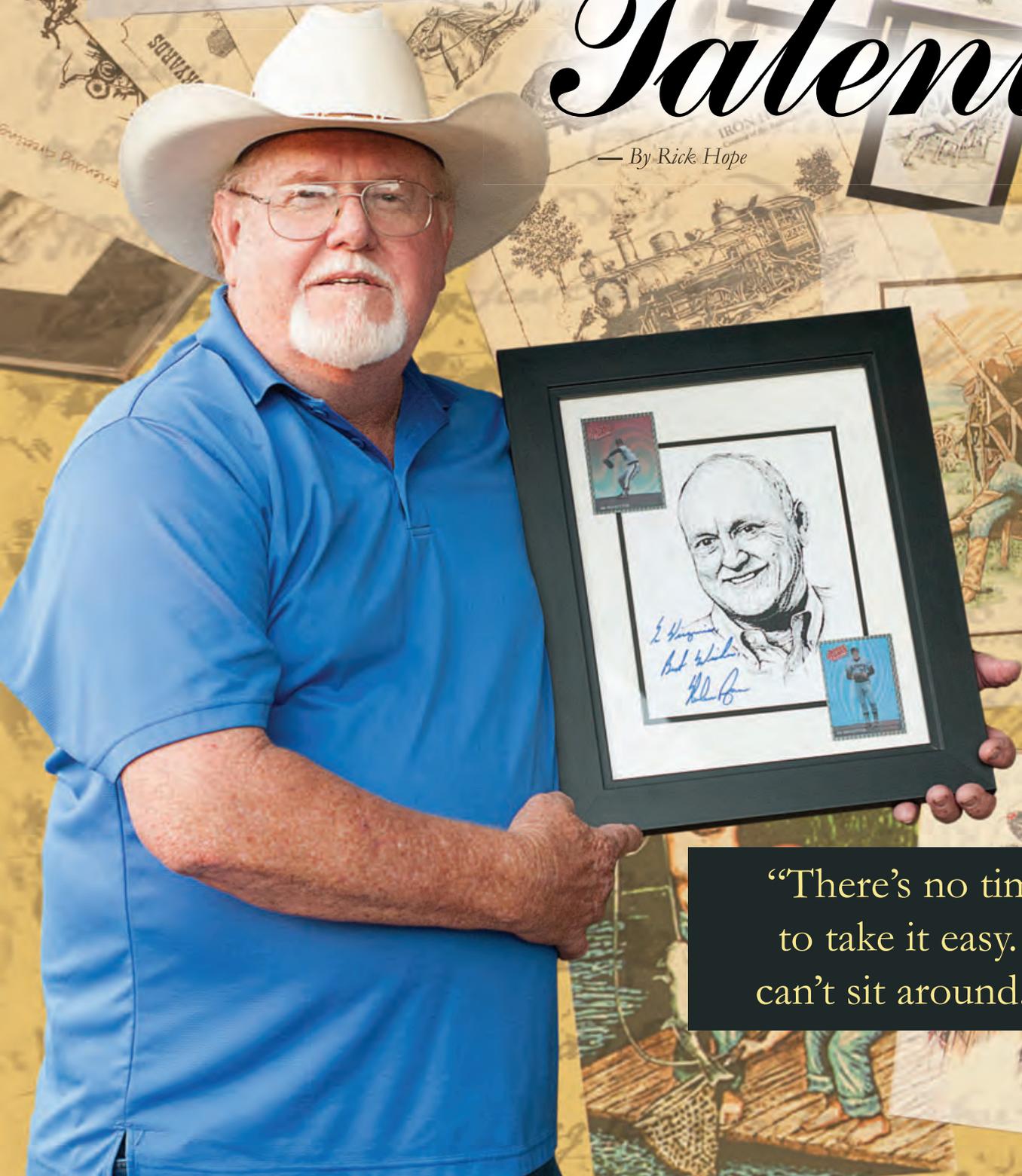
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A MAN OF MANY

Talents

— By Rick Hope



“There’s no time to take it easy. I can’t sit around.”



“A player’s player, Nolan Ryan always stood tall/When the team needed a win, he said ‘Give me the ball.’” So went the beginning of a poem that was written by Burleson resident Ken Richardson about baseball legend Nolan Ryan — a man Ken said he has long admired.

Writing is just one of Ken’s many talents. As a matter of fact, Ken is a man who likes to use his natural-born talents, improve upon them and then share them with the world. The truth is writing is not even the talent he uses most. Not only is Ken a man of many talents, he is also one who does not like to stay idle. His career is just as multi-faceted as the man himself. Ken loves to draw and create artistically, but spent a lot of time working in sales, because, in his own words, “Salesmen eat better.”

In his early adult years, Ken used his artistic skills working as a commercial artist for May Advertising. He would occasionally draw art for newspaper ads, which kept his artistic skill sharp. Later, this led to work at General Dynamics in Fort Worth as a technical illustrator. Ken worked in the top secret Engineering and Design Department, helping to sell the F-111 and B-1 bomber to the Navy, Air Force and many foreign countries. “The engineers would design the plane. We would show them with artwork what it would look like,” Ken explained. “That was great fun. Those engineers dealt in concepts, but it was the

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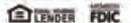
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artists who made the concept come to life. We would put our drawings on a big screen so they could see exactly what they were creating.”

After that, Ken had a 20-year stint with a wholesale furniture company located in the World Trade Center in Dallas. While not necessarily a creative position, it was a very diverse job. Ken got a taste of a different lifestyle as he was promoted to executive vice president with over 20 million dollars in annual sales. Obviously, it was a successful career for Ken and allowed him plenty of travel time with its share of fun moments as well. “I kept a set of golf clubs, some fishing poles, a tennis racket and a shotgun with me at all times,” Ken said with a smile. “Sometimes we would fly from Lubbock to El Paso for dinner. That was a great bunch of people to work with, and it was definitely the good life.”

There were other jobs, of course. And in each one, Ken was very successful. He worked in sales and enjoyed the people with whom he associated. However, it was never really Ken’s passion. He had the heart and soul of an artist. He longed to be drawing, designing and creating.

Finally, after 45 years of an extremely diverse career in sales, art, marketing, advertising, management and merchandising, Ken decided to retire and move to Burleson. For many, that would appear to be a time to really take it easy, enjoy a few vacations, and spend quality time with his wife. But very few retirees really settle for just sitting in a rocking chair on the front porch, and

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Ken is certainly one who refuses to settle. As a matter of fact, at the time of retirement things really took off as Ken picked up his art supplies one more time in 2009. He hasn't looked back since.

Ken began drawing in pen and ink, mainly creating western drawings. After four years, he has over 200 drawings to his credit. In 2010, he joined the Burleson Visual Arts Group and developed friendships with many area artists. Ken has also sold prints and notecards of his art to several western stores and gift shops, including the Texas Rangers Museum, the Quarter Horse Museum in Amarillo and several city museums around Texas. He has done drawings for the Grapevine Historical calendar and the Burleson Historical Centennial calendar.

One of Ken's favorite projects is capturing the people and events of the famous Chisholm Trail. Today, the Chisholm Trail Museum in Cleburne displays many of Ken's drawings. Ken's art seems to know no limits. He draws people, animals and landscapes. When looking at the walls of his home, the likeness of the Lone Ranger, along with horses, animals and the untamed Wild West, is quite realistic.

This year, the city of Burleson is celebrating its centennial, and Ken was given the responsibility of putting together the drawings for the official centennial calendar. Also, the city council recently issued a special proclamation honoring Ken for his artwork, the same artwork that adorns the city council chambers. That proclamation was issued

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Alicia Larsen, M.D.



on July 2 of this year. City officials have been known to joke about one of the pieces named The Moonshiners.

"They laugh about it," Ken shared, "because there are seven men in the painting, and there just happens to be seven members on the council."

Recently, Ken drew a picture of his idol, Nolan Ryan, and was able to present it to Ryan personally along with the poem Ken had written. Ken closes his poem with these memorable lines: "Nolan stands for the American way and all baseball/His life shows us more than how to just play ball./This humble Texas son makes all Texans proud/The way he lives, makes him stand out from the crowd./His many accomplishments impress both players and fans./All would cheer, 'The Express is one hell of a man.'"

A signed photograph of the legendary baseball player is displayed on the desk in Ken's home office. "That," he stated with a smile, "is one of my most prized possessions."

Obviously, Ken is a man who doesn't know what it means to slow down. In his mind, there is so much left to do and "there's no time to take it easy. I can't sit around," he said. "I want to die totally exhausted."

As he reflects back on his life so far, a smile comes across his face. "I have had a great life. I've met many interesting characters and had lots of fun along the way. I have done many things in my life." He's not sure he's accomplished everything he has wanted to master, but, no doubt, many would disagree. **NOW**



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Cherie Merrell, owner of Grand Salon and Spa, placed a 3-D crown on her salon wall to honor her customers and the staff who pamper them, like Jessica Manry, shown here styling a client's hair.



Polished as a Jewel

Grand Salon & Spa provides a variety of services in a balanced atmosphere where every client's needs are met.

— By Melissa Rawlins

Upon first entering Grand Salon & Spa, the feeling is more comfy than grand. Mocha-painted walls, coffee-colored tile floors and sturdy leather chairs invite you to stay awhile. So do unique displays of clothing, jewelry, shoes and home decor in the part of her salon called Rhinestone Creek Boutique. Most especially, the friendly receptionists who greet you give you the feeling of having just come home.

That's exactly what the owner, Cherie Merrell, had in mind when she bought the salon almost six years ago. "I named the salon as a tribute to all the beautiful women in my life," Cherie said. "After 20 years of doing hair in Lewisville, I lost all three of my grandmothers within three years. I decided the best way to honor them was to name my salon after something they all

have in common — they were all *grand* mothers!"

One of those grandmothers named her own daughter, Cherie's mother, Toni, after a perm. Cherie's first memory was of her mother taking her in to a salon for a very tight perm. But Cherie is the first hairdresser in her family. "Early in my marriage, I was always helping my friends get ready for dates with their husbands or doing something to my own hair," Cherie recalled. "My husband, Jack, took me one day and enrolled me in beauty school, saying, 'If you're gonna do this, you might as well get paid for it.'"

Along with Cherie's father, Jack was always her biggest fan, and has helped her keep Grand Salon & Spa well-maintained — exactly the kind of place where women can relax and be

themselves. The variety of age groups among the 18 professionals, from hair stylists to massage therapists, creates a very balanced atmosphere where every client's needs are met. Sometimes a younger woman seeks a hairdresser of a more mature age, to give her a polished look. Sometimes an older woman comes through the door asking for a younger hairdresser, to give her a fresh look. "No matter their needs, we pamper them and give them that nurturing time they've earned and deserved."

The professionals at Grand Salon & Spa are technically self-employed and work together like a big family. There are 12 stations in an open-concept salon plus nine private suites leased by professionals who want to provide a less public atmosphere for their customers. Two massage therapists provide specialty services, from therapeutic to prenatal to couples massages. Two aestheticians offer microdermabrasion, ultrasonic liposuction or permanent makeup. Two nail ladies specialize in acrylic nails and fiberglass nails, as well as pedicures.

Since some people like to be out in the open, visiting and sharing stories, while others prefer seclusion for their pampering, Cherie proudly offers either option. "I teasingly call this the hybrid salon, because I have both in one," she said. "You have to work on compromises to make the business successful not for only yourself, but for everybody else. Making the customer look beautiful is very important, and so is keeping my hairdressers happy — so they can in turn keep their customers happy."

The women and men who regularly come through her door are Cherie's reasons for pouring her heart and soul into Grand Salon & Spa. In honor of her customers and hairdressers, she commissioned a large, 3-D mural symbolizing her feelings. "The crown on top of the word Grand is made of mirrors, each reflecting the ladies and gentleman who are the crowning jewels of my salon," Cherie said. "I want people looking at that crown to see themselves in it and to feel like the jewel that they are." **NOW**

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Jerry Patterson and grandson, Nicholas, go for a morning walk.



Jarik Bond enjoys Trunk or Treat at Alsbury Baptist Church.



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- *Longevity.* None of us can say for sure how long we'll live. But it's still important to have an estimate, based on your health and family history. So if you think you may live for 25 years in retirement, you'll want to withdraw enough from your investments each year to enjoy a

comfortable lifestyle — but not so much that you deplete your funds before the 25 years have passed.

- *Inflation.* We've experienced pretty mild inflation over the past few years. But over time, even a low rate of inflation can seriously erode your purchasing power. To illustrate: If your current monthly costs are \$3,000, with only a three-percent annual inflation rate, that would be about \$4,000 in 10 years. And in 25 years at that same rate, your monthly costs will have more than doubled, to about \$6,200. To help protect yourself against inflation risk, it's important to have at least some investments that offer growth potential, rather than only owning fixed-income vehicles, such as certificates of deposit (CDs). You'll also want to consider sources of rising income potential, such as dividend-paying stocks. (Keep in mind, though, that stocks can



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During this holiday season and every day of the year, we wish you all the best.



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reduce or discontinue dividends at any time and are subject to market fluctuation and loss of principal.)

- *Market fluctuations.* When you retire and begin taking withdrawals from your investment portfolio — that is, when you begin selling off investments — you'd obviously like prices to be high. After all, the classic piece of investment advice is "buy low, sell high." But it's impossible to try to "time" the market this way, as it will always fluctuate. That's why you may want to consider sources of income whose value is not dependent on what's happening in the financial markets. Your financial advisor may be able to recommend investments that can provide you with this type of income stream.

- *Low interest rates.* Many retirees depend on fixed-rate investments for a good portion of their retirement income — so it's a real challenge when interest rates are low. Consequently, when you retire, you'll certainly need to be

Retirement can be a rewarding time in your life.

aware of the interest-rate environment and the income you can expect from these investments. Longer-term fixed-rate vehicles may be tempting, as they typically offer higher rates than shorter-term ones, but these longer-term investments may have more price fluctuation and inflation risk than shorter-term investments. Consequently, you'll still likely need balance between short, intermediate and long-term investments to provide for a portion of your income in retirement.

Retirement can be a rewarding time in your life. And you can help make your retirement years even more enjoyable by understanding the relevant investment risks and taking steps to address them. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.

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Holiday Treats That Are Good – and Good for Your Waistline

Did you know the average person gains two to seven pounds during the holidays? And no wonder. From Halloween candy to Thanksgiving pies to Christmas baking to New Year's cocktails, it's all too easy to add weight. So here are some tips to help you avoid some of those common holiday nutrition pitfalls.

First, the holidays bring lots of errands and shopping, so beware of eating on the go. Drive-through restaurants and food courts may be convenient, but they can also be bad for your diet.

To keep it healthy, order a grilled chicken sandwich, wrap or salad, and get the sauce on the side. Instead of French fries, request a salad, fruit cup, yogurt parfait or carton of milk. Then substitute that soda, milkshake or sweet tea with water.

The holidays also bring lots of parties and family gatherings. The challenge is these events usually include lots of bite-size foods that make it easy to overindulge. You can control your appetite by preparing in advance. First, do not skip meals during the day, which causes you to arrive at the party hungry. Instead, eat small meals and healthy snacks — for example, an energy bar, whole-grain crackers and string cheese or nuts and berries. When you are at the party, be sure to use a small plate. Finally, once you get your food, go elsewhere. Get away from the food table.

Another challenge at parties is alcohol. Both five ounces of wine and 12 ounces of "lite" beer each have about 110 calories. The calorie count for

margaritas and fruity drinks, meanwhile, can range from 250 to 600. To make matters worse, alcohol has no nutritional value. But the real problem is that alcohol does not fill you up the way food does. And since you don't feel full, it's easy to keep drinking. One of the easiest ways to minimize the damage is to make your first drink a glass of water. You can also alternate each drink with another glass of water, which will lower both your calorie consumption and help you stay hydrated.

All those treats at work are another challenge. You can't control what others bring, but you can control what you bring. So take a fruit platter or veggie tray (others will probably thank you). You should eat a good breakfast of carbohydrates, lean protein and healthy fat, and bring your own healthy lunch and snacks, too. As a reward, you might pick one party each week where you treat yourself to the office goodies.

There's no doubt that the holidays can be tough on your waistline. But with a little discipline and planning ahead, you can get through these months feeling good about what you've done – and how you look. **NOW**

Amy Goodson, MS, RD, CSSD, LD, is a registered dietitian with the Texas Health Ben Hogan Sports Medicine Center at Texas Health Harris Methodist Hospital Fort Worth.

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December 1

Christmas Craft Fair: 9:00 a.m.-2:00 p.m., Burleson Senior Activity Center, 216 S.W. Johnson Ave. Unique gifts for your friends and relatives created by local crafters. Contact (817) 295-6611.

Rotary Reindeer 5K: 1:00 p.m., Bartlett Park Sports Complex. Online registration available at www.rotaryreindeer5k.athlete360.com or contact Victoria Sykes, (817) 568-5497.

City of Crowley Christmas Parade and Tree Lighting: 3:30 p.m., Parade Line Up, Crowley High School parking lot, leaving at 4:15 to City Hall.

Burleson Rotary Club Parade of Lights: 6:00 p.m. Kerr Middle School, 517 S.W. Johnson Ave. The parade ends at the corner of Johnson Ave. and Ellison St. Dancers and singers will entertain the parade crowd on the City stage in the back parking lot of the Burleson Police Department. Festivities conclude at 7:00 p.m. with the lighting of the City's Christmas tree and a low aerial fireworks show. Santa will be on hand until 9:00 p.m. For parade information, contact

Lisa Keese, (817) 447-7300. For information on Santa and Burleson's tree lighting, contact (817) 426-9104.

Joshua Christmas Parade: 6:00 p.m. Staples Elementary is the starting point. Parade ends with annual celebration in City Park. For more information, call Joshua Chamber of Commerce, (817) 558-2821.

December 8

Heart For The Kids Benefit Softball Tournament: Noon, Hidden Creek Sports Complex, 295 E. Hidden Creek Pkwy. Burleson firefighters and Burleson police officers will face off for the 12th year in a row. Admission to their contest is one unwrapped toy. Call (817) 447-2923 or visit www.heartforthekids.org.

Spirit of Christmas: 6:00 p.m., Burleson Centennial High School (auditorium). Benefiting Parents Defeating Autism and the Crowley Animal Shelter, tickets are \$5 for children 3 and under, \$10 for people 4 and above. Contact Frances Lea Dance Center, (817) 263-7888.

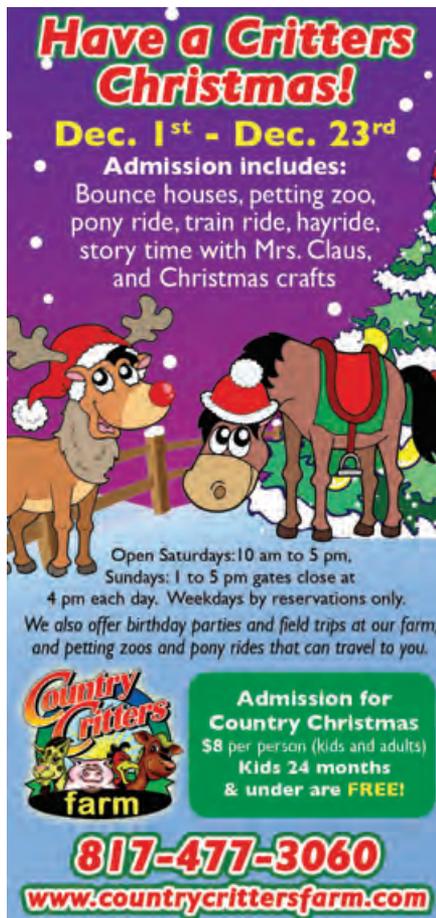
December 10-11

Not So Silent Night: Evenings, At Your Home or Business. Burleson Centennial Spartan Band Boosters provide 10 to 15 minutes of Christmas caroling at homes and businesses as a fundraiser. Sponsorship of these carolers can be arranged through fundraising coordinator Wayne Stecker. Call (682) 667-5029 or e-mail nssn@chsbandboosters.org.

December 15

Holiday Extravaganza: 7:00-9:30 p.m., Centennial High. Benefiting Parents Defeating Autism, the evening includes a silent auction as well as performances by Artistic Motion, iSweat Burleson and various other acts. Tickets \$5 at door. For more information about how to support Parents Defeating Autism, contact Lisa Boultinghouse, (817) 205-1445.

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 Lisa Miller

— By *Melissa Rawlins*

“I love the holidays, because we spend time with family and friends,” Lisa Miller said. She makes batches of much-loved cookies for gift giving. Lisa and her sisters grew up in Dallas, and inherited their mother’s trait for making amazing dishes and sharing them with friends. Since moving to Crowley in 2000, Lisa and her husband, Robert, have learned to cook healthier recipes — which Lisa often posts on Pinterest. “My grandkids, Kaleb and Sara, love Christmastime at Meme’s. I make my sister Becky’s tea cake cookies, and they help to decorate. Kaleb asked me, ‘Meme, why is it that everything you cook tastes so good?’ I told him it’s because I make everything with love for those I love.” **NOW**

Becky’s Tea Cakes

- 2 sticks butter
- 1 1/2 cups sugar
- 3 eggs
- 3 cups flour
- 1/2 tsp. baking soda
- 1 tsp. baking powder
- 1 1/2 tsp. vanilla
- 1/2 tsp. salt
- Food coloring
- Assorted sprinkles

1. Mix first 8 ingredients; roll out on a floured surface.
2. Cut your favorite shapes and bake at 350 F for 10-12 minutes, until light brown.
3. Ice with store-bought whipped icing, to which you can add food coloring for desired effects. Don’t forget sprinkles!

Breakfast Casserole

- 2 12-oz. cans crescent rolls
- 1 lb. Jimmy Dean sausage
- 4 oz. cream cheese
- 1 10-oz. can RoTel tomatoes, drained
- 1 cup mild cheddar cheese, shredded
- 8 eggs

1. Preheat oven to 375 F. Roll out crescent rolls and cook halfway.
2. Fry sausage in big frying pan. When cooked, drain and scramble your eggs in same pan. Add sausage back into eggs along with tomatoes and cream cheese.
3. Using a 9x13-inch pan, lay out one can of your half-cooked crescent rolls. Keep cooked side up, to keep it from remaining doughy.
4. Pour sausage-egg mixture over the rolls.

Cover with shredded cheese. Top with remaining crescent rolls.
5. Cook in oven about 10 minutes, until rolls are completely done.

Momma’s Banana Pudding

- 2 1/2 cups sugar
- 1 cup flour
- 3 cups milk
- 1 stick butter
- 1 tsp. vanilla
- 3-4 bananas
- 11-oz. box Nabisco Nilla Wafers

1. Mix first 5 ingredients in saucepan; cook on stovetop to desired consistency. Remove from heat.
2. Add sliced bananas and Nilla Wafers.
3. Pour into a 9x13-inch pan.
4. Can be served warm or chilled.

Easy Cheesy Spaghetti

Serves 8-10

- 2 lbs. ground beef, cooked and crumbled
- 2 10.5-oz. cans tomato soup
- 1 10.5-oz. can cream of mushroom soup
- 1 10.5-oz. can water
- 1 8-oz. pkg. spaghetti noodles, cooked
- 4 cups mild cheddar or Mexican 3-blend cheese, shredded

1. Mix all ingredients except cheese.
2. Pour half into a 9x13-inch baking pan.
3. Spread with half the shredded cheese, and then pour on rest of mixture. Cover with remaining cheese.
4. Bake at 425 F for about 10-15 minutes, until cheese is melted.

Best Chicken Ever

- 1/2 cup Dijon mustard
- 1/4 cup maple syrup
- 1 Tbsp. red wine vinegar
- 1 lb. boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 Tbsp. rosemary

1. Preheat oven to 400 F.
2. In a small bowl, mix together mustard, syrup and vinegar.
3. Place chicken breasts into a foil-lined 9x13-inch baking dish. Season with salt and pepper. Pour mustard mixture over chicken, cover with foil and bake 30-40 minutes.
4. Sprinkle with rosemary before serving.

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