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# Burleson **NOW**

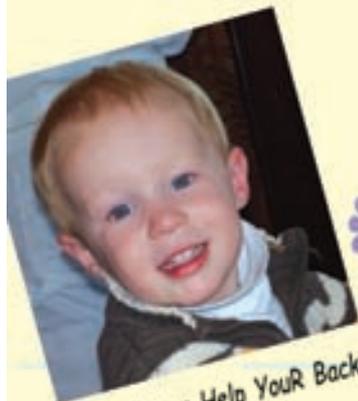
M A G A Z I N E  
February 2010

**Falling in Love  
With B-Ball**

**Preserving  
Railroad  
History**

*At Home With*  
**Brian and  
April Dunn**





"I Bet I can Help Your Back!"



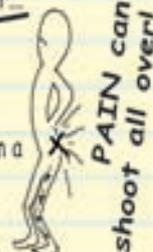
# Do You hAve a SORE BACK? ...or BUrNing in your LEG or HIP? HerE's a FamOUS DoctOr's Valentine's Day SECRet! to Finally Help YoUr Aching & Stiffnes!

Hi, My name is Luke and I'm 3 years old. My dad's a doctor. I see a lot of people who come limping & bent over to his office. He's kinda busy so I'm writing a letter to help him tell people about 2 secrets. Here's the first one...it's gross about your...

## Secret #1—A Tricky Pain in the **BUTT!**

I see people who can't get off the chair so they push on their knees to get up. My dad says it's cause of pain in the hip from a secret muscle in their butt (gross) that no one knows about.

It pinches the Sciatic nerve and can hurt in the back & the hip and even go down the leg. Everybody thinks it's a "ruptured disc" but my dad calls it a "Nerve Entrapment" which is a way to say the muscle traps the nerve—like a chubby kid trying to wiggle under a fence who gets stuck and squeezed. Nerves hate being squeezed. They get mad and shoot pain all over the place in your hip & leg & back!!! My Dad says it's worse than a bad toothache!



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One of Dad's secrets (his name is Dr. Brandon Pettke, D.C.) is something called REFERRED PAIN. It's a BIG deal! Even doctors in big medical centers like orthopedic surgeons and neurologists miss this and so do expensive MRIs & Kat scans. That's why he has both therapists (muscle professionals) and chiropractors (spine & joint doctors) working together at his HealthSource Clinic... 'cause they also use their HANDS to find the problems...not just fancy machines. That's why they're super-good at tracking down sneaky pain.



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\* WhOOPS! I forgot something REALLY IMPORTANT! My dad says you get a Triple satisfaction PLEDGE: 1. **You get in the same day you call, or your first treatment is FREE!** 2. But that's not all! If you do in fact qualify for treatment, and are not cheerfully greeted by our warm and friendly team, then your treatment is FREE! 3. If you find a better PLEDGE than ours, you'll get a week of free treatment! (But don't wait—you've ONLY got 14 days!) We're not promising a cure or claiming to be superior, we simply believe that our clinic is built on helping people feel better.



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Managing Editor, *Becky Walker*

Editorial Coordinator, *Sandra Skoda*

Burleson Editor, *Melissa Rawlins*

Contributing Writers,

*Lynn H. Bates Jr. . Faith Browning*

*Nancy Fenton . Jaime Ruark*

*Lawrence Whaley*

Contributing Editors/Proofreaders,

*Pat Anthony . Angel Jenkins Morris*

*Nancy Fenton . Jaime Ruark . Beverly Shay*

### Advertising Art

Art Director, *Chris McCalla*

Ad Artists, *Julie Carpenter . Allee Brand*

*Cherie Chapman . April Gann*

*Marshall Hinsley . Arlene Honza*

### Editorial Art

Creative Director, *Jami Navarro*

Production Artists, *Brande Morgan*

*Pamela Parisi . Jennifer Wylie*

### Photography

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Photographers, *Amy Ramirez*

*John Riley*

### Advertising

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*Steve Randle . Linda Roberson*

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### Billing

Billing Manager, *Lauren De Los Santos*

Office Manager, *Angela Mixon*

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MAGAZINE

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## On The Cover

*Mason Smart holds the ball with confidence during her final season playing basketball for the Joshua Owls.*

*Photo by John Riley.*

# Editor's Note



Dear Readers,

All sorts of new beginnings are hoped for in February. This strange month, dead in the middle of winter, forces us to look forward to the time when early bulbs will begin to push forth from the cold ground. For now, we have to provide our own heat. Turn to our articles for stories about the warm hearts in your midst. For those of you desiring to kindle a fire, we asked a local cook, Andrea Blair, to provide a full menu for your valentine to enjoy with you! Starting with a glass of champagne and finishing with a strawberry-glazed chocolate cake, the dinner requires some advance planning and shopping — but you have everything you need in Burlson's local groceries, so there is no stress involved. As you read our magazine this month, imagine all the ways you can give love to your precious family members!

Happy February, Burlson and Joshua!

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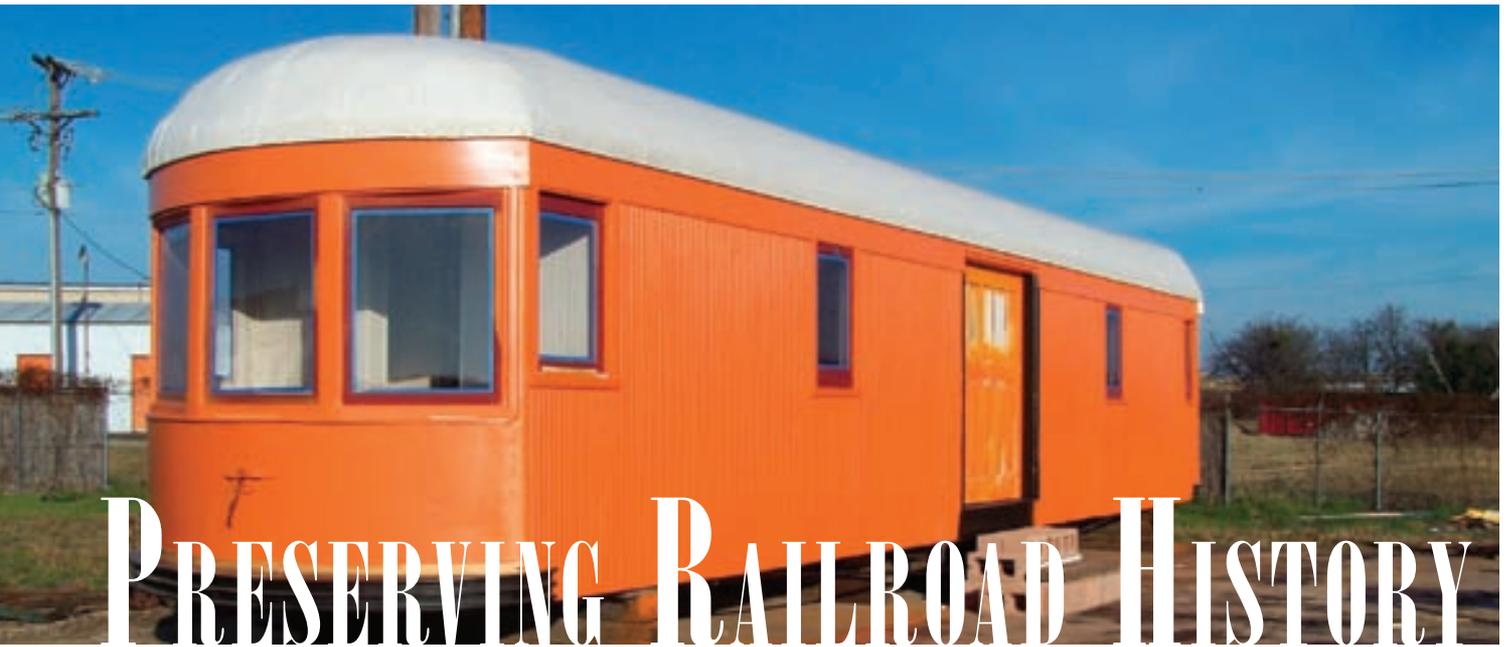
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# PRESERVING RAILROAD HISTORY

— By Melissa Rawlins

*When you admire the historic Interurban express car #330 that is being set up outside the Burleson Heritage Foundation (BHF) building near Burleson City Hall, you are admiring the talent, love and elbow grease of men and women from all walks of life and from at least two centuries! Built by workers at the G.C. Kuhlman Car Company in 1902, the car operated locally until 1934, when it was sold as scrap. This decade, one of the workers preparing the trolley car for display is Leon Sapp, whose love for railroading and history pulled him into preserving the only surviving car of the original Fort Worth-to-Cleburne Interurban line.*

Leon had already restored his yellow railroad motorcar — like the ones he used to get paid to ride around on in the '60s when he was the youngest trainmaster the Missouri-Kansas-Texas (Katy) Railroad had ever promoted. That wide-open, electric-powered motorcar was built in 1982, the same year that Leon and his wife, Mary,

moved to Burleson from Colorado. Both their children graduated from Burleson High School, while Leon worked for the United States Department of Transportation and, eventually, retired as the Deputy Regional Administrator of the Federal Railroad Administration.

Members of the Heritage Foundation approached Leon immediately when they learned of his new-found freedom and asked him to help restore the Interurban car. He had a big shop where he carved wood and made children's furniture for new mothers in his church, and the BHF figured he could manage the restoration if they could get helpers for the effort. Burleson craftsmen and history buffs came out of the woodwork for the project. "I was amazed! We'd get sometimes 10 or 12 people to help on Saturdays. Toward the end of the

restoration, we still had sometimes eight or more people show up at the city maintenance yard on Mondays and work the entire day," Leon said.

"The sad part about a car that's over 100 years old is you don't repair; you replace. The frame was strong, but the shell (the outside lining) was shot. We stripped everything out of the car and put in a brand new floor, all new windows, all new roof — everything! Through the years, as we'd remove a piece to replace, we'd often find a piece behind it that needed to be replaced. We'd take off a piece, duplicate the piece, and put the new one on. We tried to use the same kinds of wood. If it was oak or ash or pine, we'd replace it with oak or ash or pine," Leon explained.

The project has taken longer than anyone expected, but a timeline





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was less important than keeping the reconstruction true to history. The final big job, done last fall, was doping the canvas roof. “The old roofs were made of wood covered with canvas and then doped. Doping is something that turns the canvas into a hard roof,” Leon said. This month, Basden Steel is moving the heavy Interurban trolley car to City Hall before volunteers could touch up the paint and, as Leon said, “put on the jewelry.” The inside of the car will be a



museum in itself. Clayton Boyd, former mayor of Burleson, built beautiful cabinetry for the interior in which railroad memorabilia will be displayed.

Curiosity will draw people into the Interurban to learn more about how our culture has changed. “You look at what we have, what has survived — like that old trolley car — and you kind of have to wonder how it all came to be,” said Leon, who has always been a history buff. “We tend to think that we’re the only people today that approach brilliance. But when you look at the construction of that car and how they did what they did with what they had to work with, it blows you away.

“That car was state of the art in 1902! It was expertly put together, and the obvious pride in craftsmanship was just astounding. In many respects, I think the people who built that car were prouder of their work than many of today’s workers. Every cut of the saw was very precise — no error. Nothing about its construction was sloppy. We’ve enjoyed seeing the history of its construction unfold,” Leon said.

With tremendous backing from the city government and the local businesses, the BHF has succeeded in finishing an overwhelmingly complicated project. “For example, Home Depot has bent over backwards to find and order for

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us stuff they didn't even stock! Rick Roper is a super electrician who's given us guidance. Gary Null welded the old cowcatcher on the front of the locomotive that kept things from being run over," said Leon. "We took pictures of the original car to Lee Ray Davis, and he duplicated all the lettering and signs. The car will look just like the last day it rolled through town, in 1933, back in the steam era.

"When I hired out in 1961, I started as a fireman on the Missouri Pacific Railroad, at the end of the steam era. The next year was the beginning of the diesel era," Leon said. "Things change slowly. Today a single boxcar will handle as much as three boxcars [did] at the turn of the century. Today, each [boxcar] can weigh as much as 250,000 pounds with its lading. Now, we're averaging from 16 to 20 trains per day through Burlleson. That's a tremendous amount of traffic."

In the past 40 years, Leon has seen traffic on railroads quadruple. In Burlleson, the traffic started with horses and wagons, and the Interurban railway was quite a boon to the local economy. "It was a baggage car, doing all the deliveries of the day, from ice for communities on line to freight packages," Leon said. "There was an old crank telephone in every Interurban depot, and a person could call one of the big stores in Fort Worth and order something, pay the agent for the goods, and then it would be delivered from the store to the depot later that afternoon. That was customer service!

"I just love listening to people in the BHF, reliving Burlleson's history through their eyes and memories," Leon said. "Some of the people grew up here, with parents who were born and raised here, and they really have a keen interest in everything. Mary and I haven't been here that long, yet we consider ourselves Burllesonites."

Still, Leon likes to get out of Dodge every now and then with his motorcar. "I take it on the trailer to a set-on point and run up to 100 miles at 25 mph for the day. I'll take a friend or Mary or one of my granddaughters, and we'll just spend the day," Leon said. "Seeing the world from the railroad is far different from seeing it from the highway." **NOW**

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*At Home With* **Brian and April Dunn**



# Better Together

— By Jaime Ruark



*February is a month “so full of frost, of storms and cloudiness,” a William Shakespeare quote that holds true, unless you are one of the lucky ones to be invited into the warm and welcoming home of Brian and April Dunn. With its Tuscan styling, rich jewel-toned decor and open floor plan, the Dunn’s three-bedroom, two-and-a-half bath, almost 2,500-square-foot residence seems to make any February clouds or storms disappear.*

Brian and April have lived in Burleson since January 1987, when they built their first house. “My grandparents lived here, and we were just looking for a place that was not so busy. We were the very first house in the Meadows division. We called it our ‘little house on the prairie’ because it was just us by ourselves,” Brian recalled, with a laugh. A self-proclaimed “people person,” Brian works as a service advisor for Lynn Smith Chevrolet, a job that suits this outgoing man who is always ready to hear and share a story. April wears many hats, currently working as a commercial claims adjuster, with over 20 years of experience in the insurance field. She also makes time for a side business — her classy





and sophisticated Song of Solomon Elegant Lingerie line. "I've always had a dream to own my own business and fashion is a passion of mine," she shared. "I take great pride in hosting upscale, tasteful parties in my home."

The Dunns spent a few years in Joshua, where they built a home in 2003 that had more land, but they soon found their way back to Burleson. They built their current house last summer. "This house is larger than the one we had in Joshua, but we definitely have less land. It's been a transition for me," Brian admitted, "because I really enjoyed having acreage. Our neighbors used to be half an acre away; now they're 10 feet away." Having now spent over a year in their residence, the busy couple has truly begun to make the space their home, although Brian has future plans for his yard that he is anxious to get underway. "I really haven't had time to do anything except build a shed," he said, adding that he hopes to put up his Martin birdhouse soon. "I used to have a 1,200-square-foot shop for my boat, two cars,




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fitness equipment, lawn care items and all kinds of stuff. We downsized quite a bit with this last move but, even now, we still don't have room to put our cars in the garage."

Brian and April had definite ideas for their new home — needs and wants they addressed to make sure the space reflected their personalities and life priorities. "We needed a home office, and we wanted a large kitchen with tall countertops. Plus we really enjoy an open concept, so we have high ceilings and the kitchen that opens onto the living room. Our hallways are really wide, which is unique, and it just really gives it an open feel. Of course, as long as I have a comfortable couch and my LCD hi-def TV, I'm good," Brian laughed.

The rustic, Italian style that April loves is accented by the deep browns, greens, reds and golds she has chosen for

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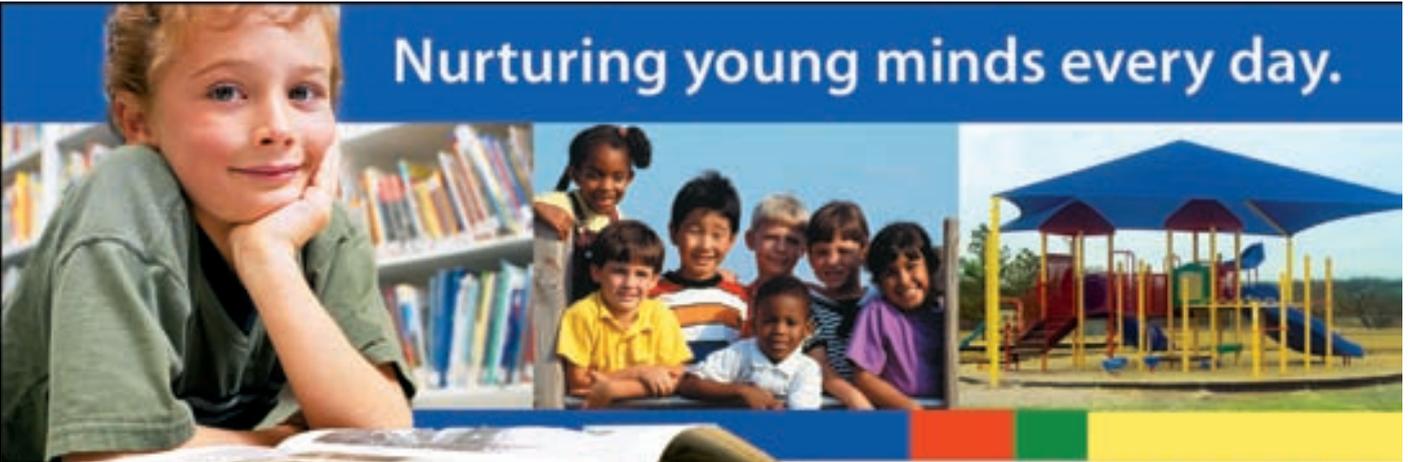
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her fabrics and draperies. Dark cherry wood furniture and cabinetry in her kitchen and formal dining room further enhance the Tuscan style, and April is quick to give credit where credit is due. “I love to be creative, but my mother-in-law, Brenda Sanders, is my home decorating guru. She is amazing,” she expressed. “She can make something out of nothing. Everywhere you look in this house, you see something she’s done.” The greenery and flower arrangements placed on shelves and tables, pretty scrolled iron wall hangings on the walls and unique touches such as a handmade table and wicker towel holder are examples of the ways Brenda’s artistry helps April’s style become even more vibrant and warm. “I tell her what I want, and she makes it even more beautiful than I could ever imagine,” April added.

A spacious master bedroom, again accented in red and gold tones, leads into an endless closet area and master bath, complete with sunken tub and separate glass-encased shower. The room also offers what April laughingly calls her “corner office.” Brian joked, “She can sit there for hours, Indian-style, and work on her laptop or read the Bible. You’d have to get me up with a crane if I sat like that!”

The office is home to some of Brian’s special memorabilia. “When I was growing up, I had the baddest car in school! I had a 1970 Dodge Challenger, restored by my uncle, and my best friend had a ‘69,” he said, pointing out two miniature cars that are replicas of those first cars. April’s memorabilia is a bit more delicate: two hutches hold precious porcelain figurines, called Snow Babies, and a collection of hand-painted Hawthorne homes, stores and school houses. “I just love these. They’re so



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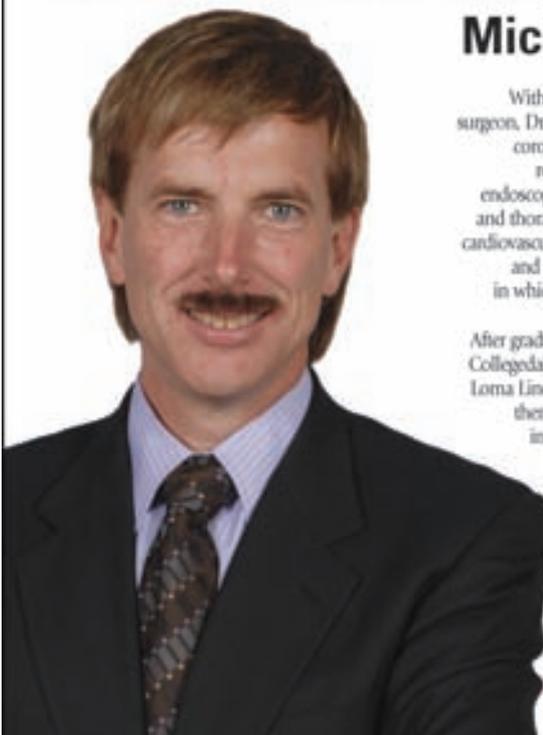
beautiful and detailed,” she smiled.

The Dunns love to entertain family and friends and have an open-door policy to the people in their community. Brian noted, “I think the more people know each other in the community, the better off we all are. We’re better together.” They have become quite well-known for their parties; April is, in fact, the queen of social and community gatherings. “In Joshua, I was in charge of our HOA [Home Owners Association] social events. At the last party we had about 70 people,” she

recalled. “I’d love to get something like that started here, maybe have a block party this spring.”

As the chairman for his HOA Landscape and Beautification group, Brian is proud to help beautify the community, planting trees along McAlister Road and creating a gorgeous fall display at the community pool. The Dunns are also proud of their home: “Out of all the houses we’ve built, this one is my favorite,” Brian said. One of the couple’s proudest accomplishments, however, is watching their two handsome sons as they grow into manhood. “Jonathan is an airman in the Air Force, thus the flag out front. He’s stationed at Eielson Air Force Base in Alaska,” Brian said. “I was an aircraft mechanic for seven years. I used to work on F-16s, which happens to be what he’s working on now.” Their other son, 16-year-old Burleson High School junior, Jordan Ryan, was named after two of Brian’s sports heroes: Michael Jordan and Nolan Ryan. “We love our kids. There have been a lot of prayers said over the years,” April said with a smile, “but we have a lot to be thankful for.” **NOW**

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After graduating from Southern Missionary College in Collegedale, Tennessee, he earned a Medical Degree at Loma Linda University School of Medicine. Dr. Wood then completed eight years of residency training in cardiovascular, thoracic and general surgery at Loma Linda University Medical Center.

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Jessica Janusch, Alison Arcement, Lenny Arcement, Dianne Janusch Arcement and Emily Arcement are working together to raise money via Relay for Life.



Police Commander Doug Sandifer began 25 years of service to the City of Burleson as a part-time reserve officer.



David Hays, Gregg Gammon, Fred Coyle Jr., Jim McDaniel, Ray Kramer and John Horadam get together for Thursday coffee at the Elks Diner.



City Manager Curtis Hawk honors Humberto Ramirezo with the 2009 City of Burleson's Employee of the Year Award.



Joe Allen, son Dayton, wife Donyelle and daughter Trystan are making fundraising to fight cancer a family affair.



Tommy and Faye Johnson celebrate the new year at the Burleson Senior Center.

# Your New Year's Resolution...

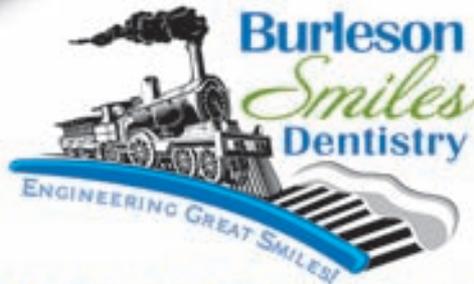
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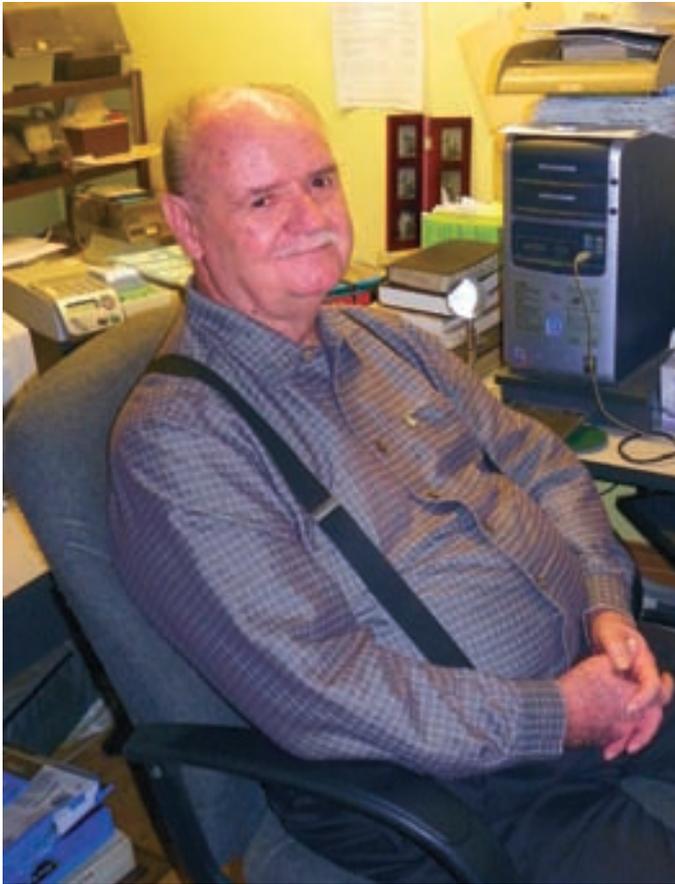
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Glenn Norton, a gentle and witty retired truck driver, now writes full time from his Burleson home. He began creating his first novel in 1987, while driving a long-haul from Canada. *Olive Drab* is full of the humorous things Glenn experienced during his three years in the Army.

Glenn is currently working on publishing *Knight in Tarnished Armor*, a romance novel intended to teach women how to spot and avoid an abusive man. The protagonist, Bert Bengal, teaches a night class — facetiously called *Domestic Tranquility* — in which he describes the personalities of abusers and gives tips for disentangling from controlling, manipulative, violent people.

Glenn designed the storyline during 300-plus hours spent interviewing victims and professionals who helped him research the patterns of abusers for the novel. Most importantly, he interviewed 12 women who had been abused. With a tear in his eye, Glenn described the reaction of one woman who read the manuscript: “She asked whether I would write another novel, about child abuse. I said ‘no.’ I couldn’t bring myself to think about that.” But due to a friendship that started 10 years ago through his writing support group, Glenn did begin thinking about spousal abuse.

“There was a woman from Rio Vista who had to move to Maine to get away from her ex-husband, who liked to come visit to beat up her and the kids. She’s now a reporter in California. I wondered why she would get mixed up in that, when she’s such a nice lady,” said Glenn, who decided to research his question and write about it, so women could see what to look for in a

# Trading Horror for *Romance*

— By Melissa Rawlins

man. “That’s not the easiest thing to do, but it’s possible with the right guy.

“One man read the manuscript and brought it back and said, ‘Now that I see how real men view abusive men, I’ll never hit another woman.’ That surprised me, because I wrote this as a romance novel so that the macho guy wouldn’t touch it! She wouldn’t want her abuser to know she’s reading something that would show him in a bad light or how to get away from him,” Glenn said. “I would say almost all men have the propensity to be abusers. If they could ever put enough women on the polygraph, it wouldn’t surprise me if it’s above 40 percent whose husbands will hit or knock ’em down,” he added.

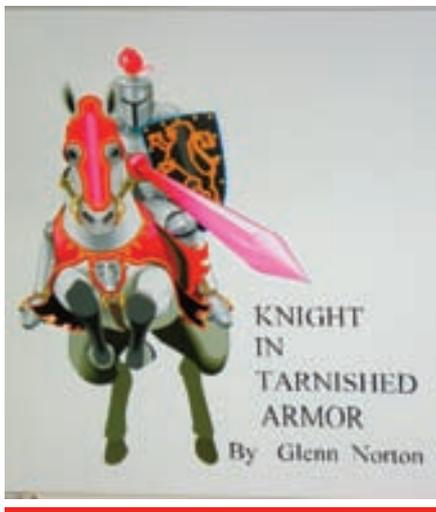
The force holding women from leaving abusers is psychological. “If she told her daddy, her daddy’d go get a gun and find the guy, and that’s what she’s afraid of — that her daddy would get in trouble, so she keeps her mouth shut,” Glenn explained. “Also, one thing an abuser does is continually tell her how no good and lousy she is and convinces her that no other man would have her but him. So he’s her hero, and he beats her up every three weeks.

“All men want to see themselves as heroes, even the abusers, who like to be the hero of the woman they’re abusing. I’ve found in my research,” Glenn said, “that a man who is a control freak is alright, and when a man is a macho freak he’s alright, but when a man is both he’s dangerous. In *Knight in Tarnished Armor*, I touched on verbal abuse and nonphysical abuse, which would be just the way that a man would act around his wife that would hurt her feelings or put her down. I pointed out that verbal abuse may be the worst kind of abuse and that the scars are deeper.”

Surprisingly, Glenn wrote a horror-based comic novel called *The Dallas Goremet Club* a few years before meeting the writer from Rio Vista. That comedy of horror has been placed on the back burner while he searches for a publisher for *Knight*

in *Tarnished Armor*. While he collects rejection letters and awaits the wonderful acceptance letter, Glenn is having fun writing a funny sci-fi mystery that, as yet, has no name.

“My intent with this book is to bring some disbelievers around to being believers,” Glenn said. “So many people say the Bible is too fantastic to take seriously. So I put a twist on it: God comes to earth in a spaceship. He’s from another place in the Milky Way, and He comes here every 2,000 years. God was here for Adam and Eve, then again with Moses, then again when Jesus was born, and now it’s been about 2,000 years. I want people to see a side of it that maybe they can believe. I make it so the miracles



are explained.” Glenn asks interesting questions in this work-in-progress, including: How long will it be before we eliminate death by natural causes? In his book, Glenn points out: “God is from a place where He has eliminated death from natural causes.

“The key to being a good writer is the desire to share what you know with words,” said Glenn, who translated his desire to help women into eight-hour writing days, crafting *Knight in Tarnished Armor* into 20 chapters, at around 20 typed pages per chapter — just like the usual romance novel formula. “I wanted it to appear to be a romance novel; actually it’s a how-to book in novel format. The objective is to let women know how to eliminate the horror from their life.” **TODAY**

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# Falling in Love With B-ball

— By *Melissa Rawlins*



Mason Smart's favorite color is purple, so that is what she wore to prom this year. But when she is on the basketball court, Mason wears Joshua High School's royal blue, black and white uniform with pleasure. She gets a kick out of the game, you see. And when she wins, she gets pretty excited.

Mason was so into a game against Richland High School last December, she did not know the reason for the raucous applause that followed a goal she made — until after the game. That is when she learned her mother had hyped everyone up because that point was the thousandth point of her high school basketball career.

Supportive parents are half the battle for an athlete, like Mason, who has played basketball since third grade and is now considering scholarships offered by several different colleges. Since the age of 10, Mason has played on select teams. "We start playing in March, doing nearby tournaments until the school year is over, and then we travel. We have sold candy bars and run carwashes, but most of the time our parents helped fund the travel to places all over the United States, where college scouts are watching. Our goal is to get assigned to colleges by the end of our senior year," Mason explained.

Mason is a self-proclaimed homebody and plans to study and play in Texas. Not only will she stay close to her family, but she

enjoys hanging out with her friends, whom she calls "the best people in the world." She also has a horse to come home to. "I actually have less and less time to do that now," said Mason, who was a competitive rider between the ages of 9 and 13. She learned a lot in that sport, most importantly the philosophy of competition: "When you fall, you have to get back up again — no matter how hard it is!"

Her own high school team has gotten back in the saddle for years. One of Mason's most exciting moments in basketball was two years ago, when she was a sophomore. "Our high school team made the playoffs for the first time in 26 years, and then we made it three rounds — which is the furthest they'd gone in an even longer amount of time," she said.

As a team builder and natural leader, Mason has helped everybody on the team get up to speed this year. "There were a lot of new additions to the team," she explained, "and everyone has played well and come together. On the court, I encourage people to do their best and give constructive criticism to help them improve their game and confidence."

Maybe her teammates accept constructive criticism from Mason because she is a senior, and maybe they think she knows what she is doing. "I try to do everything to the best of my

ability," said Mason, who believes the three keys to the team's success are hard work, putting in the time and dedication. "Everyone around you is getting better all the time. You'll get left in the dust if you don't work hard. You gotta stay on top of your game," Mason said. "There is no goofing off. You gotta focus. We try to get everyone together and put the phones away about 20 minutes before each game. We go shoot during half time of the game before us, and we focus in the last quarter. For about 10 minutes before the game, the coach talks to us about strategy."

This year, Mason's strategy has been to work hard to play strong defense. "I am what coaches consider a jump shooter," Mason said. "However, they say that shooters are a dime a dozen.

"Defense is mostly what college coaches are looking for. Since I'm really an offensive-minded person, I'm trying to change that and become more defensive-minded. So in practice, I get lower, move my feet faster, try to stop people with the ball. Defense is pretty much all mental," Mason added. "You have to believe in yourself and stop 'em with your quickness."

Enjoying the senior's privilege of late arrival, Mason gets up at 8:30, after her late study nights, and comes to school daily for four classes before two-and-a-half hours of basketball practice begins every afternoon. Her course load is tough (one Advanced Placement classes and three college-level classes), but Mason studies as hard as she practices. "I get in at least an hour every night for something that's due the next day, and I'm pretty good at retaining information."

Mason remembers quite well the best basketball moments in her life. In fourth grade, her Little Dribblers team beat the undefeated team for the championship. In fifth grade, she scored 22 points in one game. "That was awesome for me; I thought I had to have my shoes bronzed!" In seventh grade, in the final 15 seconds of the game against their rival, Aledo, Mason made a 3-point shot from two or three feet outside the three-point line. "It's clutch moments like that," Mason said, "when you pull through, that get your adrenaline going and make you fall in love with the sport!" **NOW**



# Pediatrics

## Lisa Herrin, M.D.

Board-certified pediatrician Lisa Herrin, M.D., has opened a medical practice for infants through teenagers at Huguley Memorial Medical Center.

Dr. Herrin has almost twenty years' experience as a pediatrician, including seventeen years locally. For the last eight years, she has worked in a community clinic and urgent care center with Cook Children's Physician Network.

Dr. Herrin completed a pediatrics residency at the University of Texas Southwestern Medical School at Dallas after earning her Doctor of Medicine degree from the University of Texas Medical School at Houston. She holds Bachelor of Science degrees in chemistry and biology from Southern Nazarene University in Bethany, Oklahoma.

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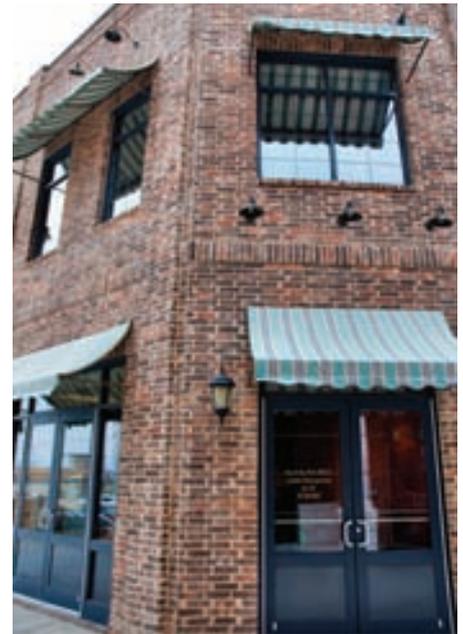


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**From left:**

Becky Harper, Dr. and Mrs. Bass and Stacy McDowell; new office in B & G Plaza; calm and comfortable waiting room; laser hair removal room.



## Catering to Clients

Before the summer sun comes out, people are calling this local surgeon for laser and spider-vein treatments.

— *By Melissa Rawlins*

Talk about great office staff! Call Stacy or Becky at Surgical Associates of North Texas (SANT) and you can usually get an appointment within a reasonable time frame. “Our office staff does an excellent job,” said SANT’s founder and surgeon, Barry Bass, M.D. “They’re very people-oriented. I’m very fortunate.” He’s also blessed by his wife, Pat, who was a nurse in the operating room while Dr. Bass was fulfilling his residency.

Theirs was a match made in Missouri, 28 years ago this month. Now, Burleson and the surrounding area enjoy the nurturing of Dr. Bass and Pat, who has worked alongside her husband in each practice he has established since 1982. “She comes in a couple days a week to help run the show,” said Dr. Bass, who started Surgical Associates of North Texas in 2004, at an office near

Huguley Hospital. He recently moved the practice to a beautiful new 1,100-square-foot office in the B&G Plaza at Renfro and I-35. Pat and their daughter, Sara, decorated the office in a modern style with calming colors that soothe patients and portray Dr. Bass’ appreciation for Southwest decor.

What gives him the greatest satisfaction, however, is that each patient is different, and each day is new. “When he sees a patient, it’s all about them,” Pat said. “He’s very compassionate and is an excellent listener. His integrity is sterling. He’s very particular when he operates. Barry is great at what he does.”

And what this general surgeon does is mind-boggling! Clients come to SANT for neck surgery, thyroid surgery, hernia and abdominal surgery of all types — intestinal, colon and bowel. “We

deal with rectal problems, breast tumors, cancers and general masses,” said Dr. Bass. “We work closely with oncologists in managing breast cancer and putting in ports for chemo after breast surgery,” he added. Sometimes, a plastic surgeon will join Dr. Bass in the operating room to do reconstruction following a mastectomy.

The doctor’s brother, who is a plastic surgeon, inspired SANT to provide Botox injections for qualified patients. “People of all ages can use Botox, and I inform each patient what they can expect,” said Dr. Bass, who carefully counsels each patient.

The removal of excess hair, cysts, moles and even spider veins is professionally conducted at SANT. Dr. Bass was prompted to learn the sclerotherapy/spider vein procedure by Pat after she gave birth to their third child and discovered some spider veins she wanted removed.

**“We work closely with oncologists in managing breast cancer and putting in ports for chemo after breast surgery.”**

Dr. Bass also has had sclerotherapy, so he knows how it feels. “It’s a very safe procedure,” Dr. Bass said, “and can be very satisfying to women and men of any age. The results can really change what they do on a daily basis.

“This is an excellent time for people who have any issues with their veins, or are concerned about how their legs will look during the summer to have sclerotherapy. After treatment they can still wear leggings or slacks for 3-4 days while healing. And after treatment of sun-damaged spots or hair removal, patients need to avoid direct sun — so early spring is a good time to have laser treatments performed.”

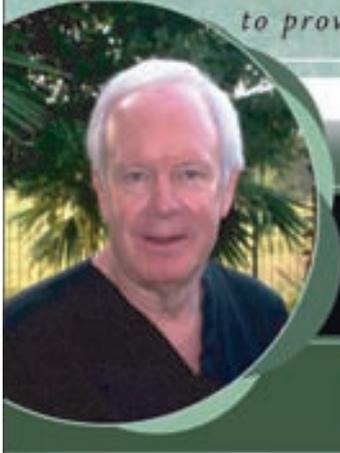
Depending upon, their customers’ preferences and the services required, Dr. Bass operates at their B&G Plaza office, the Doctor’s Surgery Center by Huguely Hospital, the Surgery Center at USMD on Bryant Irvin in Fort Worth, Baylor All Saints at City View, the Mansfield Surgery Center, Mansfield Hospital or Huguely Hospital. Dr. Bass and the staff at Surgical Associates of North Texas are all about catering to their clients. **NOW**



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this winning tradition continues.

The road to her career as an educator was a long one for Carol. “I got my undergraduate degree in journalism from Arizona State University,” she said. “My husband was in the military, and I wanted a job that would give me the ability to follow him in his career as well as have one for myself, so I started in a nursing program.” Carol loved the biological and chemical aspects of medicine but soon realized nursing was not the field for her. “I’m one of those people that faint at the sight of a needle,” she laughed.

Carol moved on to a job in real estate and then worked as a tax accountant, always being sure to coordinate her schedule with the school schedule of her daughter, Storme. It was then that her calling became clear. “While I was substitute teaching during my daughter’s junior and senior years in high school, I saw so many kids who just weren’t getting the information they needed concerning higher education,” she said. “Plus, it occurred to me that when Storme left home for college, it wasn’t just her that was leaving; it was all of her friends, too.” For a woman who loves surrounding herself with young people, this was definitely a deciding factor. Carol went back to school for a master’s degree in school guidance and counseling.

When Carol’s husband got his orders to move from Georgia to Carswell Air Force Base in Fort Worth, she found herself suddenly back in the classroom. “I arrived here all excited, ready to be a counselor, and found out that Texas requires three years of teaching,” she smiled. “So, I got my alternative certification and taught ESL [English as a Second Language] classes. I had about 125 students, ages 14 to 21, from all over the world. I’m sure I learned more in those three years than they did. It was an amazing experience.”

After those three years, Carol began her job as counselor at Castleberry High School in River Oaks before coming to Burleson High School (BHS). She focused on academics, spending much of her time one-on-one with the students to plan their curricular futures. “There are so many classes for kids to take these days that can focus their talents and

# Planning for Success

— *By Jaime Ruark*

The Burleson education system has been making a name for itself for quite some time thanks to skilled teachers, talented students and supportive parents. When Carol “Bunny” Micklas and her husband, Paul, were transferred to the area, she was excited to become a part of such a strong system. “I had heard a lot of good things about Burleson through the grapevine from other educators,” she recalled. Having spent the last six years as one of the counselors at the high school, Carol uses her own special flair to ensure



# Education **NOW**

strengths, such as Intro to Engineering or our criminal justice and agricultural programs,” she noted. “Obviously, we’re working to make sure our students graduate, but I want to make sure these kids are successful in life. I want them to have a career years from now that they are happy to wake up to every day.”

Being a school counselor involves much more than just helping students plan for the future. “Sometimes, we as educators have to fill different roles. These kids have all the teenage growing up problems, family problems, juggling friends, sports and work. It’s a lot to deal with,” said Carol, who tries to provide outside perspective, knowledgeable advice and consistent support. Sometimes, all that is required is a listening ear, a few minutes on her comfy office couch and a drink from her Hello Kitty water cooler. She has developed an easy, trusting camaraderie with the young people she counsels. “I feel like most of my students feel comfortable and safe with me. As counselors, we all work for that kind of relationship,” she continued. “I just want them to know that I truly care about them.”

Carol shows that she truly cares in a multitude of ways. “I volunteered to work with the foreign exchange students, which is one of my favorite parts of my job. Because I’ve traveled so much, I figured maybe these students would feel comfortable talking with me. I can relate to how difficult it can be to adjust to a new country,” she said. Carol also volunteers as an usher at Bass Hall in Fort Worth, a connection she uses to obtain show tickets she passes on to her students.

Carol hopes to help her students realize their high school years are the time to figure themselves out, take as many different courses as they can and become well-educated. For parents, her words of wisdom are to “let your kids make mistakes and trust in the safety net of the school,” she advised. “You have to let your kids grow up. You can’t be afraid to let them test their wings, if they have the right support system to catch them when they fall.” With a smile, she added, “I love my job. I tell the kids, ‘Don’t tell anyone, but I’d probably do this even if they didn’t pay me!’” **NOW**

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# In The Kitchen With Andrea Blair

— By Faith Browning

Amazingly, Andrea Blair's first memory involves food. "Crazy right? My first memory is my mom cutting biscuits with a juice cup," she reminisced. "I'm standing at her feet (probably in the way) and she's cutting biscuits. I've been in the kitchen ever since!" By the fourth grade, she informed her parents she wanted to be a chef when she grew up.

Today, you can visit old downtown

Burleson and see where a young girl's dream came true. Andrea currently owns her own bistro where she serves food and wine. Her favorite form of cooking is slow-cooked meals. "Braising and stewing are probably my ultimate pleasures," she explained. "I like the time I put into making food delicious. The love that's added in when I'm thoughtfully preparing a meal that is going to cook all day long is awesome!" **NOW**



## RASPBERRY ROYALE

**1 Tbsp. raspberry liqueur**  
**Champagne**

1. Pour the raspberry liqueur in the bottom of a champagne flute.
2. Fill the flute the rest of the way up with champagne. This makes a beautiful and delicious drink with little effort! It really does not matter which champagne you choose, but use something you would drink all by itself.

## ROSEMARY CASHEWS

**2 cups unsalted cashews**  
**2 Tbsp. brown sugar**  
**1 tsp. salt**  
**1/2 tsp. cayenne pepper**  
**1 Tbsp. minced rosemary**  
**2 Tbsp. butter, melted**

1. Preheat oven to 350 F.
2. Place the cashews on a sheet pan; bake in the oven for 5 minutes or until they are hot.
3. Stir together the other ingredients and toss with the hot cashews. Serve warm.

## INDIVIDUAL BEEF WELLINGTONS (FOR 2)

**1 Tbsp. olive oil**  
**2 filet mignon**  
**Salt and pepper, to taste**  
**5 crimini mushrooms, sliced**  
**2 shallots, sliced**  
**1 clove garlic, minced**  
**1/4 cup white wine**  
**1 sheet of puff pastry**  
**2 Tbsp. soft cheese, such as Port Salut**  
**1 egg**  
**1 Tbsp. water**

1. Preheat the oven to 425 F.
2. Heat a sauté pan over medium/high heat; then add the olive oil. Dust the filet with salt and pepper and sear in the pan for about 2 minutes on each side; put aside to cool.
3. Using the same pan, sauté the mushrooms, shallots and garlic until they have released their juices and the pan is dry.
4. At that point, deglaze the pan with the white wine; season with salt and pepper. When the wine has been absorbed, remove the

mushrooms from the pan and set aside to cool.

5. While everything is cooling, use a rolling pin to smooth out the puff pastry into a more even dough. Cut dough in half to create two large squares.
6. Divide the cheese and place 1 Tbsp. in the center of each square. Top cheese with the filet and about 1/4 cup of mushroom mixture.
7. Whisk together the egg and water for an egg wash. Paint the egg wash onto the corners of the pastry with a pastry brush, and then bring the opposite corners to the center and pinch together to seal. Do the same with the other corners being careful not to puncture the pastry. Paint the whole thing with egg wash and place on a cookie sheet.
8. Bake the Wellingtons for 15-20 minutes, or until they are golden and the pastry is flaky. Serve hot.

## BROCCOLI AND PINE NUTS

**4 cups broccoli florets**  
**1/4 cup pine nuts**

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1 tsp. lemon zest

Juice of 1 lemon

1 Tbsp. olive oil

1 tsp. salt

1 tsp. black pepper

1. Preheat the oven to 400 F.

2. On a sheet pan, toss the broccoli with the pine nuts, lemon zest, lemon juice, olive oil, salt and pepper.

3. Roast in oven for 15-20 minutes, or until the edges begin to change color. Remove from oven and serve hot.

#### FLOURLESS CHOCOLATE CAKE

1/4 cup hot water

1 Tbsp. instant coffee

2 cups semi-sweet chocolate chips

16 Tbsp. unsalted butter

8 eggs

1. Using a nonstick spray, grease a 10-inch spring form pan; place parchment paper in the bottom and spray again.

2. Preheat the oven to 325 F.

3. Combine the water and instant coffee in a small bowl and set aside.

4. Stir together the chocolate chips, butter and coffee mixture in a double boiler or mixing bowl set on a pot of simmering water. Melt the chocolate mixture; then set aside to cool slightly.

5. Whisk the eggs in a mixing bowl on high speed for about 5 minutes — you cannot over mix them. When the eggs have doubled in size, fold them into the cooled chocolate to create a cake batter.

6. Pour the batter into the greased pan and place in the center of a cookie sheet with edges or a roasting pan large enough for the pan to sit flat.

7. Place the pan in the oven; pour hot water into the cookie sheet or roasting pan to create a water bath. Bake for 35-40 minutes or until the cake is set around the edge, but slightly jiggles in the middle, or until the internal temperature is 145 F.

8. Remove from the oven and let cool. Refrigerate overnight.

#### STRAWBERRY SAUCE FOR CHOCOLATE CAKE

1/2 cup water

1 cup sugar

1 cup frozen strawberries

1. Combine water and sugar in a small stockpot over medium heat.

2. Stir until the sugar dissolves; then add the strawberries. Simmer the mixture for about 5 minutes, or until the liquid is viscous and the strawberries are pale.

3. Pour mixture into the bowl of a food processor, blend until smooth and then strain through a fine mesh strainer.

4. Refrigerate until cool. Serve with any number of desserts, but especially the flourless chocolate cake!

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

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# New Year Means New Opportunities for Roth IRA Conversion

— By Lynn H. Bates Jr.

If you already have a Roth IRA, you're aware of its biggest benefit: Your earnings grow tax free, provided you meet certain conditions. If you don't have a Roth IRA, you may want to consider one — and it may be easier for you to do just that in 2010.

Before we get to the reasons why 2010 may be your year to open or convert to a Roth IRA, let's look at some differences between Roth and traditional IRAs. If you own a traditional IRA, your contributions may be tax-deductible, depending on your income level. But whether you can make deductible contributions or not, your earnings grow on a tax-deferred basis, which means your money can grow faster than it would if it were placed in an investment on which you paid taxes every year. On the other hand, Roth IRA contributions are never tax-deductible, but your earnings grow tax free, as long as you've held your

account at least five years and you don't start taking withdrawals until you're at least age 59½.

Furthermore, unlike a traditional IRA, a Roth IRA does not require you to start taking distributions when you reach 70½. Consequently, you'll have more flexibility and freedom when it comes to making withdrawals.

If you have a traditional IRA, you might be thinking it's a good idea to convert to a Roth IRA because tax free sounds better than tax deferred — and, all things being equal, tax free would indeed be better. However, it's not

**If you don't have a Roth IRA, you may want to consider one — and it may be easier for you to do just that in 2010.**

quite that simple. If you convert your traditional IRA to a Roth IRA, you'll have to pay taxes on those traditional IRA earnings and contributions that had previously gone untaxed. If you do convert, you'll be better off if you use money held outside your IRA to pay the taxes. If you simply take money from your IRA, you'll obviously lower the value of your IRA — and, if you're under 59½, you may have to pay an additional 10 percent penalty on the amount you withdraw to pay the taxes.

In the past, many investors have been prohibited from converting their IRAs

due to either their tax filing status or their income. Under previous rules, you could convert your traditional IRA to a Roth IRA only if you were married and filed a joint return or were a single filer, and your modified adjusted gross income (MAGI) was \$100,000 or less. But starting in 2010, you can convert funds to a Roth IRA even if your MAGI is over \$100,000. You will also be able to convert to a Roth if you are married and file separate tax returns.

And that's not the only piece of good news regarding your conversion ability. As mentioned above, you will have to pay taxes when you convert to a Roth IRA. A conversion is usually reported as income for the tax year the conversion takes place. However, in 2010 only, your conversion amount will be split and reported as income for tax years 2011 and 2012 unless you elect to report the entire conversion amount on your 2010 taxes. You may find that spreading the taxes over two years can make the conversion more affordable.

In any case, consult with your tax advisor before converting from a traditional IRA to a Roth. If done correctly, such a conversion can potentially make a big difference in your ultimate retirement lifestyle. **NOW**

*Lynn H. Bates Jr. is an Edward Jones representative based in Burleson. Edward Jones, its employees and Financial Advisors do not provide tax or legal advice.*



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## First and Third Mondays

Johnson County Camera Club meeting: 7:00 p.m., Senior Center in Cleburne. (254) 854-2558.

## Every Tuesday

Professional Power Team networking group meeting: 11:30 a.m.-1:00 p.m., Blue Mesa, University Dr., Fort Worth. (817) 295-2161.

## Second Tuesday

After Hours networking mixer: 5:30-8:00 p.m., North American Title Company. Contact Shirley Franklin at (682) 552-6750.

## Every Wednesday

Breakfast Club networking group meeting: 7:30-9:00 a.m., Holiday Inn Express. (817) 295-2161.

Bursleson/Crowley Network Connection meeting: 11:30 a.m.-1:00 p.m., Spring Creek Barbeque in Burleson. (817) 295-2161.

Celebrate Recovery meeting: 7:00-9:00 p.m., Burleson Chamber conference room. Child care available. For more information, contact Teresa at (817) 563-0127 or [teresajames127@sbcglobal.net](mailto:teresajames127@sbcglobal.net).

## First Wednesday

Burleson Chamber of Commerce Lunch and Learn: What you need to know about identity theft. \$10, includes box lunch. Seating is limited to the first 25 people that register. (817) 295-6121.

## Second and Fourth Wednesdays

Burleson Lions Club meeting: noon-1:00 p.m., First United Methodist Church. (817) 992-9823. [www.burlesonlions.org](http://www.burlesonlions.org).

## Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., Burleson Chamber of Commerce. Contact Neal Jones at (817) 343-2589.

Burleson Making It Happen Network

Connection networking group meeting: 11:30 a.m.-1:00 p.m., Sammy's Italian Restaurant. (817) 295-2161.

## Fourth Thursdays

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

*Continued on page 36.*

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At Edward Jones, we spend time getting to know your goals so we can help you reach them. To learn more about why an Edward Jones Roth IRA can make sense for you, call or visit your local financial advisor today.



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# Get Smart About Your Heart

— By *Lawrence Whaley, M.D.*

Since February is American Heart Month, it's a great time to share some important information about heart disease. Often, people think of heart disease as a man's problem. However, the statistics on women and heart disease are sobering. Heart disease is the No. 1 killer of women. Each year, cardiovascular diseases claim the lives of nearly half a million American women — that's almost one per minute. Heart disease accounts for a third of all deaths in women. Heart attacks kill six times as many women as breast cancer.

Since 1984, more women than men have died each year from heart disease. And 42 percent of women who have heart attacks die within one year, compared to 24 percent of men. The gap between men and women's survival continues to widen.

One reason is most women experience early warning signs of a heart attack with sudden onset of extreme weakness that feels like the flu — often with no chest pain at all. Medical professionals are challenged to respond to women's milder symptoms. Women wait longer than men to go to an emergency room when having a heart attack and physicians are slower to recognize the presence of heart attacks in women because the characteristic patterns of chest pain and EKG changes are less frequently present.

The good news among these grim facts is that women's hearts respond better to lifestyle changes than men's hearts. And we know what lifestyle changes to make: maintain a healthy weight, exercise, eat plenty of fruits, vegetables and whole grains, as well as reducing stress, cholesterol and foods high in saturated or trans-fats. Following this advice will improve the health of men and women across the board.

Research has shown that during a heart attack, receiving medical

treatment sooner means less damage to the heart and other organs. The American College of Cardiology and the American Heart Association have set a national goal that heart attack patients entering the emergency room would have blood vessel blockages opened within 90 minutes.

In an emergency, seconds count, so call 9-1-1 at the first signs of a heart attack.

### **Warning signs of a heart attack include:**

- Chest discomfort, including uncomfortable pressure, squeezing, fullness or pain.
- Discomfort or pain in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as cold sweat, nausea or lightheadedness.

February is the perfect time to get smart about your heart and reduce your risk of heart disease. **NOW**

*Lawrence Whaley, M.D.,*

*Internal Medicine & Pediatrics of Burleson*



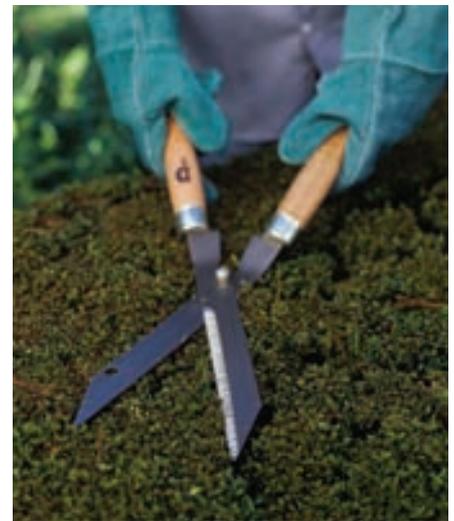
# Time to Cut Back — *By Nancy Fenton*

How many times have you told yourself, “It’s time to cut back”? Be it food, computer/game time or whatever, everything has its season. This is the season to prune, prune, prune. The roses, grasses, liriope (monkey grass), shrubs and even trees will all benefit from a few clips here and there. Most roses need a good chopping to stimulate new growth. The exceptions to the rule, of course, are the climbing roses. If you cut them now, you cut off the old wood that brings the new blooms. Wait to trim the climbers until after they bloom and then cut them way back.

It is a bit easier to know when to cut grasses. If they are brown, cut them to the ground. Lantana also likes to start over again. While it may look bare for a short time, you will be rewarded with

lush, green growth as spring approaches. I usually use a weed eater to trim border grasses like mondo and liriope down to one inch or so. As with pruning, it will stimulate growth and blooms for the coming season. Because this new growth is tender and very susceptible to the late hard freezes, it does not hurt to wait until the end of February to do major chopping.

Trimming is important to maintaining a healthy tree. All the little growth needs to come out of the tree, as well as the limbs that hang down. My rule of thumb is that “suckers” smaller than my thumb need to be removed, as well as limbs that cross and rub. Choose a tree professional to do the areas you cannot reach from the ground. The key words are *licensed arborist*. I use an arborist who will grind the limbs and leaves into mulch for me.



This is a great way to return the natural elements to the soil, and it does not involve a trip to the store or recycle station!

Cut back now for lush growth as the weather warms up. **NOW**

*Nancy Fenton is a Master Gardener.*

## Internal Medicine

### Meenu Sharma, M.D.

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

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

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## —Happening **NOW**

### Every Friday

Burleson Business Builders networking group meeting: 8:30-9:30 a.m., Fresco's in Old Town. New location. (817) 295-6121.

### Second Saturday

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

Defensive Driving Classes, taught by Speed of Life: 10:00 a.m.-4:00 p.m., Burleson Area Chamber of Commerce. To attend this class you must pre-register. (817) 341-7384.

### Every Sunday

The Grace Place with Brother Hank Hoaldrige, live on Big Country 1460 AM. For more information, please contact Hank Hoaldrige Ministries at 4grace@att.net or call (817) 293-0115.

### Second Sunday

Joshua Organic Garden Club meeting: 3:00-5:00 p.m., in and around Joshua at individual members' homes. (817) 295-2161.

### February 1

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

### February 8

First day to file for a seat in the May 8, 2010 Burleson City Council election. Deadline for filing is March 8. Four ballot seats available. For more information, visit [www.burlesontx.com](http://www.burlesontx.com) or call the city secretary's office at (817) 426-9660.

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

BISD Board meeting: 6:30 p.m. (817) 245-1000.

### February 13

Father/Daughter, Mother/Son Valentine Dance, co-sponsored by the City of Burleson and the Burleson Rotary Club: 6:00-9:00 p.m., Senior Activity Center. (817) 295-8168.

### February 15

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

### February 26

6th Annual Festival of Tables Fundraiser for Holy Cross Christian Academy: 6:00-9:00 p.m., First United Methodist Church. This year's theme: "Amazing Awaits." Corporate sponsorships available. For more information, please call Candice Montgomery at (817) 426-6546.

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