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# Burleson NOW

M A G A Z I N E

April 2009

**Not a  
Road Hog**

**The Business  
of Dreaming**

**Human Beings  
Being Human**

**Loving the  
Little Ones**

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*At Home With*

**Darren and  
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**Creative Director, Jami Navarro**  
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**Burleson Editor, Melissa Collins**  
**Contributing Writers, Faith Browning • Sharon Robinson • Jaime Ruark • Betty Tryon**  
**Photography, Terri Ozymy • Natalie Busch**  
**Ivey Photography**  
**Contributing Editors/Proofreaders, Pat Anthony**  
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BurlesonNOW is a NOW Magazines, L.L.C. publication. Copyright © 2009. All rights reserved. BurlesonNOW is published monthly and individually mailed free of charge to homes and businesses in the Burleson zip codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit [www.nowmagazines.com](http://www.nowmagazines.com).

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MAGAZINE

## Editor's Note

### *This is the Giving Season!*

April showers bring May flowers ... plus a lot of money to those in need throughout the Burleson and Joshua area. This month there are fundraisers galore! On Saturday, April 4, Devon Energy presents the gala "Evening in Paris ... Texas Style," which benefits the economy-boosting power of the Burleson Area Chamber of Commerce. To start that Saturday off, early birds will have fun in a two-mile Walk for Life that raises money for the Burleson Pregnancy Aid Center, which since 1986 has served thousands of families in the Burleson area through compassionate care for women facing unplanned pregnancies. A few weeks later, during the midnight hours of April 17-18, thousands of people will be walking in the American Cancer Society Relay For Life of Burleson so that together, our community can "Give Cancer the Boot." At the end of the month, on April 25, people who love horses can hang out with professionals and give financial resources to the horse rescue group at Passion Horse Ranch. If you know of more fundraising events, please call me (817) 629-3888 or e-mail me at [Melissa.nowmag@sbcglobal.net](mailto:Melissa.nowmag@sbcglobal.net) to fill me in. Thank you to everyone who helps our community bloom!

*Melissa Collins*  
BurlesonNOW Editor



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# The Business of Dreaming

— By Melissa Collins



With her feet firmly planted on the ground, Shai Roos definitely has her head in the clouds. Dreaming of Burleson's future, the city's director of community and economic development is busy directing a comprehensive planning process that has Shai and her staff running around in circles. Circles that intersect, mind you.

Shai's business intersects with citizens in town hall meetings designed to feed into "Imagine Burleson 2030 ... Roadmap to 2030." The initial meeting asked citizens to choose pictorial examples of the types of public facilities, streets, open spaces, commercial and residential buildings they would like to see in Burleson. The second of six town hall meetings focused on future development and re-development opportunities along State Highway 174 (Wilshire Blvd.). Attendees participated in a mapping exercise and design preference studio, which gathered public input on the visual character and economic vitality of the city's main artery. Last month, the issue was connectivity.

This month, the meeting at the Burleson High School cafeteria focuses on Old Town. In May, meeting planners will focus on community livability. For people who cannot attend a town hall meeting, Shai arranged for an interactive Web site to be designed by Edward Parker — volunteer firefighter, full-time public policy student and intern for the city. Interested citizens can participate in surveys at [www.imagineburleson.com](http://www.imagineburleson.com), which will provide more opinions for city council to rely on when making future decisions about zoning and development. "This Web site, we hope, will be the first step of a plan that Curtis Hawk [city manager] and Ken Shetter [mayor] have to get people involved; to get people clamoring to pay taxes because we're giving them such great service," smiled Shai.

"If you want an intelligent dialogue or comments, you have to let the citizens participate from the very beginning," Shai said. "Only then can we expect when we take it to city council that we have a meaningful public hearing. First we'll do comprehensive planning, hopefully get people excited and involved and then we can make ordinances and regulations."

For the sake of involving everyone, Shai has asked Burleson youth to conduct surveys and promote citizen participation in town hall meetings. "We have next to no 19- to 29-year-olds in Burleson. A cool way to get young people involved in the city, and to tell us what they want to see in the city," said Shai, "is to get their help now. As the mayor said, when these kids become the next city council they will have already been



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part of the process of shaping the basis of our public policy." Down the road, Shai will watch population counts to see when Burleson fills that gap of 19- to 29-year-olds.

In September, the consultants Shai has hired will present and discuss the city vision based on input from surveys conducted house-to-house, on-line and at all five previous meetings. Afterwards, Shai and her planners will take the drafted comprehensive plan before three public hearings. By next January, Shai hopes the city council will have adopted the comprehensive plan inspired by citizen input.

"Even if people don't like what their neighbors are saying, we're still just brainstorming during the town meetings," said Shai, explaining that the resulting comprehensive plan will be just a document. "It's just a dream."

There is power in that dream, however. Based on the comprehensive plan, the city will have to change zoning ordinances and all the other ordinances developers will follow as Burleson grows. By 2030, the evolved Burleson will look and operate in accordance with the wishes of all the citizens who made their voices heard through "Imagine Burleson."

These voices translate into regulations. "Most people think regulations mean stopping development or having less money," said Shai, a certified architect who knows how to negotiate with developers. "In reality, regulations get you the highest quality development. Think about it: You're going to buy a house. Are you going to put \$500,000 in a home which is beautiful with crack houses next to it? But would you put \$250,000 on a street that the city is planning to develop, and the neighboring street will have a new fire station approved by the voters in that area? Developers want to know whether they can command rents or selling price that will afford what they plan to invest.

"For example, all these beautiful trees are getting clear cut," explained Shai, adding an example of why she's

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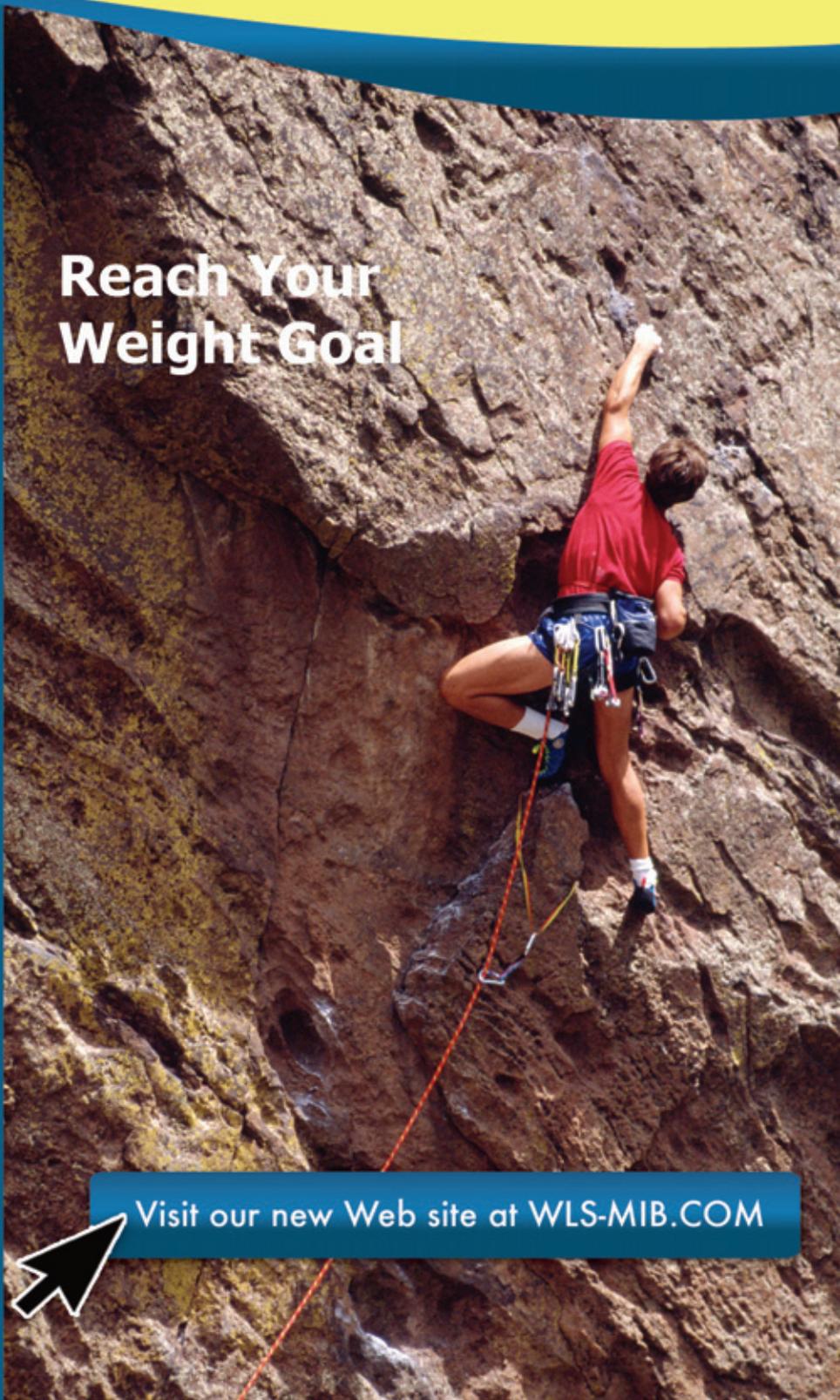
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fighting to institute a tree preservation ordinance in Burleson. "The court has said that one black oak tree is worth \$15,900. So when the tree died, the home's taxable value came down because it lost that asset. But a new home with large oak trees will sell for more than a brand new house with a 3-inch tree in the front yard.

"Think about how we're all in this community, wanting higher value homes, higher quality developments," said Shai, for whom the long-range thinking is to seek higher property values in 2030 instead of short-term taxes from commercial development. "Why would people come build nice homes if the city can't tell them, 'We'll make sure everyone around you builds nice, so that we can make sure the value of the development grows'? Once you've built it, what gives it value are the things around it and the regulations. We're assuring investors that everyone else will build to the same value or higher," Shai commented.

"People perceive that more regulation means that developers will get turned off. Why would anyone have a problem planting trees? If one developer is not going to sensitively design and keep nature, why won't we wait for someone who cares for our community, as much as we do, to build in it? At the same time," Shai cautioned, "I need to find out whether the people who live here want trees. Maybe I'm the one who loves trees, but not the people.

"Instead of me assuming, the comprehensive planning process will discover what the people want. I want to open that dialogue door so that it does not become an us-against-them kind of thing," Shai said. "In the end, developers would rather know what they need to do instead of having to change constantly. So, if we lay out the rules clearly, they won't get upset.

"I think that's the part in planning for our future that I'd like everyone to talk about. Let's think, *Is it smart to waive our regulations because we're so desperate to get development?*" **NOW**

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# A Family *Blessed*

— By Jaime Ruark

Darren and Leilani Watkins picked out their two-acre lot on the outskirts of town because they wanted to rear their family in a country environment with the conveniences offered in town. Raylee, their 5-year-old daughter, and Cade and Cole, their 2-year-old identical twins, love being surrounded by nature and the horses the family boards on their property. Darren, who calls himself a “team-roping junkie,” runs his Double L Electric Company just across the street from their expansive home.

They have found the convenience they were seeking. “It feels like we’re kind of isolated and out in the country, but we’re still near the major cities,” Leilani explained of the family’s choice to move to the area four years ago. With a laugh, Darren added, “She chose the area because it’s close to

all the malls.” Thanks to Darren’s successful business, Leilani quit her job as a registered nurse to become the office manager of their business. The two have been working side-by-side for over a year now, and they are still all smiles, perhaps because of the three, blond-headed, smiling faces that have become the center of their world. “Our kids love to ride horses, and Raylee loves to ride her four-wheeler. They like being out here,” Darren said, pride in his family evident in his eyes.



The 3,400-square-foot, one-story, sprawling, ranch-style brick-and-stone house, with its three-car garage, pool and two-stall barn, is accessible from a circle drive with iron gates fashioned by the resident jack-of-all-trades, Mac Lopez. He is the family’s favorite handyman, who designed the openings and painted the silver horseshoes — a design theme echoed throughout the western-style home. “We both wanted to build a house, so Leilani bought a plan book and finally picked out a plan we both agreed on, that would work with the dimensions of the lot,” Darren recalled. “I did the actual build, and she did all the interior work, choosing the paint and doing all the cabinet work and all that, so it was a team effort.”

Leilani admitted the process was a hard one at times and came with a



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learning curve, this was the first time they had built a home. “It was a lot of work, but luckily, his mom was there to help us,” she said. “We stayed with her, and she took care of Raylee, because we had to be here a lot since we were doing most of the work ourselves.”

The winter the Watkins chose to build their five-bedroom, three-and-a-half bath home was a rainy one — November being the wettest on record and the following February the eighth wettest in history. Darren remembered meeting a neighbor who happened to be driving by on a tractor just in time to pull out his two dump trucks stuck in the mud. “Once we finally got started, it took no time at all, but it’s amazing how fast the little things add up that you don’t account for,” Leilani laughed. “You think you’re going to have money left over, but in the end, you’re pulling money out of your pockets and wondering where it all went!”

Darren is now able to recall with a smile another minor setback

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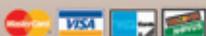
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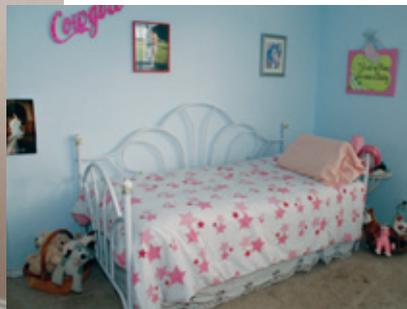
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in the building phase. "A friend of mine volunteered to go with me to get all the metal for the barn. He drove his truck, and we left the metal place with 62 pieces. When we got home, we had three sheets left on the trailer," he said with a wry grin. "I actually bought the metal for my building twice. I was pretty sick to my stomach for a while, but after the initial shock wore off, we laughed about it."

Leilani picked out her floor plan because she likes having the guest bedroom on the other end of the house, with her children's bedrooms nearer to the master suite. "I love the old style; with the houses that are all one story and long and

flat," she shared. "I like the open, airy style with all the windows." The front windows light the dining room, with a colorful horse picture Leilani purchased at the stock show last year hanging above the table. A hallway to the right is home to a collection of crosses, with one being particularly special to Leilani. "My mother

had one made for me and my three sisters. She decorated it with my grandmothers' old jewelry," she pointed out. "It's a pretty unusual piece."

The foyer opens onto a living area decorated with warm brown leather couches arranged around a large coffee table

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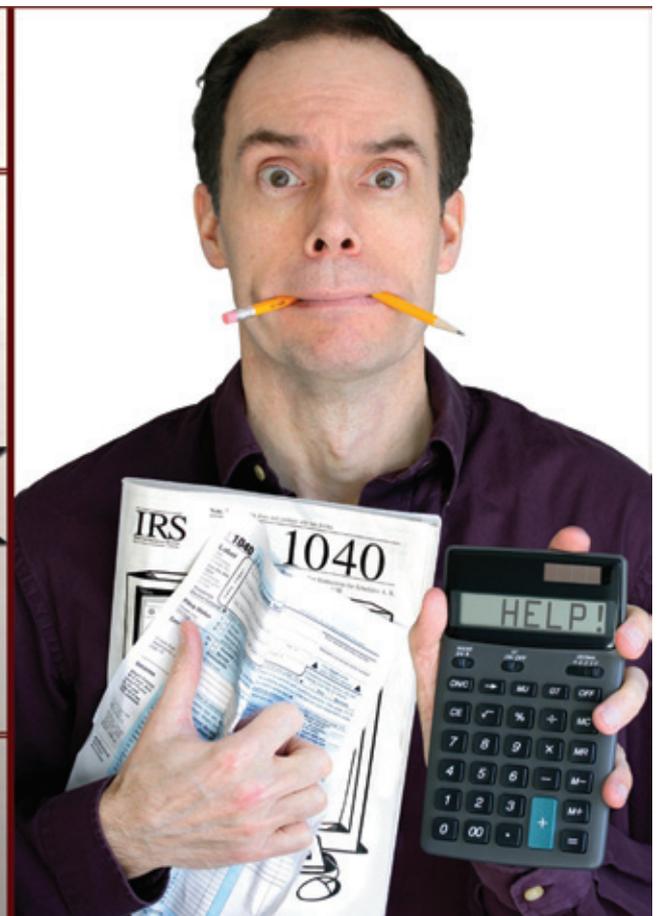


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covered in animal hide. A cream-colored rug accents the fireplace, while a deer head graces the mantle. The corner is home to a myriad of tot-sized toys. "We try to keep things picked up, but it's impossible," Leilani smiled.

The kitchen and family area is one continuous space, so Leilani can be part of the activities while she prepares meals. The airy style is enhanced with light wood cabinetry, tile countertops and cream-colored suede couches. A hallway off the family room showcases Leilani's talent for collage, with family pictures arranged to commemorate important events. "This is what I did when I was pregnant with the boys — those last few weeks when I couldn't do anything else," she admitted. In fact, pictures of the three sweet Watkins children are featured prominently throughout the home, a testament to their very proud parents. "Those pictures are my favorite kind of collection," Darren said. Many of the candid photos include Kenny Chesney, a horse Leilani



said acts more like the family pet dog.

Raylee's pink bedroom is fit for a princess; a sign on one wall proclaims, "I found my prince. His name is Daddy." Stuffed animals and horse figurines are her toys of choice — no Barbies in sight, something Darren loves. "She's never been a real 'girly' girl; she likes horses," he smiled. The twins' bedroom, splashed with red accents, is complete with pint-sized beds, a rocking horse and John Wayne figurines, treasures, which belonged to

Leilani's father. "This dresser also belonged to my dad. I think his mom bought it for him when he was 2," she said, explaining that because her father passed away while she was pregnant with her sons, the heirloom pieces are all the more special.

Family is the important thing for Darren and Leilani, and their house is a reflection of what they hold most dear. "I'm pretty proud of my family," Darren said. "I consider myself a blessed man." **NOW**

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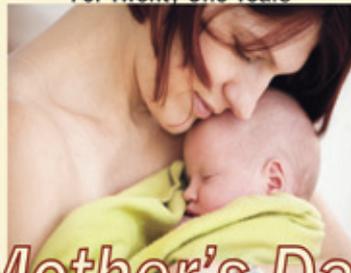
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# Human Beings Being Human

— By Melissa Collins

This spring, Chris Chappotin experienced a breakthrough. For the first time since his father passed away a year-and-a-half ago, the guitar-playing missionary wrote and performed a song in church. Chris' song, based on Philippians 2:6-11, is an original version of what is thought to be an early church hymn. However, it came from deep inside and was intentionally crafted to express his humanity. "We are intended to live as image-bearers of God. That is art in its rawest form," Chris said.

There are times, Chris admitted, when he does not meet his own definition of an artist. "Sometimes, I'm able to tap into that; often not. Whether I am able has to do with rest, peace in terms of right relationship," said Chris, who shares leadership of a Burleson church called Christ Journey with Bret Wells. Together, Bret and Chris preach and lead worship in one flowing, modern session of worship on Sunday mornings in the Nashville Party Room in Old Town.

Chris tries to set an example for the people worshipping together. "When I'm willing to cease striving for acceptance or worth through results, when I lay those things aside and truly rest in God's identity of me, I think I discover what being human really is, and the expression of humanity comes freer." The expression comes through words and music, guitar playing and singing — often with others. When he sings melody, Chris uses the lead male voice. When harmonizing, he sings tenor. "The teamwork, cooperation and community which take place at Christ Journey is an expression in itself," said Chris. "Sometimes, the expression is done through storytelling, with ministry supporters chiming in," he added. "Also, Bret and I do lots of narrative preaching, where we weave experiential life stories with stories from the Bible. We believe the biblical story to be our story. Speaking as if both stories are one is an art form I'm learning."

Chris has done a little songwriting and written some poetry as methods of processing difficulties. "Those pieces come out of times when life was a struggle," said Chris, remembering when his dad passed away in October 2007. He conducted the funeral as more of a poetic conversation. "It was a reflection on his life and on what life would be like going forward," Chris said. "Art really flowed out of that darker time."

Flow and theme are important to Chris and the ministry team at Christ Journey. "Lately, we're trying conversational preaching," smiled Chris. "Brett handles the Bible stories, and I handle experiential stories, and the conversation is a sermon." Part of the message is confession and is very important, and so the conversations and the confessionals are punctuated by songs created by the worship team. Although it might appear spontaneous to the congregation, the truth is Chris relies heavily on the team's planning. "Debra Osbourn crafts the flow of worship and makes sure the gatherings are going somewhere," Chris explained. All the song selection and instrumentation is accomplished in advance by Ryan Kimball. The musical currents underlying the worship are the djembe drum beats, provided by Bret, and the acoustic guitar, electronic keyboard and vocals offered by Chris.

Chris' talents were developed in and around the Irving, Keller, Fort Worth, Cleburne and Burleson areas under mentorship from his parents and friends. "My mom plays

piano, accordion, a little guitar and sings. She's a phenomenal musician. My dad is from Cuba, a musical culture. I was the kid in elementary school, the immature punk kid who found music lessons to be a drag," Chris said. "I wasn't dedicated. As I grew older, people would ask me to sing in church settings. I figured out, 'Maybe I can do this!'"

One of Chris' first jobs, after earning his bachelor's degree in psychology and biblical studies, was in youth ministry in Cleburne. "When I got there, Blake Bagley was two years out of high school and was my youth intern. I learned to play guitar from Blake, who had started a band in high school and invited me in," said Chris, who played keyboards, guitars and sang for the band called Working on Sunday. Playing at different Christian venues, including THE DOOR in Fort Worth, taught Chris how to conduct worship in front of large groups.

This month, Chris and his worship team will play on stage at Burleson's Relay for Life. "We'll play selections that have worked well in church," said Chris. In May, they will be playing in the daytime on a portable stage for Honey Fest.

"The fruit God is bringing about in the community is confirmation for me that I'm doing what God prepared me to do," Chris said. "Part of what I enjoy is seeing Bret, Debra and Ryan exercising their art form and gifts." He also takes pleasure in the knowledge that anyone in the congregation can be artists. "At Christ Journey, our house churches are our primary expressions of community," he continued. "The house churches are another venue for artistic expression, especially for others who might not play on Sunday, but who are artists nonetheless engaged in conversational preaching, hospitality or storytelling." **NOW**

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# Not a Road Hog

— By Jaime Ruark

The streets around town are beginning to bloom with the sights of spring and summer. Brown winter grass is turning green, flowers are blossoming, and it is almost impossible to drive through town without seeing an increasingly common sight — cyclists. Burluson has a burgeoning number of brightly colored helmets hunched over handle bars as people pedal the roads.

Cycling is a fun and healthy sport that is gaining in popularity. It is also a sport in which all ages can participate, as Jesse Garcia, a spry 61-year-old, can attest. Jesse is one of many cyclists who gather weekly to ride together. “We ride three times a week, on days with a T — so Tuesdays, Thursdays and Saturdays, at 9:00 in the morning,” Jesse said. “There are young guys and guys in their 80s whom I ride with, people who are beginners up to advanced. We have a few women who join us and, man, they are good! Girls are strong riders.”

Jesse has always participated in sports as a way to stay active and healthy, but did not begin cycling until six years ago. “I’ve known this guy, Hinz, since 1977. We played soccer together, and he invited me to ride with him. I told him no at first, because I thought it was for kids,” he admitted with a smile. “On Mother’s Day of ’03, I finally came out to ride with him, and it just took off for me from there. I now ride about 150-180 miles a week.”

Jesse caught the cycling fever and is now an advocate of the sport. His excitement grows as his group of cyclers grows. “I’m always inviting people to join us. On the weekends we now have about 10-15 people who ride with us from this area, and on the weekdays there are 3-6 of us,” he said. The group travels through Rio Vista, Grandview, Venus and all over Johnson County on rides that last up to five hours. This type of strenuous activity obviously requires some training. “You need at least six months of training to build up your endurance and the muscles in your legs, especially if you’ve never ridden; otherwise you could try it, but it’s gonna kill you!” he laughed, recalling those first rides with his friend Hinz, who is 74 years old and has been riding for years. “Yeah, I was having a hard time at first, keeping up with everyone. I was so sore and dehydrated, but I gradually got better and now it’s second nature,” he added.

Serious cyclists are equipped with all the necessary gear for long rides: safety helmets; special clothing that breathes, does not rub the skin and can be seen by drivers; shoes with cleats on the bottom that attach to the pedals; and water bottles, energy drinks and snacks. Jesse’s favorite colors for his riding attire are red, blue and black, and his bike is a 20-speed Kestrel. Despite the Texas terrain, he uses every gear on his rides. “It’s mostly flat where we ride, but there are a few hills,” he said. “We average about 15-16 miles-per-hour. We’ll go about half-way, about 30 miles out, and we’ll stop for a break, go to a store, drink a coke or Gatorade and eat a snack, rest a bit and then, we head back.”

Along with his cycling buddies, Jesse enjoys the milder Texas winters, because he rides year-round despite the weather, but this past winter did have some cold days that made riding difficult. “We rode this winter when it was 22 degrees with 30 mile-an-hour winds. We went to Venus, and on the way back, the guys were cold,” he recalled. “They stuffed newspapers in their clothes and shoes to try to stay



**“I now  
ride about  
150-180  
miles  
a week.”**

warm.” The guys made it, determined to let nothing deter them from their sport, although Jesse does remember a time when one of his rides came to a screeching and sudden halt. “This Great Dane came running out, and I couldn’t stop,” he said. “The dog broke my fall. I didn’t get hurt — didn’t even have a scratch, and the dog just got up and ran away.”

Jesse loves how he is reaping the rewards of cardio exercise, but there are many other benefits. “I’m definitely healthier,” he shared. “This also helps



with stress, and you get to make new friends. It’s also kind of ‘going green’ too, doing our part for the environment by not driving everywhere.”

This month, riders are beginning to gear up for the Honey Tour during Burleson’s Honey Fest in May. Routes vary, both in length and difficulty, ranging from 60 miles to an “easy” 10 miles. This will be Jesse’s first time to participate in the event, and he is excited to ride. “Anyone who wants to come out and join us is welcome,” he said. Adding a friendly admonition, Jesse noted, “Most of the people in cars driving by us are nice and put up with us, but some are impatient. Just tap your horn, and we’ll move over. We’re not road hogs!” **NOW**

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# No Stress Financing!

— By Melissa Collins

Always a numbers person by nature, Samie Campbell and her employees at Cendera Funding focus on making sure their clients do not feel like a number. “If someone is having trouble getting approval for a mortgage, it’s nice to know someone cares and is there to help them get back on their feet. We do not say ‘no’ — we work on a plan to help our clients purchase their home and work with them for as long as it takes,” Samie said. “I don’t care what someone’s social class, ethnicity or the loan amount is. We are all created in God’s image, and I want to make everyone feel that way.”

The personal mortgage consultants at Cendera Funding do what is right for their customers. “The advice I’m going to give somebody is based on 10 years’ experience as a tax accountant and four years as a loan officer,” said Samie, who

has owned this branch of Cendera Funding since last winter.

For instance, Cendera Funding will not recommend that everybody refinance, even in this climate of low interest rates. “The ultimate goal to me is to get to a place where you have no mortgage and are debt free,” Samie said. “In most cases, although with a few exceptions, I think it’s a very poor financial decision to refinance a home and cash out for equity.

“Honesty is a big thing with me,” said Samie, who graduated from Burleson High School in 1993. “This is my hometown. I’ve got to be able to sleep at night!” Samie operates her business with an emphasis on offering good financial guidance. Additionally, Cendera Funding provides top-notch customer service. “I want a happy customer, who would feel comfortable referring family and friends.

“My transactions are warm and fuzzy,” Samie explained. “I started out in real estate investing. I’ve been on both sides of the transaction, as a seller and a buyer of investment property. It’s very nerve wracking to be selling a home and think you’ll sell by this particular date, and then have the loan fall through. I happened into the mortgage business, after looking to see how I could create a better mortgage experience.”

Last fall, just as Samie moved her business into its new digs in the B&G Plaza in Old Town, she received an e-mail from a couple whose home loan closed just as Cendera Funding had promised. “We will always be grateful for your guidance, kindness, patience, love, professionalism, expertise and friendship,” said Jerry and Louise Willis. “We know we can

depend on you to always be there for us in the future, and we feel more secure because of that.”

Since the process of successfully funding a mortgage can be confusing to people who are more concerned with their bottom line, Cendera Funding specializes in conducting what Samie

**“The advice I’m going to give somebody is based on 10 years’ experience as a tax accountant and four years as a loan officer.”**

calls “The Perfect Loan Process.” In order that her customers experience a speedy, stress-free refinance or home mortgage funding, Samie’s staff educates their clients, sets realistic expectations, collects documents early and makes good on their promises while processing and underwriting all loans in-house.

“There’s not a person who works in this office that I haven’t approved of their personality and talents,” Samie said. “Our loan processor, Crystal, offers the full package: she’s got great phone and people skills, in addition to processing experience. Kandy, our loan coordinator and greeter, is excellent at customer service, and DeAnna is an experienced loan officer.” You can count on the folks at Cendera Funding to make you feel special when you ask them to handle your next mortgage or refinance.

Cendera Funding ([www.informed-mortgagefinancing.com](http://www.informed-mortgagefinancing.com)), located in the B&G Plaza at 308 E. Renfro, Suite 206, is open Monday-Friday, 9:00 a.m.-5:00 p.m., and allows for special appointments. Call them at (817) 447-4443. **NOW**

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# Loving the Little Ones

— By Melissa Collins

“It is nice having the small numbers,” said Mrs. Betty Jo Hutton, a former public school teacher, who now teaches children up to pre-K in the First Learning Place program at First Baptist Church of Burleson. Her classroom is 11 students strong, and her biggest challenge is balancing the different levels. “I’ve had to split up the kids in such a way so I can work with the kids who need to be challenged and work with those who need more one-on-one with me,” Betty Jo said.

Betty Jo and her fellow teachers are preparing their students for kindergarten. Even though she is a mother of two small boys, it is a test of her abilities to think as her students do. “Sometimes as an adult, we are too serious. We have to get in there and be messy, do the manipulative games that teach a concept at their level. We do not teach the [same] way they did when I grew up,” explained Betty Jo, “where we sat at a desk and wrote.

“We tend to think differently than a 4-year-old. They see things so differently. We think so concretely. When we are doing math, I’m thinking on second-grade levels, where you halve a pizza. With the pre-K students, we are not yet doing fractions. They understand abstractly wholes and halves, but we don’t sit down and do a worksheet about fractions. We’re doing simple addition with things you can hold on to. I get little number mats out, and we use little unicubes or teddy bears. I say, ‘Five teddy bears went to the park. One got hungry and left. How many are left?’ And they use their number mats to figure it out. Then we reinforce it in small group

time and in the afternoon.”

From an early age, experience has reinforced Betty Jo’s love for the young children. “I had a fifth-grade teacher, Mrs. Brown; she let me help with the kindergarten,” Betty Jo explained. “I was kind of a mentor who went to read to them. I loved it!”

Simultaneously, she learned the joys of helping her brother James, who had learning disabilities growing up. “He actually just got married! He’s worked at Wal-Mart for the past 8 years, and is independent and living on his own,” said James’ proud big sister, who received her teaching certificates in special education and elementary education, and did her student teaching in both. “I had an autistic classroom, and student-taught in a fifth-grade classroom,” Betty Jo said. “I was always the inclusion teacher: if they had students with learning disabilities or speech issues, they clustered them in one classroom, which was mine. I loved that!”

After teaching first and second grades for two years in Birdville ISD, where she became reading-recovery certified, Betty Jo taught first grade in Crowley for two years (also in inclusion classrooms). Despite her qualifications, she has never served a special needs child at First Baptist. Betty Jo does see students needing help with speech, sometimes.

Her part-time teaching job has allowed Betty Jo to be a stay-at-home mom as well as a pre-K teacher. “When my 3-year-old, Jackson, is in school, I’d like to go into full-time teaching in the school district. This time in my pre-K will

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have prepared me to teach lower grade levels — first and second. The little ones I love! They're like little sponges," said Betty Jo. "They want to know more and more, and still love learning."

For now, Betty Jo enjoys the environment at First Baptist. "We do not have all the pressures of full-time teaching. My work requires the same skills — teamwork with teachers and working with different levels of kids." Like full-time teachers, Betty Jo is constantly teaching herself new things. Recently, she went to a conference, which reinforced the differences between how boys and girls learn. Boys need more downtime to process what they've learned," said Betty Jo. "Girls tend to be auditory learners.

"All children learn best through repetition," said Betty Jo. "It makes it more concrete in their brains. Also, since they all have different learning styles (visual, auditory, kinesthetic, tactile), one child may not hear the first time what you're telling them. We use different songs, hands-on manipulatives, shared writing — different techniques, so they're learning it in different ways. I try to get them as much involved as I can, because they have to own it if they're going to learn it."

Betty Jo's students also have to "own" their classroom. "They each have their own jobs in the classroom. We have door holders, so they're learning their manners; we have a caboose, who makes sure all their friends are in line; line leaders; snack helpers and table cleaners. They're so cute! They enjoy doing it," said Betty Jo.

"One thing about our program that I love is that we get to teach these kids about God, and how much He loves them. We make them realize how special they are. We all have strengths and weaknesses," Betty Jo said, "and nobody's perfect. But we are each special. And then we show them how to love others. I love getting to help them learn that." **NOW**

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A ribbon cutting, top left, was held at Bodoiu, Agnew, Greene & Maxwell, P.C. The "Kroey's Kids Against Cancer" Relay for Life Team, top right, will walk to fight for a cure for cancer. Grahame Chambers, Judie Kroelinger, Phoebe Chambers, Robert Kroelinger and Cheryl Chambers, bottom left, posed for a photograph. The Burlleson Police Department's five-man Crisis Negotiation Team, second row right, took first place in the annual hostage negotiation training and competition held recently. A combined ribbon cutting, bottom right, was held for Big Apple Deli and Marble Slab Creamery.



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# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH JON STOLEE

Although Jon stays extremely busy running his dealership, Bad Boy Buggies, he does find some time to enjoy life. “I’ve been cooking the majority of my life, and it was jump started out of survival mode during my college years,” he recalled. “It then developed into a fun hobby, and through trial and error, I learned a lot about food preparation.”

Jon finds it rewarding to design and build projects on his ranch. He enjoys outdoor activities, which involve horses, dogs, fishing, hunting and shooting sports. “I also love to get kids involved in outdoor activities,” he said, “and see the smile on their faces as they catch their first fish, shoot their first pheasant or ride a horse for the first time.” **NOW**

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

### KUMLA — NORWEGIAN POTATO DUMPLING

8 cups raw potatoes, ground  
 1 tsp. baking powder  
 2 tsp. salt  
 1/8 tsp. baking soda  
 4 1/2 cups flour  
 3/4 stew pot of ham juice (A boned ham is usually preferred to get the ham juice.)  
 butter, salt and pepper, to taste

Mix first five ingredients together; make into balls approximately the size of baseballs. Put balls into hot ham juice and boil slowly for approximately one hour. Cut kumla balls and butter, salt and pepper to taste.

### KRINGLA — NORWEGIAN COOKIE

2 cups sugar  
 2 sticks margarine  
 2 eggs, unbeat

2 tsp. baking soda  
 2 cups buttermilk  
 2 tsp. vanilla  
 5 tsp. baking powder  
 1/2 tsp. salt  
 6 cups flour

Cream sugar and margarine; add eggs. Add soda to buttermilk; mix. Add egg mixture and vanilla; mix well. Sift together baking powder, salt and 2 cups flour. Add to mixture; mix well. Add remaining flour 1 cup at a time mixing after each addition until flour is mixed well. Cover and refrigerate overnight. Using a rounded spoonful, roll out like a cigar and then shape into a modified figure 8. Bake about 7 minutes at 425 F until lightly browned. Makes 5 to 6 dozen.

### TATOR TOT CASSEROLE

1 lb. ground venison, elk, buffalo or ground beef

1 small onion, diced  
 salt and pepper, to taste  
 1 12-oz. can cream of mushroom soup  
 1/2 12-oz. can milk  
 1 pkg. frozen tator tots  
 1 cup shredded cheese

Brown ground meat with onion, salt and pepper to individual taste. Combine cream of mushroom soup and milk; stir together. In a casserole dish start layering tator tots, ground meat, cheese and pour soup mix over the top. Bake in 350 F oven for 45 minutes until tator tots are done. Can also add more cheese and frozen peas to the layers if desired.

### PHEASANT/DOVE SALAD SANDWICHES

pheasant or dove  
 1-2 bay leaves  
 1 Tbsp. pickle relish  
 2 Tbsp. onion, diced

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# Who's Cooking **NOW**

1 celery stalk, diced  
 1-2 carrots, diced  
 salt and pepper or Cajun seasoning, to taste  
 mayonnaise, to taste

Boil desired amount of pheasant or dove in water with a few bay leaves until meat falls off the bone. Grind the meat. Add pickle relish, onion, celery, carrots, salt and pepper or Cajun seasoning to individual taste. Add desired amount of mayonnaise; mix all ingredients together. Can be served as cold sandwiches or hot sandwiches by wrapping in foil and putting in 350 F oven for 20 minutes. Cheese can also be added.

## CREAMY BLACK BEAN SALSA

1 15-oz. can black beans, rinsed and drained  
 1 1/2 cups frozen corn, thawed  
 1 cup sweet red pepper, finely chopped  
 3/4 cup green pepper, finely chopped  
 1/2 cup red onion, finely chopped  
 1 Tbsp. fresh parsley, minced  
 1/2 cup sour cream  
 1/4 cup mayonnaise  
 2 Tbsp. red wine vinegar  
 1 tsp. ground cumin  
 1 tsp. chili powder  
 1/2 tsp. salt  
 1/4 tsp. garlic powder  
 1/8 tsp. ground black pepper

In large bowl combine the beans, corn, peppers, onion and parsley. In separate bowl combine sour cream, mayonnaise, vinegar, and all seasonings; blend together. Pour seasoning mix over the bean mixture; gently blend together until all is coated. Refrigerate and serve. Generally used as a dip.

## NORWEGIAN MEATBALLS

1 lb. ground pork  
 1 lb. ground beef  
 1 cup onion, minced  
 1 1/2 cups breadcrumbs or crackers  
 1 1/2 cups milk  
 2 eggs, beaten  
 2 tsp. salt  
 1/4 tsp. pepper  
 1/4 tsp. nutmeg  
 1/4 tsp. allspice

Mix all ingredients together in large bowl. Make into walnut-sized balls. Brown the meatballs in fat. Place browned meatballs in baking dish; pour leftover drippings on meatballs. Add a little water; let steam. Bake 30 minutes in 350 F oven. Remove meatballs; make gravy from drippings. Return meatballs to gravy and serve.

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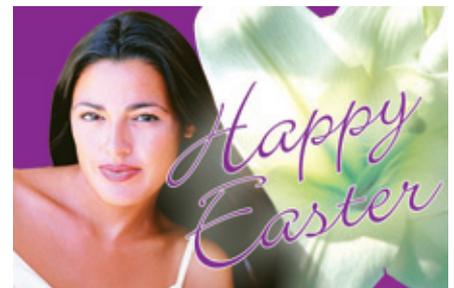


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# Embrace Life, No Matter What

— By Sharon Robinson

Have you ever heard, “If I had only had more time”? As people grow older, some may have regrets about all the things they did not do. Not taking an exotic trip or missing visits to family members might top the list. Your list might even include “not running a marathon.” One of the biggest regrets may be not telling a loved one how much you care.

One thing is for sure: The more you enjoy life and prepare for the unexpected, the fewer regrets you may have. While no one can possibly do everything on a lifetime to-do list, there are plenty of ways to show people you care. One way is to make sure your family has the financial means to continue living their current lifestyle if you are no longer around.

Life insurance is one way to do just that. A strong economic foundation includes adequate life insurance coverage; enough to cover a mortgage, college tuition or outstanding debts. There are many online sites that provide calculators to determine your life insurance needs. A qualified insurance professional can help you choose a policy to meet your needs and fit in your budget. Once a policy is in place, you can revisit it, especially during different life events, to make certain the coverage is still appropriate.

Knowing you have provided for your loved ones will give you peace of mind so you can enjoy doing the things you’ve always wanted to do. It may not mean training for a marathon — but, then again, it might. **NOW**

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



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MAKING SENSE OF INVESTING

# Irritable Bowel Syndrome

— By Betty Tryon, R.N.

*Oh no, it is starting up again,* you think despairingly as you clutch your abdomen and bend over in agony. If you are a sufferer of Irritable Bowel Syndrome (IBS), you know the drill. You are in for a lot of pain, diarrhea and that weak, wasted feeling when it is all over. The only thing that makes this bearable is knowing it will not last long.

Irritable Bowel Syndrome, for all of its distressing symptoms, is one of the more common gastrointestinal disorders. Some of the different names assigned to IBS are spastic colitis, spastic colon and irritable colon. While not a disease, it is a functional disorder with a collection of symptoms consistent to this condition. IBS is not a progressive disorder, does not cause cancer, inflammation or abnormal changes within the bowel tissue. No one knows what causes IBS. Since it is a functional disorder, portions of the intestines function improperly. Some physicians think this is because of faulty signals between the brain and the intestines. Because of the malfunction or miscommunication, the contractions in the intestines may speed up and trigger diarrhea or they may slow down causing constipation. Another cause of IBS could be hypersensitivity

in the bowels of people prone to this syndrome.

The more prevalent symptoms are abdominal cramping, bloating, gas, diarrhea and/or constipation. There can be mucus in the stool. The severity of the symptoms may differ on a daily basis. Diagnosis can be made from the troublesome symptoms and findings through a physical examination. The physician may run tests to rule out other problems. Since the cause is unknown, alleviating the distress from IBS remains the best treatment. Some relief can come from avoiding situations, which trigger this condition, such as managing your stress level, eliminating foods in your diet that may provoke symptoms, such as dairy products, caffeinated drinks and fatty foods. Being aware of how some medications affect you may also prove helpful. There is some evidence

women with IBS will experience an attack due to hormonal changes. Medication can be prescribed for the abdominal discomforts of constipation, diarrhea and pain.

If you experience any of these symptoms, it is important to visit your physician. There are many health problems which can occur with problematic intestinal symptoms. Presently, there is no cure for IBS, but if you take care of yourself and follow your doctor's guidelines, you can minimize the symptoms. **NOW**



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



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# April 2009 Community Calendar

## April 4

Burleson Farmers Market: 7:00 a.m.-2:00 p.m., parking lot of City Market in Old Town. Admission is free. Vendors and customers may call (817) 295-6121 for more information or e-mail [marys@burleson.org](mailto:marys@burleson.org).

Walk for Life, benefiting the Burleson Pregnancy Aid Center: 9:00 a.m. Event takes place in the neighborhood by Mound Elementary. To register, call (817) 295-4101 or visit [www.pregnancyaid.org](http://www.pregnancyaid.org).

Bunny Daze at the Burleson Community Center at Chisenhall Park: 11:00 a.m.-3:00 p.m. There will be on-stage performances starting at 11:00 a.m. Other activities include carnival games, face painting and more. The Easter Egg Hunt starts at 2:00 p.m. Bring your camera and your own chairs.

"An Evening in Paris ... Texas Style": 7:00-11:00 p.m., the Lodge in Burleson. Play high stakes Texas hold 'em at the gala fundraiser for the Burleson Chamber of Commerce. Tickets are \$75 each and must be purchased in advance at the Chamber. (817) 295-6121.

## April 6

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

## April 12

Happy Easter!

## April 13

Burleson ISD Severe Weather Makeup Day, due to severe weather closure on January 28, 2009. (817) 245-1000.

## April 14

"Surviving This Economy and Moving Toward Financial Freedom" free seminar: 6:00-7:00 p.m., Old Town at Cendera Funding, 308 E. Renfro, Suite 206. RSVP to (817) 447-4443, ext. 5.

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

## April 17-18

American Cancer Society Relay For Life: from April 17 at 6:00 p.m.-April 18, early morning at Kerr Middle School. Contact Ray Kramer at (817) 295-0444 or visit [www.relayforlife.org/burlesontx](http://www.relayforlife.org/burlesontx).

## April 17-19

Antique Alley. Find knickknacks, antiques and goodies from Texas vendors who set up their wares along FM 4 from Cleburne to Grandview and along FM 917 from Grandview to Maypearl.

Bluebonnet Trails Festival in Downtown Ennis. Friday: 11:00 a.m.-6:00 p.m. Saturday and Sunday: 9:00 a.m.-6:00 p.m.

## April 20

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

## April 25

Horse rescue: 9:00 a.m., Passion Horse Ranch in Joshua. \$5.00 per person for all day. Call Debra Naismith at (817) 372-0047 or visit [www.passionhorse.com](http://www.passionhorse.com).

## April 27

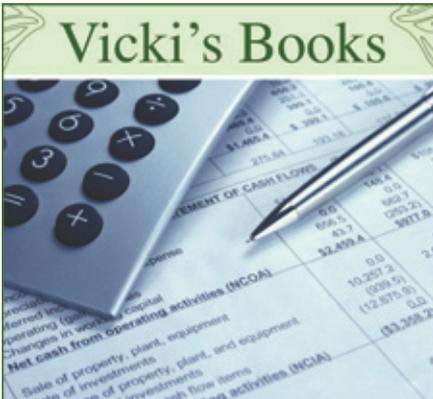
Town Hall Meeting #4, in support of "Imagine Burleson 2030," in which citizens are invited to give their opinions on community livability in Burleson: 6:30-9:00 p.m., Burleson High School cafeteria. (817) 447-5400.

## June 6

Mid-Way Regional Airport Annual Pancake Breakfast and Fly-In: 8:00-11:00 a.m. Breakfast tickets \$6, one child under 8 free with paid adult ticket. Event and parking are free. Classic planes and fighters, plane rides, remote-controlled model flyers, The Classic Swing Band. For more information, contact Tammy at (972) 923-0080.

For more community events, visit our online calendar at [www.nowmagazines.com](http://www.nowmagazines.com).

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