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ON THE COVER



Brandi Burgess remembers families of fallen heroes when she honors her brother.

Photo by SRC Photography.

CONTENTS

May 2015 • Volume 9, Issue 5



8 Gold Star Family

Five people who loved Bryan Burgess teach about the sacrifices U.S. soldiers make.

16 The Sweet Spot

Shannon Sullivan coaches and teaches in the midst of nature.

22 Blessed With the Best

At Home With Charlie and Marie Bennett.

34 Happiness is Serving

After moving in 2011, the Hernandezes quickly involved themselves in the community.

42 Summer Fun!

Whether inside or out, families are making precious memories together.



50 BusinessNOW

52 Around TownNOW

54 FinanceNOW

60 CookingNOW

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Editor's Note

Hello, Friends!

The first recorded references I can find to “a city on a hill,” beyond that found in the Gospel of Matthew, were made in the 17th century by Puritans about the British town of Colchester and John Winthrop’s settlement in Massachusetts. Now, our community is becoming known as a city on a hill, thanks to the highly successful annual festival produced by Crazy8 Ministries. Founder Lisa Schwarz encourages caring individuals, businesses and service organizations to promote transformation through collaboration.

These good neighbors will gather the following day around the woman in their family who has transformed their lives through her tender, loving care. On that day, I’ll be thinking not just of my mother and sister and our grandmothers and aunts and friends, but also of Mrs. Schwarz, a mother who sets an astounding example.

Happy Mother’s Day!

Melissa

Melissa Rawlins
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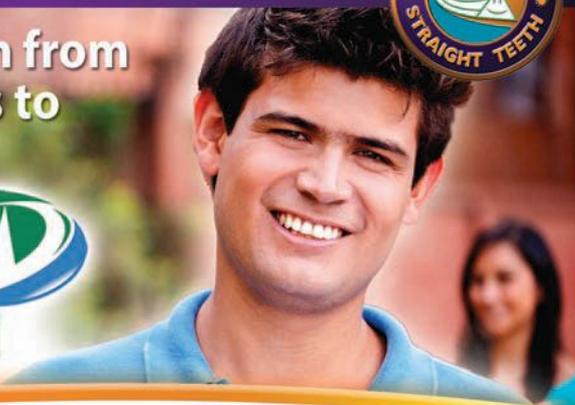
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Modeling the fact that the family that works together stays together are, left to right: Terry and Beth Burgess, Brandi Burgess and Linda and Randy Pearce.



GOLD STAR FAMILY

— By Melissa Rawlins

“I hope you’ll never feel the weight of this gold star,” Terry Burgess said, fingering his lapel pin with his left hand while, with his right, he shakes hands with a person just learning the story of his son. Staff Sergeant Bryan Burgess was born to Terry and his then-wife, Linda, on April 23, 33 years ago. He died on March 29, 2011, after eight years serving the U.S. Army.

Bryan lost his life during military duty in Afghanistan with the 101st Airborne, 2nd Battalion, 327th Infantry Regiment, 1st Brigade Combat Team. He died along with five other men, and all had families who survived them.

When the U.S. Army escorted those families to the memorial service in Kentucky, each family member was presented with a Gold Star pin. Bryan’s mother, Linda Pearce, wears hers on a moveable green ribbon, along with a 1st Brigade Combat Team pin, bearing an eagle, and a shamrock-shaped pin bearing the slogan No Slack, representing Bryan’s unit. Linda’s husband, Randy, pinned his Gold Star on his fishing hat. Terry’s wife, Beth, wears hers as a ring, as does Bryan’s sister, Brandi. They all find comfort knowing they’re not alone in their experience. “We did not know until we became a Gold Star family that there are 6,830 of us from Iraq and Afghanistan,” Beth said.

The drama of the final days of Bryan’s unit is part of a documentary called *The Hornet’s Nest*, produced by a videographer embedded with Bryan’s unit. Terry wrapped his FJ Cruiser with an image from the movie. Its flashy graphics invite questions all over town, giving Terry an opportunity to speak about his son. Each time the family conducts its quarterly highway cleanup of the two-mile stretch on FM 917, between Hwy. 174 and the Chisholm Parkway, the cruiser parked in front of Joshua’s Dollar Store catches a lot of attention.

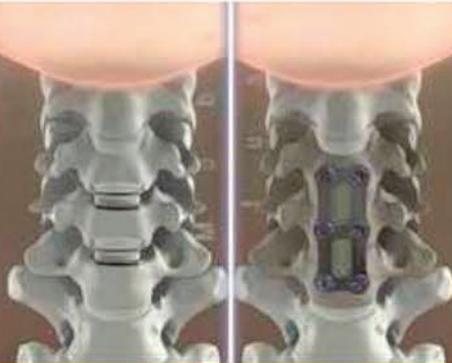
When the Burgess family adopted that portion of a Texas highway in honor of Bryan, their plan was simply to set up a table at the



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busiest intersection in Joshua and teach people about the sacrifices U.S. soldiers have made. They were not aware how beautifully their project would bind their family. Although Bryan's parents are divorced, they and their spouses and Bryan's sister, Brandi, celebrate his memory with a unity that is causing a strong ripple effect.

With the *Hornet's Nest* cruiser as base of operations, they each take turns leading volunteers in a daylong effort that would make Bryan proud. "Bryan would probably hunt them down if he saw somebody throw trash out their window," Terry said, with a grin. "A natural born leader with good morals, he was very conscientious, even serious."

Linda and Beth hand Starbucks coffee and H-E-B donuts to those who accept the duty of cleaning this section of highway. The 9:00 a.m. start time is





necessary since friends come from far away. One year, Beth recalled, one of the guys from Bryan's unit who was stationed in San Antonio drove up to remove trash with the family.

"People come and go throughout the day until 3:00 p.m., because it's two miles times two, and you wouldn't believe how much trash you find when you're actually walking down in the ditches," Brandi said. Wearing orange safety vests and carrying trash bags provided by the state for this official cleanup, not a ditch is left unexplored.

At the cruiser, Linda, Randy, Beth, Terry and Brandi take turns sharing their story and Bryan's with anyone who stops to ask. They tell about his purpose, his career, his family, his children, his squad and the day he was killed. His captain, Ty Reedy, told the family Bryan's death meant a great loss to his squad, because



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he was loved by the young men he led. “Doc Jacobs said Bryan was apologizing for dying, that he couldn’t be there for his men,” Beth recalled. “A bunch of the squad said they wouldn’t have stayed as long as they did were it not for him.”

The Burgess family is now a united front educating people that soldiers who survived are coming home in need of support. “And their families need support,” Brandi said. “You could be standing in line with us at the grocery store, and not even know we are Gold Star families or what we’ve gone through.”

The story of this unit and Operation Strong Eagle Three, in which Bryan and five other men in his unit were killed, is told in *The Hornet’s Nest*. The segment containing Bryan talking about his children, Makya and Zander, is at the end of the movie made by the father-son team, Mike and Carlos Boettcher. “Mike was embedded with Bryan’s unit for a year, and he was there when the nine-day battle occurred,” Randy said.

The Burgess family promotes the movie in one of many efforts to fill the gap Bryan can no longer stand in. Bryan once taught about the value of our military to the Burleson youth in the classroom of his mother, Linda, who is an award-winning paraprofessional in Hughes Middle School. “In every advisory class I cover, before we say the Pledge of Allegiance, I talk about respect,” Linda said. “Bryan joined us

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during his R&R, and while wearing his uniform, he talked to the kids and told them about Afghanistan. The children from that class are now juniors in high school, and they still email me!"

Brandi continues to visit Linda's class with Bryan's medals, hoping to instill in the children an understanding of the true meaning behind the pledge. "He volunteered for this last tour. He was doing something positive over there, bustin' his hump. Why not do our part and keep it going?" Brandi asked.

"Speaking of these things is a way to process the grief of this loss, to let the frustration out," said Randy, who married Linda when Bryan was 5. He also learned, in the aftermath of the Vietnam War, that people can get a negative impression of what the military does. "Bryan's unit was over there trying to better the world."

And so his family honors him, letting people know Bryan was a great man with a positive outlook on a negative situation. His death even gave the family a more positive outlook on their own situation and brought both sets of parents closer. When one of them is having a day overshadowed by grief and its resulting stress, they call each other.

Just when Brandi's feeling stuck, someone in her family or her Gold Star network will send an encouraging word, and she braves up in a way that would make her superhero smile. Whether she's making jewelry, encouraging another grieving adult sibling in her Gold Star network or picking up trash along FM 917, Brandi's experience has made her a passionate go-getter — just like her brother. **NOW**



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The Sweet Spot

— By Erin McEndree

No matter where you live, there are plenty of outdoor activities to choose from year-round. Shannon Sullivan grew up in California near Santa Cruz, where she enjoyed activities on the coastline and in the redwood forest. She participated in every outdoor sport available. From snow to water and dirt tracks to manicured grass, Shannon has done it all. She loves the outdoors so much, she made it her career. Now, a softball coach and outdoor education teacher, Coach Sully, as she is called, educates students about outdoor activities at Centennial High School and helps them discover new ways to explore and participate in nature.

While growing up, Shannon hiked, camped and backpacked in the mountains of Yosemite National Park. She loved exploring in the unadulterated wilderness areas boasting spectacular waterfalls, clear streams, massive granite cliffs and giant sequoia groves. She often caught rainbow trout while fly fishing in the rivers. "I'm an outdoors woman who loved racing BMX bikes and riding four-wheelers with my brother," Shannon said. "I also loved surfing in the ocean." Farther north, Shannon enjoyed snow skiing in Squaw Valley at Lake Tahoe.



"I want them to be good role models and show children it is important to be a student first, then an athlete."

During high school, Shannon participated in every sport. She had a well-rounded experience in many activities. "I got 14 letters on my varsity jacket," Shannon said. "I received a softball scholarship to Oklahoma State University." During the 1998 season, Shannon helped the softball team take 4th place in the NCAA Women's College World Series. "Playing the World Series, at the ASA Hall of Fame Stadium in Oklahoma City, was like the Fenway Park of softball," Shannon beamed. "Everyone wants to play there."

On a whim, in the summer of 2006, a friend encouraged Shannon to try out for the Great Britain National Softball team. "I was older than everyone else, and I had not played in six years, but I made the team," Shannon laughed. "That summer, we won the London Cup and were third in the Italian tournament. We also competed in the World Cup in Oklahoma City. It was neat to play in front of a U.S.A. crowd, and I knew many of the players I was playing against."

While in college, Shannon took an outdoor education class, which incorporated everything she had participated in growing up. The class inspired her to start a similar class when she began teaching. "I started an outdoor education class at Cedar Hill High School in 2006," Shannon said. "The curriculum comes from the Dallas Ecological Foundation." Shannon's goal is to educate youth to appreciate

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all outdoor activities. To help reach that goal, Shannon gives each student a survey at the beginning of the year that inquires about their interests.

Shannon went back to school and earned her master's degree in 2010 at Oklahoma State University in teaching, learning and leadership. She found the sweet spot in life by merging her love for softball and her love for the outdoors. She has been teaching girls' softball and outdoor education at Centennial High School since it opened in 2010.

The outdoor education class has many units including hunter safety, master angler and boater education, for which students can acquire certification once they have finished the class. Other units include survival skills, outdoor cooking, geocaching using a compass and maps, disc golf, fire arms safety and archery. "The first unit I teach is team building and leadership. I like the classes to work together. We dialog about rules and ethics," Shannon said. "It's neat to see my students come up with their own ideas." Shannon's philosophy is to allow her students to have ownership of their class and their team. "I resist the temptation to tell them the answers. I teach through inquiry," Shannon said. The outdoor program is important to Shannon, and



Centennial High School junior varsity softball coach Yvonne Hensley, head softball coach Shannon Sullivan and her varsity assistant softball coach, Natalie Barton.



she would love to see other schools include the program. "The class fills up fast," Shannon said. "When I started, I had two classes. Now I have four."

Shannon is aware her students learn in different ways, and she tries to teach in a variety of ways in the classroom and on the field. "I am constantly asking them *why*, so they can think and learn for themselves," Shannon said. "I also believe in books before ball." Shannon wants her students to do well in their classes and would rather they miss practice to get more time with their teachers, if they are struggling in school. Shannon's goal this year is to organize some community service for her players, where they read books to elementary students. "I want them to be good role models and show children it is important to be a student first, then an athlete," Shannon said.

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“There is a family atmosphere on the team,” Shannon explained. “They look out for each other in the classroom and on the field.” They come together to do community service projects in the spring, which include helping homeowners build, paint and clean up their homes. Two fundraisers are held each year. The softball players unite to conduct a kickball tournament that hosts 20-30 teams in the spring. They also have a dinner and silent auction in January to raise funds for the upcoming season. “I have a great group of parents,” Shannon said. “They are a great support to me and the team.”

Shannon has a good rapport with the team. She likes to joke around and have a good time, but when it comes to practice, she admits she can be direct and stern. Workouts consist of many hours of practice each day. “We focus on the quality of our practice not the quantity,” Shannon said. “Just going through the motions is unacceptable.” Many of the girls Shannon has coached have gone on to junior and four-year colleges and have received scholarships and awards. “I love to see what the players have done after they’ve competed at the high school level,” Shannon said.



Continuing to learn and network about coaching and teaching, Shannon collaborates with her colleagues and realizes she can gain knowledge from her peers. "I go to coaches conventions and learn different and new strategies and philosophies," Shannon said. She still keeps in touch with her high school softball coach, Jerry Garza, and he attends the Black and Blue Softball Tournament Shannon hosts every February. "It's easy to get frustrated, but he always reminds me what I'm here for," Shannon said. "I have a good support system."

Truly, Shannon is here to be the best coach and teacher she can be. She has been preparing to teach outdoor education her whole life, because it is what she did as a kid. Someday, she would like to use her knowledge of sports to become an athletic director. For now, Shannon is going to enjoy the two passions that come together in the great outdoors. **NOW**



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AT HOME WITH
**Charlie and
Marie Bennett**

On two-and-a-quarter acres, Charlie and Marie Bennett and son, Cayce, are blessed with the best of Texas. Their beautiful ranch-style home sits on a corner in one of Burleson's older, countrified neighborhoods. "We are truly fortunate," Marie smiled. "The house was custom-built in 1982 by an equine veterinarian. We bought it from him and have been here for 20 years."

Together, the 2,600-square-foot, brick home, large tree-shaded yard, two picturesque barns, wide-open pasture with round-pen, backyard pool and patio, plus a long wide driveway with ample covered parking are appealing, functional and well-maintained. As impressive as they are, though, the inside of this Texas postcard only gets better.

Charlie is a native Texan through and through. Years ago, while looking at photos of his grandparents, he was inspired to claim part of his frontier heritage. "I noticed in the 1800s how every man had a big moustache," he said. Since then, he's fostered his own distinctive and phenomenally long moustache. "Marie and I enjoy listening to music," he smiled. "When we're out, not a time goes by





that someone doesn't ask to take a picture."

Marie was born in New Jersey. She moved to Texas as a 4-year-old and, clearly, with the can-do spirit of a young lady who traveled west. In 1975, she was named Queen of the National Association of Riding Clubs and Sheriff's Posse. Four years ago, she started riding again, this time on her purebred Arabian. She has an associate degree in interior

design and is used to tackling tough home projects. For 34 years, Marie worked at Southwestern Bell/ATT, starting her career as a lineman and completing her career in



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construction, never once sitting behind a desk. She is now retired.

The Bennetts moved to Burlleson when Cayce was in the seventh grade. He has since graduated from Burlleson High School and, today, he and Charlie both work at Lockheed Martin. In addition to restoring a 1974 pickup truck and showing



his 2-year-old reining horse in the futurity, Cayce is an avid hunter. "I learned from my dad," he said. "We always have a freezer full of deer, pork, duck and doves." *Boone and Crockett* record books currently

credit Cayce with having successfully hunted a white tail deer large enough to make the record books.

Married for 38 years, Charlie and Marie share a love of home, family, animals, music and memories, and their home pays tribute to their deeply connected and fun-filled journey. Guests are serenaded

on the hour by the Elvis Presley clock and sounds of "You Ain't Nothin' But A Hound Dog." More often than not, they are also greeted by the wonderful aroma of Marie's banana-blueberry bread, snickerdoodles or chocolate sheet cake.

The Bennetts' three-bedroom, two-bath home is a reflection of much

more than their tastes and design talents. Each room is filled with amazing displays of memorabilia gifted by Marie's father or personally collected by Charlie and Marie. "Many of our collections came



from my dad and stepmother," Marie explained. "She collected Hummel figurines, and when she died in 2008, my dad bought a new pickup and made three trips from Florida to deliver china cabinets and at least 500 Hummels to us."

Their home opens to a small foyer. On the right is a beautifully decorated dining room in view of the large living room. Immediately inside the front door is a gorgeous antique display case filled with Hummel figurines. "For me, their biggest value is sentimental," Marie said. "I know what my dad and stepmom went through collecting them, so I'm proud to have them."

The dining room features a 1907 player

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piano, a mid-century stereo cabinet with working turntable, antique dining table and chairs and wonderfully colorful McCoy pottery. The living room is a backdrop to a collection of Charlie and Cayce's taxidermy from their hunting days.

"We started remodeling eight years ago," Charlie said. "Beginning with the kitchen, we ended up changing just about everything." What was once a 1-foot



sunken living room is now level, and all the wood trim, doors and windows have been replaced. Popcorn ceilings are gone, and the large bonus room at the back of the house has been renovated,



insulated and rearranged into functional space. "We also did away with the open bar in the living room and added another closet," he said.

The kitchen is now a baker's dream. "We gutted the whole room and completely changed the footprint," Marie smiled. The kitchen and breakfast room have been connected by a large wooden ceiling beam with two ceiling fans and a matching pendant light hanging from down rods. "The room feels much bigger and lighter," she smiled. Custom-milled

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red oak cabinetry, granite counters, stainless steel appliances and a big peninsula add substance and quality. "The pantry is my pride and joy," she grinned. "It used to be a storage room in the garage, and now, as part of the kitchen, it can hold baking goods like 25-pound bags of flour and sugar."

On one end of the kitchen is a bank of custom drawers holding hundreds of CDs. "We love music," Charlie explained. "Though, at some point, we'll use those drawers for something else since everything is digital now." On the other end of the kitchen is a breakfast nook bordered by a curved wall featuring seven narrow windows, each with a granite sill and an oak shelf at the very top. "The maple table with eight chairs was my grandmother's," Marie said.

Vintage cookie jars are cheerful additions throughout the kitchen. "I bought my first McCoy cookie jar at a garage sale for \$2," she explained. "I told my dad and, the next thing I knew, five packages arrived with 52 pieces of McCoy pottery." Marie's dad passed in 2013, and it's safe to say each piece of her McCoy pottery is also a piece of her heart.

The Bennetts have another very special collection. "We love Labrador Retrievers and currently have six," Marie smiled. Maggy, Tessa and Jack are seniors, Sasha is an 8-year-old rescue, and 3-year-olds Cabela and Gander are the teenagers. "They're all trained for field trials," she added. "Cabela and Gander love to retrieve the newspaper, and that's especially nice on rainy days."

"Marie has a great collection from her years with the phone company,"



Charlie said. "Then, there's the music box collection. Every Christmas, I would buy her a different music box until we finally agreed to stop." Matchbox babies to salt and pepper shakers to Mickey Mouse and music boxes, Charlie and Marie are quick to say their true value lies in connection. **NOW**



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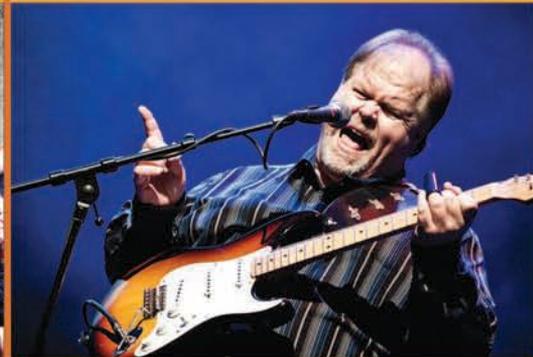
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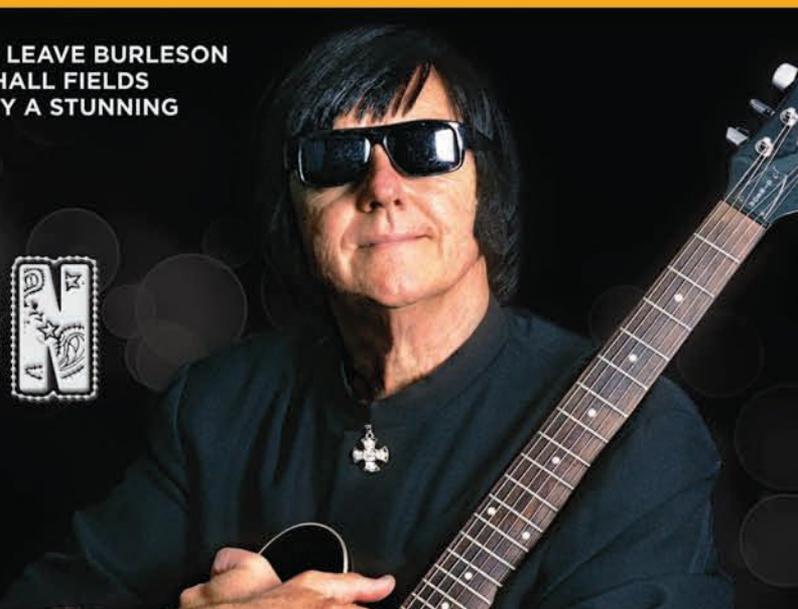
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Happiness is Serving

— By Lisa Bell





When Robert Hernandez met Joanne Richard in 1974, she already had five daughters and two sons, but all he saw was a kind, beautiful woman working with him at a nursing home in El Paso. He worked as an orderly, and she worked as a nurses' aide. He feared his Hispanic origin might be a problem with this Anglo woman. Interracial relationships weren't common then, and some people saw it as an issue. "What's that got to do with anything?" she asked, when Robert mentioned it.

Joanne grew up in a military family, constantly moving. She attended kindergarten in Linz, Austria. During elementary school years, her family lived in Taipei, Taiwan, where she not only attended school but also played with Chinese children outside of school hours. She went to high school in Anchorage, Alaska. Skin color, nationality or race didn't influence Joanne much. She looked at the internal person, instead.



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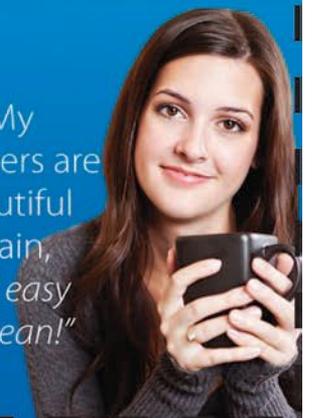
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When the couple started dating, a co-worker went to Joanne's mother, who worked at the same nursing home. "Joanne is going with Robert," the co-worker tattled.

"Isn't that wonderful?" her mother replied.

Although Robert's dad was a little less accepting, Joanne quickly won him over. "I think he loved her more than me," Robert said.

Robert loved Joanne. "She's No. 1," he said. But he also liked the children and wanted them. In spite of people saying he was foolish, he married Joanne on January 11, 1975. On July 2, 1976, with help from Legal Aid, he adopted all seven children. Although neither he nor Joanne ever instructed them to call Robert by anything other than his name, they chose to call him daddy or pop. "He's my hero," she said.

After marriage, Joanne worked to support the family so Robert could



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finish college. When he finished earning his degree and started teaching high school astronomy, he reciprocated. After earning her degree, Joanne taught pre-K and kindergarten.

At one point, both of them were unemployed. With seven children and a house payment, they struggled. "It was hard," Robert said.

"It was fun," Joanne said at the same time. "It's those hard times you work through together," she added. They managed to work through the hard times and celebrate good ones.

In January 2015, they celebrated their 40th wedding anniversary. Their secret for happiness in marriage includes compromise and good communication. In addition, the couple goes everywhere together. Even with young children at home, they always took time for each other, going on date nights every payday. "You don't forget your partner," Joanne said, adding with a chuckle: "We might forget our anniversary sometimes." In 2014, they talked about their anniversary the week before and then got busy. A couple of weeks later, they laughed, realizing they missed the date!

In January 2009, they moved from El Paso to Fort Worth, after Joanne experienced two mini-strokes. Robert felt like he needed help caring for her, so they moved in with one of their daughters. As Joanne's health improved, she longed for her own home again and the wonder of a smaller town. They chose Burleson and moved on August 10, 2011.

As teachers, the couple frequently volunteered for school-related events, but they also served with other organizations. "You support the community where you live," Joanne said. When they moved to Burleson, they began looking for places to volunteer and quickly found opportunities.

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Heritage means a lot to both Joanne and Robert. Being part of a military family, Joanne has lived on five continents and has been to all 50 states. In the process, she learned about different cultures. The moves continued during her first marriage.

“The family jokes that the seven kids include two Eskimo pies, a Georgia peach, a Hawaiian pineapple and three El Paso cactuses,” Robert said, indicating the many birth places among them. “It isn’t to insult anyone. It is our way of saying that being tolerant and having a sense of humor is important to us.” They now have grandchildren with Irish-English, Hispanic, Jewish, Palestinian, Japanese-Hawaiian and Chamorro (from Guam) ancestry. Most of their family lives in Texas, and when everyone comes together, they celebrate love and acceptance of their diverse cultures.

In the fall of 2011, they visited the Burleson Heritage Foundation. At the time, they had only one trolley. Fascinated by the history, the couple decided to volunteer at the Visitor Center and Museum every Friday and Saturday afternoon. They enjoy telling people about the old pharmacist who sold tickets for the trolley rides, dispensed prescriptions and sold ice cream all in the historic building. They explain about the brick walls, which were used to prevent the loss of an entire town by fire. They talk about a printing press, displayed as a memory of the building’s use as the newspaper office. Their eyes dance as they share knowledge.

Robert and Joanne both love learning. He holds five degrees and has 90 hours toward a doctorate, lacking only a dissertation. “Happiness is serving others,” Joanne said. They find it easy to get involved, no matter where they

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live. She suggested starting with the YMCA and connecting to local chapters of organizations such as Lions Club or Kiwanis.

In addition to volunteering at the Burleson Heritage Foundation, Robert also is a member of the board and currently serves as vice president of the foundation. Joanne is a member of the Hoot N'Hollern chapter of Red Hats. She owns over 100 hats — 20 of them red. Robert is also a member of the Burleson Kiwanis Club. He represents them with Meals on Wheels every second Friday of the month. Joanne often joins him in delivering meals and attends meetings as a supportive nonmember of Kiwanis.

In addition, they serve faithfully at The Church of Jesus Christ of Latter Day Saints. In their third year as church librarians, they also prepare lessons to help teachers and serve as visiting teachers when needed. Every Wednesday evening and Sunday, they check audio-visual equipment and, in general, spend time staying active and engaged with others.

After living in so many different places, Joanne loves little towns the most. "They're the greatest," she said. Some people ask about her favorite place to live. "Wherever I am, that is the best place [to live], because it is home," she said.

The couple volunteers because in volunteering, they serve others, and serving others makes them happy. "You make your good times," Joanne said. She and Robert are definitely making good times in Burleson, and they plan to continue serving here for many years to come. **NOW**

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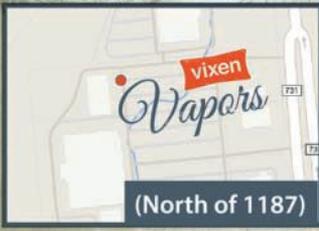
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Summer Fun!

— By Amber D. Browne

Summer is just around the corner! Parents will be searching for activities to keep their children busy, other than playing the newest video game or watching their favorite television shows. Choices for summer camps are abundant in the local area. Full-day or overnight Camp Fire programs can be reserved, and many school districts sponsor sports and cheerleading camps. Museum, library, cooking and art, and other day or weeklong camps for kids are offered through various nonprofits, community centers or business-related groups.

If you are looking for some fun in the sun for the entire family, a variety of activities are available locally. You can visit state and local parks, historic sites and zoos for hours of fun. Water parks, lakes and community pools provide for many fun-filled afternoons.

Nature Activities

With all the hustle and bustle of today's world, technological distractions and busy schedules of adults and children, sometimes we forget to enjoy the outdoors. This summer, why not make time to get back to nature? Multiple state parks are within driving distance





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and offer a variety of activities to enjoy. From hiking trails and bird watching adventures to star gazing and overnight camping, families can soak up what Mother Nature has to offer. You can visit www.tpwd.texas.gov for state park locations and a calendar of events.

If you want to stay close to home, city parks provide a great place to picnic and enjoy the outdoors. Many include playgrounds for children to exert that extra energy. Your own backyard can provide an afternoon of fun. Why not have the children search for rocks and then paint them for family members and friends? Parents can put together a



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simple scavenger hunt for the children. Draw a map that includes the number of steps to a landmark in the yard where the kids will find a hidden clue. The final clue should identify the location of a hidden treat or picnic basket of goodies for lunch.

Nature Safety Tips

If you and your children plan to spend time outdoors either at overnight camps or hiking the nature trails, please keep in mind the following safety tips. Keep an eye out for poison oak and poison ivy. Both of these plants can cause an itchy rash that will stick around for up to three weeks. Calamine lotion can help relieve the itchiness. Remind children not to eat wild berries they may come across on the trails. If you're out in the sun, don't forget to slather on the sunscreen!



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The State of Texas is full of beautiful waterways that provide ample opportunities for some fun in the sun. Families can enjoy canoeing or tubing down winding rivers and boating in refreshing lakes. Fishing is also a favorite pastime for many. According to the Texas Parks and Wildlife Department website, residents who fish in the state's public waters are required to have a fishing license. However, there are several exceptions to this rule. No fishing license is required if the resident is under 17 years of age.



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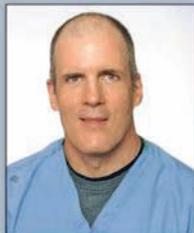


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Taking a dip in a community or backyard swimming pool is always a good choice for some fun in the sun. With swirly slides, wave pools and more, water parks bring out the kid in all of us. Swimming lessons are available at the YMCA, at some city pools or even at a community member's private pool.

Boat enthusiasts are out enjoying the warmer temperatures. Local lakes offer open water to ski, wake board, tube or just relax on the boat deck. Many lake businesses offer rentals for jet skis and other personal watercrafts. Read all instructions before getting onboard watercraft and keep safety in mind.

Water Safety Tips

The week of May 16-22 is designated as National Safe Boating Week. When boating, life jackets are a must. According to the TPWD, children under 13 years old must wear a U.S. Coast Guard-approved personal flotation device in a boat under 26-feet in length. Every occupant on a personal watercraft is required to wear a life jacket.

Sunscreen is also a necessity when out on the water. The American Academy of Dermatology suggests applying sunscreen with an SPF of 30 or higher to all bare skin at least 15 minutes before heading outdoors. The sunscreen should be reapplied every two hours.



More Family Fun

Warmer weather entices people to get outdoors and soak up the rays. For those rainy days or if you prefer a few hours of indoor entertainment, the local area has plenty of places to share the day together. Children can learn while having fun at the Dallas World Aquarium, Dallas Zoo,



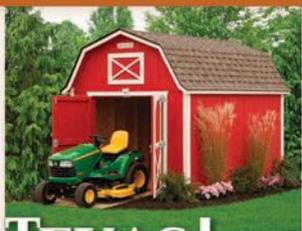
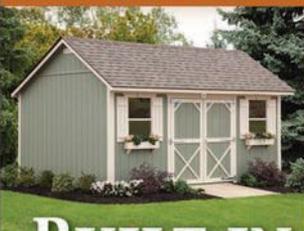
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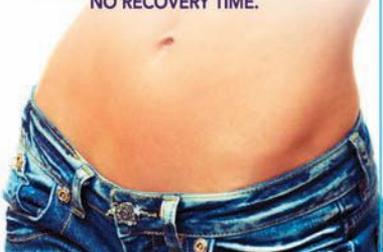
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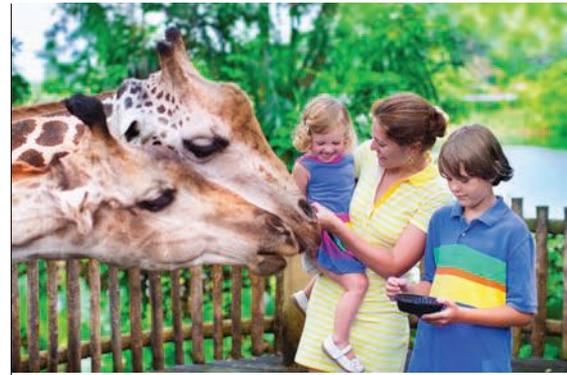
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Dallas Arboretum and Botanical Gardens and Perot Museum of Nature and Science. Fort Worth is home to numerous museums, the Fort Worth Zoo and the Fort Worth Botanic Gardens. Families can learn about wildlife at the Heard Natural Science Museum and Wildlife Sanctuary in McKinney, hand over a few treats to exotic animals at Fossil Rim Wildlife Center or spend the afternoon checking out prehistoric creatures at Dinosaur World in Glen Rose.



Do you want to check out the latest blockbuster? Many movie theaters now serve a variety of food and drink items on their menus. Drive-in movie theaters are an option for a night out under the stars. Most theaters offer convenient online ticket reservations. Or if live entertainment is more to your liking, you might consider attending a performance at Winspear Opera House in Dallas or the Bass Performance Hall in Fort Worth.

With nearly three months of summer ahead of us, parents and children can take advantage of many of the options available to them. Whatever you and your family choose to do this summer, keep safety in mind and don't forget to have fun! **NOW**

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Dave Garrett and Kyle Sheeler, experienced riders and mechanics, stand ready to support your cycling adventures.



Pumped to Ride

Spokes Bicycles & Service takes care of local riders and their bikes. — By Melissa Ramlins

Spokes Bicycles & Service is Burleson's hub for locals who love cycling. In 2014, owner Dave Garrett moved his store from its original location near Target to a storefront in Old Town overlooking City Hall. Spokes is accessible to cyclists who ride from as far away as Fort Worth and locals as close as the east side of I-35 and south of Renfro. It's easy for customers to ride to the store for service, cycling accessories or simply shopping.

High-quality modern brands, like Giant, SCOTT, Felt, Haro and Redline, are always on display. "We also provide full service on your old classics. We'll do anything from vintage restorations to full-blown \$12,000 custom bike builds," Dave said. The store's mechanic, Kyle Sheeler, performs every kind of maintenance. "Kyle is detail-oriented, efficient, knowledgeable and easy to

talk to. He's been here over a year and has probably done several hundred tune-ups."

Our full-spectrum cycling community finds great support from Kyle and Dave. Everyone comes here — from moms and dads needing their bikes fixed to the pro cyclist needing a full tune-up. Spokes also offers necessities, everything from cables and tires to accessories like jerseys, shorts, gloves, socks, shoes, helmets, eyewear, arm warmers and toe covers. Spokes stocks many family-oriented bikes, such as cruisers and hybrids, so kids can ride bikes with their parents.

One service Spokes provides is fitting people to their bicycle. "A lot of people don't know that's required to be efficient," said Dave, who leads the beginner group on Spokes' Tuesday

night ride. The bulletin board at Spokes provides details on multiple weekly rides leaving from Spokes or City Market, plus the Thursday ride at Lost Oak Winery's off-road trails. Dave has seen riders he leads progress from exhaustion after 5 miles to elation after 20 miles.

"I love it when they are excited about it and loving it every day, getting in shape the fun way," Dave said. "After cruising around, they come back with the biggest grin on their face!" He gets a special thrill when they've been riding the bike regularly and report to him great improvements in health, such as freedom from blood pressure medication.

The slightly vintage feel encourages you to feel like a kid again.

As part of Dave's effort to help people return to a healthy life, Spokes sponsors this month's Honey Tour, which draws as many as 1,800 riders of all ages and levels of proficiency to ride between 7 to 62 miles. Spokes will provide rider support through a full-service rest stop with water, food, toiletries and bathrooms while mechanics, carrying air pumps, tubes and tires, drive the route to help riders in emergencies. "A bonus is that out-of-town riders bring their friends and family down to see our pretty town, which is pretty darn cool," Dave said.

Spokes is working with the Burleson Area Recreational Cyclists to build mountain bike trails and create a more rider-friendly Burleson. Dave supports Burleson's participation in the Shared Road Program. "Behind us, we have the 2-mile bike path that goes from Nola Dunn to Bransom Elementary," Dave said, "and we have another 14 miles of trail and paths in the works, to be installed over the next 5-10 years."

Come learn about Burleson's biking future in Spokes' laid-back bike shop. The slightly vintage feel encourages you to feel like a kid again. And if there's any service you need right away, Dave and Kyle will make sure to help you. **NOW**



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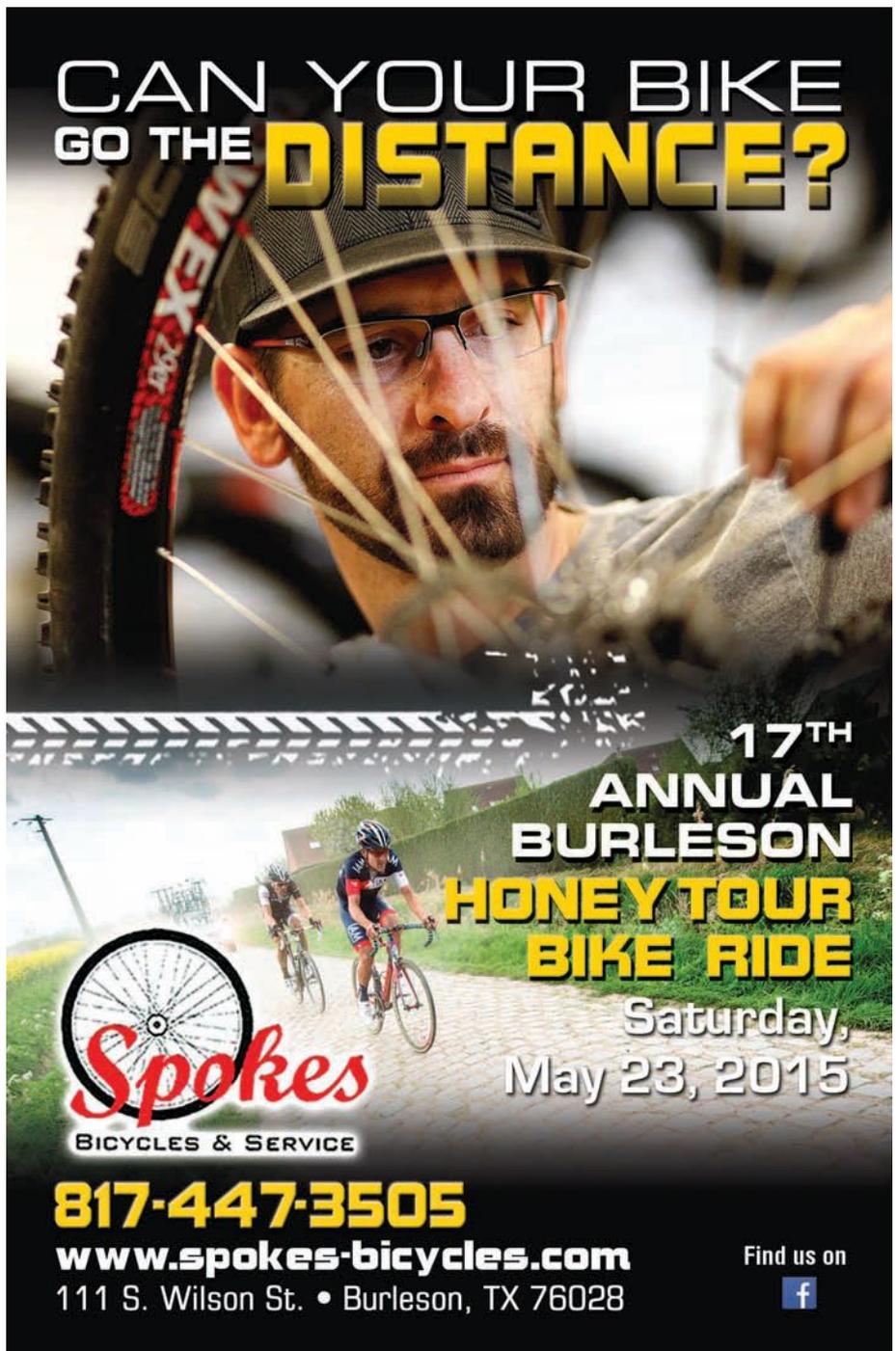
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Crowley Assistant Chief Kit Long and M.J. Properties' Misty Allred celebrate spring at the Crowley Area Chamber of Commerce luncheon.



Connie Rauch finds that Albertson's grocer Elizabeth Harris understands all about vegetable-derived latex found in some foods.



Claire Boedeker loves on her city chicken.



Kathe Reis, Brooke Lowther and Kattie Kirkland enjoy Lost Oak's wine with their delectable Chez Flo dinner.



Caryl Woolard, longtime cyclist, rides the route on the upcoming Honey Tour.



Several attend a painting party at the Crowley Rec Center.



Salon owners, Sara Dicke and Natalie McKenzie, bless a local, Alexy Rooks, with a new bike from Spokes.



Staci Levi, right, enjoys lunch at Fuzzy's with Carol Edinbyrd.



Becky Montgomery, along with Mike Singletary, Chicago Bear No. 50 Hall of Fame 1998, and Chuck Bailey, celebrate The Cabinetry's expansion.



Two teams from Burleson Police Explorer Post No. 4911 bring home seven awards from the McKinney ISD Invitation Explorer Competition.



WestStar Mortgage manager, Betsy Feroli, and marketing director, Kim Malone, admire a blooming thank you gift from a customer.

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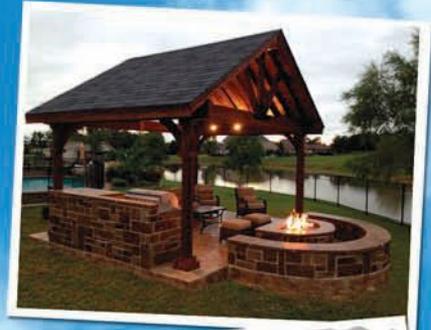
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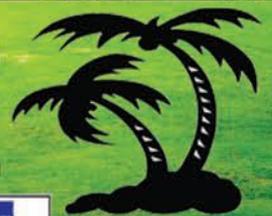


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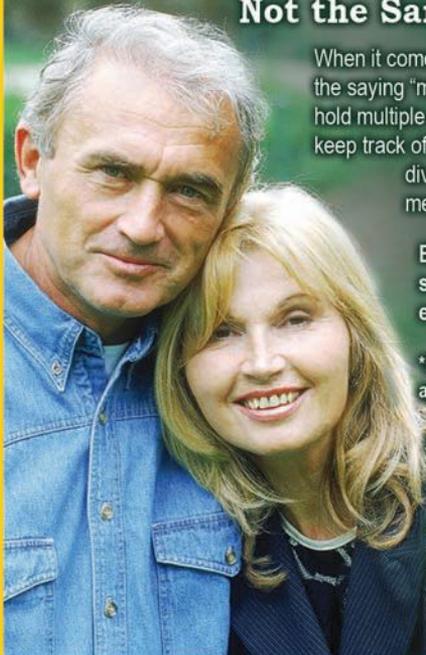
Control Your Emotions in Volatile Markets

For the past few years, the stock market has moved up fairly steadily, with no major “corrections.” But thus far in 2015, we’ve already seen periods of volatility — enough, in fact, to make some investors jittery. Nervous investors may be more prone to make decisions based on short-term market movements. So how can you stay calm?

First of all, when evaluating your investment decisions, stay focused on those factors that have historically driven stock prices. The U.S. economy is growing at a reasonably good pace, and corporate earnings remain fairly strong. Plus, stocks may not be as undervalued as they were a few years ago — as measured by the price-to-earnings ratio (P/E) — but they still aren’t overly expensive, either. Things can change, of course, but when market volatility seems to be primarily caused by short-term events, such as plunging oil prices, it’s important to look



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When it comes to the number of retirement accounts you have, the saying “more is better” is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you’re properly diversified.* At the very least, multiple accounts usually mean multiple fees.

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beyond the headlines to these less glamorous, but probably more important, fundamentals of good investing. By doing so, you can help avoid making fear-driven investment choices.

What else can you do to help ensure that you don't let feelings of anxiety influence your investment moves? For one thing, evaluate your investment mix. If you own too many stocks and stock-based vehicles, you could take a big hit if stock prices fall sharply during periods of volatility. Historically, however, bond prices have typically increased when stock prices fell — although, of course, there are no guarantees. So, if your portfolio consists of stocks and bonds, you are better positioned to weather the harshest effects of market turbulence.

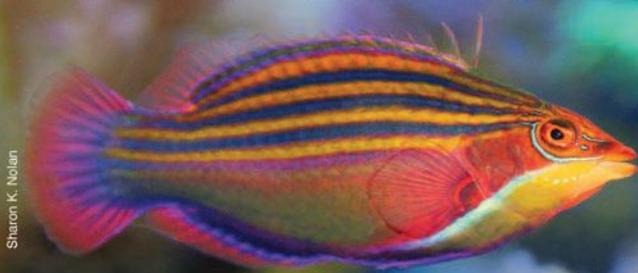
To further prepare yourself for downturns, you may also want to diversify your fixed-income holdings to include investments such as U.S. Treasury bills, certificates of deposit (CDs) and municipal bonds. The percentages of each type of investment within your portfolio should be based on your goals, risk tolerance and time horizon.

Finally, you can help yourself maintain an even-keeled approach to investing by always looking for *quality*. Typically, higher-quality investments fare better during market declines and recover more quickly when the markets rebound. How can you judge whether a particular investment is of good quality? A long-term track record is useful to study. It's certainly true that, as you have no doubt heard, "past performance is no guarantee of future results," but it's nonetheless valuable to know how a particular stock, for example, has performed in various economic environments. If it seems to have done well relative to others in its industry and over long periods of time, that may give you a good idea of its quality.

It's never easy to take all the emotions out of investing, especially during periods of market volatility. After all, you count on your investments to help provide you with the type of future you've envisioned. But by focusing on the fundamentals, putting together an appropriate investment mix and constantly looking for quality, you can help "de-stress" yourself — and, as the American poet, novelist and historian J.G. Holland once said, "Calmness is the cradle of power." **NOW**

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

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Hope for Clearer Skin

— By Betty Tryon, BSN

Some things cannot be changed, but acne doesn't have to be one of them. Getting rid of it may be a challenge, but it is possible. Acne is a skin condition that is very common in the U.S. and usually occurs during adolescence. When the sebaceous glands (oil glands) over-excrete sebum (oil), the pores can become clogged with sebum and dead skin cells. When bacteria get in and find a favorable place to multiply, you have the beginning of acne.

Acne can become quite severe and leave the face scarred. The best option is to begin to treat it early and lessen the chance of any lasting physical damage. It can appear on face, neck, shoulders, chest and back. Acne is not just pimples but can be a combination of blackheads, whiteheads, papules, pustules, painful clogged pores beneath the skin called nodules or cysts, which are pus-filled lumps larger than pimples.

Zealous efforts to get rid of acne can actually make it worse. Scrubbing can aggravate the condition by irritating the skin. If washed too frequently, the skin can dry out and trigger the glands to make even more oil, which could lead to increased acne. If you use a washcloth to clean your skin, use a clean one every day to avoid a buildup of dirt and bacteria being rubbed back onto your skin. Scrubbing pads, sugar scrubs or

cleansing products that promote exfoliation should only be used once or twice a week. Clean skin gently with mild soap or cleanser and water.

Pay attention to things that touch your face, such as hair or your cell phone. Try to keep hair as clean as possible, particularly if you have oily hair. Clean your cell phone according to the manufacturer's instructions. Keep your hands away from your face. Avoid popping, pinching or manipulating pimples. Be aware that hormones, such as changes seen in adolescents or during pregnancy, can trigger an outbreak of acne or exacerbate an existing one.

Mild cases of acne usually can be treated with over-the-counter products that contain the ingredients benzoyl peroxide or salicylic acid. If the acne is severe, then it's time for a dermatologist. There are many treatments available that offer hope of clearer skin, such as stronger medications, chemical peels, laser treatment and extraction of troublesome cysts. It is important to note acne will not clear up overnight. Consistent attention to detail will quite possibly win the day. **NOW**

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

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64th National Day of Prayer: **Friday**, 6:30 p.m., Venue 510; **Saturday**, Breakfast, 6:00 a.m., First Baptist Church, 317 Ellison St.; Prayer Station, 10:00 a.m.-4:00 p.m., near City Hall; Lunch, 11:30 a.m., Pathway Church (Formerly St. Matthews). Contact Frank or Patti Pace, (817) 975-8916.

May 9

Kiwanis Annual Pancake Day: 8:00 a.m.-1:00 p.m., Russell Farm Art Center, 405 W CR 714. \$6; 8 and under free. Funds raised sponsor Kiwanis' community projects. (817) 614-7627.

City on a Hill: **March for Character**,

9:30 a.m.; **Festival**, 10:00 a.m.-3:00 p.m., BISD Stadium, 100 Elk Dr. During this day of free fun, learn about opportunities to work together as the body of Christ in transforming our community. Crazy8 Ministries, (817) 447-0088.

May 15

Links fore Literacy: 11:00 a.m., Hidden Creek Golf Course. Hosted by The Friends of the Burleson Public Library. Register online at www.txgta.com. Get more information from the hosts at library@txgtn.com.

May 18

JACC Golf Tournament: **lunch**, 11:30 a.m.; **shotgun start**, 1:00 p.m., Hidden Creek Golf Course. \$100 per player or \$400 per team. Bobbie Rumsey, (817) 556-2480, or www.tournamentnetwork.com.

May 21

Breast Cancer Care Support Group: 6:00-7:00 p.m., Pathway Church, 250 NW Tarrant Ave., Suite L. Call Nedra Lamar, (817) 915-5529.

May 23

Honey Tour: 8:00 a.m.-2:00 p.m., Centennial High School, 201 S Hurst Rd. Register for bicycle ride at www.honeytour.athlete360.com.

Veteran's Memorial Dedication: 10:00 a.m., Crowley Veterans Plaza, 405 Oak St., near the Library and Fire Station No. 2 in Crowley. Memorialize those fallen in foreign wars. Contact Johnny Shotwell, (817) 675-6466.

Splash Day: 10:00 a.m.-6:00 p.m., Joshua Community YMCA, 1009 Joshua Station Blvd. Enjoy the YMCA's new water park. Call (817) 645-9622.

Fiddles on Wheels: **car show**, Noon-5:00 p.m.; **concert**, 7:30-9:00 p.m., Russell Farm Art Center, 405 W CR 714. This fundraiser joins classic cars and western swing music. www.facebook.com/events/788305267933022/.

May 27

JACC Quarterly Luncheon: 11:00 a.m.-1:00 p.m., YMCA Community Room, 1009 Joshua Station Blvd. \$15 members. RSVP to (817) 556-2480.

May 29

Power of Heels Luncheon: 11:30 a.m.-1:00 p.m. Location to be announced. Register at www.burlesonchamber.com.

May 29 — June 26

Hot Sounds of Summer: **Friday**, 7:30-9:00 p.m., Old Town Burleson, 124 W. Ellison St. Reagan James kicks off the City of Burleson's gift to the community. Bring lawn chairs and relax awhile. Contact (817) 426-9104.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.



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In the Kitchen With Rene Martinez Bowers

— *By Melissa Rawlins*

When making desserts, Rene Martinez Bowers hopes for comments like: “That’s fabulous and tastes awesome! Can I have your recipe?” Her favorite cook is Paula Deen, who encourages her to revel in down-to-earth, home cooking and enjoy people, faces and comments on the meals she prepares. Rene started cooking at the age of 17, helping her mother prepare for Thanksgiving. They sat at the table, chopping and cutting celery, onion and eggs for cornbread dressing plus making ambrosia for two sisters, one younger brother, their dad, family and friends. After receiving compliment after compliment, Rene realized she is a good cook. When her mother passed away, Rene chose to cook regularly for her dad and stepmother. Frequently, family shows up for her simple, yummy comfort foods. **NOW**

Chicken Tacos

- 5 cups water (divided use)**
- 4 leg and thigh chicken pieces**
- 1/3 cup plus 2 Tbsp. oil (divided use)**
- 1 onion, chopped**
- 1 Tbsp. garlic, minced**
- 1 8-oz. can petite diced tomatoes**
- 1 tsp. salt, or to taste**
- 1 tsp. pepper, or to taste**
- 12 corn tortillas**
- 1 head lettuce, shredded**
- 2 large tomatoes, chopped**
- 2 cups cheese, shredded**
- 1 10-oz. jar green chili salsa or picante sauce**

- 1.** Bring 4 cups water to a boil in a large pot. Boil chicken pieces until done, about 30 minutes.
- 2.** Drain water and cool chicken about 30 minutes, until easy to handle. Debone chicken, cut into small pieces and set aside.
- 3.** In a large, deep frying pan, heat 1/3 cup

oil on medium-high heat. Sauté onion with garlic for about one minute. Add petite diced tomatoes.

- 4.** Add chicken to tomato mixture, stir and add remaining water until chicken is barely covered. Cook until water evaporates. Add salt and pepper, to taste. Set aside.
- 5.** Turn fresh tortillas in 2 Tbsp. hot oil until pliable.
- 6.** Fill tortillas with chicken mixture, and then top with lettuce, tomatoes and cheese. Serve with salsa and picante sauce.

Easy Chocolate Brownies

- 1 1/2 sticks salted butter**
- 1 cup brown sugar**
- 3/4 cup white sugar**
- 3 eggs**
- 1 egg yolk**
- 2 tsp. vanilla**
- 1 cup cocoa powder**
- 1/3 cup all-purpose flour**
- 1/2 cup chocolate chips**

- 1.** Preheat oven to 350 F Grease an 8x8-inch baking dish.
- 2.** Melt butter over medium heat in a 2-qt. pan. Remove from heat and whisk in sugars, mixing until smooth and creamy. Add eggs and yolk, one at a time, mixing after each one. Stir in vanilla.
- 3.** Add cocoa and flour. Stir until well-combined. Stir in chocolate chips.
- 4.** Pour into pan and bake for 40-45 minutes. When toothpick comes out clean, brownies are ready to cool and serve.

Roasted Brisket

- 1 brisket, size of your choice**
- 8 cloves garlic**
- 1 cup Worcestershire sauce**
- 1 cup garlic powder**
- 1 tsp. salt, or to taste**
- 1 tsp. pepper, or to taste**
- 2 stalks celery**
- 1 large yellow onion**
- 12 large carrots**
- 6 potatoes**
- 1 cup water**

- 1.** Preheat oven to 300 F
- 2.** Wash brisket and place into a roasting pan. Cut 8 small holes randomly into brisket and place a garlic clove in each. Pour Worcestershire sauce over brisket. Liberally sprinkle garlic powder, salt and pepper over entire brisket.
- 3.** Cut up celery, onion, carrots and potatoes and place around brisket. Add water. Cover with aluminum foil and place into oven.
- 4.** Cook about 6 hours, until meat is falling apart.

Apple Butter Rollup

- 8 flour tortillas**
- 1 stick butter**
- 1 jar apple butter**

- 1.** Warm up tortillas. Spread 1 Tbsp. butter on one side of each tortilla.
- 2.** Spread 2 Tbsp. apple butter on top of each buttered tortilla.
- 3.** Roll each and place on plate for serving as snacks.

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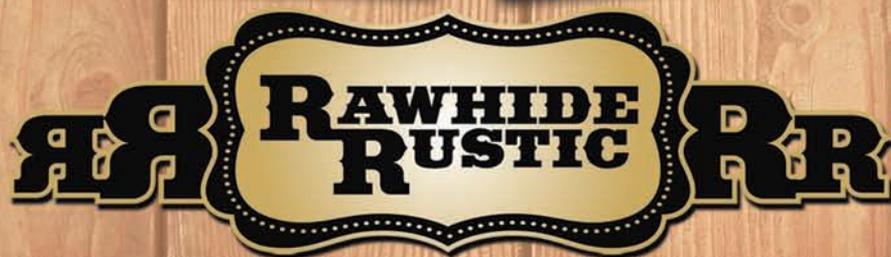


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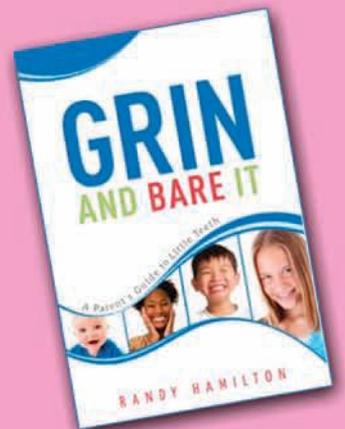
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