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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscription and editorial correspondence should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates and other information, call (817) 477-0990 or e-mail us at: rhensley@nowmagazines.com.



Burleson

NOW

Editor's Note

Howdy, Burleson!

June is a great time to celebrate productivity, which we do with a magazine chock-full of stories about people who work and play hard. Donna Hollowell may get a break from teaching science this month, but not from keeping Burleson beautiful. We wish double birthday greetings to the Dormans, Karla and Karen, two prolific sisters who laughingly confess, "We have no life, so we write a lot." You will enjoy the story of Bruce and Birgit Anderson, who will celebrate their 48th anniversary this month. Another couple sharing the same surname, Phil and Teresa Anderson, have designed their home around their awesome collection of American Indian Art. Coach Chris Chamberlain teaches Burleson Recreational Baseball players how to have fun and play together. The folks at Lone Star Fitness gear up for a busy season helping clients get healthy. Noreen Sofranac will be in France this month learning more about cooking vegetables, but she left several great recipes for you to try.



Enjoy your summer, Burleson!

Melissa Rawlins

BurlesonNOW Editor

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The Beauty of a Sunset

— By Melissa Rawlins

Bruce and Birgit Anderson arguably have the most romantic story ever. After their first meeting in the Banff Springs Hotel ballroom in Canada, the Danish girl and the boy from Illinois enjoyed two years of long-distance correspondence and only three dates, before the Christmas when Bruce proposed, and Birgit said, “Yes.”

Their marriage followed in June, 1963, in a tiny chapel on the campus of Northwestern University in

Evanston, Illinois, where Bruce began his career teaching sociology while still in graduate school. Their history together followed the dramatic paths of destiny: winding turns through uncertainty; steep drop-offs through tragedy; exhilarating plateaus overlooking success. Guided by the balancing effects of loyalty and cheer, Bruce and Birgit find themselves in Burleson celebrating their 48th year as “one-and-onlys” from a quiet hillside south of Hidden Creek Parkway.



“We are old-timers now,” Birgit said. “When we first moved here in 1973, there was one traffic light, one hamburger joint.” Bruce added, “And one pizza joint and a soda fountain at Hilley’s drug store.”

Between then and now, the couple has made quite a difference in Burleson, both through their professional lives

and their community contributions. Most memorably, they were both Girl Scout leaders. They reared three daughters in their home on the hill. Belinda still lives in Burleson, Britt lives in Dallas, and Bodil Joy, who was killed in a car/train accident here in 1989, lives on as a beautiful memory. It was Bodil's love of sunsets that gave the couple's winery its name, and two of her very closest friends have played major parts in the development of the winery as it exists today.

Birgit remembers that life was a joy. "When we came here, around the time *Little House on the Prairie* came on television, my daughters and I saw our new home as our little house on the prairie. I wanted a milk cow. We got one, and we named her Elsie," Birgit said. "We started petting her, and by the time she dropped Beauregard, she was used to being handled. We'd pipe Strauss music into the barn and milk her twice a day."

Britt started first grade at Mound Elementary, and when Norwood was built, the children moved there, where Mary Smith taught them. "When Bodil started school," Birgit said, "I started working." Lots of people know Birgit as Bee, the tax accountant. "I joined Young Homemakers and in 1981, I joined Burleson Business Professional Women." She presided over that club for two years, as well as Belinda's Girl Scout troop for 12 years. Bruce got involved by happy accident. "Bodil could hardly wait to be a Scout," he remembered. "She was a Brownie for four months, when the leader bowed out. I stepped in when no mom could be a leader. It was fun being a Girl Scout Leader among all the ladies." Bruce led Bodil's troop until she entered high school, and also provided leadership for Britt's troop for a couple of years.

Birgit works side-by-side with Bruce to make wine in their former home. Sunset Winery uses grapes grown mostly in West Texas, and partially on the Anderson's land. Because the family kept cows and

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sheep and chickens on the land, the soil is fertile and the grapes hardly require watering.

Birgit and Bruce taste the wine frequently to determine what needs to be done next, and Birgit points out that this is really hard work. In what used to be their family room, living room and dining room, gleaming stainless steel



The Anderson family during their early days in Burleson. Back row (l-r): Bruce and Birgit. Front row (l-r): Nutle the dog, Bodil Joy, Belinda and Britt.

tanks for wine fermentation and storage now reside. The old dining room table is now the bar in the tasting room, which was originally the garage. Their former front hall stores all the hoses for draining and pumping wines according to sanitation codes. Two bedrooms hold finished cases of wine, and one former bedroom is set aside for cold storage, stabilizing the white wines by chilling them to 28 degrees Fahrenheit. Volunteers and friends help the Andersons bottle their wine in the kitchen.

There were many years when their kitchen was really used for cooking. When their children no longer needed a babysitter, Bruce and Birgit revived their old affair with ballroom dancing. "The kitchen was not big enough for practicing the Viennese Waltz," Bruce recalled. They spent five years looking at open houses and found a house in Fort Worth with enough space for dancing. In 1993, the Anderson's sold their home (but not their back acre) to daughter Belinda and her husband, where their grandchildren were happily reared. "It's all Birgit's fault that we started

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growing grapes,” Bruce smiled. “I had made wine as an amateur while we lived here. We went to Napa Valley in 1995, and on the way home, Birgit asked, ‘Why don’t we grow grapes in Burleson, where we’re just growing weeds?’ At the time, I was still teaching full time at University of Texas at Arlington, and Birgit had sold her enrolled agent business when we moved to Fort Worth. I started taking classes at Grayson Community College in Denison, and still owe them a paper on ‘Things They Don’t Teach You in Wine School,’ which is an argument for getting hands-on experience. In any winery, there are lots of jobs that need doing.”

At Bruce and Birgit’s operation, help comes both from paid help and volunteers. “We’ve also been blessed by having our consultant, Mike Sipowicz. He graduated from BHS, was dating our daughter Bodil when she was killed,” Bruce explained. Mike “earned his wings” at two large, prestigious wineries in Napa and has recently been hired as the state’s first ever oenologist. In that capacity, he gives wineries throughout Texas the good advice they need to keep their wines winning awards. Another Burleson connection who helps the Andersons in their wine business is their label designer, Alex McDonnel, who happens to be the husband of Bodil’s best friend.

Over the years, the whole family has helped the Andersons with their new venture, even naming some of the wines. Pink Rainbows, which has taken People’s Choice awards two years in a row at the Grapevine Grape Fest, was named by their granddaughter, Malena Lopez, who at age 2 called her mother to look through the window at “pink rainbows,” which turned out to be a beautiful pink sunset.

Moments like these are cherished by Bruce and Birgit, who are not the type to rest on their laurels. We predict they will continue experimenting, growing and journeying through many more sun-kissed Junes. **NOW**

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Samie grew up in Burleson and graduated with honors from BHS. Growing up in Burleson provided her with wonderful memories, and she and her husband have chosen to live, worship, and raise their two children here as well. Samie believes in what Burleson has to offer and would not work any other place!

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An Indian Way of Life

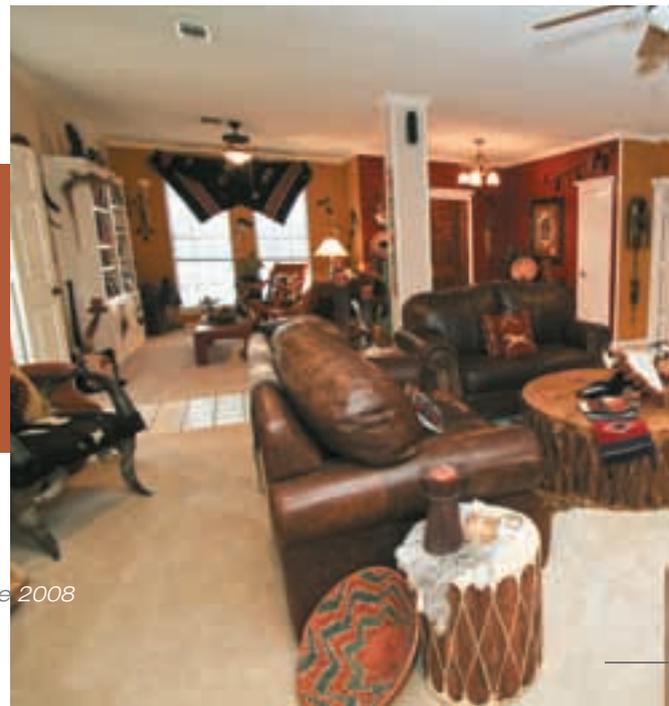
— By Jaime Ruark

At Home With Phil and Teresa Anderson

People in Burluson may be unaware of the house tucked away in a cul-de-sac that is home to an impressive American Indian collection. Phil and Teresa Anderson both have a deeply rooted love of all things Indian and have been collecting artifacts since they were children. “My family went to the Black Hills on vacation,” Phil said. “I have a photograph of my sister and I, scared to death, standing next to a full-blooded Indian in full dress. So even when we were little, we both had a fascination with Indians.”

A 30-year marriage has yielded an impressive collection. The Andersons’ home is filled with innumerable authentic

and beautiful finds, including an Indian doll which was purchased on a trip to Canada and given to a young Teresa by her parents. In fact, their shared admiration of Indian heritage is what brought this couple together. “The story of how we met is the reason for all this Indian stuff. I was coaching at Haskell American Indian Junior College, which is now a college in Lawrence, Kansas,” Phil recalled. “Back when I played basketball in junior college, my head basketball coach was a full-blooded Choctaw Indian. He took a coaching position at Haskell, and my senior year he called and wanted to know if I had an interest in being his assistant. I transferred





and was his assistant for three years. Through a full-blood Oto Indian named Phil, who was the head football coach and was married to Teresa's best friend, we met on a blind date."

The blind date led to many happy years of life together, as well as two athletic sons, Corey and Rhyan, and two grandchildren. Pictures throughout the home speak of happy memories and many sporting events. "We have been here since 1983. I worked for the Burleson Independent School District and retired three years ago, and now I work part-time for them as their facilities events coordinator," Phil added.

Teresa has also been an important part of Burleson's life, watching the town grow from the time she opened her salon until today. "Teresa has owned Market Center Salon Day Spa in Old Town, the historic part of



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Burleson, for 20 years. She's been in the hairdressing business," Phil started, but was interrupted quickly by a laugh from Teresa, who finished, "Let's just say it's been a very long time."

They built their home three years after opening the salon, and have been busy decorating it with authentic memorabilia from trips and vacations. There has been one significant remodel. "We built this house in 1990. We have

two bedrooms and two-and-one-half baths now, because we changed two of the bedrooms into one big media room. It was four bedrooms, but when the kids graduated we said, 'Hey, it's our house now,'" Phil shared with a smile. The media room is a veritable museum of artifacts, both Indian and from the Anderson family. Phil is a collector of all things sports-related, as evidenced by his Tiger Woods and Wayne Gretzky

photos, collector baseballs and baseball cards, which are proudly displayed with Teresa's painted pony and bone sculpture collection.

In every room, the eye is pulled in different directions — from the intricate beadwork on a pair of moccasins and a baby board (used by the Indians to carry their papooses) to the majestic painted Indian scenes and beautifully feathered headdresses. "Those moccasins were made by a mother of a student at Haskell. He drew my foot on a piece of cardboard, and then his mother made them and hand-beaded them for me," Teresa said. Phil added, "Our memorabilia is not just stuff we've picked up at dime stores. This is authentic stuff that we collect everywhere we go. We try to arrange our trips around this. Everything we have is from some place we've been."

Accent walls throughout the home are painted in vibrant maroons and yellows, a perfect backdrop to show off the many paintings, sculptures and

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figurines. "The Bev Doolittle paintings you see in this room are all signed and numbered copies by her," Teresa said, speaking of one particular painting of a woman's face that stands out. "That is a beautiful piece. If you get up really close, you can see her face is made up of different scenes: [an] ox and birds. It's just amazing!"

Massive cowhide rugs and horn furniture are found throughout the house, artfully arranged to complement the Indian theme. Cozy, deep-brown leather couches are grouped around the television in the living area, and a cabinet Teresa refurbished is home to three majestic sculptures the couple acquired on a trip to Santa Fe, New Mexico, where they had dinner with the artist. Everything in the home comes with a fun story, including a sturdy rug that is one of Teresa's exciting finds. "This rug was made by



the grandmother of a mother and son we found alongside the road at the Grand Canyon. They were selling jewelry and pottery, and the rug was hanging on the back of their lean-to. The son told me that they raise their own sheep, dye their own wool, and his grandmother wove it off her loom, so this is really pretty special to me," she explained.

The coffee table is an especially impressive souvenir. "The table is actually a big drum, as you can see. This one was being sold at half price, and I told Phil we were taking it no matter what. When he asked how we'd get it home, I told him we'd tie it on top of the car if we had to!" Teresa remembered with a chuckle. "The lady who sold it to us put it in the back of her pickup and followed us home, which was really sweet of her because I don't know how else we'd have gotten it here," Phil added with a wry grin.

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The master bedroom boasts a massive bed made of beautiful honey-colored wood, the furniture crafted especially for the Andersons. In her master bath, Teresa proudly displays a stained glass window that her son and daughter-in-law made; it pictures adobes, and its sunset colors cast a warm glow.

The collection even spills outside to their gorgeous landscaped backyard, where iron geckos dance across the wooden fence. Colorful begonias bloom

and bushes thrive around the pool, and dotted here, there and everywhere are Indian, eagle, wolf and cactus sculptures. This is a backyard ready for a family gathering, with lounges, tables and chairs, as well as a large grill and a tree set up to hold rope swings for the grandchildren.

Phil and Teresa truly have an amazing home. Teresa said with a hearty laugh, "Some people say you can overdo it sometimes. Maybe I have, but I don't care!" **NOW**

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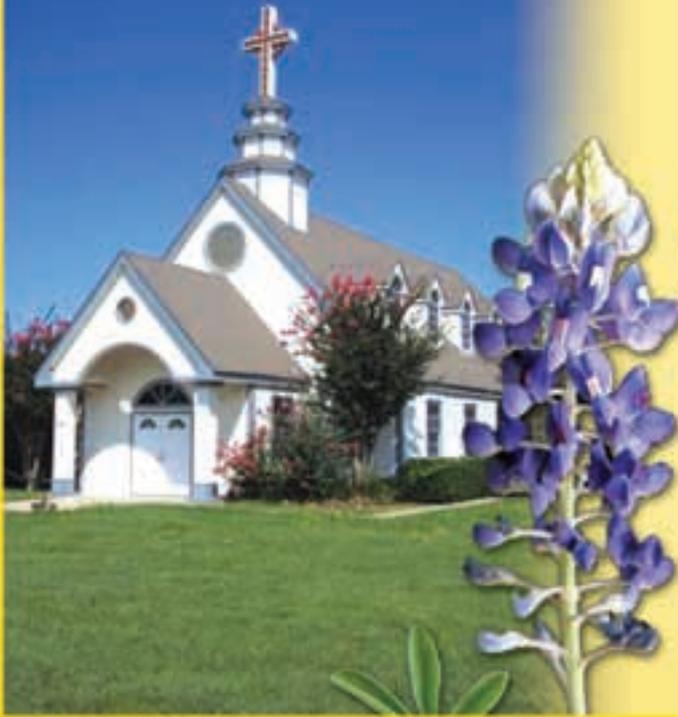
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— By Melissa Rawlins



Twins Karla and Karen celebrate their birthday on the 26th of this month!

Karla Dorman wants to move to Alaska. "It's the place on earth where the storms are only magnetic: Northern Lights," she said. Karla fears storms more than her sister, Karen Vidra, but the fear rubs off on Karen. Transferring their emotions into words, the twins often work on their literary compositions over a meal at Burger Box. "Karla and I will sit there writing. She'll show me her poem and ask, 'How's this?' We'll fix each other's mistakes," Karen said.

Between the two sisters, over 5,000 hard-hitting creations have been published on www.authorsden.com, which allows writers to post their work and receive feedback from other writers. Karen writes stories, many of them crafted as e-mails or journal entries from the perspective of any number of characters who share one of two things in common: a disability or an adoption. Karla writes poems about one thing: storms. The sisters are on a mission to get their work published outside of the Web.

"Our strategy for getting our works published is prayer," Karla explained. "We're low-income. A lot of these publishers, you have to pay money to

publish. I've gone the route with the vanity publishing. Oh, they'll publish you, but they want you to buy the instructional compact discs and books. I ain't falling for it again!"

"There are not enough children's books out there reflecting people with disabilities, and kids don't know what it's like," Karen said. She grew up with a learning disability and bore the torment of teasing from other children in her hometown of Mansfield, Ohio. She also writes about adoption issues, inspired through friendships with two families, one in Ohio and one in Burleson. "One family adopted 15 children who were disabled — after raising five healthy children of their own. The man was my teacher for two years," Karen said. Her characters include fathers, mothers and children of every race and nationality. "It's a talent through words. I just get into the character, and ask the Lord to give me the words, and what you read is the result," Karen said. "I write because I enjoy it. God gave me a gift, and it helps me heal from past experiences."

Her sister, Karla, got the gift first, however. After a tough marriage, a career in the Air Force, and some harrowing experiences with tornados, Karla found herself living in Burleson with her sister, with no plans to write anything down. "Then, I was given a gift to express myself with words," she shared.

"I got up the morning of September 11, 2001, and turned up the television for background noise. I heard the breaking news, and I thought it was just an accident, but then you saw the second plane. I didn't get to watch what transpired because I had to go to work. I remember the boss I had at the time had a TV there, and I asked him what happened, and he said, 'The towers fell.' I said, 'One-hundred-ten-story buildings don't fall.' I came home, and Karen was still upset, so we went to church. We prayed, and Karen was delivered of the spirit of fear. She went to sleep, and I stayed up watching the news and crying."

"That was the night I started writing

**ARTS
NOW**

down my feelings. I've been writing ever since. On that dark day in September, my life was saved," Karla continued. "I had tried to write journals, poetry, stories — and nothing would gel. I was angry, bitter, not a pleasant person to be around. That gift was given me, and saved me from the grouchiness, and made me a much better person." Nodding in agreement, Karen said, "I did know some of her experiences, but not a lot until she told me. She's had quite a life. Me, I've been putzing along."

"Well," Karla added, "Karen's written all this time, but started writing more since September 11." "Yes," Karen said, "That's why I call myself the Texas Tornado. It's a whirlwind of words. I hate tornados, like Karla does. But my stories are a fury of words."

Karla's poems are all about the fury of storms, and she calls herself The Storm Spinner. Her poetry was spotted on www.authorsden.com by the producers of a Canadian television show called *TV Made Me Do It*, which featured Karla and Karen last February in a Canadian program called *Weather Junkies*. "Storms scare the 'Whoo' out of me! Writing about them helps me deal with my fear," Karla said, explaining that this fear inspired a recent poem she titled, "Deeper Shade of Chicken."

"[Burlson] had a moderate storm warning," Karla explained. "The media just heightens the fear, and I turn a deeper shade of chicken. The storm will be coming in, so then I have to hide." She heads for a window-free spot in the apartment she shares with Karen, who added, "When she's scared and goes to hide, I go with her. We want to be together when there's a storm. I'm her shadow."

"I could be your shadow," Karla suggested to her twin sister.

"No, I'm yours," Karen insisted, "because you came first." **ARTS NOW**

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Sports
NOW

The Quiet Giant

— By Melissa Rawlins

Picking up trash from the dugout is part of the drill for the boys on Coach Chris Chamberlain's baseball team. "Leave it cleaner than when you came in. That's Boy Scout philosophy: leave no trace," Coach Chris said. This year Chris became an Assistant Scout Master in addition to coaching the Astros, one of seven Burlson Youth Association Pony League teams. Drilling ideas about preparedness and performance into the minds of 12 13-year-olds is not always easy, but it pays off.

"I teach the kids fundamentals, and situations that would come into a game. I think some of the umpires that call our games have commented on how well our team reacts in those situations. That's because we practice them," said Chris, assistant to head coach, Paul Wallace. "We played a game recently, and the other team's pitcher never tried to pick anybody off base, and their catcher never threw anyone off base. We tried to do both of those, several times. It's those little things that make a difference in the situation."

Coach Chris learned about those little things through years of playing baseball in pastures outside Alvarado, where his



Chris Chamberlain has coached BYA baseball for eight years, since his son Cameron was 5.

3-A high school team played the state tournament in Austin. "Another dad and I talked once, remembering playing three-on-three or two-on-two, where if you hit the ball over the barbed wire fence you were out because you'd lose your baseball out in the pasture," he recalled. "My son and all the kids that play for me, they don't know what that's like."

"These days," Chris said, "you take them to the batting cage, or throw up a net in the backyard to teach 'em how to pitch; you play off mounds made of plywood and AstroTurf."

Sports NOW

We didn't learn like that, but they do. When I was a kid, coaches never had to tell us more than once to get out in the field to play, because everybody wanted to. Now, kids are like, 'I'm tired. I stayed up late playing Xbox last night.' I say, 'Let's run to the fence. If you're going to be tired, let's get going.' I've got 'em trained now. I ask 'em if they're tired, and they all tell me, 'NO!' Somebody will slip up, and the others are like, 'NO, he's not tired,'" Chris laughed.

Chris has coached his son, Cameron, in almost every sport, and he is tough on the boys, because he has a goal beyond getting them to all-star status. "My goal for the recreational team is to get them prepared for high school," he said. "I would like the majority of kids who play with me to go on to play in high school. That's when it really gets to be fun. It's more competitive, and they learn a lot more from the coach at the high school than they will from me."

Still, the boys on Chris' team will learn more than just how to run. "Patience is a big part of coaching," he shared. "You can't let the kids be disrespectful and not listen to what you tell them." He finds himself echoing words his own coaches and his mother used to say to him, telling the boys: "If you're not looking, I don't know that you're listening. If you're talking, you can't hear. Eyes on coach, keep your mouth shut." Chris explained, "We want our kids to give their best effort. If you don't require that, they're not going to achieve their goals either. They'll quit before they give their best and before they achieve. That's not what I want for my son."

Chris believes Cameron has improved through something he calls perfect practice. "His defense as a third basemen has gotten better, his batting has gotten better, his pitching is better. There have been times when he has not wanted to practice. I said, 'Okay, you

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Sports **NOW**

go down to your friend's house and then we'll go to the batting cage later.' I didn't make him, but talked to him about how if you want to play very well, you practice very well. That was one of our assistant coach's philosophies: 'Practice doesn't make perfect. Perfect practice makes perfect.' I thought that was a real good point," he said.

"That's what we try to do in our team practices. We work on a set of drills for fundamentals: taking ground balls, turning double plays. We do an outfield practice, hit the cutoff man and



rotate out. Then we go to situations, and if they're sloppy we keep doing it until they are doing it right. Then we'll go to something else: stealing, base running, pickoffs with catcher and pitchers. We might run a play five times," Chris added, "and it turns out other teams don't know how to do what we've practiced."

Through their spring batting practices, under the guidance of Coach Chris, the Astros prepared for this month's tough-but-fun playoffs. "You know," he told the team, "in baseball you only have to be successful at plate 33 percent of the time and you're successful. Batting over 300 is really good. Bat 360 and you could be MVP of the league." All it takes is perfect practice. **NOW**

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Business NOW



Teresa Andrews (brunette) and Sue Haren (blonde) partner to meet the needs of customers at Lone Star Fitness.

Lifelong Fitness Through Southern Hospitality

— By Melissa Rawlins

The women who run Lone Star Fitness get excited when one of their clients loses an inch. “We announce it,” Teresa Andrews said. She has partnered with certified personal trainer, Sue Haren, to take customer service as far as they can go. “If we don’t know you by your name, we’re growing way too fast,” Sue expressed.

Teresa started working out at Lone Star Fitness before she joined the staff last winter. “We see our clients as our friends,” she explained. “Like a couple months ago, when there was a tornado, instead of posting a note on our door, we called all our members.”

The duo relies on the services of several other women and men to provide great customer service which includes a kid’s club for children accompanying their parents. Ginni Holder, Wykisha Davis, Mandi Robertson and Brian Haren — Sue’s husband — are personal trainers and aerobic instructors; and Yvonne Porcella is the bellydance instructor. “Belly Dancing is not a hard workout,” Sue said, adding, “Then if you do dancing outside, you can take some of the moves there!”

As another example of giving customers what they need, Lone Star Fitness has added a new class to its menu. “Pole-lates

is like pole dancing with aerobics,” Sue said. “That’s more of a private class, women-only, taught by Wykisha.”

Other classes are not women only: Yoga, Pilates, PiYo (combination of Pilates and Yoga), Kickboxing, Boot Camp,



Belly Dance and Body Pump — aerobics that integrate weights so you get a full-body workout while still burning about 400-600 calories. “My husband, Max, did Pilates with us one night, and he said it was a lot harder than it looks,” Teresa shared. “Pilates lengthens and strengthens your muscles, and you have to have a lot of control.”

Max is fully supportive of Teresa’s decision to exercise at Lone Star Fitness. “I was a stay-at-home mom for 22 years.

Business NOW

He's been real excited to see the changes it's brought about in me. Now it's brought back the Teresa he married 25 years ago. I attribute a lot of that to Sue training me and working on me."

With about 20 years of experience with personal training, Sue knows that unless you have an education as a trainer, you cannot expect to walk into a club and get the results you seek. "Especially because you hit plateaus," Teresa said. "But Sue can move me in a different direction when I hit that plateau."

Sue focuses on teaching her clients the five components of fitness, which start with proper nutrition.

Sue focuses on teaching her clients the five components of fitness, which start with proper nutrition. "It's just calories in, calories out," she explained. "That enticed me," Teresa said. "Also, I wanted to develop the muscle, toning and healthiness. I wanted to do more than lose weight. I've noticed as I've gotten older, you start losing your strength. Now, I can move the couch to vacuum behind it. With the weight training, you build the strength without getting all muscle bound."

Sue's next goals are to open a smoothie bar and offer free seminars to the community, in keeping with her philosophy that education enables people to make lifelong changes. "Once every 90 days," Sue added, "I want to sponsor a family to go through and learn the five components of fitness."

"It's fun seeing people succeed," Teresa said. "It makes you feel good because you've helped somebody." Lone Star Fitness in Elks Plaza is open Monday through Friday, 5:30 a.m. — 8:00 p.m., and their personal trainers work around your schedule. Call (817) 426-1827 for an appointment or to join a class. **NOW**

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Education NOW

The Voice in Their Heads

— By Jaime Ruark

Donna Hollowell is a science teacher with a passion for the environment. The president of Keep Burleson Beautiful, she has also been an educator for 25 years, and the students of Burleson have been catching the “go green fever” from this vivacious lady for 15 years. She does not separate her ideals from her classroom, but instead brings the two together in an effort to leave the world a better place than how she found it.

When asked if teaching has always been her career path, Donna said with a laugh, “Well, it was either that or a country music star. I always really felt teaching was a wonderful option, because my first priority was to be a wife and mother, and teaching worked perfectly with that. But once I got into it, I realized that teaching is a calling. You have to be called to be in the classroom.”

Donna has seen the times bring some changes in her 25-year career but believes some things stay the same. “It’s a different world, but people are



“Everything I can say to these kids is a seed planted.”

inherently the same. Kids today still respond to love and encouragement, just like they always have. True, there are more distractions, and you have to deal with those,” she shared. Learning styles have therefore evolved, and Donna has devoted herself to coming up with new ways to reach her students. “Those of us who are older, like myself, are ‘technological immigrants.’ We didn’t grow up with the resources kids have today, so we have to get out of our comfort zone and explore what they’re used to. I think most educators today are stepping up to that,” she stated.

Despite a changing curriculum and technological advances, Donna stresses that “right is always right, wrong is always wrong. Those things don’t change.” For her, the biggest change throughout her career has been her perspective. “When I first started teaching, I was a 23-year-old young’un, and when parents asked me for advice, I didn’t have a lot to go on.

I’ve evolved now that I’m a parent who has personally seen my children go through things, so I have a different perspective with both the parents and with the kids,” she expressed.

Donna is a teacher who believes the learning process can be fun. “On Fridays, I like to be out in the hall passing out smiley-face stickers. I write little notes that say, ‘Hey, you’re a neat kid.’ I want to be in on what’s going on in their lives, so I can commiserate with them or offer advice. I always try to throw in some good motherly advice along the way,” she smiled.

The relationship Donna works on building with her students makes a difference in the classroom. She explained, “The kids don’t have to like me. I don’t have to be their friend, but I do want them to trust and respect me. It’s been said a ‘bazillion’ times, but kids like rules and boundaries and structure. It’s a safety thing; they like to feel safe. You could walk into my

Education **NOW**

classroom when we're in the middle of a lab and it may appear like the kids are hanging from the ceiling because we're having so much fun, but there's structure." Donna truly has found her niche with the science classes she now teaches. "I don't know what else I could teach and have as much fun as I have," she added.

When Donna moved with her family to Burleson, this nature lover quickly sought out ways to become involved in the community. "When I moved to town, I got in touch with Ann Heberle of Keep Burleson Beautiful. She and I hit it off immediately and became fast friends. She's my mentor; she truly taught me what it was like to be a servant of the community," she enthused. "With the fast pace that this town has changed, having a grassroots organization that can keep their thumb on the cleanliness is important. Our city is amazing, and we have an amazing city staff, but it's important to help where we can."

Her efforts in the community naturally spill over to her classroom. "Because I'm an environmentalist, everything kind of twists in that direction in my classroom. I try to teach kids about having a community conscience. I want them to care about things that are bigger than themselves," she shared. "The environment has always been important to me, so this is just an extension of my teaching. Here at the high school we have the Green Club, which I sponsor, and we're trying to create awareness of environmental issues. To me, as a human being on this planet, we have the directive to be stewards, and I believe we have responsibilities."

"Everything I can say to these kids is a seed planted, and if they keep hearing it, even if they don't act on it now, those things will come back to them," she said. With a laugh, she added, "I tell them, 'Someday, life will look different for you. I hope that someday you hear this voice in your head, and it's me!'" **NOW**

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Around Town NOW



Several community members, top left, celebrated installation of two swiveling wheel sets for the fully-restored Car 330 Express trolley car. City employees, top right, posed with the banner they carried in the recent Relay For Life event. Gloria and Trigger Rogers, second row left, enjoyed one of their favorite spots. Ribbon cuttings were held at Fresco's Mexican Coscina, bottom left and Selba Innovative Security Solutions, second row right. Richard Allen and Steve Morgan, second row center, operated the pump and chip unit for Insituform Technologies, Inc.



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Around Town NOW



Games with great prizes, top left, were a highlight of the evening honoring graduating seniors. The Burleson Fire Department, top center, took possession of its new 2008 Crimson Custom Engine, Engine 371. Dancers performed, top right, on two separate stages during the annual Cinco de Mayo celebration held in Old Town Burleson. The classic country band, Country Nite Live, second row left, performed May 3 for the first of the city's summer concert series. Several girls who attended Project Graduation, second row right, hammed it up for the camera, while all students in attendance, bottom right, shared an evening of fun times. A ribbon cutting, bottom left, was held at Intrust Mortgage.



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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH NOREEN SOFRANAC

Proper nutrition is Noreen's main focus when planning meals for her family and the outpatients of Huguley Memorial Medical Center. Noreen's position at Huguley as the dietician for the nutrition counseling program allows her to educate patients about nutrition disorders and weight management. "I spend a good deal of time trying to interest people in returning to more basic food ingredients," she said. "I love to use good culinary principles and insert them into making recipes healthier with less fat."

Noreen encourages everyone to visit Huguley's cafeteria and experience the vegetarian alternative menu offered on weekdays. She is also excited about their weight-control program called "Rev It Up," a metabolism-based approach to weight loss. A second class will soon be getting underway. **NOW**

To view more of your neighbors' recipes, visit our archives at www.nowmagazines.com.

ITALIAN VEGETABLE CASSEROLE

FIRST LAYER

- 2 very large onions, thinly cut into rings
- 3-4 medium zucchini, sliced into thin coins
- 2-3 slices crustless wheat or sturdy bread, broken up salt and pepper, to taste
- 2 Tbsp. olive oil
- 1/4 cup grated Parmesan

SECOND LAYER

- 1 green pepper, cut into thin strips
- 1 large tomato, chopped into small pieces
- 2-3 slices crustless wheat or sturdy bread, broken up smaller than first layer
- 1/2 small purple onion, sliced
- salt and pepper, to taste
- 2 Tbsp. olive oil
- 1/4 cup grated Parmesan

FIRST LAYER: Preheat oven to 400 F. Lightly grease a large baking dish. Place onions along bottom of baking dish; spread zucchini over top. Randomly lay bread across layer. Sprinkle with salt and pepper, drizzle olive oil and sprinkle Parmesan over top. **SECOND LAYER:** Place green peppers over first layer; add tomatoes. Spread bread randomly over layer as before. End with purple onion over top. Sprinkle with salt and pepper, drizzle with olive oil and sprinkle Parmesan over top. Poke a fork into mixture, moving veggies around to insure even coating with oil and that veggies and bread are well scattered. Cover and place in oven 40 minutes. Uncover last

few minutes to allow juices to evaporate to intensify flavor. Great leftover dish for lunches.

TASTY VEGETARIAN CHILI

- 1 20-oz. can vegetarian burger (Worthington or VitaLife)
- 2 Tbsp. vegetable oil, or enough to cover bottom of pan
- 1 packet Lipton beefy onion soup (this might be cheating)
- 4 plum tomatoes, skinned and chopped (immerse tomatoes in boiling water for 1 minute for skins to fall off)
- 3 Tbsp. tomato paste
- 2 tsp. paprika
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 large onion, coarsely chopped
- 2 green bell peppers, coarsely chopped
- 3 or 4 garlic cloves, finely chopped
- coarse salt and pepper, to taste
- 1 12-oz. can kidney beans
- 1 12-oz. can white lima beans
- 1 12-oz. can chili beans

In a large Dutch oven or high-sided, skillet-type pan, sauté canned vegetarian burger in vegetable oil until browned and granular in texture. While sautéing, sprinkle in soup mix. Add chopped tomatoes and tomato paste to burger. Add paprika, chili powder and cumin. Sauté onion, pepper and garlic in a separate skillet and sprinkle with salt and pepper; after softened, add to burger and tomato mixture. Fill pan with about 2 qts. of water; bring to a boil. Add in each of the various canned

beans; continue to simmer for half hour. Sprinkle more salt and pepper to taste. Serve warm with a sprinkling of sharp cheddar cheese and toasted French bread.

PUMPKIN MUFFINS

- 2 cups sugar
- 1/2 cup vegetable oil
- 3 eggs
- 1 1/2 cups pumpkin
- 1/2 cup water
- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1/2 tsp. cloves
- 3/4 tsp. cinnamon
- 1 tsp. nutmeg
- 1 cup walnut pieces
- 1 cup raisins (optional)

Preheat oven to 400 F. In large bowl, mix together sugar, oil, eggs, pumpkin and water. In small bowl, mix together flour, baking powder, baking soda, salt, cloves, cinnamon and nutmeg. Add to first mixture; blend together with electric mixer, briefly. Add walnuts and raisins. Let stand one hour at room temperature. Grease muffin tins (for 24). Bake 15 minutes. Makes 2 dozen. Freezes well. Note: After combining dry ingredients, sift them for a lighter texture.

Who's Cooking **NOW**

PECAN BROCCOLI (A VEGETABLE ENTREE)

3 10-oz. pkg. frozen broccoli or 12-15 fresh broccoli stems
 1/2 cup butter (1 stick) or a little less
 4 Tbsp. flour
 1 cube chicken soup broth or low-sodium canned broth
 2 cup whole or 2% milk
 2 Tbsp. butter
 3 Tbsp. olive oil
 2/3 cup water
 8 oz. herb bread stuffing (make half of it cornbread stuffing for holiday meal)
 2/3 cup pecans, coarsely chopped
 Preheat oven to 400 F. Cook frozen broccoli as directed. (I steam fresh broccoli in small amounts of water until partially tender to intensify broccoli flavor.) Drain and place in a greased casserole dish. Melt 1/2 cup butter in a low heat skillet; blend in flour and allow paste to form. Slowly pour chicken broth and milk into flour, while stirring. Cook until thick and smooth, stirring occasionally; pour sauce over broccoli. Combine stuffing and pecans in a bowl. Heat water, 2 Tbsp. butter and olive oil; pour over combined stuffing mixture; mix well. Sprinkle over broccoli. Bake for 20 minutes. Serves 4-6.

OATMEAL MUSHROOM PATTIES

2 or 3 small potatoes, grated
 3-4 eggs
 2 cups dry oatmeal
 1 small onion, chopped
 1 cup fresh mushrooms, chopped (or 1 8-oz. can)
 1 packet onion soup mix (or less if monitoring sodium intake)
 3 Tbsp. vegetable oil
 1 tsp. basil or herb blend
 splash of soy sauce
GRAVY
 2 10-oz. cans lower-fat mushroom soup
 2 Tbsp. soy sauce or Worcestershire sauce
 1 4-oz. packet brown gravy (follow directions for dilution)
 Blend potatoes, eggs and oatmeal in low-speed blender until oats are absorbed with moisture. Mix onions, mushrooms, soup mix, oil, basil and soy sauce with oat mixture; shape into patties. Fry in oil until brown. Place in greased casserole in rows slightly overlapping. Mix together gravy ingredients; pour over patties. Bake at 350 F for 30 minutes. Serves 8-10, but can be easily cut in half.

FRENCH ONION CABBAGE CASSEROLE

1 Tbsp. olive oil
 2 sweet onions, sliced
 1 head cabbage, cut and sliced into strips
 sprinkle of salt and soy sauce
 5 slices Rye bread, crustless with caraway seeds
 1/2 lb. Gruyere cheese
 1 12-oz. can broth (chicken, beef or vegetable)
 Preheat oven to 400 F. Place sliced onions in an oiled skillet on medium heat; turn heat to low after 1 minute. Place half of cabbage strips in skillet with onions and slow cook until reduced; add other half cabbage. Cook 20-30 minutes. Meantime, lay 1/2 bread slices in greased casserole dish. Pour 1/2 caramelized Onion/cabbage mixture over bread and spread evenly. Sprinkle with 1/2 of cheese. Repeat layers. Pour broth over the whole casserole and place in oven. Bake for 30 minutes.

PEANUT BUTTER BALLS

1 giant Hershey bar
 1 8-oz. pkg. chocolate chips
 1/2 stick butter or margarine (oil-based)
 3 cups Rice Krispies, crushed
 2 cups powdered sugar
 2 cups peanut butter
 Melt chocolate and chocolate chips over very low heat or in microwave only until melted. Combine butter, Rice Krispies, powdered sugar and peanut butter in large bowl; mix well by hand. By hand, form into balls. Dip into chocolate mixture and place on cookie sheet until set. Stores best in fridge.

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Equity-Indexed Annuities

— By James C. McKelvain III

Isn't it disappointing when someone tells you half the story? Your opinions and decisions based on half the information may change drastically when you know all the information. Let me give you the other side of the Equity-Indexed Annuity (EIA) story.

Issues to Consider

Index annuities are underwritten by insurance companies. They are fixed annuities and have the same characteristics of other fixed annuities:

- Tax deferral of interest compounding inside the annuity.
- Lifetime payout options.
- Minimum interest guarantees.
- Interest earnings often available through free withdrawals.
- Regulation as an insurance product, not a security.

The same licensing required for an agent to offer traditional annuities is required for indexed annuities. Indexed annuities are regulated as insurance products because insurance products are not subject to SEC registration or regulations if they meet three "safe harbor" guidelines under SEC Rule 151. In general these guidelines require:

1. The product be issued by a corporation subject to the supervision of a state insurance commissioner. All indexed products are issued by companies subject to state insurance regulation and registration.
2. The insurance company assumes the investment risk — not the customer. Unlike variable annuities and variable life

contracts, an index annuity guarantees a minimum annual return and guarantees that once interest is credited, it cannot be lost — even if the index declines.

In addition to the minimum interest rate, an index product may credit additional interest beyond the minimum guarantee. All fixed annuities may credit excess interest above the minimum guarantee. Whether this excess interest is derived from the net investment income of the insurer's portfolio or from the net income attributed to an index is immaterial. The insurance company still assumes the investment risk.

3. The annuity is not marketed primarily as an investment. Index annuity owners do not have any direct or indirect ownership of any security or index.

The only difference between the fixed index annuity and a traditional fixed annuity is in the crediting of excess interest earned above the minimum guarantee. Most index annuities base the crediting of excess interest on movements of the S&P 500. The S&P 500 Index includes a representative sample of 500 common stocks, and its objective is to be a benchmark for U.S. stock market performance.

Here are a few other items to consider: Living in the past

Don't live in the past with dated investment information. Most investments have certain complex formulas built into them. Let's look at old and new EIAs:



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Old EIAs

- Interest credited annually only.
- Death benefit calculated on last anniversary date.
- Income can only be taken on anniversary.
- Modifiers like caps, fees and participation rates.
- Modifiers change annually.
- Limited or no waivers for confinement or terminal illness.

New EIAs

- Interest earnings tracked 365 days a year and clients can view values online.
- Income can be taken any day with no loss of interest — including in the first year.
- Death benefit based on the date of death and guarantee original principal will compound at 5 percent a year.
- Simplified asset allocation eliminates “complicated” modifiers, and offers true unlimited upside potential.
- Both confinement and terminal illness are free of surrender charges — regardless of age.

Access to your money

Most EIAs allow you access to a penalty free withdrawal each year. (Withdrawals before age 59 1/2 are generally subject to a 10 percent tax penalty.) If your needs change or you turn 70 1/2 in your IRA account, it is reassuring to know that

you have access to your money in most EIA annuities. Usually, you may withdraw the greater of 10 percent of your annuity’s Accumulation Value or the Required Minimum Distribution (RMD) each contract year — including the first year — without incurring an early withdrawal charge. Most investments have some type of charge either upfront — like class A share mutual funds or common stock — or backend charges — like class B share mutual funds, CD’s and annuities.

Lack of regulation

As stated earlier, all EIAs are issued by companies subject to state insurance regulation and registration. There is a buyer’s guide to EIAs prepared by the National Association of Insurance Commissioners that also may be helpful. NAIFA (National Association for Fixed Annuities) is very helpful when wanting information about all annuities.

EIAs are not right for everyone or every situation, but they do have their place in retirement planning. Do not be afraid to get a second opinion on your investment portfolio. After all it is your money. **NOW**

Source:

The National Association for Fixed Annuities. For more information, visit www.naifa.us

James C. McKelwain III is an independent IRA specialist based in Burleson.

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Health That is Skin Deep

— By Betty Tryon

As the hot, summer days wear on, concern for the health of your skin usually reaches its peak. The skin carries the honor of being the largest organ of the human body. With such a large area, surprisingly, many of the problems encountered with it are easily remedied. That is primarily because the skin has the ability to rejuvenate and regenerate itself. A basic understanding of the general anatomy of the skin gives insight into this process.

The skin consists of three layers. The top layer, epidermis, is the skin you see. It constantly forms new cells. These new cells replace the old ones. This top layer of the skin also contains the pigment melanin. This pigment gives the skin its color and causes it to tan by producing more melanin when exposed to the sun.

The second layer of the skin lies beneath the epidermis and sustains the health of the skin because the blood vessels located there provide oxygen, nourishment and temperature regulation for the skin cells. The nerve endings are found there, as well as the sweat and oil (sebaceous) glands. Also located in the second layer is collagen, a protein that provides support to the epidermis.



The third layer houses the subcutaneous fat, which holds the adipose (fat-filled) cells and provides insulation to keep our bodies warm. The depth of the third layer varies depending upon how much fat an individual possesses. This layer is where cellulite forms.

For healthy, radiant and glowing skin, there are some simple guidelines to follow. Eat healthy well-balanced meals, drink plenty of water and get a moderate amount of exercise every day. To keep skin clean requires twice-daily cleaning with whatever facial cleanser you feel most comfortable. Moisturize after every cleansing with the product that works best for you. The different types of moisturizers are numerous and you can easily find one tailor-made for your skin type. When you venture outside, wear sunscreen for protection, SPF 15 or higher is recommended. Apply at least 30 minutes

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before exposure to the sun. Proper protection will save you from not only skin cancer, but also premature aging.

The skin's incredible ability to shed and produce new cells can easily correct many problems. For example, many over-the-counter products can reduce the appearance of light wrinkles. They include: microdermabrasion products, products containing alpha-hydroxy acids and chemical peels. More extreme measures require the assistance of a professional — laser resurfacing, botox injections, dermabrasions and dermal fillers.

Knowing how to care for your skin and correct minor problems can restore vitality to skin and maintain that healthy look for many years to come. **BYUW**

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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June 2008 Community Calendar

Second and Fourth Wednesday

Burleson Lions Club meeting, noon - 1:00 p.m., First United Methodist Church. (817) 980-9436.

June 3

Planning and Zoning Commission meeting, 6:00 p.m., City Hall. (817) 447-5400.

Storytime for Toddlers, 10:30 - 11:00 a.m., Burleson Public Library, 248 S.W. Johnson Ave. (817) 295-6131.

June 6

Hot Sounds of Summer from city of Burleson introduces the 1950s doo-wop group, The Diamonds, on the streets of Old Town at the corner of Ellison and Wilson streets, next to Burleson City Hall, 7:30 - 9:00 p.m. Bring a picnic and a chair or blanket. (817) 447-5400, ext. 286.

June 7

Society for Creative Anachronism meeting, 10:00 a.m. - noon, Burleson Public Library, 248 S.W. Johnson Ave. (817) 295-6131.

June 10

Burleson Heritage Foundation meeting, 7:00 - 8:30 p.m., Heritage Visitors Center, 124 W. Ellison (the old Interurban Building in Old Town). (817) 447-1575.

June 12

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

June 13

Country Western Dance, 7:00 - 9:30 p.m., Senior Activity Center. (817) 295-6611.

June 14

Flag Day

June 15

Father's Day

June 16

Adult Softball League games begin. All games will be played at the Hidden Creek Sports Complex, 295 E. Hidden Creek Parkway. For more information, contact David McDowell, Recreation Manager, at (817) 295-8168.

June 19

Mystery Book Club, 11:30 a.m. or 6:30 p.m. Sandwiches and refreshments provided by The Friends of the Library. For more information, call Library Director Gayla Tennison at (817) 295-6131, ext. 265.

June 14 - July 26

Paw Pals Animal Care Academy, Burleson Animal Shelter, 1695 John Jones Dr., FM 731 South. This free educational program is a six-week course (two hours every Saturday) intended for fifth grade students interested in animal welfare. The sessions will cover bite prevention, animal training, animal grooming, responsible pet ownership and veterinary care. (817) 447-5426.

June 17

Planning and Zoning Commission meeting, 6:00 p.m., City Hall. (817) 447-5400.

June 26

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

To have your events posted on the community calendar, e-mail us at: melissa.nowmag@sbcglobal.net.

For more community events, visit our online calendar at www.nowmagazines.com.

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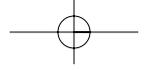
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