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# Burleson NOW

M A G A Z I N E

June 2009

**A True  
Fish Story**

**Freedom  
to Serve**

**No Way Out!**

**No Rules,  
No Limits**

**Mike Carlson Motor Co.  
Special Section**

*At Home With*

**Peggy Harkins**



## Does Your Daddy Do the "OUCHY OUCHY" Dance Like My Daddy Does?

If he's hurting from Back or Body PAIN, there's probably a way to get him feeling better fast! It's a Father's Day secret all Dads should know about...

Hi, My name is Grady, and my Daddy sure knows how to "shake his groove thing," and "cut a rug" - if you know what I mean. AND he's been known to break-out into his "OUCHY OUCHY" Dance for no Apparent reason at All...sometimes it's when he's picking up a heavy box, and other times it's when he's picking me up out of my crib. Whatever the case, my "old man" may only be 28 years old, but the way he grabs his lower back and makes those "OUCHY OUCHY" sounds Always makes me GIGGLE!

Now, Mommy says Daddy's dance isn't that much fun for him at all, and that it's caused by his back pain. I don't know much about back pain—I'm not even a year old—but what I DO know is that it limits the amount of time the #1 Dude in my world can hold me and play with me—and that's Not COOL!

So, I asked Mommy what we could do for the Guy, after all Father's Day is around the corner, and she said we could take him to this place called HealthSource Chiropractic™ where other Daddies, Mommies, and even kids with PAIN are fixed up and back to doing the things they love in no time at all.



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So, I tell my Daddy, "Hey, Big Guy. You know how I don't like eating those mushy green peas, but I do it anyways because you tell me my veggies will make me big and strong like you. Well, what's best for you right now is that you get to HealthSource Chiropractic™ so you can start feeling better again, and we can start playing. Besides, I'd rather be hanging out with a strong and healthy daddy than one moaning and groaning all day!"

Mommy said that HealthSource has a really unique kind of care for some people, and it really helps lots of dads feel better. And although they're not promising a cure, or claiming to be superior, they just want to earn your trust, and get rid of your pain. I've already started a list of all the things we can begin doing:

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## Editor's Note

### Happy Father's Day, Burleson!

With all the live, fun music the city of Burleson is hosting this month, you can take your dad out every Friday night to thank him for all he did for you ... and it will not cost you anything! Burleson's Hot Sounds of Summer Concert Series includes the Crawfish (classic hits) on June 5; Victor Trevino and the Hound Dogs (a young Elvis) on June 12; the Texas Gypsies (swing) on June 19; and The Derailers (country tribute to Buck Owens) on June 26. The final concert, the Fourth of July celebration at Hidden Creek Sports Complex, will feature Men in Black (Johnny Cash/Roy Orbison tribute). The free Hot Sounds of Summer concerts will fill the streets between 7:30 p.m. and 9:00 p.m. every Friday in June. The stage is set up at the corner of Ellison and Wilson streets, next to Burleson City Hall. Bring a picnic as well as a chair or blanket to sit on — and do not forget your dad!

Melissa Collins  
BurlesonNOW Editor



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# Freedom to Serve

By Melissa Collins

Curious and persistent, Manuel Trevino quietly works behind the scenes to help people in the Burleson community. A few years ago, the trained engineer turned his own life around when he left the corporate world to start a small business, Goin' Postal Burleson. Once he got his business set up, he focused on another part of his life: community service. He works with the Making It Happen Foundation, which provides funding for equipment and/or programs not in school budgets. As the vocational director for the Rotary Club, Manuel works with the schools to identify and sponsor high school students for leadership programs and speaking competitions offered by the Rotary. Every Thursday morning, he encourages other professionals to tell their stories at Toastmaster International meetings. Through it all, this businessman keeps his eye on the prize: freedom to serve. His strategy is to support those who are on Burleson's front lines — whether they be city staff, school teachers, students or police officers.

Not long after joining the Rotary Club, Manuel was intrigued by a presentation about Burleson's Citizen Police Academy (CPA) given by Jerry Stringer, former Burleson Police Sergeant-turned-County Commissioner. "I decided I'd like to see how that works — that I'd like the behind-the-scenes knowledge about the Police Department," Manuel said. "A friend of mine I went to school with ended up getting a Ph.D. in engineering. He wanted to become a DPS officer. DPS kinda laughed at him, since he had an engineering degree.

That did not deter him. Now, my friend's a retired police officer, using his Ph.D. in engineering working for the Department of Defense."

Trying to understand his own friend and the career he had chosen got Manuel interested, so he signed up for the Citizen Police Academy. After the 10-week course in the summer of 2008, Manuel became a new friend to Burleson's police officers. He learned that although he was not cut out to be a police officer, there were ways to help the officers better serve the community. He joined the Burleson Citizen Police Academy Alumni Association. "Our mission is to raise funds to help purchase supplemental equipment for the Police Department," said Manuel, adding the academy changed his perspective on people and increased his appreciation for the work of our police force as they protect Burleson's citizens.

"Some parts of the presentations were not ordinary, in the sense that a civilian just doesn't happen to stumble across something like that in everyday life," Manuel explained, referring to the experiential learning taught during CPA by officers from multiple divisions in the Burleson Police Department. "I learned the most from the crime scene exercise. I played the role of an investigator, investigating a crime. What was so cool was that everything in the room told a story. You can't overlook any detail!"

Manuel also appreciated discovering how police investigators gather and store evidence. "Some is stored until there is a trial, and once the trial's over, they get rid of some of the evidence.

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Firearms are definitely destroyed. Before the academy, I didn't know what the circumstances were," said Manuel, who will never forget watching first-hand how the SWAT team works. "During the academy, we got an overview of what they do and how they do it and watched a live demonstration of some of their tools at the fire station training building. I got to experience a flash-bang grenade! It is loud," remembered Manuel, adding, "It's intended to be that way to disorient people. You see a flash of light along with a pretty good concussion."

When Manuel attended the academy last year, most classes were at the police station. "The crime scene exercise was off-site, as well as the SWAT exercise," said Manuel. "This year the location is

**"During the academy, we got an overview of what they do and how they do it and watched a live demonstration of some of their tools at the fire station training building."**

changing, because the department has outgrown the current facilities." Understanding the police officers faced such obstacles prompted alumni from the CPA to organize in support of the department's mission.

Other alumni have gone on to train and volunteer as Citizens on Patrol (COPS), and actually provide services to assist the Police Department. "They patrol neighborhoods and businesses, acting as eyes and ears for the department," explained COPS coordinator Sgt. Diron Hill. "COPS members provide traffic control assistance, help provide security at events, issue handicapped parking citations, patrol parks and neighborhoods on bicycles and assist municipal courts by contacting persons with outstanding warrants. The reason this program is successful is because of people like Manuel, who have a genuine desire to improve the relationship with the

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community and the police department.”

“Joining the CPA has helped personalize the Police Department for me,” said Manuel. “I saw that it’s not an us-against-them type of mentality. The officers are there to protect the citizens, but they’re people as well. They’ve got families and connections to the community outside of the department. Most people don’t get to see that. This department is extremely professional. They’ve set very high standards for themselves and for the people they hire.”

Manuel exemplifies what makes the program successful — members of the community participating in the Police Department to bridge the gap. Last year, he joined forces with La Buena Vida de Burleson to organize last month’s *Cinco de Mayo* celebration. “We asked COPS and the CPA Alumni Association for help in providing security and traffic control during *Cinco de Mayo*,” Manuel said.

This year, Sgt. Bryan O’Heren coordinates CPA with one goal in mind. “With the CPA, I want to give citizens an understanding of what police work is all about — not that stuff they see on television,” said Sgt. O’Heren. “I also want to give citizens an opportunity to interact with their own police officers, the ones who are out there every day serving their needs, as well as an opportunity for the officers to interact with the citizens they serve.”

The academy this year begins on June 11. Classes will be every Thursday night from 6:30 p.m. to 9:30 p.m. with the first class being held at the Police Department. It is open to men and women who are 18 years of age or older. Applicants are required to submit an application, a waiver form and consent for criminal history search prior to the class beginning. Those applications are available at the Police Department and must be submitted by June 5, 2009 at 5:00 p.m. For those who are interested in attending a future academy, the next one will begin around June 2010; applications will be available at the Police Department after April 1, 2010. **NOW**

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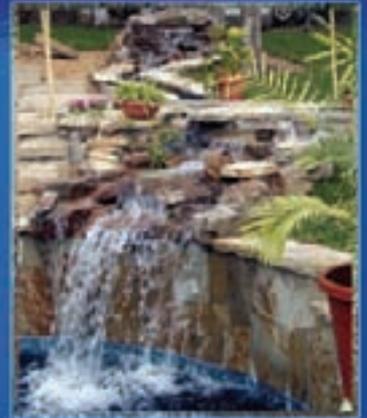
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# Fond Memories of Freddie

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— By Jaime Ruark

The 2,000-square-foot home of Peggy and the late Freddie Harkins is a house full of memories. Peggy has filled each room with a lifetime's collection of antiques — each piece with its own special history. “I find a lot of things in garage sales,” she said. “I just love old things — anything with a story.”

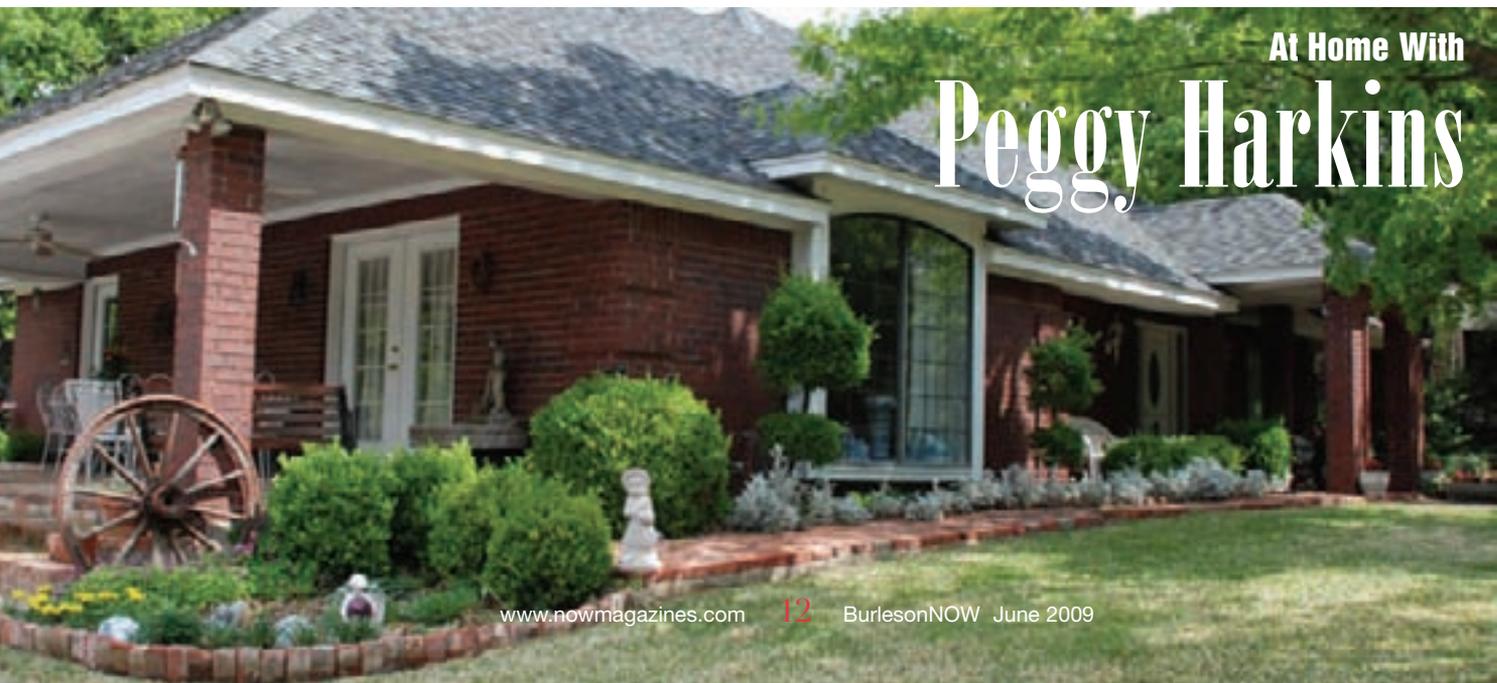
The house itself had an interesting beginning. “The first house was built here, I believe, in 1968,” Peggy shared. That house burned down sometime around '85, leaving the one-acre lot Peggy would eventually own. “Freddie left work one day on his lunch hour — my sweet husband, this was how he did things,” she smiled. “When he came back, he said to me, ‘Honey, I went to a garage sale out in Briar Oaks and I bought some land.’”

Freddie's spontaneous purchase included the land, the foundation, a chimney and a metal building out back, which Peggy calls “the barn.” Leeland Scoggins, the second builder of the original house, found out the Harkins had purchased the land and approached the couple with a proposition. “He wanted to help us build the house again, in memory of his friend,” Peggy said. “I had



to get some blue prints started, so I got a brown paper grocery sack and, using the existing plumbing and foundation, I designed what I wanted.” The building began on May 28 and was completed in seven weeks; the couple moved in July 20, 1992. Having sold their two-story home in town, Peggy and Freddie lived in the barn during the interim, surrounded by all their belongings.

Found throughout the inside and outside of the three-bedroom, two-bath home, from the kitchen, bathrooms and living area to the outside walks, are bricks that have a tale of their own. “The owner who lived here, Johnny Lucas, was a builder,” Peggy noted. “When they tore down the old Ice



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House in Fort Worth, he purchased their bricks, thinking he'd use them someday. They sat in a big pile out back." Those bricks are now the creative flooring of Peggy's home, creating another bridge from the past to the present. Texas bricks can be seen throughout the home, making the brick flooring even more unique.

Peggy admitted her residence is one that might be difficult to resell someday, since it was made to show off her belongings. The kitchen floor was built up in one spot so her stove-top, a Country Charm black-and-white electric built from an original 100-year-old mold, would be even with her cabinets. "My son says I built my house around my furniture," she said. "He's right."

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Even my guest bathroom was designed around things I had. There's no shower because I wanted it to fit my claw-foot bath tub."

Much of Peggy's decorating charm is due to her creative use of antiques. An old wooden church bench provides seating next to the kitchen table, while an antique ice box now stores food items. The master bedroom has another interesting piece of furniture. "This is a post office file cabinet," she said, opening one of the 30 oak shelves to show the original dividers which now keep her jewelry in order. "I used to have a list with the shelves labeled and numbered, because when the kids were growing up, they'd ask me where something was and it was too hard to say, 'Well, it's in the seventh drawer from the bottom on the right side,'" she laughed.

The large living area, with gorgeous, engineered-wood

flooring, has a couch that, of course, comes with its own interesting history lesson. "It doesn't look like an antique, but it actually came over on a boat from England. I had a friend who was moving and was planning to get rid of it, and I just couldn't let them throw it away," Peggy said. "It has the old wire springs and it's stuffed with horse hair. People with allergies would hate it!" A wooden rocking horse, found by her brother, sits next to an armoire that hides Peggy's television, and on both sides of the room are old shelves with glass covers that open to display numerous family treasures.



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Peggy's dining room holds more fascinating finds, from the Hoosier cabinet, with its white porcelain top and compartment complete with flour sifter, to a wind-up Victrola. "A young man was over one day to pay the rent on a rental property we had, and he asked me what this was," she remembered. "I told him it was a record player and then I thought, *Oh, he probably doesn't even know what a record is! He's of the era with iPods and CDs.*"

Even Peggy's foyer is home to countless antiques, many passed down from family members, so they have even more treasured significance. "Throughout

my home are lots of these little shelves," she pointed out as the grandfather clock, a gift from Freddie, chimed in the background. "My grandmother made little boys' hats for a company that sold to Striplings, which would then sell them to the public. My grandfather made shelves and tables out of the used wooden sewing spools and gave them to everybody in the family. It's just made out of stuff he had, just cheap spools and boards, but it's something that can never be replaced."

The walls of the guest bedrooms are trimmed in white and painted an organic green color Peggy mixed herself. Quilts

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made by her great-grandmother cover the beds, where Bob the cat enjoys taking a nap. "This area is sort of a memory area of my mother, Grace," Peggy said. "She went to Jerusalem and brought back souvenirs from the Holy Land. Now I have a great-grandbaby named after her, so I put a picture of her next to my mother's things." An old teddy bear, loved by Peggy so much as a child he now looks on the world with only one eye, rests on her great-grandmother's bed.

The pool room, enclosed with floor-to-ceiling windows, is Peggy's "Coca-Cola room." Coke bottles, boxes and signs are displayed around the pool table and her many plants, as well as a

proud grandmother's wall hanging that reads, "What happens at Nanny's, stays at Nanny's."

"I worked at Branson's for 20 years and Freddie worked there for 30," she shared. "He was the market manager, so he knew everybody. They have a picture of him painted on the wall there now. He was a very special man, and he loved this home." It is obvious how much Peggy loved her husband. It is fitting then, that in the expansive backyard where many family cookouts have taken place over the years, Peggy has a small garden spot with a bench, angel statues and a headstone in honor of Freddie — her most treasured memory. **XXXX**



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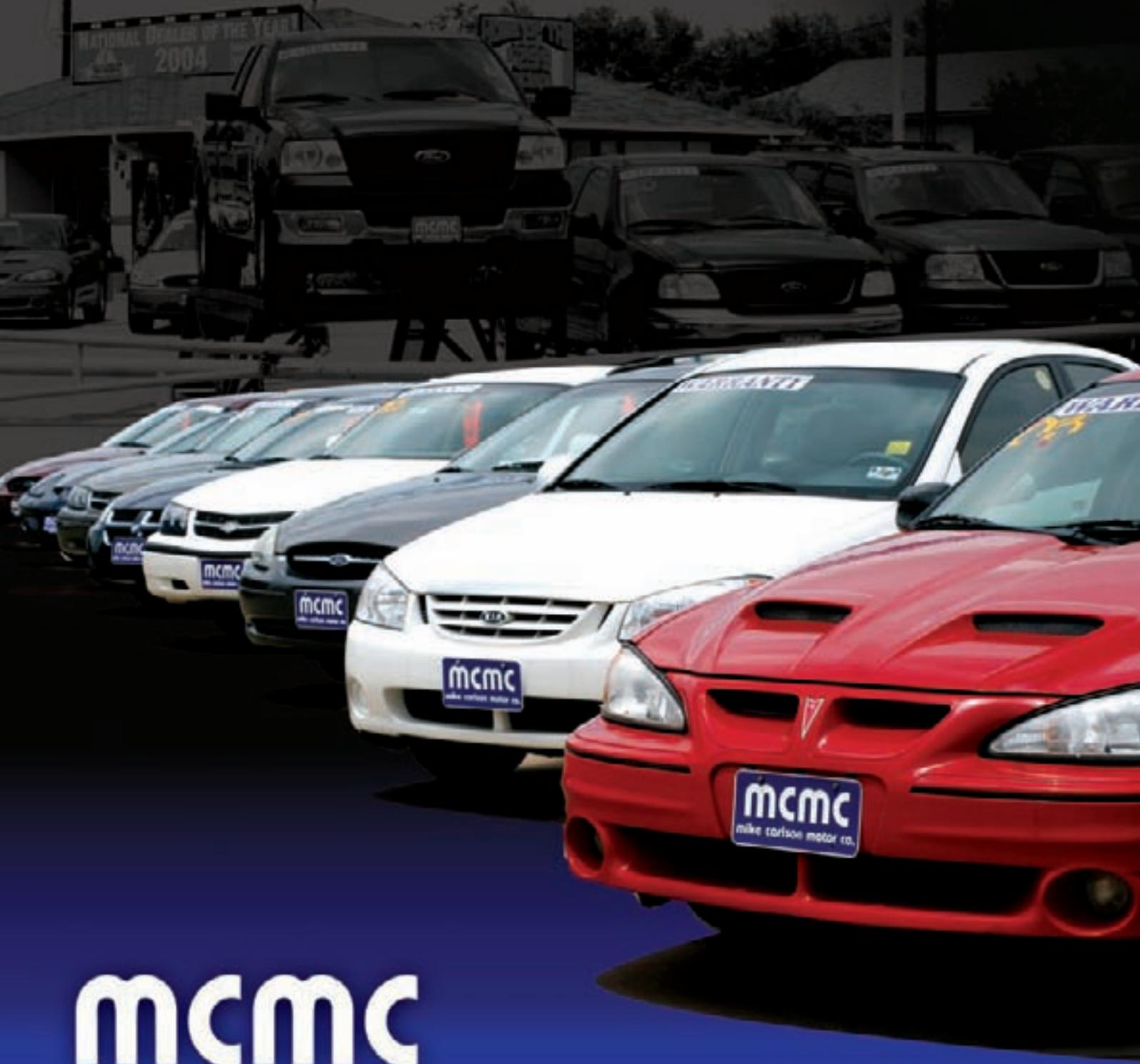
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You have seen those stylized MCMC logos on the left rear ends of hundreds of cars in the metroplex. The owners of those cars purchased them the smart way from Burleson's Mike Carlson Motor Company, where it takes less than two hours to complete financing and drive away in an SUV, truck or sedan. MCMC offers flexible financing on the domestic vehicles that Americans rely on — cars acquired from the same sources where new car dealers get their inventories of used vehicles.

The buyers in this locally owned, family business go to the auto auctions in Dallas and Fort Worth. They purchase the

cars people walked away from at the end of a two-year lease contract, manufacturer-owned vehicles that have been driven for up to a year, as well as domestic vehicles traded in for new foreign cars. "Most



new car stores can only afford to keep a certain number of new cars," explained Roy Carlson, president of MCMC.

"Consequently, the new car stores make available one-owner trade-ins to those of us with cash to buy their excess used car inventory."

Roy and two of his siblings still run the business founded by their father, Mike Carlson, in 1968, with an inventory of three vehicles. Mike Sr. died 20 years ago, and several of his grandchildren now work alongside their parents to support the 100 employees who run the seven dealerships around the western portion of the metroplex, in both Tarrant and Johnson Counties. The first dealership was in Fort Worth, near the Haltom City home where the family started out. By 1987, Burleson had become home for Roy, Mike Jr. and Lori (with her husband Michael Thomasson, vice president of MCMC). So, they expanded MCMC and established their corporate offices here.

"Burleson is like a family; the big cities just don't have the

**"We work with people to make them happy, trying not to sell people bad cars."**



same feel," Roy said. "Burlson just seems like a town that is genuinely concerned about the citizens, growth and expansion." The Carlson family actively supports Burlson's Relay for Life, as well as all the high school athletics.

The dealership acts as its own finance company, benefiting the people who are considered "unbankable" by many other dealerships. "We are the bank that our customers make the payments to," said General Manager Mark Jones, "and we have relationships with over 20 lenders in Burlson and surrounding areas." This enables MCMC to offer flexible interest rates through a flexible underwriting system, so they can get an approval quickly at very competitive interest rates.

"The person right now with low credit scores can't get financing at banks or even sub-prime lenders," explained Roy. "We are also seeing people coming to us who have relatively high scores, yet banks are strict and saying that customer's debt-to-income [ratio] is not up to the bank's standards. Well, we'll sell them a car."

Flexible financing at MCMC includes layaway for the down payment! "If a customer wants a certain car, but doesn't have the full down payment, they can put a deposit on it using a money order, cashier's check, debit/credit card or with a trade-in, and they will get up to 30 days to come up with the difference," Mark said.

MCMC makes buying a car easier for people by providing short-term loans; their maximum is a four-year term. "With our program, the payment might be a little bigger, but because it knocks down the interest so quickly, they are able to trade their car in sooner for another new car," grinned Roy, who is happy MCMC customers can also avoid driving clunkers. MCMC offers a wide variety of late-model, domestic cars, trucks and sport utility vehicles, as well as a select import inventory. "At MCMC you can buy an American car that's just as good quality as a foreign model and gets just as good gas mileage — and doesn't cost as much!" Roy said. MCMC proudly sells high-quality vehicles that are CARFAX certified. "Lately, we've had a lot of people show up on our lot looking for flexible financing. They're surprised to find we do have a warranty; we're not an 'as is' dealer," Mark said.

"We work with people to make them happy, trying not to sell people bad cars," Mark said. The company has won several quality awards in the last several years, including



the Texas Quality Dealer of the Year, from the Texas Independent Automobile Dealers Association and the National Top Dealer of the Year, from Leedom and Associates. With over 1,000 vehicles in stock — 20 percent of which are late-model and low-mileage — right now is a prime opportunity for an individual to purchase a new car at MCMC. "A year ago, the '08s were \$26,000," Roy said. "Now, in some cases, they're less than \$15,000, with factory warranty still on it. This is an incredible time to buy."



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# No Rules, No Limits

— By Melissa Collins



Glass artist Scott Peterson only requires about four or five hours of actual sleep. The other three or four hours, while he relaxes in the dark, Scott explores past experiences with his mind. From these inspirational moments, Scott creates fused-glass pieces for which collectors pay up to four figures. “One of my pieces, called *Bubbles*, comes from when I was a child. I had 22 aquariums in my bedroom,” Scott said. “*Bubbles* is 9 feet tall, an underwater scene made out of glass. It’s coral at the base of it, and has seaweed going up and amongst the seaweed are big glass bubbles.”

In his garage-studio at his home near Bailey Park, Scott keeps a little greenish-blue glass starfish that he cooked up in his kiln for use in *Bubbles*, which is currently on display at the Fort Worth community arts center. “It’s already been sold,” said Scott. “There are six variations of *Bubbles*, each different,” he explained. “The last one I made is probably going to be the last one I make. I don’t know, though. I enjoy making it. It’s fun. It’s what I do.”

“When I’m creating something, the art is the journey I’m on,” Scott continued. “It doesn’t matter what I create, whether it’s ugly or not. It’s the fact that I’m working with my hands and releasing that need to make something.” Still,



**“If it doesn’t please me, I’ll bust it up and make something else.”**

Scott feels a little uncomfortable when labeled an artist. “It’s a weird word. There’s no difference between me and a mechanic or a housewife,” Scott said. “They’re good at what they do. Why aren’t they called artists? Why not admire the mechanic? Have you ever raised a bunch of kids?”

This man — who at the moment is working on a three-dimensional, cast-metal and fused-glass recreation of a wind-sculpted tree inspired by memories of family visits to Rockport, Texas — only tries to make *himself* happy with the art he creates. “I know this tree will leave this shop,” Scott said. “But that has nothing to do with the creation of it. If it doesn’t please me, I’ll bust it up and make something else.”

Scott uses the aqua-colored, everyday glass, called float glass (the kind used in homes and businesses); which makes

him unique amongst glass artists. “Most artists generally do not use float glass, which I use because it’s green and recycled. Ninety-five percent of glass artists use the certain-colored glass that’s very expensive, technically correct,” Scott explained.

Growing up in a little town called Kirby, so much a part of San Antonio that he could see the hemisphere tower from his backyard, Scott received encouragement to be an artist from his mother — a painter in her own right. “Mom is still alive, still in the same house I grew up in. She’s still painting. Her gift is being able to make the eyes have soul to them; people bring their pieces to her to have eyes put on them,” Scott said. “My mother’s been teaching painting since I was 8 years old. I’ve never taken lessons on anything, ever. It limits you when you take lessons.

They teach you the rules. If you don't know the rules, you don't know what you can't do."

Maybe this explains why Scott's present day job is conducting trains for Union Pacific; before that, he was a children's photographer. Before that, he managed 85 shopping malls across the nation. Before that? "When I was 18, I was over a large facility because I told 'em I could do it. I don't believe there's anything I cannot do," Scott said. "There's nothing I'm afraid to try. I tell people I'll try anything twice to make sure I wasn't wrong the first time."

Scott's wife, Karen, is one of his biggest fans. "He wakes up one day a couple of years ago and decides he wants to learn the art of working with glass. ... He gets on the Internet and 'POW' ... next thing I know," Karen said, "Scott's president of The Texas Glass Artist Association!" Though Scott has just stepped out of his leadership role with TGAA, he still encourages other artists to share their knowledge with anyone who wants to learn.

Both of Scott's parents indulged him in anything he wanted. "If I showed an interest in anything, I was given the resources to explore that to the deepest extent I wanted to," said Scott, who does not watch television more than an hour a week. "I don't listen to the radio or read the newspaper either." He and Karen do watch horror movies, however. "And I love Stephen King and Dean Koontz books," grinned Scott.

After 20 years in Burleson, Scott hopes the city will have a gallery one day. "I hope I'm the one to open it. I would love to share art with this community, and I would love for the kids from the schools to be able to come visit the gallery," Scott said. "I thank God that he gave me this experience, to be able to do this. It's really cool. There would be a lot less hatred in this world if people were allowed to express themselves properly." **NOW**



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# A True Fish Story

— By Jaime Ruark

Jeff Gilbert is well-known locally as a talented fisherman. He has countless fish stories from over the years, many of which include some pretty famous names: NFL wide receiver Randy Moss, defensive back Tyrone Carter, Hall of Fame coach Joe Gibbs and former Dallas Cowboys defensive lineman Jim Jeffcoat. Jeff's favorite people to spend time with on the water, however, are his family, especially his 10-year-old son, Braxton, whose love for the sport is starting to exceed his own.

Jeff has been fishing since he was 4 years of age, but it was not until he bought a boat dealership that he began participating in tournaments and getting more serious about the sport. "I bought my first dealership in Cleburne in 1989," Jeff said. "Fun-N-Sun is known as a fishing dealership and that's the kind of clientele we have, so that's how I got started with the tournaments. I got involved with the local bass clubs. That's a good way for beginners to start, because it's a lot of weekend warrior-type guys; it's not highly expensive or competitive. Then you

graduate up from there."

He has always loved spending time in the water, but Jeff's decision to become a sport fisherman was accidental. "I actually used to be a kneeboarder. This was years ago, before wakeboarding came along. I competed all over the country, especially the Southern states," he explained. "Right before the nationals one year, I had an injury. I had cracked my eye socket, and the doctor said I wasn't allowed on the water for six weeks." Jeff had been skiing six days a week, so he suddenly found he had some time on his hands. "I grabbed a bass boat from the dealership during those six weeks, started fishing and never kneeboarded again," he smiled. "I grew up fishing tanks and streams, but I never fished competitively until that accident. Then I jumped in with both feet."

With his interest in the sport renewed, Jeff started fishing in local tournaments. "I started with bass tournaments, some of the circuits around Texas. Then, when my wife, Peggy, and I started having our kids, I kind of got away from it again," he shared. "I stopped fishing the

tournaments, but as Braxton got older, he started getting into it more and more. He's been fishing with me since he was 4 years old, and he just loves it."

Braxton put the spark back into the sport for Jeff, and the father and son duo began fishing tournaments together — Braxton at the ripe old age of 7. With just a few short years under his fishing hat, Braxton has become quite experienced with a rod and reel. "We love to go on trips together. We'll load up and go to Mexico, stay in some ... places that my wife would never go to," he laughed. "He loves it. He'll stand beside me from daylight to dark, throwing his bait cast, which is hard for some adults to throw, and he'll never sit down."

Jeff and Braxton recently returned from a fishing trip to Zapata, Texas. "We fished for three days straight; then got up at 6:00 in the morning to come home," Jeff recalled. "When we got home, Braxton came in the house, gave his mother a kiss, grabbed his rod and reel and went straight out back to the lake we have and fished for another two hours."

Jeff's business has afforded him the opportunity to introduce others to the sport. "Most of the time when you see a tournament youth are involved with, it's not like adult competitions," he said. "There just wasn't really an avenue for a kid to fish a tournament like an adult, against some serious competitors, so I started a circuit called the Fun-N-Sun Adult/Youth Tournament." Jeff's tournament involves teams, usually family members with their children, and only lasts until noon to keep the young ones from becoming uninterested or burned out. "One of the partners on the team has to be 16 years or younger. One of the guys brings his 5-year-old daughter; if she wants to quit fishing



and go play or do something else, he can keep fishing," he explained. "It's probably one of the neatest competitions I've fished. At the end of the year, we have a championship and *Honey Hole All Outdoors Television* comes out and films the weigh-in, so the kids get to be on TV." Team Gilbert recently won the tournament championship, and Jeff enthused, "I've never won one that meant more!"

By the proud and contented smile on his face, it is easy to see that Jeff is a fisherman who counts himself blessed. "Fishing has done wonders for my family, not just financially, but the closeness that we have. We go on camping trips, and we'll fish and we just have so much fun," Jeff said. "Those are times I wouldn't trade for the world."

# AA China

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# Where the Girls Are

— By Melissa Collins

Where do you go when you are having a bad day? Where the girls are, of course! Lift your mood with a visit to Market Centre Salon and Day Spa. “Feeling pretty goes a long way,” said owner Elena Sanders, who recommends getting a facial, massage or a hair style when you need pampering.

“There’s something very therapeutic about being touched,” Elena said, also suggesting advance appointments at the salon, where several experts lavish attention on the people who come to feel beautiful. This month, ladies who lounge in the sun are booking time with the experts at Market Centre, who will remove hair from brows, lips, underarms, backs, bikini lines, Brazilian areas and legs in the privacy of the cool, tiled rooms in the spa. To provide the height of luxury, Market Centre’s three massage rooms have been

recently remodeled by Elena and her husband, Corbin.

Elena and Corbin are collecting antique sideboard buffets to serve as linen storage in the spa, as well as to replace the cream-colored stations previously used in the salon. As Elena incorporates the vintage look, she is maintaining the family feeling established here by the salon’s former owner, Teresa Anderson, a master stylist who stayed for the fun of cutting and styling the hair of her longtime clients.

“We want people to be completely at home while we make their day a little better,” Elena said. “That’s what we’re all about: making people feel pretty. I think the people who come here regularly really feel like they’re a part of us.”

Building on what Teresa already established, Elena has created a kind of one-stop shopping experience at the salon, where clients can find premium hair products, from shampoo to bamboo brushes and chic headbands. A master stylist and color specialist, Elena has also been particular about the women she hires.

“Elena personally grooms them,” Corbin bragged. “She



brings in all of her new employees and works with them one on one, until she feels like they're really perfected." Elena and her staff go to hair shows, bring in educators for all of their lines of products and constantly read material to stay up-to-date on trends and technology for hair. Her stylists and aestheticians — experts in skin, makeup, eyelash extensions, massage, hairstyling, foils, color, vintage updos and trendy fun hair — represent a healthy range of ages, who provide services for all ages.

Elena's specialty is foils. "You can make the biggest impact on the way somebody looks with color. You can match their mood, how they want to look," she said. "It's a challenge with everybody. You have to read into what they're telling you (and what they're not!) in order to get the perfect color for them."

Happy Market Centre customers have supported the salon ever since it was founded by Betty Shelton 21 years ago. In January 1997, its second owner (Teresa) moved the business from its original Market Street location to the current site in historic downtown Burleson. Teresa helped Elena realize her dream of business ownership last November, when Elena purchased the salon.

Elena depends greatly on Corbin, who clearly has a servant's heart. While also building his own business, Burleson Catering, and serving his hometown as a member of Rotary Club, Corbin takes care of the administrative tasks involved with the smooth operation of Market Centre Salon. "Having Corbin allows me to continue to do hair, which is what I love to do!" Elena said.

Market Centre Salon, located at 110 South Main Street in Historic Downtown Burleson, offers services five days per week, every day but Sunday and Monday. Call (817) 447-0098 to make an appointment. **NOW**

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# No Way Out!

— By Melissa Collins

Jennifer McCraw knows the secrets to success in Girl Scouting and models for her student Scouts the four behaviors which make success possible. “I use my training,” Jennifer said. “I rely on the knowledge of others who’ve been leading Girl Scouts longer than I. I try to stick to guidelines. The Girl Scouts want every activity to have the steps discover, connect, take action — and if you follow that, whether it’s a service project or an outing, then by the time the girls get there they’ve already had all the background training, so it’s smooth. And lastly, I practice organization.”

For Jennifer, organization is built in to her nature. “I’ve always been very goal-oriented and very organized,” said Jennifer, who grew up in San Antonio. “My mom used to joke that my sisters’ rooms were always a mess while mine would be in order.” Her mom also used to lead the Girl Scout troop in which Jennifer got to practice “the three Cs” of Girl Scouting — which Jennifer says she actually got from God.

Courage, confidence and character are Jennifer’s core beliefs, which she passes along to the bright-eyed children in her Girl Scout classroom. “The Girl Scouts are real big on offering experiences girls might not otherwise get,” explained Jennifer, who homeschools her four daughters and leads their Girl Scout troop. “Girl Scouts is about empowering girls to dream big, to learn to take control over their ideas, and to realize that any idea they have

[can come true] if they work hard at it, whether on a community or a worldwide scale.

“Some of Girl Scouting is just for fun, but even some fun stuff, like camping, has these bigger concepts behind it. The girls are away from mom, being a little more independent than they’re used to,” said Jennifer, who teaches them how to start a campfire in her own backyard — well in advance of their trips.



“They know how to take care of each other and themselves while they’re there.”

Ranging in age from 5 to 10, the 27 girls that Jennifer mentors in Troop #3409 learn a lot — not just on camping trips, but also in bi-weekly meetings where they accomplish what is called “badge work.” That translates into hands-on learning guided by Jennifer, who does not answer questions, but leads them in understanding science, art and community service.

“If we see that a girl really threw herself into, for example, earning an astronomy badge, then we push them to think about how they could apply that further. We talk about careers,” said Jennifer, who studied for a teaching certificate and taught school before deciding she preferred motherhood.

“To some extent my classroom management experience prepared me for being a Girl Scout leader,” Jennifer said. “I have some kids who call me teacher, and I always tell them, ‘I’m way cooler than your teacher!’ My number one priority is to know them, so I can teach them more.”

“I see so many adults who don’t really take the time to listen to kids. They might half listen or half acknowledge. It’s rare to see adults give a child eye contact and listen to what happened to them in their day. But that’s really important. One of the hardest things is to remind yourself why you’re there and that it’s not about the agenda,” said Jennifer. “Organization is important, but we have to be flexible.”

After God, after her own mother, Jennifer credits her mother-in-law with inspiring her to be a mentor for girls. “She’s one of those who will stop and listen to the smallest thing. She sees things through the children’s eyes. When I

first had kids, I didn't so much," said Jennifer. "I've learned a lot watching her interact with my children, and how they crave her attention. She's great at slowing down and giving them what they need."

In order to be able to give her own family and her Girl Scouts what they require, Jennifer relies upon the emotional support she gets through teamwork with other Girl Scout leaders and troop service managers Debra Shackelford and Sue Blocker. She also relies on her own skills at advanced planning and prioritizing. "A lot of times, I remind myself what is really important that day, so that I don't do those things that I'm more inclined to do," Jennifer explained. "For me, I want to clean all the time. I have to remind myself that it's okay to do things other than cleaning, like maybe going outside with the girls to enjoy the nice day."

This summer, Jennifer will take the girls on several service outings. "That's where I really think we shine. We will be volunteering for Backpacks for Kids at the Tarrant Area Food Bank in Fort



Worth. The organization packs bags of healthy foods for children at high risk of hunger," said Jennifer, whose enthusiasm for her work is contagious. "The minute I found out my first baby was a daughter, I thought, *Oh, I get to be a Girl Scout leader!* Now with four girls," Jennifer said, "there's just no way out!" **NOW**



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Burleson's Citizen of the Year, Kurt Jaeger, top row left, was recognized during the Chamber of Commerce's Annual Awards Banquet. • Christie Livingston, top row right, raised \$2,000 in pledges and then wheeled her wheelchair along with other Burleson women who were "Walking for Life." • Ruth Moore, second row left, was honored to be named the newest Athena. • Mary and Art Brucks, second row center, looked beautiful at "An Evening in Paris ... Texas Style." • Neal Jones and his daughter, Jennifer Vandagriff, second row right, enjoyed the party atmosphere at the Chamber of Commerce Gala event. • Susan Neal, bottom right, posed with Pastor Harold Collins at the Chamber Gala.



USG Burluson Ladybugs, top left, showing their team spirit . • Hank Hoalridge, top right, led the Burluson Lions Club in a rousing rendition of "Lil' Liza Jane." • The A Shift Crew at Station 2, second row left, received the Medal of Lifesaving Award. • Burluson Police Commander Chris Havens, second row center, graduated from the 236th session of the FBI National Academy in Quantico, Virginia. • Terry and Bette Rose, second row right, won this year's Shirle Ayers' Volunteer Appreciation Award. • High-steppers Bruce and Birgit Anderson, bottom left, were stars on the dance floor. • U6G Angels celebrating on scoring a goal.



# Look Who's Cooking

— By Faith Browning

## IN THE KITCHEN WITH PAUL “BUBBA” WOODS

### BUBBA'S HOT SAUCE

- 2 cans Ro-Tel tomatoes
- 1 lime
- 3 Tbsp. crushed garlic
- 1 Tbsp. salt (or less)
- 3 Tbsp. pepper
- 1 cup cilantro (I pick out the stems — don't like toothpicks in my sauce!)
- 1/2 cup fresh green onions with some green included

Squeeze in lime juice; mix all ingredients together in processor. Let set for an hour or so (or not). Serve with chips or dip with crackers and cream cheese. (If you like hot, use the Hot Ro-Tel. Good luck!) Makes about a pint or so ... best served freshly made; will degrade in about a day.

### MEXICAN GOULASH

- 1.5 lbs. ground chuck
- 1 medium onion, chopped

- salt and pepper, to taste
- garlic powder, to taste
- 2 10-oz. cans Ro-Tel
- 1-2 cups elbow macaroni, prepared per directions
- 1 cup onion, chopped (for garnish)
- 1 cup bell peppers, chopped (red, green and yellow mixed really dresses it up nicely)
- sour cream

Cook beef with onions; season with salt, black pepper and garlic powder to taste. When beef is done, add Ro-Tel; and let simmer on low heat for 5 minutes. Add in macaroni; cover, let simmer another 5 minutes. Serve with onion, bell pepper and sour cream to taste. Serves 4-6. Great with garlic toast or even crackers.

### BREAKFAST CASSEROLE

- 1 pkg. frozen hash brown potatoes
- 2 cups onion, chopped
- 1 cup bell peppers, chopped
- 1.5 lbs. chopped ham (ground beef, if preferred)
- 2 dozen eggs

- 1 pkg. shredded cheddar cheese
- 1.5-lb. container sour cream
- 2-lb. container plain yogurt
- 2-lb. container cottage cheese
- 1 dash Tabasco sauce

Layer into 9.5 x 13.5-inch glass casserole dish: potatoes, onions, bell peppers and ham. Mix eggs with cheese, sour cream, yogurt and cottage cheese; pour over potatoes. Add a dash of Tabasco (to taste). Bake 350 F until fork can be removed cleanly when pushed to bottom of dish, 15 to 20 minutes (leave enough room in dish for eggs to rise). You could reserve the bell peppers to garnish instead. Serves 10-15.

### BUBBA'S OVEN-BAKED BRISKET

- 1 brisket (Choose brisket by attempting to touch ends of meat together. The easier it is to do so the more tender the meat. I prefer it pre-trimmed, with as little fat as possible.)
- 1 Tbsp. salt
- 1 Tbsp. black pepper

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# Who's Cooking **NOW**

- 1Tbsp. garlic powder
- 1 Tbsp. chili powder
- 1 tsp. sugar
- 1 stick butter
- 1 can beer

Place washed brisket into a 14 x 16 x 4-inch deep pan. Combine seasoning. Melt butter in saucepan; mix in seasoning with beer. Pour over brisket. Cover with foil. Bake in 200 F oven for 12 hours minimum. Remove foil for broiling for 5 minutes. Slice across the grain of the brisket and serve with your favorite barbeque sauce.

## BUBBA'S CHICKEN AND RICE

- 3 chicken breasts and 4 thighs
- 2 cups Minute rice, prepared per directions
- 1 cup onions, chopped
- 1 stick butter, melted
- juice from 2 lemons

Place chicken in 9.5 x 13.5-inch glass casserole dish, cover with rice, onions, butter and lemon juice. Cover with foil. Bake at 350 F for 35-40 minutes and serve.

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



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# Smart Financial Moves for “Empty Nesters”

— By Lynn H. Bates Jr.

It's graduation time at colleges across the country. If you have children graduating from college, you're probably excited about the opportunities that lie ahead for them. But once your last child leaves home, and you become an “empty nester,” you also may find some good opportunities for yourself — opportunities to improve your financial situation.

In fact, your empty nester status may help you make progress toward what are likely some key financial goals at this stage of your life: Getting rid of debt and accelerating your savings for retirement.

What steps should you consider? For starters, you could downsize your home by moving into a smaller, less expensive one. If you make a profit on the sale of your home, you could use it to invest for retirement and clear up debts. Of course, you may be emotionally attached to your home and neighborhood, but downsizing may be a good financial option to consider at some point.

**Here are a few other suggestions for taking advantage of your empty nest:**

**\$ “Max out” on your retirement plans.** If you now have money no longer needed for your children's college education, use these funds to help save for retirement. Try to fully fund your traditional or Roth IRA, and put as much as you can possibly afford into your 401(k) or other employer-sponsored retirement plan. If you still have money available after “maxing out” on these accounts, look for other retirement savings vehicles.

**\$ Increase your investments for other goals.** Up until now, part of your investment strategy — perhaps a large

part — was aimed at building enough resources to help your children pay for college. Since that need has now been met, you may be free to boost your investment toward other goals, such as travel, a vacation home, charitable giving, funding for a small business you hope to operate after you retire — the list could go on and on. And since you are probably entering your peak earning years, you may be able to add substantially to the investments designed to help you achieve these various objectives.

**\$ Reduce your credit card debt.** If you have more disposable income available now, try to pay off your high-rate credit cards. By freeing up this money, you can save and invest more.

**\$ Evaluate your insurance needs.** When you purchased your life insurance, you may have factored in enough coverage to pay off your mortgage, send your kids to college and provide some retirement funds for your spouse. But if your kids are through school, your mortgage is nearly paid off and your spouse has accumulated some money in an employer-sponsored retirement plan, you may not need the same amount of life and disability coverage. Any money you can save on insurance can be used to help fund your IRA, 401(k) or other investments.

As an empty nester, you will miss your children, but you'll also find that you have greater freedom to pursue your hobbies or other interests. And by taking the steps described above, you can help yourself move closer to reaching your financial objectives as well. **NOW**

*Lynn H. Bates Jr. is an Edward Jones representative based in Burleson.*



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MAKING SENSE OF INVESTING

# Scan It for Health

— By Betty Tryon, R.N.

What is the big deal about osteoporosis anyway? Our TV shows are inundated with commercials of the latest and greatest medication to take for this problem. If you are female and over 50, your physician frequently encourages you to have a bone scan. Is it important to have a Bone Mineral Density Test? In a word, yes.

Osteoporosis means porous bones. Porous bones are less solid or less dense and become more fragile; therefore, they are more prone to fracture. This disease is a silent one in that it has no symptoms. Usually, you will not know if you have it until a bone breaks and a closer examination is made. Typically, as you grow older, your bones become weaker. Older females are more likely to get this disease than men are. Women also lose bone rapidly after menopause. Estrogen, in conjunction with other

hormones and minerals, works to build bone. When a woman becomes post-menopausal, that building block is compromised and bones are at risk to thinning and breakage.

Other risk factors include your family history. If a member of your family suffers from this affliction, you are more likely to get the disease. A sedentary lifestyle also increases your risk. Exercising places more stress on your bones, which sends a signal to them to increase bone mass. The more active you were as a child, the greater chance you have of building up strong bones, lessening your risk of developing osteoporosis. Your “bone bank” is off to a good start.

The importance of calcium and Vitamin D in your diet cannot be underestimated. Your body needs calcium for more functions than simply being a necessary ingredient for bones and teeth. When the calcium level in your blood drops, your body will take the calcium it needs from bones. As your diet supplies additional calcium, the proper amount is restored to the bones. Most adults and teenagers do not get the daily requirement of calcium from their diet, so a calcium supplement is necessary. Vitamin D aids with the absorption of calcium and helps to regulate the amount of calcium in your blood. Vitamin D can be obtained through supplements, diet or exposure to at least 10 minutes of sunlight every day.

Becoming stronger is all up to you. With appropriate exercise, watching your weight, a diet rich in calcium or supplements, and foods or supplements fortified with Vitamin D, osteoporosis is a disease you can live with. Your physician will help you determine how much calcium and Vitamin D you need and whether you need additional medication. Get your Bone Mineral Density Test! **NOW**

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



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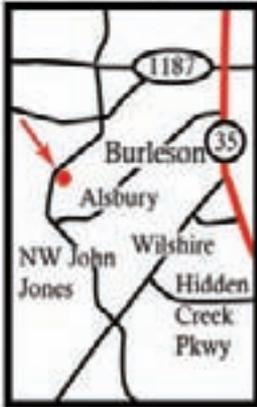
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# June 2009 Community Calendar

## June 1

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

## June 4

City Council meeting: 7:00 p.m., City Hall. Signing of the 10 Again Character Resolution to spotlight the city's 10-year-old Character Initiative.

## June 5

Hot Sounds of Summer concert series: 7:30-9:00 p.m., Old Town. Free event featuring the Crawfish (classic hits). Bring a picnic as well as a chair or blanket to sit on.

## June 5 and 6

Mansfield Art Festival: Depot Street and Steven's Garden and Grill. Artwork, crafts and live entertainment. Friday: 7:00-10:30 p.m. Saturday: 10:00 a.m.-10:30 p.m.

## June 6

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

## June 8

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

## June 9

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

## June 11

Burleson Chamber Luncheon: 11:30 a.m.-1:00 p.m., First Methodist Church, McAllister St. Guest speaker Dr. Condy, Director of Fossil Rim Wildlife Center. Tickets \$15 in advance, \$20 at the door. Call (817) 447-1575 to RSVP.

## June 12

Hot Sounds of Summer concert series: 7:30-9:00 p.m., Old Town. Featuring Victor Trevino and the Hound Dogs.

## June 15

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

## June 19

Hot Sounds of Summer concert series: 7:30-9:00 p.m., Old Town. Featuring swing music by The Texas Gypsies.

## June 19-21

DFW Summer Balloon Classic: Mid-Way Regional Airport, Midlothian/Waxahachie. Free admission. Parking \$10. Featuring hot air balloons, mass ascensions, competitions, exhibits, food, arts and crafts. "Lite the Nite" sunset balloon display on Saturday.

## June 26

Hot Sounds of Summer concert series: 7:30-9:00 p.m.,

Old Town. Featuring a country tribute to Buck Owens by The Derailers.

## June 27

2nd Annual Fishing Camp. For children 6 years of age and older. Must register at least 48 hours prior to the event. Call Community Center Supervisor Paula Benjamin at (817) 295-8168.

## July 2

Burleson Community Theater presents an Independence Day celebration concert and barbecue dinner: 6:30-9:00 p.m., Burleson High School cafeteria. \$17 per person for dinner and show. (817) 447-8812.

## July 4

Hot Sounds of Summer concert Fourth of July celebration: Hidden Creek Sports Complex. Featuring a Johnny Cash/Roy Orbison tribute by Men In Black. For more information, call Ike Vera at (817) 447-5312, ext. 250.

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

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