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On The Cover



Daughter of the American Revolution, Shelley Gayler.

Photo by Opaque Visuals.

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Editor's Note

Howdy Burleson and Joshua!

Keep your eyes on the road, y'all ... not on the three snazzy 2012 Honda Civics you may have noticed. The smiling faces behind the steering wheels are the three Teachers of the Year in Burleson Independent School District. Elementary Teacher of the Year is Nicole Hammons, a first grade teacher at Brock Elementary. Middle School Teacher of the Year is Stephanie Friedrich, who teaches art at Kerr Middle School. High School Teacher of the Year is Amanda Stowe, an English teacher at Centennial High School. Each received a \$200 check from EECU in addition to summertime use of a brand new car, compliments of Honda of Burleson. Such tokens of our community's appreciation for the compassionate efforts of our teachers still do not compare to a big happy handshake! So, if you see one of them out and about, take time to thank them for all they do to prepare our students for their future journeys.



Melissa

Melissa Rawlins
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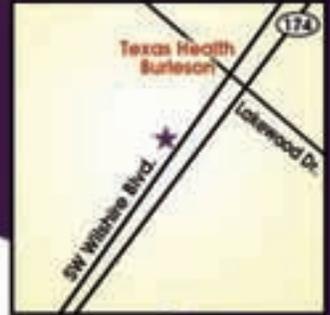
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A woman with long brown hair, wearing a blue short-sleeved dress with a large bow at the waist and a red beaded necklace, stands in front of a large American flag backdrop. She is holding two small American flags, one in each hand. To her left is a yellow school-style chair. The word "HE" is visible in large blue letters on the right side of the image.

HE

“I had no idea that I would ever be part of the Daughters of the American Revolution.”

HERITAGE

Quest

— By Carolyn Wills



Two years ago, Shelley Gayler set out to explore her heritage. So far, the quest has taken her back in time, through realms of virtual data, volumes of documents and real-time trips to family reunions, ancestral homes and final resting places. Most importantly, it has expanded her world in ways she could never have imagined. "I was curious to know if the history of my family had ever been examined," she said, "so I searched online and discovered the Gayler ancestry had been somewhat plotted. That's when I got the 'genealogy bug,'" she smiled. "I began compiling back-up documents and, in the first few weeks, easily spent five hours a day on the computer." Thankfully,

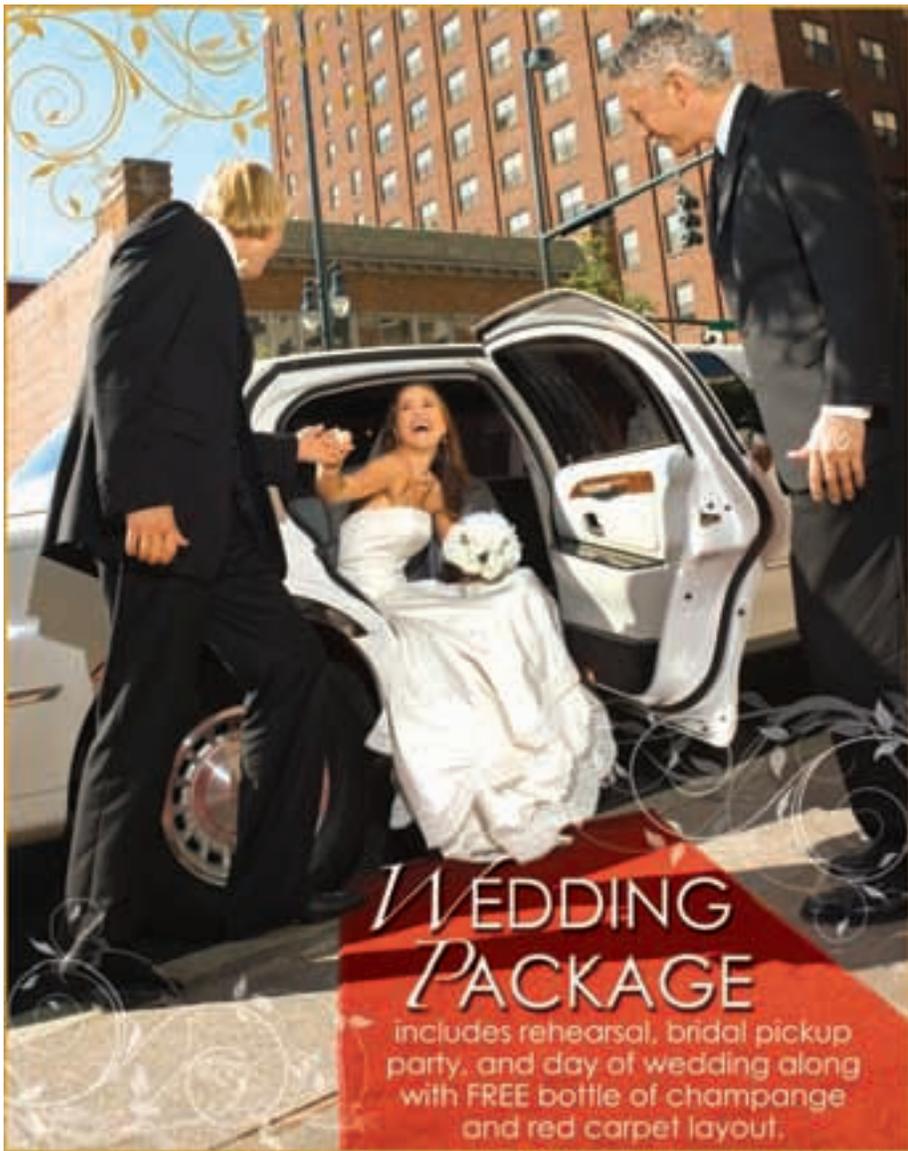
today's genealogical studies are greatly facilitated by the Internet and availability of data and social media. "The Mormon Church (LDS) AncestorHunt.com site is a fabulous source," Shelley said, "and it is free. There are also services like Ancestry.com and FindaGrave.com, and many states, including Texas, are now scanning documents."

A Burleson native, Shelley graduated from Burleson High School in 2001. She attended Indiana University and earned a bachelor's degree in Liberal Studies in 2006. She worked in Indiana for a couple of years before returning to Burleson to ultimately purchase, design and decorate her lovely custom-built home. She has worked in Cleburne for the past three years and, in that time, her fascination with the mysteries of time and family has evolved and enriched her life.

"I had no idea that I would ever be

part of the Daughters of the American Revolution," Shelley said. The prestigious national society requires proof of lineal blood line descent to an ancestor who helped win America's independence. To her surprise, Shelley found that her fourth great-grandmother, Cassandra Parrish, was the granddaughter of a patriot from Baltimore, Maryland. "Not only was Thomas Chenoweth Jr., who lived from 1753 to 1814, a patriot," she said, "but his father, who lived from 1720 to 1791, also qualified." She contacted the Johnson County DAR Chapter. "They helped me to complete the application, and I was accepted on the first try. The DAR certificate looks like my college degree," she smiled, "and I am equally as proud of it." Today, she is an active member and the Public Relations Chairman of the Johnson County DAR Chapter.

Shelley is also active in the community of family "explorers." "I've helped a lot of people who have either been referred by the DAR or have contacted me through a Web site or message board," she shared. "Sometimes, people will ask to have a picture taken of an area gravesite. As I was preparing to vacation



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in Denver, I received an e-mail from a DAR member about an applicant needing a death certificate from Tarrant County. I told her I would be happy to get a copy and, since I was going to Denver, I would also deliver it. Now I have a DAR friend in Colorado!”

Shelley loves to travel and is an avid photographer. “In May, I went to Massachusetts, Vermont, New Hampshire, Connecticut, Oklahoma and Colorado,” she said. “In Massachusetts, I found the cemetery where my second



and third great-grandparents are buried. I call the picture of me taken beside their headstone my ‘family portrait.’ After so much research, it was surreal to actually see their names etched in stone.” Even as a child, she enjoyed visiting cemeteries. “The headstones are works of art, and



I like being outside and walking in such beautiful settings.”

Shelley is quick to point out that the effects of tracing a heritage can be much bigger than recording a family tree on paper. “It appears that I share some of the same manners and interests as ‘my people,’” she explained. “In school, I wanted to take French instead of Spanish, and now I know that my ancestors on my father’s mother’s side, the Guyettes, were French-speaking. They left France sometime in the 1600s

to immigrate to the Provence of Quebec in Canada. Eventually, they settled in Northampton, Massachusetts, where my great-grandfather was born. He moved to Fort Worth where he lived until his death in 1983. Also, when I visited the town of Northampton for the first time, I felt as if I were home and knew exactly where things were.” Another advantage of discovering “what your people might have been like” is in the gathering of medical information such as prevalent illnesses or conditions or consistent patterns in the family that could prove helpful to future generations.

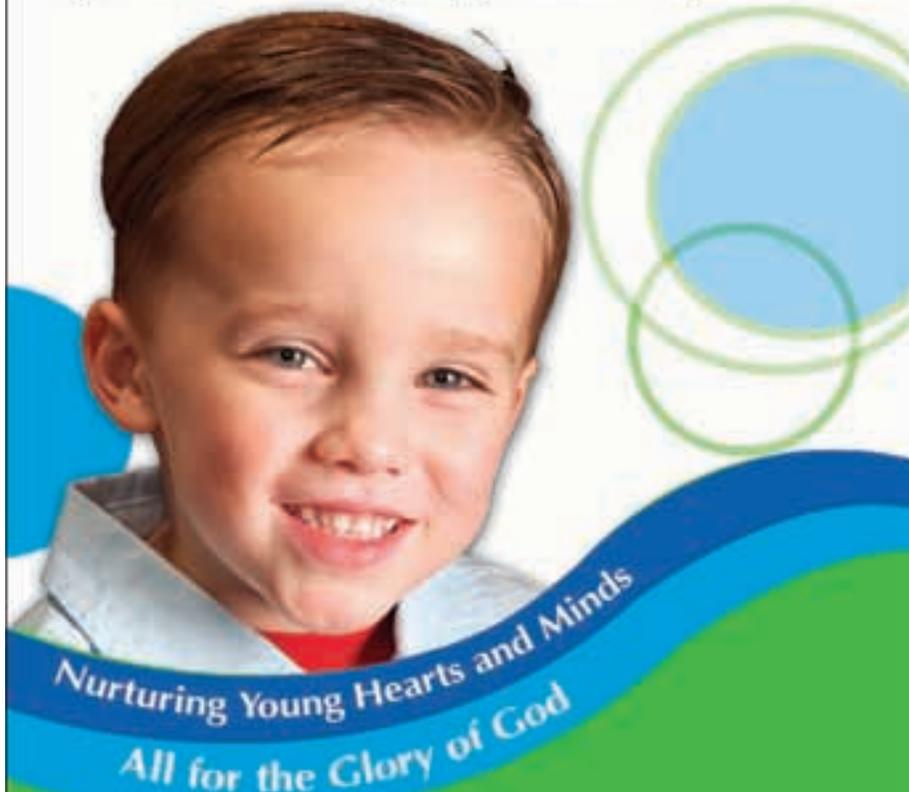
Shelley attributes much of her independence, as well as her eagerness to learn about her family, to the fact that she grew up as an only child. “Without siblings, you tend to do what your parents do,” she said. “For example, while other kids were watching children’s



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programming on TV, I would be watching *Newhart*.” Her quest for heritage and the freedom of feeling comfortable traveling on her own has provided much more than a large binder filled with documents. “It has expanded my sense of family,” she said. Shelley learned that her family on the Gayler side helped found the town of Mountain View, Arkansas, and that Gayler Mountain was named for them. “I attended my first Gayler Annual Reunion last October,” she said. “I saw my surname everywhere. I met so many great people, and now I have cousins I never knew about. Between reunions, the whole family stays in touch through Facebook.”

Shelley’s advice to someone just beginning to explore their family’s history is to get with family members.



“This is the first step,” she said. “Collect information from everyone including names, birthdates and places from past and present. Take voice and video recordings because it’s so important to preserve the histories of those still living. Also ask everyone to identify people and places in family photographs. Use online services and message boards and be prepared to go to the library to access newspapers and the County Clerk’s offices to find land documents.”

It seems natural for Shelley to fulfill such a true-life adventure. “I have always been ‘old-timey,’” she said. “My favorite musicians are Roy Orbison and the Beatles, and if I could meet anyone from history, it would be President John F. Kennedy or Buddy Holly. I like black and white movies like *The Maltese Falcon* and *Citizen Kane*. My friends say I’m an ‘old soul.’” Indeed, this young adventuress who evokes a myriad of classic dark-haired film and literary heroines seems strangely untouched by time. “I look like I’m 12-years-old,” she smiled, “but I’ll be 29 on my birthday.” **NOW**



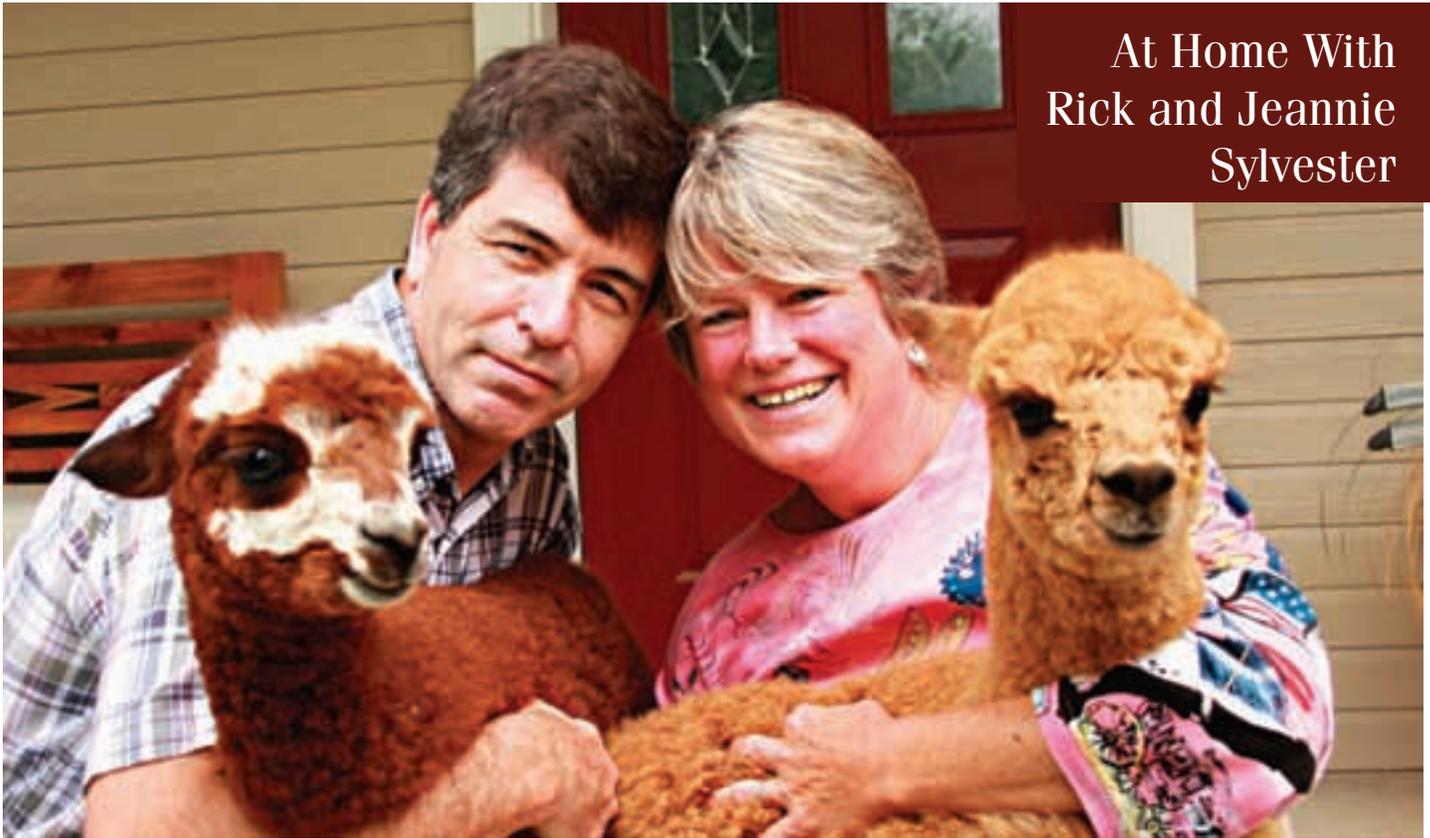
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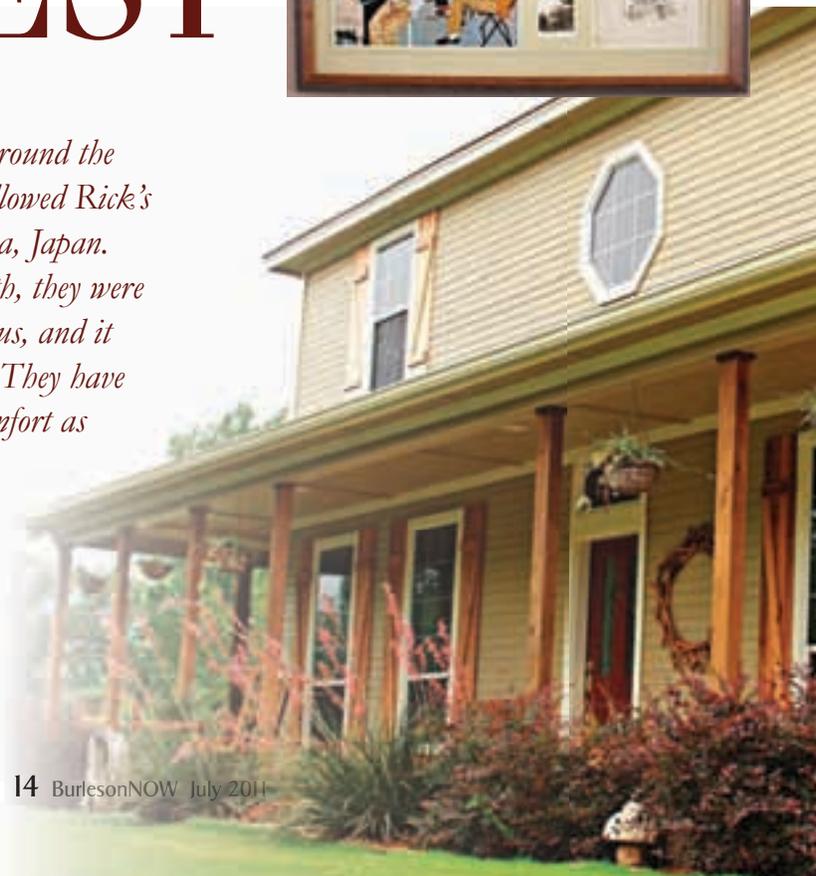


Where EAST Meets WEST

— By Melissa Rawlins

Imagine a career taking you to wonderful locations around the world. During the '90s, Rick and Jeannie Sylvester followed Rick's Lockheed assignments from Crowley, Texas, to Nagoya, Japan. When they learned of their reassignment to Fort Worth, they were attracted to Burleson. "This area is good and prosperous, and it seems like we don't get the rough weather," Rick said. They have lived for two years now in a home designed for their comfort as well as for Jeannie's alpacas.

Jeannie wanted a log home, but none in the area had enough land for her alpacas. This home, however, had every amenity necessary for raising livestock. Rick loved that the previous owner had installed barns, workshops, water spigots and electricity everywhere it could possibly come in handy. Rick jumped straight into his new assignment at work, and Jeannie





For a while, the entire upstairs was their son, Adam's. He graduated from Texas A&M in 2010 with a degree in political science and is now on Capitol Hill, working toward his big dream — to be in politics. Since he moved out,



Jeannie has been working on taking the A&M out of the upstairs and creating a Sylvester Memory Lane.

Rick and Jeannie are young grandparents. They met in Hawaii while Rick was in the Marine Corps, and last month celebrated 30 years together. They

talked about a cruise, but instead drove to North Carolina to visit their kids. Their eldest son, Richard, owns his own software company. He and his wife, Kelly, have given the Sylvesters two awesome granddaughters, Audrey, 5, and Libby, 2 1/2. Their photos grace the upstairs walls of Rick and Jeannie's home, where several closets are neatly organized with toys and games for the girls.

When Jeannie was a girl, her father was in the Army, and she lived all over the United States and Panama. Vacations were taken to the family cabin in Ketchum, Idaho. "Some of the look in our home reminds Jeannie of the cabin of her memory," said Rick, a mechanical engineer who appreciates his wife's ability to manage projects like decorating the house. "She can take something from nothing and create amazing things. She is the one who selected the colors and coordinated the flooring in this home while I was still in Japan."

"I like the rustic," Jeannie explained. "I'm not a city girl. I was raised going arrowhead hunting, looking for rusty things in old dumps, and to this day, I

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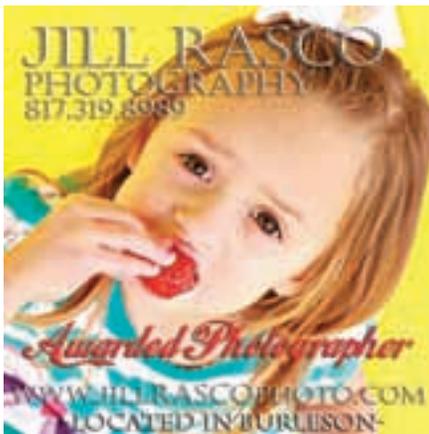
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like rust.” Through several tours in Japan, Jeannie collected the less commonly seen earth-toned vases, bowls, plates and cups — and she has used those as dining ware and to punctuate her shelves. In fact, on first glance the Sylvester home feels like a log cabin from the heart of the U.S.A., but a closer look reveals antique wooden furniture that is actually from Japan.

Many of those antiques are from trash piles, in fact. *Gomi* is the Japanese word for trash, and Rick explained that during the early '90s the Japanese tended to buy new rather than fix their old things, and so would throw away items that Americans found quite valuable. “A couple of times a month, they’d have a big *gomi* day, and my friends and I would put on hooded sweatshirts and go *gomi* picking,” Jeannie said. “The Japanese have realized the value of those things, so these things that once were trashed are now commodities in second-hand shops. My favorite thing in Japan was to go to recycle stores for antiques.”

In her granddaughters’ and guests’ room upstairs, Jeannie displays an old Japanese baby walker only two feet from her Panamanian hope chest and the cast-iron bed from her family’s cabin. She also proudly displays her grandmother’s brush set atop her mother’s childhood record player in which you could actually record your own records.

Japanese fishing gear, as well as some from her family cabin, set the theme in the upstairs bathroom. Even the Western room across the hall has a set of quilts handmade by other Lockheed wives during their stay in Japan. On the way downstairs, guests are presented with a view of Mount Fuji carved into a 6 foot by 1 foot piece of wood. The antique “transition” [otherwise known as a transom] was originally created as a

decorative method of providing airflow between rooms in a Japanese home. “I fell in love with those old transitions,” Jeannie said. “Rick and Adam climbed Mount Fuji when we were there last time. When Adam is settled into his own place, this Mount Fuji transition is his.”

Rick and Jeannie have placed another transition over the glass doors to the patio. Not 10 feet away is a wooden refrigerator and a lamp — both from Japan yet creating the perfect cabin look. The hearth displays a big hammer that Japanese men used at the New Year to make rice mochi. To its right leans a ladder from a 19th century silver mine



near the cabin in Idaho. Across the room, on an Indonesian horse cart-turned-bookshelf, Jeannie displays a whimsical collection of little medicine bottles stuffed into large glass jars from her sister, a bottle hunter.

Alluding to her own hobby — animals — Jeannie displays an old saddle, from her days training weanling paint horses, on a Japanese magazine rack. Signifying her mother’s hobby of making dried wreaths, Jeannie devised clever wall art in the master bedroom from dried Burleson weeds hanging on a wooden Japanese ox yoke. And in the game room, she created a masterful work of art from one antique Japanese kite displayed on an American tomato trellis.

Their front porch loveseat and rocking chair (also Japanese) constantly invite Rick and Jeannie to read, watch the grazing alpacas, and relax in their country “cabin.” This is meant to be their retirement home, yet there is always the possibility that Lockheed will ask Rick to head to foreign lands again. “Being as ex-military as we are, sometimes that has a spark to it,” Rick mused. “We have every intention to stay here, but we never know what opportunity will come up.” **NOW**

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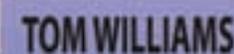


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A League of His Own

— By Sydni Thomas



Our lives are filled with “one phone call moments.” They are those unexpected moments that change lives for the best, and too often for the worst. For JROTC Cadet Thomas Franklin it happened on a typical day at Joshua High School (JHS). He was talking with his JROTC advisor, Lt. Col. James Davidson, when the phone rang. The lieutenant colonel talked to the caller as if it were a routine conversation. When he hung up, he looked at Thomas for a moment, and then delivered some monumental news. Thomas was to be awarded the Legion of Valor Bronze Cross for Achievement, an award so prestigious that less than 50 are given each year. Thomas later learned that he placed third out of more than 300,000 applicants.

Before he left for his fifth combat tour, Lt. Col. Davidson nominated Thomas for the award. The nomination is based on performances while a junior in high school. The Bronze Cross of Achievement program began in 1951, but did not spread nationally until 1957. Each recommendation is viewed by the awards chairman of the Legion of Valor and must meet a set of strict guidelines. Those awarded the Bronze Cross have demonstrated excellence in military, scholastic and civic affairs. "I didn't know that Lt. Col. Davidson nominated me until my senior year when he came back from Afghanistan," Thomas said.

On October 11, 2010, Thomas was presented with the award at JHS' annual Navy Ball in front of his grandparents and peers. Military service members are also invited to the event each year. Being presented the award is one of the many honors that come with it. "One of the greatest benefits of receiving the Bronze Cross of Achievement is that it is presented by a Legion of Valor (LOV) member," Lt. Col. Davidson said. "Thomas attended a LOV luncheon last September and was able to meet men who are living legends. The old warriors just fawned all over him, and he was simply awestruck."

Thomas joined JROTC his freshman year at JHS because he wanted to be a part of something that challenged him. Lt. Col. Davidson described his first impression of Thomas as a skinny kid, probably weighing less than 100 pounds, who was quiet. By his senior year, Thomas was the commanding officer of the unit and one of four seniors who made it all four years. "Thomas is very intuitive, and he reads people," Lt. Col. Davidson said. "However, his greatest strength is his ability to lead by example. In addition to being an honor roll student, he is physically fit and a poster in uniform. I own this program and routinely found myself out-shadowed by a cadet. Every cadet in this program wanted to be like Thomas."

There were between 130 and 140 students involved in the JROTC at JHS this past year. Almost every weekend, they were busy with events including drill meets and community service projects. "One of my favorite parts of JROTC was the community

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service projects that we participated in,” Thomas said. “Each year, we were part of Adopt a Highway, Habitat for Humanity, canned food drives for local churches, and my favorite, Toys for Tots.”

During his freshman year, Thomas joined the rifle team and was a key to its success each year. He is an avid football fan and loves to play the game, but decided that rifle was going to be his varsity sport in high school. Although he was a freshman, Thomas became captain of the school’s nationally ranked rifle team and was the first freshman in the school’s history to do so. Last year, Thomas was the favorite to win nationals, but fell short at the regional competition. This year, he had hoped to win it all but



again did not progress past regionals. “Over the course of his freshman year, I fired one, then another upperclassman who were serving as team captain,” Lt. Col. Davidson said. “Then I called Thomas in and asked him if he wanted a job. He nodded yes without answering, but I never looked back. He led the team to numerous wins to include state and regional competitions.”

Life has been anything but easy for Thomas. He has already been faced with and overcome more challenges than most young men his age, but it does not define him. Everything that he has achieved has been through hard work and determination. Thomas managed to keep a perfect grade point average, found time to do community service

outside of school and is a member of the National Honor Society. Responsibilities for Thomas did not stop once school and JROTC were finished for the day. He went home and helped his grandparents with their cattle and exotic bird business. "His daily schedule includes: 0500 Chores; 0730 School; 1500-1730 Rifle Practice; 1800-1900 Chores; 1900-2200 Homework; 2200 Workout," Lt. Col. Davidson wrote in his recommendation letter for the Legion of Valor Bronze Cross for Achievement. "Television is unknown to him. He is so quiet and unassuming that it takes most teachers half the year to appreciate his raw intelligence and analytical abilities. Simply put, he has the most incredible work



ethic I have ever observed in a teenager and brains to boot. Cadet Franklin would stifle any of the old guard who would dare say we aren't making them as good as we used to!"

The ultimate goal for Thomas is to become a four-star general. He will attend the New Mexico Military Institute to prepare for hoped-for entry into the United States Naval Academy, where he will study aviation and, after graduation, serve as a Marine. "I've wanted a career in the military since I was a kid," Thomas said. "I have uncles that served, and my brother is retired from the Air Force. For a while, I couldn't decide if I wanted to be in the Coast Guard or Marines. Now I know that I want to be a Marine."

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step closer to being accepted to the academy. The next step Thomas had to take was securing a congressional nomination. On December 6, 2010, Congressman Chet Edwards gave Thomas his nomination. "To receive a congressional nomination, I met with a board that Congressman Edwards appointed filled with retired Generals," Thomas said. "The night before, they hosted a banquet for us so we could get to know the other students. On Saturday, we met with the board individually and their job was to determine if we had what it takes to attend the Naval



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Academy. They began by asking me what my favorite books were and by the end we were talking about compassion and leadership."

If the work he put in at this level is an indicator of his future, Thomas' life and career is one to follow. "From what I remember of myself at 17, I simply wasn't in Thomas' league," Lt. Col. Davidson said. "If he continues on to a career in military service, I believe that the sky is the limit." **NOW**

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Catching the BASEBALL

Bug

— By Julie B. Cosgrove



Paul Meador may work for AT&T, but his love has always been baseball. Growing up in McKinney, he played as a left-handed pitcher with the Dallas Pony League. When he was in the Palomino rank for 17- and 18-year-old boys on a team called the Mavericks, that team won the Pony League World Series. Paul smiled a bit when he admitted, “It got me a scholarship to Oklahoma State University (OSU).” From OSU he went on to play ball at The University of Texas at Arlington, where he met his wife, Kellye, who played women’s softball. It was a match made in heaven. He actually played



pro baseball for several years in Tyler, then in Palm Springs, California. "I still would love to do it," he admitted. "After I quit, I couldn't watch a major league game for almost two years. The hair on my arms would stand up, I wanted back in so bad. But I'm grateful. Many try and so few actually make it." For a while he coached a team called the Dallas Aces and would give pointers to friends' children interested in the game.

When Paul and Kellye began their family of Jacob, now age 10, and Joshua, age 8, they hoped their love of the game would rub off on their boys. "At first, Jacob showed no interest in playing ball," Paul admitted. "I bit a hole through my lip keeping quiet. I wasn't gonna push him." Jacob tried T-ball, but gave it up. Then, when he was 7, the baseball bug bit hard. He practiced with his dad and quickly became good enough to be recruited for Pony League.

Pony League differs from Little League. In Pony League, the boys follow MLB rules on stealing bases, leading off and bat restrictions. "There are actually eight different leagues," Paul explained.

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"We play many of them in tournaments, but we don't play against any Little League teams." When asked to explain the difference, Paul clarified that Little League is considered recreational. Pony League is elite or select. Coaches go to Little League games and pick the cream-of-the-crop for tryouts. Oftentimes, they also have advertised open tryouts.

Now, Paul coaches Jacob's Pony

League 10-U team called the Texas Heat along with Jason Britt and assistant coaches Lisa Prescher and Lynn Allen, and with Toney Smith II as their statistician. All the coaches have boys on the team. The Texas Heat is a member of the Burleson Youth Association (BYA). "The BYA has been fantastic to us. The new fields at Chisenhall are superb. They are well-kept, flat and very safe for the kids," Paul said.

"Yeah," Jacob added. "We pray before each game that no one gets hurt. We don't like anyone getting hurt, but sometimes it just happens. I've gotten hit twice in the eye."

Joshua also has been bitten by the baseball bug. He is in the 8-U Pony League for Burleson, which encompasses many other cities like Crowley, Granbury, Benbrook and Weatherford. The whole




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family is now involved and when one of the boys' teams isn't playing, they will go root for another Burleson team. "It can get a bit hectic," Kellye admitted, "especially if the boys are both playing on the same night. Just a few days ago, I wore Joshua's team shirt and then took Jacob's team's sweatshirt to put over it when their game started later that night."

Pony League teams practice on Mondays and Wednesdays and play on Tuesdays and Thursdays. On the weekends, the team travels to various tournaments to advance toward state then zone and finally the World Series, held in August. Each year a different city hosts the World Series for each of the levels in Pony League ball. This year, Burleson will host the World Series for the 10-U boy's teams. "It's all because of the efforts of President James Sullivan and Vice President Ron Dove of the BYA," Paul stated. "We just hope the Texas Heat can be there in the play-offs. That's our goal." Jacob nodded in agreement.

When asked what he loves most about playing baseball, Jacob answered, "I love playing with my friends and winning games. It's fun." Jacob is also a pitcher, but



"I love playing with my friends and winning games. It's fun."

sometimes he plays catcher, third base or right field. His fast ball has been clocked at 54 mph so far. "Not a bad deuce, either," Kellye added.

"Yeah, when my dad lets me," Jason grinned.

Having his father as coach is fun for Jason, too. "I know I'm harder on him," Paul admitted. "I don't get on to them if they make a mistake. Even men in

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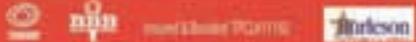
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their 30s in the majors make mistakes. I'm hard on them when they have lack of focus and aren't putting out enough effort. I tell the boys when you go through the fence, it's all business."

"Uh huh," Jacob added. "The team who wins is the one who wants it the most."

One of the reasons Paul loves baseball and encourages his sons to play is that it teaches them about life. "It teaches them how to win and how to lose. They learn respect for the game and each other. They know they have to give it everything they've got not just for them but for the team," he stated. "They learn how to rely on others and have others rely on them."

The BYA supports the Pony League, but it can become expensive when the teams travel and play out of town on weekends. "We have fundraisers and



several sponsors who donate to our teams in Burleson. We appreciate every one of them," Paul said. "Because of that money, these boys don't have to pay for their uniforms or league fees. That helps a lot."

The love this family has with the game bonds them to each other in a very special way. "There's a song on the radio now about a father and daughter and she thinks they're just fishing," Paul said as his eyes began to gleam with emotion. "That's how I feel. Jacob and Josh think we're just playing ball, but I know it's so much more."

Paul had family support when he played ball and that has continued with the boys. "One of us tries to make every game," Kellye said. "Of course, Paul coaches Jacob's team, so I usually go to Joshua's games." Paul mentioned that he has an aunt in her 80s who still drives in from out of town to watch the boys play, just as she did for him in his youth. Obviously, no one in this family is just playing baseball. **NOW**

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Top row: Allen Massey and LeeAnn Avera, owners; Vicki Anderson in the paint room. Bottom row: Coy Chastain doing Paintless Dent Repair; Joe Rangel, manager of Glass Division.

Meeting Every Challenge

Campbell's professionals provide exceptional collision repair at a competitive price. — By Melissa Rawlins

Nobody makes money on an auto accident. But the folks at Campbell's Auto Body & Mobile Glass stand ready to repair your vehicle, get it back to original condition and warranty their work. There is no appointment necessary to come check out their full-service operation while they check out your car. One of the owners will always perform the free estimate while their 10-person staff works on the 20-25 cars cycling in and out of their process.

You might notice a very dignified lady named Vicki Anderson stepping out of one of the two paint booths, and you would be right to think she is an oddity in auto body repair. She is one of the folks who worked on Campbell's customers' cars 10 years ago. One of the owners, another female named LeeAnn Avera, was their co-worker before John Campbell sold his long-standing

collision repair business to LeeAnn and her brother, Allen Massey, in 2006.

The strong, well-trained team of 10 helps each other as Campbell's restores vehicles to safe, functional and beautiful condition. Everybody makes input during the repair process, since some people can see certain things while others can see other things. "People here are paid on performance," said LeeAnn, who managed the glass division before stepping up to the ownership plate. Her prior background in medical office management translated easily into efficient handling of her customers' auto insurance needs.

"Our family business is our livelihood," Allen said. "We depend upon our day-to-day income, reputation and long-term investment." To that end, Campbell's honors all lifetime

warranties on jobs performed prior to 2006, and continues to offer lifetime warranties for their new customers. They also stay active in the community, most especially supporting youth at both Burleson high schools. The company donates in honor of male and female basketball players who make the most three-point shots.

They also donate for every homerun or grand slam hit by varsity baseball players. "We contribute to the Keith Gilbert Gridiron Scholarship to honor athletes. During football season at Burleson High School, whatever player 1460 AM announces as the Hit of the Game, we donate \$100 in that player's name into the scholarship fund," said LeeAnn, who ran track in high school. She has been team mom for her children, who grew up through Burleson Youth Association and played sports all through high school at Burleson. Allen recently moved from the small community in Georgia where he and LeeAnn grew up, and has gladly jumped in to support Burleson youth.

"The fun part of this business is to stay up with the challenges," mused Allen, who came from a manufacturing environment and keeps Campbell's process running smoothly. "Fuel economy mandates that cars over the next few years must reach a certain fuel efficiency, [this] means that new electronics, new metals and new designs are coming in to play. Now, knowing what to repair, when you can or cannot repair and how to repair is the challenge."

Both Allen and LeeAnn did their share of work around a mechanic shop in their youth, since their father — who still works at the age of 82 — has run Ideal Service Station in the town of Ideal, Georgia, all of his adult working life. They learned his work ethic and retained his values. That is why Campbell's technicians perform every repair with safety in mind. "There's not a part you don't want to be repaired, because you're putting yourself and your loved ones in that vehicle every day," Lee Ann said. Because the Campbell's team understands the business, and has the fundamentals down, they are top performers on every job while helping their customers save money. **NOW**

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Betty Shane of First National Bank of Burleson presents Mayor Ken Shetter with a contribution to the Burleson Opportunity Fund.



This year's Honey Tour bike ride attracted 900 riders and raised money for the Burleson Chamber of Commerce. Volunteer Imelda Salas registered Michael and Dian Stampley, who have been riding the tour together for a few years now.



Sara Pryor, Jessica Ware, Eric Brown, Dana Bell, Tami Natter and Leslie Lynch are all volunteers at the Martin Thiessen Benefit "Look Twice for Motorcycles" held at D'Vine Wine in Old Town Burleson.



Jackie Mitchusson, Rachel Sayre and Jamie Harraid represent Burleson's Texas Health Harris Methodist Outpatient Center at Power of Heels.

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Beat the Heat With Proper Hydration

Acclimating to the higher temperatures of summer takes about seven-14 days. This adaptation to the heat occurs faster with proper fluid intake and replacement. Seventeen to 20 ounces of water or a sports drink should be consumed two to three hours before any vigorous outdoor play, sports or work activity. This may be consumed with your child's breakfast just prior to a sports camp or before work or play.

Also, if time allows, seven-10 ounces of fluids 10-20 minutes before an outdoor activity in summertime temperatures is recommended. It must also be said that one should avoid "energy" drinks. These tend to have caffeine and other stimulant additives, which could contribute to fluid loss and be dangerous in a heated environment.

With all of the advertising for fluid replacement drinks out there, one might wonder: what is the best to use during activity? Water is fine for short-term activity in less hot temperatures. Sports drinks are good for activity of one or more hour's duration. Drinks such as Gatorade have carbohydrates and electrolytes, which help and maintain hydration. Specifically, look for a sports drink that has four to eight percent carbohydrate concentration. Whatever is used, you

should take a short hydration break every 15-20 minutes and try to do so in shaded, cooler regions. Seven-10 ounces of fluid should be taken in at these rest periods. The benefits of these breaks include more effective and focused activity for sports, as well as more comfortable work or play.

The same general rules apply for fluid replacement after outdoor activity. Water or commercially available sports drinks are good. For long-term activity or at the end of a long workday, a sports drink is best. It is important to continue to replace fluid and energy after activity and a simple rule of thumb is to take in 16 ounces of fluid per pound of weight loss. Of course this requires a person to weigh themselves and may be a bit cumbersome. However, a minimum of 16 and up to 48 ounces is a good start after a lot of activity and sweating in the heat of Texas summers. So, to safely enjoy summertime, drink before and after activity, and drink before you are thirsty, with regular breaks to hydrate and cool down. **NOW**

By Hal Welch, PT, DPT, MS, SCS, CSCS
Texas Health Burleson, Sports Medicine and Orthopedics

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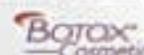
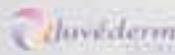
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What Kind of an Investor Are You?

If you are investing money or planning to do so, there is one very important question you should ask yourself: What kind of investor am I? Knowing if you are an aggressive or conservative investor is the first step to knowing how you should invest your money.

Determine your risk tolerance.

First, you need to determine your risk tolerance level. Risk is the amount of volatility and uncertainty you're willing to accept from an investment in seeking your financial goals, like planning for retirement or a college education.

Some investments carry a higher level of risk than others. Generally, the higher the risk of an investment, the greater its potential returns. However, there is also a greater potential to lose your initial investment. The lower the risk, the less likely it is for that investment to generate a higher rate of return. When you invest your assets in financial products that assume little or no risk, your money may not have the opportunity to grow as fast as you would like.

To help determine your risk level, ask yourself, "How comfortable will I be watching my investment go up and down in value?" The more comfortable you are with price volatility, the greater the risk you are probably willing to assume.

Consider time.

The next step in the process of determining your profile as an investor is to identify your time horizon, the amount of time between now and when you hope to reach your stated goal. Generally, the more time you have the more risk you can afford to assume. The reasoning is: The longer your time horizon, the more time you have to ride out the market's ups and downs in pursuit of your financial goals.



Knowing what level of risk you are comfortable with can help you determine whether you are a conservative investor, an aggressive investor or somewhere in-between. This is an important first step because then you can focus on investments that provide you with the levels of risks and potential returns with which you are comfortable.

To find out more about the type of investor you are or the different types of investments that are available, contact a financial services professional. There is no assurance that any investment will achieve its investment objectives. Investment return and principal value will fluctuate and the investment, when redeemed, may be worth more or less than its original cost. **NOW**

Sharon Robinson is a State Farm agent based in Burleson.



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July 4

7th Annual Burleson Lions Independence Day Parade: 9:00-11:00 a.m. Celebrating our "One Nation Under God" and honoring military veterans, the parade route goes from Irene Street to Gregory, Johnson, Ellison, Main, Bufford, Warren, Gregory and back to Irene. For more information, visit www.burlesonlions.org or contact Lion Keith Kelly at (817) 295-5565, or Lion Kim Malone at (817) 903-5338.

Independence Day Celebration: 5:00-10:00 p.m., Chisenhall Fields, 500 W. Hidden Creek Pkwy. Arrive at 5:00 p.m. to pick your watching spot! There are more than 600 parking spaces at Chisenhall Fields and more than 200 spaces available for overflow parking at Hidden Creek Sports Complex. There are sidewalks connecting Hidden Creek Sports Complex and Chisenhall Fields. Bring a lawn chair and prepare for family-friendly fun. The 90-minute concert, headlined by Voo Doo Blue, begins at 7:30 p.m. The fireworks will light up the sky over Chisenhall after 9:00 p.m. For more information, call

David McDowell at (817) 426-9112.

July 12

Business After Hours Networking: 5:30-7:30 p.m., location to be determined. Food, drink and networking at no charge for Burleson Chamber of Commerce members and only \$10 for nonmembers. Call Terri Trefger at (817) 372-1622 for more information.

July 15

The Power of Heels: 11:30 a.m.-1:00 p.m., Holiday Inn Express, 13250 Jake Street. Get more connected with the high-quality, like-minded women of Burleson and enjoy a boxed lunch. Learn how to strategically network while maintaining the best part of networking — socializing. \$15 for Burleson Chamber of Commerce members and \$20 for nonmembers. Please RSVP with payment to secure your seat at this incredible networking opportunity. Call Mary Slaney at (817) 295-6121 for more information.

July 22-24

Summer Balloon Classic & AirFest: Friday

and Saturday: Sunrise-sunset; Sunday: Sunrise-noon. Mid-Way Regional Airport, between Midlothian and Waxahachie off Hwy. 287. Dallas-Ft. Worth's "Aviation Extravaganza" in the country features three mass ascensions, one each day. For more information, visit www.summerballoonclassic.com.

Ongoing: Saturdays

Farmer's Market: 8:00 a.m.-1:00 p.m., near City Market at the corner of Renfro and Clark streets, Old Town Burleson. Each Saturday, vendors offer local produce, woodworking, locally produced honey, organic dog treats, handmade aprons, throws and pillows, handmade jewelry, etc. The market will continue until the fall (weather permitting). For more information, please contact Kurt Jaeger at City Market, (817) 295-1051.

Submissions are welcome and published as space allows. Send your event details to melissa.nowmag@sbeglobal.net.



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In The Kitchen With Lori Halfmann

— *By Melissa Rawlins*

When she was just “knee high to a grasshopper,” Lori Halfmann started cooking from a chair that her mother, Vera Parks, pulled up to the counter. Lori stirred while her father, Darrel Parks, tasted. Pies were Vera’s specialty, and Lori has inherited the job of family pie maker.

Lori realized she was a decent cook when she was a student at Hughes Middle School in the ’70s. One of the coaches tasted her German Chocolate Cake and insisted Lori bring his wife the recipe that she learned from Johnnie Parks, her grandmother, whom she lovingly called MaMa. Now while Lori cooks, she dances and sings to her favorite music. Here, Lori shares three generations of desserts. **NOW**

Mom’s Chocolate Meringue Pie

Crust:

- 1 1/4 cups all-purpose flour**
- 6 Tbsp. Crisco shortening**
- 2 Tbsp. cold butter**
- 3 Tbsp. ice cold water, more if needed**

Filling:

- 1 large box of cook-and-serve chocolate pudding mix**
- 4 cups milk**
- 4 large egg yolks**
- 2 Tbsp. cornstarch**
- 2 Tbsp. butter**
- 1 tsp. vanilla**
- 2 handfuls miniature marshmallows**

Meringue:

- 4 egg whites**
- 1/4 tsp. cream of tartar**
- 1/8 tsp. salt**
- 1/2 cup sugar**

1. For crust, mix flour, Crisco and butter in a medium bowl, using a pastry blender or fork, until mixture resembles coarse crumbs.

Add ice water, mixing until fully incorporated. Add more water as needed to make smooth dough. Form into a disk, wrap tightly in plastic wrap, and chill in refrigerator for an hour.

2. Place dough on a lightly floured surface. Sprinkle lightly with flour. Begin rolling from the middle outwards. Try getting it to 12 inches in diameter. Transfer to a 9-inch pie pan, trim within 1/2 inch of the pan and crimp with fingers. Prick the crust all over with a fork. Refrigerate for 20 minutes.

3. Preheat oven to 400 F. Cook crust for about 15 minutes or until light brown along the edges. Remove from oven. Cool on wire rack.

4. To make filling, bring pudding mix and milk to a gentle boil in a medium saucepan. **5.** Place egg yolks in a large bowl. Whisk a cup of the hot mixture from the saucepan into egg yolks until smooth.

6. Add beaten yolk mixture back into hot milk mixture in saucepan. Simmer over medium-low heat. Whisk in cornstarch. Cook over very low heat until thickened. Simmer 3 more minutes, whisking constantly.

7. Remove from heat. Add butter

and vanilla. Mix until smooth. Add marshmallows, stirring until they melt. Pour into cooled pie crust.

8. To make meringue, preheat oven to 325 F.

9. In a large metal or glass bowl, beat egg whites, cream of tartar and salt until soft peaks start to form. Slowly add sugar while beating. Beat until glossy and stiff peaks form (around 4 minutes), making sure sugar dissolves so meringue does not weep.

10. Spread meringue over warm filling, smoothing out to edges so meringue will not draw up during baking. Bake until meringue is golden, about 14 to 15 minutes.

11. Remove from oven. Let cool for 4 hours.

MaMa’s German Chocolate Cake

1 box German Chocolate cake mix

Icing:

- 8 egg yolks**
- 1 1/2 cups sugar**
- 1 12-oz. can evaporated milk**
- 1 tsp. vanilla**
- 1 stick butter**
- 1 1/2 cups coconut**
- 1 1/2 cups pecans**

1. Cook German Chocolate cake mix according to directions on the box, using a 9 x 13-inch pan. Allow to cool.

2. For icing, cook egg yolks, sugar and evaporated milk in a medium saucepan for about 20 minutes over medium heat until thickened, stirring constantly with a whisk. Remove from heat to add vanilla and butter. Return to heat and cook until butter melts. Stir in coconut and pecans.

3. Spread icing on cake and enjoy!

Ooey Goey Bars

- 1 pkg. Yellow Butter Cake Mix**
- 2 eggs**
- 1 8-oz. stick butter, melted**
- 1 8-oz. pkg. softened cream cheese**
- 2 eggs**
- 1 box powdered sugar, divided (reserve 1/4 cup to sprinkle on top)**
- 1 tsp. vanilla**

1. Make thick batter by mixing first three ingredients. Pour into a greased 9 x 13-inch cake pan.

2. Mix last four ingredients. Pour on top of first mixture in pan.

3. Bake at 350 F for 30 to 40 minutes. To make sure bars are gooey, do not overbake!

4. Sprinkle with 1/4 cup powdered sugar.



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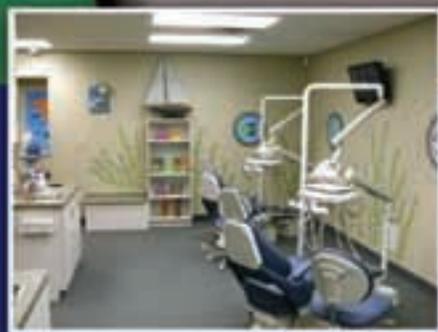
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