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The Community Magazine Serving Burleson and the Surrounding Area

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August 2008

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Matches
for Life**

**Still
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**The Courage
to Change**

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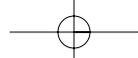
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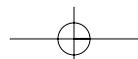
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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscription and editorial correspondence should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates and other information, call (817) 477-0990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



Burleson NOW

Editor's Note

Thank you, Burleson...

... for giving our magazine such an awesome start! This month, we celebrate our first anniversary in Burleson, and in doing so we honor you. Without genuine interest from each of you, our publication would have no readers, no advertisers, no contributors and no featured personalities! Each of you are valued customers, and you have all been so generous with positive feedback, constructive criticism and devoted support. Most importantly, you are all so easy to photograph and write about! As I have met those of you I have interviewed — and all of you who have helped me land the excellent features our magazine is known for — I have been impressed with the sincerity, warmth, partnership and compassion that signifies Burleson. Getting to know you all has been a delight, and sharing your good works with our readers has been a joy. Thank you for your hospitality!



Melissa Rawlins
BurlesonNOW Editor
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Randi Smith adopted 20-year-old Molly several years ago. "I figure I'll let her stay out there in the pasture and be a horse, do her thing and eat, since that is what she lacked so much."

Making Matches for

Life

— By Melissa Rawlins

Like many young girls who grow up in the South, Randi Smith has always loved horses. Her cousins and friends let Randi ride with them, but she never had a horse of her own until Mothers Day of 2003, when her husband, Brad, bought her a little horse statue as a pledge of the horse he planned to give her for her birthday.

"On my 40th birthday, he bought me my first horse," Randi beamed.

"Little Bit is kind of bossy; she probably wouldn't have chosen me for my first one, but I learned a lot from her. She needed a pasture mate." Randi and Brad went to the Internet, found the Web site for the Bluebonnet Equine Humane Society (BEHS), and adopted their Palomino mare, Demi, to be Little Bit's friend. At that time, the Equine Society also adopted Randi.

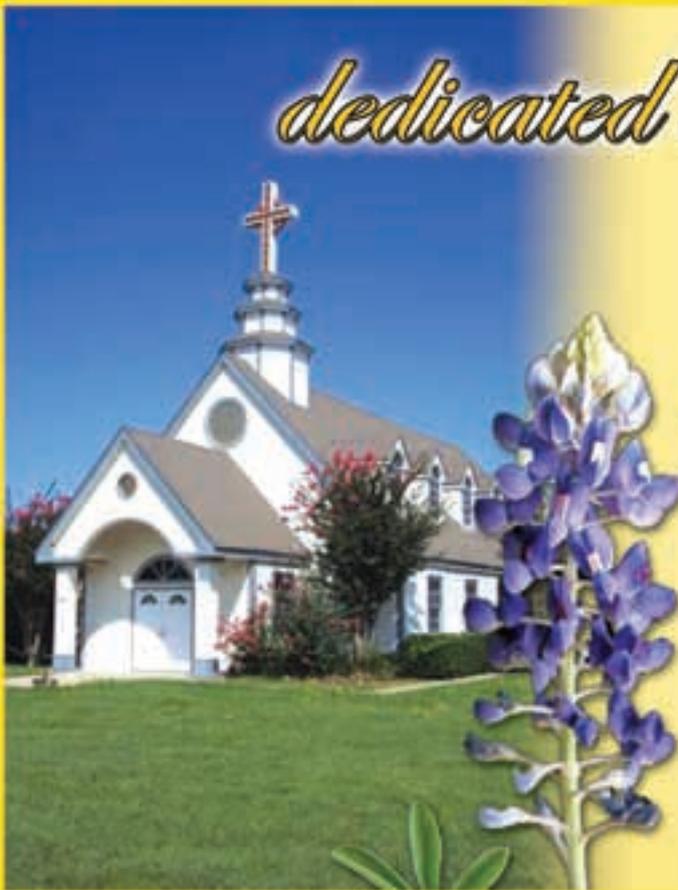
"In order to adopt, you have to join the BEHS. When you join the Rescue, the membership form asks whether you'd be interested in volunteering in other areas," Randi explained. "I wanted to do property inspections. Somehow, that led to me being on the board of directors." Randi has been a director for a year and serves as the adoption coordinator, donating about 20 - 50 hours per week to rescue and placement efforts, as well as administrative tasks, for this non profit organization which operates throughout Texas and Arkansas.

"Just the love of horses got me into it," Randi expressed. "Once I joined the rescue and saw all the good they did, I just wanted to help them. It's really rewarding to see the horses in good homes. If only they could speak and tell us what they'd been through."

"By nature, horses are very forgiving," Randi said, explaining that her 20-plus-year-old horse, Molly, came from the auction barn. "Even though she won't let anyone touch her, she loves people and you can just see that she wants desperately to get close to us. I never saw her being abused, but she has scars all over her body proving it. Why someone would think it necessary to abuse any animal, but especially one with such a kind, sweet nature, is beyond me. I'll never try to ride her. I figure I'll let her stay out there in the pasture and be a horse, do her thing and eat, since that is what she lacked so much."

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one priority for the horses they rescue. "Now we have about 108 horses. They're either still in rehab — which is not just improving their weight or health, but it's teaching them to be handled — or they're in our awesome new section where we really haven't evaluated them yet, but we're just trying to get some food in 'em to get their basic needs taken care of," Randi said. "BEHS also has a nursery for mares and babies."

Horses of every size come to the Rescue thanks to phone calls from concerned people who act on indicators of abuse or neglect. "We have to be the horse's voice, much like child advocates are for children when they don't have a voice," Randi said. "It just takes someone driving down the road to turn them in when they see a skinny horse, or call your local authority or a horse rescue or a humane society. Our organization is not in any way law enforcement. We do have certified neglect investigators. When we get a call, we assign a volunteer who will drive by the property and take pictures of the horse, if possible. We evaluate if the horse is actually in poor condition. If so, we'll contact the sheriff's department in that county (which does have the legal power to seize). We also try to educate the owner on proper horse nutrition and care."

"It's preferable to educate a person if they don't have the knowledge, especially as their horse ages and they can't masticate their food. But old horses don't just get skinny and die," Randi said calmly. "We can either ask the owner: a) to surrender the horses at that point, and we cannot promise they won't file charges on them. That's up to the DA's office. The important thing is that the horse is in a safe place. Or, b) if they're seizable horses and the owner does not want to surrender, we will let them know the sheriff will go get a seizure warrant. If the people own several horses, we may offer to take just the worst, and leave them with some they feel they can handle; we'll continue to monitor them over

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the next six months or a year. If the people don't do what they said they'll do, we will seize the horses."

There has been a higher rate of neglect in the previous two years because some people have not had money to supplement the hay, which costs more due to the severe drought suffered in Texas this decade. "Sometimes people are relieved when we show up," Randi said. "They did not know they could call a Rescue for help. They had the option of taking their horse to auction, but they didn't want to take the chance of their beloved pet being sold off to slaughter. However, starving to death is not a much better fate. Once we do seize a horse, or if they're surrendered, we take them in, and they go into foster homes. We make sure they get vaccines, hoofs trimmed, and are able to be handled by humans. We may adopt the horses out for \$100 when we've spent \$2,000 for their care. The issue is that they're safe and that they go to loving homes."

Randi has a special talent for her job. "I've always been intuitive about people and reading between lines. I match the horse up with the perfect person — this horse's personality with this person's personality," she said, adding that it is a team effort involving expertise from all the officers and volunteers in BEHS.

"We work really hard, and Johnson County is a good example. We actually went out to investigate, with the humane society, a bunch of horses in Venus. We had the opportunity to work with the Johnson County Sheriff's Department, and I think we did a good job. The officers can get on our Web site (www.behs.org) or call us and follow the rehab of the horses they helped rescue," Randi said. "It's great to see photos, for example, of the 6-year-old girl who is now riding one of the horses. When the former owners thought that horse was useless, the horse is actually teaching compassion and patience to that 6-year-old that she'll carry with her for the rest of her life." **NOW**

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Burleson is a community with deep roots. As plans for a second high school continue and new restaurants and shops spring up constantly, younger generations may not remember a time the now-designated "Old Town Historic District" was ever simply called downtown. Yet many people, such as Billy and Patsy Dumas, who have made this town their home for over 50 years and have deeply rooted their lives and families in the community, fondly remember the old days even as they welcome the new.

"We've lived in Burleson since 1957, so we have seen growth. Our son, Larry, graduated in 1973, and honestly, even since he graduated, it's grown so much. When we moved here, there was one school; first grade through 12th was all one campus," Patsy reminisced, her youthful face glowing with memories.

Patsy herself has indeed been part of many of the changes time has wrought. "I've actually been in banking 44 years now," she shared, as a grandfather clock, one of the numerous beautiful antique time pieces the Dumas house holds, chimed in the background. "I spent my first 27 years at Farmers and Merchants, and then I helped open the Cowpasture Branch about 15 years ago. I thought I was going to retire from there, but then the bank sold," Patsy continued. Her sweet and friendly disposition and her long list of qualifications caused five other banks to woo Patsy, but she proudly made First National Bank her home. "I chose First National

Tea Time

— By Jaime Ruark

At Home With
Billy and Patsy Dumas

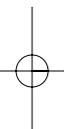




because it was what I was used to — home-owned and community-oriented,” she added.

“I’m out in the community a lot doing Chamber work and community work for different civic organizations. I have to mention that I’m a Rotarian, because if I don’t, they’ll probably fine me,” Patsy laughed. “The Burleson Rotary Club was all men for many years. They did not want any women in their club. Well, I made it my goal to be the first woman in that club.” Not only was Patsy the first lasting female member, she was also the first woman president, and now, having been part of the action for 15 years, she declared with a smile, “It’s been great to be in the Rotary. I’m never going to let them run me off!”

The Dumas’ expansive 3,960-square-foot home, with its three bedrooms, three baths and tea room, is set off a winding road shaded by tall trees on all sides. A creek flows along one side, and lush greenery abounds, a testament



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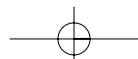
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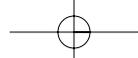
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to the hours Billy spends caring for his verdant lawn. Having dedicated countless hours working overtime in a machine shop building large printing presses, this retiree now enjoys being outside in nature, tending to the acre and a third the home resides on, golfing and fishing. "Billy loves to be out here, with plenty of room to play with our puppy dog and go for walks. He loves the freedom," Patsy said.

Billy and Patsy had their home custom-built in October of '96, and because this was their third time to do so, Patsy had very specific ideas in mind

for her dream house. Their builder, Randall Walters, seems to have given extra attention to every last detail, from the grand, white columns in the entryway and the high-vaulted ceilings of the living room and master bedroom, to the massive hutch beside the breakfast room that is home to Patsy's teapot collection. "He built this house like he always wanted to build one. It's his and Patsy's house, really; they both got what they wanted," Billy chuckled good-naturedly. The jovial banter of the couple speaks volumes of the 53 years they have spent together, a marriage full

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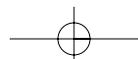
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of happy memories and laughter shared.

“The main mistake Billy made was letting me hear him tell Randall, ‘Just do what she wants,’” Patsy recalled with a glimmer in her eyes. “Normally, when people finish with a house, they don’t want to see that builder again. Well, we still like him, and we’d build another house with him,” Patsy said, as Billy interjected with his ready laugh, “Now, wait a minute — this is the last house we are going to build!”

The country French-style living area is open and cozy, yet elegantly gorgeous and well put-together, just like Patsy. Red and white checked, overstuffed

chairs complement the floral pattern of the curving couches, and dried and silk flower arrangements, hand-created by Patsy, grace table tops and walls. “I love to decorate. Everything in this house, all the colors and ideas and fabrics, I put it all together,” she expressed. “If I had known early on the knack I have for decorating, I might have pursued it, but we were so poor back then, I didn’t have a chance to know it for a long time.” Dotted here and there throughout the home are sweet crystal or glass rabbits, one of Patsy’s favorite animals, as well as delicate crocheted doilies that were lovingly



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passed down from her grandmother. The couple shares a love of, and appreciation for, antiques; thus, almost every table, rocking chair, teapot or dish comes with a family story, including a jade-green pitcher that Billy's grandmother used to serve him cold buttermilk as a young boy. One of Patsy's latest antique purchases, a tall Buddha table with intricate woodwork designs, resides majestically against a window in the breakfast room. Often the aged wooden furniture tells a story of Billy's own hands; he has masterfully and lovingly repaired,



restored or created many of the chairs and tables throughout the house. "He has the patience of Job! Not me," Patsy declared. "He will try anything; he can do anything." In fact, from the solid, yet beautiful wooden bed in the bedroom they reserve for their son, Larry, to the child-sized rocking chair that he found broken during one of his walks and brought back to life, each room boasts of some testament to Billy's amazing talent. Granddaughter Emily Anne's room is home to a white antique iron bed. Just off the kitchen is the tea room, with three tables inviting guests to sit

down and share some tea or coffee. The room is one of Patsy's favorite places to unwind, because she can look out the windows to the peaceful view of her birdbaths and the creek. "I just lose myself here," she said contentedly. "It's just so peaceful and pretty." Individuals who are lucky enough to garner an invite to sip tea in the lovely Dumas home should count themselves Burlson blessed, as Billy and Patsy regale them with stories, and their home, like Burlson itself, surrounds them in a comfortable meeting place filled with the old and the new. **XXXV**

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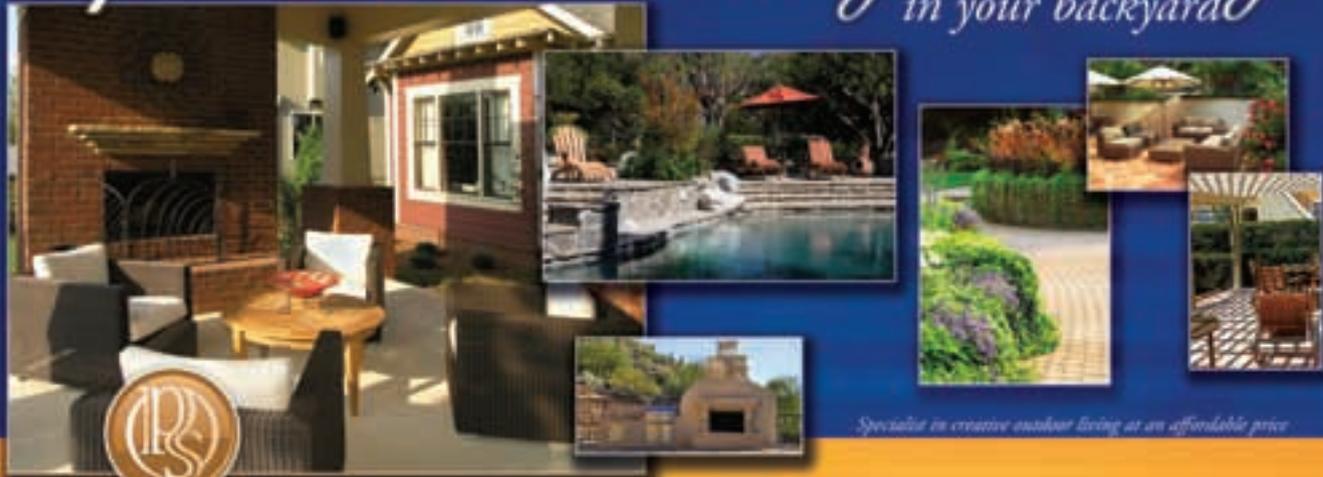


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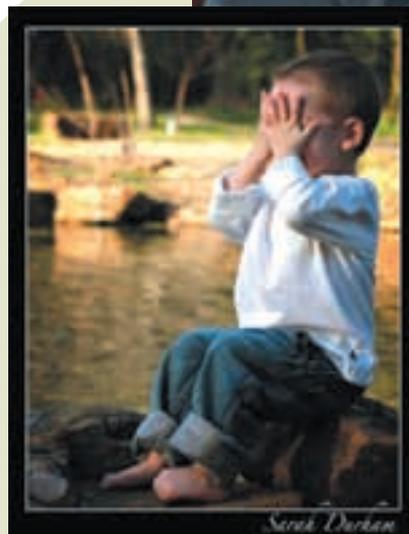
The Courage to Change

— By Jaime Ruark

Sometimes, there are important crossroads in a person's life when a door opens, giving rise to new and exciting opportunities. For Sarah Longoria Durham, this crossroad came in the form of a new and promising career path, and this vivacious and bubbly woman recognized the opportunity, took a huge breath of courage, and embraced change. In a funny twist of fate, leaving behind what was comfortable has enabled her to more fully enjoy life and to finally take the time to stop and smell the flowers.

Growing up, Sarah always had an artistic nature. "Sometimes, you don't realize who you are and what you're capable of until someone tells you. One of my best friends since childhood, Karen, still has a card that I had made for her when we were little and she was sick. Her mom saved it and gave it to her, and now she's saving it. I was shocked," she recalled. "Even back then, I'd sit for hours and draw, but photography just came more naturally for me."

Formerly working in a cardiologist's office for six years, Sarah's desk was always filled with signs of her talent; her favorite hobby, taking pictures, was



there, pictures were going to be taken. I kept getting told, over and over, that my pictures were good. I would go to weddings, and take a few pictures here and there, make a little album, and give it to the couple as a gift."

A tiny seed of an idea was planted, and as time went on, and Sarah heard the encouraging accolades again and again, the idea began to flower and bloom. "I began to ask myself, Why am I not pursuing something that I love?" A humble and self-deprecating woman, she revealed, "I'm not one to take chances; I really have to think things

always very present in her life. "I always loved art, anything in the art field. I was always the one with the camera," she said. "Everyone knew that if Sarah was

out, but usually if I feel confident about something, it's going to work."

Change can be daunting, and she freely admitted to being scared and nervous at first. The promise of being able to daily revel in her artistic nature and to let her art be enjoyed by others, finally helped Sarah make her decision. Thanks, also, to the loving support of family and friends, Sarah decided it was time to make a change. "I just thought to myself, *Hey, if it doesn't work out, at least I tried, and at least I'm doing something I love to do,*" she shared.

Sarah prefers to work outside in natural lighting, using nature as her backdrop. She recently spent time with a family for a photo session set in the Botanical Gardens in Fort Worth. The majestic trees in the gardens seem to hug the young couple and their son, an embrace that is echoed in the sweet hug the family is sharing. It is easy to see that Sarah not only has a knack for capturing the perfect moment in time, but also

Take a Look —



What's New at

HUGULEY

*Haven't all of us bumped into a friend or neighbor that we haven't seen lately?
First, we notice how they look, and then we catch up on what the friend's been doing.*

*Has it been a while since you've been into Huguley Memorial Medical
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Let's catch up for a few minutes.

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Caring for the Community

Since our doors opened 31 years ago, Huguley has dramatically expanded its facilities and services. However, one thing hasn't changed: Huguley's top concern is the health of our community.

A few months ago, the Huguley Mobile Health Services bus added a ninth location to its regular monthly stops in Burleson, Crowley, Fort Worth, Cleburne, Joshua and Alvarado. The bus travels to provide healthcare to those who lack the finances or transportation to otherwise access medical services. The bus also provides immunizations and first aid at community events.

The bus is just one way we benefit our community. In fact, last year our non-billed services, donations and unreimbursed costs totaled \$25,584,261. We remain the major benefactor to Johnson County's American Cancer Society Relay for Life. Even extra food from our nutrition services is donated to Burleson's Harvest House.

Award-winning Care

In 2007, Huguley received the Texas Health Care Award of Excellence, the top quality improvement award from the Texas Medical Foundation Health Quality Institute. The award recognizes Huguley's efforts to improve patient outcomes on select national quality measures. Out of more than 390 eligible Texas hospitals, only 63 met the criteria and were presented with the award.

Because nurses take care of our patients, we take care of our nurses. The Texas Nurses

Kelly Evans, RN, hands newborn baby boy, Selby Gage, to proud parents Ashleigh and Keith Grisham.



HUGULEY MEMORIAL MEDICAL CENTER PAID ADVERTISEMENT

Association designated Huguley Nurse-Friendly™, which identifies those hospitals committed to providing an ideal nursing practice environment. Less than 6% of Texas hospitals have received this designation.

The Huguley Imaging Center mammography department received a perfect score on its 2007 annual inspection by the Food and Drug Administration. The certified inspector ensures that the facility maintains stringent quality standards, thus ensuring patients receive high-quality images to facilitate early breast cancer detection.



*Letitia Stewart, RN, BSN
Caleb Benton, MSW
Charissa Moncrief, MSW*

In June, Huguley was recognized by the State of Texas as one of the best in the state for screening newborn babies for hearing loss. We were the only hospital in Fort Worth or Johnson County to be named a "Distinguished Newborn Hearing Screening Program."

The Texas Nurses Association and the Dallas-Fort Worth Nurse Executives

selected Huguley nurse Katherine Connor, RN, BSN, CCRN, as a 2008 Great 100 nurse. This distinction honors 100 registered nurses from the greater Dallas-Fort Worth Metroplex who have made a significant difference to the profession of nursing and in the lives of patients, peers, and the community-at-large. Katherine serves as the cardiovascular intensive care unit charge nurse and also is responsible for training our intensive care nurses.

Patient Care and Safety

Huguley has initiated hourly rounding on patients to improve patient care. By assessing the patients more frequently for any change in condition, the nurses are able to anticipate and meet needs before the patient has to make a request.

"We've also added a rapid response team, improved communication policies and hired additional support staff to assist the nurses," says Tammy Collier, RN, FACHE, Huguley senior vice president of patient care services. "We've been getting a very positive response from patients since these new procedures have been implemented."

To measure and maximize patient safety, Huguley has implemented ongoing safety and quality programs. For example, Huguley partnered with Johns Hopkins Quality and Safety Research Group to improve patient safety and minimize central-line associated bloodstream infections in intensive care units. We participate in other initiatives from prestigious national and local organizations including: Institute for Healthcare Improvement, The Joint Commission, Texas Medical Foundation, The Centers for Medicare and Medicaid Services, and the Dallas-Fort Worth Hospital Council.

Our New Look

The remodeling of the patient floors, public areas, medical office buildings, emergency department and cardiovascular intensive care unit is almost complete. The renovations enhance patient safety, energy efficiency and handicapped accessibility while creating a more contemporary, welcoming appearance.

“Our patients, visitors and staff notice the visible changes, but they don’t observe many of the important changes, such as infection control and energy efficiency,” says Patrick Worley, CHFM, Huguley Facilities Manager. “We strive to create an

environment that is as spotless as possible, but looks inviting and warm.”

For example, new patient bathrooms, nurses’ stations and hall floors shine with marble, granite and wood tones. The good looks are apparent, but it’s what you can’t see that helps the patient. The new flooring uses no wax, which can trap bacteria, so it reduces the risk of a patient obtaining an infection in the hospital. A new ion-producing air cleaning system that fights airborne bacteria also helps with infection control.

Look up from the floors, and you’ll see a fresh paint scheme, updated artwork and even new ceiling tiles. Plus, the employees of Huguley Memorial Medical Center contributed more than \$8,000 to purchase and stock a bird aviary in the hospital’s main lobby for Huguley patients and visitors to enjoy. A fish aquarium has also been added to the radiology waiting room.

You might not notice, but modern energy efficient lighting and windows, low-flow toilets, and a new air conditioning system enhance the efficiency of the building. Additional handicapped parking and automatic handicapped doors improve the medical center’s accessibility.



Huguley Volunteer, Bill Fochtman, provides transportation

Emergency Department

No one likes to visit the emergency department, but the staff’s continuous improvement efforts are producing results. National customer satisfaction polls show Huguley’s overall patient satisfaction remains well above the national average,



ER Guest Services Representatives enhance customer service

and wait times are significantly less than the national average. We’ve added Guest Services Representatives during peak times to meet the physical and emotional needs of patients and their families by keeping them informed and providing comfort items.

Physicians

Huguley’s medical staff of 351 physicians represents 46 medical specialties, and as our community grows, so does the need for doctors. Eleven new physicians have joined us in

HUGULEY MEMORIAL MEDICAL CENTER PAID ADVERTISEMENT

the last year, and three more are expected in the next month: an obstetrician/gynecologist, a gastroenterologist and a surgeon. Also in the last year, Huguley Medical Associates opened family practice offices in Alvarado, Grandview and Keene.

The Fort Worth Business Press selected Dr. Carlos Japas and Dr. John Griswell as 2008 Healthcare Heroes. Dr. Griswell serves as the medical director for the Huguley emergency department and the medical director for MedStar Emergency Medical Services. He was honored for his role in community health. Dr. Japas, who has an internal medicine practice at Huguley Memorial Medical Center, was recognized for his volunteer work locally and globally.

Care beyond our Campus

Our award-winning healthcare extends beyond our campus. Huguley Home Health provides skilled nursing, physical therapy, occupational therapy, speech pathology, home health aides, licensed medical social worker, and chaplain services to patients in Johnson and Tarrant County.

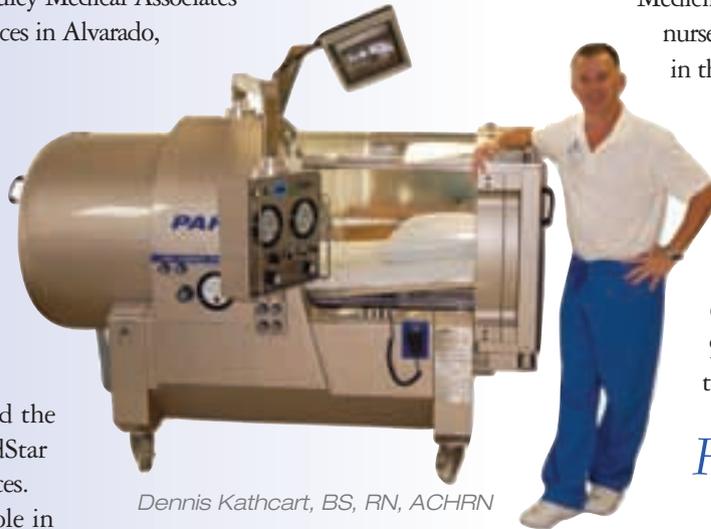
Huguley Home Health is the only home health agency in Fort Worth and Johnson County to be ranked in the Top 500 home care providers in the United States. In December, the Texas Medical Foundation presented Huguley Home Health with the Home Health Collaborative Bronze Star Award.

Sometimes our care reaches beyond our community. For the second year in a row, 28 Huguley employees and friends traveled to Honduras to volunteer in a community health clinic, help with construction at an orphanage, and conduct Vacation Bible School for the orphanage.

Huguley Center for Wound Care and Hyperbaric Medicine

In June, the Huguley Center for Wound Care and Hyperbaric Medicine relocated within Huguley Memorial Medical Center to accommodate the large increase in patient visits since the

clinic opened in 2006. Patient volume has doubled from a year ago. The Huguley Center for Wound Care and Hyperbaric Medicine has added an additional physician, nurse, physical therapist and wound care tech in the last year to keep up with its growth.



Dennis Kathcart, BS, RN, ACHRN

In 2007, the Huguley Center for Wound Care and Hyperbaric Medicine had significantly better outcomes than the average of wound care centers nationwide. Huguley Center for Wound Care was able to heal 94.89% of problem wounds, compared to a national average of 83.67%.

Huguley Imaging Center

The new Huguley Imaging Center combines the sharpest digital technology with convenient, friendly service. Mammography, CT scans, ultrasounds, diagnostic X-rays, and bone density scans are digital, which offers the sharpest images possible in less time, with less exposure to radiation, than traditional imaging. Designed for outpatients, the new imaging center offers lab tests and centralized registration and convenient parking to speed service.

Huguley Fitness Center

Leave the remote at home! We've installed 35 personal 15" televisions on cardiovascular equipment in the fitness center. Bring your headphones and pick your program while you pick up your pace. As always, the fitness center membership is open to everyone.



Shaula Grijalva checks out the new TV on Huguley Fitness Center's Precor Elliptical.

You can see it's been a busy year at Huguley as we continuously evaluate and improve our facilities, technology and equipment. Even with our new look and enhanced services, what distinguishes Huguley is the compassion and professionalism of its people. Huguley Memorial Medical Center is unique because of the quality of our employees, the excellence of our care, and the importance of our mission: to further the healing ministry of Christ.

To learn more about the services available at Huguley, visit our website at www.huguley.org or call (817) 293-9110.

**ARTS
NOW**

has a friendly and fun personality that puts people at ease. "A big thing is when the man tells you, 'That was fun!' because usually men do not like taking pictures," she laughed. "I think the husband was shocked that he had such a good time."

Sarah enjoys every aspect of her art, but her true passion is photographing children, and she prefers to capture them just as they are. "Kids are just so carefree, so uninhibited. It's so much fun to photograph them because they are always stopping to smell the flowers. They appreciate the little things, which really teaches me so much in my own life," she expressed. Sarah loves to let the little ones roam in their own backyards, following behind and taking candid pictures. "I just love children, and kids really pick up on that. I just let them be kids, and sometimes their little personalities have me cracking up, but the whole time I'm snapping away. Those are always the best pictures," she added.

Because Sarah tries to stay away from posed pictures, each of her portraits is unique. From the dancer, captured in a graceful pose with arms and legs outstretched, to the bride, as she puts on her lipstick, her eyes distant and full of thoughts of her important day, to the beautiful little twin girls, blond angels in pig-tails with heads huddled on a bridge as they discover nature together, each photograph is a work of art.

A true artisan, Sarah's talent comes from within; she has an innate ability to not only capture a moment in time, but to capture the person she is photographing: their personality, from the natural pose to the expression on their face, comes shining through. Her pictures often evoke strong emotions from viewers, and Sarah shared, "There's no greater compliment than seeing someone's face and knowing my pictures have touched someone's heart. Pictures are forever." **ARTS NOW**

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Sports
NOW

Have Compass Will Travel

— By Melissa Rawlins

“The key to your personal survival is to stop, look at the map and make sure it’s oriented toward the north. You do not want to get lost,” Ed Grzanowicz coached, training people at Chisenhall Park in the sport called orienteering. This fall, Ed — whose last name is pronounced “Jan-o-wits” — will teach another orienteering class through Burlson Community Education. “I can shadow the ones with less experience. I do not want them to get discouraged,” he said.

In fact, it is encouragement and self-esteem building which characterizes orienteering, a sport using skills of interpretation and visualization to search for points on a map with the help of a compass. This is not the same as geo-caching; no global positioning system is used and few orienteers are interested in using a GPS. Athletes who accept the orienteering challenge run a pre-defined course, mapped by competition organizers.

“The course setter will place controls on a boulder or tree, then draw a circle on the map and the control has to be two meters from that circle. You go to that control based on your pacing, map reading and understanding of where the contours are,” Ed explained, adding that modern technology is enabling these controls to track athletes’ success. “Now we have the ePunch, a little black box hanging onto the control. You put your chip against the box, and at the end it’ll print out your performance.”

Using topographical maps specially prepared for orienteers is the key to success. “It’s pretty easy to learn to read a map.



We start on a white course, basically following trails. When you get to an intersection or junction, you look at the map and decide whether to go right or left. If your second control is off to the right, you know which way you must turn,” he said, adding that the maps are precise. “If there’s a boulder, it’s on the map. If there’s a 55 gallon drum that someone left out in the field, there will be a black X for the physical object on that map.”

Within the three-hour time limit, athletes must check all the controls off their list and cross the finish line. “Orienteering is an adult Easter egg hunt,” Ed explained. “This sport utilizes all your talents, all your strengths. It improves your weak areas by the fact that you’re competing, not only against others, but also against yourself. You will run between 30 minutes and 3 hours. We wait 15 minutes past the three-hour point, and then we come looking for you. All the people help each other, too.”

Ed’s childhood was filled with the challenge of two-day hikes, sleeping under trees on beds of pine needles, just so he could return home proud and energized. Now he dedicates his time to helping orienteers experience that same pride and self-confidence, which comes from developing five core talents: listening; camaraderie; desire to learn; physical training; and competitive spirit. Ed instructed Junior ROTC at Burlson High School for 17 years, incorporating orienteering into his

Sports NOW

ROTC training. "We had the top Junior ROTC in competition for the last 10 years," he added.

Of the 300 - 700 participants in a meet, 90 percent are students. "Life, basically, keeps the adults out. Still, when we have a national or international meet, we see some people who compete year-round, 12 months a year," Ed said. "One guy from Oregon was 68 years old and beat 50 percent of people competing. He did the course in 54 minutes, beating the best runners from around here (who did it in 60 minutes). He said, 'This is my life. I wake up in the morning thinking about orienteering and training.' We have people who are 80 years old!"

Preparing for meets requires the ability to do multiple things simultaneously. "You learn to be able to look up and not run into a tree," Ed laughed. "Orienteering is really a very complex sport. Not like track, where you run a mile. An orienteer always has to have contact with a map and know how to read the contours, so you know whether you have to go up or down a hill, or be on a level; then you have to adjust to the terrain. You don't want to run your hardest up a hill or you'll use up all your energy. Competitors give up smoking and other things that are detrimental to their health because they want to be better in orienteering.

"I think there are a lot of kids that are discouraged. Orienteering gives them something to look forward to. They want to be better. They say, 'If I can do this, I know I can do better on my English, my driving, whatever.' When they first start to believe in themselves, then they really take off," Ed said.

Ed's favorite part of orienteering is watching the awards ceremony after a meet. "It's especially neat to see a kid who's never done anything — been put down, shot down, doesn't want to live sometimes — and then they're winning. It's awesome." **NOW**



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Business
NOW



Gary Shipp, President, sits in the center of those he serves: all the officers and directors of First National Bank of Burlison.

When you feel the charitable urge, there is a bank in Burlison that will help you give while you save. This month, First National Bank of Burlison is receiving donations for two child-focused philanthropies: Little Red School House, sponsored by Harvest House, and Heart For The Kids.

The bank annually supports at least nine other charities, including serving as a title sponsor in the Child Advocacy Center fundraisers for the last several years. First National Bank focuses on encouraging children, whether through their annual Easter coloring contest or their Christmastime “Sounds of the Season” festival, when all the elementary, junior high and high school choirs come in to sing throughout the month. “Our customers love it,” explained Gary Shipp, president of the 27-year-old community bank that has served Burlison since April of 1981.

“Three people bought the bank in 1983, and we’re carrying out their vision now,” Gary said. “My task is to oversee the day-to-day operations. I’ve got a lot of great people who help me do that. Our charter is to take care of the Burlison, Crowley and Joshua marketplace.”

The bank’s hands-on, close relationship with customers shines through, whether you visit in person or call on the

telephone. “If our customers have a need, we’re back to them immediately. That’s been our bread and butter,” said Gary, who has served the bank for 17-and-one-half years. “We’re about personal attention. We work hard to create a welcome-home feeling, but we have state-of-the-art technology to care for customers the way they are in this world.”

“We’re attuned to our customer’s needs. The personal service we give stands out and is probably our biggest draw,” Gary continued. “First National Bank is a locally owned, small community bank, and we compete with some of the mega national chains. We have all the state-of-the-art technology they have: Internet banking, which includes bill pay; remote capture deposit for businesses to scan checks into the bank electronically; and our 24-hour telephone banking system, which gets a lot of use. We have a lot of products for individual customers, plus a lot of business-account products, including a soon-to-be-unveiled debit card for businesses.” First National Bank also offers another service to everyone in the community: The Wilshire Room, a meeting room in their second branch that can hold up to 160 people.

The bank now has 42 employees throughout both locations, and the long tenure of most of those people is one key to the

Business **NOW**

personal service they offer.

"We've been here long enough to have entire families as customers, people who have raised children and are now making savings and loan accounts for their grandchildren. This is very rewarding," Gary expressed, who was born in Fort Worth and has lived in Burleson since joining First National Bank. "I have two grandchildren who are too young to know that they have accounts with us. We offer that as a service to all our employees' families."

"It hasn't been too many years ago that people predicted that community banks would be gone; but they're flourishing," Gary smiled. "People predicted that paper checks would go



away. They're still around. Predictions flew that Internet banking would take over. That's not true. People need people, and we're here for that reason. We're just tickled to be here!"

First National Bank ((817) 295-0461; www.FirstBurleson.com) operates two branches: one at 899 NE Alsbury Boulevard; the second at 740 SW Wilshire Avenue. Both lobbies are open from 9:00 a.m. – 4:00 p.m., Monday through Thursday; 9:00 a.m. – 6:00 p.m. on Fridays. Both drive-in tellers are open from 7:00 a.m. – 6:00 p.m. Monday through Friday; 8:00 a.m. – 12:00 p.m. on Saturdays. **NOW**

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Education NOW

Still. Humming

— By Melissa Rawlins

For nearly 1,400 Burleson school employees, this long, hot summer has been a welcome break. The fun has not yet stopped, even for the 60 people at the Burleson ISD who stay and work while the students and teachers get a summer vacation. Dr. Mark Jackson, superintendent, said he and his staff do not call it a summer vacation. “It may be for the kids, but even teachers have to spend time getting ready for school,” Mark grinned. “Our summer schedule is basically laying the ground work for school to start next year. We enjoy working together. It’s hard work, but it doesn’t have to be a grind.”

Mark did get a short summer break at the end of June. “My wife, Vicki, and I rode our motorcycle from Burleson to Yellowstone,” he shared. In the last 10 years, Mark has toured Colorado, biked to Mount Rushmore, South Dakota, and enjoyed a ride through the Smokey Mountains. “There are some sissies out there who want to trailer their bikes. We like the open road, wind in your face, hunting for cool air,” he said.

After thus recharging his batteries, the superintendent returned to his desk to support his staff. “We spend a ton of time in the summer getting organized for next school year; budgeting, preparing, planning, making sure work is aligned to care for our students,” Mark said. “Where it may appear schools don’t have much going on, we’re still humming up here.”

Mark keeps the staff whistling while they work by walking around and talking with each of them about what is going on. “We have a very respectful environment, work hard and enjoy people,” he said. The group he works with more than any at the school district are Mary Ellen Burch, his office manager, and the five division leaders who carry out strategy: Vickie Overton, Ronald Kuehler, Peggy Barnes,



Richard Crummel and Evan Faris.

“Some of the things we did this summer had to do with new construction projects and developing a budget for 2008-2009. That is Ronald’s area,” Mark explained. “Richard and his department worked on a new strategic plan to get the district through 2013. There is a lot of staffing going on during the summer, and that was Peggy’s responsibility. Vickie’s department brought in teaching experts so we could clearly answer our teachers’ questions of ‘What do we teach?’ during our Summer Institute, when almost 500 staff members visited with their peers, got new ideas and got their batteries charged. Evan worked closely with new construction and is our technology guru, so he spent a lot of time getting our technology up to date. He planned and hosted a technology fair to help teachers know what tools are available to them.”

The majority of Mark’s time was divided among projects intended to put the school district in the very best position for next year. The school district started construction on two new buildings this summer, developed the process for preparing their strategic plan, inducted new staff, planned future budgets and coached four new principals — three of whom were promoted from within Burleson.

Mark introduced the new principals to various departments in the district. “I wanted them to get a good orientation.

Education **NOW**

On the phone and in person, the new principals and I will probably spend 50 - 60 hours working together, spread over this summer and through Christmas," he said. He also met with all the Burleson school principals in a casual setting during the summer schedule and reviewed major initiatives for improvement.

While students stayed out of the heat, Mark worked one-on-one with staff in support of his mission, which is to help students set a foundation for their dreams and aspirations through high expectations and strong personal relationships. "It's about more than 'no child left behind,' which is federal legislation insuring that students know reading and math," Mark explained. "It's about personal relationships, rigorous and engaging curriculum and relevant activities for the students." To keep in touch with what is relevant, Mark did one other thing this summer: read, read, read.

More than anything, Mark and his staff continued and finalized projects started in the spring, so that once the fall semester starts, the staff will have outlines and plans for completing their initiatives. "Many of those projects will require input from others in the community," Mark said. "Over the years, we've learned that people would prefer to start fresh in the fall and get busy during that time."

Empathy for community leaders' time comes easy for Mark. Many moons ago, the superintendent spent his summer months spending time with his grandparents. "They had a farm," he remembered. "As I was growing up, summer meant waterskiing and fishing at the lake. As I got older, I worked as an electrician. I had to have that car somehow or another." Now, summer for Mark Jackson means spending time with friends — his wife, his daughters, his grandchild and, most of the time, his school district staff. **NOW**

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Around Town

NOW



Firefighter Dallas Fowler and recruit Kaiser Sled, top left, are shown during agility exams where only six of 140 recruits earned a position at the Bureson Fire Station. Several children played with gliders, top right, in a "tunnel of air" exhibit sponsored by the Fort Worth Museum of Science. First United Methodist Church youth, second row left, served food at the Quarterly Chamber Luncheon. Dan-O Strong, Interim Executive Director of the Bureson Chamber, and Shai Roos, Community and Development Director for the city, shared a "high five" at a recent meeting. A ribbon cutting, bottom left, was held at Accolade Hospice. Grace Sipho, bottom right, studied a stone meteorite from Northwest Africa at the NASA Downlink at Bureson High School.



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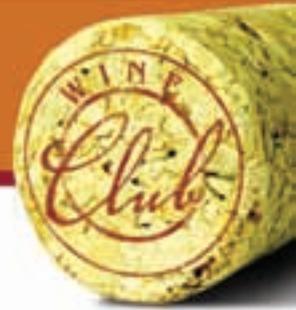
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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH TRACEY WALKER

“Life is uncertain, so eat dessert first” is Tracey’s motto. She enjoys baking desserts, like her favorite Apple Crumb Pie, for special get-togethers. Tracey, her husband, Scott, and her sons, Blake and Reese, join Scott’s side of the family once a week for dinner. This is a tradition they have maintained for 16 years. “We stay in touch and we have all enjoyed watching each other’s boys growing up,” she remarked. “We are blessed to be a close family.”

Spending time with family is what brings Tracey the most joy. “One of the best things in life is making memories with my boys in the kitchen,” she expressed. “I enjoy our time cooking together and seeing how proud they are after completing a recipe.” **NOW**

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

APPLE CRUMB PIE

- 1 cup sugar, separated
- 1 tsp. cinnamon
- 6 large Granny Smith apples, peeled, cored and sliced
- 9-inch unbaked pie crust
- 3/4 cup flour
- 1/3 cup butter

In a large bowl, combine 1/2 cup sugar and cinnamon. Mix apples with sugar and cinnamon mixture. Arrange in unbaked pie shell. Sift together 1/2 cup sugar and flour. Cut in butter until crumbly; sprinkle over apples. Bake at 450 F for 10 minutes; reduce heat to 350 degrees for 40 minutes. Let the pie set before cutting.

PIE CRUST

- 1 1/4 cup flour

- 1/2 tsp. salt
- 1 Tbsp. sugar
- 6 Tbsp. butter
- 4 Tbsp. Crisco, chilled
- 1-3 Tbsp. water, chilled

Using a pastry blender, blend all ingredients until texture is crumbly, adding 1-3 Tbsp. of ice cold water, as needed. Roll into a ball; lay it on a floured surface. Place wax paper on top of dough and roll out to fit pie plate.

CHOCOLATE PECAN PIE

- 1 cup sugar
- 1/2 cup all-purpose flour
- 1/2 cup melted butter
- 2 eggs
- 8 oz. chocolate chips
- 1 cup pecans, chopped
- 1 tsp. vanilla

9-inch unbaked piecrust

Mix together sugar and flour. Add melted butter; blend well. Stir in eggs, chips, nuts and vanilla. Pour mixture into pie shell. Bake in a preheated 325 F oven for one hour. Let pie cool before cutting.

PANCHO SQUARES

- 1/2 cup butter
- 2 cups brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 2 Tbsp. baking powder
- 1/2 tsp. salt
- 1 cup chocolate chips
- 3/4 cup pecans

Melt butter; while hot, add to brown sugar;

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Who's Cooking **NOW**

mix well. Add eggs and vanilla; beat. Add dry ingredients; mix well. Press into a 9 x 13-inch pan. Bake at 350 F for 20 - 25 minutes.

CHICKEN ENCHILADAS

- 1 10-oz. can Ro-Tel tomatoes
- 1 10 3/4-oz. can cream of mushroom soup
- 1 10 3/4-oz. can cream of chicken soup
- 8 oz. Velveeta
- 12 flour tortillas
- 6 chicken breasts, cooked and shredded

Heat Ro-Tel, soups and Velveeta in microwave until cheese is melted. Fill each flour tortilla with chicken, a small amount of sauce and roll up. Place rolled tortillas in a 9 x 13-inch pan; pour the remaining sauce on top. Bake at 350 F for 10 - 15 minutes.

SOUR CREAM CHICKEN

- 8 chicken breasts, cooked and shredded
- 16 oz. sour cream
- 2 10 3/4-oz. cans cream chicken soup
- 1/2 stick butter, melted
- 1 tube Ritz crackers, crushed

Mix chicken, sour cream and chicken soup. Pour into a 9 x 13-inch pan. Mix melted butter and crushed Ritz crackers; sprinkle over chicken mixture. Bake at 350 F for 30 minutes.

MEXICAN LASAGNA

- 2 lbs. ground beef
- 2 1.25-oz. pkgs. taco seasoning mix
- 4 garlic cloves, pressed
- 1 1/2 cups water
- 24 oz. salsa
- 16 oz. sour cream
- 20 flour tortillas, cut into 1-inch squares
- 3 cups Monterey Jack cheese, shredded and divided
- 3 cups cheddar cheese, shredded and divided

In a large skillet, cook beef until brown and drain well. Add taco seasoning, garlic and water. Simmer uncovered for 10 minutes. Combine salsa and sour cream with meat mixture. Grease a 9 x 13-inch pan. Place a layer of cut flour tortillas in pan; add meat mixture and cover with 1 cup of each cheese. Repeat layers, starting again with a layer of cut flour tortillas. Bake at 375 F for 40 minutes. Remove and sprinkle with remaining cheese. Bake an additional 10 minutes. Let stand 10 minutes before serving.

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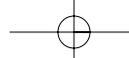
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Use Your Social Security Statement as a Guide

— By Sharon Robinson

Once you reach age 25, the Social Security Administration (SSA) will send an annual report on your individual account. This report will highlight potential benefits from your account and is a valuable tool for your use when considering ways to plan for your retirement and other financial needs.

Social Security should be only one of a number of sources for income during retirement. Other sources may include an employer pension and your personal retirement savings in the form of an individual retirement account (IRA). When you receive your statement, take some time and go over its contents. Are the reported earnings correct? If not, report any errors to the SSA. It's much easier to do now than after you retire.

How do the projected benefits fit within your retirement needs? Will you have enough from other sources to fill any gaps?

These are important questions a financial professional can help you answer. A financial professional can also help you find ways to plan for a retirement that relies less on Social Security and more on options that are suitable to your needs and comfort level.

There are a number of products and services available to help you attain the retirement you desire. An early start at developing your personal plan will make your goals more attainable. **NOW**

Sharon Robinson is an State Farm agent based in Burleson.



Sharon Robinson, Agent

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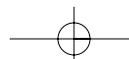


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Give a Shot

— By Betty Tryon

Many of us are old enough to remember our smallpox vaccinations. We still bear the scar to prove it. The temporary, uncomfortable ordeal of the vaccination brought huge dividends — the eradication of smallpox in our lifetime. Although at times controversial, no one can argue how the discovery of vaccines has improved the quality of life for millions of people. Vaccinations or immunizations introduce into the body weakened or dead pathogens, such as viruses or bacteria, stimulating the immune system to produce antibodies to fight the invader. The very small and safe amount of disease-causing molecules creates the immunologic response.

This amazing living machine called our body has the ability to remember exposure to certain diseases, and within that memory database, to fight it effectively. This is where the miracle of immunization comes in to save the day from diseases that in the past would wipe out entire communities.

The four types of immunizations are inoculations with: weakened viruses, inactivated viruses or bacteria, toxoid and biosynthetic vaccines. The general population is familiar with vaccines from weakened and inactivated pathogens. Measles, mumps, rubella, anthrax and chicken pox vaccines are composed from weakened (attenuated) live viruses. The

weakened state of the virus reduces its virulence. This may pose a threat to a person who has a compromised immune system, such as someone with AIDS or being treated with chemotherapy. The inactivated or dead viruses yield the vaccines for influenza and hepatitis A. These vaccines are much safer for people with compromised systems. Toxoids from the bacteria or virus needed for inoculation are the third form of immunization. The common diphtheria and tetanus vaccines are produced from toxoids. Lastly, vaccines for diseases such as HPV (human papillomavirus) and HBV (Hepatitis B virus) are manufactured formulas classified as biosynthetic vaccines.

The immunization program begins in infancy with the first vaccine given at two months of age. This program continues with regularly scheduled visits to the clinic or pediatrician throughout childhood. Immunization does not end with childhood. Some vaccines, such as diphtheria and tetanus require booster shots to maintain consistent protection.

The quality of our lives improved with the discovery and administration of vaccines. Unfortunately, some diseases such as measles are making disturbing comebacks due to the lack of a national immunization policy in some countries. The creeping return of these dreaded diseases comes via travelers and then spreads to those who have not been immunized. The good news is that millions of children going back to school this year will first make a trip to their doctor for any immunizations they need. This simple act helps to ensure the safety of all. **WWW**

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

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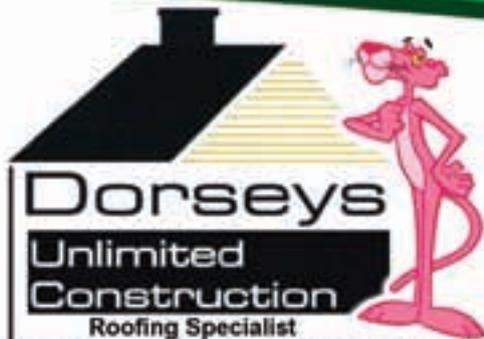


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August 2008 Community Calendar

Every Wednesday

Breakfast Club networking group meeting, 8:30 - 10:00 a.m., Cracker Barrel. (817) 295-2161.

Second and Fourth Wednesdays

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

Every Thursday

Prime Time Connections networking group meeting, 9:00 - 10:30 a.m., the Burleson Area Chamber of Commerce. Contact Kay Ray at (817) 703-8141.

Burleson Network Connection networking group meeting, 11:30 a.m. - 1:00 p.m., Sammy's Italian Restaurant. (817) 295-2161.

Third Thursdays

ABWA - Empowering Women Express Network meeting, 5:45 p.m., at the Midlothian Conference Center, 1 Community Circle, Midlothian. RSVP to Daphne Brewer at (972) 723-6551. www.abwa-empoweringwomen.org.

Every Friday

Burleson Business Builders networking group meeting, 8:30 - 10:00 a.m., JJ Mocha's. (817) 295-2161.

August 1 - 2

Living Proof with Beth Moore. Hosted by The Church at

Burleson. The live simulcasts are scheduled for 6:00 p.m. on Friday, August 1, and 8:00 p.m. on Saturday, August 2. Contact Jennifer Stout, (817) 295-2165.

August 5 - 15

Swimming Lessons offered at Burleson Community Center; various levels taught throughout the day. (817) 295-8168 or (817) 295-9571.

August 8

Mommy and Me Tea Party and Fashion Show, for ages 3 and up, 10:30 - 11:45 a.m., Burleson Community Center. Register a week in advance by calling (817) 295-8168.

August 12

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

August 14 and 28

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

August 16

Community Back to School Fair - assisting families with many needs including governmental and charitable assistance programs, federal applications and documentation, health

services like immunizations, personal hygiene, school district information, school supplies, shoes and clothing — hosted by The Little Red School House/ Harvest House, which is challenging Burleson to raise \$60,000.00 to fund the Fair. The goal of Harvest House is to make certain that BIRD students start school with a smile on their faces. (817) 295-6252.

August 21

Mystery Book Club reads *Aftermath* by Peter Robinson, 11:30 a.m. or 6:30 p.m., Burleson Public Library. Enjoy sandwiches and refreshments provided by The Friends of the Library. (817) 295-6131, ext. 265.

August 22

Meet the Teacher Night for families of students attending the new Judy Hajek Elementary school, 5:00 - 6:30 p.m., followed by a family party and dance for students and parents in the gym from 6:30 - 9:00 p.m. Call the BIRD, (817) 245-1000.

August 26

First day of school for Burleson ISD students; for more information, call (817) 245-1000.

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

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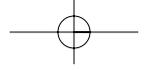
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