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Burleson NOW

M A G A Z I N E

August 2009

He's a Natural

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An Ear for Music

Need It, Want It, Gonna Get It

At Home With

Scott and Tina Clarkson



FREE For Burleson Women With Back Pain...

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"Most Valuable Women's Back Pain Information Ever Offered!"

Burleson — Because women's back pain can be very different from men's back pain, Dr. M. Brandon Pettke, D.C. of HealthSource Chiropractic™ has created an opportunity for women of Burleson who suffer from the misery of back pain. An opportunity for women with back pain to have the unique nature of THEIR back pain evaluated, understood, and if possible, successfully treated.

Women's Back Pain Is Different From Men's

Unfortunately, and all too often, women with back pain are treated identically as men with back pain. The same exercises, the same treatments, and also unfortunately all too often...the same poor results, if the wrong treatment was given.

One clinically detailed look at a woman suffering with back pain and it's painfully obvious that when it comes to back pain, women's needs are often different from men's. Women move differently, are structurally built differently, and possess genetic strengths and weaknesses when it comes to their backs. One of the main keys in solving women's back pain, especially those women who have suffered through failed treatment, failed therapy, failed exercise regimens and failed rest periods...is addressing the many CAUSES of back pain that can be UNIQUE TO WOMEN...

Possible Causes Of Back Pain...UNIQUE TO WOMEN...

- Lifting children
- Pregnancy
- Childbirth
- Osteoporosis
- Fibromyalgia
- Stress
- Standing over countertops for long periods
- Smaller, weaker abdominal muscles than men
- Job related (desk jobs, nursing, caregiving)
- Exercise (running, cycling, aerobics, other sports)
- Gynecological conditions (endometriosis, PMS)

This is by no means an exhaustive list, but with all these potential causes of back pain for women, it creates a need for a unique and specific evaluation and treatment approach uniquely designed for each individual woman. Certainly many "cookie cutter" approaches will fall short for women suffering with back pain.

The Solution

So, in response to the overwhelming need of Burleson women to have a special and unique approach designed exclusively for each individual woman, Dr. M. Brandon Pettke, D.C. of nationally-renowned HealthSource Chiropractic™ has created a special opportunity just for women suffering from back pain who desperately would like a personalized and customized approach to their back pain problem.

Not surprisingly, Dr. M. Brandon Pettke, D.C. and HealthSource's approach involves a FREE Community Service Screening, whereby the possible causes of WOMEN's back pain will be considered. And in an effort to provide Burleson women with an enjoyable, relaxing, and worry-free experience, in addition to all Burleson women with back pain being entitled to their own personal FREE Community Service Screening.

And lastly, to ensure that all Burleson women can feel supremely at ease in receiving this special opportunity, Dr. M. Brandon Pettke, D.C. is also offering the nationally-recognized HealthSource Chiropractic™ Triple Satisfaction Pledge...1) HealthSource Chiropractic™ gets you in the SAME DAY YOU CALL OR YOUR FIRST TREATMENT IS FREE! 2) If you do in fact qualify for treatment and are not cheerfully greeted by our warm and friendly team, then your treatment is FREE. And 3) If you find a better opportunity for Burleson women suffering with back pain than this one here that Dr. M. Brandon Pettke, D.C. is offering, they'll give you an entire week's worth of treatment for FREE.

No More Excuses...Kids Are Back At School

There is truly a ray of hope for women of Burleson suffering with back pain. You have no more excuses to put off taking care of yourself like you know you should, now that the kids are back in school. Don't waste this terrific opportunity to end your pain, feel great again and get back to moving and going through your day with the ease and grace you deserve.

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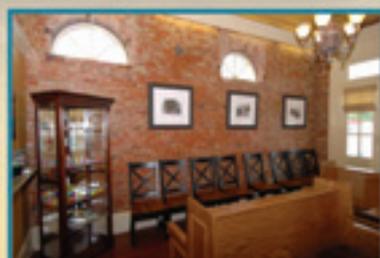
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Burleson
NOW
The Community Magazine
Serving Burleson, Joshua and
the Surrounding Area
MAGAZINE

Editor's Note

What a Wonderful World!

Last month, we all celebrated our liberty. Here at NOW Magazines, we waited to set off fireworks until after we had sent July's issue to the printer — and in the process we mistakenly lopped off an entire column at the end of the story about Rachel Hart, a beautiful clothing and doll designer living in the heart of Burleson. Rachel, please accept our heartfelt apology! We have corrected the file and posted the corrected version on our Web site, www.nowmagazines.com. To view the article, just click on "Online Editions" and then on the link to our archived editions.

This month, the magazine presents more stories of good people from all walks of life pursuing peace and happiness in Burleson, Joshua and the surrounding area. Within these hot, August pages you will find western swing, Louisiana love that would not be beaten by Hurricane Katrina, youthful exuberance, chocolate indulgence, committed compassion and eclectic creativity. Happy August, y'all!

Melissa Collins

BurlesonNOW Editor

P.S. Feel free to e-mail me at Melissa.nowmag@sbcglobal.net with your suggestions of people Burleson needs to know about!



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Left: Neva Clark; Back row: Sarah Barr & Lori Castillo;
Front center: Lynn Hamilton Right: Gina McAmis

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They Did It Their Way

— By Melissa Collins

“You perspired until you felt you were melting. When I was a young man especially — back in the day when people had a little gentility about ’em — the businessmen in New Orleans wore seersucker suits, as light as possible, with a tie still. Here in Burleson, it’s kind of nice!”

Sonny and Jean no longer do business in New Orleans. His Aflac Insurance business traveled easily from Louisiana to Texas, and Jean is the secretary at Hill College at Burleson who meets and greets all students and visitors with a smile. “The decision to leave was easy because business you used to depend on was slowly but surely departing anyway,” Sonny said, “and with something like Katrina, it really slowed down. Katrina made New Orleans what it now is, neighborhoods kind of in a shambles, so it’s no fun anymore.”

What is fun for Sonny and Jean now, is looking back at all the so-called coincidences that paved the road to Burleson. “Hindsight’s 20-20. What we bought here for \$135,000 you couldn’t have replaced our home for \$250,000 down there. The good Lord was preparing us for coming back here,” said Sonny, who owned a United Van Lines Agency in Cleburne 20 years ago. His connections through that business, his membership in Charity Lutheran Church, plus their memories of the beautiful hillsides in Burleson, helped them hone in on this area when deciding where to resettle after Katrina.

During a brief six months in Sonny’s cousin’s home in Houston, Jean researched the community life in the Cleburne and Burleson area, looking for a Lions Club that met in the evenings. “Back in our hometown, we were members of the

When Sonny Bauer wakes up to a day with 65 percent humidity, he gives thanks. In fact, he and his wife, Jean, give thanks every day for the new life they enjoy in Burleson. Three years ago, the Bauers moved here after leaving the destruction caused by Hurricane Katrina. One thing they do not miss is the weather. “I used to get up in Arabi, a suburb of New Orleans, where humidity was 60 percent at lowest and 90 percent on the high end,” said Sonny. “You walk out the door and hit the air. It’s kind of like walking into a wall.”

“When something was brewing in the Gulf of Mexico, it was not unusual for humidity to be 100 percent,” Jean remembered. “Up here, the wind is an adjustment to have to make. It’s not unusual to have 30 mph winds in Burleson. I think about putting patio stuff out in our backyard, but I think my umbrella would fly off with a 60 mph wind! In Arabi, we frequently were calm.”

“Yeah, so there was no breeze to cool you off,” Sonny said.



Three years ago, the Bauers moved to Burleson after leaving the destruction caused by Hurricane Katrina.

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Arabi Lions Club, which met in the old jail. We felt when we moved here, The Lions Club was a good way to learn more about community and make new contacts, to fill not having any family or friends up here. I knew I'd be working and would not be free to meet in the daytime. We found that the Joshua club meets at 6:30 in the evenings." Jean is now the eyeglass chairman, taking care of the applications that come in from the schools. "The nurses at the schools will fill out an application for a student who needs financial assistance. In April, we always do the Clay Shoot at Alpine to raise money to support our eyeglass charity."

"The thing was church first, and then Lions Club," Sonny said. "Ultimately things happened so fast. We had within two weeks settled on the town to live in, found an apartment, and found that my old church, Charity Lutheran, had a really great pastor, Kent Heimbigner, who has a conservative, confessional way of doing things. No frills except the usual Lutheran frills. It was like a magnet. We knew we were where we were supposed to be."

Once they chose Burleson to be their new hometown, the Bauers started building a life of friends. "The guys who worked in the van line business with Sonny helped us out to buy furniture," Jean remembered. "Guys like Mike Ritz, who were drivers and packers in the moving business, always stayed in touch with Sonny even after the business closed." They used the new furniture in their bare Arlington apartment while they waited for their Ashton home to be built in the Meadowcrest subdivision, behind Burleson High School.

"Most of our neighbors are just really nice," Sonny said. "The people that live around us and in this town are friendly and open. This just is home. It's nice to live in a town that when you have a severe weather problem coming, the city calls you on the phone and tells you to take shelter. The sirens talk to you and everything else!"

"You know, I want to be here, yet there's always that calling to go back



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home, close to your friends and family," Jean said. "But the problem is, your friends and family are all over the place! So, you put yourself in a situation. We've made a nice settlement here in Burleson. We've found a church where the congregation is wonderful, and being five minutes from work is really nice! We've been blessed and guided in this whole process," she added with a tear in her eye. "A lot of people from our home state still are not settled."

"This summer has been three years since becoming citizens of Burleson," Sonny said. "Everything we wanted has been validated. It's not something



we could have set up. It just happened. The good Lord has been really, really good. There's hardly a day goes by that I don't think of a place or a thing we used to do in Louisiana, but you can't do that anymore. It's not possible. You start getting back to reality and say, "Yeah, this is home."

"We're starting out almost like newlyweds because we're establishing a home again," Jean said, looking forward to their 36th wedding anniversary in November. Her husband will be 87 when they get the mortgage paid off, and he laughs about it. "You deplete your resources over time, and you have to rebuild. I'm pretty much thankful that we didn't get big bucks from FEMA," Sonny said, "because you feel so obligated. When you do it your own way, you can sleep at night and live in peace." **NOW**

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(l to r) Dale Martin, D.D.S, Drew Jamison, D.D.S., Casey Stroud, D.D.S., Dr. Daniel J. Bekish, D.M.D., M.S.



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Big Plans

— By Jaime Ruark

At Home With **Scott and Tina Clarkson**



Burleson is lucky to have individuals who have moved to the area looking for exactly what the town has to offer — friendly people and a community that has big-city convenience in a country setting. Scott and Tina Clarkson, transplants from Pennsylvania, have enjoyed being part of the community for the last four years. Along with their 16-year-old daughter, Megan, and their two dogs, Sarge and Zulu, they have made Texas their home.

Both Scott and Tina work for the U.S. Department of Justice in the Federal Bureau of Prisons. Scott, who has also been in the Air Force for almost 22 years, is accustomed to travel, but when the Clarksons were transferred to Texas, it took the family a bit of time to become acclimated. “It was kind of culture shock for us. It took us awhile to get used to the move,” Tina laughed. “It was really





hard on our middle son, Eric, because he was just starting his sophomore year of high school.” Eric, following in his father and grandfather’s military footsteps, is currently serving in the Navy at Okinawa, Japan, while Justin, the oldest son, remains in Pennsylvania, where his recent wedding gave his proud parents a reason to plan a family vacation.

Their 2,700-square-foot, four-bedroom, three-bath stone and brick home just outside of town is perfect for the family. “We just loved the area. We were from a very small town, out in the country, so the country setting of this place really brought us here. Plus my husband just loved the four-car garage,” Tina shared. “Of course, the kids loved the pool, which was something we promised them when we moved.” The backyard pool area, complete with grill, covered patio, television, tables and chairs, including a recliner that Sarge has claimed for himself, will soon have new landscaping to match the front of the house, where six new trees have been planted.

Tina, an artistic person who admits to allowing her creative juices to flow unchecked when her husband is out of town, always has big plans up her creative sleeves. “There really wasn’t that much that we needed to do to the



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house when we moved in, but we are getting ready to put in new hardwood floors and carpet, and, of course, we did a lot of painting and adding our own personal touches,” she said. The living room, with its glazed moss green walls, is a testament to Tina’s painting skills as well as the calming earth tones she favors in her decor. The space, which opens to the kitchen and breakfast area, is open and airy thanks to an adjoining bar and a multitude of

windows, another aspect of the house she loves.

Tina likes change, which means the mom-and-daughter team are often repainting walls or moving furniture together. Tina confessed with a smile that her artistic spirit can sometimes cause a bit of a family rift. “When my husband would get deployed, he would say he’d never know what color the rooms would be or where the furniture would be when he got home,” she said.

“He doesn’t really like the colors of the walls in here, but I love them,” she said of the front room and formal dining area, painted in deep maroons and gold tones that give the space a warm glow, as well as provide a contrast for an antique armoire with red doors. “This is probably my absolute favorite piece, because there are hidden compartments inside,” she noted. “You can tell it was used, which I love, but it was also just really taken care of.” The shelves

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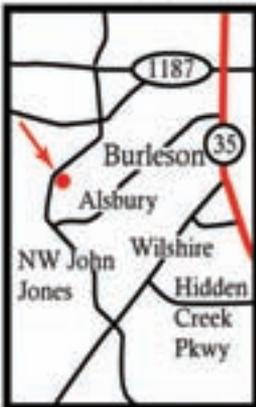


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inside hold woven wicker-like baskets, something found dotted here and there throughout the home. “Up North, these baskets are really popular. They’re called Longaberger baskets and I’ve collected them for years,” she added.

Because of her love for old things, Tina has become a frequent shopper at Ellison Street Interiors, where she has found many lovely pieces. “I love the character of antiques. They’re very unique. It’s not like you can just go and find them in any store,” she explained.

“They’re also just so well-built. They don’t make things like they used to.” A gorgeous old trunk that opens to reveal inside compartments is one of her favorites because it was a gift from Megan, while an apothecary, with its many shelves, is another unique find. Many of Tina’s antiques are made of strong, dark, beautifully-carved wood and serve as a perfect contrast for her earthy color palette.

Megan’s room was the latest to receive the Clarkson makeover. It shows

off a fun teenager’s point of view, from the black-and-white walls and bedspread to the polka-dotted curtains. “We did this all ourselves, even her furniture. We like to do projects like this together,” Tina proudly shared. “My daughter is actually the one who is really artistic.” Even the dresser drawer knobs received the cute polka-dot treatment.

The office is another point of pride for the family who has served the country. Numerous awards Scott has earned line one wall, while another



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displays a picture of his father, a Navy man, next to two frames holding his many unit coins. "It means something pretty special to get a unit coin, and Scott's got quite a few from all over," Tina said with admiration in her eyes. "He just came back from a deployment in Cuba, where he was stationed for six months. He blew out his knee and has had to have three surgeries, so I've got him home now. He's an awesome guy." Also framed is Scott's poem, "Old Glory", a patriotic and moving tribute that was published in *TIME Magazine*.

The rich mocha brown walls of the master bedroom provide a warm backdrop for the couple's honey oak furniture. The master bath, complete with sunken tub and seemingly endless walk-in closet, will provide Tina with another redecorating opportunity. "I don't like the blonde wood of the cabinets, so I'm going to refinish them someday," she noted.

The Clarksons have grown to love their Texas home, but there is still a



part of Pennsylvania they refuse to leave behind. "We're huge Eagles fans, so, of course, we get a lot of razzing for that. We have big parties when the Cowboys play the Eagles," she laughed. "Scott's garage is dedicated to the team, and I'm planning on painting the floor and walls to look like the football stadium. Megan and I will be tackling that together. I always have big plans, and by the way — Go Eagles!" **NOW**

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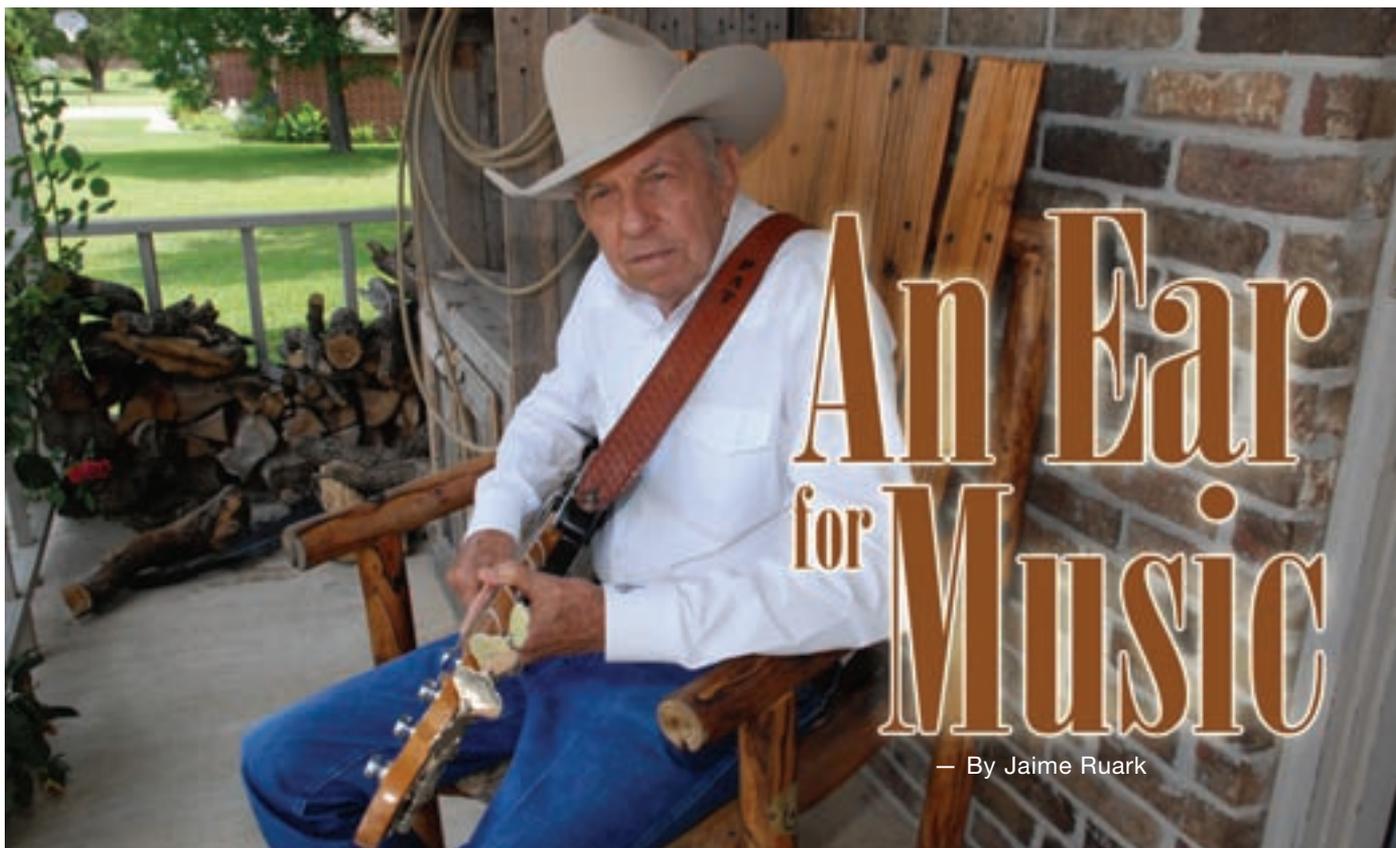
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For about 15 years, Burlleson has been home to a living legend. Seventy-two-year-old Pat Jacobs has lived a life full of music and rodeoing excitement. Pat has met four U.S. presidents, been written about by noted author Tom McGuane, been inducted into three western swing halls of fame and received the Cowtown Society of Western Music's Historic Western Music 2008 Lifetime Achievement Award. This cowboy just may have more stories to tell than the Bible, each one peppered with his humble humor and ready smile.

Pat's introduction to music began when he was just a boy. "I got started playing guitar at barn dances and church socials in Kansas with my dad when I was 5. I just grew up with music," he recalled. "As a teenager, I just kind of rubbed elbows with the right people and worked my way up. I spent some time on the road with Lefty Frizzell. He was the George Strait of the '50s. My guitar playing wasn't as good as it should be and my tenure with the band was questionable. They needed a bass player, so I took up bass for job security. I guess it was just a natural fit, because I could immediately play."

A lack of any kind of formal musical training never stopped Pat until he went to college, where being unable to read music finally became a problem. "When I was going to school at Panhandle A&M, I was working with their horn band. It was required that everyone know how to read music and I

couldn't," he said. "I would just put my music up on the stand like everyone else and when I would see someone turn a page, I would turn mine. When they'd start learning a new song I didn't know, I'd hide out in the hall and listen to them play it. I got away with it for a solid year until my instructor finally caught me with my music upside-down."

The nomadic life of a musician began to take its toll on Pat. By the time he met his sweetheart and future wife, Nellie, he had decided to put those days behind him and stick to his first love, training horses. "I was so sick of being on the road when we got married in 1959, she didn't even know I could tell one instrument from the other," he said. "I was so burnt out; I didn't even hardly play the radio for 20 years. I just went back to what I knew — training cutting horses." Pat worked with what he calls "second chance" horses and became quite a legend for being a tough cowboy who could take "outlaw" horses and train them to win. It was a time in his life that he recently recorded in his honest, gritty Wild West novel, *Outcasts, Outlaws and Second Chance Horses*.

Despite his love of being in the saddle, Pat's fingers eventually began itching again to pluck a guitar string. "I was living in Oklahoma, and I needed to cash a check for some walkin' around money. I'd heard one of my old musician friends worked at a bank. I went to see him so he'd cash my check, and we got to talking about the old days. He called up some

of the old guys we used to play with and we organized a jam session," he recalled with a laugh. "I guess it's like bein' a cigarette smoker, 'cause one time and I was hooked again!"

About a year ago, Pat finished recording a historical CD called *The Oklahoma Swing Project*, featuring many of the older western swing musicians. They just released a second CD called *Pat Jacobs with the Over the Hill Gang*, which was recorded in Allegro Sound Labs in Burleson. "We actually recorded it in 1980 with some of the Bob Wills' Texas Playboys musicians," he said, explaining that the project came to a halt until recently. "We remastered and remixed it and added Barry Corbin, the movie star, who did the narration. Dave Alexander, Leon Rausch and Red Steagall were all on it as guest vocalists. It traces the roots of western swing music clear back to the turn of the century, at the 101 Ranch in Ponca City, Oklahoma."

Western swing music has a distinctive style, with what Pat calls "an Oklahoma flavor." He explained, "It incorporates more horns instead of all string instruments. I guess you could say it's a form of jazz, and they just put cowboy hats on it." His western swing band, The Over the Hill Gang, is comprised of local musicians. "We're so fortunate in the Dallas/Fort Worth area to have so many really good western swing musicians. When I moved to Burleson, it was just a natural fit for me to fall right in with these guys. On this last CD, we got over 450 years of total musical experience."

Having recently played at a Van Cliburn reception and on the *Today Show*, Pat's notoriety continues to grow, and his love for western swing refuses to diminish. "I have fun," he smiled. "To me, it's just the most enjoyable time. I'm physically exhausted after a three- to four-hour show, but I just love playin'." **NOW**

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He's a Natural

— By Melissa Collins

Every now and then, 13-year-old Tye Gray takes a couple of friends out to the bike trails behind Taylor Elementary for a little digging. Shovels and dirt flying, Tye's team builds the jumps for their bicycle motocross (BMX) fun. All summer long, Tye and 30-40 of his freestyling friends have ridden the trails in Burleson, having a good time and training for races in other states and in the nearby cities of Fort Worth and DeSoto.

In fact, Tye has been practicing for the state championship, to be held at Metroplex BMX in DeSoto the first weekend of this month. Tye need only win 16 more races before turning 15 years old to qualify for the right to ride professionally and, hopefully, compete in the Olympics. Each ride pushes him forward. "When you come back from the trails, you're just pumped and want to do more stuff, like jump bigger stuff and go different places and try other things," Tye said. "On the trails, you do a lot of jumping!"

How high a BMX rider jumps depends on the size of the mounded dirt; but whether the rider gets off the ground is a matter of skill. "To make sure you don't break your leg or ankle, you got to get enough speed and you

got to pull up," said Tye. "Landing is the easy part. Taking off is the tough part." Without enough speed, or with too much speed, an inexperienced person could crash and burn, without getting off the ground.

One day Tye hopes to follow in the tracks of Jason Rogers, a professional from Mesquite who is well-known for taking time from his own race schedule to give young riders pointers on going faster, staying the course, and winning the race. Tye, who started riding a bicycle without training wheels at the age of 2 and has been trekking to the trails, about a mile from his home, ever since he was 4, is grateful for all the encouragement he has gotten over the years. "The first time I succeeded in getting up over a jump, I was in like second grade. These older kids were down there and saying to jump this one jump, and I did it and made it. It just started from there," remembered Tye, who spends an average of eight hours per day trail riding.

Tye can often be found in his folks' garage, maintaining his two bicycles. "I prefer a Haro for trail riding, because they're built to hold up and are a good starting bike for people. For racing, I ride a Crupi," he said. After learning

from his father to do his own mechanical work, the neighborhood children started coming to Tye. "If someone needs something done, I'll go to their house and help them out."

While he works, Tye plans his next ride. "Racing other kids that are faster than me," explained Tye, "makes me want to try harder. You gotta practice and get better so you can beat the other kids in your age group."

"In a BMX race, up to eight competitors will start at a gate. The gate will drop; you'll all take off and race around the track, and you have to beat several people. When you go through a turn, you'll end up bumping somebody and take other people out, and you might fall. You gotta try to go around each other," Tye said. "There are judges watching to make sure you do all this legally. If you do something like elbow another rider, you'll be disqualified, and I don't want to be disqualified, so you do everything right. Sometimes, people are not thinking and mow somebody over, 'cause everyone's mad at each other and everything. I try to beat 'em on the track instead of racing dirty."

During practice trail rides, Tye thinks about what kind of tricks he will throw over the jumps. "You are in the air, and

do a one-hander or something, or take both feet off of the pedals and then put 'em back on before you land," said Tye, who figures he is a year or two away from doing flips over the jumps. "I haven't tried it yet, but there's a skate park in Plano with a foam pit where you can try stuff and land softly."

Before nationals, this young athlete trains with a pro rider and builds his endurance through other sports, like weightlifting, wakeboarding and waterskiing. "You have to be in shape for the sport that you do. In BMX,



you are pedaling all the time," Tye said. "Once you stop pedaling your legs, mainly the top part of your thighs, are all burning and everything."

Because he is a natural on the bike, his parents, Greg and Dianna, keep cheering Tye on. They plan ahead for family trips to each state qualifier and each national event. They also pitch in up to \$10,000 per year to fund the equipment, entry fees and travel. "When they buy me new stuff, I work around the house to help out," said Tye, whose eighth-grade teachers at Hughes Middle School will find that Tye refuses to let his schoolwork suffer even on race weekends. Taking his homework with him, Tye keeps on pedaling. **NOW**

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— By Melissa Collins

With a reputation for delivering on their promises, the loan officers at Service First Mortgage pave the way for people to enjoy the benefits of home ownership. Lisa Keese and Terrie Goodloe have worked together for over nine years, and all of their customers are referrals from real estate agents and from other satisfied customers who come back because of the experience they have with Terrie and Lisa. “Our ethics and morals are lined up,” Lisa said of her friend, Terrie. “She takes care of her customers.”

Lisa, who serves the community as a Rotarian and board member of the Burleson Chamber of Commerce, has been in the mortgage business since she was 16 years old. “I am now starting to hear from my customers’ children! I just heard from a former customer who is now a real estate agent in Cleburne. She was impressed with my service on her loan and wants to refer me to her customers.”

Lisa and Terrie prepare FHA, VA, USDA and Conventional loans for properties in Texas and Oklahoma. “Because of my expertise in doing those standard loans, we survived the subprime crunch,” Lisa said. “Many years ago, we did manufactured homes. Those became risky. Now, we prepare

loans on stick-built homes on up to 20 acres, but we do not do loans on raw land or on commercial properties.” Both loan officers take time explaining to each homebuyer the steps required to secure their loan. “My goal is to make my customers feel at ease, to take their calls and answer their questions at any time,” Lisa said.

Over a span of nearly eight years as branch manager for Service First Mortgage, Lisa has helped her firm weather the economic storms. “Texas is not really hurting like the East and West Coasts,” assured Lisa. “The guidelines have gotten harder and stiffer, and they’re looking closer at who they’re lending to. Yet we’re still lending money.

“The perception out there is that there’s no money to lend, and you still have to put 20 percent down. That’s not the case. We can get people in for 3.5 percent and even at zero percent if you meet certain income guidelines or are a veteran. You can also get in for zero percent using USDA loans.”

For those interested in buying their first home, Lisa and Terrie encourage immediate action. “Time is running out on the \$8,000, first-time homebuyer government fund. Any first-time homebuyer receives up to \$8,000 — but loans

must be closed by December 1, 2009," Lisa explained. "Whether you're married or single, you are eligible. I recommend you call a CPA to confirm whether you qualify."

Terrie recently closed two loans that were both first-time homebuyers in



their early 20s who purchased small, older homes. "It's exciting. One was a single young lady, and one was a young family with a small child," Terrie said. "The \$8,000 tax credit is a great benefit to those first-time homebuyers who want to get into a home and fix it up with paint and carpet. They get the tax credit relatively quickly to renovate their homes. They can file an amended return on their 2008 taxes and receive that tax credit as a tax refund within 4-6 weeks."

Terrie and Lisa know that a home is one of the biggest purchases any person is going to make in their lifetime. For a stress-free experience when you are ready to buy, call Service First Mortgage at (817) 447-7300. Be ready for a cheerful greeting from Phoebe Sainte-Marie when you visit their offices in the B&G Plaza on Renfro in Old Town, Burleson. Hours of operation are 9:00 a.m.-5:00 p.m., Monday through Friday. **NOW**

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Need It, Want It, Gonna Get It

— By Melissa Collins

Wanda Page operates a traveling classroom. Wherever she is, whenever she is needed, Wanda teaches victims of domestic violence and other crimes about their rights during the criminal justice process. Reaching those who are in crisis to teach them how to overcome their circumstances involves a whole lot of compassion, experience and knowledge — all of which Wanda has collected over the past 21 years.

Through her own journey as the mother of a shooting victim, Wanda empathizes with men, women and children who suffer at the hand of another and find themselves at a loss for information and understanding. “I understand why they need it, why they want it, and why they have the right to it,” said Wanda, whose daughter was shot and paralyzed at work just 10 days after graduating from college with honors in 1988.

“About a year after Elizabeth became a crime victim, I was asked to start the victim assistance program for the Burleson Police Department,” said Wanda, who later took a few years off to supervise her daughter’s physical therapy in Florida. “After Elizabeth became a crime victim, it changed so much of our lives. I saw the need and wanted to help others.” Since 2005, Wanda has been on-call 24-hours-per-day to teach people how to participate in the criminal justice system after they have been injured or victimized.

Whether she meets with the victim at midnight or at noon, either in the person’s home, in her office or in the hospital, Wanda first supports the victim in their shock and grief. She then teaches the victim and any family members accompanying them that what happened to them is a crime. “If the victim is the child, then I’ll be educating the mother and the father. When they’re adults even, I’m often talking to more than one victim. That’s startling news when I tell them, ‘This is a crime!’ and I help them get a protective order and put them in touch with the lady at Johnson County that can help them with that.”

The next chapter in Wanda’s curriculum is a slender credit-card sized brochure from the Texas Attorney General, a list of crime victims’ rights in the State of Texas. “I usually ask them whether they know crime victims have 13 rights in this state. I don’t remember anyone ever saying, ‘Yeah, I knew that’ — unless they’d been a victim themselves.” One



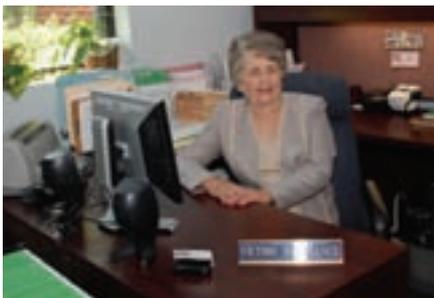
of the subjects on that brochure that Wanda never fails to cover is item number six, the victim’s right to information about the Texas Crime Victims’ Compensation (CVC) Fund and payment for medical examination for a victim of sexual assault and, on request, referral to social service agencies that provide additional assistance.

Victims of crimes in Burleson learn from Wanda about their right to be reimbursed up to \$50,000 maximum for crime-related expenses, as well as how to apply for the funds. “If someone’s injured due to the crime, they can ask CVC to reimburse them for the loss of earnings they had due to the time they were off,” Wanda said. “They can ask for payment for counseling,” she added. “If the victim is murdered, [the secondary victim] can ask CVC to pay up to a certain amount for a funeral. Domestic violence victims and women who have been sexually assaulted can ask for help paying rent up to a certain amount to help them relocate to another apartment, and can get child care up to a certain amount. They can be reimbursed for medical bills due to the crime, and dental bills. They can receive money to compensate for loss of support, if it’s a domestic violence situation, since they no longer have the man’s income.”

Wanda is grateful for her devoted volunteer, Sheila Wakeman, who helps the victims fill out the application before Wanda coordinates it with the attorney general’s office. “Here’s the

key,” Wanda said. “The CVC is a resource of last resort, meaning that if a crime victim has medical insurance, then, obviously, the state wants the insurance company to pay the medical bills. What the insurance company doesn’t pay, then we can ask CVC to pay, up to \$50,000.

“Month after month, I’m with the victim explaining to them court room procedures, and Sheila and I are with them in the court room during the trial. I also explain to them the victim impact statement,” Wanda said. “After the sentencing, then the victim and their family have the right in the courtroom, with the defendant present, to address the impact of the crime that the defendant has caused on the victim and/or the family.”



“About a year after Elizabeth became a crime victim, I was asked to start the victim assistance program for the Burleson Police Department.”

Wanda also teaches courses at state and national levels for other crime victims advocates. “People that know me would say, ‘Well, here comes Wanda.’ I’m a strong victims’ advocate. I’m compassionate about this. It’s not just a job. It’s very deep,” said Wanda, who had to dig for the knowledge she gained through her daughter’s healing. “I wanted to turn this to good and help others who unfortunately come behind me, so I can make the road easier for them.” **NOW**

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• Several business professionals, top left, met at the weekly real estate breakfast at Cracker Barrel. • The Sherman family, top right, enjoyed "hanging around" the local park. • Two members of the Cardona family, second row left, shared a pleasant morning together. • A ribbon cutting, second row right, was held at Picture Perfect Custom Homes. • A mother and her two children, bottom left, were photographed leaving the Firehouse Sub Restaurant. • A customer at Smoothie King, bottom right, looked at the list of ingredients so she could decide on a smoothie.



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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH EVELYN DICKSON

PECAN CHICKEN

- 4 chicken breasts, boneless
- 1 stick butter
- 4 Tbsp. mustard
- 6 oz. pecans, finely chopped
- 2 Tbsp. oil
- 2/3 cup sour cream
- salt and pepper, to taste

Pound chicken breasts flat. In a shallow dish, melt 4 Tbsp. butter; whisk in 3 Tbsp. mustard. Dip chicken in butter/mustard mixture, and then into the pecans. Heat remaining butter and oil in a skillet. Sauté chicken 3 minutes on each side then place in a baking dish. Bake chicken for 20 minutes in a 350 F oven. Prepare a sauce by draining the skillet drippings into a bowl; add sour cream and remaining mustard; salt and pepper to taste. Spoon sauce over chicken and serve.

EASY CROCK-POT RIBS

- 1 slab pork ribs
- barbecue rub

- 1 large white or yellow onion
- 2 16-oz. cans beef or chicken broth

Cut the ribs in half to fit your Crock-Pot. Apply rub to the ribs; cover and refrigerate at least 30 minutes. Peel and cut onion into thick onion rings; place rings on bottom of Crock-Pot. Lay ribs on top of onions; add about 1/2-1 inch of broth in Crock-Pot. Cover and cook on high for 3 to 4 hours until very tender.

HEAVENLY SALAD

- 1 small can pineapple tidbits, drained and save juice
- 1 small can Mandarin oranges, drained and save juice
- 1 cup flaked coconut
- 1 cup mini marshmallows
- 1 cup sour cream
- 1 heaping tsp. flour or corn starch
- 1 egg, beaten
- 1/2 cup sugar

Combine first five ingredients, except the juice,

It seems like yesterday when Evelyn Dickson married her high school sweetheart, Mike, but recently they had the satisfaction of celebrating their 40th anniversary. During their 40 years, they have reared four children and enjoyed their 10 grandchildren. “We travel to see our kids and grandkids every chance we get!” she said. “We love Disney. We’ve taken them to Disney World and Disney Land several times. We’ve even acquired a few recipes from Disney restaurants,” she said.

Evelyn has many wonderful, childhood memories to share with her grandchildren. “I grew up with my parents owning a neighborhood corner grocery. I spent a lot of my childhood around the store,” she recalled. “Most of our summer family gatherings included homemade ice cream, made with the hand-cranked freezer of course!” **NOW**

in a bowl; set aside. In a double boiler or microwave bowl, combine juices and remaining ingredients. Cook until thick; fold into fruit mixture and chill until firm.

MISS LILA'S MILD SALSA

- 2 16-oz. cans whole peeled tomatoes, drained, rinsed
- 1 bunch green onions
- small bunch of cilantro
- 1/2 tsp. garlic paste
- juice of 1 lime
- Lawry's seasoned salt to taste

Combine all ingredients. Blend in food processor and serve.

THE \$500 CAKE (RED VELVET)

- 1/2 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 1 tsp. vanilla extract
- 1 tsp. butter flavoring

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Who's Cooking **NOW**

- 3 level Tbsp. cocoa
- 1 1/2 oz. bottle red food coloring
- 2 1/2 cups sifted cake flour
- 1 cup buttermilk
- 1 tsp. soda
- 1 tsp. salt
- 1 Tbsp. vinegar

FROSTING:

- 1 cup milk
- 3 Tbsp. flour
- 1/2 tsp. salt
- 1 cup shortening
- 1 cup sugar
- 2 tsp. vanilla
- 1/4 tsp. butter flavoring

Cream shortening, sugar, eggs and flavorings. Make a paste of cocoa and food coloring; add to creamed mixture. Alternately, add flour and buttermilk. Mix soda, salt and vinegar in a small bowl. Add to batter; blend. Bake in 3 greased 9- or 10-inch pans at 350 F for 20-25 minutes. Let cool completely before layering with frosting. Prepare frosting by cooking milk, flour and salt until thick; let cool. Cream shortening and sugar very well. Add flavorings; combine with the first mixture, beat well. Frost cooled cake.

FUN SUMMER CAKE

This one is fun to make with the grandkids.

- 1 Duncan Hines Marble Cake Mix
- 1 small box strawberry/banana Jell-O
- 1 small box vanilla instant pudding milk
- 1 small container of Cool Whip

Prepare marble cake; bake as package directs in a 9 x 13-inch pan; cool, do not remove from pan. With a wooden spoon handle, poke rows of holes in cake. Prepare Jell-O with one cup of boiling water; pour all over cake so it will seep into holes. Cover and put in refrigerator for a while to get cold. Using a mixer, prepare instant vanilla pudding with 1/2-2/3 of the milk that is called for on the box; add Cool Whip. More milk may be added if it seems too thick to spread; it should be smooth and creamy. Spread on the top of cake, cover with foil or lid of pan and keep in refrigerator until really cold. Slice and eat! Store covered cake in refrigerator



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Review Financial Strategies After Life Events — By Lynn H. Bates Jr.

If nothing ever changed in your life, you could probably chart your financial and investment strategies and then forget about them. But your life is full of changes — and many of them will require you to take a new look at how you save, invest and protect your family.

Let's run through some of the most common milestones in life and see what sort of moves you might make in response:

- **Marriage** - It sounds obvious, but once you're married, you have to stop thinking in terms of "one" and start thinking of "two" in most aspects of your life — including your finances. For example, if you are an aggressive investor but your spouse is more conservative, you both may need to compromise and choose an investment strategy that's "down the middle." At the same time, you'll want to set some common goals, such as saving enough for a down payment on a home.

- **Children** - When you have children, you have to protect them today — and invest for their future. Your first step, then, might be to purchase life insurance. You can typically buy a term life policy at very reasonable rates. The exact amount of coverage you need depends on your individual situation, but you'll probably want at least enough to pay off your mortgage and send your children to college should anything happen to you. And to protect your income, you might want to consider disability insurance. Finally, it's never too soon to start saving for college. You might want to consider opening a tax-advantaged account, such as a Section

529 college savings plan.

- **Job change** - When you leave a job, you may well have an important decision to make about your 401(k) or other employer-sponsored retirement plan. If you don't need the money right away, you might want to avoid cashing out your plan, because you'll likely face an immediate tax bill — and you'll have fewer resources for retirement. Consequently, you may want to roll your 401(k) to an IRA or your new employer's plan, if it allows such transfers. Before taking action, consult with your tax advisor.

- **Remarriage** - If you ever remarry; you may need to change the beneficiary designations on your 401(k), IRA and other investment accounts. You also may need to work with your attorney to revise your will, living trust and other documents related to your estate plans.

- **Retirement** - For many decades, you saved and invested for your retirement. Once you retire, however, you should move away somewhat from the "accumulation" phase and start thinking instead of how best to manage the money you have accumulated. That means you'll need to decide when to start taking Social Security and how much to withdraw each year from your various retirement accounts, such as your 401(k) and IRA. A professional financial advisor can help you develop a withdrawal rate that's suitable for your individual situation.

You'll encounter many important events on the road of life. By making the right financial moves along the way, you can help make the journey more pleasant. **NOW**

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



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MAKING SENSE OF INVESTING

Through the Fog

— By Betty Tryon, R.N.

On a foggy day, the car windows often look murky. It does not matter how hard the wipers work to clear the vision field; it remains cloudy. The world looks this way through the eyes of a person afflicted with cataracts. If left untreated, it can lead to complete loss of vision. Cataracts are the leading cause of blindness in the world. Although the condition is very common in America, total blindness from cataracts is rare here because treatment is so readily available.

Cataracts cloud the lens of the eye. Normally, light passes through the lens on its way to the retina. The retina then sends signals to the brain. In order for the retina to send clear, sharp signals, the lens must be clear. In cataracts, the clouded lens restricts the amount of light sent to the retina and results in a fuzzy image.

If you have cataracts, your first symptom may be awareness that you can no longer drive safely at night because of glare from oncoming car lights. Seeing double is another symptom. You may find yourself going in for frequent changes to your eyewear prescription in order to see better. The progression of the condition varies and not



every case is the same. When symptoms reach the point that vision is impaired, corrective action can be taken.

Diagnosis is simple and begins with a comprehensive eye exam. The visual acuity test is a routine eye exam that determines how well you can see from a distance of 20 feet. A dilated eye exam allows the practitioner to observe the retina and optic nerve. The tonometry test is a painless process of measuring the pressure inside the eye. These objective methods will determine if cataracts are present and the extent of the condition.

The natural aging process causes many cases of cataracts; but not every senior citizen is plagued with this condition. Prolonged exposure to sunlight without protective eyewear is another risk factor in addition to aging. Some diseases such as diabetes can be a causative factor.

Treatment, depending on the degree cataracts have progressed is effective. Early cataracts may only call for a different prescription for your eyewear. Increasing the wattage of your lighting helps also. If the cataract starts to interfere seriously with your vision, you and your eye health specialists may decide that surgery is necessary. Surgery for cataracts is very common and usually very safe. Cataracts need not lead to blindness. It is a condition that can be managed. **NOW**

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

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August 2009 Community Calendar

Second Monday

Wellness Networking Group meeting: 7:30-9:00 a.m., JJ Mocha's, Old Town. Contact ann.peek@sbcglobal.net.

Second Tuesday

After Hours networking mixer: 5:30-7:30 p.m., Roscoe's Smokehouse. (682) 552-6750.

Every Wednesday

Breakfast Club networking group meeting: 7:30-9:00 a.m., Cracker Barrel. (817) 295-2161.

Burleson/Crowley Network Connection meeting: 11:30 a.m.-1:00 p.m., Spring Creek Barbeque. (817) 295-2161.

Second and Fourth Wednesdays

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

Every Thursday

Toastmasters International meeting: 7:00-8:00 a.m., Burleson Chamber of Commerce. (817) 343-2589.

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

Job Fair: 10:00 a.m.-noon, Burleson Senior Center. Call Pat Cunningham, Director of Experience Works, at (817) 558-7020.

Fourth Thursdays

ABWA Burleson Charter Chapter meeting: 6:30 p.m. RSVP to Linda Houst at (817) 295-7060 or ljh67@sbcglobal.net or Sue McKnight at (817) 295-3220.

Every Friday

Burleson Business Builders networking group meeting: 8:30-9:30 a.m., JJ Mocha's. By invitation only; contact (817) 295-6121.

Every Saturday

Burleson Farmers Market: 7:00 a.m.-2:00 p.m., parking lot of City Market, Old Town. Call (817) 295-6121 or e-mail marya@sburleson.org.

Second Sunday

Joshua Organic Garden Club meeting: 3:00-5:00 p.m. (817) 295-2161.

August 3

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

August 8-9

Texas Hunter Education safety course: Burleson Community Center. Saturday: 10:00 a.m.-4:00 p.m. Sunday: noon-4:00 p.m. Children 9-12 years old must be accompanied by an adult. The safety course covers the skills, regulations and

responsibilities of hunting, wildlife conservation and the outdoors. (817) 295-8168.

August 11

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

August 15

Little Red School House Community Fair: 10:00 a.m.-2:00 p.m., Kerr Middle School. Children in need can receive clothes, supplies, haircuts and immunizations for the first day back to school. You can help by purchasing school supplies before August 13 and placing them in Little Red School House collection boxes in your favorite businesses and churches in Burleson: City Hall (141 W. Renfro); Post Office (232 S.W. Johnson Ave.); Burleson Public Library (248 S.W. Johnson Ave.). Contact Harvest House at (817) 295-6252 or e-mail Jill@yourharvesthouse.org.

August 16

DivorceCare: 5:00-7:00 p.m., Alsbury Baptist Church, 500 Alsbury St. This is a 13-week course for those going into or recovering from divorce. Open to the public. Childcare available. Contact Norma Guthrie at (817) 247-2708 or Alsbury Baptist Church at (817) 295-0134.

August 17

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



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