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Burleson NOW

M A G A Z I N E

September 2009

**On a
Mission!**

**Just
Havin' Fun**

**Time
Well Spent**

**Listening
and
Learning**

At Home With
**Bruce and
Lynn Basden**

FREE For Burleson Women With Back Pain...

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- Stressed Out With Kids Home All Summer
- Ignoring Your Painful Back Because You're "Too Busy"
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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. Pettke 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. Pettke 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. Pettke and HealthSource's approach involves a personalized FREE Detailed Initial Examination with any necessary X-Rays, where the possible causes of women's back pain will be considered. Our goal is to provide Burleson women with a relaxing, enjoyable, and worry-free experience.

And lastly, to ensure that all Burleson women can feel supremely at ease in receiving this special opportunity, Dr. Pettke 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. Pettke 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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Photography, Terri Ozymy
Natalie Busch . Jordan Mach

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Burleson **NOW**

Editor's Note

Dear Readers,

It is that lovely time of year when we are suspended between summer heat and promises of coolness in fall. Each day is still bright and colorful, but the mellow moments last longer — even on September 12 and 17 and 27, when you have lots of fun to juggle! On the 12th, Joshua hosts its City Wide Garage Sale all day long; that evening, the Taste of Burleson offers “foodie” fun at the Re/Max Parking Lot south of the B&G Plaza. The next Thursday, play hookie for a day of golfing at Hidden Creek to benefit the Meals on Wheels. The following Sunday, if you still have energy, you can go dancing at the Crystal Heart Gala, which benefits Huguley Memorial Medical Center. I encourage you to also spend your philanthropic dollars with the many organizations in the area where a mere \$25-\$50 could feed a family, buy a new toy for a child, help pay an electric bill, ease medical bills or fill a gas tank.

Melissa Rawlins
BurlesonNOW Editor



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Joy shines from Otis Gillaspie's face as he plans next month's trip to Mumbai, India. Once there, he and Mark Mitchell will install water filtration systems, which will deliver pure water to approximately 6,000-8,000 people per day per facility. Otis serves fewer than that from Texas Drinking Water Systems, the business he operates on Highway 174 between Joshua and Burleson, but then, most people in Johnson County have sanitized water flowing through their own plumbing pipes. Not so in Mumbai.

"The people in the slums of Mumbai have to go to the river to get their water," explained Otis, who greatly enjoyed the process of designing the two-story concrete-block facilities in Mumbai where the people will be able to serve themselves fresh water, free of parasites. "There will be 12,000 gallons of clean, pure water if we can help it!"

Working with Dwayne Weehunt's Sower of Seeds Ministries, as part of Gateway Church's international outreach project, Otis has been asked to provide the water technology in Mumbai. He is the right man for the job, having taught himself water chemistry under



— By Melissa Rawlins

the careful mentorship of Gary Mitchell, who sold his business to Otis in 2004. Now, Otis enjoys seeing people's health enhanced by drinking pure water.

"In the Mumbai project, the water is fairly brackish, and I'll pull out the salts with reverse osmosis and then feed it into the holding tanks on the upper floor," Otis said. "We'll have six downspouts on each side going to the lower floor. The people will have a mechanism where they can open the water and fill their containers on each side. The government provides containers, but they don't provide water."

The Indian government also does not provide the Gospel — an additional gift Otis shares when he joins other missionaries to help provide fresh water to sick people in places like Mexico, Honduras and the Ukraine. "The pastors do talk about the water. It's a tool they're able to use to further the Gospel," said Otis, who is an ordained minister with the Lighthouse Church of Burleson, which his mother, Gloria Gillaspie, founded during the '70s. In 1990, when Lighthouse Church sponsored a Ukrainian family, Otis did not know that the 17-year-old boy named Dimitry Bodyu would learn English, as well as the Gospel and then return to the Ukraine as a missionary at the ripe old age of 20. "We've set him up in the water filtration business there," Otis said, "and that's how he supports his 55 churches, plus one in Alaska and one in Israel. And he's only 36 or 37!

Even today, the Ukrainians don't have money. The cost of living is almost the same as here, but a person on pension only gets about \$20 per month. Dimitry uses water businesses to support his Dimitry Bodyu Ministries International. We put those systems in over there about 10 years ago. He was able to take that and build on it. His businesses have given jobs to people in three different cities. He probably delivers over 10,000 water bottles a month.

"We installed a well pump in Honduras back in the spring, another mission outreach through Gateway that rescues orphans and 'senior orphans,' who are people that reach a certain age where they're not able to make money and their families kick them out," explained Otis.

"I do this because I believe that when God gives you talents and abilities, it's our responsibility to use them. He gives them to us to use for our own living, but also for others who are less fortunate. For me, it's also a heart issue. I have a calling toward whatever I can do to further the kingdom. In India, for example, when 35 percent

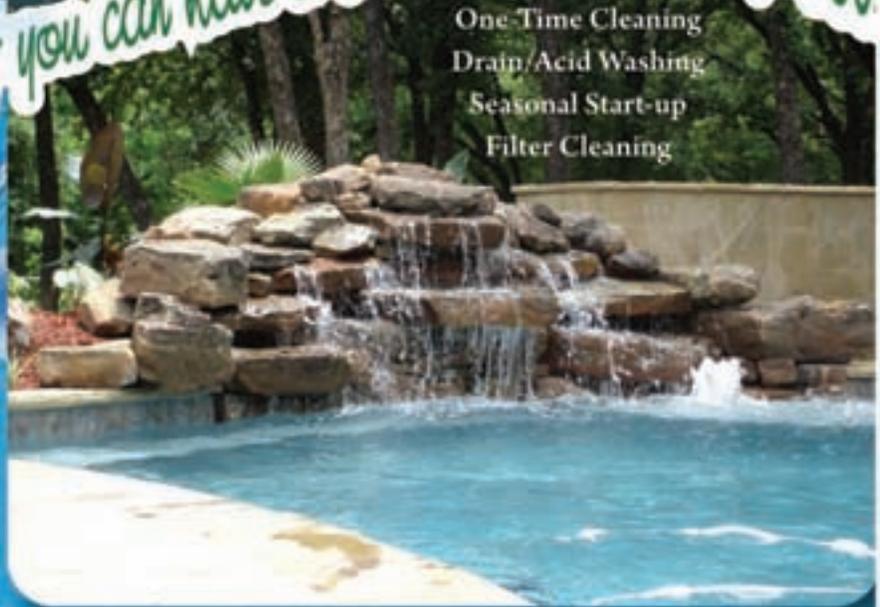


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of their children are dying from waterborne diseases, they're looking for help. When you can help the people, and they see that you can save their children, they'll listen to your Gospel."

A favorite memory Otis recalls passionately stems from the work of Todd Haddix, a partner in his business who has since passed away. "He had such a tender heart for those people in the Yucatan," said Otis. "In a village in the jungle of Yucatan, everyone was sickly because their water supply was full of parasites. If able to raise enough money with crops, they could go to Cancun and get medication to help with parasites. Then they'd go back home and get sick all over again. We went down there and met with the missionaries and put a reverse osmosis



system into the church. People could come get water from the church. Pretty soon they started seeing how that was making them healthy. As they saw that it was saving them, people started coming to the church. Pretty soon the church was full, and the witch doctor was out of business!"

By 2015 — when Otis and his wife, Sara, could likely be grandparents — Otis could also be a regular world traveler, introducing fresh, clean water to children and adults around the world. Pointing to a picture of African children



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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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kneeling to the ground to drink water from a dirty pathway, Otis said: “Ninety-five percent of all diseases are waterborne. In America we don’t experience that so much because technology allows us to sanitize water so we’re not getting sick immediately.”

The Mumbai project came along right after Otis chose to commit to the responsibility of pastoring at Lighthouse Church. “Ordinarily in business I would have thought about the money I could make on this. They’re going to have to build a lot of these facilities in those slums. Although I can’t afford to buy all this equipment, I can donate my time and pass on the equipment at cost. The goal is to get as many water filtration facilities functioning as we can,

“I do this because I believe that when God gives you talents and abilities, it’s our responsibility to use them.”

to improve their water supply and teach them how to keep their water potable.”

More than anything, Otis is following the natural progression of his family’s footsteps. “My family goes back to the 1800s in Burleson. We’re related to the Renfros; our roots go deep here. Most of my mother’s family, the Lewises, are involved in missionary ministry in some form or another. My grandfather was always involved in helping the local church and supported the local ministries,” said Otis. “What I would like to do — not necessarily a vision from God — would be to support water missions around the world full time. I’d like to help people establish business and commerce throughout the world. Seeing the transformation in an entire village just due to water — in the Yucatan, for example — is fascinating and gratifying.” **NOW**



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At Home With Bruce and Lynn Basden



Their Dream House

— By Jaime Ruark

The sprawling stone and brick Mediterranean-style home of Bruce and Lynn Basden is the third house they have built, and the one they plan on calling home permanently — quite a claim for a family, which has moved about a dozen times. With its beautiful landscaping, inner courtyard, guest house and pool, this 4,000-square-foot Tuscan villa, built in 2007, is the house of their dreams.

Bruce, owner of Basden Steel and a Burleson native, and Lynn, who grew up in Joshua, have enjoyed 30 years of marriage. “We’ve always been in Burleson, but we’ve moved around a lot,” Lynn said. Their previous residence began to feel too large once the three older of their five children began leaving home, so Bruce and Lynn decided to downsize. “My dad was a master bricklayer and he helped us build our previous house, but was unable to help us with this one. We tackled this one by ourselves, and I stayed up here during the day in a little trailer, overseeing everything. It was quite a job,” Lynn added.

Bruce and Lynn found out they work well together as they





began the building process. "Bruce handles the construction and the structural things, of course, and the interior stuff I get to decide," Lynn said. Bruce added, "The whole house is suspended on steel beams. Ground is really active in Burleson and suspending it [the house] keeps it from moving." Travertine marble floors run throughout the kitchen and living areas, perfect for wet feet coming in from the pool. "We really wanted the house to be open and family-oriented," Lynn explained. "We knew we'd have a lot of traffic in and out with the kids and because we like to entertain."

The Basdens have included a separate guest house in their last two homes, an important necessity due to their many visitors. The guest house, decorated in "I Love Lucy" memorabilia, offers a bedroom, bath and small kitchen area. "Bruce has a detailing service in Romania and a plant in Oklahoma, so sometimes we'll have workers come for training and stay 30 days at a time," Lynn said. "It also comes in handy if our church needs a



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place to put somebody for a few days.”

Gorgeous woodwork is found throughout the home, from hardwood flooring to the dark-stained cabinetry. “Our cabinet guy built and finished everything in his shop and then installed them. There was no onsite staining or finishing, which is pretty remarkable,” Bruce noted. The cabinets in the living room are a unique feature, swinging open to reveal a long closet for their Christmas trees, fully decorated and wrapped. “I got so tired of pulling everything out every year and then taking everything down again, especially since I rarely get any help,” Lynn said with a smile in Bruce’s direction. “I love Christmas trees, and it’s just a lot easier this way.”

As many home builders and decorators can attest, some projects start small, only to evolve into a long and arduous

process. The glass-paned doors leading to the formal dining room were just such a project. Lynn gave each member of the family their own pane to paint, a creative way to imbue the house with their personalities. “After we got the panes done, I had to take them up to the church to bake because they were too big to fit in my oven. Then I had to drive them to Fort Worth to the door company to have them put in, trying to make sure they didn’t break,” she recalled. “I love it now, but at the time, all I could think was, *Why, why, why did I do this?*” The panes, decorated with flip-flops, fish, flowers, pelicans and suns, are now a fun accent to the red walls and patterned ceiling. A hutch holds some of Lynn’s collectibles, including her mother’s Precious Moments figurines.

The living room fireplace, made from a unique fossil stone



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surrounded by more stone and brickwork, also presented a challenge when it was being installed. “The [fossil] stone did go all the way up to the ceiling at first. There was scaffolding holding it and the builders left for the day,” Lynn said. “About 15 minutes after they left, we heard this huge crash. The whole top section had fallen off and broken pieces of stone were all over the floor.”

Opposite the dining room, double doors open to a front room which is home to Bruce’s college memorabilia, including his trombone from Aggie band days. Theater chairs front a large flat screen and cabinets with glass fronts

hold shelves of souvenirs. Following in their father’s footsteps, the boy’s game room and bedrooms are also covered with the maroon and white Aggie colors, from rugs and pillows to wall hangings. Hanging with pride in the game room is a picture of the Basdens’ older sons, Kyle and Daniel, with retired Texas Rangers pitcher Nolan Ryan. “When they were little, their grandma took them to the game and whistled for Nolan Ryan to come over for a picture. They were pretty excited,” Lynn said.

The master bedroom, complete with a baby bed for visits from grandchildren, has a massive family photo gallery wall.

Where the Journey Begins

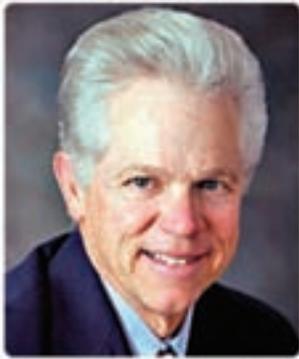


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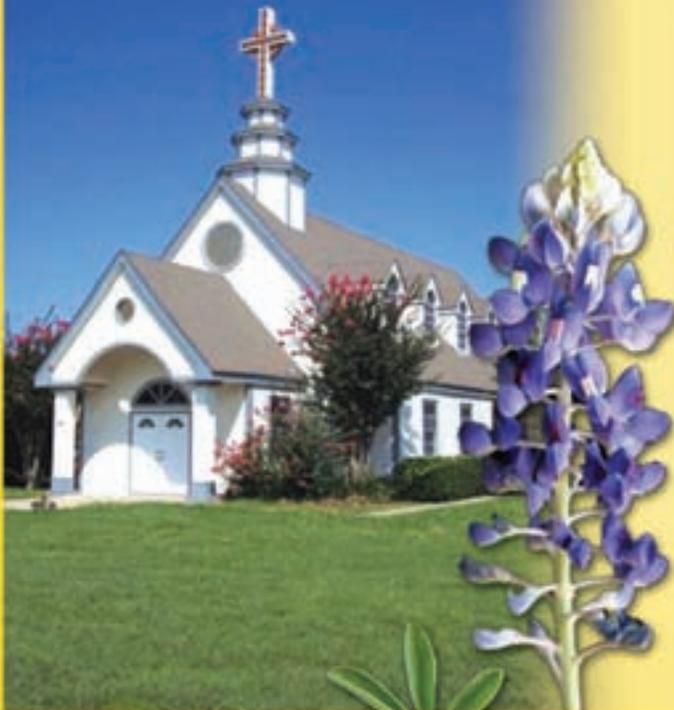
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A hutch below the pictures contains some of Lynn's miniature shoe collectibles, a tradition carried on from her mother, as well as baby quilts made by her grandmother. "We keep a lot of stuff in my family," she smiled. On another wall hangs a shadow box containing one of Bruce's favorite conversation pieces — a mourning wreath. "In the Civil War era, when a young lady would die, they would cut a lock of her hair and put it in the center and then all her friends would cut locks of their hair and make a wreath out of it. It's pretty unique — and maybe a little spooky," he explained with a laugh.



Off the kitchen is Lynn's utility room, complete with a table for sewing and crafts. "Our son, Simon, and I got



irritated that she had a craft room and we didn't, so we built one for ourselves," Bruce joked. The recent addition, located to the side of the driveway, was made to resemble a train depot.

"It's a knock-off of the depot at College Station," he added. "It's going to be a hobby room [where] Simon and I [can] build our model trains."

The Basdens have built a beautiful house, one they intend to call home for many years to come, as evidenced by the cornerstone near the back door, engraved with their names, the date and the scripture, Joshua 24:15. "It took us about a dozen tries," Bruce said, "but we finally have our dream house." **NOW**



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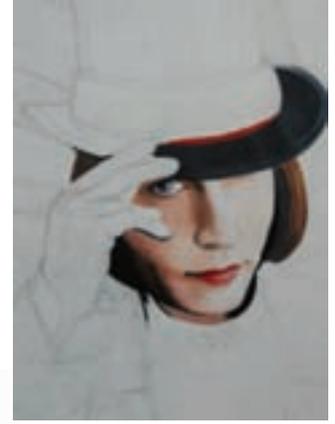
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ARTS
NOW

Time Well Spent

— By Melissa Rawlins



The image of doe-eyed Sora from the video game *Kingdom Hearts* is the first character that inspired Monica Sullivan to draw in the Manga style. She was 11 years old. Now Monica is 16, has stopped playing video games and has portfolios full of different types of doodles in ink, graphite and colored pencil. None of her drawings have names. “I never name my stuff,” Monica said. “I describe my pictures by thinking of the feelings. It kind of seems like they are not supposed to have names.”

As she flips through her portfolios, there is a startlingly photographic pencil drawing of a girl’s face, whose piercing eyes make up for her lack of hair. There is a sweet image of trees without individual leaves, surrounding a barn, next to a lake with two people rowing a boat. In Monica’s words, this picture is warm and inviting, less controlled in a way and a little freer. “I was getting frustrated with myself for always drawing realistically, with painstaking detail,” she said. “I wanted to do something a little looser.”

There is a well-proportioned drawing copied from a *TIME* magazine photo of a handsome Orlando Bloom squatting in cowboy boots. “I did that for my mom on Mother’s Day,” Monica said. Another piece features the big cartoon cat, Garfield, who has lost his tail and is thinking, ‘You really can work it off!’ Monica copied that cartoon for her dad on Father’s Day because of the humor. The reason she chose to draw Manga characters, however, was because she thought the eyes were absolutely beautiful.

“Manga (mahn-huh) is the proper way to pronounce it, but nobody says that. You have to be a really devoted person to use proper pronunciations, and I’m not,” laughed Monica. “I really do enjoy Manga (main-guh). I prefer my Manga drawings to have a story and not just be action. Also the proportions are very neat. They’re either tall and graceful or cute and cuddly.”

The fun, for Monica, is the opportunity to focus on the positive in whatever subject she chooses to draw. “I love drawing for what it is. I love being able to capture the beauty in a thing. That’s something I love about art. You can just take the beauty and leave out everything else,” said Monica, who likes to draw while sitting cross-legged on her bed and keeps her multiple portfolios in several different places. “I have

a bad habit of not finishing things. I start on a big picture or I like to do portraits, and I’ll start on the stuff that’s most interesting to me — the eyes and the facial features, and I’ll get to the hair and I’ve lost interest. So I have a lot of faces floating [around].”

Because Monica gets artist’s block often and sometimes goes weeks without drawing, she has questioned whether she’s a real artist. However, those who have seen her work have no doubt. Monica’s grandmother, Ruth Wilkinson, commissioned her to draw the cover for her new book, *The Eucharist: The Body and Blood of Christ or Only a Symbolic Reminder of Christ?*

“The book is about our Lord’s divinity. I was drawing sketches for the book during our mass. At the consecration,



ARTS NOW

the priest holds up the host. I was going to draw his hands holding the hosts. I'd drawn a bunch of thumbnail sketches to figure out how to do the lighting and I showed them to my grandmother and she said, 'Well, you can't see all his fingers. You'll have to do a different one.' I tried. It just wasn't working. In the end, I had to go back to the original one from the thumbnail. She said, "That's so wonderful. His fingers are so perfect." I never did tell her it was the same one she'd said no to before. It was stressful getting everything worked out for the book cover. I prayed a lot throughout the whole thing. It turned out well, and I think it really was something that God wanted me to do, for His sake. I'm glad I did it, and it was good for me and I really learned a lot from doing it."

One day, Monica wants to go to a liberal arts college and major in art. For now, she will study hard as a high school freshman. Last year, as a boarding student at Immaculate Heart of Mary School in New Hampshire, still run by teaching nuns, Monica studied art once a week. "I had a great art teacher I could go to any time I wanted help or suggestions on my drawings.

"I've been really blessed with my teachers. There are a lot of people I know who have never had lessons and are so amazing. I can't claim that," Monica grinned. "Ever since I was 8, I've had awesome teachers. My best teacher was Mrs. Milburn, who was part of our homeschooling group, which included people from Burleson, Ft. Worth and Arlington. She lived in Arlington and had weekly classes for eight teenagers. I've never known anyone like her who could explain art so well and was just willing. She would let you arrange a two-hour session with her anytime you wanted to. I thought that was amazing, because she had her own family and still took time out for us." Time well spent. **NOW**

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Sports
NOW

Just Havin' Fun

— By Jaime Ruark

Remember the first time your dad taught you to catch a fly ball? Can you recall the time your brother slid into home plate in a cloud of dust to score the winning run for your team? Is one of your favorite memories being tagged out at first by your little sister while your grandmother and mom laughed and yelled their support from the sidelines? Family fun in the sun is what the summer months are all about, and playing a sport with family and friends can create memories that will last a lifetime.

Coby Quisenberry and his family have been a part of Burluson life for many years. Along with his father, David, and his brother, Brad, Coby helps run Gene Harris Petroleum Inc., as well as a recently acquired T-shirt screen printing company, The Chile Red Company. “My granddad has been in the petroleum business since ’52,” Coby said. “Now, with the two businesses, we stay pretty busy.” The business is clearly a close-knit, family affair, so it is easy to understand how those relationships can carry over from work to play. When the men are not hard at work, they are hard at play together in a local softball league at Hidden Creek. The team name is, of course, Gene Harris Petroleum.

Coby grew up playing basketball in high school and continued to play recreationally with his family until, he said with a laugh, “We just got too old. We all used to play basketball together on Sundays for probably 30 years. Then when we got too old to be doing that, we started playing softball.” Sports is a tradition in their family. Coby’s father, David, was a high jumper and played basketball as well, and now Coby is excited to watch his 12-year-old daughter, Byrclin, and 7-year-old son, Cason, begin their own sporting tradition. “She plays basketball and will be doing volleyball in the fall, and my son plays both baseball and basketball,” he added with pride.

Team Gene Harris Petroleum might, at first glance, be



considered a long shot when they take the field. “Most of the time we’re the oldest guys out there,” Coby admitted. Brad added,

“Our average team age is off the charts compared to the other guys. It’s pretty funny when I tell a guy, ‘That’s my dad out there on first.’ They usually don’t believe me. He’s one of our best players, too.” Looks can be deceiving, as many of the younger teams playing against Team Harris soon find out. “A lot of the time, we end up winning,” Coby smiled. “Dad is always saying, ‘I’m getting too old for this!’ But we all are just having too much fun to stop.”

Coby is the team’s second baseman, Brad plays short stop and David covers first base. “It’s just us, our family and some of our friends out there having a good time,” Coby said. They play once a week, but never practice. More wins than losses is most likely the result of years spent playing together, as well as the fact that these men are just out there to have some fun. “We barely make it through a game,” Brad joked. “We used to care a little more when we were young, be a little

Sports NOW

more competitive. Now we just go out there and have a good time," Coby admitted. "We pretty much work all the time, so the softball games once a week are our little getaway."

Family and friends enjoy coming out to watch the guys in the blue jerseys



having fun on the field. "My wife, D'Liss, and my kids will come out and watch. I think my son has a good time watching his dad," Coby said.

One of the team's most loyal fans is Coby's grandfather. "Our granddad is 85, and he

tries to come to all our games, especially now that our grandma has passed away," Brad said. "The first game he came to, we ended up winning. Everybody signed the game ball and we gave it to him, and he keeps it on his desk." The guys also printed up a special team jersey for their granddad that he wears to all the games. "We make our own jerseys, since we have the printing company," Coby explained. "He'd probably wear it every day to work if he could," Brad added with a laugh.

Coby and his teammates prove that having a winning record on the softball field is not just about seriousness, skill level or age; often the best times can be had when guys come together and just enjoy the game and the camaraderie. "We just go out there and have a good time. I guess we're just dumb enough not to worry about getting hurt," Coby joked. "That's what it's all about. We don't take ourselves too seriously. We're just there to have fun." You can never get too old to have some fun. **NOW**



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— By Melissa Rawlins

Don't Worry! Be Happy!

Ah, the serenity of the rippling blue water in your own backyard swimming pool. Throw in a rock of reality and how easily that peace is shattered. Pool maintenance requires time and effort. “By servicing your pool every week, we can stay on top of what’s happening with the equipment and keep your chemicals balanced. So people don’t have to worry about it. A pool can be a lot of problems if you don’t have time to take care of it,” said Darlene McFarland, co-owner of Burleson’s BlueWater Pools.

Eighteen experienced technicians, designers and builders have served BlueWater Pools customers throughout the local area for years. The company’s founder, Scott McFarland, started in the industry 20 years ago while he was still in high school, working for a chemical retailer in the summers. After building a clientele who relied upon him to service their pools, Scott realized he needed help and asked his mom, Darlene, and dad, Dale, to handle the business end, so he could continue providing dependable service to his customers.

Most recently, Scott hired Carey Holley, whose background in pool construction has enabled BlueWater Pools to expand the new construction side of the business. “Scott and I make a good blend. He comes from the service end and sees problems

on the backside of the pool. I come from the construction side, and together we mix it up and make great projects,” Carey said.

“You know, you’re only as good as the people who work for you,” said Darlene, proudly introducing one of their long-standing employees, Eric Burgess. After seven years as a service representative with BlueWater Pools, Eric is in charge of seven technicians. “When we put a \$30 fuse in instead of a \$500 pump, my honesty keeps my customer. There’s not a repair I can’t do — plumbing, electrical, whatever,” said Eric, who is known for zipping on his dry suit in the middle of winter and diving in to make repairs to drains.

“We did the Virginia-Graeme Baker pool and spa safety act coverage on public pools this year,” Eric explained. “This started because a senator’s granddaughter was killed because she couldn’t get loose from the vortex of the vacuum in the drain.” The company expects to be busy this coming year changing out drains in residential pools.

During the fall and winter, BlueWater Pools also remodels existing swimming pools. “We do all kinds, usually plaster, tile, coping, mosaics, whatever they want to change on an existing pool,” Darlene said, adding that remodeling can take

Business **NOW**

several weeks. Building custom pools will take approximately 45 days. Customers are asking Carey and Scott to design salt pools more often than the chlorinated kind, as well as requesting them to surround the pool with outdoor kitchens, landscaping and all kinds of water features.

“There are all kinds of things you can do with a pool,” Darlene said, “from lap pools to diving pools to something out of an island paradise.



It’s a matter of finding out what our customer wants, what their budget is — you can start anywhere and just build and build on it. For any pool we build in this area, we will offer six months free service on that pool, and that’s mainly so we can keep an eye on it so we can make sure they don’t have any problems with it,” Darlene said.

Be sure to take advantage of BlueWater Pools’ end-of-summer maintenance services this month. Call (817) 297-7120 between 8:00 a.m. and 5:00 p.m. Monday-Friday. Talk to Darlene McFarland or Angela Taff, who will make appointments for their technicians to come to your home or place of business. If you are contemplating a remodel of your pool, visit www.bluewatercustompools.com for more inspiration. **NOW**



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Education
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Listening *and* Learning

— By Melissa Rawlins

Have you ever tried to order ketchup in Denmark? Vicki Sorensen has. “The word is cat-sup,” explained Vicki, who lived in Denmark with her husband in the ’80s. “The words are almost identical. As I asked for catsup, the waitress kept saying, ‘What?’ She said to my husband, ‘What does she want? She’s just mumbling.’ Yet, I could understand her! He told the waitress what I wanted, and I swear he said it just like I had!” Such experiences have given Vicki empathy for the students in the English Language Institute at University of Texas at Arlington (UTA), where she is associate director. “I don’t want anybody who works in our program to treat our students with that kind of insensitivity.

“People appear childlike when they can’t express themselves,” said Vicki, who has taught and administered English as a Second Language (ESL) since 1981. The students in her intensive English programs have often accomplished a lot in their home countries, yet face difficulties getting a simple meal or giving directions or telling somebody that they are not feeling well. “I know how that feels, so I want to help them get that English as fast as I can.”

Since 1970, when her persistent follow-up calls to the Burleson Independent School District earned her a job teaching English at Burleson High School (BHS) under a wonderful mentor, Principal Nick Kerr, Vicki has learned four keys to successful teaching: First, information should be broken down into manageable pieces to prevent overwhelming students with too much at one time. Second, a piece of content should be given succinctly and the students should work with it very quickly, either in pairs, in groups or individually. Third, a lot of fun activities should be used to support the content. Fourth, the student’s success with the lesson should be ensured, since success breeds success.

After developing the German language program at BHS, Vicki and middle school teacher Beverly Self started the American Field Service Foreign Student Exchange Program at BHS. Partly for the fun of it, and partly because she believes the purpose of education is to make people’s minds pliable



and receptive, Vicki used to take her BHS German classes on field trips to Fredericksburg. Vicki’s ancestors pioneered that area of Texas, and she enjoyed showing her students that there is a whole world of thought out there.

Vicki remembers her former BHS students, many of whom maintain a friendship with her. Deborah Bode works at UTA, and has gotten Vicki in touch with several other BHS alumni. “We’ve gone to eat together at Spring Creek several times for mini-reunions,” Vicki said. She feels honored to have been invited to several official BHS reunions by men and women like Pat English, who had just retired from being one of the fire chiefs at the Arlington Fire Department; Jeff Bostic, a professor at Harvard and a child psychologist, who said Vicki was his inspiration; Debbie Baker, an artistic woman, who has been a model; Darryl Boyd, a wonderfully bright man; Shawna Martin, one of Vicki’s advanced English students; Paul Bond, who is funny and smart and works for Alcon; Cynthia Schmeltekopf, a lawyer in Dallas; and Keith Taylor, who once left a live snake on her desk.

Nearly 20 years after he pulled the prank, Vicki met Keith at the class reunion and learned he was the culprit. “He told me, ‘It was one of the most disappointing days of my life. I waited outside the door for you to scream. Nothing happened.’ Nobody told on him,” said Vicki, who is not afraid of garden snakes and simply picked up the snake and threw

Education NOW

it out the window before starting class.

Vicki is always surprised when she is invited to these reunions. "I saw myself as a very strict teacher. I was aware that it's important to be hard-lined when entering the classroom," Vicki said. When she runs into former students while out and about in Burleson, she always starts off the conversation with: "I hope I wasn't mean to you." They laugh and say she was not mean.

She left BHS to live in Denmark, and upon returning to Texas took a job in the Eagle Mountain-Saginaw school district, where she taught English to 12 Vietnamese refugees. "I felt more like I was really helping students when I taught these Vietnamese students because they just needed so much help,"



exclaimed Vicki. "They were eager to learn, because they knew they really needed this English. It felt important." This inspired Vicki to study linguistics and specialize in ESL.

"Several times my high-proficiency students have said to me, 'Are you slowing down when you're talking to me?' I said, 'I don't think so. I'm from Texas, maybe we speak more slowly here.' They say, 'Well, we can understand you when we can't understand other people.' I want to listen, not interrupt, not correct them," Vicki explained. By being herself, holding natural conversations in which she shows people that they are communicating in English, Vicki gives the greatest gift of all: just listening and understanding. **NOW**

Around Town

NOW



- Grant Holybee, top left, recently passed a hunter education course.
- Mariama Bah, top center in pink, tap danced at the community center.
- Kayla Brooks, top right, enjoyed her summer job as a lifeguard.
- Joni Parsons, bottom left, eyed one of the airplanes on display at City Hall.
- Tyler Patterson, bottom right, found a big cicada during an outdoor gathering.



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Look Who's Cooking

— By Faith Browning

IN THE KITCHEN WITH BETTY VAUGHN

Betty Vaughn gives credit where credit is due when it comes to her developmental cooking days. “My mother has always been my inspiration. She has always been an excellent cook,” Betty said. “After I married Louis and became part of a new family, I soon found out that my mother-in-law was also an excellent cook. I learned many more things from her.”

Betty enjoys spending time working on jigsaw puzzles, being very active with Field Street Baptist Church and loving her family. “When they can all be here at our house, it is the best time in the world,” she said. “Of course, when they are all here, we are always hungry. They are my best critics, and I appreciate them for that. They all have different favorites, so I try to change up the menus to please them all.” **NOW**

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

GOULASH

1-2 lbs. extra-lean hamburger meat
1 tsp. cooking oil (bacon drippings are best)
1/2 cup sugar
1 tsp. garlic, minced
2 tsp. onion, minced
salt and pepper, to taste
2 1/2 cups uncooked macaroni
2 small cans tomato sauce
1 can Ro-Tel tomatoes
2 cups grated cheddar cheese

Brown the hamburger meat in the oil, adding the sugar, garlic, onion, salt and pepper after hamburger meat is half cooked. Cook the macaroni in boiling water until tender; drain and set aside. After hamburger meat is brown, add tomato sauce and Ro-Tel tomatoes. Add a small amount of water if needed to cook thoroughly. Add macaroni; cook until all ingredients are well coated with the tomato gravy. Stir occasionally, add additional water if needed. Put into a casserole dish; cover with grated cheese. Cover and allow the cheese to melt. Serves 6-8.

Ingredients can be adjusted to accommodate larger groups.

CHICKEN-FRIED STEAK

2 lbs. round steak, cut 1/2-inch thick
salt, to taste
2 large eggs
1 large can evaporated milk
2 cups all-purpose flour
oil (olive oil is best)

Cut steak into desired serving sizes; salt each piece. Beat eggs in a medium-sized bowl. Add milk; beat together. Put flour in a large bowl. Using an electric skillet (this is needed to keep the heat at a steady temperature), set the temperature at 300 F. Put about 1 inch oil in the skillet and let it heat. Once oil has reached temperature, dip a serving of steak in flour. Next, dip in milk mixture, again in flour (this can be done as many times as desired; just be sure to begin and end with the flour); place steak in skillet. Fill skillet without allowing steak pieces

to touch. Fry to a golden brown, gently turn steak over to brown the other side. After steak is fried, drain on a paper towel. Be sure not to overcook. Usually by the time steak is brown on both sides it is completely cooked and ready to eat. Boneless “butterfly” pork chops or chicken can be fried the same way.

CAULIFLOWER SALAD

1 head cauliflower
1 head lettuce
2 green onions, chopped
1 pint mayonnaise
grated Parmesan cheese, to taste
4 strips bacon, cooked crispy and crumbled

Cut or tear cauliflower into small florets in bottom of large serving bowl. Tear lettuce in small pieces; place over cauliflower. Place chopped onions on top of lettuce. Gently spread mayonnaise over all, making a “seal” to cover the first 3 ingredients. Sprinkle Parmesan cheese over mayonnaise; sprinkle bacon crumbles over



Front row: Jackie Ausich, Ayla Ricci, Tuesdee Lynch, Sandra Crites
Back row: Michelle Young, Brandee Hand, Leah Owens, Kim Snoddy,
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Who's Cooking **NOW**

the cheese. Before serving, stir; mixing all ingredients together. This can be made the day before and stored in the refrigerator until time to serve.

OLD-FASHIONED CORN BREAD

1 1/2 cups cornmeal
2 cups flour
1/2 cup sugar
2 Tbsp. baking powder
2 Tbsp. salt
2 large eggs
1/2 cup milk
4 Tbsp. grease (bacon drippings are best)

Measure ingredients in order listed, except grease. Mix thoroughly. Pour into a hot iron skillet with grease. Bake in hot 400 F oven for 40 minutes or until golden brown.

STRAWBERRY PUDDING DELIGHT

2 quarts fresh strawberries
1 pkg. strawberry glaze
1 yellow or white cake mix baked as directed on box in two layers
1 large package Jell-O vanilla instant pudding, mixed as directed on box
1 large tub Cool Whip, thawed

Wash and slice strawberries (set aside a few strawberries for garnish). Mix glaze and strawberries together; set aside. Use a large decorative clear-glass bowl. Cut each cake layer to make 4 layers. Begin layering with cake, then pudding, then strawberries and ending with Cool Whip layer in bowl. Make several layers in this order. Garnish with a few strawberries on top. Looks pretty and tastes good, too.

COOL WHIP PIE

1 large tub Cool Whip
1 can sweetened condensed milk
1 can frozen margarita drink mix
1 large graham cracker crust

Using an electric mixer, mix together Cool Whip and sweetened condensed milk. Add drink mix; mix well. Pour into crust, cover and chill at least 3 hours before serving. You can use just about any drink mix flavor.

SUMMERTIME FRUIT

cantaloupe, to taste
strawberries, to taste
seedless grapes, to taste
1/2 cup sugar

Put cleaned and cut fruit into a 2-quart container. Add sugar. Let stand at room temperature until sugar melts, stirring several times. Chill and serve. 6-8 servings.

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Finance NOW

Life Insurance Should be Part of Your Financial Plan

— By Sharon Robinson

You may think you have a solid financial plan. The paycheck you bring home on a regular basis may be more than adequate to meet the immediate needs of your family. There may even be some left over for vacation, retirement or even college savings.

But what if you weren't there to provide for your family's needs? Would they continue to live in the home you shared? Would your children be able to attend the college of their choice?

These are important questions that

must be considered. Finding the answers can start with visiting your insurance agent and discussing a life insurance policy that is appropriate for you and your family.

September has been declared Life Insurance Awareness Month, a time for you to take a look at your existing coverage to see if it is adequate. If you don't have coverage, it is a good time to discuss the purchase of a policy.

A primary purpose of a life insurance policy is to provide a dollar amount to

the beneficiaries in the event of the death of the insured person. That death benefit can be used in any number of ways, whether for a mortgage, college education or regular income.

Life is full of many questions. Being sure that your financial plan includes an adequate amount of life insurance can help you answer at least one question, "What will happen to my family if I'm not around to provide for them?"

Sharon Robinson is a State Farm agent based in Burleson.



Sharon Robinson, Agent

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KIDNEY FUNCTION

— By Betty Tryon, R.N.

Shaped like a kidney bean about the size of your fist, the kidneys have an impressive array of functions. Even though you have two of them, you can live a perfectly normal life with just one. Functioning like a sieve, the kidneys filter hundreds of gallons of blood every day, cleaning and purifying it for your health. If you did not have kidneys or your kidneys were beginning to fail, the waste, which is normally filtered and excreted from your bladder would build up in your body and become toxic to your health. Without functioning kidneys, waste must be removed by dialysis or kidney transplant.

The waste build-up in the blood comes from normal metabolic functions, such as the breakdown of muscular tissue and ingested food products. Everyone knows when you drink too much water it means more trips to the bathroom. If you are not drinking enough fluids, your urinary output is restricted. The kidneys work to keep the proper balance of fluid level in the body.

Also, kidneys play a large role in making sure your blood pressure level remains normal by the secretion of an enzyme named renin. If your blood pressure drops, then the kidneys

do not receive enough blood. This triggers the release of renin, which causes the blood vessels to contract and thereby increasing the blood pressure. Another function of your kidneys is the production of erythropoietin, a hormone, which signals the bone marrow to produce more red blood cells.

Those are a few of the critical functions performed by this organ, but many other important operations take place in the kidneys. That is one of the reasons your health care provider requests a urine sample for testing. A few areas checked are the BUN (blood urea nitrogen) and creatinine levels. These levels determine how well the kidneys can filter waste from the blood. Another area tested may be electrolytes. Electrolytes are salts found in the cells of the body. They are potassium, calcium, magnesium, chloride, bicarbonate and phosphate. When these salts are imbalanced, your kidneys work to correct it. If you ingest too much potassium, your kidneys will filter out a large amount, too little and the kidneys excrete only a small amount of potassium.

These are only a few of the jobs assigned to this organ. Help your kidneys out by drinking the proper amount of water every day. The proper amount depends on your lifestyle, where you live and even the current state of your health. However, it is imperative that you drink water every day. This is not just a saying; it is the truth. **NOW**

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

Internal Medicine & Pediatrics

Lawrence Whaley, M.D.

Lawrence Alan Whaley, M.D., has opened a new medical clinic in Burleson to provide comprehensive primary care for families. Internal Medicine & Pediatrics of Burleson is located in the newly renovated medical office at 220 S.W. Wilshire Blvd.

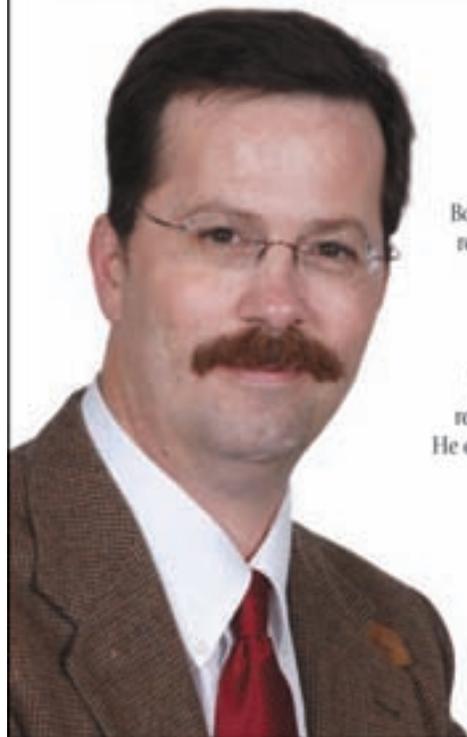
Board certified in internal medicine and pediatrics, Dr. Whaley has completed a combined four-year residency in internal (adult) medicine and pediatrics to care for newborn through geriatric patients. In addition to treating acute illnesses and providing preventative care, he has a special interest in treating asthma, allergies and chronic illnesses.

An experienced physician, Dr. Whaley has practiced in clinics and emergency care settings for fifteen years in Dallas, Stephenville, Waco and Johnson City, Tennessee. Dr. Whaley completed his residency in internal medicine and pediatrics at Western Reserve Care System in Youngstown, Ohio. He earned his medical degree at the University of Texas Health Science Center in Houston. He holds a Bachelor of Science degree in chemistry from Midwestern State University in Wichita Falls.

Internal Medicine & Pediatrics of Burleson welcomes new patients and most insurance plans, including Medicare.



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Family Medicine

Precious J. Marquart, M.D.



Precious J. Marquart, M.D., has joined Huguley Medical Associates and will practice at Alsbury Family Medicine Clinic in Burleson with Dr. Nedda Canniff. As a board-certified family physician, Dr. Marquart will provide comprehensive care for families and individuals of all ages, including treating acute illness, managing chronic conditions and providing wellness care.

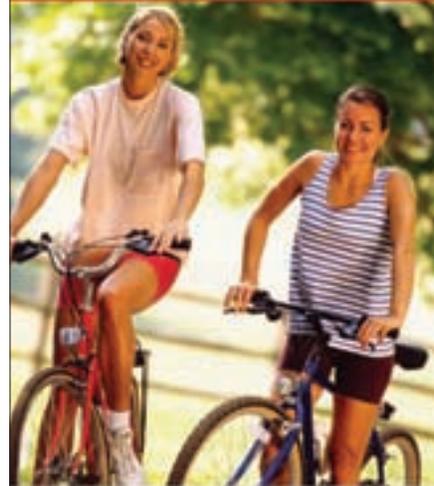
Dr. Marquart has served as an Assistant Professor of Family and Community Medicine with Penn State Milton S. Henshey Medical Center in Pennsylvania. She has also worked in private practice.

She is a member of the American Academy of Family Physicians, the American Medical Association and the Texas Medical Society.

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September 2009 Community Calendar

Second Monday

Wellness Networking Group: 7:30-9:00 a.m., JJ Mocha's in Old Town. This meeting is for people whose businesses benefit the health and wellness of the community and who are willing to give of themselves to each person in the group. Come prepared to describe your business goals and what you consider a great referral! Contact ann.peek@sbcglobal.net.

Fourth Thursdays

American Business Women's Burleson Charter Chapter is always looking for new faces to join, and meets at a local restaurant; 6:30 p.m. for networking, then meeting and meal start at 7:00 p.m. RSVP to Linda Houst, at (817) 295-7060 or ljh67@sbcglobal.net, or Sue McKnight at (817) 295-3220.

Every Saturday

Farmers' Market: 8:00 a.m.-2:00 p.m. Located in the parking lot next to City Market in Old Town.

September 7

Labor Day.

September 8

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

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

September 12

Joshua City Wide Garage Sale: 8:00 a.m.-5:00 p.m., starting at the north end of Main St. in Joshua and heading south. Breakfast, lunch and dinner will be served at local restaurants. Contact Carol Turpen at (817) 447-3438 or gardengateclub@sbcglobal.net.

International Angel Day: Market Emporium and Gifts (above)

Babe's). Audience Angel messages: 1:00-4:00 p.m. Private Angel reading: 6:00-9:00 p.m. To register, call Carol Lee at (817) 447-0077.

Taste of Burleson: 5:00-8:00 p.m., Re/Max parking lot in Old Town. Advance tickets \$15. For more information, contact (817) 295-6121 or marys@burleson.org.

September 17

Burleson Area Chamber of Commerce quarterly luncheon: 11:30 a.m.-1:00 p.m., SPJST Lodge (new location). (817) 295-6121. marys@burleson.org.

22nd Annual Golf Benefit, sponsored by Community Bank in support of Meals on Wheels: Hidden Creek Golf Course. Registration for the benefit is open and morning and afternoon tee times are still available. Contact Amy Jackson at (817) 558-2840 or amy@mowjec.org.

September 18-20

Antique Alley: 8:00 a.m.-dark. This family friendly event spans the historic communities of Maypearl, Grandview and Cleburne via FM 66 to FM 916 to FM 4. For more information or to rent booth space, contact Cindy Shaffer at (972) 921-7269 or LovethatWatkins@aol.com.

September 19

Annual Trash Bash: 9:00-11:00 a.m. To register, contact (817) 426-9842 or bchafin@burlesontx.com by Thursday, September 17.

September 21

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

September 22

Town Hall meeting: 6:30 p.m., Burleson High School cafeteria.

Give your opinion about the future growth and development of Burleson.

September 27

16th annual Crystal Heart Gala. Reception: 5:30 p.m. Dinner: 6:30 p.m. Black-tie fundraiser to support Huguley Memorial Medical Center's community outreach including their mobile health services bus. Entertainment by 1964 - The Tribute (a Beatles group). (817) 568-3281.

September 28

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

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References available.

Gastroenterology

Adil M. Choudhary, M.D.

Award-winning gastroenterologist Adil M. Choudhary, M.D., has opened a practice at Huguley Memorial Medical Center. Board certified in both internal medicine and gastroenterology, Dr. Choudhary treats inpatients and outpatients for conditions of the liver and digestive tract.

Dr. Choudhary has extensive training in gastroenterological and biliary endoscopic procedures. He is one of only 277 Fellows of the American Society of Gastrointestinal Endoscopy. The American College of Gastroenterology and the American Medical Association, among other organizations, have honored Dr. Choudhary with many awards and recognitions.

Dr. Choudhary completed his residency in internal medicine at Bellevue Hospital Center and New York University Medical Center in Manhattan. He did a three-year fellowship in gastroenterology and hepatology at Yale University Gastroenterology Program in Bridgeport, Connecticut, and he received advanced training in therapeutic gastrointestinal endoscopy at Tulane University Medical Center in New Orleans.

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