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SEPTEMBER 2011

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Also Inside

Getting to Know You
In the Kitchen With
Rita Shipman

The Boys of BURLESON

Daring
to Soar
in Crowley

WATCHING
THEM GROW
AT HOME WITH GREGG
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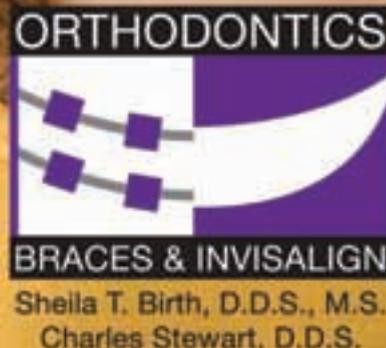
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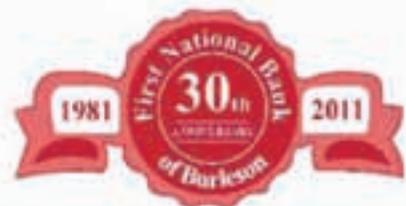
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On The Cover



Brenda and Gregg Gammon refresh themselves at home for service in the community.

Photo by Jill Rasco Photography

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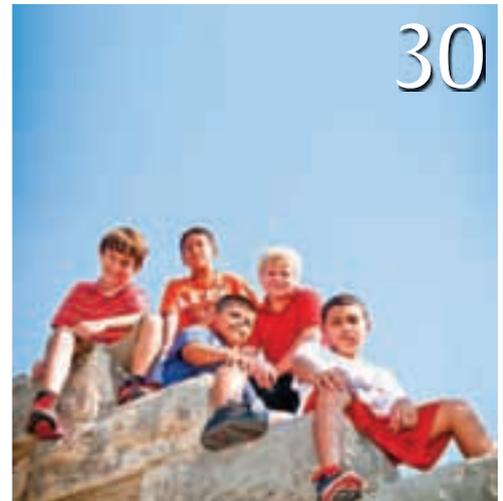


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Editor's Note

Howdy Burluson, Crowley and Joshua!

Ten years ago, heroes from around the country inspired our nation's healing after the trauma of destruction at the World Trade Center. Professional and volunteer firefighters and police officers headed to New York City to help in any way they could. Here in Crowley, Joshua and Burluson, we are blessed with men and women just as dedicated, just as fierce, just as honorable.



My heart warms, knowing that First United Methodist Church in Burluson is hosting a Hometown Heroes Appreciation Dinner on September 8. During the banquet, there will be a ceremony marking the 10th anniversary of September 11, 2001. And students at Joshua High School are hosting a 9/11 Remembrance on Friday, September 9. May we all mark that day in our own heart of hearts and continue encouraging each other to good works.

Melissa

Melissa Rawlins
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 1:00 PM Stan Morgan, Ph.D. Director of Energy Institute of TCU
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 1:30 PM WRS Jazz Band
 2:15 PM Tommy Winger, Ph.D. Navarro College
 A Brief History of Oil and Gas in Our Region
 2:15 PM Old Fashioned Slogans
 2:45 PM Howard Estroven, Dean of Academic Affairs TCU
 Geology of our Region
 4:30 PM Woodstock Community Theater
 Musical in the Woodstock
 by F. B. Rogerson
 6:15 PM Panel Discussion on the pros and cons of the oil industry
 6:15 PM Dinner Break
 6:45 PM SAGU Jazz Band Performance

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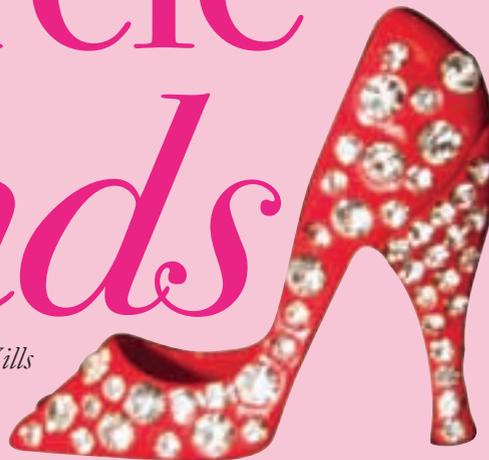
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A Circle of Friends

— By Carolyn Wills



It was a wintery day in 2008 when Mary Slaney and Peggy Harkins invited eight women to join them for lunch. The date was February 14, Valentine's Day, and everyone arrived at Peggy's home eager to sample her chicken enchilada soup and share the dishes they brought. "After lunch, we gathered around my TV to watch a video that Mary and I had borrowed," Peggy said. The video featured best-selling author, humorist and motivational speaker, Nicole Johnson, performing a skit called "Girlfriends." Its point is that "every woman needs a good girlfriend and having one is as good as cash in your wallet." With her ingratiating style, Nicole expressed how female friends laugh and cry together, see movies that men will not see, stay up with each other and, most importantly, enjoy doing what they do best — talking. "As I watched everyone watching the DVD," Peggy smiled, "I was moved by their reactions. I could see bonds beginning to form, and I knew that Mary's idea was good."

Interestingly, Mary and Peggy met in a women's group, and when that group began to dissolve, it was Mary's inspiration to start something new. "I moved to Burlison in 2005 and didn't know anyone," she said. "I'm married, yet I also treasure my women friendships. When I met Peggy, we decided to create a circle of friends who value the importance of women sharing and supporting each other."



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Dr. Chellappan completed her obstetrics and gynecology residency at John Peter Smith Hospital in Fort Worth. During her training, she also provided obstetrical and gynecological medical care for Tarrant County facilities. She earned her medical degree from Texas A&M University Health Science Center College of Medicine, and she studied nutritional sciences at Texas A&M University.

Fluent in both English and Spanish, Dr. Chellappan welcomes new patients and accepts most insurance plans, including Medicare and Medicaid.

Chandra Chellappan, M.D.
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Peggy's motivation was a little different. "I had recently become a widow," she said. "And through the challenges of meeting people and becoming involved in new experiences, I learned how difficult it can be for anyone surviving the loss of a spouse after 30 or 40 years and how helpful friends can be."

As it turned out, the Valentine's luncheon more than fulfilled their expectations and, as a result, a group known as "The Circle" was born. "Mary came up with the name," Peggy said. "When I think of the circle that formed around the video screen at our first gathering, I cannot imagine a name that would be more appropriate. Also, we often begin our meetings by forming a circle and saying a prayer."

Brenda Huskins and Diane Lybbert were quick to join Mary and Peggy as founders of The Circle. Like Peggy, Brenda had lost her husband after many years of marriage. And, like Mary, Diane is married. "I retired from Bell Helicopter at the end of 2006, and after 33 years of working, I wanted to find women friends to do things with. I belong to the Burlerson Monday Night Book Club that meets at the library, and that's where I met Mary. I was at the right place at the right time to become a founding member of The Circle, and it has been great fun! Since I always have my camera handy, I started keeping scrapbooks for the group beginning with that first luncheon," Diane shared.

"We welcome any woman with a happy heart, open mind and the wish to participate," Peggy explained. In age, the group ranges from 50 to 82 with the majority in their 60s. Ninety percent

are retired, and over half have enjoyed professional careers. While most live in Burleson, the group also includes members from Fort Worth, Arlington, Crowley and Granbury. Women, married or single, may join and religious affiliation is not a factor. "There are a lot of personalities and histories," Peggy shared. "It's what makes The Circle so special. If one of us encounters tragedy, sickness or simply needs support, we are there for each other."

Since Valentine's Day 2008, members have celebrated and cried with each other through illness, family deaths and life changes. "Most of us continue to stay connected," Peggy said, "except for some who may not be as mobile as they used to be or have shifted their energies toward a new relationship."

"It's an honor to be part of this group," Brenda added, "and it means a lot to all of us. Within The Circle, there is always someone to talk to and share activities." As an outgrowth of her involvement, Brenda rediscovered her love of dancing. "I am now part of the Hi-Steppers," she smiled. "We line-dance every day, often up to seven hours a week, and perform in the community."

Last February, The Circle celebrated its third year. The membership has grown from 10 to near 20 regular members with up to 50 participants per activity. "This



group doesn't just go shopping," Brenda laughed. "We have an activity every month and an annual trip. We're going to San Antonio this year, and last year, we rented a five-bedroom, bed-and-breakfast inn in the historic area of Jefferson, Texas, where we took a swamp boat ride, toured the museums and some of us visited the casinos in Shreveport."

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calendar and decide who will be responsible for coordinating each activity,” Mary explained. Completing this year’s calendar, they look forward to touring Fort Worth’s Texas Civil War Museum, attending the “Miss Firecracker Contest” at Theatre Arlington, enjoying a train ride from Palestine to Rusk and back, visiting the State Fair of Texas, spending two nights in San Antonio, participating in the Women’s Holiday Tea at Burleson Baptist Church and enjoying lunch and shopping at the Montgomery Street Antique Mall/Tea Room in Fort Worth.

“When women get together, ideas explode,” Mary said. “We participate in the American Cancer Society Relay



for Life of Burleson and last year, we generated close to \$3,000 toward the fight against the disease. We also bring gifts to our annual Christmas party to donate to a charity.”

As the director of first impressions (truly her title) at the Burleson Area Chamber of Commerce, Mary coordinates the new “Power of Heels” program — a uniting of female business leaders to make a difference in the community. “We’re working with the local Women’s Jobs Corps,” Mary said, “and I would love to add a ‘Golden Division’ to include the support of our Circle as mentors for the women in the Job Corps program.”

Sporting a tiny multicolored feather woven into her short hair, Mary is a woman who wants to reinvent the world. According to Nicole, “every friendship arises out of an invitation.” By inviting women into their circle on that exciting day in 2008, Mary and her friends not only enriched their lives, but began a process of touching many others. After all, when women with happy hearts, open minds and the willingness to participate join forces, it stands to reason that the world will surely benefit. **NOW**



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WATCHING THEM **GROW**

— By Melissa Rawlins

Once inside the front door of their home on the golf course, Brenda and Gregg Gammon feel like they are out in the country. After all their dinners out and evenings at work, the couple's sanctuary begins with the beautifully manicured lawn, kept up by a reliable yard man, and extends to the backyard, where the Gammons have created an oasis for morning coffee and evening wine. Inside, each room provides a setting that rejuvenates them to encourage each other and other people. Their calm and peaceful master bedroom beckons them to relax, and in its private bath, Brenda has hung a whimsical chandelier. Yet, in stark comparison, the couple has hung an utterly serious plaque announcing their motto: "Live Life ... There is no Take Two!" next to their front door to see as they leave to take on the world.





AT HOME WITH *Gregg and Brenda Gammon*

The couple had years of chasing kids in soccer, basketball and softball. As empty nesters, they are now free to contribute to the community. Brenda never misses a City Council meeting and is on the Old Town Review Standards Board. Gregg just gave up the presidency of the Afternoon Rotary Club, handing the gavel over to Dusty Babitze from Crowley this summer. It is never easy to pass leadership roles along to someone else, but Gregg and Brenda challenge themselves to do new things. When they moved into this home in 1998, they planned to enjoy their community by becoming a part of it and giving back. "Burleson has exceeded our expectations of our ability to make a difference," said Brenda, who is active in the Burleson Area Chamber of Commerce.

"It's nice to live in a community that embraces change, progress and

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outsiders,” Gregg added. The couple came from Fort Worth and opened Gammon Financial together. “We have a saying on our wall: ‘Inspiring people to be proactive and live life on purpose.’ We live our life that way.” Not long after settling here, the couple became founding members of the Bursleson Citizens Police Academy, of which Gregg was president. Brenda was event chair for Relay for Life in 2008, and still serves on the boards of Court Appointed Special Advocates (CASA) for Johnson County and Huguley Hospital.

Gregg only plays golf three times a month now. He used to play six times a week, and the couple’s home once reflected that. He has competed for the past 10 years in golf tournaments with other employees from Southwestern Bell/AT&T, the company he served for 29 years before retiring to Bursleson. This year, Gregg won first place. Still, his heart is more focused these days on grandchildren. So, Brenda recently redecorated. Removing all but a few of the golf knickknacks, adding pictures that remind her of their trip to Paris and

arranging soft, comfortable furniture in the open floor plan provided a safe space for relaxation with the family.

Gregg got guitars for both of his little grandsons so they can play with him when he fools around in his music room. He loves to play the Guild guitar Brenda bought for him when he officially retired. Gregg’s music room also houses a Harmony Sovereign guitar and an Italian violin made in 1729. The violin was purchased by Gregg’s great-grandfather from a Mexican soldier in the Mexican-American War. On the back it says in

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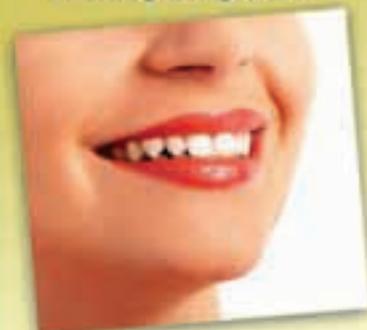
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Italian, "Living in the forest I was silent; now being dead I sing." Although he has played his family heirloom, Gregg has not plugged it into his VOX amplifier, which he reserves for when he gets together with friends to play several times each week. "I really enjoy guitar playing," Gregg said. "I started when I was 13 years old and had a high school rock 'n' roll band. We just made a lot of noise."

Forty years later, the songs Gregg sings with his 2 1/2-year-old grandson, Wilder, bring joy to everyone in the house. "Our three grandchildren are the love of our lives, and when they come over, we don't get concerned about picking up until they leave," Brenda said. The newest, Ashton, born July 14, will share a room with one of the older boys. Six-year-old Jack's room features Curious George, Star Wars, and the saying "You are my Sunshine" in two spots on the wall. Wilder's room pays homage to Elmo; his dogs, Mama and Baby; and his baby stroller — into which he put his great-grandmother's doll that he calls "Baby."

Both Brenda and Gregg love their kitchen. Its skylight brightens the yellow-striped wallpaper that they each prefer to a makeover. "This is a good kitchen to cook in," said Gregg, a gourmet cook who likes to prepare food with the gas range and electric oven. Brenda is the baker in the family, and on weekends they both enjoy cooking with their kids and grandchildren. The grandchildren's favorite things are "granddaddy eggs," scrambled by Gregg with a slice of deli cheese, and climbing up on the kitchen counter with Brenda to bake cookies with her.

Sometimes, Gregg goes out in the garage where he keeps his woodworking tools. He built the bookcases in Wilder's room and made Brenda the hutch she put near the kitchen table and filled with family pictures. She has another family memory spot: her "Grandmother Room." In this guest room, where

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Brenda frequently comes to read, she keeps her great-grandmother's rocking chair, made of quarter-sawn oak. "It creaks," Brenda said, with glee. "I rocked my daughter and both grandchildren in it. It is one of my favorite things!" In this room, she also proudly displays two quilts that were pieced and quilted by two of her grandmothers.

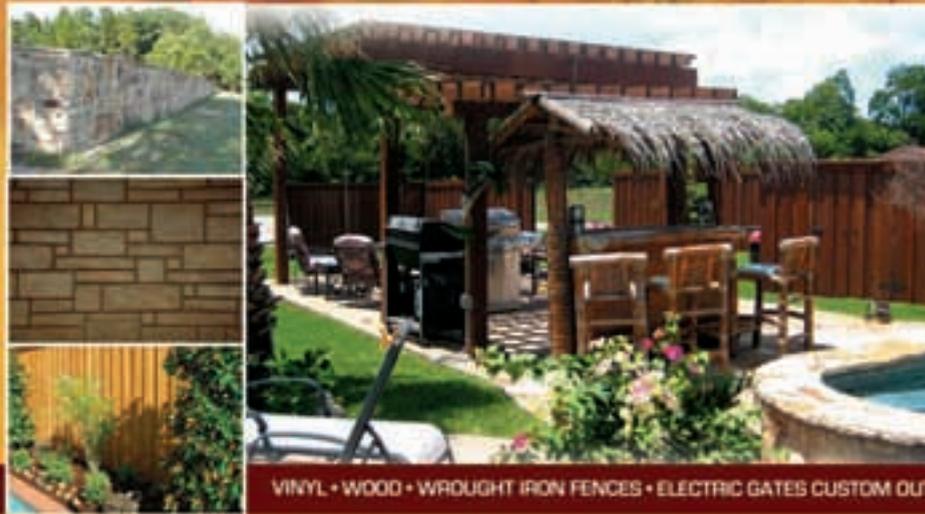
Perched above the door is a feathery Mardi Gras mask. "That was my Athena mask," said Brenda, who was inducted this year into the Athena Society of Burleson. "The mask reminds me of those ladies and all they stand for, to



collectively help the community." Lately, when she is relaxing on the bed, Brenda has been planning the Muy Caliente Pink Luncheon, next month's fundraiser for The Careity Breast Care Center at Huguley. Having survived cancer 28 years ago, Brenda understands that it is the "what-ifs" that drive a person crazy. "We've already helped seven women go through the cancer center. Everybody knew the plan of action and they didn't have to wait," Brenda said, who loves lying in her Grandmother Room, daydreaming about helping others.

Brenda also likes working in the yard with Gregg. She put up a curtain, rather than an awning, for shade, and they grow tomatoes and azaleas. "This is the longest we've ever lived in a house," said Gregg, whose company moved his family every three years. In this backyard they planted two burr oaks plus crape myrtle, and together, the Gammons are watching them grow. **NOW**

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DARING TO SOAR IN CROWLEY

— By Carolyn Wills

Linda Arnold arrived in this world with a sense of her own destiny and a connection to the passion that would define her life. Today, she stands firmly on track. “I’m a rural country girl with a love of sports,” she shared. “If there was a sport to be played in high school, I did it. I played volleyball and basketball and ran track, and if it had been allowed, I would have played football!”

Linda was born in a small town in East Texas called Pennington, where she lived in the same house until she was grown. She graduated from Groveton High School. Her father managed a department store, and her mother was secretary to the high school principal. “My dad was a big sports enthusiast,” Linda said. “Together, we watched sports on television and went to a lot of games.” With two older brothers, she was the youngest in her family. “I’ve always loved sports, so I was my dad’s athlete.”

After finishing high school, Linda left to attend Stephen F. Austin State University in Nacogdoches. “I ran intercollegiate track all four years,” she said. “In my senior year, our relay team finished fifth at the National Collegiate Athletic Association (NCAA) track meet.” With a Bachelor of Science in education, she taught her first year in Crockett, then two years in Tyler and eight years in Weatherford.

“I was the assistant track and basketball coach at Weatherford





High School,” Linda said, “and a head track coaching position opened at Crowley High School.” This is now Linda’s 23rd year at Crowley High School and, overall, her 33rd year in the field of education. For the past six years, she has served as the athletic coordinator in charge of boys’ and girls’ athletics and, until last year, also coached girls’ track and field. She still coaches the girls’ cross country team, which has been District Champs the past three out of four seasons. In 1999 and again in 2003, she coached Crowley High School girls’ relay teams to state championships.

Linda is responsible for a staff of 34 coaches and two trainers, 17 sports and



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a multitude of competitive events. It is not unusual for her work days to carry over into evening hours. "I do my best to attend our games," she said. But since sports overlap, it's not possible for her to see every event. Fall season includes football, volleyball, cross country, golf and tennis. Winter brings basketball, soccer, power lifting and swimming, and spring includes softball, baseball, tennis, golf and track. "I love to see educators at the games because the kids really appreciate it," she explained. "When teachers show interest in an athlete, it can make a difference in the classroom. Many athletes are perceived as leaders and can be a positive influence on classroom morale and behavior."

Being a coach and serving as the athletic coordinator are significant achievements for Linda, professionally and personally. "All of our student athletes are my children," she smiled. "In my second year at Crowley High School, I was blessed to have a student named Melony Patterson, our most decorated single female athlete. By the time Melony graduated, she was a two-time cross country state champion and a two-time track state champion. I've met and coached many great athletes," she continued. "Jennifer Foster was also a track state champion and received a full scholarship to Kansas University, where she earned her master's degree. She has been an assistant track and volleyball coach at Crowley High School now for seven years. This year, she will take over as the head boys' and girls' golf coach. It is gratifying to see students return as high school coaches. Currently, we have five former graduates on staff."

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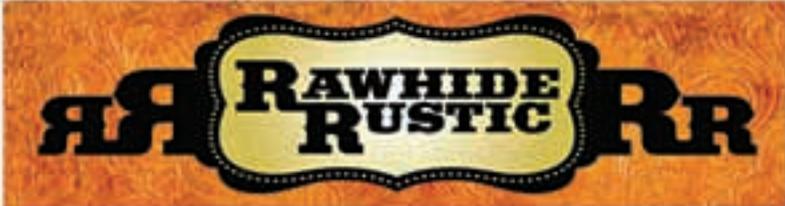
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With approximately 1,800 students, Crowley High School is ranked as a 4A school by the University Interscholastic League (UIL), the organization administering athletic, music and academic contests for public schools in Texas. "North Crowley High School is a 5A school, but we compete with them in most sports," Linda added. Coach Tommy Brakel does a great job as the athletic coordinator." As the athletic director of Crowley ISD, Charles Lincoln oversees the athletic operations in both high schools. "I am grateful to him for giving me the tools, the time and the opportunity to do what I love," Linda said. Last year, Crowley High School welcomed Dr. Thurston Lamb as its new principal. "We're very fortunate to have a principal like Dr. Lamb," she explained. "He is an athlete and a huge support to all of our students."

Coaching takes energy, focus and commitment. It is a specialized field with a lot of requirements and, thankfully, rewards. One reward is the sense of community and camaraderie with other coaches. "Networking and sharing ideas is important," Linda said. Every month she attends meetings of the Texas High School Athletic Directors Association, and each year she attends the Texas Girls Coaches Association (TGCA) summer convention as well as the Texas High School Coaching School. "I have spoken at the TGCA convention numerous times," she shared. She has also been honored as a three-time TGCA All Star Track & Field Coach and TGCA Track & Field Coach of the Year.

"I know what sports have done for me personally," Linda said, "and that's what



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we want to instill in our athletes. Athletic commitment takes sacrifice, yet there are many returns. Students build confidence and character, develop organizational and relationship skills through winning and defeat and, by working in a team setting, they learn the benefits of health and fitness.” As important as performance and participation are, though, academics comes first for Linda and all of Crowley High School. Due to the UIL ‘no pass,



no play’ policy,” she said, “a student must be passing all classes in order to be in sports, and that is a serious incentive in the classroom. Class rankings and overall passing percentages of our athletes are typically higher, and we’re very proud of that. We also do our best to help every athlete who aspires to go to college by providing information and contacting college coaches.”

In her spare time, Linda likes to play golf and is an avid fan of the Crowley Eagles, Texas Longhorns, Dallas Cowboys, Texas Rangers and Dallas Mavericks. She enjoys watching movies, especially about sports, and her favorite sports film is *Tin Cup*. She also loves to read, garden and cook. “I am blessed that my mother, grandmother and aunt were great cooks,” she said. “My mom began teaching me at an early age.”

By “daring to soar” personally and professionally, Linda has honored the sense of destiny that was her birthright. “I am a people person,” she said, “I love what I do.” **NOW**

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THE BOYS OF Burleson

— By Carolyn Wills

Luke Rosales is remarkable. He has big dreams, a heart of gold and he's only 11 years old. His buddies are also remarkable and, as a group, these boys get things done. The majority of them play football for the Burleson Pee-Wee Elks in the Major division of the Boys & Girls Club youth program. Last season, they practiced hard, played hard and helped their team make it to the playoffs. Judged by friendship and football they had a great year, but Luke and his friends wanted more. Their definition of "more" and their commitment to finding it are what distinguish these six boys as truly remarkable young men.



Football season lasts from July through November or December. This is Luke's fourth season in Burleson. He plays defensive cornerback and offensive tight end, and his best friends are Bryce Howard, Isaac Dagley, Bailey Mullins, Drew Durham and Christopher Gonzalez. "We go to different schools," Luke said, "but we call each other and hang out at each other's houses. Last year,

we started talking about doing something outside of football, something to help others."

Luke had always wanted to volunteer in some way. "We didn't know what to do at first," he said, "and, then, we heard about SLANT 45." SLANT 45, Service Learning Adventures in North Texas, is a program designed by the North Texas Super Bowl XLV Host

Committee and Big Thought Inc., an organization focused on creative learning. From February 2010 through January 2011, the program offered challenges and rewards to young people involved in community service, and it appeared to be the answer to Luke's dream. Not only did the program offer workbooks and tools to help organize projects, it presented an enormous reward in the form of an invitation to a special "SLANT 45 Kid's Bowl Bash Party."

"We had already decided to do something in our community before we knew about SLANT 45," Luke explained, "so when we found out that Johnson County was not included in the program, we were disappointed but decided to go ahead anyway." They named themselves the "Boys of Burselson" and quickly moved into action. Their first project was the Leukemia & Lymphoma Society Walk in which they raised over \$1,000 toward finding the cure for cancer. "We looked for opportunities to volunteer,"

Their definition of "more" and their commitment to finding it are what distinguish these six boys as truly remarkable young men.

Luke said. "We collected our toys and donated them to Cook Children's Medical Center. We gathered canned goods and toys, sorted and loaded them in a truck and took them to the Harvest House in Burselson. It was hard work, but an excellent and unbelievable feeling."

When the company where Luke's mother worked was sold, the boys were given 25 new messenger bags printed with the previous company's logo. "We donated them to a center that helps women look for work," Luke said.

Every other week for three months, Luke's mother, Belinda, drove the group to Meals-on-Wheels of Johnson and Ellis Counties to pick up meals to distribute to a list of recipients. "All of our projects were really great, but Meals-on-Wheels

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was the most exciting,” Luke said. “We got to meet some extraordinary people, and they were so thankful. There was a note on a door one time from two ladies in a house. They couldn’t get out of bed, so the note asked us to come in. When we did, they wanted something to drink from the refrigerator downstairs, so we did that. It’s a great feeling to know we’ve helped these people. We all want to do the Meals-on-Wheels project again!”

When the Boys of Burleson had completed their projects inside SLANT 45’s timeline, Luke’s mother sent the results along with a letter to the organization. “In the end, we got to go to the Kid’s Bowl Bash Party,” Luke grinned. “It was held last January at the American Airlines Center and there were so many people there!” In fact,



Luke poses with former Dallas Cowboy, Daryl “Moose” Johnston.

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over 15,000 attended and mostly were third- through fifth-graders. The boys got to enjoy performances by pop stars Jordin Sparks and Mitchel Musso and to see former President George W. Bush and Dallas Cowboys Troy Aikman, Daryl Johnston, Drew Pearson and Roger Staubach. "After the Bash, we were invited to another party, and I actually got to meet Daryl 'Moose' Johnston," Luke beamed. "I asked him to please put Johnson County into the SLANT 45 program."

Luke moved from Harlingen to Burleson three years ago. "Harlingen is about 20 minutes from South Padre Island, and my parents and I still go back on vacations." When he was just 6 years old, Luke won a first-place trophy in a surfing competition. "I like





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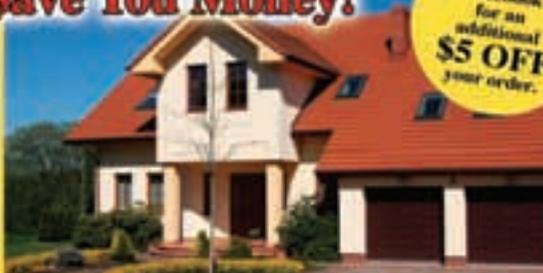
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to swim and surf," he smiled, "and play soccer, baseball and football. My favorite entertainer is Eminem, and I like military movies and the History Channel. My favorite team is definitely the Dallas Cowboys, favorite player is Roger Staubach, and I like the New England Patriots and the Green Bay Packers." Luke is also an excellent student. This year, he is in the sixth grade at Hughes Middle School and, while his favorite subjects are science and math, he is also an accomplished writer. "I won first place

The Boys of
Burleson created
themselves from a
desire to help others.

in an essay contest for fourth- and fifth-graders," he said. "My essay was about what you can do to build character." He is also quick to point out that all the Boys of Burleson are excellent students.

As for SLANT 45, it appears the success of the program has encouraged the sponsors to keep it going, and time will tell if Johnson County will officially be added. "No matter what, we plan to continue," Luke said. "It's fun to get with friends and help people." In addition to working with Meals-on-Wheels, the Boys of Burleson are excited by the prospects of participating in the Leukemia & Lymphoma Walk again and they have an idea for Cook Children's Medical Center. "My mom has a lot of beads from when she used to make jewelry and we're thinking about taking them to Cook Children's Medical Center so the kids can make necklaces for the doctors, nurses and their parents."

The Boys of Burleson created themselves from a desire to help others. Their efforts have been performed outside of school. As they move forward, they are open to adding more kids and, thankfully, other parents have offered to help with transportation. Currently, the whole group fits snugly into Belinda's car. "Adding more people means helping more," Luke grinned, "and that's what we want. When I see the faces of people we've helped, I can't describe that feeling. It's amazing." **NOW**

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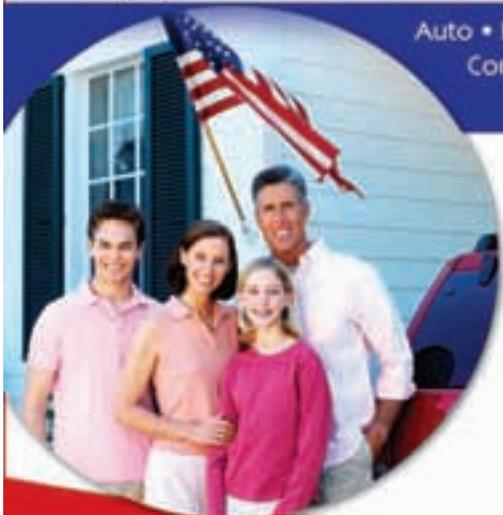
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From left:

Ava Land, FNP-BC; J. Mike White, M.D.;
and Heather McKenzie, M.D. know how
important it is to treat the whole patient.



Getting to Know You

Treating people of all ages, the physicians at Family Medicine Associates want to know your family.

— *By Melissa Rawlins*

The physicians at Family Medicine Associates practice medicine by dealing with the whole patient. “I could be an ear, nose and throat guy and only look at ears, noses and throats,” Dr. Mike White said. “But in my office, I spend 20 seconds on their sore throat, for instance, and then talk the rest of the time about how they’re not sleeping and their grandmother died.” Dr. White and his colleague, Dr. Heather McKenzie, take care of the whole patient, plus their families — many of whom they have known for 25 or more years.

Since 1980, Dr. White has built trust with his patients in Joshua and Cleburne. He moved here in 1980 after medical school, residency and two years in the U.S. Army. “The day we

pulled into town, it was 116 degrees,” Dr. White remembered. “We nearly pulled in the other direction!” He and his wife, Kay, reared their three children here and see their kids and grandchildren frequently. The community benefits from his time, too. He served as a Kiwanian and a member of the Joshua Chamber of Commerce.

“He also does a lot of medical mission trips,” Dr. McKenzie bragged. Dr. White goes all over the world with Manna Worldwide, and has seen the need for travelers to be immunized. So, Family Medicine Associates is about to start a travel medicine clinic for those planning to travel overseas to get their immunizations without having to go to the public health

department in Fort Worth.

Dr. McKenzie does not yet go on mission trips. "I can't leave my two boys," she said. Her eldest child is 8, and her youngest is 5. Her husband is an agriculture teacher in Joshua, where Dr. McKenzie grew up. She became Dr. White's protégé during medical school and residency, after spending her high school years working as a file clerk and receptionist at Family Medicine Associates, which was founded by Dr. White and Dr. Steve Johnson. "Dr. White's been my doctor since I was 5," Dr. McKenzie remembered. "I left for school, had a practice, and then moved back about three years ago to work with him. He's always been my mentor, and now it's nice to have him as a colleague."

Family medicine treats people of all ages, from birth to death. The practice offers vaccinations for students and implantable bio-identical hormones for adults. Dr. White has chosen to specialize in helping children and adults with attention deficit disorder (ADD). Dr. McKenzie enjoys helping people with diabetes. "I trained in San Antonio, where there is a heavy population of diabetics, which is [a disease] more common in Hispanics," she said.

Patients can trust Family Medicine Associates to help them in other ways. From their Web site, patients can learn more about specific issues, including ADD/ADHD. They can also log into their own account, access their lab results, send questions to nurses, pay their bill and even schedule appointments. Family Medicine Associates offers two clinics for the convenience of their patients. The Joshua office houses its own laboratory and X-ray, allowing patients to get any needed tests done during their appointment.

The Cleburne office provides an after-hours clinic available on weekends and evenings until 8:00 p.m. At that location, they also have a cardiac lab and a sleep lab for diagnosing the source of people's complaints. In addition, anyone with a question about their health can ask Dr. White during his call-in show on Big Country Radio 1460 AM. And when Dr. White is out of town, Dr. McKenzie gets to be the fill-in. **NOW**

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Chesapeake Energy's Justin Bond presents \$4,000 to Dave Buske of the Burleson Lions Club.



The Burleson Area Chamber of Commerce holds a ribbon-cutting ceremony for Rawhide Rustic in Old Town Burleson.



Glen Worsham, an artist from the Burleson Visual Arts Group, displays his art in FNB's Wilshire room.



Boy Scout Troop 620, represented by Danny Mims with his son Rendan Mims and Rodney Chappell with his son Ryan Chappell, earn recognition from the Burleson Lions Club for their float in the July 4th parade.



Staff and volunteers for Burleson Pregnancy Aid Center serve a beautiful luncheon to women in the Power of Heels.



Laura Penton, Melissa Rawlins, Frances Lea and Addy Yarborough finish up a Zumba lesson with a flourish.

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Teen Driving Education Can Save Lives

— By Mark Jameson

The beginning of the school year is here. As teens adjust to the closing of one chapter (summer) and the start of another, it's a good time to reflect on the importance of preparing them for the future. Part of that preparation includes teaching them about becoming safe and responsible drivers.

Studies show texting while driving is extremely dangerous

A recent survey showed one-third of U.S. teens with cell phones text 100 times a day. While texting seems like a harmless way for teens to keep in touch, where and when it's done can have grave consequences. A recent foundation study found one in four girls frequently read or write texts while driving and another study found texting while driving can increase the risk of crashing by 23 times.

Unfortunately, an alarming number of teens — roughly 4,000 — die each year in teen-related auto accidents. That's an average of 11 each day. These are teens whose lives could have been saved and whose families could have been spared heartbreak if



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Nearly a third of teens polled admitted to texting while driving*.

Because motor vehicle accidents are the #1 killer of our teens*, it's time to start talking about what we're doing behind the wheel. Call or stop by for your own copy of the Allstate Parent-Teen Driving Contract. It will help you and your teen start the conversation.

Mark Jameson
(817) 447 1139

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stronger emphasis on discouraging the practice of texting while driving were followed.

Studies show that car crashes are the No. 1 killer of Texas teens. With school now underway, teens will be hitting the highways across our community. This data should spur parents and community leaders to take action and teach our teen drivers that speeding, distractions and carelessness can be costly.

Learn the Laws

Make sure your family understands the current graduated driver license law in Texas, which stipulates that drivers under 18 can't use a wireless communication device except in case of an emergency. The law also states during the first year following a teen under 18 getting a driver license, they cannot drive:

- After midnight and before 5:00 a.m. unless for employment, school or because of a medical emergency.
- With more than one passenger under 21 in the vehicle who is not a family member.

X the TXT

Pledge not to text and drive, and help reduce teen deaths and other distracted driving injuries. Join the X the TXT Facebook page at facebook.com/XtheTEXT.

Parent Teen Driver Contract

Parents can start the conversation with teens about the importance of safe driving and set guidelines and rules through a family meeting where parent expectations are delivered. To further emphasize the importance of the discussion, a written contract should be signed by the teen and the parents, thereby eliminating any chance of a misunderstanding.

Mark Jameson is a licensed Allstate sales associate based in Burleson.

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Are You Heart Smart?

— By Barbara Willis, R.N.

If you want a healthy heart, start by using your brain! Take this quiz to see how much you know about reducing your risk of heart disease.

1. What is the leading cause of death for women? (a) heart disease (b) cancer (c) stroke (d) chronic respiratory disease

A — Heart disease, which is the cause of death for 25.8 percent of American women. Cancer follows with 22 percent, strokes with 6.7 percent and chronic respiratory disease is 5.3 percent.

2. Which lifestyle factor puts you at the greatest risk for heart disease? (a) obesity (b) lack of exercise (c) high fat diet (d) smoking

D — Smoking. Smoking raises blood pressure, increases the tendency for blood to clot, reduces good cholesterol and increases atherosclerosis, the tendency for fatty substances to build up in the arteries.

3. Which of the following healthy foods is not a heart “super-food”? (a) blueberries (b) oatmeal (c) whole grains (d) salmon

C — Whole grains have many health benefits, including regulating blood sugar and improving digestive health, but they don’t have the antioxidants of blueberries, the cholesterol-lowering power of oatmeal or the heart-healthy omega-3 fatty acids of salmon.

4. Which symptom might be an indication of a heart attack? (a) pain in the arm, jaw, back, neck or stomach (b) shortness of breath (c) nausea (d) lightheadedness (e) all of the above

E — The classic symptom of a heart attack is chest pain or

discomfort, but all of these symptoms may accompany a heart attack.

5. If you think you might be having a heart attack, which step should you take first? (a) Take a baby aspirin. (b) Call 9-1-1. (c) Take an antacid because it could be indigestion. (d) Lie down for 15 minutes and see if symptoms persist.

B — Call 9-1-1. The faster chest pain is diagnosed and treated, the less damage occurs to the heart muscle and other vital organs.

6. What type of dietary fat is most unhealthy? (a) monounsaturated (b) polyunsaturated (c) saturated fat (d) trans-fat

D — Research indicates that trans-fats, often found in fried or processed foods, raise bad cholesterol, clog arteries and contribute to heart disease even more than the saturated fat we get from animal products. Choose mono- and polyunsaturated fats, found in vegetable oils, nuts, avocados and fish.

Although some risk factors for heart disease cannot be controlled, many can. By taking the lifestyle steps to reduce your risk of heart disease, you also lower your risk of many types of cancer, strokes and diabetes. **NOW**

Barbara Willis, R.N., M.S.N. • Cardiovascular Service Line Director
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Calendar

SEPTEMBER 2011

September 3, 10, 17 and 24

Farmer's Market: 8:00 a.m.-1:00 p.m., near City Market, corner of Renfro and Clark streets, Old Town Burleson. The market will continue until the fall (weather permitting). Contact Kurt Jaeger at City Market, (817) 295-1051.

September 10

Taste of Burleson: 5:00-8:00 p.m., RE/MAX Complex and Renfro Square. Burleson area's premier tasting event provides a unique opportunity to sample a variety of fabulous foods and wines. Taste, listen, smell and see what Burleson has to offer with entertainment and cuisine from area restaurants and caterers. Proceeds from this event will benefit the Burleson Area Chamber of Commerce. Contact BACC at (817) 295-6121.

September 13

Business After Hours Networking: 5:30-7:30 p.m., Hidden Creek Golf Course. Food, drink and networking, free for Burleson Chamber of Commerce members and only \$10 for nonmembers. Call Terri Trefger at (817) 372-1622.

September 16

Crowley Chamber of Commerce 3rd Quarter Luncheon: 11:30 a.m.-1:00 p.m., New Crowley Recreation Center. Sponsored by Total Care Clinic, this luncheon offers members the opportunity to meet and encourage each other. Contact Eileen Yarborough, Crowley Area Chamber of Commerce, (817) 297-4211 or e-mail info@crowleyareachamber.org.

The Power of Heels: 11:30 a.m.-1:00 p.m., Lone Oak Winery, Burleson. Networking with a Brush and a Beverage, sponsored by The Art Barn and Lone Oak Winery, offers an unusual opportunity to paint-your-own wine glass with encouragement from Art Barn instructors. Ticket price is \$15 for Chamber members and \$20 for non-Chamber members. Please RSVP with payment to secure your seat at this incredible networking opportunity. Call Mary Slaney at (817) 295-6121.

September 20

Partners in Progress: 7:45-9:15 a.m., Honey Donuts, 104 S. Tarrant and Main Streets, Crowley. Anyone interested in strengthening

our Crowley community is invited. \$1 to attend, free coffee and networking. Call Terri or Paul Andow at (817) 368-7606.

September 24

Crowley Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia, Crowley. \$5 per person. Call (817) 297-1942 for details.

September 25

Huguley Memorial Medical Center's 18th Annual Crystal Heart Gala: 5:30-10:00 p.m., The Worthington Renaissance Fort Worth Hotel. The evening will feature a four-course gourmet dinner and a large silent auction, followed by entertainment by Randy Travis. Proceeds will benefit uninsured and financially challenged patients who desire cancer screenings and services. Table sponsorships range from \$3,000-\$25,000 with individual tickets available for \$300. Monetary or auction donations are welcome. Contact Laurie Evans at (817) 568-3281 or e-mail laurie.evans@ahss.org.

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In The Kitchen With Rita Shipman

— By *Melissa Rawlins*

Rita Shipman's favorites cooks — her mother, Louise James, and grandmother, Cleo James — are gone from her life. She still digs into their recipe boxes, though. "I hope to be able to pass their legacy on to my two daughters," Rita said. "Grandmother, who was one of the head cooks for the lodge at Yellowstone National Park, never really measured anything. It was all about the touch and the amount she was preparing." Louise and Cleo taught Rita the Southern style of cooking — which she is now modifying to combat her husband, Melvin's, diabetes.

Rita and Melvin moved to Burleson in 2001, and her youngest daughter and family followed and are buying a home in Crowley. Living in our laid-back community gives Rita time to experiment with the recipes she inherited from her mother and grandmother. **NOW**

Cleo's Buttermilk Pies

3 eggs
1 1/2 cups sugar
2 Tbsp. flour
1/2 cup butter, melted
2 cups buttermilk
1 tsp. vanilla
1 unbaked pie shell

1. Beat eggs; add sugar and flour. Add melted butter, buttermilk and vanilla.
2. Cook in an unbaked pie shell at 375 F for approximately one hour until golden brown on top.

Cleo's Date and Nut Squares

2 eggs
1/2 cup sugar
1/2 tsp. vanilla

1/2 cup flour
1/2 tsp. baking powder
1/2 tsp. salt
1 cup walnuts or pecans
1 cup finely chopped dates

1. Beat eggs, until foamy. Add sugar and vanilla. Set aside.
2. Sift together flour, baking powder and salt. Add to egg mixture. Add nuts and dates.
3. Spread in a well-greased, 8-inch pan and bake until top has dull crust. Cook in slow, moderate oven of approximately 250 F until brown. Turn after 30 minutes.

Cleo's Butter Cobbler

1 cup milk
1 cup flour
Pinch of salt
1 tsp. baking powder

1 cup sugar
1/8 lb. butter, or more, if desired
1 qt. can peaches, undrained

1. Put milk in a bowl and then add sifted flour, salt, baking powder and sugar. A few lumps in the batter are OK.
2. Melt butter in a 9 x 13-inch pan. Pour batter into middle of the butter. Add peaches to the middle of the batter. Do not mix.
3. Bake at 350 F until light brown on top. Serve hot with vanilla ice cream!

Louise's Chicken Vegetable Soup

1 10 3/4-oz. can boned chicken
1 10 3/4-oz. can chicken broth
1 10 3/4-oz. can water
1 10 3/4-oz. can cream of chicken soup
1 10 3/4-oz. can mixed vegetables
1 Tbsp. minced onion
1 pkg. small egg noodles
1/2 tsp. celery salt
Pepper and salt, to taste
1 8-oz. can peas (if desired)

1. Bring the first 6 ingredients to a boil. Simmer 20 minutes.
2. Add noodles and cook until tender.
3. Add celery salt, pepper and salt 15 minutes prior to serving. Add peas, if desired, just before serving so they get hot without becoming mushy. Serve with crackers.

Louise's Strawberry Cake

1 white or yellow cake mix
1 1/2 cups water
1 24-oz. container frozen strawberries
1 9-oz. pkg. strawberry Jell-O
1 5-oz. pkg. instant vanilla pudding
1 12-oz. container Cool Whip

1. Bake cake, according to package directions, in a 9 x 13-inch pan. Cool and crumble.
2. Boil water, strawberries and Jell-O for 1 minute. Pour over crumbled cake.
3. Prepare pudding as directed on box. Layer pudding over Jell-O. Top with layer of Cool Whip. Chill overnight.

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