## BurlesonNow

OCTOBER 2022

## Making Music Grow

**Harrison Halewood** strives to make his dreams happen

## The Shoe

Wins came from this jockey reading and feeling his mount

In the Kitchen With Ashlie Hoffman

> Also inside: Scavenger Hunt

> > Crossword

Featured Business: Diet Solution Weight Loss Centers



Alan M. Taylor, II MD, FACP, FACC

## Gloria S., Crowley, TX

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Gloria S. lost 33 lbs. in 12 weeks\*



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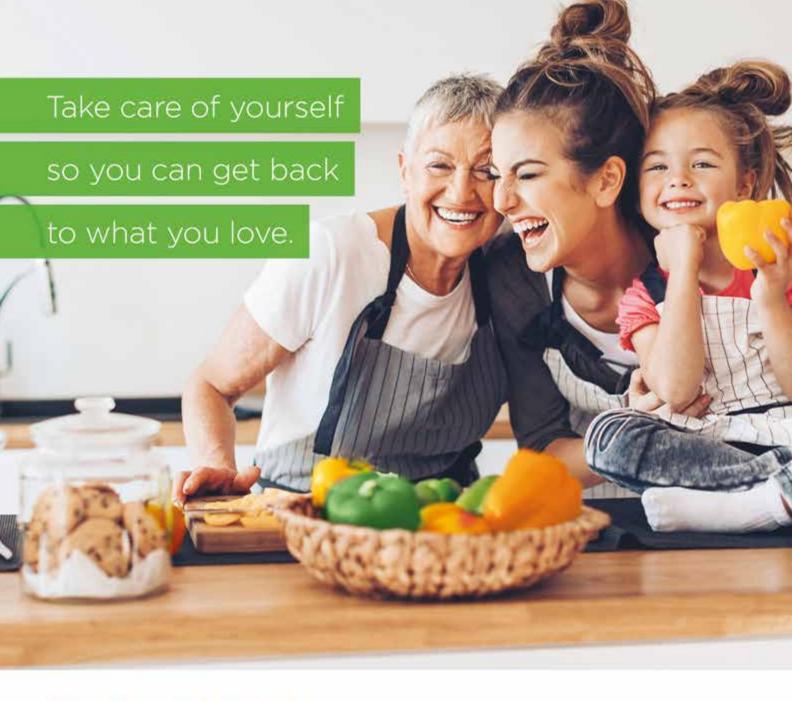
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Dr. Charles Town is the proud owner of Stonehaven Dental & Orthodontics. He recently achieved the Mastership Award from the Academy of General Dentistry, a distinguished award held by less than 2% of general dentists in the United States. Dr. Town is also the first doctor to become board-certified by the American Boards of Oral Implantology/Implant Dentistry in the Central Texas area. At Stonehaven Dental & Orthodontics, we work hard to go above and beyond the minimum requirements for continuing education to provide you and your family with the best dental care possible.



## Dr. Peter Sutton, DMD, MSD

Dr. Sutton graduated #1 in his class from University of Kentucky and completed his orthodontic residency at one of the top programs in the country, University of Texas Health Science Center. Dr. Sutton has been practicing orthodontics in Texas for 7 years. Dr. Sutton wants orthodontics to be fun and engaging for his patients. He is skilled in many different treatment options from metal braces, clear braces to Invisalign Clear Aligners. His ultimate goal is to get each patient a great result and have fun during the process.



## Dr. Kelsey Greene, DDS

Dr. Kelsey Greene, DDS completed her undergraduate degree in biochemistry with a minor in biology at Roanoke College. She graduated from VCU School of Dentistry in 2018 and went on to do additional training in general dentistry at the Washington DC Veterans Affairs Hospital. Dr. Greene enjoys practicing all areas of restorative and cosmetic dentistry. She is focused on keeping up with the latest dental technology and practices, and she continues to exceed the hours of continuing education each year. During her free time, Dr. Greene enjoys volunteering at dental service projects, cooking and spending time with family. She looks forward to meeting you!

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October 2022 Volume 16, Issue 10

## ON THE COVER



Harrison Halewood shares his talent and aspirations.

**Photo by** Lori Baur.

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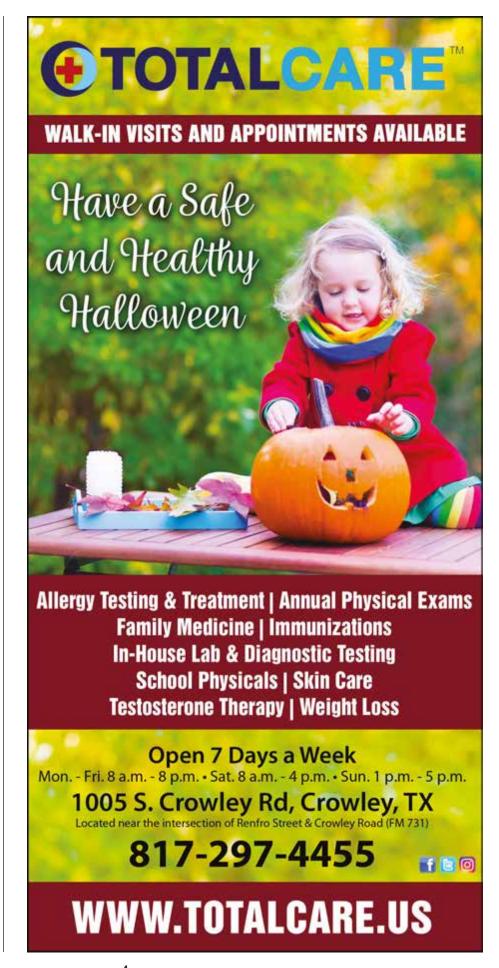
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## **EDITOR'S NOTE**

Fall in Texas ...

While our beloved state may not have the fanfare of a New England autumn, those who believe Texas doesn't display changing colors simply don't know where to look. Granted, the window for such views seldom lasts long, but that doesn't mean you can't find magnificent, colorful scenery. You might need a Sunday drive away from concrete, but you need not go far to experience vivid landscapes that steal your breath. Or head south to the Hill Country, where tree-lined, winding roads rise and fall with the rhythm of your heart. Hint: Take the roads less traveled instead of driving down the interstate. Beauty exists where we live — if we open our eyes and look for it.

Something in our human DNA strives for contentment, and we seek it "anywhere but here." I think they made a movie or 10 with that title or plot. The greener grass (or brightly colored leaves) comes with a distinct set of problems. Always. I once watched a cow stick her head through a fence to chomp on grass. Before long, the beast mooed at the barbed wire poking her neck and pulled her head back, suddenly content with the green grass on her side of the fence.

Perhaps, rather than always trying to find something better, we should embrace the blessings in front of us. If we can't find contentment here and now, there's a good chance we won't in another place or set of circumstances. If I can find contentment, no matter what, then when changes come, and you know they will, I can adjust and find it again.

Be happy where you live this fall!







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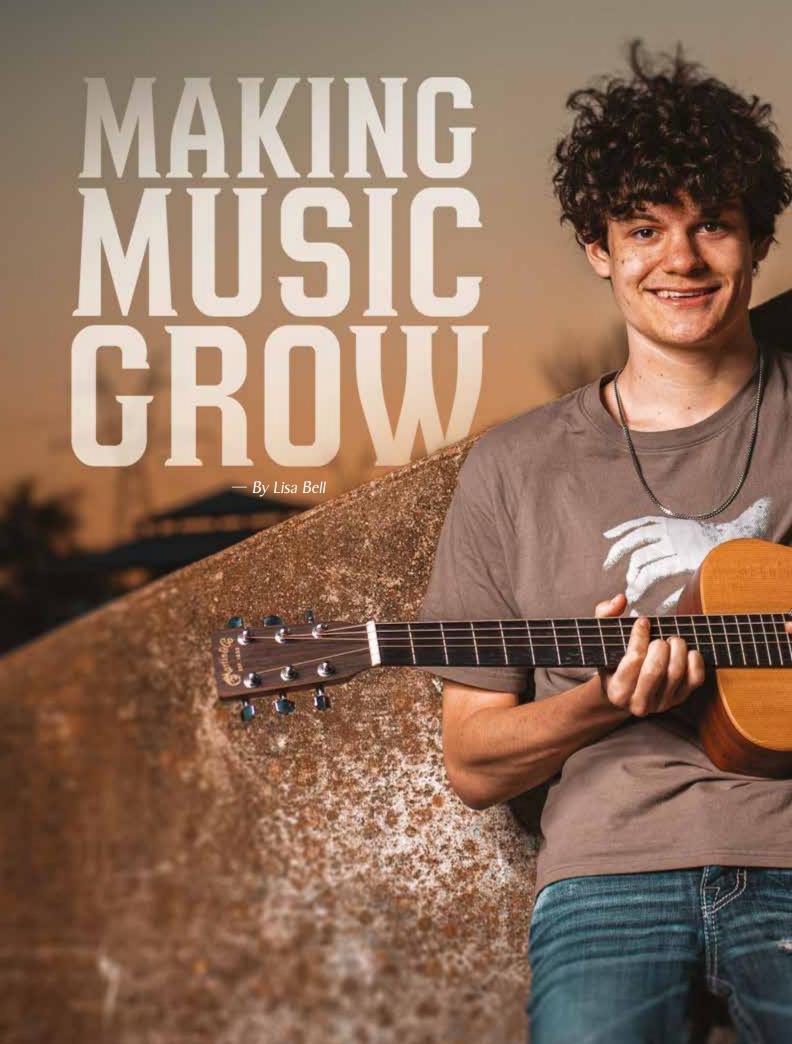
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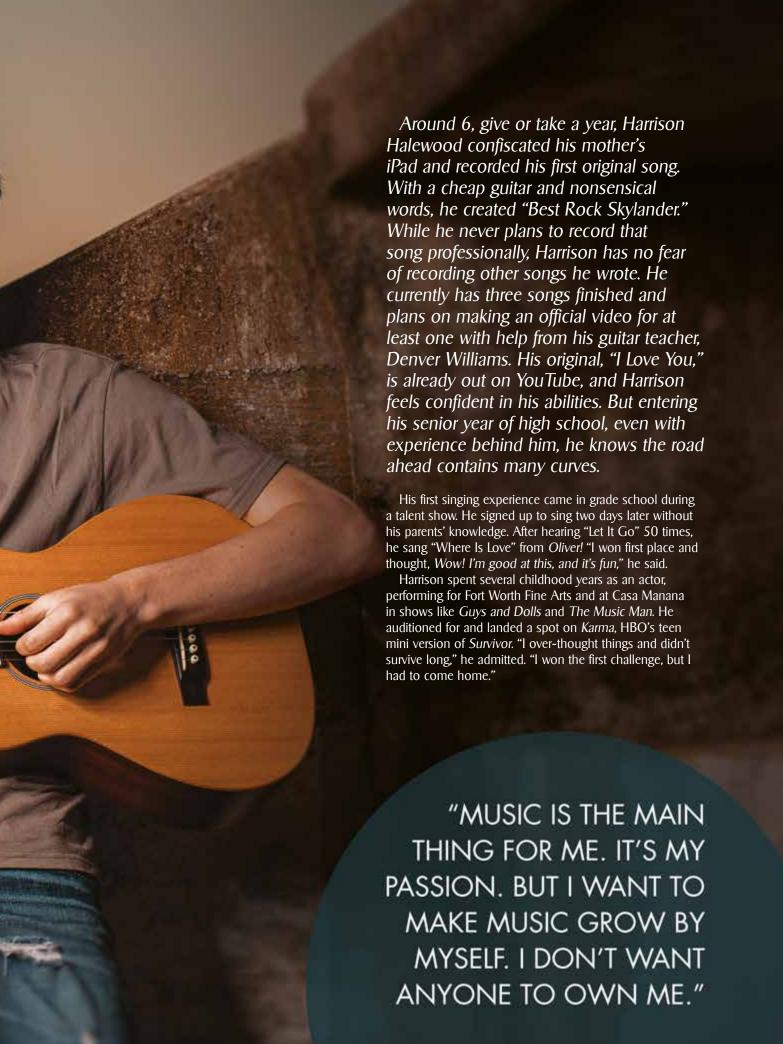
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Although his mom, Jackie Ausich, acted as his manager and went with him, she said, "They separated the kids completely from parents." At one point, Harrison found himself on a mountain with literal bears. A little much for a vounger teen, he wasn't the only cast member who missed his mom. Still, he views it as a learning experience, a chance to see where he needs to grow.

Thankful for the experiences as an actor. Harrison admitted. "Music is the main thing for me. It's my passion. But I want to make music grow by myself. I don't want anyone to own me."

Harrison spent time as part of the Texas Boys Choir. However, because of an illness, he missed out on traveling. Instead, he became part of a smaller local group. "I had no concept of music theory," he said. "I just could sing."

"It was a great learning experience for him," Jackie stated. "He also sang as co-lead with the Kid Brothers band for a while. But he wanted to be on his own. singing songs he wrote."

"Both the band and Texas Boys Choir were a lot of fun," Harrison added. "I have no regrets."

In 2022, the teen set a goal to play his own show. "It's coming soon. I'm working on the place and timing," he divulged.

"It'll be part of his video," Jackie shared. From the time Harrison reached 10 years old, he wrote songs constantly,

never recording. Eventually, his dad, Marco Ausich, bought recording equipment for him. "He's my biggest fan and supporter," Harrison said, beaming. "He gets more hyped up than I do sometimes when I'm recording."



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Starting with a \$20 ukulele from Target, Harrison taught himself to play by watching YouTube videos. He now owns four guitars and still plays left-handed from mirroring the instructors, although he is right-handed. It gives him a unique characteristic, but it once interfered with an impromptu invitation to play because he didn't have his guitar with him.

Recently, Harrison competed at a Dream Night competition, winning fourth out of 60 applicants. In his previous times with the competition, he made it to the semifinals, then the finals. The third time brought him the fourthplace win along with his cousin, Reese Morguecho, who took fifth. He enjoyed hanging out at the hotel and seeing how much he improved in singing and playing. After an audition for *The Voice*, he received a callback but, like many, didn't get far in the process.

He counts it all as experience and enjoys the opportunities to learn. While he never thought much about college, he sees it as a possibility. "I'd like to take Berkeley's six-week program. Good connections, plus my vocal coach, Deanna, went there. In the future, he dreams of owning an RV and touring around the country. He wants to continue writing, producing and recording his music, and one day have a recording studio.

For now, Harrison enjoys playing for audiences locally. He focuses on schoolwork; having the support of his parents, family and friends; and making his music grow. On his way to becoming a renowned musician, he pursues his dream with passion. **NOW** 









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Pounding hooves, fast horses and a break in the crowd as horses and riders came into the final stretch — that was Willie Shoemaker's world for most of his life. Also known as William Lee Shoemaker, Bill Shoemaker and "The Shoe," Willie knew how to get the best out of his thoroughbred mounts throughout his 40-plus years "in the irons" as one of the most winning jockeys and trainers in the world. He rode 8,833 winning horses, setting a world record that held until 1999. He won the Breeders' Cup Classic and 11 races in the Triple Crown series, though the Triple Crown itself eluded him. He won each of the three races in the Triple Crown multiple times — two Preakness Stakes, five Belmont Stakes and four Kentucky Derbies — but he never won all three in the same season. However, his beginnings were humble. Born in 1931 in an adobe shack on his grandfather's ranch near Fabens, Texas, Willie's seemingly effortless riding style began to be honed while riding across the ranch's El Paso/Rio Grande area landscape.

The doctor who delivered Willie didn't think the 1 pound, 13-ounce tiny infant would survive, but Willie's grandmother created an incubator by wrapping him in a warmed blanket and placing him on a pillow near a warm oven. Life was hard for Willie's family during those Depression Era days, so he lived with several relatives as they came and went at the ranch. Willie's job, by age 6, was to ride a horse to pick up the mail. At age 10, he and his family, like so many other families of that time, moved to California looking for work, and he discovered horse racing.

By age 14, a school classmate had suggested that the diminutive Willie might be just the right size to become a jockey. He was strong and was known for not losing matches on his school's wrestling and boxing teams. So, he secured a job at the Suzy Q Ranch and quit school, earning \$75 a month. By age 16, he had become an exercise rider at the Bay Meadows track in San Mateo, California, learning from trainer Hurst Philpot and jockey, Johnny Adams, a future Hall of Famer. Willie's first race as a jockey was in 1949 at Golden Gate Fields. He won the race, which netted him \$120, the first dollars leading to a lifetime earnings of more than \$123 million. He led in the amount of dollars in purses earned in a single year 10 times.

Size wise, Willie at full height/weight was only 4 feet 11 inches tall and 98 pounds. Other assets were his even temper,

calm disposition and his remarkable understanding of horses. Horse breeder Rex Ellsworth was quoted in the Los Angeles Times as saying, "When a horse was doing his best, Shoe left him alone. When a horse loafed, Shoe would get after him. I never worried when Shoe rode one of my horses, because I knew he'd do a perfect job." In 1959, Willie was inducted into the National Racing Museum and Hall of Fame.

His riding career was, as is usually the case with jockeys, riddled with small injuries, but in 1968, Willie broke his thigh when the horse he was riding fell on him. The doctor used a childsized metal pin to repair the damage. After physical therapy for 13 months, he returned to winning races. In 1969, he was thrown and survived a broken pelvis, ruptured bladder and temporary paralysis of his left leg, only to return to racing and winning for the next 20 years. In 1981, Willie rode John Henry, and together, horse and rider won the Arlington Million, the first million-dollar stake thoroughbred race.

At age 54, in 1986, Willie rode a long shot horse, Ferdinand, in the Kentucky Derby. Ferdinand won, and Willie became the oldest jockey to win the Derby after having been one of the youngest years before to win that famed race. In 1990, Willie made a farewell tour of U.S. racetracks. He retired from riding to become a trainer, even after he became a wheelchair bound quadriplegic following an automobile accident in 1991. Willie retired as a trainer in 1997 after he faced the reality that he couldn't totally know the horses anymore without riding them, and the physical demands were becoming too much for him. He passed away in 2003, survived by a daughter from his third marriage. NOW

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## Zoomed In:

## Lainey and Laila Younkins

Sisters, Lainey and Laila Younkins, enjoyed a last outing before school began. "We're sisters and friends," they both said. "Most of the time." Both independent and outgoing, the two girls love posing for any photo op. Despite their ability to function without each other, they like spending time together. And having a built-in friend as a sister has advantages. Lainey, the older of the two, watches out for Laila, while their mother and grandmother watch from the sidelines. A quick hug before shooting off for another turn down a slide showed their affection and equal willingness to go separate ways. Although, many times, they hang together and enjoy the beauty of being sisters and friends.



2022 undefeated 8U BTX Heat softball team wins the Little League World Series championship. Congratulations!

## Around Town

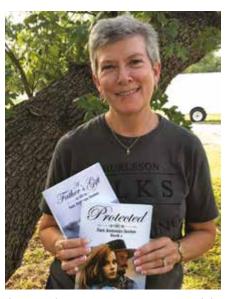


Nanetta Gauntt wins first place in Burleson's Chalk the Walk event.

By Lisa Bell



Sally's Sweets proves you're never too old for the ice cream truck.



Release of her second book, A Father's Gift, puts a smile on Paula Peckham's face.



At Alsbury Baptist Church's Youthiversity, students spend a summer evening having fun.



Audience members engage with authors at the Buleson Public Library Author Panel evening.



Burleson rolls out the red carpet for individuals with special needs and disabilities, ages 14 and up, at the BRiCk.



Burleson's Parks and Recreation team throws a fantastic back-to-school bash.



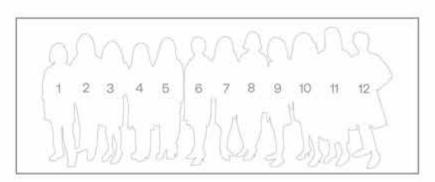


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## Diet Solution Weight Loss Centers

- By Lisa Bell

**Diet Solution Weight Loss Centers** 812 SW Alsbury, Ste. C Burleson, TX 76028 (817) 295-3438 Fax: (817) 297-2105 www.dietsolutioncenters.com Facebook and Instagram: @DietSolutionCenters

Hours: Monday: Noon-7:00 p.m. Tuesday: 9:00 a.m.-5:00 p.m. Wednesday: Closed Thursday: 9:00 a.m.-7:00 p.m.

Friday and Saturday: 9:00 a.m.-1:00 p.m.

Sunday: Closed

Eleven years ago, the first Diet Solution Weight Loss Center opened in Mansfield. Since then, they expanded, adding locations in Burleson, Pantego and Waxahachie. With a desire to help people lose weight and feel better, Jennifer Mcmahon chose an approach of medical supervision alongside accountability and weekly encouragement.

On the first visit, a new client should expect a full medical examination, weight and BMI, plus blood pressure measurements, EKG, lab work, a food consultation, B12 injection, FDA approved supplements and a before photo. Weekly appointments include measurements, program review with a consultant, B12 shots and supplements.

Although Diet Solution Centers offer shakes and snacks to assist with weight loss, they never require purchase of these products. With no prepackaged food, they help clients learn to eat foods they love in moderation, including visits to restaurants. The combined methods in their program help clients lose weight and keep it off permanently. Clients may

also remain on a maintenance program as long as necessary, or they can return if weight creeps back, so they can discover the cause and address it quickly.

COO Mika Saucedo said, "About five years ago, Jen's sister asked if I wanted to work part time. After accepting the job, I did the plan and lost 45 pounds. Falling in love with it, I left my job and started working at Diet Solution Centers full time." Mika enjoys helping people, not only with weight loss, but getting healthier and feeling better. "It's not about reaching a specific number, but a goal to feeling healthy. We see people get off meds," she added.

Besides their program, they also offer Lipostat (skinny shots), amino acids and other supplements to support weight loss. They provide easy-to-follow meal plans and healthier options for snacks for those who want them. With a doctor on staff, a client can opt for prescriptions to assist if necessary. Each client must provide a full medical history and receive an exam before beginning the program.

At each center, all employees enjoy their jobs. They build friendships with clients, getting to know them on personal levels. In the family atmosphere, the staff functions to make the changes become a lifestyle rather than a fad diet. Much of the program includes teaching about nutrition, moderation and healthy choices.

Diet Solution Weight Loss Centers gives discounts to teachers, military and first responders. Although most insurance doesn't cover weight loss, they accept CareCredit as well as FFA and HSA cards.

For those struggling with weight loss, Mika offered several tips. First, take a step and do it. Don't give up before you start. Second, never feel ashamed if you need help. Third, learn how to eat when away from home. Fourth, never fear asking questions. And fifth, accept a lifestyle over another "diet." Learning the lessons of nutrition and eating becomes a lifelong way to keep the weight off after losing it instead of bouncing back up because a diet ends.

To learn more, visit their website, call or go by the center. The staff members strive to make everyone feel welcome. NOW







"I used to bake with my grandma, and being in the kitchen with her, Eagles playing on her stereo, made the best memories," Ashlie Hoffman said. "I want to give that to my kids." With most of her family big into cooking, she learned from her grandma, dad and uncles. "I learned the hard way, as a teen, not to put metal in the microwave!"

As an adult, Ashlie learned about nutrition and creating healthy meals she cooks for her family. Inspired by Pinterest, other moms and her children, she enjoys tweaking recipes and making up original dishes. While she prefers baking, Ashlie also loves Crock-Pot meals. Each Christmas, she slow cooks her Chicken N' Dumplings all day, and the family enjoys the traditional dish for dinner.

## Ashlie's Chicken N' Dumplings

- 2 lbs. chicken breast strips
- 2 cloves garlic, minced
- I yellow onion, chopped
- 2 10-oz. cans cream of chicken soup
- 2 tsp. poultry seasoning
- 1 tsp. pepper
- I tsp. onion powder
- 1 tsp. garlic powder
- I tsp. dried parsley
- 3 cups water or chicken broth
- I cube chicken stock
- I can homestyle biscuits
- 1. Trim the chicken. Add the chicken, garlic

- and onions to a Crock-Pot with all the remaining ingredients, except the biscuits.
- **2.** Cook on low for 6-8 hours, or on high for 3-4 hours. About 30 minutes before completion, take two forks and shred the chicken.
- **3.** Cook the biscuits in the oven per package instructions. Once the biscuits are done, flatten them and cut them into strips; add to the Crock-Pot.
- **4.** Cook 15-30 minutes more and enjoy.

## **Polder Family Salsa**

4-6 large tomatoes 2 ripe avocados

- 2 cloves garlic
- I large white onion
- I bunch cilantro
- I jalapeño or serrano pepper (depending on the spice level wanted)
- 1 7.75-oz. can EL PATO Spicy Tomato Sauce
- 2 Tbsp. olive oil
- 1 tsp. apple cider vinegar
- 1 tsp. lime juice
- I tsp. onion powder
- I tsp. garlic powder
- 1 Tbsp. salt
- **I.** Chop the vegetables; add all the ingredients to a bowl. Stir and serve.
- **2.** Note: It's best to refrigerate the salsa a few hours before serving to let the flavors marry.

## Ashlie's Crispy Chicken Salad

- 1 pkg. chicken breast strips, trimmed
- 1 6-oz. can French fried onions
- 1 Tbsp. flour
- 1 tsp. onion powder
- I tsp. garlic powder
- 1/4 tsp. chili powder

I tsp. salt

1 tsp. pepper

I egg, beaten

1 6-oz. pkg. fresh baby spinach

I handful cherry tomatoes

I ripe avocado

1 cucumber

**I.** Preheat the oven to 350 F. Chop the chicken into nugget size pieces; set aside.

- **2.** In a large freezer bag, dump the French fried onions, flour and all seasonings. Seal the bag; crush until you get a nice fine mixture. A rolling pin is helpful.
- **3.** Dip the chicken in the egg; coat with the crumb mixture. Line a baking sheet with foil; put the nuggets on it.
- **4.** Bake at 350 F for 10-12 minutes; remove from the oven. Let cool.
- **5.** In a large bowl, add the spinach. Chop all the vegetables; add to the spinach. Add the nuggets once they cool. Pair with any dressing; balsamic vinaigrette suggested.

## **Simple Chicken Taquitos**

Great for a quick meal.

I large can chicken

1 tsp. salt

I tsp. onion powder

1 tsp. chili powder

1 tsp. garlic powder

I bunch cilantro, chopped

1 lime

10 white corn tortillas

10 toothpicks

2 Tbsp. olive oil

- **1.** Preheat the oven to 350 F. Line a baking sheet with foil.
- **2.** Drain the chicken; place in bowl. Mix the chicken with all the seasonings, cilantro and lime juice.
- **3.** Stack the tortillas 5 at a time; wrap them in a paper towel. Microwave for 30 seconds.
- **4.** Fill each tortilla with the chicken mixture. Roll into a taquito; insert a toothpick to hold in place. Put on the baking sheet.
- **5.** Drizzle olive oil over the taquitos. Bake for 8-10 minutes. Enjoy with salsa, sour cream or guacamole.

## One Pan Hamburger Potato Skillet

3 gold or russet potatoes

1 Tbsp. olive oil

1 lb. hamburger

1 Tbsp. salt

I tsp. pepper

1 tsp. garlic powder

I tsp. onion powder

1/2 cup yellow onion







- 1 clove garlic 1 14.5-oz. can peas 1 Tbsp. rosemary
- **1.** Chop the potatoes into small cubes. Drizzle with olive oil; set aside.
- 2. In a large skillet, brown and crumble the hamburger. Season with the next 4 ingredients. Drain the hamburger; set aside.
- **3.** Finely chop the onion and garlic; in the heated pan, sauté the onion and then add the garlic toward the end of the onion being cooked.
- 4. Add the potatoes and olive oil; cook until

they soften. Mix the hamburger back in. Drain the peas; add the peas and rosemary to the skillet.

5. Cook about 10 more minutes on low.

## **Crock-Pot Carnitas**

1 Tbsp. dried oregano

1-2 Tbsp. salt

I tsp. onion powder

I tsp. garlic powder

1 tsp. cumin

2 lbs. pork loin

I white onion

2 cloves garlic

1 jalapeño

1 navel orange

1 lime

1 15-oz. can black beans

3 Tbsp. olive oil

I pkg. corn tortillas (for however many tacos you want to make)

**Optional Garnishes:** 

Salsa Tomatoes, chopped Lettuce, shredded Sour cream Cilantro

**1.** Combine all the seasonings to make a rub.

- **2.** Dry off the pork with a paper towel; use the rub to cover the entire pork loin. Set the pork loin in a Crock-Pot; turn on low.
- 3. Finely chop the onion, garlic and jalapeño; lay across the pork loin. Squeeze the juice from the orange and lime over the mixture.
- **4.** After about 4-5 hours, shred the pork with two forks; mix everything together. Add the beans; cook an additional hour.
- 5. When ready to serve, heat the olive oil on medium heat. Form taco shells with two forks or tongs as you cook the tortillas; cook to desired crispiness.
- 6. Assemble the tacos; add desired garnishes.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.









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Monday - Friday 2pm - 8pm (MISD holidays 11am - 8pm) Saturday 8am - 8pm Sunday 9am - 6pm

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> Scan the OR code for all event details!



## Saturdays at the Patch

Special Events 1 - 4pm Free Activities Food Available for Purchase

Oct 1: Petting Zoo

Oct 8: Bubble Machine

Oct 15: Bounce Houses

Oct 22: Hayrides

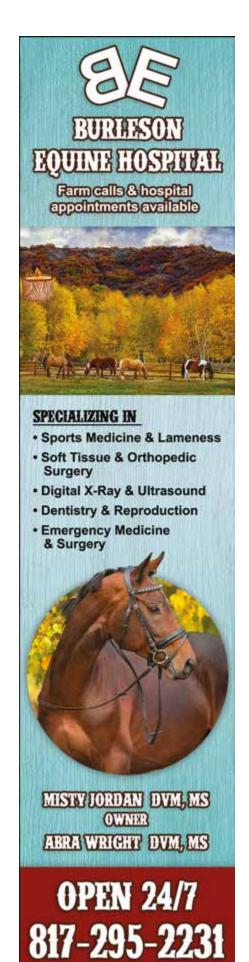
Oct 29: Trunk or Treat



StJohnMansfield.org 1218 E. Debbie Ln, Mansfield











"Rejoice in the Lord always; again I will say, rejoice."

- Philippians 4:4

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## **Crossword Puzzle**

1	2	3		4	5	6		7	8	9
10		1		11	$\vdash$	1		12	$\vdash$	1
13		t		14	T	T	15		t	1
16	T	1	17		T		18	$\vdash$	t	t
19	T	t	T	T	T	20				
21		1	t	t		22	t	23	24	25
			26	t	27		t	t	t	t
28	29	30	Т		31	1			T	t
32	T			33		$\vdash$		34	T	t
35	T	T		36	$\vdash$	$\vdash$	1000	37	T	t
38	+	+		39	+	+		40	+	+

Crosswordsite.com Ltd

### Across

- 1 Red or Dead?
- 4 Quick-fire talk music
- 7 L A clock setting
- 10 It may be tipped
- 11 Stuck in bed
- 12 Corn spike
- 13 Nadal's org.
- 14 Hot red pepper
- 16 Once in a blue moon
- 18 What Lizzie Borden took
- 19 Double-crossers
- 21 So far
- 22 Thready streaks
- 26 TV witch
- 28 Compulsion
- 31 Norwegian princess
- 32 Suffer remorse
- 34 Entirely
- 35 Bran source
- 36 "--- Believer" (Neil Diamond song)
- 37 Rail support
- 38 Mineral spring
- 39 Cookie holder
- 40 Loan charge

### Down

- 1 California peak
- 2 Beanery customers
- 3 Cavorting
- 4 Unsalted Italian cheese
- 5 1836 siege site
- 6 Layer
- 7 He planned and developed Philly
- 8 NR A spokesperson --- Loesch
- 9 Prehistoric predator
- 15 Getting less
- 17 Compression-ignition engine
- 20 Kigali resident
- 23 Geological layers
- 24 Composer Glass
- 25 Staff Sergeant author of "The Ballad of the Green Berets"
- 27 Home of the Heat
- 28 Sky oddities
- 29 Harvest
- 30 Japanese clogs
- 33 Horse controller

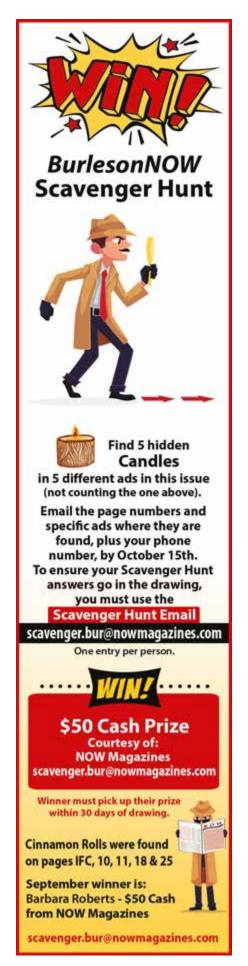
Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.













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## 10/1

## Women's Health and Safety Event:

Health screenings and safety information. 9:00 a.m.-noon, Texas Health Burleson, 2750 SW Wilshire Blvd. www.texashealth.org,

## 10/8-10/9

## **Founders Day:**

Family-friendly historical re-enactments, vendors, car show and kids' zone. 10:00 a.m.-4:00 p.m., Mayor Vera Calvin Plaza. www.burlesontx.com.

### Writers in the Field:

Grown-up, field trip for writers. 8:00

a.m.-8:00 p.m., Steampunk November Grounds, 492 Cordes, Mansfield, TX 76084. www.writersinthefield.com or www.facebook.com/writersinfield/.

## 10/15

## Cool Sounds of Fall:

Selena Forever Tribute Band. Free. 7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St. For more information, visit www.burlesontx.com.

## 10/15-10/16

## **Far Out Family Campout:**

Pre-event: \$15/family of 5; day of: \$25/family of 5. For more information, visit

www.amilia.com/store/en/city-of-burleson/shop/activities/4039263.

## 10/22

## **Boo Bash Festival:**

Free candy and fun for kids from birth to 12 years old. Sign up online for a timeslot. 5:30-8:30 p.m., Chisenhall Fields. For more information, visit www.burlesontx.com.

## 10/28

## Fall Fest at the Farm:

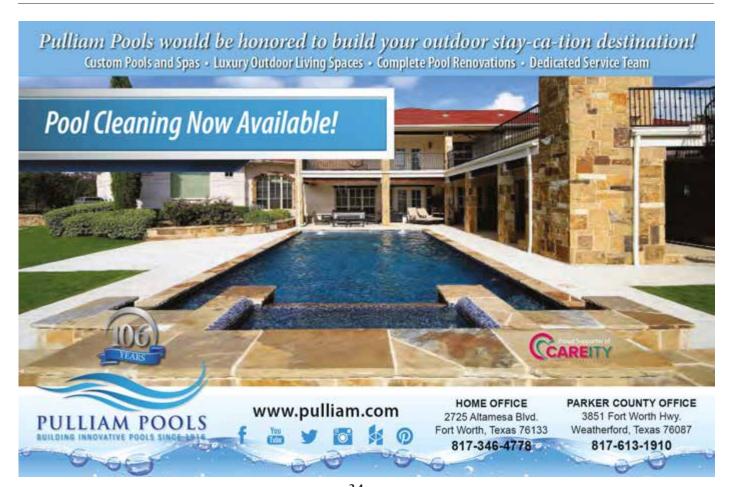
Bring the family! Pumpkin walk, hayrides, games and more. Free. 6:00-8:00 p.m., Russell Farm. www.burlesontx.com.

## 10/29

## 26th Annual Texas Country Reporter Festival:

Hosted by Bob and Kelli Phillips. 300-plus craft booths, food courts and free concert with Diamond Rio. Admission: Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie.

Submissions are welcome and published as space allows. Send your current event details to lisa.bell@nowmagazines.com.





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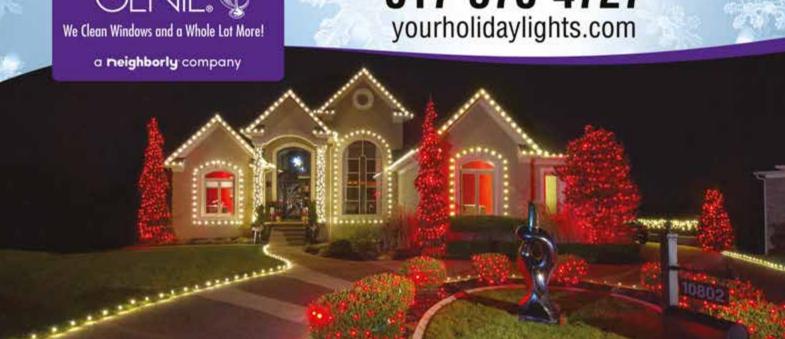
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