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M A G A Z I N E

OCTOBER 2024

## A Step in the Right Direction

Sheila Grissom walks for those who can't

Relay For Life

In the Kitchen With Macayla Bittner

Also inside:

Scavenger Hunt

Crossword

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Sheila Grissom organizes  
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# EDITOR'S NOTE

Welcome back, Fall!

I know the Autumn Equinox was back in September, but as a true Texan, I know we won't start feeling it until the middle or end of October. Because of the hot weather, it feels wrong to celebrate fall sooner than this month, even though my heart has been chomping at the bit to do just that. It feels like I've been craving pumpkin-flavored drinks and seasonally appropriate candles for ages! With Halloween right around the corner, it's no wonder this is my favorite time of year. (And, yes, I am going to say the same thing when December rolls around. 'Tis the season to be fickle and all.)

What gets you in the mood for the change of seasons? Is it the color of the leaves? Is it the spooky decor suddenly in stores? Is it going to fall festivals with your friends or families? Or is it because football season finally feels bearable?

One thing that really gets me in the mood for this most wonderful time of the year is, surprisingly, the music. Unlike Christmas, fall doesn't have a specific genre associated with it. That hasn't stopped me from creating a playlist of songs that transport me to the idyllic woodland scenery Patrick McHale and the animators of *Over the Garden Wall* created. The playlist is mostly acoustic and folksy songs, like those from The Paper Kites and Caroline Smith and the Goodnight Sleeps. I can't listen to those artists without being eager for fall. Funny the way certain songs make you feel.

*Savor this season like your favorite song!*



*Emma*

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# A Step in the Right Direction

— By Emma McKay

*Mariposa Apartments resident Sheila Grissom and her husband, Allen, got into relays about 10 years ago on a visit to their son's family. "My son, ironically, lives in a small town in California called Mariposa. It's a town of under 2,000 people, but they have always been a big supporter of relay." The year she and her husband visited Mariposa, California, the city held a 24-hour relay event. "To fill up 24 hours, they had something going on every 30 minutes for 24 hours. Can you imagine the planning that goes into that?" Sheila recounted the relay having competition events and costumed laps. "People bring buckets of clothes and silly things to wear for these laps."*

Sheila had so much fun at the relay, she searched for ones to participate in when she came back home to Texas. "We joined a relay, but it wasn't organized the way theirs was. I was so disappointed. It was just people walking around a track!" Determined to bring some fun into the relays, she joined other teams for several Fort Worth relays. "I tried to beef them up a little bit and have them be more cancer oriented. 'Let's walk a lap for skin cancer. Let's put zinc on our nose and walk a funny lap because we're not going to get sunburned.'"

Although Burleson used to host an annual Relay for Life event, by the time Sheila and Allen moved to the city, the event had dissipated. "The same people had been in charge for 10 years, and they got burned out," Sheila said. "Nobody was willing to step up and take the leadership role, so it just ground to a halt." Determined and eager, Sheila decided to revive the event for her community at Mariposa in 2021.

Leading up to the big event, the Burleson relay team hosts a multitude of fundraising events and opportunities to help support the cause. For those who want to honor a loved one, the relay team sells personalized luminaries, which they light up with glow sticks to display during the relay. In the community cafe, Sheila sets out Penny the Piggy Bank to collect spare change donations. They even have a booth at Founder's Day, where kids can draw straws for 50 cents and win prizes. "It's a lot of fun."



Their biggest fundraisers, though, are their semiannual bake sales and their middle of the year bingo tournament. Businesses around Burleson kindly support the cause through monetary or product donations, which help fund the production of these events and provide prize incentives for attendees. "The businesses in Burleson are very supportive. We couldn't do it without them," Sheila proclaimed. "We've raised \$4,000 to \$5,000 each year. Coming out of an entity that is self-contained with seniors who, for the most part, are on fixed incomes, I don't know how we do it, but we do it."

Each October in the Mariposa courtyard, Sheila and her team host the relay. At the sign-in table, participants receive a lanyard with either a paper foot or a paper sun. "We ask if they've had or are dealing with cancer. If they say yes, they wear the paper foot, so anybody wearing one of these at the relay, we know they've either beaten cancer or they're dealing with it right

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now.” Those who haven’t had cancer wear the sun. “Not everybody here who’s dealing with or has had cancer can walk around the courtyard, but they want to participate. So, they raise their hand and say, ‘I need a walker to walk for me.’ Somebody wearing the sunshine can write their name on it. Some of the walkers get competitive. ‘Oh, you need a walker? I’ll do it!’” Participants who can walk, but not for a great distance, walk laps around Mariposa’s lobby. “Everyone gets a chance to walk.”

To make things more fun, residents are invited to bring their families. “We have lawn games for kids of all ages,

including seniors.” The Mariposa relay also has themed laps. “I’ll call the laps for things: ‘Let’s go walk for skin cancer,’ or, ‘Let’s walk for a specific person who lives here.’ Sometimes, we’ll walk a lap with all the kids to wear them out.” The kids really enjoy the themed laps. “We’ll have a parade lap, and ask, ‘Who wants to lead the parade?’ Some kid will say, ‘I do! I do!’” They’ll then choose a kid to be the line leader, and everyone else must do what the leader says. “Silly stuff to keep people engrossed and having a good time,” Sheila said.

While they know how to make the event fun, Sheila ensures the participants understand the importance of what they’re doing. At the end of the day, she gathers the walkers to share current information and statistics about cancer the American Cancer Society provides her. “It’s almost impossible to find someone who hasn’t been touched by cancer in some way or another,” she explained.

Sheila thanks her son and daughter-in-law for giving her the base knowledge on how to host a relay. Through their help, she’s brought

the fun and charity of relays to her Burseson community. “My husband said that this isn’t geared for people our age. And I said, ‘Yeah, but we’re healthy, and we can do this. We need to do this.’ He has since then had to deal with cancer, and he has won his battle. You get a different perspective when it hits home,” Sheila shared. “That’s what it’s all about. I’m walking for those who can’t.

“There may not be a Burseson city relay, but there is a relay that’s alive and well in Burseson. While we can’t invite the public, we can certainly ask for support,” Sheila said. “In a perfect world, we’d raise enough money for research, and we wouldn’t have to do this anymore because there wouldn’t be any cancer left.” Until then, Sheila and her team will happily continue walking and fundraising for the cause. **NOW**

*Editor’s Note: To donate to the Burseson Relay for Life team, visit [relayforlife.org/bursesontx](http://relayforlife.org/bursesontx).*

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## Zoomed In: Jan Tuggle

By Emma McKay

“God made me a boys’ mom for a reason. I can put up with the shenanigans that boys throw,” Jan Tuggle said. As a mother to five boys, ages 13 to 26, Jan knows how to have fun. “We do a big NERF war on Christmas Day,” she explained. “We like to play jokes on each other. I’m the world’s worst at forgetting I set a booby-trap, and then I fall into it.”

When she’s not at her kids’ sports meets or playing with her dogs at the park, Jan enjoys time with her husband. “We go on one date a week, even if it’s just driving to Taco Casa to pick up something. It’s just us. The kids don’t get to go.”



Ally and Gabe Poirot grab a coffee at Daydream before heading to Bible study.



Lilly Ann Ivy embarks on an adventure through the playground.



Mick and Sandy McDowell share a meal at Old Texas Brewing Company.



Mary Ashley Samuelson trains her service dog, Merlin, by taking him on a trip to the library.



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Breckin and his Yaya, Shelley Speller, enjoy the slides at Warren Park.



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## BusinessNOW

# TotalCare

— By Emma McKay

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In 2004, Dr. Roger Saade and Dr. Wes Saade started practicing medicine together so they might glorify God. “They wanted to be something bigger in the world,” said TotalCare Chief Marketing Officer Dion Lampe. “They felt through medicine that they could do that.” Now with 14 facilities including primary care clinics, emergency rooms and behavioral health clinics throughout the Metroplex, this family-owned organization has made it their mission to serve the communities in which they are involved.



The TotalCare Crowley clinic is one of their largest and longest running clinics. In addition to being well established in the Burleson-Crowley area, both Dr. Roger and Dr. Wes practiced at this location, making it extra special for them. “The majority of the people who work here live in the community,” Dion said of the Crowley location. Due to this, the staff is extra invested in taking care of their community and treating them with small-town hospitality.

Although they are smaller than their competitors, TotalCare’s focus on giving quality care sets them apart. “The physicians are vetted by the owners of the company, so you’re going to see the most top-notch physicians here,” Vice President of Marketing Brett Jeanblanc explained. “From pediatrics to the elderly, we do pretty much everything in our clinics.”

TotalCare Crowley services the community through routine checkups, pediatric services, diabetes treatment, sick visits and in-house allergy testing and treatment. One

of the things that makes TotalCare's Crowley clinic special is its being one of their few hybrid primary care/urgent care clinics. "In addition to appointments, we offer walk-in services, so we can see someone who has an urgent care case," Brett continued. They've even begun offering cosmetic services, including BOTOX, Semaglutide weight loss and testosterone therapy.

Their faith is integral to TotalCare's mission, and they strive to let their love for God shine through everything they do. "I think it's really impactful that we treat every patient as individuals," Dion said. "Our slogan is transforming lives one person at a time, and that goes with our faith and understanding why you're here. You're not just here to make a dollar, you're here to help people get through some tough times."

As Christians and refugees from Lebanon, Dr. Roger and Dr. Wes have an immense passion for mission work. This led them to opening a clinic in Beirut, Lebanon, so they could provide medical treatment to those in need. Over the years, TotalCare has opened international nonprofit clinics and hospitals, including one nonprofit clinic in Kenya, two hospitals in Northern Africa and a soon to open clinic in Uganda.

TotalCare keeps up their mission-mindset in Texas, too. "We dive deep into our churches, helping to give free health care, checkups and different things like that. We work with nonprofits and foundations in the areas to give back through clothing drives and food drives. Whoever really needs it the most, we try to do that," Dion said. In 2025, in addition to their international work, TotalCare is planning on providing even more health care services to local nonprofits.

Although the future of TotalCare is expansive, the team refuses to sacrifice their quality of care for their communities. "We started right here," Dion concluded. "This is who we are. We are South Fort Worth. We are built in our faith. I think we will always stay that way." **NOW**

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To ensure your Scavenger Hunt  
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Winner must pick up their prize  
within 30 days of drawing.

Apples were found on  
pages 13, 15, 18, 21 & 25.



September winner is:

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CookingNOW  
*In the Kitchen With*  
 MACAYLA BITTNER

— By Emma McKay

“I find that cooking is a way to express yourself through flavors, artistically, and even as a form of artwork!” Macayla Bittner expressed. Growing up, Macayla would help her mom and dad cook by creating the meals’ side dishes. One of her favorite dishes to share is her Mediterranean Pasta Salad. “I love when others cook this recipe for their family and get positive feedback. It’s the best feeling!”

When she’s not sharing her passion for cooking with others, Macayla is advancing her career as a pediatric dental assistant or caring for her foster pets. “I currently foster cats and dogs for a nonprofit animal rescue. This is absolutely my passion in life and makes my heart full!” **NOW**

depending on your preference of softness. Once boiled, add the pasta to a glass bowl; place in the refrigerator to cool.

- 2.** Add the onions, bell peppers, tomatoes and cilantro to a large serving bowl that is big enough to hold the pasta as well.
- 3.** Vigorously shake the dressing bottle; add the entire bottle to the bowl that contains the vegetables. Add the pepper; mix with a serving spoon.
- 4.** Remove the pasta from the refrigerator; add it to the bowl. Add the cheeses; mix all the ingredients.

### Mediterranean Pasta Salad

- 1** 16-oz. bag penne rigate pasta (Rotini pasta is a good substitution.)
- 1** small red onion, diced
- 1** medium yellow bell pepper, diced
- 1** pkg. grape tomatoes, quartered
- 1** bundle cilantro, chopped

- 1** bottle Newman’s Own Classic Oil and Vinegar Dressing
  - 1** tsp. ground pepper
  - 1** 6-oz. bag finely shredded Parmesan cheese
  - 1** 6-oz. container crumbled feta cheese
- 1.** Boil the pasta on high for 9-11 minutes

### Pumpkin Spice Latte

- 1** cup whole milk (or your preferred milk)
- 2** shots espresso or 1/2 cup brewed coffee
- 3** Tbsp. Pumpkin puree
- 1** Tbsp. maple syrup
- 1** tsp. pumpkin pie spice

**1 tsp. vanilla extract**  
**Whipped cream, pumpkin spice or cinnamon, for topping**

1. Heat the milk in a small pot over medium heat. Bring the milk to a slight simmer and immediately remove. You don't want the milk to boil.
2. Pour the espresso (or brewed coffee) into a glass mug. Mix in the puree, syrup, pie spice and vanilla; stir with a spoon.
3. Froth the milk in the pot using a milk frother or small whisk. Pour in the cup.
4. Top with whipped cream and pumpkin spice or cinnamon to preference.

## Chicken Enchilada Casserole

**4 chicken breasts**  
**1 tsp. salt**  
**1 10.5-oz. can cream of chicken soup**  
**8 oz. sour cream**  
**12 yellow corn tortillas**  
**1 small white onion, chopped**  
**1 4-oz. can diced green chiles**  
**3 1/2 cups mild cheddar, freshly grated (divided use)**

1. Boil the chicken and salt for 35 minutes. After 35 minutes, check the toughness with a fork. If the chicken is still firm, cook for 10 more minutes.
2. Preheat the oven to 350 F.
3. Transfer the chicken to a plate; save the chicken broth for later.
4. In a saucepan, add the cream of chicken soup, sour cream and 1/2 cup of the chicken broth from the pot. Cook on medium heat for 5-7 minutes.
5. Set out a 10x15-inch glass dish. Dip the tortillas into the soup mix one by one to soften them. Line the dish with a single layer of tortillas.
6. Layer in 1/2 of the boiled chicken, onions, chiles and cheese.
7. Repeat steps 5 and 6 in layers until all the ingredients are added into the dish. Be sure your top layer consists of the chicken, vegetables and cheese.
8. Drizzle the remaining soup sauce on top. Cover with 1/2 cup of cheese.
9. Cover the top of the dish with foil; bake for 45 minutes.
10. Remove from the oven; allow to sit for 10 minutes before serving.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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- Virginia Woolf



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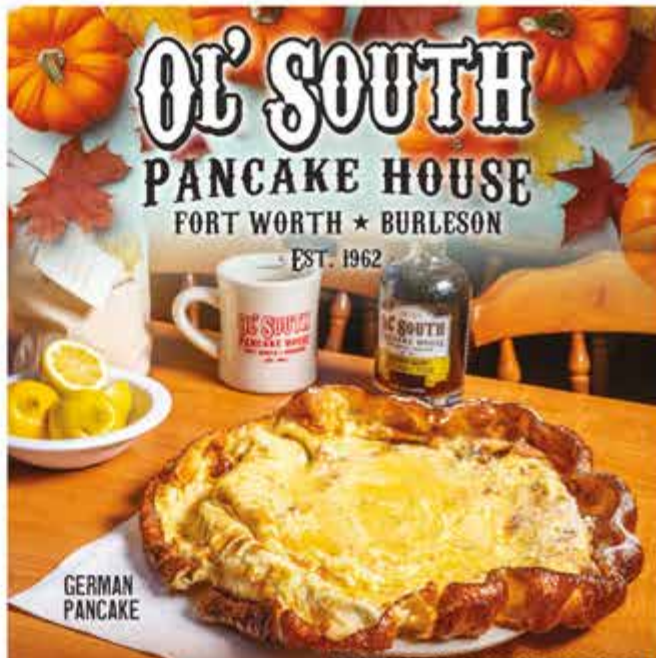
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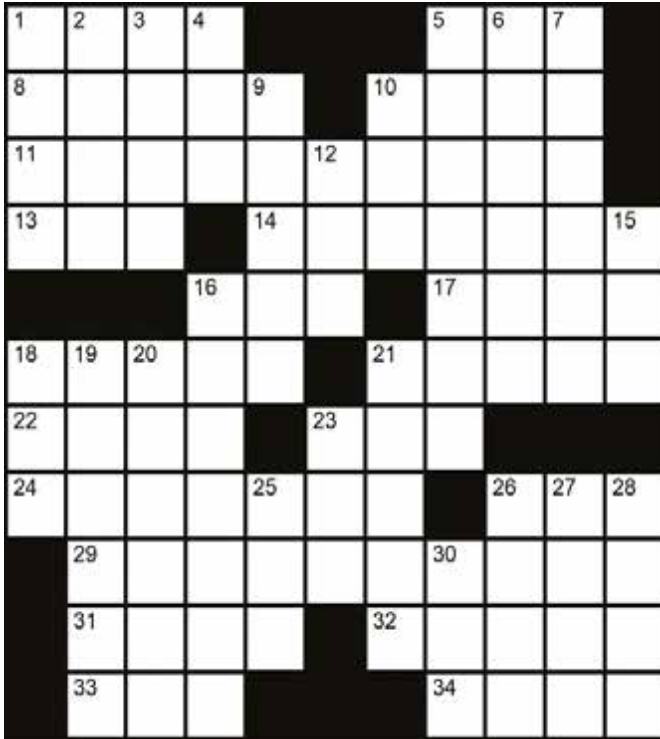
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# Crossword Puzzle



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## Across

- 1 Jack of old oaters
- 5 Spread
- 8 Torus-shaped food
- 10 Convergence points
- 11 Sociable
- 13 Longbow wood
- 14 Moves rapidly, deflecting her lust
- 16 Egg drink
- 17 "— Romeo slain himself?" (Shakespeare, "Romeo and Juliet")
- 18 The —, seat of the International Court of Justice
- 21 --- Neiman, sports artist
- 22 Speck
- 23 Used to be
- 24 Took the rudder
- 26 Mister in Mumbai
- 29 Descendants of Jacob
- 31 Invent
- 32 Texting alternative
- 33 Last resting place in Virginia
- 34 She was shortened by Henry

## Down

- 1 Nervously irritable
- 2 Collective wisdom
- 3 Once more
- 4 Assault
- 5 Mollifies
- 6 Eye-related
- 7 Aware of
- 9 Heavy Chevy
- 10 Evergreen tree
- 12 Top gear?
- 15 Bashful
- 16 Digital
- 18 Possesses
- 19 Prison in New York
- 20 Occurs
- 21 Soup scoop
- 23 Minuscule
- 25 Stood for office
- 26 Laurel or Musial
- 27 Bit strap
- 28 Sea key
- 30 Well, --- monkey's uncle!

Online versions and solutions available at [www.nowmagazines.com](http://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.

## SCAVENGER HUNT WINNER!



Janet Jirik, winner of the \$50 cash prize from NOW Magazines, said, "We just love reading the BurlesonNOW Magazine each month. We love playing the scavenger hunt game!"



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# Hello, Fall

## OCTOBER

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

### 10/5

#### Dogs and Donuts:

Grab your four-legged pals and join us at Burleson Bark Park for a paw-tastic event with donuts, apple cider and a costume contest for your furry friends. 9:30-11:00 a.m., Burleson Bark Park, 616 Memorial Plaza. Register for the contest at [burlesontx.com/events](http://burlesontx.com/events).

#### Fall Fest at the Farm:

Celebrate all things fall with fun activities including a hayride, pumpkin bowling, fall arts and crafts, kite flying, games and more! Free.

### 10/12

#### Founders Day:

Celebrate Burleson's founding with historical re-enactments, a kid's zone, car show and more! Free. 10:00 a.m.-4:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

### 10/12-10/19

#### Bag of Books Bonanza:

Support The Friends of the Burleson Library and acquire some new favorite reads at their Bag of Books Bonanza! \$5 purchases a single use bag to fill with books, CDs and DVDs for

all ages! Takes place during regular library hours, entryway of the Burleson Public Library, 248 SW Johnson Ave.

### 10/19

#### Boo Bash:

Join us for a spooktacular evening with your friends and family. Come dressed up in your best costume! Activities include pumpkin painting, Country Critters petting zoo and bounce houses. Free candy and games for children under 12. Food trucks will have food available for purchase. 5:30-8:30 p.m., Chisenhall Fields, 500 Chisenhall Park

Ln. Register for a time slot at [burlesontx.com/events](http://burlesontx.com/events).

### 10/26

#### Crossroads of Texas Country Festival:

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Submissions are welcome and published as space allows. Send your current event details to [emma.mckay@nowmagazines.com](mailto:emma.mckay@nowmagazines.com).



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