BurlesonNOW

January 2022



BURLESÓN

To Serve and Protect

Community Resource
Officer Jonathan White
assists Burleson citizens

Here After Hee Haw

Dallas native LuLu Roman continues performing

In the Kitchen With Tisha McCrory

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business: TotalCare Crowley

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....ECHWSS EDDW....



Alan M. Taylor, II MD, FACP, FACC

Karen R., Burleson, TX

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TO SERVE **AND PROTECT**

Burleson's Are You OK? program provides wellness calls for area residents.

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ON THE COVER

Mutual respect and support make Officer Jonathan White proud to serve with Burleson PD.

Photo by Lori Baur.

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EDITOR'S NOTE

In the year 2022 ...

What will we accomplish? As each new year dawns, we say goodbye to the previous months, hoping they retire in full. With the right perspective, we face an exciting season as the calendar turns. This month, we again face a decision. Will I keep looking in the rearview mirror, or will I embrace new beginnings? According to those who study meanings of years, 2022 promises new beginnings. I like the sound of that. Looking forward, my personal word for the year happens to be beginnings, chosen months before writing this.

New beginnings mean progress in place of stagnant, same ol' stuff. Fresh creativity, new business ventures, unusual hobbies and projects. New anything. Only our willingness to act stands in the way of fulfilling long-held dreams or improving personal situations. We can do anything our hearts desire.

With the new year's arrival, I already reviewed what I achieved this past year and what I left undone. Of those goals I set a year ago, how many did I meet? Of the ones I didn't achieve, I must ask what prevented me from reaching them. We can gush excuses, but we don't enjoy looking at reasons. The only authentic reason I find — me. Still, I get to correct course and start fresh. Maybe my timing didn't match God's. Maybe I didn't really want to meet that goal. And maybe I simply didn't make it a priority. Fortunately, I have a second, third, fourth or 10th chance to make this year different.

Happy New Year, and may 2022 be your best!





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TO SERVE AND PROTECT

— By Lisa Bell

Not every interaction with a police officer in Burleson means a negative event. Sergeant Wes Routson and Community Resource Officer Jonathan White take pride in helping members of the community. Sgt. Routson began his career in Keene, but within a few years, he joined the Burleson PD. Now more than 25 years later, he still loves working here. Officer White, a 13-year veteran, joined Burleson five years ago, moving from Washington, D.C. After some of his family members moved to the area, he visited and fell in love with the community. "I love the citizen engagement and respect," he admitted. "The programs Burleson PD offers mean more involvement with the community."

Among many programs available to citizens, the return of Are You OK? has these two and other officers and volunteers excited. While attending a conference, Officer White spoke with a woman whose organization saved 12 lives over the past year. He envisioned bringing the program to Burleson. "We get at least one call a week from out-of-town family members asking us to do a welfare check," Officer White said.

Although a nationwide program exists, Sgt. Routson wanted to make the local version more personal. With this program, resource officers and community volunteers make a personal phone call at least once a week to check on the well-being of elderly individuals, disabled persons, shut-ins who live alone or anyone in the community who may need it.



These calls provide a connection for people who sometimes need a comforting voice and assurance that someone cares. If the volunteer or officer hears concern in the participants' voices, they can address any issues. If no one answers when called, they try again, then decide whether they need to send a patrol car to check on that person's welfare.

Sgt. Routson stated, "It's another way we can reach out to a community that supports its police department."

"The Burleson PD is very community oriented," Officer White shared. "I enjoy reaching out to people, and through this program, hopefully, we save lives. Even if they don't have family, they have family."

The program gives residents peace of mind, knowing someone will check on them. Officer White stated they have found unresponsive citizens during follow-up calls, and by getting first responders on location, they prevented deaths or more serious illnesses. As Burleson continues growing, they hope the program expands with the community.

The Are You OK? program has a few qualifications. The applicant must be a Burleson resident, at least 60 years old,

"I enjoy reaching out to people, and through this program, hopefully, we save lives. Even if they don't have family, they have family."





live alone with a working telephone and have a medical condition that has him or her confined, or as deemed appropriate by the program administrator. They make exceptions on serious health issues, age and limited family contact.

A much-needed program, it joins a host of others offered by the BPD. Citizens on Patrol and Citizens Police Academy allow volunteers to interact with police officers and offer assistance in the community. Those in both programs act as eyes and ears for the police and can help deter crime. As neighbors and friends, community members wave and talk with these volunteers.

In the Crime-Free Multi Housing program, resource officers provide security tips. National Night Out, a nationwide program, allows neighborhoods to come together and meet police officers, firefighters and other city employees, who stop by during the events held throughout town. During Open House events, the community can visit the police station, meet police and find out more about the organization. Drug take-back events in the spring and fall usually produce a good turnout.

One favorite program, Burleson PD Explorers, allows 16- to 21-year-olds the opportunity to experience a taste of police work. Many of these participants come from criminal justice classes, and the department often recruits from this pool to fill openings. The resource officers also help with training new officers. "It takes a year to birth a new officer," Officer White relayed. "Although we don't own this program, we play a big part in it."

These programs and more help



develop relationships between the police department and the community. "We're always looking for something where the community gets involved, if it's feasible to maintain," Sgt. Routson said.

Working many events, police officers get to know individuals, a benefit that proves priceless at times. If they know an Alzheimer's patient or a citizen with mental disabilities, they also notice if they see that person out of their normal environment. It can help them return someone to his or her home more quickly. That's one of the reasons Officer White loves his job. "Do the right thing. Treat people right. That's our department's motto," he conveyed. "Makes it a good place to work. That's how we are treated, too,"

"We're not more special than the people we serve," Sgt. Routson added. "We're professional police officers, so we take any complaint seriously. We investigate thoroughly and address each one."

Always improving, they realize something said or done might not be wrong from an officer's perspective, but could be offensive. With different backgrounds, understanding people in the community helps them continue improving and maintaining the incredible support they already receive from Burleson residents.

"We're definitely excited about adding Are You OK? back to our list of programs," both men said. With continued support and reciprocal respect, the men and women of the local police department work to protect and serve residents. Every program assists them in doing both, and they treasure knowing they do their jobs well. **NOW**

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If you remember the American variety TV show, Hee Haw, you may also recall one of its stars, Dallas native LuLu Roman. While some of the show's original cast members have moved on to that Kornfield Kounty in the sky, LuLu is still performing and sharing her unique life story — which began in an orphanage in Texas.

Born May 6, 1946, "LuLu" rose to fame during Hee Haw's run from 1968-1995 after being brought to the attention of the show's producer by the soon-to-be show's co-host, Buck Owens. Lulu recalled the audition trip to Los Angeles — and that comedy legend Carol Burnett was her first star encounter at CBS Studios. "The producers had told Buck they were looking for a cast that included one gorgeous blonde and brunette, one boy- and girl-next-door type and a fat dumb man and woman. Buck yelled, 'I've got your fat girl! She's a dancer in Dallas!' And unbelievably, at the time, I was — all 300 lbs. of me!"

LuLu's time on the show, and her life before it, were filled with highs and lows that began in Buckner Baptist Children's Home in Dallas. Born with a thyroid dysfunction, LuLu

expressed that her weight problem resulted in her being teased by her peers and prevented her from being adopted.

"In retrospect, there was nothing funny about being born in a home for unwed mothers, or at the age of 4 being deposited at the orphanage. And so, began the story of little Bertha Louise Hable, who would become famous for making people laugh," LuLu explained.

Dallas resident Sue Hemric grew up in the children's home with LuLu. "She lived in the same dormitory as my sister, and they pulled some funny pranks there," Sue recalled. "I would see her sitting on the outdoor benches where she'd just be singing away. LuLu also brought a lot of laughter to campus."

Graduating in 1964 from W.W. Samuell High School, LuLu quickly parlayed her humor into a career. Drug addiction in her early 20s, however, caused her to be fired from Hee Haw. But a chance encounter with a friend from Buckner's helped LuLu find her faith. "She took me to Beverly Hills Baptist Church in Dallas. This was a spirit-filled church where everyone seemed to love and accept me. It was there in 1973 where I gave my heart to Jesus," LuLu recalled.

As a result, LuLu began performing country gospel music and has been recording and touring for more than 40 years. "Years later, seeing her on TV, I was happy that a Buckner kid had made something of themselves," Sue praised. "She deserved all that success!"

LuLu's biography on IMDb — the online source for

celebrity data — reports that LuLu agreed to return to *Hee Haw* only if one Christian song would be performed every episode. To fulfill her request, a Christian Barber Shop routine was created, featuring Archie Campbell, Grandpa Jones, Roy Clark and a rotating cast member. After *Hee Haw's* run ended, Roy reportedly called LuLu his favorite female cast member.

LuLu remains grateful for the program that transformed her from orphan to stardom. "The show was a wonderful time in my life because I had no family to speak of, and we became kind of like a family. We went through marriages, divorces and deaths together — all the things life takes you through in a real family," LuLu admitted. "Everyone involved was a great support to me when I most needed it."

Today, Lulu performs gospel concerts, at women's events and even does some stand-up comedy. Post *Hee Haw* life has found her receiving Christian music's highest honor, the Dove Award, on her way to becoming a member of the Christian Music Gospel Hall of Fame.

In 2019, she joined tour mates Buck Trent, Jana Jae and Misty Rowe on a series of Kornfield Friends reunion concerts — celebrating *Hee Haw's* 50th anniversary. Lulu also co-authored her biography, *This Is My Story; This Is My Song.*

Readers will find painstaking honesty on an early life marked with abandonment, broken relationships and even police encounters, until LuLu found direction. "Despite all I've experienced and all the bad personal choices I've made, I'm a living example of God's grace," she expressed.

At 75, LuLu resides in Tennessee with her three fur babies, where she enjoys ziplining, crafting jewelry and making homemade candy for friends. "Singing is still my favorite thing to do in life," she noted. "What I get to do in continuing to sing and make people laugh is a privilege and a blessing."

Sources:

I. http://www.luluroman.com.

2. https://www.imdb.com/name/nm0738714/.

3. @LuluRomanOfficial.







Zoomed In:

Amethyst and Amaris Guerrero

Often seen at the Burleson Farmers Market, and sometimes at Lost Oak Winery or other places, Amethyst Guerrero makes unique candy. Her daughter, Amaris, enjoys helping her mom, but mostly she likes visiting other vendors. "If she finds an interesting vendor, she'll stay there most of the day — if they don't mind," Amethyst said. "She loves asking them questions."

Leaving Dad and baby brother at home, mother and daughter meet many people, greeting them with smiles and a selection of candy coated in Chamoy, a popular Mexican liquid seasoning, "It's not too spicy," Amethyst said, admitting she can add more heat if someone wants. With her winning smile and bouncy demeanor, Amaris makes a superb partner for her mother and a friend to everyone else.



BISD students share their experiment entry during the 2021 Space Night Social.

Around Town



The Cervera kids tire out their grandparents.



BurlesonNOW Editor Lisa Bell and Ad Rep William Perron meet over coffee.



New in Burleson, the leaders of Alter Ministry minister to pastors.

By Lisa Bell



The Grinch prepares to steal Christmas photos with the kids away from Santa.



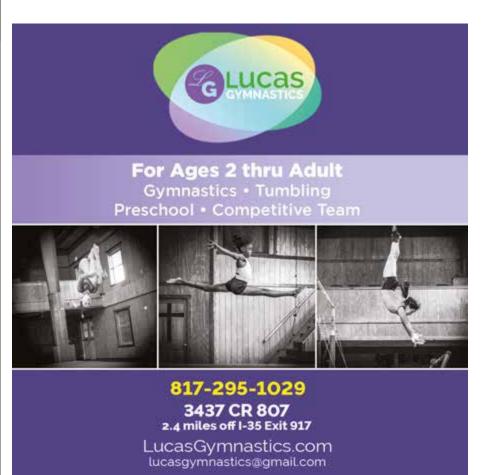
On a warm fall afternoon, the Wilmot family has fun shooting hoops.



Santa Claus waits for visitors during Breakfast with Santa.



Christmas at the Library provides a fun craft day for kids and parents.



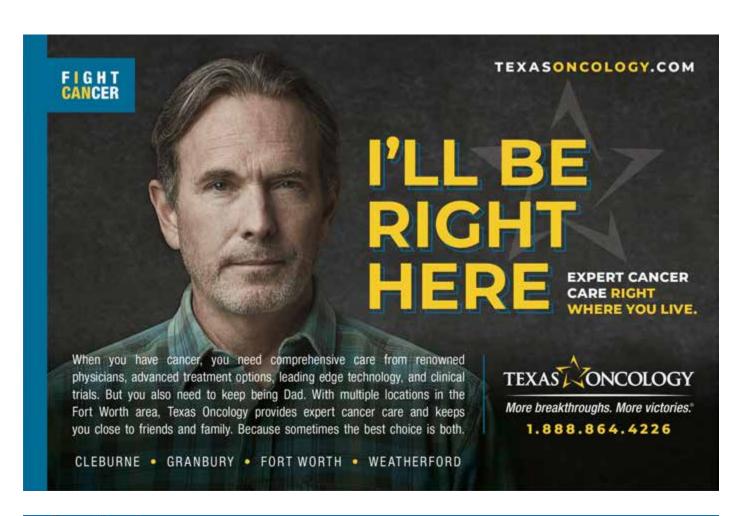




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BusinessNOW

TotalCare Crowley

— By Lisa Bell

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Saturday: 8:00 a.m.-4:00 p.m. Sunday: 1:00-5:00 p.m.

In 2008, founder Dr. Roger Saade opened TotalCare Crowley. Stemming from a small family practice in Joshua, Dr. Saade had a broader vision of a general medical practice with the convenience of urgent care hours. Besides urgent care and walkin patients, TotalCare in Crowley offers routine medical care from pediatrics to geriatrics. Whether for routine care, wellness check-ups, illness or any other medical need, the staff welcomes each patient with care and a desire to build relationships.

"Our founder sees the practice as a ministry, founded on Christian values and principles," said Jamie Adams, director of people and culture. "Despite growth, that hasn't changed. I'm better as a person and an employee after working here."

Alongside general medicine, TotalCare Crowley also provides rapid COVID-19, strep, mono and flu testing in-house. With a Quest lab on-site, they can take care of bloodwork without sending a patient to another facility. In addition, they run cardiac-related and allergy testing and offer testosterone therapy and other services unavailable at a typical doctor's office.

During the last two years, the single clinic grew to include three additional primary/urgent care facilities, eight freestanding emergency rooms, one behavioral care clinic and a nonprofit missionary clinic in Eldoret, Kenya.

With nearby TotalCare's fully functional ERs, they can easily send a patient there when needed. "It's great having the ER

facilities. They help take the strain off hospitals," Jamie shared. In reverse, the ERs have connections to the clinics. which enable them to refer patients who may not need full emergencyroom treatment but don't have a primary care physician.

"As part of the mission team sent to start the clinic in Kenya, our executive team found it very eye-opening. They used instruments we haven't used in the U.S. since the 1800s. One of our long-term goals is to have a nonprofit clinic for every profit facility here," lamie communicated.

Regardless of the tremendous growth, Jamie takes pride in the continued values of TotalCare. The same independent company with identical values, they stress maintaining the culture. According to Jamie, it is stronger and continues in daily conversations among staff members. New employees spend two days going through intense orientation. The business strives to still feel like a small-town doctor, welcome walk-ins and take feedback to heart. "We want to be synonymous with great customer service," Jamie said. "We highly investigate and address any negative feedback."

With doctors and nurses taking part in continued education, the ability to innovate tests and strengthens them. As TotalCare Crowley continues growing with the area, the community continues to be their primary goal. Affected by the rapid growth of the Burleson area, they take pride in keeping long-term employees and search for new ones who match their principles.

"Our culture with patients extends to employees," Jamie stated. "It's important that the staff feel loved. My goal coming in 14 years ago included changing for the better while working here. I did and want other employees to enjoy the same experience."

TotalCare makes a simple promise of a genuine smile and giving heart, going the second mile with every patient at every encounter. Loving and honoring patients, they endeavor to provide genuine care, compassionate treatment and customer service and patient care so over-the-top phenomenal that each experience is unforgettable. NOW





Mother of three, Tisha McCrory works as a paraprofessional at Taylor Elementary. She currently attends Hill College, working on her degree to become an elementary school teacher. "My passion for kids and cooking go hand-in-hand," she shared. "As a child, on Saturday mornings while other children watched cartoons, I watched Martha Stewart with my grandmother. She made sure I tried 'everything,' regardless of my opinion about it."

Tisha's love of cooking continued into adulthood while she learned new and old recipes from all cultures. "Being Hispanic and living here in Burleson my entire life made an impact on my style of everyday meals," she added. "Cooking is my happy place." Despite limited time, she makes sure to teach her children the importance of traditional meals. Now

Chicken and Dumplings

I small chicken
2 cups water
Salt, to taste
I cup chicken broth
3 Then butter or sh

3 Tbsp. butter or shortening

2 cups all-purpose flour

1/2 cup buttermilk Pepper, to taste

1. Boil the chicken in a pot with the water. Add the salt to taste. When tender, pull the chicken from the bone; return to the pot, adding the broth.

2. In a bowl, combine the butter and flour;

mix well. Add the buttermilk. (Adjust the amount for doughy consistency as needed.)

- **3.** Sprinkle extra flour on a cutting board. Pinch off part of the dough; roll it into a thin sheet. Cut into squares. Repeat with the remaining dough.
- **4.** Bring the broth and chicken to a boil. Drop 1 square of dough at a time into the broth. Add additional salt and pepper to taste.
- **5.** Reduce heat; allow to cook for 2 hours on medium-low heat until it reaches a creamy consistency.

Cocktail de Cameron (Mexican Shrimp Cocktail)

2 cups shrimp, cooked, deveined and shelled

2 medium avocados, cubed

3 5.5-oz. cans V8 Tomato Juice

1 5.5-oz. can V8 Spicy Tomato Juice

1/2 cup onions, chopped

1/2 cup cilantro, chopped

Tabasco sauce, to taste I lime, cut into fourths Saltine crackers, to taste (optional)

- **1.** Combine the first 6 ingredients in a large bowl. Refrigerate for at least 30 minutes.
- **2.** Add the Tabasco sauce; squeeze in the lime juice to the desired flavor.
- **3.** Eat with or without crackers.

Texican Chicken Soup

Soup:

- 2 cups chicken, shredded
- 1 15-oz. can Ranch Style Beans
- 1 8.5-oz. can corn
- 1 28-oz. can Ro-Tel
- 2 tsp. cumin powder
- 1 Tbsp. garlic powder
- 3 Tbsp. salt or to desired flavor

Toppings:

- 2 cups cheese, shredded (desired flavor, but sharp cheddar is recommended) Tortilla strips or broken corn chips Fresh lime juice
- **1.** For soup: Combine all the ingredients; simmer for 15 minutes.
- **2.** Add toppings, as desired, to taste for each serving.

Grandma's Deviled Eggs

Makes 12 deviled eggs.

6 large eggs 1/2 cup Kraft Sandwich Spread 36 capers Paprika, for garnish

- **1.** Place eggs in a pot; add water until it covers the eggs completely. Bring to a boil for 20 minutes.
- **2.** Drain; cover in ice water for 5 minutes. Peel; cut eggs into halves, placing the yolks in a bowl.
- **3.** Mix the yolks with Kraft Sandwich Spread until reaching desired texture.
- **4.** Fill the eggs with the yolk mixture; top with 3 capers on each egg. Sprinkle with paprika to taste.

Goulash

- I lb. ground beef, cooked
- 1 14.5-oz. can green beans
- 1 10-oz. can corn
- 1 10-oz. can Ro-Tel
- I tsp. garlic powder
- I tsp. black pepper
- 1 Tbsp. salt
- 15 oz. tomato sauce







5.5 oz. V8 Tomato Juice Juice from 1/2 lemon 1 16-oz. pkg. macaroni noodles, cooked Lemon pepper, to taste

1. Combine all the ingredients, except the lemon pepper; cook on low for 20 minutes. **2.** Serve with cornbread and a sprinkle of lemon pepper to your preferred taste per bowl.

Apple Pie

- 1 pkg. Pillsbury piecrust
- 3 Granny Smith apples, peeled and sliced
- 2 red apples, peeled and sliced
- I stick butter, cut into 8 equal slices

- 1 cup sugar
- 1/2 cup brown sugar
- 1 Tbsp. cinnamon
- **I.** Preheat oven to 350 F. Line bottom of pie pan with one piecrust. Lay apple slices on top of the crust.
- **2.** Place the butter slices on top of the apples, spaced out; pour the sugar and brown sugar over the slices evenly. Sprinkle the cinnamon on top.
- **3.** Place the second piecrust on top; cut four slits in the top. Bake for 35-45 minutes or until the apples are tender. (Check with a toothpick.)

Hot Sauce

- 1 28-oz. can Original Ro-Tel Tomatoes and Green Chilies
- I tsp. garlic powder
- 1 Tbsp. salt
- 1/3 bunch cilantro
- I whole pickled jalapeño, without the stem (or substitute 6 slices of nacho jalapeños)

Juice from 1 lime

I. Combine all the ingredients in a blender; process to your desired consistency.

Tuna Casserole

- 1 12-oz. can tuna fish in water
- I 16-oz. block sharp cheddar cheese, grated, plus extra for top
- 1 15-oz. can Campbell's Cream of Chicken Soup
- 1 8.5-oz. can sweet peas
- 2 cups cooked bowtie noodles
- 1 tsp. salt
- **I.** Preheat the oven to 325 F.
- **2.** Mix all the ingredients together; pour evenly into a 9x9-inch pan.
- **3.** Cover with extra cheese; bake for 20 minutes.



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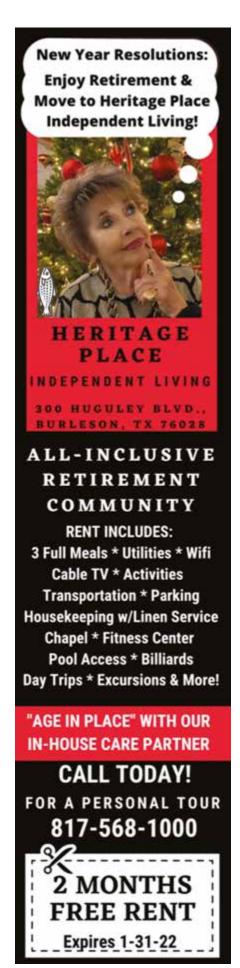
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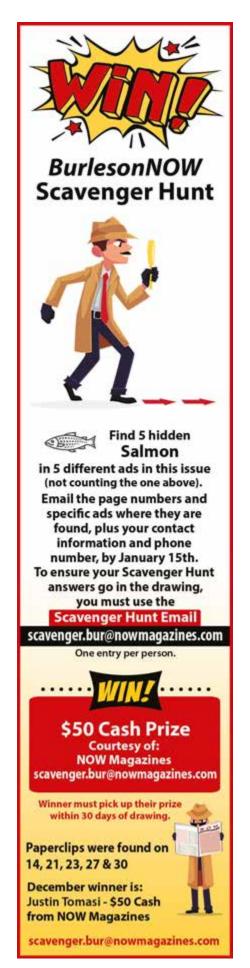


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Crossword Puzzle

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

Crosswordsite.com Ltd

Across

- 1 Nixon's first veep
- 6 Kitchen king
- 10 Memorable 2011 hurricane
- 11 Dell
- 12 Dolphins' home
- 13 Photographer's request
- 15 Tows
- 17 Gear tooth
- 18 Regular event for sheep
- 21 All future generations
- 23 Napa Valley sight
- 24 D D E's predecessor
- 25 Usher inside
- 28 CBS journalist Lesley ---
- 31 Lot left it
- 33 Crude cartel
- 34 Home of the Golden Hurricane
- 35 Lascivious
- 36 Very expensive

Down

- 1 Goal
- 2 Type of lock?
- 3 Approach
- 4 As a group
- 5 Onerous
- 6 Pharmacy chain
- 7 Amateur radio enthusiast
- 8 Draw out
- 9 Serious offense
- 14 Fabergé creation
- 16 Construe
- 19 Apprehends
- 20 Weather
- 21 Shooting iron
- 22 Recorded, perhaps
- 23 Obsolete technology which could store programs 22 Down
- 26 Between jobs
- 27 Natural skill
- 29 Chop
- 30 Display letters
- 32 Explore

For online versions, visit nowmagazines.com

Sudoku Puzzle

Easy

Solutions on page 36

			1	3				
4	9							5
2						9		
					3	5		2
		3		2				1
		5		9				6
8		2					6	
1			2		6			
					5		1	

Medium

			6				9	
	7			5	3			
	8			4				1
5		6	2	8				
		2		9				
						8		4
4	6	3						
						1		
	1		7	6				5

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Solutions on page 36



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HAPPY IEWYSEAR Due to COVID-19, 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. JANUARY

1/1-1/31

Show Up and Show Out:
BRiCk Member Appreciation
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Facility/Details/BurlesonRecreation-Center-BRiCk-37.

1/22

Red Chair Lecture Series:

Cultural lecture sponsored by Hill College-Burleson and Friends of Russell Farm Art Center. Check the website for details. 7:00 p.m., Russell Farm Art Center, 405 W. CR 714. www.burlesontx.com.

1/26

CityFest:

Free opportunity for the public to engage with city officials and city departments. Learn what the city has accomplished in the past year and plans for 2022. Kids' activities available, including bounce houses, face painting, games and more. 4:30-7:30 p.m., BRiCk,

550 NW Summercrest Blvd. For more information, call (817) 426-9622.

1/29

The Great Giveback:

The community is invited to learn about giving back through charitable organizations in Burleson and Johnson County. Burleson Library's Kindness Club will be on hand with crafts and activities for kids. Interested agencies can contact Amanda Cadenhead (acadenhead@burlesonlibrary.com). 9:00-11:00 a.m., Burleson Public Library, 248 SW Johnson Ave. (817) 426-9210.

First and Third Wednesdays

Senior Bingo:

Have fun and win prizes twice each month. 10:00 a.m.,
Burleson Senior Activity Center,
216 SW Johnson.
For more information, visit
www.burlesontx.com/320/
Senior-Activity-Center or
(817) 295-661.

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







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Crossword Sudoku Solutions



Easy

5	8	7	1	3	9	6	2	4	
4	9	6	8	7	2	1	3	5	
2	3	1	6	5	4	9	7	8	
9	1	8	7	6	3	5	4	2	
								1	
7	2	5	4	9	1	3	8	6	l
								9	
1	7	9	2	4	6	8	5	3	
3	6	4	9	8	5	2	1	7	١

Medium

1	2	4	6	7	8	5	9	3
						2		
_	_	_	_	_	_	7	_	_
5	4	6	2	8	7	3	1	9
8	3	2	4	9	1	6	5	7
7	9	1	5	3	6	8	2	4
4	6	3	8	1	5	9	7	2
9	5	7	3	2	4	1	8	6
		8						



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