

BurlesonNOW

JANUARY 2024

Kickin' Cancer

Ken Rebstock honors those fighting cancer through the Cancer Warrior Martial Arts Program

In the Kitchen With Michelle Fuentes

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:

Texas Health Huguley Hospital
Fort Worth South

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ON THE COVER



Ken Rebstock uplifts those who share his fight against cancer.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



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Emma

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BurlesonNOW Editor
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EDITOR’S NOTE

Welcome, 2024!

Whether it be counting down to midnight, eating black-eyed peas and collard greens or kissing the one you love, everyone has their own tradition for ringing in the new year. One tradition that I’ve never known much about is singing the song “Auld Lang Syne.”

My introduction to this tune was at age 8, when I watched the episode “Do-It-Yourself Mr. Bean” from Rowan Atkinson’s British comedy, *Mr. Bean*. In the episode, Mr. Bean throws a truly awful New Year’s Eve party for his friends. To end the party faster, his friends turn his clocks forward, tricking him into thinking it’s midnight. The group then all hold hands and sing “Auld Lang Syne” to welcome in the “new year.”

According to the Encyclopaedia Britannica, Scottish poet Robert Burns wrote the song in 1788. “Auld Lang Syne” tells a story of a group of friends drinking and reminiscing tales of their youth. The direct translation of the title is “old long since,” meaning “for old time’s sake” or “since long ago.” Even though the song wasn’t intended to be associated with the holiday, for over a century its first verse and chorus have been used to bid farewell to the previous years.

The tradition of singing “Auld Lang Syne” gained popularity in North America due to Guy Lombardo’s band, the Royal Canadians. On December 31, 1929, the band performed the song for a New Year’s radio program and continued their annual broadcast performance for over 30 years, cementing it into modern American tradition and spurring modern artists to produce their own covers.

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Cancer Warrior

"I HADN'T REALLY FELT SORRY FOR MYSELF WITH CANCER.
I WAS THINKING OF SOMETHING I COULD DO TO
MAKE GOOD OF IT."

KICKIN' CANCER

— By Emma McKay

Whenever life closes a door, another door opens, or so the cliché goes. Ken Rebstock, founder of Cancer Warrior Martial Arts Program, wholeheartedly agrees with this saying, especially when it comes to his own battle with cancer.

"In 2009, I had stage 2 colon cancer," Ken said. "Then in 2012, it came back as stage 4." The situation looked bleak. Ken's doctor had recommended putting him in a hospice facility, but Ken's wife, Rosemary, who works for a hospice care center, objected. The two found another doctor to give a second opinion. With the second doctor, Ken was recommended to a surgeon, who was able to remove the cancer build up and the tumors from his colon.

Since the surgery, Ken goes in to do chemotherapy every two weeks to prevent the cancer from coming back. Over the past decade, he has received nearly 300 chemo treatments. "Every two weeks, the doctor jokes that I've set a new world record. I finally got that recognized by Record Holders Republic."

Before 2012, Ken led an active life. Until they sold them all in 1999, he worked with his family at their 15 McDonald's franchises. After that, he ran Microplay, a store similar to GameStop, and paid local bands to play there on Saturday nights. In between hawking games and hosting Battle of the Bands, Ken rented prom tuxes to teenagers for a low cost and chauffeured people to the airport. Just before getting diagnosed the second time, he opened a Quiznos franchise, which he inevitably had to sell.

With the cancer gone, Ken was ready but physically unable to go back to work. "I couldn't do much. The effects of the cancer prevented me from working normal eight-hour shifts." Suddenly, Ken, who was used to constantly being on the move, had nothing to do. He tried to fill his time with running and creating art, things he'd enjoyed doing since junior high. He even got back into practicing martial arts, as he is a 6th degree master in three karate systems. However, it wasn't enough. "I was kicking around wondering what I could do," Ken said. "I hadn't really felt sorry for myself with cancer. I was thinking of something I could do to make good of it."

Thus, the idea for the Cancer Warrior Martial Arts Program started to take shape. Ken had always had a heart for working with kids and being a positive influence in their lives. The program would be a way of honoring children's strength and bravery in their fight against cancer by bestowing them an honorary black belt. "I wanted to make kids who were fighting cancer feel good."

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Ken proposed the idea to his daughter, Tiffany Henderson, who works as an oncology nurse at Cook Children's Medical Center, then to Richard Morris, who had been his karate grandmaster since 1984. They both eagerly supported him. When the first Cancer Warrior Black Belt ceremony took place, it was at Richard Morris' Seminar Program in Fort Worth, and the first honoree was Ewing Devaney of Cleburne, who is now in high school.

During Cancer Warrior ceremonies, Ken presents each honoree with a black belt that has the words *Cancer Warrior* embroidered on it in gold and a certificate of rank. As a way of paying tribute to the men of his own martial arts lineage, Jhoon Rhee (father of American Tae-Kwon-Do), Pat Burleson (father of American Karate) and Richard Morris (father of Shizen-Na Karate) are credited for their contributions to martial arts on the certificates. Through this, Ken passes on his lineage to each Cancer Warrior.

After the first ceremony, word of the program spread amongst families at Cook Children's and across Facebook. Soon, parents across the country were reaching out to Ken, asking if his program could honor their children. "If someone asks me to honor somebody, the answer is always yes," Ken stated.

When they were diagnosed with cancer, Ken presented black belts to both Pat Burleson and Richard Morris. After that, he began to honor adults who were battling or had defeated cancer, too. "One thing I have found is if people fought cancer, they are afraid to talk about it. I'm the one who steps in and goes, 'No, you beat cancer. You must tell other people because all people hear about are the bad results.

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Don't treat it like it's a stigma. You didn't cause it. Don't be ashamed of it."

Whenever people outside of Texas contact him, wishing to honor their loved ones through the Cancer Warrior program, Ken will send them the black belt and the certificate using his own money. "I'll ship them as far as Canada. That way, I get to say we're international," he joked. He even reaches out to martial arts schools near those who have requested the belts, to see if the schools will hold a ceremony for the Cancer Warrior Black Belts. "It's neat because it gets everybody involved."

Ken makes a point to keep in contact with his Cancer Warriors and their families over Facebook, even after the ceremony has ended. "I presented one kid with his Cancer Warrior Black Belt when he was 6. When he was 13, his mom contacted me, telling me he was getting his Tae-Kwon-Do black belt and



asking if I could be there. So, I drove two hours to present him with his belt.

"There are ups and downs," Ken admitted. "When I lose Cancer Warriors, which I sometimes do, I cry — because tough guys cry, too — but I've got to remember the smiles that were on their faces when they got their black belts.

"I want everybody to know that this is not a charity," Ken stated. "I fund it myself. I don't take donations. If people ask to give money, I tell them to go to my Facebook page, look up the people that I've honored, and see if they can send money to help them."

Since beginning the program in 2012, Ken has presented over 150 black belts. People have traveled from as far as California to be presented with a belt by Ken. "It's medicine for me," he admitted. "It keeps me going and gives me a goal." Ken hopes to continue honoring these warriors until cancer can be karate kicked for good. **NOW**



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— By Emma McKay

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Since its founding in 1977, Texas Health Huguley Hospital has cared for the people of Johnson County and South Fort Worth “like those you love the most” as the sign by the hospital entrance states. Over the years, Huguley has strived to expand with the rapidly growing community around it. “We’ve gone from being a small community hospital to being a place



where there’s no need to seek care anywhere else,” said CEO Penny Johnson. January marks the opening of Huguley’s most recent expansion: a five-story critical care tower.

In 2023, the staff at Huguley treated around 54,000 patients. At the time, the hospital only held 327 beds, which, in the wake of COVID-19, created a problem. “People who’ve come to our Emergency Department know they get exceptional care, but it’s a tight space. We’ve had to care for people in hallway beds. It’s like going to a five-star restaurant but sitting at a table by the kitchen. You’ll still have a great meal and receive excellent service, but it wasn’t a five-star experience,” Penny explained.

This 116,000-square-foot expansion doubles the size of Huguley’s current emergency department, allowing them more room to provide the exceptional care they strive for. “Texas Health Huguley Hospital’s new facility strengthens its ability to respond efficiently to emergency calls and manage critical situations on-site, especially when time is of the essence,” said Burleson ISD Superintendent Dr. Bret Jimerson. “It’s a testament to their continued dedication to advancing

health care and making a positive impact in the Burleson community.”

“When people think of first-class health care, we want them to think of Texas Health Huguley,” Penny said. Over the years, Huguley has received a Medicare five-star certification and a Leapfrog Hospital Safety Grade A. As their quality of care has been recognized and their physical space has expanded, so too has their ability to treat even more types of ailments. “We are working toward a new level of trauma certification to provide care for even sicker people. It will allow us to continue to care for the community in new and innovative ways and make sure they can get their care close to home.”

“We’ve gone from being a small community hospital to being a place where there’s no need to seek care anywhere else.”

As Huguley’s mission statement reads, their goal “is to extend the healing ministry of Christ.” In her nine years with the hospital, Penny feels confident that they accomplish their mission each day. “I get stopped by people all the time who tell me that they feel that mission in the hospital,” she stated. “It’s like a community here.”

Echoing the sign at the entrance, all the hospital employees wear a heart on their badge holder that states, “I care for you like . . .” On it, each employee has written a family member’s name and promises to care for their patient just like they would care for the ones they love best. This promise assures patients that any of the nearly 2,000 members of Huguley’s staff sees them not as an illness to be treated, but rather a person to be cared for.

“We’re a part of Burleson, and the community is a part of us. I think that’s part of the spirit of the hospital,” Penny added. The people at Texas Health Huguley Hospital want to thank the Burleson community for supporting them through the years and for their eagerness about the new expansion. **NOW**



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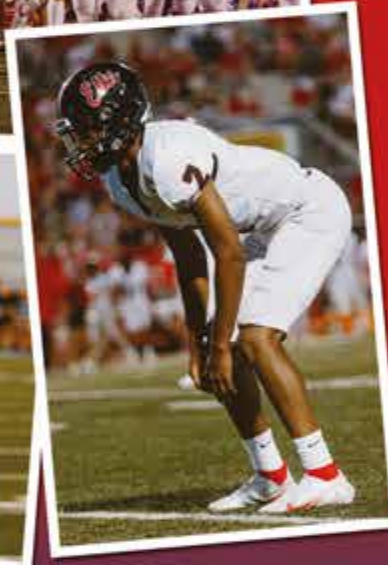
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Brittany and Seth Thompson set up shop at Mariposa Senior Apartments' Craft Fair.

Zoomed In:
Gage Harris

By Emma McKay

When his school hosted a Christmas toy drive, 10-year-old Gage Harris didn't know he would end up donating nearly 75 toys. "I wanted to make kids happy for Christmas," Gage said. "I collected 74 toys. That's a lot!" What started as a way to get rid of toys he'd received but never opened, snowballed into buying toys with his hard-earned allowance and creating a Target registry to help his friends and family participate in the experience.

"I'm happy to have done this. It was a lot of fun, and I hope to collect even more toys next year," Gage noted. When he's not donating toys to charity, Gage enjoys spending time with his brother, reading, drawing, playing sports and studying to become an archeologist.



Rahela, Jacob and Leo Antone play a game of soccer in Mayor Vera Calvin Plaza.



Anna, Corinna and Gabriel Gurrola spend a night enjoying the lights.



Jim Dietrick and Donald Cooper pose in front of their Model A Ford at the FUMC Car Show.



Lisa Bell shares her stories with the community at Christmas at the Library



Sierra, Justin and Remington Harding celebrate the season at Russell Farm Art Center.



Joy Hambricht and Shirlee Childers take Jolee and Ellie for a walk around Bailey Lake Park.



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CookingNOW *In the Kitchen With* MICHELLE FUENTES

— By Emma McKay

Michelle Fuentes began cooking with her mother at age 6. “Flour tortillas were mainly what I would help my mom with,” Michelle said. “My mother taught me a lot of what I know.” Watching her mother and grandmother cook profoundly influenced Michelle while growing up. “I have vivid memories of my grandmother cooking dinner for my sister and I because our parents worked.” After school, the girls would eagerly rush home, where they’d be greeted with homemade flour tortillas, rice, beans and meat — what Michelle’s mother and grandmother would call ‘poor people food.’ “Thirty-seven years later, I make ‘poor people food’ almost every other day,” she said.

These days, Michelle cooks for her own family. “I enjoy watching their happy faces while they eat and hearing them say, ‘This is so good.’ Makes my heart happy.” **NOW**

Mexican Rice/Spanish Rice

1 Tbsp. olive oil
1 cup jasmine rice
1 tsp. cumin powder
1 cube chicken bouillon
1 cube tomato bouillon

3 cups water or chicken broth
(I prefer water.)
1/3 cup Hunts Tomato Sauce
2 garlic cloves (optional)

1. Heat the oil in a medium skillet over medium heat; add the rice. Stir until the rice

is slightly browned.

2. Add the cumin powder and both bouillon cubes. Continue stirring for about 3 minutes.

3. Add the water or chicken broth, tomato sauce and garlic, if using. Stir; let the mixture come to a boil. Lower the heat. Cover; simmer for 10 minutes. Stir gently after 10 minutes. Cover; let simmer for another 10 minutes.

4. After the final 10 minutes of cooking, turn the heat off; let sit for about 3 to 5 minutes so the liquid can finish absorbing. Serve.

Agua de Pepino

2 English cucumbers, roughly chopped
5 cups water
1/2 cup fresh lime juice
1 cup raw cane sugar (or any sugar is fine)
1/2 cup chia seeds (optional)

1. Add the cucumbers and water to a blender; blend until smooth.

2. Strain the liquid into a pitcher; discard the pulp.
3. Add the lime juice, sugar and chia seeds, if using; mix well.
4. Serve chilled over ice.

Red Chili Sauce

Use for enchiladas, guisados and more.

- 20 dried Guajillo chili peppers
- 5 Ancho chili peppers
- 3 cups water (divided use)
- 13 cloves garlic
- 1 tsp. cumin powder
- 1 tsp. chicken bouillon
- Salt, to taste

1. Remove the stems, seeds and veins from the chili pods. Place them in a colander; rinse well with cool water.
2. Add the chiles to a large pot; add enough water so they are just covered. Bring the water to a boil. Lower the heat. Cover; simmer for about 20 minutes. Drain the cooked pods; allow time for them to cool down before blending.
3. Fill a blender with 2 cups of water, the cooled chili pods and the rest of the ingredients. Blend until smooth.
4. Strain the sauce through a fine mesh strainer to remove skins and seeds. Discard the skins and seeds. Repeat the blending and straining process with the remaining water and pods if they don't all fit in the blender. If necessary, season with more salt.

Agua de Jamaica

- 2 cups dried hibiscus flowers
- 6 cups water
- 1 cup raw cane sugar

1. Place the hibiscus flowers in a medium-size bowl. Fill the bowl with water, covering the flowers. Let the flowers sit for 5 hours in the water.
2. Drain the water from the bowl. Place the hibiscus flowers in a strainer. Place the strainer over a pitcher. Slowly pour all 6 cups of water over the hibiscus.
3. Add the sugar. Stir; serve with a cup of ice.

Chicken Enchiladas With Red Sauce

This dish goes well with Mexican Rice.

- 6 medium-size chicken breasts
- 1 whole onion
- 4 garlic cloves
- 1 bay leaf
- Salt, to taste
- 2 tsp. olive oil
- 12 corn tortillas (yellow or white doesn't matter)
- 3 cups Red Chili Sauce (divided use)

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2 cups cheese, shredded (I prefer Oaxaca cheese, but any kind is fine.)

1. Add the chicken breasts, onion, garlic cloves and bay leaf to a pot. Fill the pot halfway with water. Boil for about 30 minutes over medium-high heat. Drain the water. Discard the garlic cloves and bay leaf.

2. In a medium bowl, place the chicken breasts and the boiled onion; let cool for 20 minutes.

3. Shred the chicken breasts and the onion; season with salt or any seasoning you desire.

4. In a small pot, add the olive oil; lightly fry all 12 corn tortillas, one at a time, frying each side for 1 to 2 minutes. They should

be medium soft, not hard. Place each tortilla on a plate until all 12 have been lightly fried. Let them cool for 5 to 10 minutes.

5. Pour 1/2 cup of the enchilada sauce into a 13x9-inch casserole dish.

6. Fill the corn tortillas with the shredded chicken and onion mixture; roll the tortillas and place them seam side down in the casserole dish. Top with the remaining enchilada sauce and the cheese. Cover with foil.

7. Preheat the oven to 350 F. Bake the enchiladas for 20 minutes, or until the cheese is golden brown; serve.

Chicken Enchiladas With Red Sauce

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THE MOTHER ROAD

— By Virginia Riddle

The retro of today was the modern of yesterday. When the famed Route 66 highway was commissioned in 1926 and fully paved in 1930, it ran through small towns and booming cities southwest of its Chicago starting point through Amarillo's wild west and Native American reservations and pueblos in New Mexico and Arizona, westward to the glitz of Los Angeles and Hollywood. The road beckoned to wanderers, sometimes seeking fame and fortune by choice or by necessity. John Steinbeck in *The Grapes of Wrath* called it the Mother Road, carrying desperate people during the Great Depression to jobs in California, and the route became "The People's Highway" during the 1930-1940s Dust Bowl period.

With the advent of the automobile and truck, travel was faster, and Route 66 became Americans' favorite east-west throughfare. A Tulsa, Oklahoma, businessman and chairman of that state's highway commission, Cyrus Avery, is credited with dubbing the highway "Route 66" and helping to lay out all even-numbered federal highways to run east and west and all odd-numbered federal highways to run north and south. Cyrus also founded the U.S. 66 Highway Association and promoted the highway as the "Main Street of America."

The desperately poor packed up their few belongings and camped along the route, finding temporary work when money ran thin in the Depression and Dust Bowl days. However, Fred Harvey of *The Harvey Girls* fame opened hotels and restaurants in cities boasting highway and railway stops for wealthier travelers.

The 1940s brought WWII troupe and supply movement along the road. Leisure travel was suspended mostly due to gas and food rationing. However, travel courts sprang up to accommodate families finding work in defense plants and



needing weekly/monthly accommodations near military posts. Personal vehicles could be parked beside the units in carports. Since they were hotels for motorists, the term “motel” was born.

When veterans returned following the war’s end, the economy boomed. Rationing was lifted. Most families had at least one car. Disneyland opened, and westerns were popular on television and in the movie theatres. All of this made travel to the Southwest enticing. With the Grand Canyon National Park and Southern California’s beaches beckoning, the desire to get out of the cities and experience sites veterans had seen was evident on Route 66. Folks were “getting their kicks” as the popular song written by Bobby Troup and sung by Nat King Cole stated. Indian trading posts, tourist courts with restaurants, movie theaters — all with their distinctive architecture and neon signs — sprang up along the road. Hospitality venues touted air-conditioned rooms, swimming pools and TVs in each room, all newly available to attract hot travelers who still might not have AC in their vehicles.

In 1956, a congressional law passed, creating the interstate system, which would spell Route 66’s demise as the Mother Road. It took five interstates (I-55, I-44, I-40, I-15 and I-10) built over three decades to replace Route 66. Businesses, such as the famed Big Texan Steak House in Amarillo, Texas, with its towering neon cowboy sign, moved from its Route 66 location to a new home on I-40 as traffic counts moved. Mom-and-pop businesses died as chain operations opened along the interstates.

Route 66 was officially decommissioned in 1985. By 1990, the National Park Service Route 66 Corridor Preservation Program was created, recognizing the significance of the road in American history. Today, parts of the road still exist and are marked, such as Amarillo’s Route 66 Historic District. Businesses are being restored all along the route, and travelers can experience the glory of a desert sunset with a neon sign in the distance flashing a welcoming *Vacancy!* **NOW**

Photos by Virginia Riddle, LLC, unless otherwise noted.

Sources:

1. Bender, Andrew, et al. *Route 66. Lonely Planet Road Trips*, Ft. Mill, South Carolina, 2018.
2. <https://americanhistory.si.edu>.
3. <https://www.nps.gov>.



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- Virginia Woolf

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National Archives HABS No. TX-3492
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Photo by Teresa Penny.

TALES OF TEXAS History of a Ghost T

The Limestone County Historical Commission website indicates that the Springfield Cemetery, located within the boundaries of Fort Parker State Park, is the only visible reminder of the town of Springfield, the first county seat of Limestone County. The cemetery would be “in the middle of nowhere” today, were it not for its proximity to the park.

Near Fort Parker is the 1830s cabin of one Mordecai Yell. A plaque on the cabin shows the house was originally located “near this site,” and it is probably the only remaining structure that may have been in the city of Springfield.

A photograph of another structure exists, known as Pleasant Retreat Plantation House or Stroud Ranch House. Built just 20 years after the first Anglo-American settlers came to the area and built Fort Parker, the house existed until 1944. For the time period, it was a significant house and was built for Logan Stroud and his father, Ethan Stroud, who came to the Republic of Texas in 1837. The family had considerable wealth and owned plantations in several counties. By the time of the Civil War, Logan was one of the largest slave holders in the county.

A *History of Limestone County* by Ray A. Walter records that The Emancipation Proclamation was read in Limestone County from the portico of Pleasant Retreat on Saturday, June 19, 1865. This was the same day the Union soldiers arrived in Galveston to first proclaim the news of freedom in Texas. This opened the door to former slaves for new opportunities, including property ownership, and they had new political and social influence in the community. Today, the significance of Juneteenth, as the day became known, has been nationally recognized, with the 117th Congress voting to make it a federal holiday in 2021.

The city of Springfield certainly had its share of ups and downs. By 1850, it was the largest city between Dallas and Houston, and according to the Limestone County Historical Commission’s website, it was home to five general mercantile stores, two taverns, two groceries, two blacksmiths, two tailors, a carpenter, a gunsmith, a hotel, a wagon maker, a teacher, four physicians, three Methodist preachers, a surveyor and three lawyers. George W. Baines was a Baptist preacher who



Photo by Teresa Penny.

Town

— By Bill Smith



OLD SPRINGFIELD CEMETERY

ESTABLISHED AS A 10-ACRE COMMUNITY BURIAL GROUND IN TOWN PLAT DEDICATED JAN. 6, 1838, BY MOSES HERRIN. EARLIEST GRAVES PROBABLY NEVER HAD STONE MARKERS BECAUSE OF PRIMITIVE FRONTIER LIVING CONDITIONS. IT IS RECORDED THAT 12 FAMILIES WERE DRIVEN OUT OF SPRINGFIELD LATE IN 1838 BY INDIAN HOSTILITIES; THE TOWN'S GROWTH WAS HALTED MATERIALLY UNTIL 1846. OLDEST TOMBSTONE IS FOR AN INFANT WHO DIED OCT. 3, 1849. ANOTHER EARLY MARKER IS FOR A NATIVE OF NEW YORK STATE "SLAIN IN 1854 VIOLENCE FOR HIS GOLD". THIS BURIAL GROUND WAS OPEN TO USE BY SURROUNDING AREAS, AND MANY STRANGERS FOUND A FINAL RESTING PLACE HERE ALONGSIDE VETERANS OF THE TEXAS WAR FOR INDEPENDENCE, THE MEXICAN WAR AND OTHER CONFLICTS. SINCE SPRINGFIELD WAS COUNTY SEAT OF LIMESTONE COUNTY (1846-1873), HOME OF SPRINGFIELD COLLEGE (CLOSED IN THE 1860'S), AND A CENTER FOR CHURCH AND BUSINESS AFFAIRS, IT ATTRACTED PERSONS OF DISTINCTION. SOME OF THEM WERE BURIED HERE, ALTHOUGH THE TOWN LOST ITS MEANS OF GROWTH AFTER IT WAS BYPASSED BY HOUSTON & TEXAS CENTRAL RAILROAD IN 1870 AND THEN SUFFERED A DEVASTATING FIRE IN 1873. FAMILIES OF OLD RESIDENTS OFTEN HAVE RETURNED TO BURY THEIR DEAD IN THEIR ESTABLISHED LOTS, BESIDE PIONEER FOREFATHERS. (1949)

traveled to Springfield and was later a president of Baylor University. He was also the great-grandfather of Lyndon Baines Johnson, the 36th president of the United States.

There was a racetrack on land just north of the town. Two log structures were built in 1844 and 1847 to house the school, and by 1856, a larger schoolhouse was built. In 1857 the first brick courthouse was constructed in Springfield's public square. By 1860, more businesses and professionals called the thriving town home, and Springfield College was the pride of area residents.

When the Civil War broke out, more than three-quarters of Limestone County's voting population served in the Confederate Army. Businesses closed — some temporarily and some permanently — including the college, which closed permanently in 1863.

After the war, many of the survivors returned, but Reconstruction was difficult. Former Confederates no longer had the power and privileges they had before the war, including the rights to vote and bear arms. There was much civil unrest in the county, and the governor placed the county under martial law for a time during 1871.

This was just about the time that the Houston and Texas Central Railroad was ready to come through after landowners had donated right-of-way in the early 1860s. Leading citizens in Springfield convinced the property owners to withdraw their offers and force the railroad to purchase their land. While the railroad was willing to negotiate for a fair price, most of the property owners asked unreasonably excessive amounts. The railroad obtained the right-of-way that they

needed about three miles east of Springfield, leading to the demise of the community.

The last straw was when the county courthouse burned in 1873. Many of the county records were destroyed by the fire, and those that weren't were moved to another commercial building that also burned just five months later, destroying all of the records. Arson was suspected in both fires.

As white residents moved to Groesbeck and Mexia, people deconstructed the wooden buildings in Springfield and rebuilt them in their new locations. Little was left of Springfield, but a number of Freedmen remained, and the former county seat became one of the leading African-American communities in the county. According to the Limestone County Historical Commission, a Freedman named Ralph Long, who served as a delegate to the state Constitutional Convention of 1868-1869, "served on the committee for education and was later responsible for establishing a school for black children that operated in Springfield until the mid-1940s." By the time Fort Parker State Park was established in the 1930s, nothing remained of the town, except the cemetery. **NOW**

References:

1. Thc.texas.gov.
2. HABS No. TX-3492 Historic American Buildings Survey, National Parks Service, U.S. Department of Interior.
3. Limestonechc.com/cemetery-preservation/springfield-cemetery.

HAPPY NEW YEAR JANUARY

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.

1/9

Network@Night:

Join Burleson Chamber of Commerce for a night of networking, cocktails, appetizers and door prizes. You'll have the opportunity to meet new clients, promote your business and expand your network. 4:30-6:00 p.m., RL Dance Studio, 2801 Burleson Retta Rd., Ste. 100.

1/13

Play-Doh Playdate:

Join the librarians for a fun morning of building, sculpting and creating with Play-Doh. This event is for children ages 2-8. Older siblings are

welcome to join. 10:00-11:30 a.m., Burleson Public Library, 248 SW Johnson Ave.

1/16

Blind Taste Test:

Do you think you can identify cookie, candy and chip flavors while blindfolded? Come find out in the Burleson Public Library's Teen Blind Taste Test. This event is for teens ages 12-18. 5:00-6:00 p.m., Burleson Public Library, 248 SW Johnson Ave.

1/18

Winter Luncheon-Meet our Local Nonprofits:

Johnson County is a great community that is faithful to its nonprofits. Are you looking to donate to a nonprofit but not sure what is available? Join Burleson Chamber of Commerce for a meet the nonprofits luncheon and panel discussion and get to know their mission. Members: \$30 (\$40 after 1/13); general admission: \$40. 11:30 a.m.-1:00 p.m., Pathway Church, 325 NW Renfro St. Register at business.burlesonchamber.com/events.

1/27

BTX Off Road Rally:

Racers, start your engines! Come cheer on your favorite

young power wheels racer in Burleson's coolest race of the year! Racer age divisions are 3-4 or 5-7 years old. Registration fee is \$20 per vehicle. Registration closes **January 1**, 8:00 a.m.-noon, Chisenhall Sports Complex, 500 Chisenhall Park Ln. For more information, visit burlesontx.com/events.

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

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If you are an adult who is afraid of going to the dentist, or even just a little extra anxious, Serenity Advanced Dentistry may be just what you are looking for. "We do a lot of sedation dentistry, mostly for adults," Dr. Allala explained. "It's kind of my niche. Many adults may have some pretty serious anxiety about going to the dentist. They may not even seek care. They'd rather be in pain. I provide a place to take care of these people. When patients elect to get treatment, we lower the statistics of people living in pain. I like being able to contribute to improving people's lives."

"Coincidentally, a lot of people who are anxious about going to the dentist are also people who don't have good insurance. That's a bad combination. I have membership plans for patients without insurance, and really good discounts on implants and dentures. A membership might not be necessary if you only need one simple procedure, but if you need sedation and a lot of work, it really pays for itself."

Dr. Allala is a graduate of the Texas A&M School of Dentistry. "When I started there, it was still Baylor. My diploma has both names on it," she recalled. "I specialize in oral surgery, and we're really good at it. I'm nothing without my team. We do everything in dentistry. I like being well rounded. I enjoy being an overachiever, so I'm constantly taking continuing education, keeping up with all the

newest techniques and technology. I'm also a native Spanish speaker. I grew up speaking both languages. Our YouTube videos explaining procedures are available in both English and Spanish."

Dr. Allala is proud of the service they provide at Serenity Advanced Dentistry. "I think we give five-star service. And I know my staff is five-star. We know what works and what doesn't. I know it sounds corny, but this is my life's work. Most of my staff have been with me for years, at different locations around DFW, before I came to Cedar Hill. I met Mariela seven years ago, in Pleasant Grove. It was my first job out of school. Racine has been with me four years, and Jazmine three years, both in Red Oak. Our newest team member is Jessica. She found us three months ago when she emailed me looking for an opportunity to shadow a dentist."

"I LIKE BEING WELL ROUNDED. I ENJOY BEING AN OVERACHIEVER, SO I'M CONSTANTLY TAKING CONTINUING EDUCATION, KEEPING UP WITH ALL THE NEWEST TECHNIQUES AND TECHNOLOGY."

Serenity Advanced Dentistry has all the newest technology to make your experience convenient. "We have hospital-grade blood pressure machines, so we can do sedation. We also have intraoral scanners, so I can see inside your mouth, from every angle, before I ever go in for your procedure. We print dentures and place implants right here in the office. With our skills and strategies, most patients don't even feel our injections. We have TVs in every room to keep you entertained while we work. It's all about efficiency — working smarter, not harder. That's why I designed the floor plan of the office myself. And we're really big on sanitation and sterilization. It's important to maintain a sterile environment, which is why we're closed every Friday for deep cleaning the office and training."



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Dr. Cristina Allala
605 E. Belt Line Rd., Suite 101, Cedar Hill

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Across

- 1 Territory marker
- 6 Indisputable data
- 11 General meaning
- 12 Alert
- 13 These choristers can be male or female
- 14 Annapurna locale
- 15 "The Lion King" baddies
- 17 Plunge head-first
- 18 Lab product in "Breaking Bad"
- 19 Involuntary muscular contraction

Down

1 Six-sided state	20 Train stations
2 Depend	21 Humorously sarcastic
3 Meet painter, surreally prone to excess	23 Samuel Goldwyn's hometown
4 Nary a soul	27 It happens every birthday
5 Not genuine and usually inferior	29 Ceramicist's furnace
6 Geisha's prop	31 Image of a deity
7 Impressed	32 Repudiate
8 Governmental seat, usually	34 Soak in liquid
9 Alamo commander	
10 Choose	
16 Acute	

Sudoku Puzzle

Easy

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