

BurlesonNOW

M A G A Z I N E

FEBRUARY 2023

Walking at 90

Dorothy Arrington
leads other seniors
to easier exercise

In the Kitchen With
Rick Cadden

Also inside:
Scavenger Hunt
Crossword

Featured Business:
Tomorrow Roofing



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Alan M. Taylor, II
MD, FACP, FACC

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I started Diet Solution because nothing else was working. I signed up at two different fitness clubs, and I even attempted the Keto diet. However, I didn't realize that accountability is what I needed. I gained 60 pounds while pregnant with my son. Within the next four years, I only lost 20 of those pounds. My weight gain caused me to slip into a depression while I was wedding dress shopping. I was no longer confident and mentally battled with my weight daily. A family member mentioned Diet Solution, and I noticed she had lost a lot of weight herself. I decided to give it a try. I was given the freedom to be able to eat most of the food I enjoy, and if not, DSC was able to provide me with the proper substitution. Weekly check-ins were quick and easy! It was a great feeling to know that you were losing weight and inches! Within three months, not only did I lose all the weight I gained, but I even got down two pounds lower than what I was before getting pregnant with my son. The best news is I am still keeping it off! I love how people all around me notice my weight loss. It has brought out the confidence that I lost. I recommend DSC to anyone that wants to lose weight, no matter how many different diet programs you have tried!



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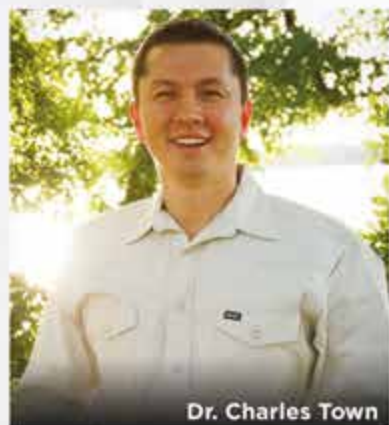
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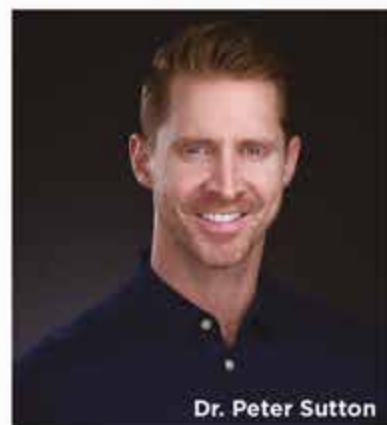
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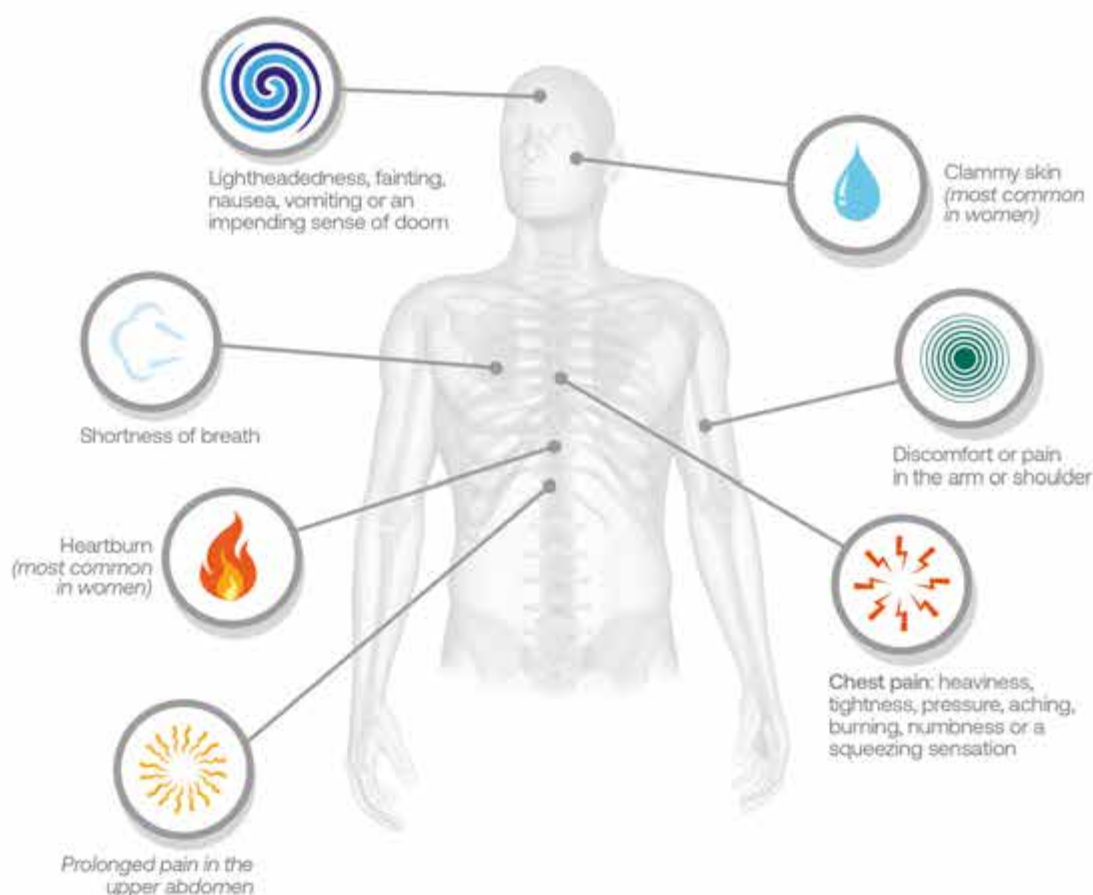
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ON THE COVER



Walkers unite at the Burleson Senior Activity Center.

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EDITOR'S NOTE

In this month of love ...

I reflect on the last decade. As a writer seeking credibility in 2012, I met two editors from NOW Magazines, LLC, who needed freelancers. My inaugural article, "Angels in Leather," appeared in the December 2012 issue of *GranburyNOW Magazine*. For three years, I wrote dozens of articles for NOW as a freelancer.

Then in 2015, I left a corporate job to pursue writing full time, never dreaming God had unbelievable plans for me with NOW. In the fall of that year, I accepted a position as community editor for both *WeatherfordNOW* and *GranburyNOW*. Later, in fall 2019, I became the editor for *BurlesonNOW*. What an unexpected ride. Soon, I grew to love the Burleson community, taking random photos, meeting wonderful people and telling many of your stories.

Several months ago, I decided to retire from NOW and return to that pursuit of all things writing. Does a writer ever truly retire? I think not, which explains why I need more time to write books, work with other authors and continue the path God put me on back in 2015. I've enjoyed working at NOW, learning more than I ever imagined about magazine production.

Many of your stories touched me deeply, and they live forever in my memories. With friends and a writing group in Burleson, I won't be a stranger in the community, and I'll enjoy seeing you again.

Until then, may God bless you beyond your wildest dreams, as He did me over the last three years with you.



Lisa

Lisa Bell
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WALKING AT 90

— By Lisa Bell



Among the many classes and activities at the Burleson Senior Activity Center, Dorothy Arrington leads a walking class. By her own admission, not everyone can keep up with her. Ready to celebrate her 91st birthday in April, Dorothy challenges those much younger than herself to do their best, regardless of their fitness level.

"I never smoked or drank," Dorothy admitted. But when her husband needed constant care, battling Alzheimer's, she spent much of her time at home and gained 30 pounds. "I only cooked and ate," she divulged. When he passed away in 2002, she went to Curves. "I needed the exercise. That's where I discovered Leslie Sansone's *Walk Slim* video." When the facility closed, they gave her the video. Although she could simply use it at home, she wanted to share exercise with others. About seven years ago, Dorothy took the video to the Senior Center, and they allowed her to start the class.

Now, every Monday and Wednesday, Dorothy leads the way for anyone who wants to walk with her. Although not too strenuous, the class involves various movements, including walking, side steps, kicks and knee lifts. Although

considered low impact, it gets the heart rate up and the bodies moving. Held in a gym-like room on a flat floor, the class means fewer chances for a fall, which is critical to most seniors when considering any exercise program. Some participants incorporate bands and stretches. They use both arms and legs. Dorothy cautions that the class isn't slow paced. Those who join move, but if a participant needs to stop and rest, no one chides them for it. He or she can take a break and get back into the movement when ready. During the class, they cover four miles, often breaking a sweat.

In addition to the walking class, Dorothy takes part in a chair exercise class. She tried one of the dance classes but decided it was too slow. Walking isn't overly strenuous, but the four-mile walk gets her heart pumping. "Walking keeps my heart strong. I'm better than I was five years ago," she shared.

Despite her best efforts to remain healthy, Dorothy suffered a heart attack in 2019, which left her with a stint in her leg and two in her heart. Then in 2020, she broke her shoulder. But neither incident kept her down for long. "Otherwise, I'm strong," she declared. "I'm very committed [to the class]. When I make a commitment, I stick to it. The Lord's kept me well enough to do it."

She enjoys the camaraderie and interesting people in the walking class. "Sometimes, the mouths move more than the feet," she said, grinning. But the class means the

world to her. Whether they keep up from the beginning, Dorothy knows any movement can help keep senior women and men healthier.

A widow for 20 years, Dorothy has a deceased son, two daughters, 10 grandchildren, 23 great-grandchildren and some great-great-grandchildren. Although she's lost touch with a few of them in their 20s, she takes pride in her family. "I had a husband I loved and who loved me. He was in the Air Force, then an entrepreneur. Very gifted. He built things and sold log homes. I always loved the Lord, and He loves me," she said. Content with her life, Dorothy still believes in getting outside her four walls.

Free to the public, the Burleson Senior Activity Center offers a variety of programs and events for anyone over 50. Some classes include a small fee for materials. Open from 8:00 a.m. until 4:00 p.m. Monday through Friday, activities range from pure enjoyment to keeping fit. Some classes provide instruction for new hobbies or friends to pursue old hobbies with. The center celebrates birthdays, offers some free lunch days and many game choices, educational events and more, including a once-a-month evening dance.

While Dorothy doesn't attend everything, she enjoys being with those who visit the center regularly. Besides going to the Senior Center, Dorothy frequents Stone Soup, where she opts for cheese broccoli soup and half a sandwich, which she said lasts her for two meals.

Born in Wichita, Kansas, Dorothy's family ended up in Wichita Falls, Texas, because of the Air Force. They met many Christian friends and developed long-term friendships. Because of friends they knew for 50-60 years, they moved to Burleson in 2001. She still has those friends, and she treasures making new ones — especially those wanting to stay fit and healthy while keeping her walking. And if she can do it at 91, then surely others can do it with her. **NOW**

Editor's Note: For more information and to view a monthly calendar for the Burleson Senior Activity Center, visit www.burlesontx.com/320/Senior-Activity-Center.





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NOW rep Karen Schaefer (not pictured) spoils her grandkids, Adilynn, Cannon, and Kambry at Crumbl Cookies.

Zoomed In: The Scott Family

By Lisa Bell

Off the coast of Cancun, Jason Scott met his would-be wife, Mandy, while they both enjoyed a cruise. With her family in the process of moving from Midland to Mansfield, they continued their relationship. Now married for five years, they have Mason and Maylynn who share their love of Old Town. "As a kid, we came down for milkshakes at the ice cream store. I believe it sat where Texas Brewery is now," Jason said. "I still like the older buildings."

The family enjoys the live music and many events held in Old Town. Since having children, they especially love the improvements at Mayor Vera Calvin Plaza. Mandy added, "We just love being down here."



At the senior center, Dale Hannah shares information about the only nonprofit hospice in the area.



Alexia Jackson, Cabrie Barron, Peyson Eades and Brynna Bassett present their project during BISD Space Night.



Amy Psencik chooses a warm winter day for a scooter ride with her sons, Everett and Elijah Bates.



Megan Grisham has a blast when her clay volcano erupts at a recent Adults Sip and Science event hosted by Russell Farm Art Center.



Grayson, Roy and Oliver play chess with Nana (Valarie Daunce) during BISD winter break.



Bee and Brook Roth take Dillan for a walk at Bailey Lake.




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— By Lisa Bell

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A 2002 graduate from Burlleson High School, Adam Gill, owner of Tomorrow Roofing, grew up in construction framing. After serving eight years in the Marines deployed to Iraq, he left active duty because of his kids. “God and my kids are everything to me,” he said. “I felt God led me into a different direction in that season of life.” Because he and his wife, Elizabeth, still had family in Burlleson, they moved back. Unfortunately, she passed in November 2021.

Big into fitness, Adam did that for a while. Eleven years ago, he went back to construction as a general contractor,



restoring homes and foundations and installing roofing. Impacted by people in the roofing industry, he saw an opportunity to help more people by focusing primarily on roofing. By 2017, He did more roofing than remodeling.

In 2022, Gary Maynard joined him as a partner, and they reformed their business as Tomorrow Roofing. Although they specialize in roofing, including re-roofs, new construction, commercial, multifamily and specialty roofing, they also offer installation of solar panels, gutters, windows, siding and exterior painting. Their roofing expertise is stone-coated steel, metal, TPO and composition.

Honesty and integrity remain high on Adam’s priorities in business. “I enjoy talking to and connecting with families,” he shared. “The experiences and relationships mean a lot. Our diversity has helped us grow during difficult times, but we are not a fly-by-night company who won’t be around next year.” By adhering to his values, the company developed relationships with some of the nation’s largest builders,

general contractors and local people who trust them. With 19 people on his teams, they can cover up to three locations at the same time.

Tomorrow Roofing operates under core values of Family, Excellence, Innovation, Discipline, Hard Work and Character. They specialize in understanding and handling insurance claims and offer roof maintenance plans. Certified as preferred installers for many of the industry's largest manufacturers, they take pride in relationships and trust built. They can meet the needs for any type of roof, even flat ones. Texas is a non-licensing roofing state, but Adam takes pride in the experiences and mentoring he received from some of the best in the industry.

"I enjoy talking to and connecting with families. The

As a U.S. Marine veteran, Adam treasures the lasting brotherhood. The business supports Toys for Tots, Wounded Soldiers and veteran transition service organizations, as well as local churches.

When looking to hire a roofing company, Adam admonished, "Find contractors committed to listening to your needs. Work with one who can conceptualize and put together your expectations for what you envisioned." He also recommends using someone who brings value to what the homeowner wants and needs and offers the best solutions. "Do a bit of research and read what other homeowners say about a company. None of them should require payment up front. Make sure you feel they truly care and are committed to quality," he added. "Someone trustworthy can demonstrate what they did on similar projects."

Having built an exceptional team, Adam commits to taking care of his employees and customers. "I'm grateful for the folks who choose to do business with us and for those who choose to be part of our company," he said. He does his best to model the motto of, "Say what you do, do what you say, and do it right." Tomorrow Roofing strives to show that care and attitude in every job. **NOW**



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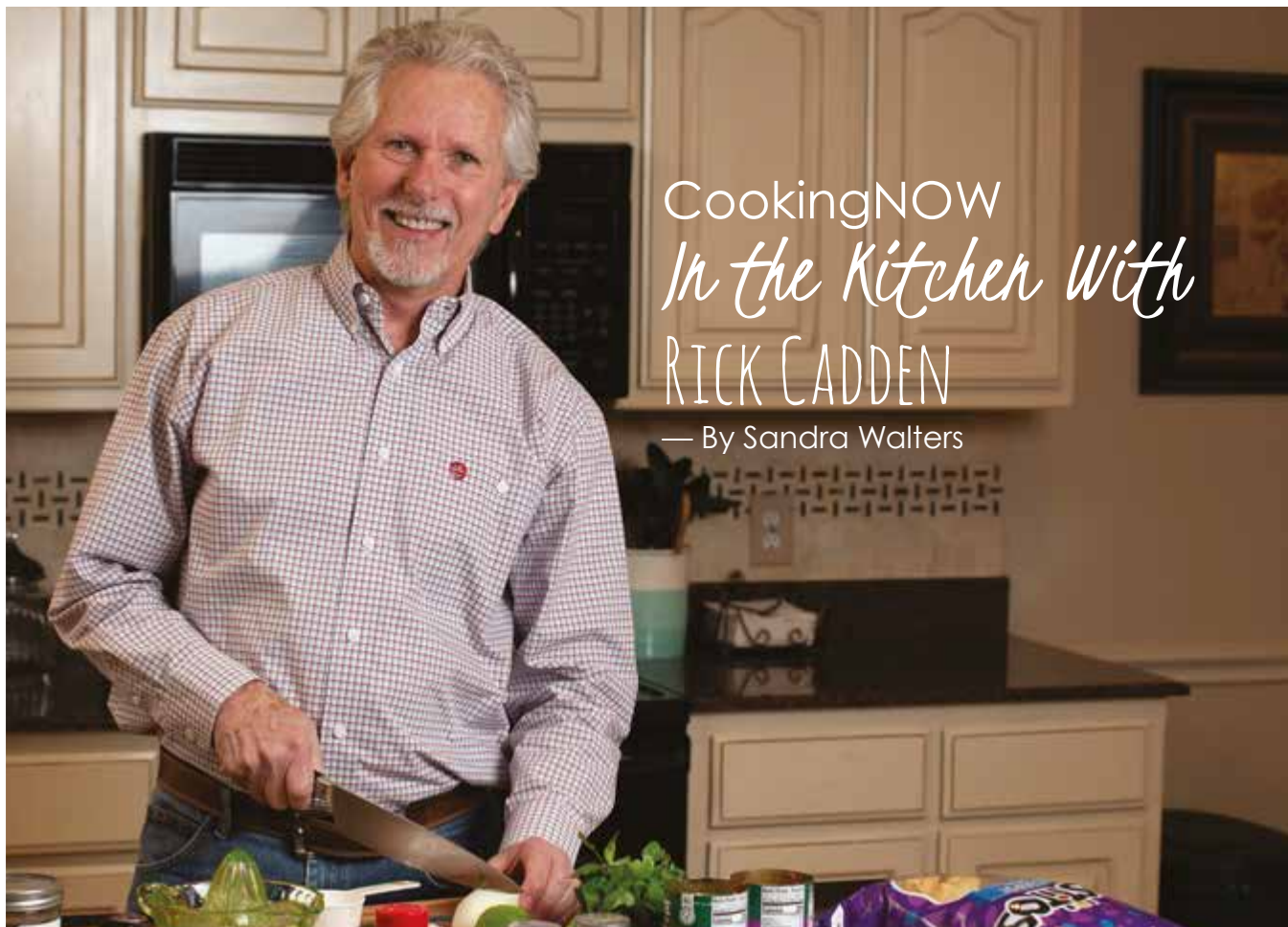
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CookingNOW *In the Kitchen With* RICK CADDEN

— By Sandra Walters

“Having guests around allows me to share my gift for cooking,” Rick Cadden said. “Grilling with indirect heat and wood smoke is my favorite style of preparing food. I’ve developed recipes throughout the years and tested them on friends and family. I am affectionately known as Chef Rico by loved ones,” he said.

Eventually, Rick started a blog as a fun way to record recipes and provide cooking ideas for others. He noted, “My two signature dishes are Chef Rico’s Texas Yellow Potato Salad and Chef Rico’s Texas Badboy Salsa #8.” This potato salad is now required at all family gatherings, and his salsa has become well-known all around. Rick Cadden imparts his self-taught skills with the community. **NOW**

Low-carb Taco Soup

- 2 lbs. ground pork, beef or sausage**
- 2 8-oz. pkgs. cream cheese**
- 2 10-oz. cans Ro-Tel or Mexican diced tomatoes**
- 2 Tbsp. taco seasoning**
- Chicken, to taste, cooked and shredded (optional)**
- 4 cups chicken broth**
- 2 Tbsp. fresh cilantro, chopped**
- 1/2 cup cheese, shredded (for garnish)**

- 1.** Brown the meat.
- 2.** While browning the meat, place the

cream cheese, Ro-Tel and taco seasoning into a large pot.

3. Drain the grease off the meat; put the browned meat and shredded chicken in the large pot. Stir the meat with the cheese and Ro-Tel to combine.

4. Pour the chicken broth into the mixture. Cook on low for 30 minutes.

5. Before serving, add chopped cilantro. Garnish with shredded cheese.

Real Texas Caviar

- 1/2 cup olive oil**
- 1/4 cup cider vinegar**

- 1/4 cup sugar**
- 1 15-oz. can pinto beans**
- 1 15-oz. can black-eyed peas**
- 1 15-oz. can black beans**
- 1 4-oz. can diced jalapeños**
- 1 small jar pimentos**
- 1 15-oz. can white corn**
- 1 fresh mango, chopped**
- 2 fresh firm avocados, medium chopped**
- 1 medium white onion, chopped**
- 1 medium green bell pepper, chopped**
- 3/4 cup fresh cilantro, without stems**

1. Combine the olive oil, cider vinegar and sugar in a saucepan; bring to a boil. Remove from the stove; let cool for 10 minutes.

2. Drain each can of beans, the can of jalapeños, the pimentos and the corn; combine in a large mixing bowl.

3. Add the mangoes, avocados, onions, green peppers and cilantro to the large mixing bowl; stir. Pour the cooled oil, sugar and vinegar into the bowl; mix.

4. Garnish the top lightly with cilantro.

Avocado Dip Rico Style

- 2 large avocados, halved, no seeds, spoon from skin**

1/4 cup cilantro, chopped
 1/4 cup red onion, chopped
 1/4 cup tomato, chopped
 Salt, to taste
 Pepper, to taste
 Seasoned salt, to taste
 1/2 fresh lime

1. Place the avocados in a large bowl; mash with a fork.
2. Add the cilantro, onions and tomatoes; stir for 1 minute to combine. Add the salt, pepper and seasoned salt.
3. Squeeze the lime juice on top; mix.

Texas Fish Taco

Sauce:

4 oz. plain yogurt
 4 oz. Miracle Whip
 2 Tbsp. lime juice

Fish:

4 cod fillets
 1 oz. butter
 1 Tbsp. seasoned salt
 1/4 cup cilantro, chopped (divided use)
 1 lemon, sliced
 1/2 cup white onion, chopped
 1/2 cup cheddar cheese, shredded
 1/2 red cabbage, shredded
 1/2 green cabbage, shredded
 8 medium flour tortillas

1. *For sauce:* Place the yogurt, Miracle Whip and lime juice in a bowl. Stir until smooth and creamy; refrigerate.
2. *For fish:* Place the fish in a baking pan lined with foil. Spread the butter over the top of each fillet. Lightly dust with the seasoned salt and cilantro.
3. Place one lemon slice on each fillet, or more if you have extra slices. Broil in the oven for about 12 minutes.
4. While the fish is baking, place the onions, cheese, remaining cilantro, red and green cabbage in individual small bowls.
5. Check the fish for flakiness with a fork. When done, slice the fish into short strips. Set out the sauce and toppings.
6. Heat the tortillas; add the fish, toppings of your choice and sauce.

Chef Rico's Texas Yellow Potato Salad

8 medium brown skin potatoes
 4 eggs (divided use)
 1/2 cup white onion, chopped
 1/2 cup celery, chopped
 1/3 cup large seeded black olives, chopped
 1/3 cup whole green olives, chopped
 1/3 cup cilantro, chopped
 1/3 cup dill pickles, chopped
 1 Tbsp. seasoned salt



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Chef Rico's Texas
Badboy Salsa #8

2 cups Miracle Whip
2 Tbsp. mustard

- 1.** Peel, rinse and cut the potatoes into quarters. Place them into a large pot of water; boil along with the eggs. Cook until the potato quarters are still intact but slightly soft.
- 2.** Drain the potatoes when done; let cool for 5 minutes. Set the eggs aside.
- 3.** To the potatoes, add the onions, celery, black olives, green olives, cilantro, dill pickles and seasoned salt.

- 4.** Under cold running water, peel the boiled eggs. Chop up 2 whole eggs; add them to the potato mixture; set aside the remaining 2 eggs.
- 5.** Add the Miracle Whip; start stirring the mixture together well, keeping the potato quarters intact. They should not become creamy. Add the mustard for color.
- 6.** Place the potato salad in your serving dish; smooth the top, covering the whole dish. Cut the remaining 2 eggs into slices with the yellow yoke intact; place them around the top of the salad.

7. Garnish the top with seasoned salt and chopped cilantro. Cover with plastic wrap and refrigerate until serving.

Chef Rico's Texas Badboy Salsa #8

- 1 14.5-oz. can Mexican-style diced tomatoes**
1/4 cup white onion, chopped
1/4 cup cilantro, including stems, chopped

- 1/2 jalapeño**
1/2 lime
1 tsp. cumin powder
1/2 tsp. salt
1/2 tsp. pepper

- 1.** Pour the can of diced tomatoes into a food processor or a blender. Add the onions, cilantro, jalapeño, squeeze of lime juice, cumin, salt and pepper.
- 2.** On medium speed, process or blend the ingredients for 15 seconds.
- 3.** Place in a bowl; serve with corn chips immediately or refrigerate until ready to serve.

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16 Dictator of former Yugoslavia	6 Vase		
17 Consider	7 "Seven Years in Tibet" actor		
19 "But of course!"	8 --- Monk, TV 'tec		
20 Front part of an apron	9 Alleviate		
23 Half a South American dance	12 Fishing bob		
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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.

2/1

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2/2

CityFest:

Engage with city officials and departments. Free food from Moontower Pizza (while supplies last), city swag freebies and kids' activities including bounce houses, face

painting, games and more. Free admission. 4:30-7:00 p.m., BRiCk, 550 NW Summercrest. www.burlesontx.com/2046/CityFest.

2/4

Neon Nights 1980s

Family Dance:

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2/10

Night to Shine:

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2/11

Sweets for Your Sweetie:

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