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M A G A Z I N E

FEBRUARY 2025



Stroking Heart Strings

Valerie Ryals, Julie Ceretto
and Lydia Stuart spread joy
through music

In the Kitchen With
Brandie Hernandez Putman

Also inside:

Scavenger Hunt

Sudoku

Featured Business:
Fancy's Plus Size Resale Shop

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ON THE COVER



Valerie Ryals, Julie Ceretto and Lydia Stuart keep Texas-style fiddling alive.

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EDITOR'S NOTE

Look to the stars ...

February is the prime month for celebrating love, and there are few greater love stories in history than mankind and outer space. Since creation, we have looked to the heavens for meaning and signs of life beyond what we know. We've used the placement of stars to navigate our world and illustrate our history and mythos. To be perfectly vulnerable with you, Burleson, looking to the stars can bring tears to my eyes. Stargazing makes me feel connected to all those who've lived before me and all those who will come after. That's why this February, I'll be celebrating Pluto Day.

Discovered on February 18, 1930, Pluto found its place as the ninth and final planet in our solar system. According to NASA, this dwarf planet, as it was reclassified in 2006, is only 1,400 miles wide, making it only half the width of the United States. It might have been the tiniest of the planets, but it hurt when little third grade me learned it had been removed from our planet lineup — though that might have had more to do with the little kid tendency to personify inanimate objects. In my young mind, our abandonment of Pluto was the same as not picking up a stuffed animal that had fallen off the bed: an unforgivable tragedy.

This month, I'd like to give some extra love to that overlooked member of our solar family. Afterall, what's the point in having a month dedicated to love, if we're not sharing it with those that don't receive as much as they should?

May the love you receive fill a galaxy!

Xoxo Burleson

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STROKING HEART STRINGS

— By Emma McKay

The music has been passed down from generation to generation,” fiddler Valerie Ryals said of old-time Texas fiddling. At 3 years old, she discovered her mother’s violin under her bed. “I always wanted to play it. Every time I got a chance, I’d sneak it out and pluck around on it.”

In fourth grade, Fort Worth ISD provided violin teachers for Valerie’s class. “I started learning how to read classical music.” Even with this new knowledge, she continued to play the old-time style her grandfather taught her. “I fell in love with the music. There’re many different genres of the style. It’s from the settlers. They passed their music to each other, because they couldn’t all speak the same language. Texas-style fiddling is a combination of those different styles.”

As her skills grew, her parents began taking her to different fiddling contests, so she could play with others. “Back then, it was unusual for girls to want to learn how to play. It was harder for some of the older men to accept me. They’d say, ‘That’s good for a girl.’” As a teenager, she became aware that she wasn’t fully welcomed in the fiddling community. “It made me more determined to keep doing what I love,” she stated.

None of the Texas-style fiddle songs Valerie adored had been written down. She’d learned them all by being taught by someone else who knew the chords, rather than from sheet music, like classical violinists have. “I realized that the art form could die out easily.” So, she began tabbing thousands of songs and teaching her students how to sight read, so others could enjoy the genre she loves.

“I wanted to make something out of my love of music, so I could make a living.” When moving her family to Burleson in the ’80s, Valerie built a music studio in her yard, so she could teach and be there for her children as a stay-at-home mom. “When they got off the school bus, I was always there,” she said.

Throughout the years, Valerie’s fiddling has brought her countless notable experiences and achievements. In the ’80s and ’90s, she traveled around, fiddling in bands for movie stars like Tom Selleck and the cast of *Lonesome Dove*. In 2009, Valerie became the only female fiddler to have been inducted into the Texas Fiddler Hall of Fame. For six months during an





exhibit on notable women in Texas, her fiddle, the one she'd found under her parents' bed, made its home in the Bob Bullock Texas State History Museum, along with instruments belonging to The Chicks (formerly the Dixie Chicks). In 2022, Valerie and her sister, Lydia Stuart, received the World Championship Lifetime Achievement Awards for their work in Texas fiddling.

For a while, Valerie participated in a Texas Folklife Resources program, where different Texas entertainers would travel to different communities throughout the state, sharing their music wherever they were placed. "It didn't matter if it was a church or a college or a radio station. Wherever they put me in that community, I had to entertain." The objective was to teach others to play music together to keep the art alive. "I'm just hoping I've passed down the love [of music]. I know that I have to my daughters."



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Because Valerie's oldest daughter started fiddling at age 3, everyone expected her daughter, Julie, to do the same. "Julie was sucking it all in like a tape recorder, and one day, my grandmother was helping me babysit, and she said, 'Valerie, do you know Julie can play the fiddle?'" I said, 'No,' so Julie stood on the fireplace and played 12 songs!" Valerie cultivated the love of music in Julie and provided her with a stage. At 5 years old, Julie played the fiddle at the Grand Ole Opry.

"When I got old enough to grab a

guitar, I grabbed a guitar," Julie Ceretto shared. "It's in my blood. My dad's an amazing guitar player, so I got the guitar from my dad. I had no choice." Normally, with the style of music Valerie plays, guitar isn't performed by itself but rather as a backing for the fiddle and other instruments. Julie's backed fiddlers who've won state championships and her own mother. "It's such a natural thing, playing behind her," Julie explained.

At age 15, Julie started teaching music at her mother's studio as an after-school job. The plan had been to fill in whenever another instructor was sick or when her mother needed extra help. She quickly discovered her passion for teaching, and realized she wanted to do it for the rest of her life. "I want to pass that love of music on. I couldn't get away from that."

Along with teaching music together, Julie and Valerie play in an all-girl band with Lydia. Over the years, Valerie and the Giddyups have fallen into a natural rhythm when they jam together. "We can almost look at each other and know what each other's thinking,"

Valerie gushed. "We work so well together. We're close anyway, but music has brought us closer."

"I know what she's going to play before she plays it," Julie added. Their experience with music and each other gives the ladies understanding of what the music they play should sound like and informs them of what note to play before they've reached the note.

"That's the freedom we get with our music, just playing whatever we think of. You can learn a tune — like the basic melody — and you can create by improvising," Valerie explained. "It's such a creative art form."

Valerie, Julie and Lydia try to stay active in their community. The three teach fiddle and guitar in various BISD programs, sharing their love of music with those who might not have access to instruments. "Mom brought fiddles in for the kids, so everyone got to take a turn. Tons of kids started learning just because she went into the schools and did that," Julie said. The three hope to keep finding opportunities to share their love of Texas fiddling and to keep the music alive. **NOW**

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Debra Castles, winner of the \$50 cash prize from NOW Magazines, said, "I enjoy keeping up on what's going on in Burleson."

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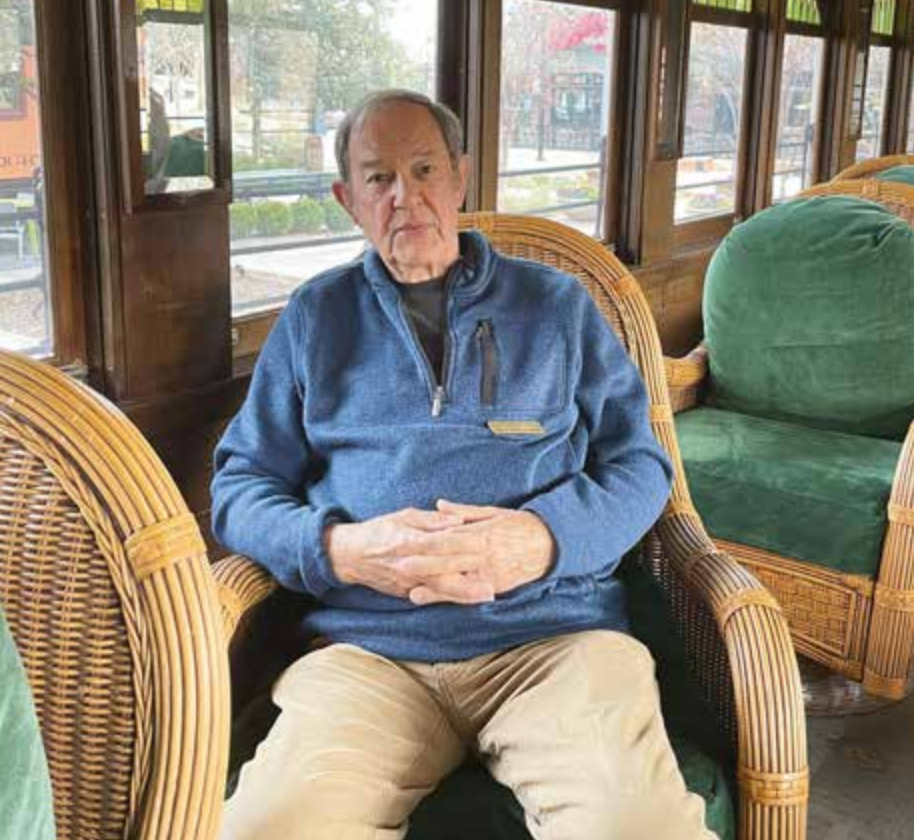
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Joseph Rome, Avery Daniel, Joanna Rome and Jamie Rome savor a bit of nice weather in Mayor Vera Calvin Plaza.

Zoomed In: Dale Dexheimer

By Emma McKay

Dale Dexheimer has been involved in the Burleson Heritage Foundation for more than 20 years. "I have a degree in secondary education, and I was a history major, so I've always had some interest in history."

As a member of BHF, Dale volunteers at the Burleson Museum and Visitors Center by giving tours of trolley cars. Not only does he know the history of the cars, Dale had a hand in restoring the freight car after it had been acquired by the city. "We try to preserve and educate," he stated.

When he's not sharing Burleson history with the community, Dale enjoys working his land, having breakfast with friends, spending time with his wife and trying to reach his daily goal of 10,000 steps.



Quinnlyn Willich plays with the baby dolls at the library.



The Burleson Senior Activity Center shows its appreciation to its volunteers and sponsors by serving up a Mexican dinner.



The Burleson Bulls enjoy a Saturday morning game on the court.



Grace and Diane Smith spend time stringing friendship bracelets at Daydream Coffee.



The Hernandez family shares a lunch at Pandan Thai Street Eats.



Clay Copeland spends the morning with his son, Reid, and grandsons, Layne and Davis, at Clark Park.

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BusinessNOW

Fancy's Plus Size Resale Shop

— By Emma McKay

Fancy's Plus Size Resale Shop

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For the past 12 years, Fancy's Plus Size Resale Shop has provided affordable and fashionable garments to those who might struggle to find their size in other boutiques. Owner Elvira Adams' daughter founded the consignment store because she and her sister experienced this shopping struggle. "My daughter ended up moving to Weatherford, and she didn't want to keep coming back and forth between here," Elvira had



been helping out around the store since opening day, so she happily took over for her daughter.

Fancy's sells everything from dresses to swimsuits to accessories and handmade jewelry. With over 3,000 consigners, new products get put out every day, many of which still have their original tags on them. "A lot of our customers come here to shop first before they go anywhere else," said sales associate Gladys Rinehart. "They never know what they're going to find!"

The ladies at Fancy's organize the store by size, garment type and color, so customers can easily find what they're looking for. "The clothes only stay here for 60 days," Elvira explained. "We keep rotating the clothes because [customers] don't want to see the same thing all the time." After 60 days, they will either donate the clothes to local charities or let the consigners pick their garments back up.

They don't accept clothes with stains, tears or missing buttons or clothes older than seven years, so customers only have to sort through clothes they could readily wear around

town. “We look at them really good when [consigners] bring them in,” Gladys confirmed. From acquisition to placing them on the racks, the ladies at Fancy’s check the garments at least three times to make sure they are in great condition for their customers.

“A LOT OF OUR CUSTOMERS COME HERE TO SHOP FIRST BEFORE THEY GO ANYWHERE ELSE.”

In addition to everyday wear, Fancy’s stocks formal and evening wear, so you can look your best for any occasion. “You know that one evening where you get to go to that special dinner you dress up for? That night, you don’t want to spend \$150 somewhere for a dress that you’re going to wear one time,” Elvira said. That’s why they are proud to supply elegant cruise wear, so women can dress up for their date, without breaking the bank.

Fancy’s works to keep their prices affordable for their customers. “I normally have a set price,” illustrated Elvira’s granddaughter Mckenzie Adams, who catalogs and prices the inventory. “On regular tops, I do \$8.99 or \$9.99, but name brands like Torrid or Lane Bryant, those would be a little more.” Using her fashion expertise, Mckenzie ensures the price on each item is something everyone will love.

The ladies at Fancy’s enjoy getting to know the people who walk through their door. “Everybody’s real nice. Some have become our good friends,” Gladys said. Over the years, they have joined in celebrating the triumphs of their customers, as well as offering a warm hug during difficult times. “We’ve gotten to know them through their losses, our losses, kids and grandkids growing up. There’s never a dull moment here.”

“We find people all the time who live here, and they don’t know we’re here. We want people to come in and get a good buy,” Elvira proclaimed. The Fancy’s team looks forward to getting to know new customers and helping everyone find their perfect outfit. **NOW**

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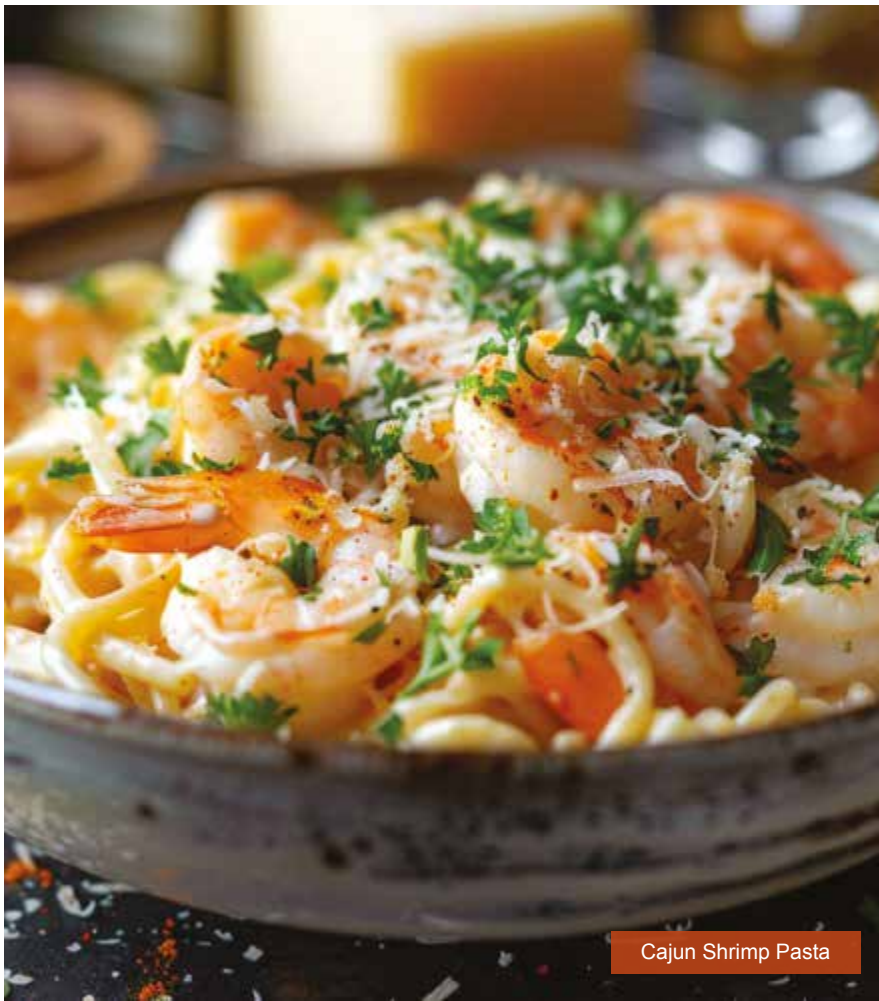
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Cajun Shrimp Pasta

Cajun Shrimp Pasta

Cajun Seasoning:

- 1 Tbsp. paprika**
- 2 tsp. garlic powder**
- 2 tsp. salt (optional)**
- 1 tsp. cayenne pepper**
- 1 tsp. dried thyme**
- 1 tsp. onion powder**
- 1 tsp. turmeric**
- 1 tsp. black pepper**

Shrimp Pasta:

- 1 pkg. sausage of your choice**
- 1 lb. medium-size shrimp, deveined and peeled**
- 1 16-oz. box pasta of your choice**
- 2 sticks unsalted butter (divided use)**
- Fresh Parmesan cheese (optional)**

- 1.** For the Cajun seasoning: In a bowl, mix all the ingredients.
- 2.** For the shrimp pasta: Cut the sausage into bite-sized pieces.
- 3.** Season the shrimp and sausage with half of the Cajun seasoning.
- 4.** Cook the pasta in a pot until tender; drain and set aside.
- 5.** Return the noodles to the pot, add 1 stick of butter and the remaining seasoning. Stir well to combine.
- 6.** In a large skillet, melt the remaining stick of butter over medium-high heat until foamy. Add the seasoned shrimp and sausage to the skillet. Cook for 5-7 minutes, until the shrimp is fully cooked.
- 7.** Add the cooked shrimp and sausage with the butter to the noodles in the pot. Stir everything together. Garnish with Parmesan, and enjoy your dish!

Sweet Potato Rolls

- 7 Tbsp. unsalted butter**
- 3/4 cup milk, warmed to 100-110 F**
- 2 1/4 tsp. fast-acting yeast**
- 1/2 cup sweet potato puree**
- 1/4 cup dark brown sugar**
- 1 large egg, room temperature**
- 1/2 Tbsp. fresh sage, chopped**
- 1/2 Tbsp. fresh thyme, chopped**
- 2 tsp. cinnamon**
- 2 tsp. turmeric**
- Pinch of black pepper**
- 2 tsp. nutmeg**
- Pinch of salt**
- 4-5 cups bread flour, leveled**

- 1.** On the stove, heat the butter until it has a rich, nutty aroma and a beautiful golden-brown color. Transfer the browned butter to a glass bowl; set aside until only warm to the touch.
- 2.** Using the whisk attachment of a stand mixer, combine the warm milk and yeast. Mix until combined; allow to set 2-5 minutes to bloom.

CookingNOW IN THE KITCHEN WITH BRANDIE HERNANDEZ PUTMAN

— By Emma McKay



“Food plays a significant role in shaping our mood and environment,” said Burleson resident, Brandie Hernandez Putman. Memories of her family gathered around the dinner table, enjoying her grandfather’s food, inspired her love of cooking. “The food was so good that we’d end up playfully fighting over the last buttermilk biscuit or piece of fried chicken.”

She gained and perfected her culinary expertise through lessons from her grandparents, summer classes at The Culinary School of Fort Worth, training from past jobs and experimenting with new recipes. Now, as an advanced culinary arts teacher, Brandie shares her love and knowledge of food with her students at Duncanville High School. “I have the opportunity to teach my students how to bake, make mother sauces from scratch and so much more.” **NOW**

3. Once foamy, add in the sweet potato, browned butter (reserve 2 Tbsp. for later), brown sugar, egg, sage, thyme, cinnamon, turmeric, black pepper, nutmeg and salt. Mix until well combined.
4. Switch to the dough hook attachment; add 2 cups of flour. Mix to incorporate.
5. Add more flour, 1/2 cup at a time, mixing on medium-low speed until a soft dough forms. If the dough seems too sticky or dry, adjust with a small amount of flour or milk as needed. Knead the dough with the dough hook for 5-6 minutes, until it is slightly sticky but pulls away from the sides of the bowl. The dough should be soft after kneading. Press it with your finger — if it slowly bounces back, it's ready to rise.
6. Shape the dough into a ball; place it in a large, buttered bowl. Cover with a tea towel or plastic wrap; let it rise for about 1 hour, or until doubled in size.
7. Punch down the dough gently to release the air. Divide the dough into 12-16 pieces, depending on the size you prefer for the rolls. Shape each piece into a ball by stretching the top and pinching the bottom.
8. Place the shaped rolls in a buttered 9x13-inch baking dish. Cover; let rise in a warm place for another 30 minutes, or until double in size.
9. Bake the rolls at 350 F for 20-25 minutes, or until golden brown.
10. Melt the reserved brown butter in the microwave. Brush the tops of the warm rolls with the butter; sprinkle with flaky salt. Serve warm and enjoy.

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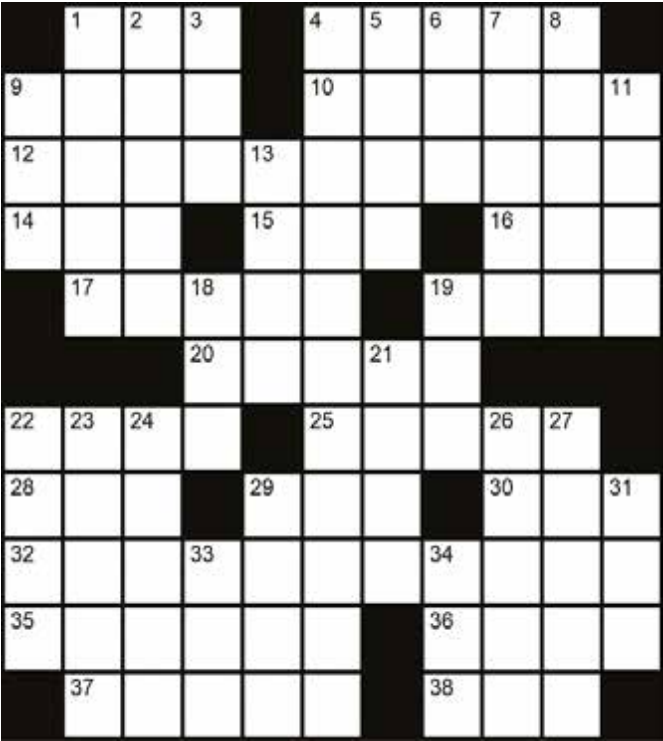
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- Across

 - 1 Upper limit
 - 4 Tires
 - 9 End of a radio alphabet
 - 10 On the contrary
 - 12 Now and then
 - 14 Controversial driving video game
 - 15 Go on to say
 - 16 "Catfish: The TV Show" host --- Schulman
 - 17 Japan's "City of Water"
 - 19 Breathe convulsively
 - 20 Irritably impatient
 - 22 Turkey
- Down

 - 25 "... and on Earth, peace --" (Luke 2: 14)
 - 28 Chafe
 - 29 Criticize heavily
 - 30 Young reporter
 - 32 Recording tool Harry is adjusting
 - 35 Autobiography
 - 36 Otherwise
 - 37 Heraldic black
 - 38 Thread cutter
- 1 Film script words between scenes
 - 2 Assumed name
 - 3 Groan-causing wordplay
 - 4 "Steps in Time" autobiographer
 - 5 Augment with something superfluous
 - 6 Rugged four-wheeler
 - 7 African republic preceded by the Ashanti Empire
 - 8 Monica ---, stabbed during a tennis tournament
 - 9 Take a sharp turn
 - 11 Your answer is requested
 - 13 Remove
 - 18 Organization for Nadal and Djokovic
 - 19 Where to work on a six-pack?
 - 21 A whole lot
 - 22 First word of "The Marines' Hymn"
 - 23 Angler's equipment
 - 24 Bo's master
 - 26 Gut bugs
 - 27 Poppy Pomfrey at Hogwarts, for example
 - 29 Yankees' legend --- Rizzuto
 - 31 "Adios!"
 - 33 High ball
 - 34 Media organization which disseminates "ideas worth spreading"

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

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Easy

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

Medium

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

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HAPPY Valentine's Day

FEBRUARY

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.

2/6

CityFest:

Bring the whole family to this fun-filled community event! Enjoy free bounce houses, games and more while learning about the city's exciting future.
4:30-7:00 p.m., BRiCK, 550 NW Summercrest Blvd.

2/14

VAleNTines and GAleNTines at the Winery:

Grab your best GAleNTines or your sweetie for an evening of wine and gourmet pizza while listening to live music from Stephanie from Aurora Bleu. Amore Napoletano will be serving up mouthwatering pizzas to pair with your favorite wines. Ages 21 and up. Attendance is free, with food and wine for purchase.
5:00-8:00 p.m., Lost Oak Winery, 8101 County Road 802.

2/15

Date Night Experience:

Escape to the farm for a night of fun and relaxation! Enjoy a peaceful evening with a BBQ dinner, country western dancing with an instructor and end the night with s'mores by the fire. Don't miss out on good food, great company and unforgettable memories! \$55 per couple. 6:00-8:00 p.m., Russell Farm, 405 W. County Road 714. To purchase tickets, visit burlesontx.com/Calendar.

2/22

2025 Business Showcase:

Join the Burleson Area Chamber of Commerce in celebrating local businesses. Enjoy live entertainment and food truck offerings. Attendance is free.
10:00 a.m.-2:00 p.m., Pathway Church, 325 NW Renfro St.

2/23

Brazos Chamber Orchestra Winter Concert Series:

Bring family, friends and neighbors to see the Brazos Chamber Orchestra perform! This is a free event, though donations are accepted. 7:30-9:00 p.m., Pathway Church, 325 NW Renfro St. For more details, visit brazoschamberorchestra.org.

2/25

Business Over Breakfast:

Meet and connect with like-minded business professionals in a casual and friendly environment over a delicious breakfast. This is a great chance to learn something new while expanding your professional network. 7:30-9:00 a.m., BRiCK, 550 NW Summercrest Blvd. To register, visit business.burlesonchamber.com/events.

Fourth Mondays

Johnson County Quilt Guild:

Monthly meeting for quilters in Johnson County. 6:30-9:00 p.m., Crossroads Fellowship Church,

400 N. Main St. (2nd St. side entrance), Joshua. FB: Johnson County Quilt Guild. Contact Kay Fox by texting (817) 201-6222 or emailing aokntexas@gmail.com.

Second Tuesdays

National Active and Retired Federal Employees:

Monthly meetings of NARFE Chapter 1191 feature guest speakers. Open to federal employees. 11:00 a.m.-1:00 p.m., various locations. Follow on Facebook. rjcarey1@gmail.com.

Third Tuesdays

Heart & Soul Writers:

A Christian writers group designed to encourage, support and improve skills. 7:00-9:00 p.m., Alsbury Baptist Church, 500 NE Alsbury Blvd. Contact lisabell@bylisabell.com or (817) 269-9066.

First Wednesdays

Friends of the Library:

Burleson Public Library supporters meet. Memberships start at \$5/person; form online. 10:00 a.m., Burleson Public Library Conference Room, 248 SW Johnson. www.burlesontx.com/211/Friends-of-the-Library.

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. www.burlesontx.com/320/Senior-Activity-Center or (817) 295-6611.

Fridays

Preschool Storytime:

Join staff to read books, sing songs and make a craft together. Geared toward 4- to 6-year-old children, but families welcome to attend together. 9:30 a.m., Burleson Public Library. www.burlesontx.com/1539/Story-Time.

Saturdays

Saturday Morning Sketch Group:

Grab your creative gear and come draw, paint or just make art and connect in the relaxing, inspirational environment of Russell Farm. Follow along with the weekly theme or work on your own artsy project amidst other creatives. BYOS: Bring Your Own Supplies! Free espresso provided or bring your favorite morning beverage/snacks. No sign up required. 9:00 a.m.-noon, Russell Farm Art Center, 405 W. County Road 714.

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

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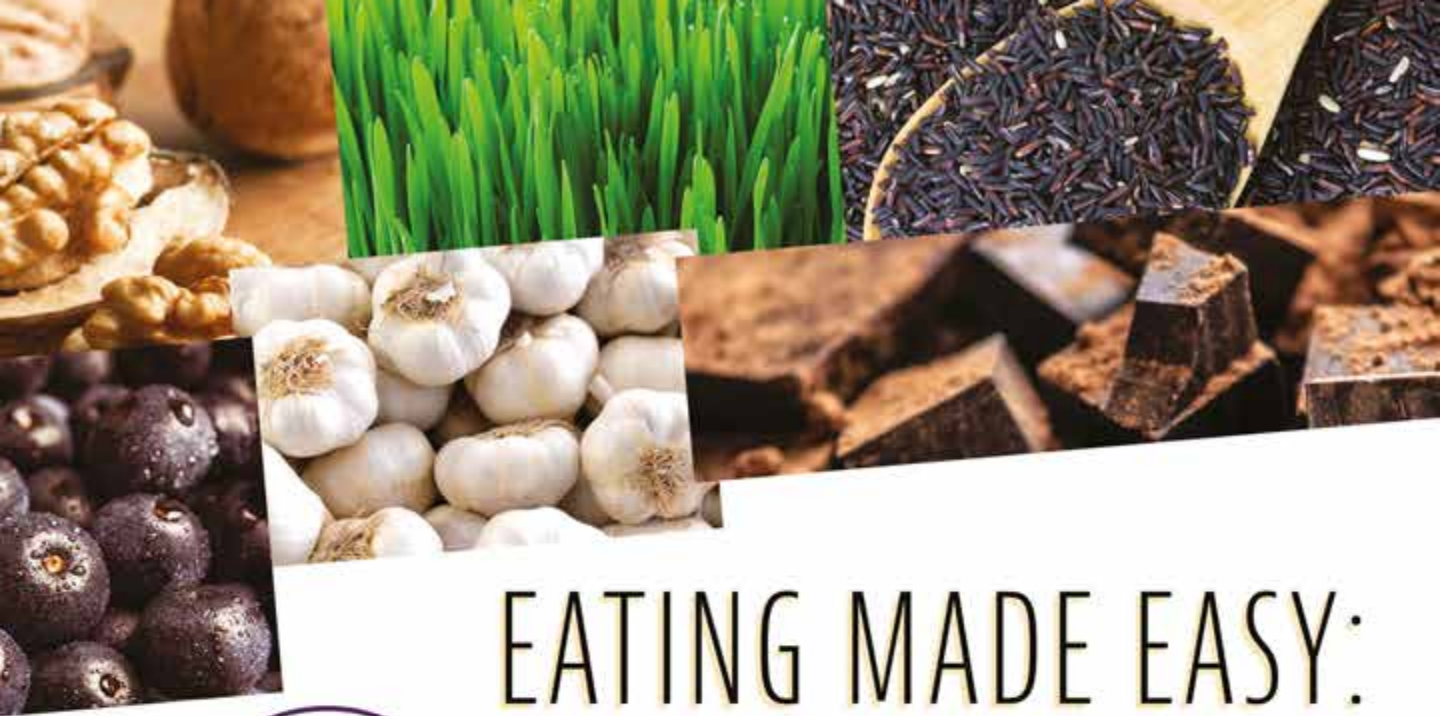
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EATING MADE EASY:

6 Super Foods

— By Melissa Rawlins

With a little research, it's easy to make a list of all the necessary vitamins and minerals to take into your body every day. Scientists recommend 23 specific elements in regular doses to keep a human body healthy. Since it's most fun to get that vital nutrition from food, try eating a daily dose of eggs, greens, lentils and tuna. Though commonplace, they're honest-to-goodness super foods that show up repeatedly as best sources of most of those 23 vitamins and minerals.

Here are a few of our favorite, more glamorous, super foods:

1 Walnuts simply taste great, but most people consider them holiday foods. It would behoove us to eat them daily, since they provide vitamin E for healthy organs, as well as essential fatty acids, selenium and iodine to improve memory, alleviate irritability and prevent dementia. And their vitamin B levels promote reproductive health in both men and women.

2 Acai berries, known as “beauty berries,” are rich in antioxidants, which serve to protect the body from free radicals that break down cellular function. Acai berries are heart-healthy, since they contain fatty acids 3, 6, 7 and 9. The juice complements walnuts in a smoothie, and is a tastier alternative to fish oil, wouldn't you say?

3 Purple or black rice is an “heirloom” grain, rich in fiber and naturally gluten-free. High in anthocyanins, a powerful class of phytonutrients, this ancient source of all 22 amino acids also provides the simple sugars every cell in the body needs to function as originally designed. Regulating blood sugar levels, boosting cognitive function, lowering cholesterol, maintaining a healthy heart, improving digestive health and reducing inflammation never tasted so good.

4 Garlic is an herb, a medicine and a prebiotic. This means it feeds the probiotics living in healthy guts. As a medicine, garlic stimulates the immune system, removes plaque buildup in arteries, lowers blood pressure and acts as a natural antibiotic. As an herb, garlic makes other foods taste better and, therefore, is a perfect salt substitute.

5 Dark chocolate is, like garlic, a prebiotic. It also provides heart-healthy benefits, like garlic. It contains fiber, iron and other necessary minerals, which together improve blood circulation to the brain and body. Unlike garlic, dark chocolate requires sugar and sometimes cream to taste exceptional and, therefore, must be used in moderation.

6 Wheatgrass promotes detoxification and healthy living, while it minimizes fatigue. Containing eight essential amino acids, antioxidants, blood-building chlorophyll and vitamins A, C and E, as well as iron, magnesium and calcium, this grass is best when juiced, and a little goes a long way. **NOW**

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