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MARCH 2021

Giving a Hand Up

A local ministry assists residents who need a little help

Also inside:

Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:
Texas Denture Service

In the Kitchen With
Jordan Presnell

Postal Customer

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*Beyond providing food,
Promises assists community
members in need.*

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EDITOR'S NOTE

We made it to March 2021 ...

Sometimes, I get a kick from going to www.holidayinsights.com to view bizarre holidays. Did you know March is Irish American Heritage Month? First proclaimed and celebrated in 1991, most Americans enjoy a bit of the green on March 17. But the entire month acknowledges the contributions of Irish people across the USA. From the lowly sharecroppers to the astute entrepreneurs, Irish-blooded Americans shaped this country's history. And if you, like me, have Irish blood coursing through your veins, we can take pride. They worked hard and earned a place in history despite the racism and prejudice Irishmen endured when they first immigrated.

If you're lacking in Irish blood or interest, perhaps another of these days might fit your style better. March also celebrates crafts, peanuts, frozen foods, social workers and women's history. The second week focuses on bubbles and crochet. From "plan a solo vacation day" to "I want you to be happy day," we also give a day to peanut butter, peach blossoms, the National Anthem, popcorn, tea for two and many more. As a native Texan, I'd be remiss if I didn't point out March 2. On this day in 1836, the people in our state joined forces, declared independence from Mexico and became the Republic of Texas. Whatever you celebrate this month, enjoy the freedom to choose. If you aren't native to Texas, take time and talk with someone born here. We'll gladly share our pride.

Celebrate life!



Lisa

Lisa Bell
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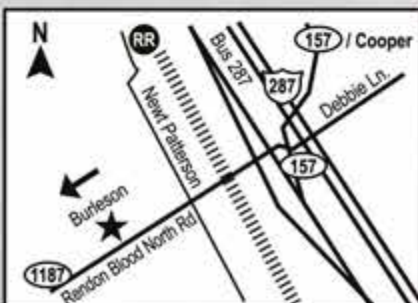
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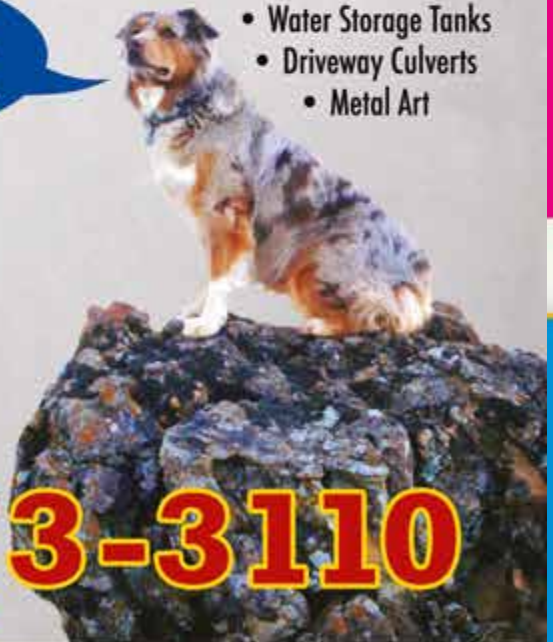
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- SINCE 2016, HAS MAINTAINED WEIGHT LOSS
- Jan Clark



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- MOTHER OF 8 & 10 YEAR OLD BOYS
- FINALLY BACK TO METABOLISM OF HER 20'S!
- Nikki Hopps



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- DROPPED A1C BY 2.2 POINTS
- GOT OFF METFORMIN COMPLETELY
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- Ricki Ingalls



- LOST 50 POUNDS IN 3 MONTHS
- ENERGY WAY UP!
- OFF MULTIPLE MEDICATIONS
- MORE ACTIVE WITH HIS KIDS!
- Wes Adair



- LOST 50+ POUNDS
- THANKFUL FOR 1-ON-1 SUPPORT
- ENERGY GREATLY IMPROVED
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- Cecilia LeBoeuf



- LOST 70+ POUNDS
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- CAN NOW HIKE, GO UP & DOWN STAIRS, AND SWIM
- Mike Mabry



- LOST 20+ POUNDS
- IBS IS GONE!
- OFF 5 MEDICATIONS!
- LOWERED 2 MORE MEDS!
- ENERGY IS WAY UP!
- Elizabeth Steadman

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Giving a HAND UP

— By Lisa Bell

During 2019 and 2020, Promises Ministry served more than 4,000 households each year. Open to all of Johnson County, the organization provides hope to families during trying times. Although they offer many types of assistance, the food pantry remains the primary focus of Promises. Prior to the restrictions caused by the pandemic, Promises provided the only self-select food bank in Johnson County. Director Debbie Beeman said, “We want them to feel like they’re shopping in a store and do so safely.” They hope to return to that model soon.

Promises, an organization founded by First Baptist Church of Burleson, helps neighbors by giving them support until they get back on their feet. Many times, that requires supplementing with food or perhaps paying an electric bill because of an unexpected emergency. “About 50 to 60 percent of those we see are seniors who don’t make enough money to cover necessities, but have a bit too much income to qualify for food stamps or other programs,” Debbie shared.

She first came to Promises as a volunteer, but after retiring, she joined as one of two full-time staff members. “I love it,” she said. “Love connecting with neighbors. I wanted to be a part of that.”





"WE HAVE
AMAZING
VOLUNTEERS.
NOT ONLY
STRONG,
THEY ARE
FAITHFUL."

Besides offering food, the staff and volunteers also assist with locating and applying for programs that can change futures. In addition to elderly people, they see single moms, those who are temporarily unemployed and even the homeless. "Most are hardworking people," she divulged. "Many of the homeless have jobs, but don't make enough money and need help to get back on track." That encompasses their purpose, along with loving on those who need it most. Some families come in because of unexpected car repairs or unplanned medical expenses. With the pandemic, many needed temporary help.

The center also hosts a group of counselors. Although they require payment, First Baptist Church offers a few scholarships for people who need counseling but can't afford it. The ministry saw an increase in those seeking counseling during 2020.

David Couch, global and local outreach pastor, first came to Promises as an intern in counseling. "Little did I know, 13 years later, I'd be here as a staff member," he said. The church pays the salaries for Debbie and David, plus two part-time employees. That means all funds donated to Promises go directly to assisting the community.





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Throughout the year, Promises offers multiple extra programs. During the summer, kids eat free. Those who qualify for free school lunches can come every Tuesday and pick up seven days of breakfast and lunch for each child, plus additional items for the household. In August, they host First Blessings — a day designated when children shop for a pair of shoes, have brunch and receive a Bible.

One day each month, they offer Senior Share for adults 55 and older. Providing fresh produce, milk and such helps supplement lower incomes. At Thanksgiving, they offer a bag to the seniors containing all the ingredients needed in preparing a meal for two. "It actually feeds three or four," Debbie said. "They're very dependent on that. It helps them contribute to family meals."

When sharing donated foods, they also give recipes and suggestions for preparing them. For example, lentils often fill their shelves, but many don't know what to do with them. By adding instructions, they can further assist families.

Debbie and David admit, without volunteers and partnerships, they couldn't do as much. The list of those who support the ministry includes Pathway Church, Johnson County Hunger Coalition, Harvest House, First Baptist Church, H-E-B, Kroger, Aldi, City Market, Bimbo Bakery and others. Sometimes, they receive a random call from businesses who say, "I happen to have ..." It may be sausage, bread, bakery goods, canned goods or anything. The Pathway Garden also helps them provide fresh produce.

Most importantly, individuals take part in financial and tangible donations. Through the Blue Bag Program, individuals or families can pick up a bag from church. After taking it home and

filling it, they return it to church or drop it off at the Promises building on Renfro.

Danny Andrews and David Gumfory represent numerous volunteers, two from a host of people who work tirelessly at the center. From stocking shelves to assisting neighbors shop or simply offering hugs, these people comprise a critical component for making the organization work well. Debbie said, "We have amazing volunteers. Not only strong, they are faithful."



Danny first learned about Promises through FBC's Boomers Sunday school class. "I started volunteering mainly because of David Gumfory's enthusiasm," he said. "We're old, but we're strong." Danny volunteers weekly, and like David, he takes pride in talking about Promises.

David Gumfory currently spends much of his volunteer time promoting a fundraising event planned for May 1. Over the past five years, David and his wife, Donna, volunteered at the center with other Boomers. They saw a need for expansion and planned "Hope Starts Here." Starting in September 2020, they quickly raised the \$50,000 goal. Setting a new goal of \$150,000, they are halfway there.

The May event includes a festival from 4:00-8:00 p.m., with hopes to raise the remainder of funds needed for a commercial refrigerator and freezer, an additional 3,000 square feet of serving and office space, a box truck and perhaps an awning in the back for outdoor events. "At Promises, it's about dignity and hope, not about a handout," David said. "Where there's hope, there's faith. Where there's faith, there are miracles." For many in the community, services provided by Promises are miracles. **NOW**

Editor's Note: For more information, visit www.firstburleson.org.

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— By Lisa Bell



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Dr. John Murphy practiced general dentistry for the first five years of his career. For the past 35 years, however, he opted to specialize in dentures instead. “With dentures, people want to come to the dentist,” he said. “They want their teeth.”

Although Texas Denture Service opened in 1981, Dr. Murphy didn’t come on board until 1989. Prior to that, he worked for

the city of Fort Worth’s Public Health Department. There he found a passion for making new teeth. A dentist for more than 40 years, he prefers working exclusively with dentures. An artist by nature, writing and acting in the past, the creativity aspect appeals to Dr. Murphy. “Dentures require a bit of artistry,” he shared. “But I like people, getting to know them. Teeth get boring. The people attached to them aren’t. I’m out of a mouth more than in it.”

Texas Denture Service offers complete, partial and flexible dentures. While they don’t place implants, they create “Snap-On” dentures. From experience and training, he knows all systems and can work with them. They also do relines, repairs and emergency services, as well as immediate dentures. Placed when teeth are removed, they make the dentures beforehand. This option saves the patient embarrassment and the inconvenience of going without teeth prior to their dentures being made.

With technicians on-site and an in-house lab, Dr. Murphy and his staff strive to ensure the very best quality with less waiting time. During the process, the teeth are set in wax on a denture base. "We try them to make sure the bite is correct and the patient approves of the esthetics," he said. "We want patients to have an active role in creating their new smiles." With relines and repairs, they often complete the work while a patient waits.

"All members of our staff are people-oriented. Every patient is a person," Dr. Murphy stated. "We're interested in each individual. Seeing all types of people, we enjoy knowing about their lives."

Much of Texas Denture Service's business comes from repeat customers, who become like family over the years, even some sharing birthday celebrations with them. They strive for a personal atmosphere, making sure every patient feels welcome and comfortable. With competitive costs and financing through Care Credit and Lending Club, Texas Denture Service helps patients find an affordable solution. Of course, to protect everyone, they follow CDC guidelines for sterilization and in-office procedures.

"We see regular folks who don't have a lot of money," Dr. Murphy said. That's often the reason people choose full dentures rather than implants. "If you're contemplating implants, try dentures first," he recommended. "While implants are successful more than 90 percent of the time, they are expensive. Dentures can be retrofitted in most cases, so you can always change later."

Dr. Murphy focuses on the people side of his work. He enjoys the interaction and a bit of humor in the office. But with making quality dentures that fit correctly, he's all business. He considers many factors — age, complexion, the shape of a face — during the process. With a friendly receptionist, his personal warmth and compassion, plus regard for the patient's time and feelings, Texas Denture Service endeavors to create the best possible experience for each one. "Come meet us to see if we're a good fit," he said, "and we can make sure your dentures fit, too." **NOW**

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Johnson County swears in Jocelyn Trejo, one of the first few female deputy sheriffs in Johnson County.



Robert, Maggie and Christine have fun on a Valentine's hayride at Russell Farm.

Zoomed In: Stephen Smotherman

By Lisa Bell

Living in Texas can mean warm winter days, allowing Stephen Smotherman to work outside sometimes. Selling products online for extra money, Stephen eventually moved to full-time business owner. "I like the freedom of being my own boss. I can work when and where I want," he said. "Of course, that also means I can't work only a couple of hours because I don't feel like working."

Stephen found himself answering questions from others wanting to supplement or replace lost income. So he became a coach who teaches people to sell through Amazon, a much-needed service during 2020 when many lost jobs. His wife, Rebecca Henderson Smotherman (not pictured), is a writer who helps coach as well.



The Tenants and Shipman family (owners) receive the Ann Heberle Business Beautification Award for the Old Town Medical Building.



The Pledger crew takes advantage of falling snow for a bit of fun.



Madison clings to her uncle, Stephen Rodriguez, as they try out ice skating.



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Ladies of the Killpatrick family are enamored with tempting goodies at Burleson Bakery.



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CookingNOW

In the Kitchen With

JORDAN PRESNELL

— By Lisa Bell



“I enjoy making people happy by making their bellies full,” Jordan Presnell said. “It’s an added bonus when they come back for seconds and thirds and truly enjoy what they’re eating — my cooking.” Self-taught, he picks up techniques wherever he can, combining them to create a unique style of barbecuing and cooking. He loves experimenting with flavors and styles, implementing them with his grill or smoker.

Born and raised in Mansfield, Jordan now lives in Burleson, where he plans to enter as many competitions as possible this year. He draws inspiration from family and kids. “A meal that’s not only delicious, good for them and that they enjoy, is a huge success,” he shared. By 2022, Jordan hopes to open a food truck or restaurant, establishing JoJo’s Bar’B’Que. **NOW**

Pulled Pork

Start with pulled pork. Enjoy meals for a week.

- 1 8- to 10-lb. pork shoulder butt**
- 1 26-oz. container yellow mustard**
- 1 cup Meat Church Holy Voodoo Seasoning**
- 3-4 cups apple juice**

1. Preheat a smoker to 250 F Remove the roast from the packaging; wipe down all

sides with paper towels, cleaning off extra liquid on the exterior.

2. Slather the entire exterior of the pork with mustard. Liberally season all sides, top and bottom with the Holy Voodoo Seasoning. *Note: Don’t worry about rubbing the seasoning into the meat, just be sure it is liberally coated all over.*

3. Place the seasoned pork in the smoker, fat side down, preferably in the middle of the

grate, avoiding any direct hot spots.

4. Lightly spritz apple juice on the pork butt every hour while smoking to retain moisture.

5. Smoke the pork until it reaches an internal temperature of at least 170 F, or until the desired bark on your meat has been reached. This process takes 35-45 minutes per pound.

6. Remove the pork butt from the smoker; wrap it tightly in foil or butcher paper.

7. Return the pork butt to the smoker until an internal temperature of 200 F is reached. Remove it from the smoker; wrap it in a towel. Let rest for at least 1 hour.

8. Unwrap the pork butt from the towel and foil or butcher paper; pull apart the shoulder, discarding any chunks of unwanted fat and the bone. Enjoy.

Pig Shots

- 1 cup softened jalapeño cream cheese**
- 8 oz. cheese, shredded**
- Jalapeños, diced, to taste (optional)**
- 2 cups pulled pork**

1 pkg. thick-cut bacon, cut in half
1 pkg. smoked sausage, sliced into
1/2-inch discs (We prefer jalapeño
and smoked cheddar sausage.)
Toothpicks

- 1.** Prepare a smoker (preferred) or oven at a temperature of 350 F
- 2.** Mix softened jalapeño cream cheese, shredded cheese, jalapeños and pulled pork in a mixing bowl; set aside.
- 3.** Wrap bacon around a slice of sausage, creating a meat bowl; secure with toothpick. Repeat with remaining bacon and sausage. Fill each "bowl" with the cream cheese mixture.
- 4.** Place the pig shots in the smoker or oven until the bacon is crispy and golden brown, about 30 minutes. Remove and let rest for 10 minutes; then enjoy.

Pulled Pork Macaroni

24 oz. large elbow noodles
1/2 cup milk
1/2 stick salted butter
16-24 oz. Velveeta cheese
3 cups pulled pork

- 1.** Prepare the noodles according to package directions. Strain off the water; add the noodles to a large pot. Over low heat, add milk, butter and cheese to the noodles.
- 2.** Preheat the oven to 350 F
- 3.** Once the cheese has melted, pour the mixture into a 9x13-inch baking dish. Add pulled pork on top; bake for 10-15 minutes.
- 4.** Remove from oven; let sit for 5 minutes. Enjoy!

Pulled Pork Scramble

6 large eggs
1/2 tsp. salt
1/2 tsp. pepper
1 Tbsp. olive oil
1 cup pulled pork
1/4 cup red bell pepper, diced
1/4 cup green bell pepper, diced
1/4 cup onion, diced
1/4 cup Mexican-style shredded cheese

- 1.** In a large bowl, lightly beat the eggs. Add salt and pepper; set aside.
- 2.** In a large skillet over medium heat, warm the oil. Add pork; stir occasionally until hot.
- 3.** Transfer the pork to a plate; cover with paper towels to keep warm.
- 4.** Add the peppers to the skillet; cook, stirring occasionally, for a few minutes. Add onions; cook, stirring occasionally, until the vegetables are tender and the onion is translucent.


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Pulled Pork

5. Add the eggs; cook, stirring occasionally, until lightly scrambled. Stir in about half of the pork; continue cooking until the eggs are scrambled to your liking.
6. Remove from heat; transfer to a plate. While hot, scatter cheese and remaining pork on top; serve immediately.

Pulled Pork Sandwiches With Alabama White Sauce

White sauce:

1 cup mayonnaise
1/4 cup apple cider vinegar
2 Tbsp. brown sugar
1 Tbsp. spicy brown mustard

1 tsp. lemon juice
1 tsp. prepared horseradish
1/2 tsp. salt
1/2 tsp. black pepper
1/4 tsp. cayenne pepper

Sandwiches:

Texas Toast bread, 2 slices per sandwich
1 cup pulled pork
1/2 cup favorite barbecue sauce
1 16-oz. jar Best Maid Pickles
Hamburger Slices

1. For white sauce: Mix all ingredients in a small bowl; whisk until smooth and well combined.

2. Refrigerate for 1 hour before using. *Note: This will keep in the refrigerator for two weeks.*
3. For sandwiches: Slightly toast 2 slices of bread. Heat pork and barbecue sauce in a small pot over low heat.
4. Spread the desired amount of white sauce on both slices of the Texas Toast.
5. Add the heated pork mixture on one slice of toast; add pickles, as desired, on top of the meat. Top with the second slice of toast; enjoy.

Pulled Pork Nachos

1 8- to 10-oz. bag tortilla chips
2 cups pulled pork
1/4 cup sliced jalapeños
2 cups Mexican-style shredded cheese, or to taste
Barbecue sauce (optional)
Lettuce, shredded (optional)
Sour cream (optional)

1. Preheat the oven to 400 F. Cover a baking sheet with foil; spread chips over it.
2. Place the pulled pork over the chips; sprinkle jalapeños and add cheese over the top. Use more or less cheese as desired.
3. If desired, drizzle barbecue sauce on top of everything. Bake 5-10 minutes, or until cheese is melted. Add optional toppings; serve.

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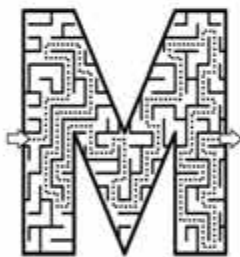
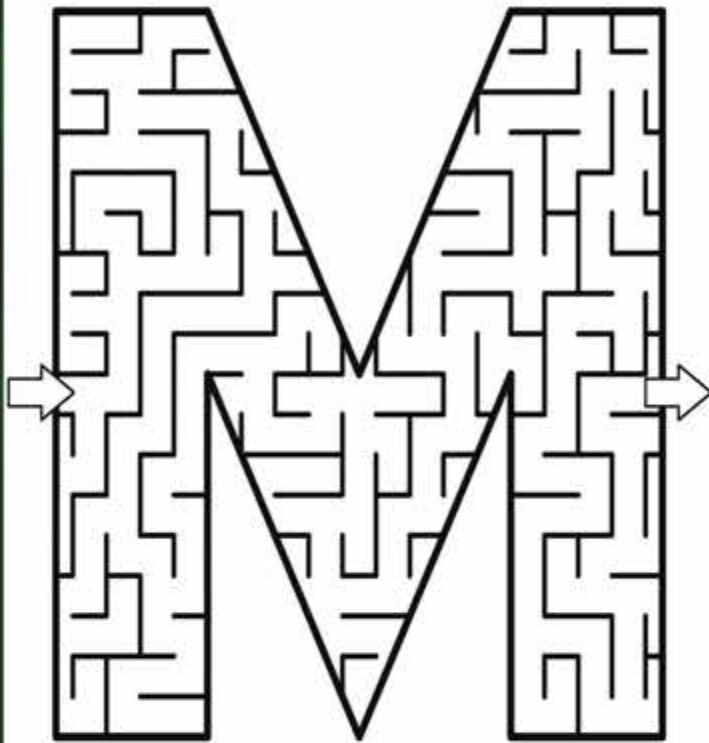
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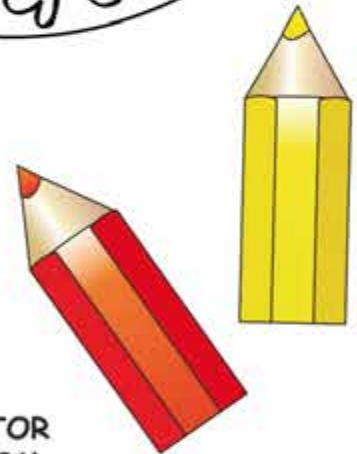
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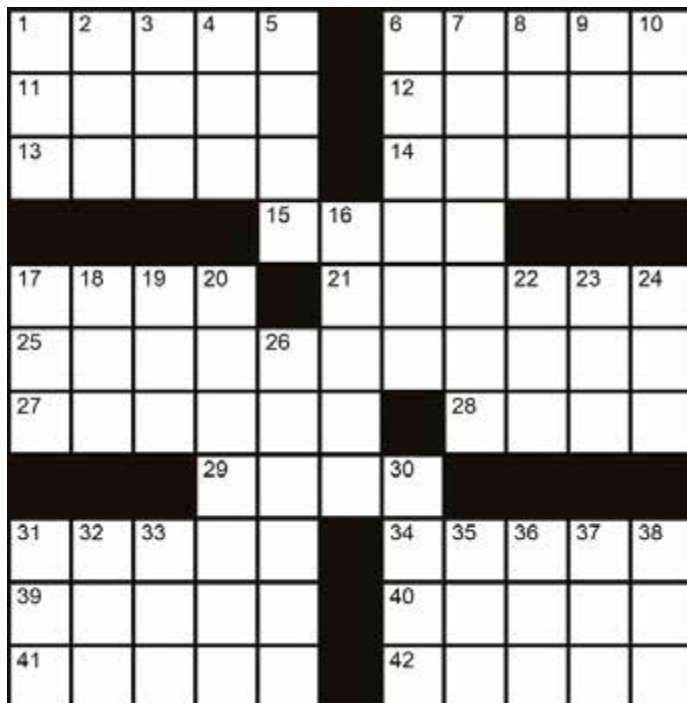
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Crossword Puzzle



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Solutions on page 36

Across

- 1 Arm and a leg
- 6 --- Capped Romance (36 Crazyfists)
- 11 Egg producer
- 12 Uncle Tom's creator
- 13 Childe Harold author
- 14 Doesn't possess
- 15 Blacken
- 17 Tex. neighbor
- 21 "The --- File" (Frederick Forsyth)
- 25 Sailor's jacket, maybe
- 27 With sharp side first
- 28 Bloodsucker
- 29 Heavy blow
- 31 Contempt
- 34 Has become rancid
- 39 Like Muzak
- 40 Donald Duck's nephew
- 41 Rowdy ---, an early Clint Eastwood role
- 42 Descriptive record

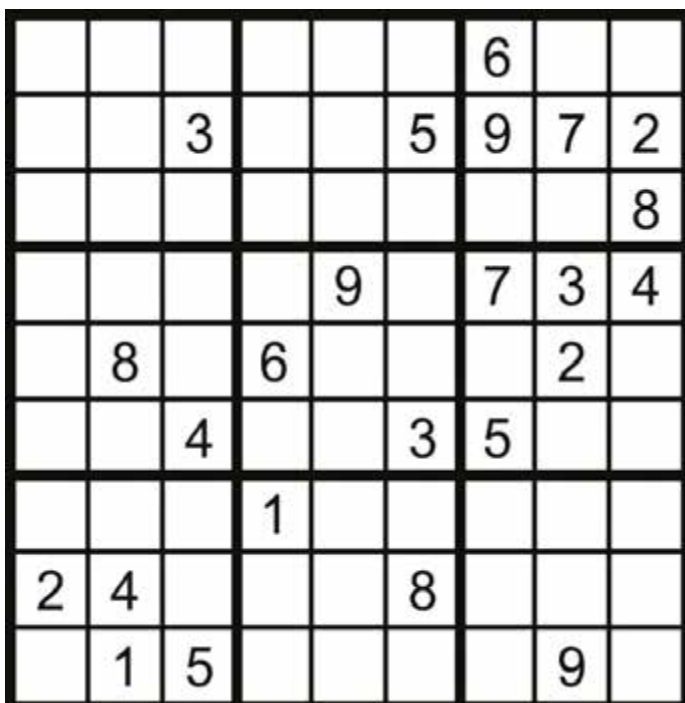
Down

- 1 High shot
- 2 Excellent tree climber
- 3 Besmirch
- 4 Fraternity man, briefly
- 5 Harmony
- 6 Slightly
- 7 Eye impolitely
- 8 Discouraging words
- 9 "My --- Private Idaho" (1991 film)
- 10 Freshly painted
- 16 They're locked in battle
- 17 Have creditors
- 18 Little goat
- 19 Very cold fuel
- 20 Aim of every undergraduate
- 22 Snow runner
- 23 Fraction of a min.
- 24 Ancient boat
- 26 Bounces
- 30 Top gear for a house
- 31 Spot
- 32 Preceded by the O S S
- 33 Plump
- 35 One kind of offspring
- 36 Unfashionable
- 37 Cone producer
- 38 Visionary

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Sudoku Puzzle

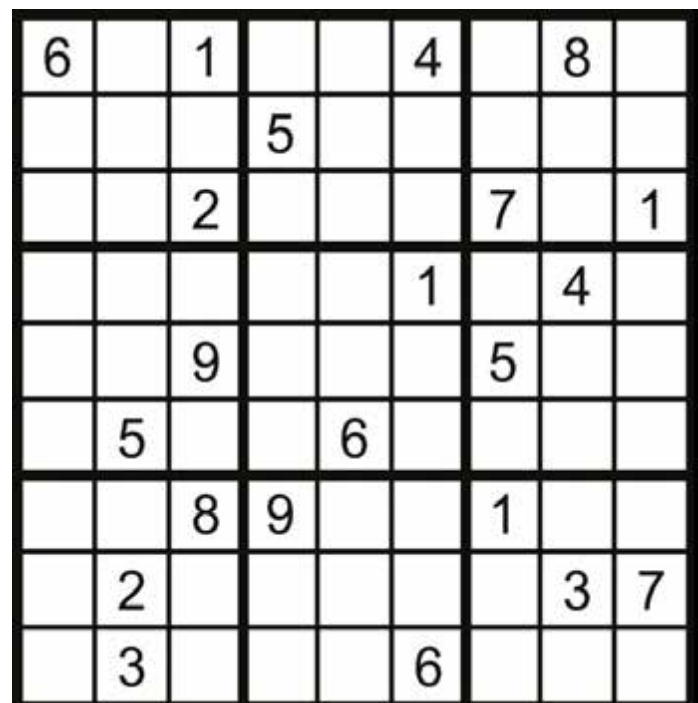
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Medium



Solutions on page 36

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MARCH

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3/5-3/6

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3/6

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Texas Independence Celebration:

Remember the Alamo! Event includes Texas' stories of survival and freedom with music by Ridge Roberts (member of the SRT), Granbury ISD Choir and special guest Dr. John Tabor on bagpipes. Bring a blanket or chair to enjoy the story of our republic. 2:00 p.m., Granbury Historic Square Gazebo,

100 E. Pearl St., Granbury. www.visitgranbury.com.

3/11

BISD Film Festival:

7th annual film festival is open to all students and will be a virtual event this year. Must register to participate. 6:00-8:00 p.m. Event held online. www.burlesonisd.net/Page/1266.

3/12-3/28

The Wild Women of Winedale:

Live theater production. **Fridays and Saturdays:** 8:00 p.m.; **Sundays:** 2:00 p.m.,

Theatre Off the Square, 114 N. Denton St., Weatherford. www.theatreoffthesquare.org, (817) 341-8687.

3/15-3/19

Spring Break:

No school for the week. Enjoy spring break. For more information, visit www.burlesonisd.net.

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

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1	L	I	M	B	S	6	A	S	N	O	W
11	O	V	A	R	Y	12	S	T	O	W	E
13	B	Y	R	O	N	14	H	A	S	N	T
						15	C	H	A	R	
17	O	K	L	A		21	O	D	E	S	S
25	W	I	N	D		26	B	R	E	A	K
27	E	D	G	E	O	N				T	I
						29	G	U	S	T	
31	S	C	O	R	N		34	I	S	O	F
38	P	I	P	E	D		40	L	O	U	I
41	Y	A	T	E	S		42	E	N	T	R

Easy

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

Medium

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



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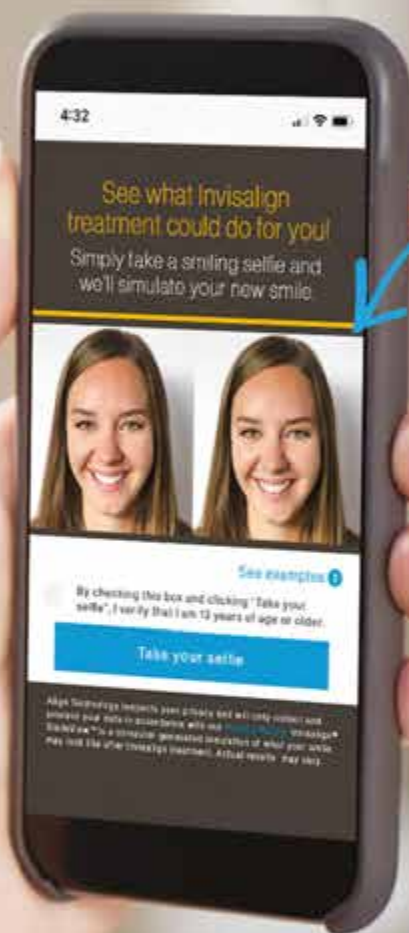
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