APRIL 2020

Sketching Memories

Burlesõ

do Collins has a lifetime of tributes in her ariwork

Also inside:

Scavenger Hunt

Featured Business: TotalCare



Postal Customer

Shining Lights

Burleson Blaze helps Billy Davison and others become stars

G

In the Kitchen With Natalie Weatherly

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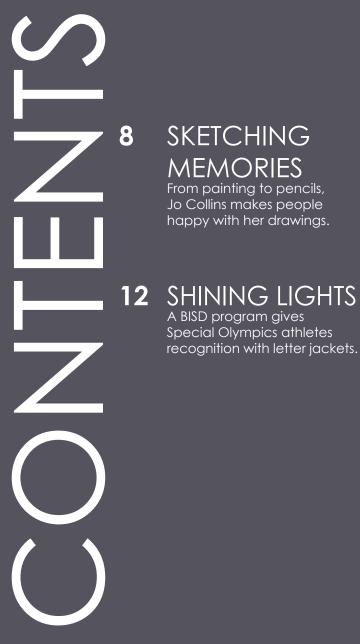
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April 2020 | Volume 14, Issue 4



SKETCHING MEMORIES From painting to pencils, Jo Collins makes people

12 SHINING LIGHTS A BISD program gives Special Olympics athletes



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ON THE COVER

Jo Collins enjoys creating and sharing her art.

Photo by SRC Photography.

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TEXAS STRONG

The can-do spirit of Texas is one of resilience, compassion and faith. From localized, natural disasters like tornadoes, floods or fires to regional ones like Hurricane Harvey, Texans rally together when there is a crisis. Together, we fight the problem, and together, we solve it.

The COVID-19 social distancing measures may feel completely unnatural to how we normally deal with emergencies, but, actually, by following these guidelines and keeping each other safe, we actually *are* all fighting this *together*. We can also fight together by supporting local businesses, calling or messaging loved ones, buying groceries for people in high-risk populations and praying for one another.

Here at NOW Magazines, we are committed to helping our local economies by helping promote our local businesses. We hope to help ease some of the discomfort of social distancing by bringing some of the best of the community home to you through our stories on local residents. And though some of the events or competitions mentioned in some of this month's articles may have been cancelled after we went to press, we hope that you will be encouraged by reading about the good and positive things that are a part of your hometown.

Becky Walker, Managing Editor | NOW Magazines

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isa

Lisa Bell BurlesonNOW Editor lisa.bell@nowmagazines.com (817) 269-9066

EDITOR'S NOTE

Spring is in the air ...

Why do we tend to think about spring cleaning this month? Perhaps as temperatures warm without steaminess, we open windows, allowing the scent of fresh air into our homes. And with windows open, we notice the dust, cobwebs and general staleness from a tightly closed house during the colder weather. For whatever reason, we consider a thorough cleaning along with culling out those items we no longer use or want. "Consider" being the operative word for me. Some people take this annual cleaning ritual to seriously high levels. Others of us, however, contemplate the extent of work we should do and take a stab at it — before we shrug and continue life as usual.

As I ponder this idea of cleaning up and out, I wonder, *Do I have spiritual, emotional or mental cleaning to do as well?* Perish the thought, but maybe I have some personal cleaning that ought to go on my to-do list. It's good to consider the ways we think and talk and what goes into our minds and bodies. Any time is good for that.

As we enter April, my thoughts also turn to Easter — a time of sacrifice, hope and eternal love and life. If nothing else motivates me to evaluate myself and strive for something better, those thoughts do. Perhaps the biggest reason we think about spring cleaning comes from an inner drive to live better and healthier. Well then, bring it on — at all levels.

Happy Easter, happy spring!



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From her earliest memories. Jo Collins knew how to sketch and draw. Now, she's provided herself and many others with a lifetime of memories, thanks to her many creations. "I guess I started doing it regularly around age 5. I'd catch myself drawing little things. I'd look at something and just sketch it," the now-86year-old said. "The earliest thing I remember drawing was my foot. I remember one day I was barefoot. It turned out fantastic. Mother and Daddy just oohed and aahed over it.

"It was born in me. I just thought everybody should do that, but when everybody started making a fuss and going on about how good I was, I thought, Maybe I have something here."

Indeed, she did. Later, Jo advanced to drawing pictures of famous women she saw in magazines. "I'd just see them and draw them. It was fun, and I was good at it," she said, noting one drawing of the late actress Arlene Dahl, mother of actor Lorenzo Lamas. "I was just a teenager and liked to draw."

Jo has also painted her share of living people and animals — mostly animals. However, she remembers one particular incident that involved a human subject — two actually.

When her aunt and uncle came to visit for a weekend, Jo drew their profiles. "She [her aunt] had a crooked and pointed nose, and I included that. When I showed it to her, she loved it. She said, 'You got that just right.""

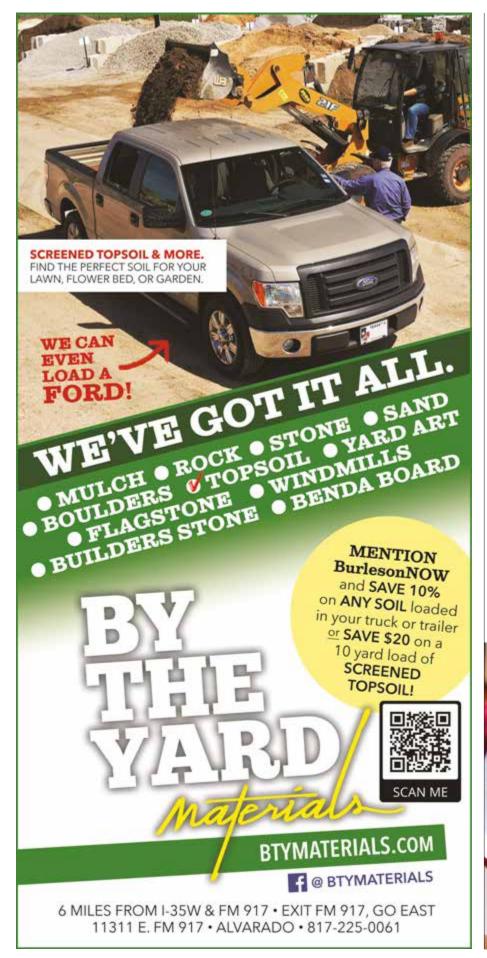
Looking through Jo's many creations is like a journey through her life, mostly in pencil sketching. She also painted quite a bit, though not lately with oils, and she recently entered the world of colored pencils.

"It takes a while to do something with a colored pencil. It's kind of like ink, but to me, it's so rewarding to have all those colors," she said. "I'll always like pencils because that's what I started on. Since I started doing colored pencils, I'd rather do that than paint. There are no brushes to clean. You just pick up a pencil and start.

"Ink is really my favorite, and it's the hardest to do. With a fountain pen, if you make a mistake, you could be messed up. Of course, you can take your pen, flip it around and make a leaf, for example, but ink is definitely the most challenging, I think."

Jo pointed to several of her art pieces, each with its own story, and offered a brief description: "This is my sister-in-

Chi By Rick Mauch



law, and she was about 14, the same age as I was. That bulldog in the center, I did that in study hall. See how it's yellowing? That tree was growing in my backyard. You can tell it's during the winter months with no leaves on it. See this cat hanging by its paws? It was in another picture. When I drew it, I just added the bottom, the road and the house and barn."

Jo loves sketching animals. Though she doesn't have pets anymore, she remembers the days when she did through her art.

"That was my chair before I moved in here [Heritage Place Retirement Community]," she said, pointing to a sketch of a dog sitting in a chair. "My aunt sent me a pic of the dog, so I put him in the chair."

Jo is also popular when it comes to memorializing other people's pets. "Everybody in here wants their dog sketched," she said.

"I love her work. I love that dog," said her neighbor, Don Dake. "Of course, I like them all. She's very gifted. The good Lord has indeed blessed her."

She's never shown her work in a gallery. "I've shown it to so many relatives, friends, really anybody who wanted to see it, but I've never shown in a gallery. I have sold some, though. I've sold about 40 since I've been here [nine





years] to residents or folks who come in. A lot of times I take them downstairs." She recalled one time Heritage Place had an indoor garage sale. Her artwork was quite a hit. "I sold five!"

Jo took art classes right out of high school. She recalled, "I think I got an A or A-plus. A man came to our town and said, 'You are so good.' So I continued to create art."

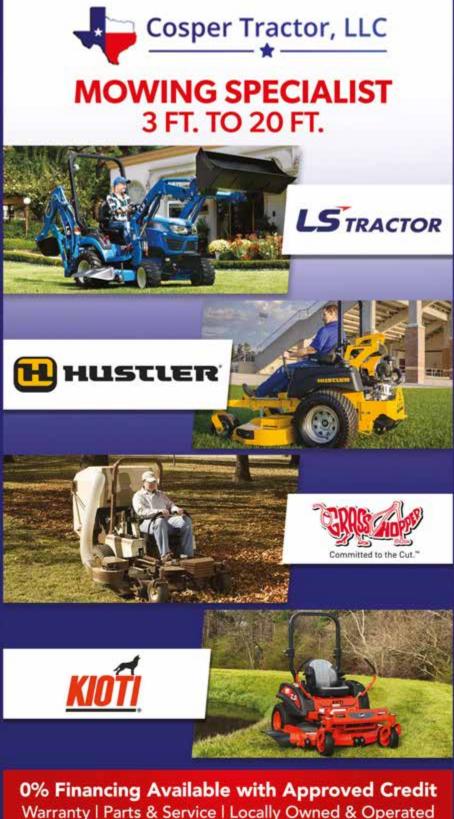
Ironically, Jo did not come from artistic parents, nor did she and her late husband have any children. However, she did share an art kinship with her sister.

"My sister was good at sketching Li'l Abner and Daisy Mae. She also wrote articles, stories and some poems that got printed," Jo added with a laugh, "But neither of our parents were artists. It has to start somewhere."

Jo shared, "One day my husband grabbed one of my pieces, and I asked him, 'Where are you going?' He replied, 'I'm going to take it downtown to show it to people.' His nephew took another one to an art show in Memphis, and I won honorable mention."

Jo moved from Mississippi to Burleson in 2011 to be near her sister. Now, she's gaining notoriety for her talent here much as she did back home.

The ever-youthful Jo has no plans on slowing down when it comes to her artwork. "As long as I can move my fingers, I'm going to do it," she said. "Folks like it. It makes them feel better, and it certainly makes me feel great. It feels wonderful each time I do one."



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Editor's Note: Due to the evolving COVID-19 situation, any events or competitions mentioned in this or other articles, may have been postponed or cancelled while we were at press.

B

Every athlete dreams of slipping his or her arms through the sleeves of a letter jacket, a privilege earned from all the hard work at practices and sporting events. Billy Davison is no exception. "All my friends got jackets," he shared.

6

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"It was really neat," his mother, Amie Davison, added. "They made a special jacket for Burleson Blaze. The school made a big deal out of it, inviting them to a board "BILLY IS A VERY HARDWORKING YOUNG MAN WHO ALWAYS HAS A GREAT ATTITUDE. HE'S A PEACEMAKER AND LOOKS OUT FOR OTHER STUDENTS."

meeting to receive the jackets. It made them feel special."

By Lisa Bell

At 20, Billy is now part of Adult Transitional Services at Burleson High School. He has an intellectual delay and epilepsy, but that doesn't mean he can't think and function. Like many young men, Billy loves basketball. Earning a letter jacket seemed out of his reach, but in 2017, House Bill 1645, which was passed by the 85th Texas Legislative Session, amended the education code to allow athletes who participate in Special Olympics the right to lettering in their sport.

Last year, in response, Burleson ISD recognized the first group of athletes who earned letter jackets for their success at the Special Olympics State Competition. Billy was one of 12 students who lettered in basketball, track and field or both during the 2017-2018 school year.









Billy enjoys playing basketball, but he especially likes spending time with friends in the process. "He cares about people and is a big encourager," Amie shared. "He loves God and prays a lot. He's just a happy guy. It's hard to find things for kids with special needs. Burleson Blaze is another outlet to be with friends. Monetta Smith does a wonderful job with the program."

Monetta, transition and employment supervisor, serves as head of delegations for Burleson Blaze. She said, "Billy is a very hardworking young man who always has a great attitude. He's a peacemaker and looks out for other students." BISD offers many opportunities for students with disabilities, developing skills to transition from high school to adulthood. "These students are so much more than the disabilities we see," Monetta said.

Billy admitted, "I like goals, hanging with my friends and being part of a team." Throughout his years at Burleson High, he's enjoyed working with Christa Holloway for track and Jeffrey Hawkins for basketball, but Billy also found acceptance in other sports.

"We never had a problem at school. They always included him," Amie said. He was a water boy for the soccer team and during football season, they let him run through the tunnel.

Outside of school, Billy looks forward to the annual Night to Shine, Tim Tebow's answer to prom for special needs kids, hosted by Alsbury Baptist Church. Excited about the evening, he looked forward to dancing with his date, Joy. But he quickly dispelled the idea of her as a girlfriend. She plays basketball and does theater with Billy, a friend with many of the same interests.

Billy works part time at the Plaza Theatre in Cleburne for a couple of hours a week. His real love comes from the Harmony Connections Class, where those with special needs pair with teen actors — stars paired with shadows. "It's all about acting," Billy said. "We meet for an hour every Thursday with Tabitha and Tina [his acting teachers]." The group performs three shows per year. Currently working on The Lion King, Billy is excited. "I'm Simba," he announced with a big smile. Only acting for two years, he loves singing, dancing and watching shows. When asked about his favorite, Billy didn't hesitate. "Matilda - her books are crazy."

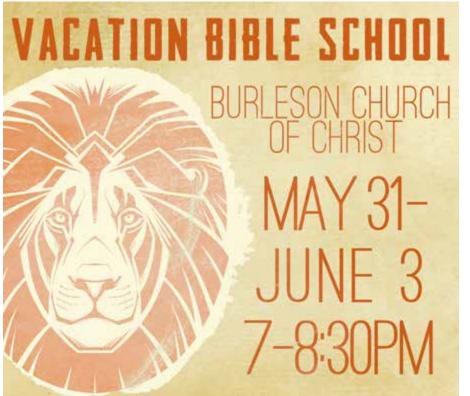


Amie chimed in, "He loves music, a performer at heart. He loves to have the microphone and make people happy."

Epilepsy makes it difficult to leave Billy alone, but Amie wants him to be as happy as possible. They are very active in church, and the program at school helps. At a house on the ag farm, they work on life skills and build independence, taking care of lke, the cat. "He grasps more than we realize, although he doesn't always get it out," Amie shared. His parents and brothers, Jared and Joshua, know Billy may never be able to live independently, but they help him experience as much as possible.

As state competitions approach, the family supports Billy. Basketball competitions usually occur in March. In April, they'll travel to San Antonio for track, hoping Burleson Blaze succeeds at state levels again. Billy has two more years before he leaves Burleson High and can no longer participate on the team.

Fortunately, his opportunities for acting never end, and in that newer love, Billy thrives and shines as bright as any star. That's what shining lights do.



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BusinessNOW TotalCare

— By Lisa Bell

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In 2008, TotalCare opened at their current location, but the business started as Joshua Family Medical Care in 2003 with founder, Dr. Roger Saade. As the practice grew, the name changed, and they built the medical facility near the corner of Renfro and Crowley Roads. Although TotalCare has the hours of an urgent care facility, they are a family doctor practice. In fact, many of their patients come in for regular medical care, not just when they need a doctor after hours or on weekends.

That's one unique thing about TotalCare. "We take a hybrid approach," said Jamie Adams, marketing and human resources



coordinator. "Our founder sees the practice as a ministry, founded on Christian culture and values. I'm better as a person and as an employee after working here for 12 years."

The new director, Joel Salinas, moved from Houston in September 2019. The faith-based culture of the practice drew him to the job. "We want to be the best practice in the area, and we look for above and beyond opportunities to help patients," he said.

In addition to urgent care and walk-ins, TotalCare offers routine medical care, whether preventative, check-ups or for illnesses of all ages from pediatrics to geriatrics. They also provide testosterone therapy, weight-loss assistance and sports physicals. With an on-site laboratory, they can do testing such as blood work as well as nerve testing and cardiac stress tests. They treat minor emergencies at the cost of a primary care physician, saving money and time for patients by avoiding emergency room or traditional urgent care trips. "We are passionate about what we do," Joel shared. For example, during a day when they had many patients, he grabbed another employee and several bottles of water. They took the water out to the waiting rooms for patients. On occasion, he holds an umbrella over someone, keeping the patient dry while escorting him or her to their car. For Joel, these are routine, little things.

"We want to be the best practice in the area, and we look for above and beyond opportunities to help patients."

In a world where many physicians sell their practices to hospitals or insurance companies, TotalCare remains an independent clinic. With the growing trend for wellness and prevention, the facility encourages total patient health, tending to all facets alongside physical treatment. Although they never push faith on any patient, the staff provides prayer cards in both their lab and physician waiting rooms. And if asked, doctors have no qualms about praying for and with a patient.

"We're always striving to get better at serving our patients and community," Joel said. With that in mind, they already have a culture of excellence and provide continuing education for all staff members, not only doctors and nurses. With a dedicated training staff, TotalCare conducts knowledge training at least once every month.

In the community, TotalCare supports multiple chambers of commerce. They participate in local festivals, visit and support school nurses and show their gratitude to firefighters and police through small tokens of appreciation. "Jamie is very creative in giving presents," Joel admitted.

"It's about servanthood," Jamie added. "We strive to have a passion that reflects in our service."



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Zoomed In: Lashay Baker

By Lisa Bell

Few things remind us of childhood wonder like an ice cream cone. For Lashay Baker, rocky road and butter pecan in a cone also remind her of the promise of summer. Moving to Burleson from Arizona, she works in home health care but also serves as a chaplain. "I just go where I'm needed and love on people," she shared.

Lashay enjoys singing and taking walks in the park when she gets a chance. "I love coming out here and spending time with the Lord," she said. "As soon as I finish this ice cream, I'll be singing and praising Him." In the process, Lashay encourages those she meets along life's pathways, using her gifts to meet the needs of others.

Around Town



At 4 months old, Caden Vaughn loves going for walks.



Cecil Harris and Arthur Jeffery (aka Fish Whisperer) prove fish at Bailey Park do bite.



The community gathers to celebrate the ribbon cutting for the Med Spa At Seena One.



Dr. Ceisha Ukatu celebrates her new ear, nose and throat practice in Burleson with her fiancé and father.

NOW



Congratulations to Lindsey Muse on her new role as assistant principal for the Academy of Leadership & Technology at Mound Elementary.



Luna waits expectantly for her owner, Toby Torres, to roll the disc.



Tammie Mueller and Kelly Watkins met at the BRiCk and enjoy walking together outdoors.



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Nurse by night and cook by day, Natalie Weatherly enjoys cooking because she loves food. "I grew up in Germany with a German mother and Russian father," she said. "We had a home-cooked meal every evening, and this influenced my culinary desires when I had a family of my own." Natalie tries to cook six out of seven nights.

Planning meals for the week helps her stay on budget and not waste food. A self-taught cook, she became interested as a teen when she started cooking for her church youth group. Most of Natalie's recipes come from Pinterest. "I love that you can type in the ingredients you have on hand, and it pulls up a recipe." The recipe becomes her base, as she adjusts spices to taste. NOW

Bruschetta Chicken

- 1/2 cup flour
- 2 eggs, beaten
- 4 boneless, skinless chicken breasts
- 1/4 cup Parmesan cheese, grated
- 1/4 cup garlic croutons, crushed
- 1 Tbsp. butter, melted
- 2 large tomatoes, chopped
- 3 Tbsp. fresh basil, minced
- 2 garlic cloves, minced (approximately 1 tsp.)

I Tbsp. olive oil Salt, to taste Pepper, to taste

I. Preheat oven to 375 F. Grease a 9x13-inch baking dish.

2. Place flour and beaten eggs in separate shallow bowls. Dip chicken into the flour, and then into eggs. Place the chicken in the baking dish.

3. Combine Parmesan cheese, crushed croutons and melted butter; sprinkle on the

chicken. Loosely cover with foil; bake for 30-40 minutes, or until the top is browned and the chicken is cooked through.
4. Combine tomatoes with the last five ingredients. Spoon mixture over the chicken; return to the oven for 5-7 minutes, or until

Creamy Bacon Carbonara

the tomato mixture is heated through.

2 eggs

1/4 cup cream or heavy whipping cream 1/3 cup Parmesan cheese

- Parsley, freshly diced or dried flakes, to taste
- 1/4 tsp. salt
- 1/2 tsp. red pepper flakes
- 1/2 lb. bacon, reserve grease
- I small onion, chopped (optional)
- 3 mushrooms, sliced (optional)
- 1/2 lb. pasta

I. In a bowl, beat the eggs, cream, Parmesan, parsley, salt and red pepper together with a fork. Fry the bacon until crisp; crumble and set aside.

 With 1-2 Tbsp. of bacon grease, sauté onion and mushrooms until the onions are translucent and golden, if using.
 Cook and drain pasta.
 While still warm, add pasta to onions

and mushrooms. Pour cream mixture into the pasta mixture; stir over low heat for 1-2 minutes.

Olive Garden Zuppa Toscana

4 slices bacon
1 lb. spicy Italian sausage
1 Tbsp. olive oil
2 cloves garlic, chopped
1 onion, chopped
4 cups chicken broth
3 russet potatoes
3 cups baby spinach
1 1/2 cups heavy cream
Kosher salt, to taste
Black pepper, freshly ground, to taste

 Heat a large skillet over medium-high heat. Add bacon; cook until brown and crispy, about 6-8 minutes. Transfer to a paper-towel lined plate; crumble and set aside.
 Add Italian sausage to the skillet; cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks. Drain excess fat; set aside.

 Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion; cook, stirring frequently until onions become translucent, about 2-3 minutes.
 Stir in chicken broth; bring to a boil. Add potatoes; cook until tender, about 10 minutes.
 Stir in bacon, sausage and spinach until spinach begins to wilt, about 1-2 minutes.
 Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste.

All-American Chili

Like most chili, this is better the next day.

6 oz. hot turkey Italian sausage 2 cups onion, chopped I cup green bell pepper, chopped 8 garlic cloves, minced 1 lb. ground sirloin l jalapeño pepper, chopped 2 Tbsp. chili powder 2 Tbsp. brown sugar 1 Tbsp. ground cumin 3 Tbsp. tomato paste I tsp. dried oregano 1/2 tsp. black pepper, freshly ground 2 bay leaves $1 \frac{1}{4}$ cups merlot or other fruity red wine 2 28-oz. cans no-salt-added whole tomatoes, undrained and coarsely chopped





- 2 15-oz. cans no-salt-added kidney beans, drained
- 1/2 cup reduced-fat sharp cheddar cheese, shredded

I. Heat a large Dutch oven over mediumhigh heat. Remove casings from sausage. 2. Add sausage, onion, bell pepper, garlic, beef and jalapeño to a pan; cook 8 minutes, or until sausage and beef are browned, stirring to crumble.

3. Add chili powder and remaining seasonings; cook for 1 minute, stirring constantly. Stir in wine, tomatoes and kidney beans; bring to a boil. Cover; reduce heat and simmer 1 hour, stirring occasionally. 4. Uncover; cook for 30 minutes, stirring occasionally. Discard bay leaves. Sprinkle each serving with cheddar cheese.

Plov (Uzbek Rice Pilaf)

2 lbs. beef stew meat, cut into 2-inch chunks 4 cups water 1/2 cup canola oil 4 carrots, julienned 2 onions, diced 1 tsp. ground coriander 1 tsp. ground cumin 2 tsp. Lawry's Seasoned Salt



 $1 \frac{1}{2}$ tsp. salt 1/2 tsp. black pepper 1 tsp. paprika 3 cups jasmine rice, rinsed I head garlic, sliced crosswise

I. In a heavy Dutch oven, sear the meat; drain any excess foam. Rinse if necessary. Pour the water over the beef; simmer for 1 hour until tender.

2. Remove beef; drain the water into a measuring cup. Add additional water to make 4 cups of water; set aside.

3. Wipe a pot clean; add oil, carrots and onion. Sauté for 15 minutes over mediumhigh heat. Add the beef pieces back to the pot: add spices. Mix thoroughly. 4. Top with rice and garlic. Pour reserved water from the beef over the rice; lightly shake to avoid any stirring. Bring everything to a light boil; cover and simmer for 30 minutes.

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from NOW Magazines





Valerie Daunce, winner of the \$50 Cash Prize from NOW Magazines, said, "I love playing the Scavenger Hunt as a way to keep my mind sharp. Thank you BurlesonNOW Magazine. I am thankful and blessed."



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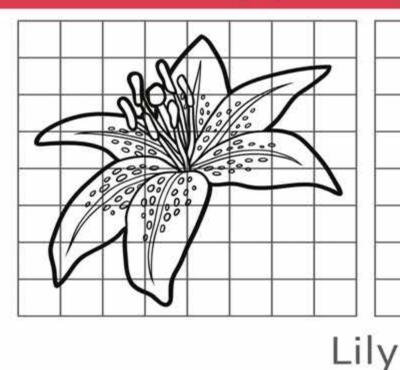
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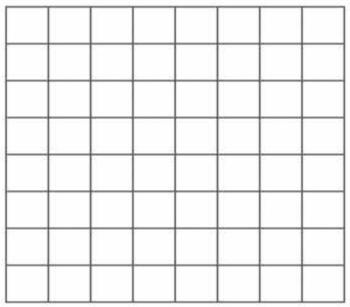


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37		\vdash		38	+	+		39	+	┢
40		+		41	+	+		42	+	+

Solutions on page 36

Across

- 1 Rugged auto
- 4 Besides
- 7 Print leaver
- 10 Startling exclamation
- 11 Fish eggs
- 12 Instruction to a Mexican hen?
- 13 Hogwarts mail deliverer
- 14 Outdated computer monitor type
- 15 Slender metal fastener
- 16 Memory size unit
- 17 Condescended
- 19 Donkey cry
- 21 You and me
- 22 "The Treasure of the Sierra ----"
- 24 What became of the OSS?
- 27 Longest African flower
- 31 Commentary
- 33 Gallic refusal
- 34 Corporate ending
- 35 Program that performs repetitive tasks
- 36 Whale group
- 37 Very skilled person
- 38 Corroded
- 39 Application
- 40 Shelter
- 41 Breach
- 42 Conference and source of online talks

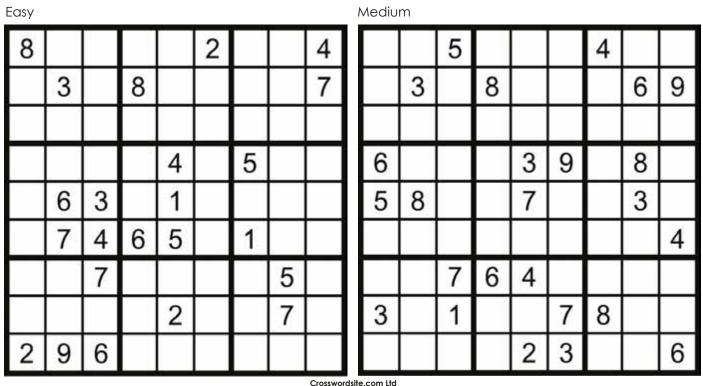
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Down

- 1 Manhattan Project goal
- 2 High building
- 3 Its delta lies near Astrakhan
- 4 Electrical discharges
- 5 Flickertail state
- 6 Inconvenient orange road sign
- 7 The old man
- 8 Outlander
- 9 Proceeds
- 18 Augury
- 20 Geneva-based youth org.
- 23 Car safety device
- 24 Experiment
- 25 Therefore
- 26 Event host
- 28 Two cents' worth
- 29 Unfettered
- 30 Finished
- 32 Pace

Sudoku Puzzle

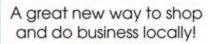


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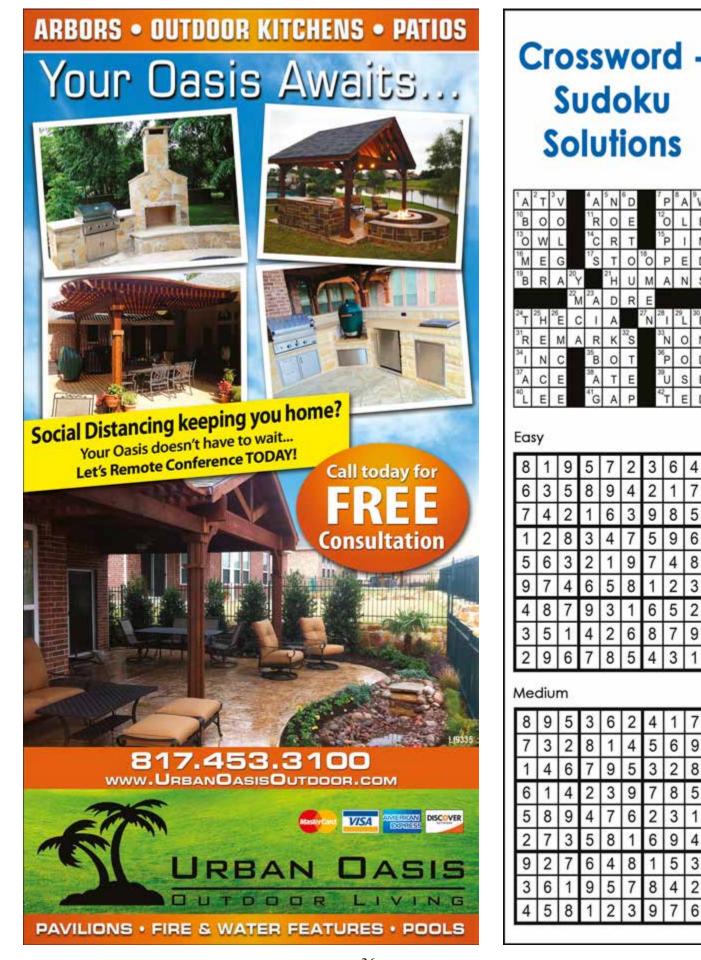
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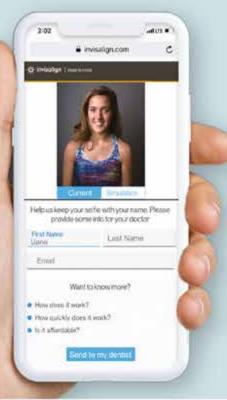
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