

BurlesonNOW

M A G A Z I N E

MAY 2023

Art Is Transformation

Gary Burkins finds
beauty in old wood

2023 Hot Sounds of
Summer Shopping Guide

In the Kitchen With
Jude Warren

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
Mr. Electric

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Amanda F., Crandall, TX

To be honest, I have never been on a diet or even considered modifications in my eating habits until recently. I broke my foot and had to have it surgically repaired over the fall. It ended up being non-weight bearing for months, drastically decreasing my activity.

I thought I was doing right by changing how much or what I ate, but I put myself into starvation mode and overall decreased my health, physically and mentally. My friend mentioned Diet Solution to me; I was highly skeptical so we called together.

I went to the consultation and this was the best decision I could have made. In 10 weeks, I lost 24 pounds and over 5 inches on my waist. Now, I have ample amount of energy, my foot has healed, and due to being at a healthy weight and eating properly, I feel confident I will continue to succeed in my goals.

Heather and the staff have been nothing but supportive. This journey has not felt like I'm going to an appointment or to see a clinician. The Burleson center has welcomed my family's involvement. In fact, their educational tools have impacted my household and co-workers.

Their approach is individualized and super effective. I do not view this as a diet. I see it as another tool for your toolbox to enable yourself to reach your goals, improve your overall health, gain lifelong knowledge, and impact others.



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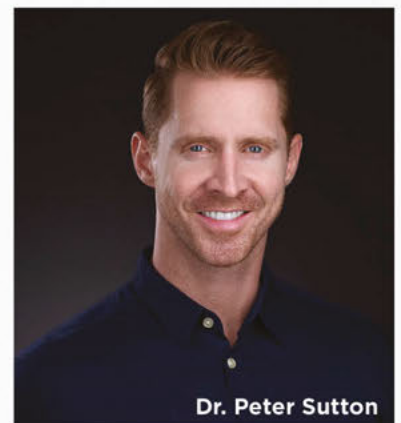
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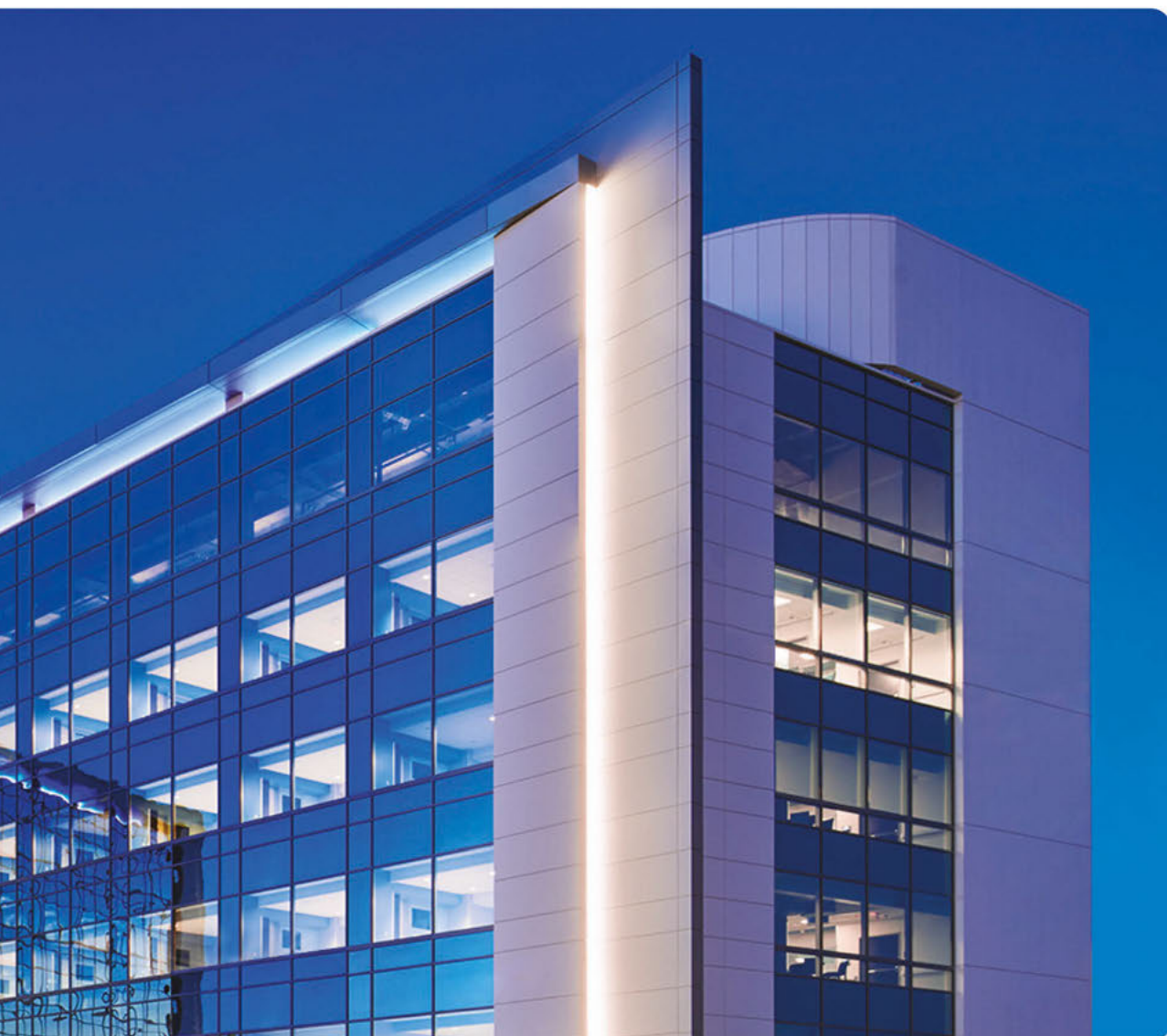
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ON THE COVER



Gary Burkins shares how to find potential in the mundane.

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Emma

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EDITOR'S NOTE

Hello, Burleson! And hello, May!

My name is Emma, and NOW Magazines recently hired me on to serve as your new community editor. A little bit about myself: I grew up about 30 miles away in Weatherford, and recently graduated with a creative writing degree from Anderson University in South Carolina. I love Jane Austen, relatively obscure musicals and the Disney parks. (Seriously, if any of those three topics arise in conversation, I will give a full TED talk on them.)

The science fiction genre — namely *Star Wars* — had a profound impact on my childhood. I recall pretending to pilot X-wings or running through the corridors of the *Millennium Falcon* whilst playing with my little brother. During school, I would daydream about Clone Wars-era droids bursting into the classroom and using a lightsaber to defend my peers from them. (Battling the Galactic Republic was an excellent way to get out of learning times tables.) *Star Wars* led me to making art and making friends I otherwise wouldn't have. In fact, my homemade Rey costume led to me meeting my two closest friends.

It is strange, the things that shape us. Often, they are things we don't expect. A song from a musical you no longer listen to. A book your mom loves that you read to feel closer to her. One of the most recognizable franchises in the world. We are what we love, and those things that created us should be celebrated. I look forward to meeting you, Burleson, and all the things you love.

May the Fourth be with you.



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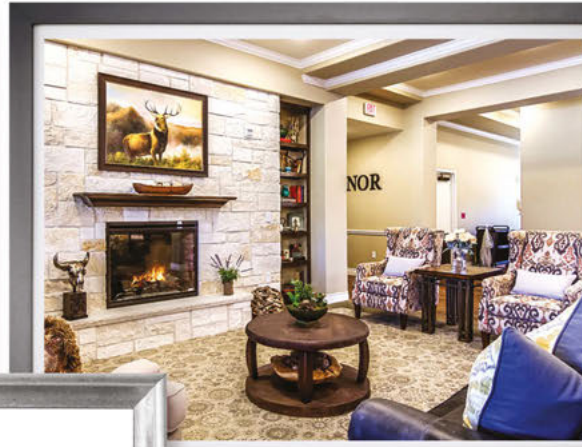
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Gary Burkins came to sculpture by way of a forklift. "I was working driving a forklift, and I crushed my own foot. It was terrible, but it reset my life. We were living on disability, raising two young kids. I kept asking God, 'How did You let this happen?' I was blaming God for my own stupidity. I was the one who crushed my foot!"

ART IS TRANSFO

That's when he met Charlie Boren. "He hired me to mow the grass on his farm, repair fences and do other odd jobs. He was a world-famous wood carver. People came from all over to learn from him. When winter came, there were fewer things to do on the farm, and he started having me help with his art. Mostly, I did the grunt work, lifting the stumps and turning them over, so Charlie could look at them from every angle. He would mark the stumps with chalk. This wood was stuff you wouldn't even use for firewood — the crotch of a tree, hollow logs, twisted pieces.

"God spoke to me through that. I began to be grateful for my foot. I saw how what Charlie was doing was like what God does. He took an old, ugly piece of wood and changed it into art. Like the potter in the book of Jeremiah. I realized God was doing that to me."

Along the way, Charlie taught Gary a lot more than how to reposition a log. He took him on as a student, something of an apprentice, and taught him the art he loved. Charlie made a lot of things, but one thing he was famous for was worn, wooden cowboy boots. Many of the students who came to learn from him wanted to learn how to make them, but Charlie guarded the secret carefully. "Students came from all over the world. He'd teach them how to make an eagle, but not the boots. He finally taught me how to make them, but he forbid me to make them on my own. He told me he'd fire me if I ever did! Near the end,



FORMATION

— By Adam Walker

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he took me around to the art galleries that sold the boots for him and told them all, 'The last few years, the boots you've gotten, Gary made most of them.' He really set me up good."

When Charlie died, he left Russell Farm to the city of Burleson. Gary stayed on for several years, managing the farm for the city. Burleson frequently uses the boots Gary makes as awards, and many of the boots are proudly displayed in local businesses.

Charlie taught Gary about art, and Gary draws a lot of lessons about life from that art. "Most art is additive. You keep adding until you get what you want. Sculpture is a subtractive art. It's a strange concept. Most of life teaches us that what makes something beautiful is what you add to it. We think if we add a house or another car life will be better, but it's shallow. God works by removing things to reveal the beauty that's already there. When you're working with wood sculpture, there are three elements — the subject (a swan, a guitar, an eagle), the *not* subject (everything that ends up on the floor) and the negative space (a hole, a crack, the wing that isn't there). People are all one of a kind. What we see as flaws makes us unique. And I've discovered that wood comes in all the colors of people."

Gary takes some of what he's learned into local schools with an anti-bullying campaign based on his art. "I take in a log that I'm trying to figure out what it could be and an unfinished sculpture. I show them some finished pieces. Then I tell them what I see in the log I brought. At the end, I tell them

to look at the log next to them, the kid next to them, and ask them, 'What do you see?' They shout out, 'A princess! A president!' They learn to see the value of a person, of what's inside."

Gary's art is all made with found wood. He never cuts a tree down to make his art. "If I want to make a saxophone, I've got to look for a piece of wood that I can see a saxophone inside of, in my mind. I start with a chainsaw, then a grinder, then gouges. The final shape has to have balance, so it can stand on its own. Then I sand the piece. Most furniture is sanded to a 200 grit. I sand my art to an 800 grit. The wood is smooth as glass. It's ironic that something super rough, like sandpaper, makes wood smooth. Life is the same."



The tail of his stingray was a root. For a roadrunner, he saw the feathered tail. "It feels like God steps in and guides the discovery process. This guitar was going to be a table. I had made other tables from hollow logs. But I saw movement in the lines of the log and thought, *Maybe there's enough wood here to make a guitar.* I wasn't planning that, but the wood grain changed in the perfect place to make the neck of the guitar strong. I filled some of the cracks and holes with turquoise in resin, and left others natural. At art shows, the men are always drawn to the wood. The women see the turquoise and are drawn to that.

"I like making art, watching something that's not become something that is. It reflects people. When I work, I think about myself, my own scars and about others, their lives. I love to see people's lives changed. Art is transformation." **NOW**

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— By Sandra Walters

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Robert and Frances Lummus desired to serve the community by providing top-notch customer service. He spent 18 years working in the oil field sector, and Frances was employed in various accounting positions before they established their own company. "I aspired to have a family business that created a legacy. This dream started during high school when I worked in a small supermarket. Eventually, I wanted to own a store," Robert said.

However, his first career was with the Texas Department of Criminal Justice, where he worked 15 years. Then, he changed careers to the oil and gas industry. "In 2001, I accepted a job in the oil field as a technician until about 2005 when they gave me the opportunity to manage part



of the business, leading a group of people as well as being responsible for all the day-to-day operations. This company believed in personal development, so they gave me several opportunities to enhance and increase my leadership abilities and business knowledge. The company had a great culture and service model, both of which after over a decade, I felt I could transfer to my own business successes."

The husband/wife team evaluated the type of company they should produce. Robert has a technical background, so in his opinion, electricians have one of the most important jobs in the service industry, as well as one of the most needed services. Therefore, after much research, they began their Mr. Electric business in 2014 with only two employees.

To say Mr. Electric in Burleson grew would be an understatement. They have locations serving Dallas, Fort Worth and the surrounding cities in the Metroplex, as well as 50 employees including management. Overall, this is a very flat structure, meaning everyone plays a part and feels free to contribute ideas for improvement. This culture and philosophy empowers all.

The CFO, Frances, manages all things accounting and financial, while Robert oversees the company's core values, principles and ideals, encouraging everyone to "speak up" as they contribute to the success of others. "We believe that treating people well extends to the family, so we create events to support our employees in a well-rounded way." The company centers the leadership focus on four main aspects, Robert's four F's: Faith, Family, Fitness and Finance. For example, this gives the staff opportunities to attend personal improvement seminars or classes that will aid them in achieving their personal goals or personal improvement, ranging from Dave Ramsey's Financial Peace University to faith-based activities and beyond. "Our mantra is to hire good people who happen to be good electricians. It is our goal to offer not only excellent customer service but an excellent place to be employed. That's how we strive to perform," Robert concluded.

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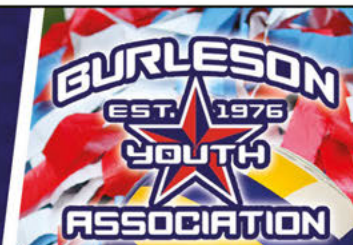
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Advertising Representative Karen Schaefer welcomes Community Editor Emma McKay to the BurlesonNOW team.

Zoomed In: Bob McAlister and Debbie Tarver

By Emma McKay

From Interurban transport depot to newspaper office to city time capsule, the building that houses the Burleson Heritage Museum & Visitors Center has seen a great number of different faces. These days you can find Conductor Bob McAlister and Debbie Tarver volunteering their time and their knowledge of Burleson's rich history with guests. Conductor Bob finds joy in giving visitors tours of the transport cars that stand outside of the museum. Meanwhile, Debbie shows off the building's restored linotype machine as well as many other historical pieces that were donated to the city. The two agree that one of their favorite parts of the job is, as Debbie puts it, "meeting the people and finding out their stories."



Nathaniel Mitchell and his son, Jaykob Cheney, have fun shooting hoops.



Children excitedly fill their baskets at Bunny Daze.



Bob Kosco, Sheilah Kosco, Roxann Decker, Sandra Jones and John Fonvielle proudly help Burleson residents of all ages file their taxes for free with AARP.



BRiCk Instructor Annacua Durham heads home after teaching water yoga.



Officer Davis serves the city as the community resource officer.



Members of the Burleson Senior Activity Center's knitting club fellowship over lunch.



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CookingNOW

In the Kitchen With

JUDE WARREN

— By Virginia Riddle

Jude Warren's love of cooking began because he enjoys art and looks at food as an art. "I love to share food with people and bring joy," he said. He's mainly self-taught, experiments with ingredients and is inspired by his mimi, Vicki Warren. "Mimi loves to cook," he added. "I tend to add my own flare."

His Korean heritage also influences Jude's ingredient choices. "I love Sriracha, and I use chop sticks with a lot of my dishes," he explained. "I like cooking for my family, teaching and having anyone try my creations." When not cooking, Jude enjoys gaming and programming. He has been accepted to Burleson ISD's Gaming Development Design School for next fall. He remarked, "I'm looking forward to this next stage of my life and education." **NOW**

Jude's Croissant French Toast

2 large eggs
2 Tbsp. sugar
2 egg yolks
1 1/2 cups half-and-half
1/4 tsp. vanilla
1/4 tsp. almond extract
1 pinch sea salt

1 loaf croissant bread
Butter, to taste
Slivered almonds, roasted
Almond syrup, to taste
Powdered sugar, to taste

1. Heat the oven to 250 F. In a small baking dish, whisk the eggs, sugar and egg yolks. Add the half-and-half, vanilla, almond

extract and salt.

2. Cut the croissant loaf into slices. In a nonstick skillet, melt the butter.

3. Dip each bread slice into the egg mixture; brown the slices on both sides in the butter. Serve with slivered almonds, almond syrup and powdered sugar.

Jude's Chile-Cheese Squares

6 eggs, beaten
1 cup flour
1 cup milk
1 tsp. baking powder
1/4 tsp. seasoned salt
4 cups cheddar or Monterey Jack cheese, shredded
1 8-oz. pkg. Mexican-style cheese, shredded
2 4.5-oz. cans chopped green chiles
2 4-oz. cans chopped jalapeños
1 stick unsalted butter, melted

1. Preheat the oven to 350 F; grease a 9x13-inch baking pan.
2. In a large mixing bowl, combine all the

ingredients; mix well.

3. Pour the mixture into the prepared pan; bake 30 minutes.

4. Cut into squares; serve.

Jude's Chili Oil Noodles

1/4 cup chili oil

1/4 cup rice vinegar

1/4 cup mirin

Sriracha, to taste

1 Tbsp. garlic

1/4 cup green onions, chopped (divided use)

1 7.1-oz. pkg. udon noodles, cooked according to package directions

Red pepper flakes, to taste

1. In a large nonstick skillet, add the chili oil, rice vinegar, mirin, Sriracha and garlic.

2. Add the green onions, reserving a little to use for garnish. Bring the sauce mixture to a boil; turn off the heat.

3. Add the noodles; mix well. Garnish with the remaining green onions and red pepper flakes.

Korean BBQ Short Ribs

Rub:

1 tsp. salt

1 tsp. black pepper

1/2 cup brown sugar

2 1/2 lbs. flanken or tablitlas (Mexican cut) style ribs

Marinade:

1/2 cup soy sauce

1/2 cup brown sugar

1/3 cup garlic, minced (1 jar garlic can be used.)

2 Tbsp. fresh ginger, grated (Ginger can be frozen and grated.)

1/4 cup fresh pineapple, chopped, (divided use)

1/4 cup onion, grated

1 Tbsp. Sriracha

1/2 Tbsp. sesame oil

1. For the rub: In a bowl, combine the salt, pepper and brown sugar; massage the rub into the ribs.

2. For the marinade: In another bowl, combine all the marinade ingredients; mix well. Marinate the ribs overnight.

3. Grill the marinated ribs until they are caramelized and cooked completely. If there is any pineapple remaining, it can be grilled.

1905 Salad

Makes 2-4 servings.

Dressing:

1/4 cup EVOO

1 Tbsp. white wine vinegar

2 cloves garlic, minced

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Angie's list



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Jude's Asian Cajun Pasta

1 tsp. oregano
1/4 tsp. salt
Juice of 1/2 lemon
1 Tbsp. Worcestershire sauce

Salad:

2 cups iceberg lettuce
1/4 cup green olives
1/2 tomato, quartered
1/4 cup ham, julienned
1/2 cup Swiss cheese, shredded

Romano cheese, grated, to taste

1. *For the dressing:* In a jar, combine all the ingredients; shake well.
2. *For the salad:* In a bowl, combine all the ingredients; toss with the dressing. Serve immediately.

Jude's Asian Cajun Pasta

1/2 cup onion, chopped

1/3 lb. ground beef
1/3 lb. bacon, chopped
1/3 lb. jalapeño sausage, chopped
1/2 cup vodka sauce
1 7.1-oz. pkg. udon noodles or pasta of choice, cooked according to package instructions
2 Tbsp. garlic, minced
1/4 cup chili oil
Sriracha, to taste
1 cup Parmesan, shredded
Kimchi, to taste (optional)
Green onion, chopped, to taste

1. In a large pan, sauté the onions; add the meats. After the meats are browned, stir in the vodka sauce.

2. Mix in the noodles, garlic, chili oil, Sriracha and Parmesan. Top with Kimchi and green onions.

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GEOLOGY IN ACTION

— By Virginia Riddle



Camp in Caprock Canyons State Park, and awaken to a glorious dawn, glowing on red, orange and white shale, sandstone and siltstone walls. Bison graze freely nearby in the park's almost 14,000 acres. Prairie dogs scamper around in "towns." Sheep, mule deer, bobcats, coyotes, porcupines, jackrabbits and birds live among the blue grama, buffalo grass, sideoats grama, Indian grass, yucca, wildflowers, cacti, cottonwoods, wild plum thickets and junipers that dot the park's many vistas.

Caprock Canyon was formed by two forks of the Little Red River, cutting into the Llano Estacado High Plains Escarpment for almost a million years, producing some rock walls over 1,000 feet high. Nomadic people, the Folsom, arrived in the canyon about 10,000 years ago. From the rock, they fashioned spear tips used to kill large animals. Hunter-gatherer groups followed. Permanent settlements began about 1,000 years ago, and the Spanish explorer, Francisco Vázquez de Coronado, discovered the canyon in 1541. The Apache, Kiowa and Comanche occupied the canyon during the 1700s-1870s.

Anglo settlers arrived in the 1800s, when bison were being killed in large numbers by trappers, hunters, *comancheros* (traders) and the U.S. Army. Mary Ann Goodnight, who was co-owner of JA Ranch with her husband, Charles Goodnight, saved bison to prevent probable extinction. The Texas State Bison Herd is genetically descended from the Goodnight herd and is perhaps one of the last examples of native Texas bison.

Also unique to the park is an abandoned railway line that offers hiking, biking and an equestrian trail. The 64-mile trail crosses Quitaque Canyon to Estelline, running through the 742-foot-long Clarity Tunnel, home to Mexican free-tailed bats, and along many original trestles. Over 90 miles of multiuse trails exist ranging from easy to very challenging, and visitors can boat, fish and/or swim in Lake Theo. A lodge, as well as campsites with water or water and electricity are offered, and backpackers and equestrians can take advantage of primitive camping sites. Hands-on activities await visitors of all ages at the Children's Discovery Center, and the exhibits at the Interpretive Pavilion explain the canyon's geology and Native American history.

In this ranching country, the weather and terrain changes quickly, making for hardy residents. The town of Quitaque is near the intersection of the Cottonwood and Los Lingos creeks. Area attractions include Camp Resolution, one of four encampments of the Texan Santa Fe Expedition; the Valley of Tears; and the Comanchero Canyons Museum, which tells the history of the area with exhibits of artifacts



dating from the Clovis era through the 1800s. Dining, bed-and-breakfasts and hotel accommodations are available in Quitaque, Silverton, Turkey and Childress, Texas. Horseback riding is offered at the historic Pole Canyon Ranch and the Quitaque Riding Stables.

Internet and cell service are rare or nonexistent in the area, but that's not why people flock to Caprock Canyons State Park. The stunning vistas, geology, wildlife, adventures, bison and a return to ranching days of old where a handshake still means something are just a few reasons to visit. **NOW**

Sources:
 1. Parent, Laurence. *Official Guide to Texas State Parks & Historic Sites*. 2018, University of Texas Press, Austin, Texas. pgs. 102-104.
 2. "Caprock Canyons State Park & Trailway." Texas Parks & Wildlife online.

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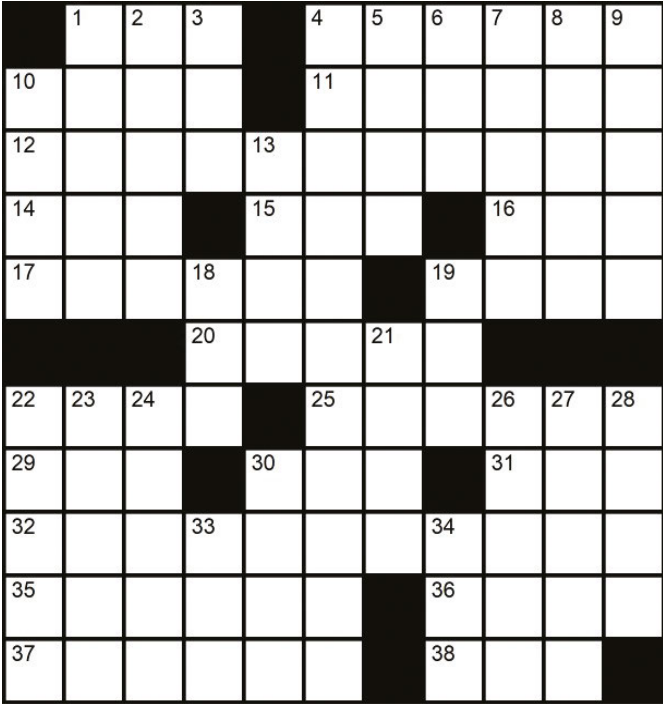
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- | Across | Down |
|--|-----------------------------|
| 1 U S S R successor | 1 Lid |
| 4 Savanna grazer | 2 Castle of the turkey trot |
| 10 "Bless me, Father, --- have sinned" | 3 Transgression |
| 11 Impulse transmitter | 4 Coterie |
| 12 Formal attire | 5 Starter for a million |
| 14 1/100 yen | 6 Brick-making clay |
| 15 Contents of some whistles | 7 Fragrance |
| 16 Heard in a herd | 8 Running out of |
| 17 Small earthquake | 9 Bug |
| 19 Numerous | 10 Celebration suffix |
| 20 Sesame Street grouch | 13 Nasdaq events |
| | 18 Witty remark |
| | 19 Miss, once? |
| | 21 On the job |
| | 22 Trembling poplar |
| | 23 Carried |
| | 24 Apply |
| | 26 Plant firmly |
| | 27 Pale purple |
| | 28 Guitar ridge |
| | 30 Low-down horizontal beam |
| | 33 Half a colon |
| | 34 Simplicity simile |

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Easy

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

Medium

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

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HAPPY Mother's Day

MAY

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.

May 5

Resource and Health Fair:

Organizations present information on health, wellness and other resources available to senior citizens. Free event, but must register for lunch. Noon-2:00 p.m., Burleson Senior Activity Center, 216 SW Johnson Ave. For more information, call (817) 295-6611.

Cinco de Mayo Celebration:

Celebrate culture and heritage with live music, food and games. 7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

May 6

Household Hazardous Waste Event:

Burleson residents may dispose of household hazardous waste, old electronics, tires and paper for shredding. Proof of residency, including a city solid waste or water bill, is required. 9:00-11:00 a.m., Municipal Service Center, 725 SE John Jones Dr.

May 12

Sweet Treats:

Enjoy a parent-child strawberry dipping class just in time for Mother's Day. \$25 for parent and one child. 5:00-7:00 p.m.,

Russell Farm Art Center, 405 W. County Rd. 714. Purchase tickets at burlesontx.com/events.

May 20

Super Safety Saturday:

Bring the family to learn about safety and enjoy bounce houses, fire trucks and more. 9:00 a.m., Texas Health Neighborhood Care & Wellness, 2750 SW Wilshire Blvd.

Texas Heritage Festival:

Celebrate our uniquely Texan way of life with historical demonstrators, food, live music and more. 4:00-8:00 p.m.,

Russell Farm Art Center, 405 W. County Rd. 714.

May 26-June 30

Hot Sounds of Summer Concert Series:

Join us on Friday nights for free concerts. **May 26** features Limelight, a variety band that will get you on your feet. 7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

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

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May 13 & 14 **Celebrating Chivalry / Mother's Day**

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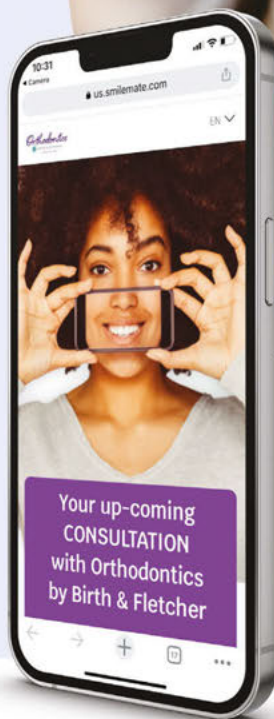
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