

BurlesonNOW

M A G A Z I N E

MAY 2024

The Ride of a Lifetime

Art Brucks shares his love for the Honey Tour

2024 Hot Sounds of Summer Shopping Guide

In the Kitchen With Alisha Eaton

Also inside:
Scavenger Hunt

Crossword/Sudoku

Featured Business:
Island Massage Spa

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Art Brucks cycles in the Honey Tour.

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Emma

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EDITOR'S NOTE

Hello, again, May!

It's hard to believe it's been a whole year since I became your community editor, Burluson. Like I stated in my editor's note one year ago, I didn't grow up in Burluson. In fact, prior to writing for you, my only interaction with the city was driving past it on my way to see friends in Waco or College Station. I wasn't sure what I would find when I exited I-35 that first time, but I certainly didn't expect how much I'd fall in love with Burluson.

I'm used to living in small towns. Yes, I know Burluson is growing rapidly, and I know that growth can be scary. However, as many people I've spoken with have informed me, despite the influx of residents, Burluson retains that small-town feel. I must agree with them. Just about everyone I have interacted with has been friendly and eager to help their neighbors.

I admire this city's efforts to nurture its community. As progress affects cities, it feels like public spaces and activities get lost. However, with the existence of spaces like Russell Farm, the Senior Activity Center and the BRiCK, as well as events held by the library and the Chamber of Commerce, there's almost always something going on for everyone, regardless of age or accessibility limitations. (The only thing that could improve the city is a community theater. If you work for the city, I'd love to know if the stage is set for that! My email is to the left. Let's chat!) So, cherish these spaces and activities, and if you spot me at one, please come over and say, "Hi!"

Looking forward to experiencing another year with you, Burluson!

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Since its inception in the late 1990s, people of all ages and backgrounds have enjoyed the BTX Honey Tour Bike Ride. “Last year we had a fantastic turnout, with more than 800 riders joining us on the beautiful scenic routes,” said former Burleson Area Chamber of Commerce Communications Coordinator Jessica Pounds. “It was wonderful to see so many enthusiastic participants taking in the picturesque countryside and enjoying the fresh air and exercise.”

With five routes varying from 7 miles to 67 miles, the Honey Tour offers riding opportunities for any cyclist, including those who were introduced to cycling through the tour. One such person who didn't cycle prior to his involvement in the Honey Tour is Burleson Rotary Club member Art Brucks.

Art began his involvement with the tour through volunteering with the Rotary Club. “We have the best rest stop, not that there's a competition,” Art joked. “We provide peanut butter and jelly sandwiches, sliced bananas and oranges and honey tubes to give riders a little boost of energy.” Volunteering takes time and commitment to ensure the ride goes smoothly. To get everything set up, Art and the other rest stop volunteers must arrive at their stations an hour before the ride commences, then stay to restock the snacks and water as the ride goes on.

Prior to bike riding, Art ran half-marathons with his friend. “We ran a dozen half-marathons, and we decided to step up our game and run a full marathon.” The two began intensely training. “Two weeks before the marathon, I broke my foot. The doctor said I couldn't run anymore, and I thought, *To heck with that.*” The following year, he trained to run the Dallas White Rock Marathon.

“I don't have a runner's body. I have flat feet and bad knees,” Art shared. By pushing his body too far, he ended up ruining his knees and his back. “I couldn't run comfortably after that marathon,” he admitted. Despite the ache running caused him, Art refused to give up his love for exercise and organized marathons. As to not injure himself any further, at 61, he took up the low-impact exercise of cycling.

With the company of another cyclist friend, Art began entering bike tours around the state. “When I turned 65, I did the Hotter'N Hell Hundred ride in Wichita Falls,” he proudly stated. With this accomplishment under his belt, he turned his attention to his hometown's bike tour. After years of volunteering to aid the cyclists, Art desired to experience the ride from behind the handlebars. “No one else in the club rode bicycles, so I decided to represent them while riding.

THE RIDE LIFETIME

— By Emma McKay

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“It’s a lot more fun riding in it than working in it,” Art joked. “But it’s a lot more work to do 60 miles on your bicycle.” He rides the 42-mile route, which is long enough to give him a good workout, while still allowing him to enjoy the sights and camaraderie the ride supplies. Participating in the ride meant ending his involvement with the Rotary Club’s rest stop, but Art’s wife, Mary Scott Brucks, shows her support for him by volunteering with the club. “She’s not a member of the Rotary Club, but she goes and makes peanut butter and jelly sandwiches on my behalf,” he said.

Although riding is a thrill, Art’s favorite part of the tour is getting to visit with the volunteers and other riders at the rest stops. “I know many of the other riders, and a lot of the rest stops are manned by local businesses and charities and local organizations. It makes it special to me.”

Along with ensuring cyclists have places to rest during the ride, individuals and community organizations show up to ensure the ride is safe. “At all the busy intersections, there are volunteers and police officers who hold up traffic and make sure you can get through the intersection safely, as opposed to riding on your own.” The Burleson Police Department’s bike patrol helps inexperienced riders who might have trouble riding or don’t know cycling laws. The city of Grandview and local hospitals supply EMTs to cover corners and jump in if anyone needs medical help. Johnson County Amateur Radio Club provides a 50-person crew to work as a Safety and Gear team. “The SAG wagon follows the riders in case




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somebody has a flat tire, so they can help the rider get back on the road or bring them back to the starting line if they can't finish," Art explained. "It's a lot of work. As a rider, I enjoy it and thank everybody for all their hard work."

"Every year we receive tremendous support from the local community with volunteers and sponsors generously contributing to the event," Jessica gushed. "From working registration to setting up rest stops and even directing bike riders, our volunteers always go above and beyond to make this a success. We simply cannot express how grateful we are." Due to this support, the Honey Tour has been able to last 25 years.



Interested riders who may have never participated in a bike tour are encouraged to participate. "If you've never ridden a ride before, take that shortest course, and experience it the first time," Art advised. "You'll realize how fun it is and how much work goes into all of this, and maybe it'll get you excited about moving up to the next level." The Honey Tour was created to bring pride and enjoyment to Burleson and surrounding communities. In taking time to leisurely cycle through the landscape of Burleson, Alvarado and Grandview, riders get to experience that pride firsthand. "Nothing is timed. You don't come in first place or last place — you just finish." **NOW**

Editor's Note: The Honey Tour takes place on the Saturday of Memorial Day weekend. To register to ride in the 2024 tour, visit honeytour.athlete360.com.

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— By Emma McKay



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many people won’t get to experience this peace. I wanted to bring that to people.”

Upon entering the space, guests are greeted to the sound of water cascading down the stone waterfall, which towers behind the check-in desk. The tranquility of running water follows guests throughout their experience, transporting them to a tropical paradise far away from their everyday lives.

Electric torches flicker overhead in the darkened hallways, allowing guests to feel as if they are walking on the beach at night. Art from Hawaiian artists decorate walls in the common areas and patient rooms, bringing a touch of the island to the mainland.

Island Massage offers a wide range of massages, facials and other specialties, to ensure guests’ needs are met. Their massage therapists offer 17 different types of massage techniques, including couple’s, Swedish, CBD and their ever-popular Lomi Lomi massage. This traditional Hawaiian massage utilizes flower essence and organic massage oils to relieve bodily stress and create a sense of balance in oneself. Guests can enhance their experience by adding hot stone therapy, foot

or scalp treatments or even a nourishing bath experience.

When booking a facial, guests receive a consultation with the spa's estheticians, who can advise them on which of the eight offered facial experiences best fits their skin's needs. The estheticians have even begun offering a DermaFlash enhancement to appointments. This process shaves away facial hair and peach fuzz, along with the top layer of dead skin. In addition to massages and facials, Island Massage offers salon services, such as waxing and nail services, and body therapies, such as wraps and soaks.

Island Massage Spa provides monthly membership services to create a more

**"It's not just a
massage. It's an
experience."**

accessible escape from the outside world. Guests can customize their membership based on whether they want their monthly massage to be a single or couple's experience and whether they want it to be 60, 90 or 120 minutes long. Along with the monthly massage, members receive 10 percent off all additional services and items in the boutique, as well as free access to all spa amenities. If a member can't make it to the spa that month, they can either let a friend or family member go in their place or allow their credits to roll over to the next month. Island Massage also offers a membership program, which includes unlimited use of the sauna and locker rooms.

Before opening, Sally made a promise to God that if He helped her, she would help others, and she strives to keep that promise every day. "It's not just a business for me. I'm trying to create a space for people, who maybe wouldn't experience the island otherwise," she shared. Sally is proud of the success of her business and plans to extend this space for people in her bakery, Sugar Tree: Sweets and Treats, which will be opening next door within the coming year. **NOW**



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SHINYRIBS
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JUNE
21

GUNS 4 ROSES
ROCK (GUN N ROSES TRIBUTE)

JUNE
7

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VARIETY

JUNE
28

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JUNE
14

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JUNE
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JULY
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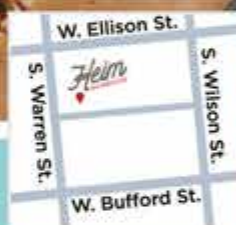


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For Bakery



Lyn Rivas, Mario Angeles, Megan Durgin and Destiny Rivas serve up good times at Torque Grill.

Zoomed In: Peyton Jones and Patrick Jahn

By Emma McKay

With its increasing growth in popularity since 2020, pickleball has become a great way to make new friends, as is the case with Peyton Jones (left) and Patrick Jahn (middle left). "I stumbled across it at the BRiCK last July. My friend, Omar (right), invited me to play," said Peyton. "It's for everybody. You don't have to be an athlete."

When taking his daughter to play tennis at Warren Park, Patrick saw Omar playing pickleball with several other men. "They were all so inviting. They said, 'Come join us.'" Patrick began playing at the park and at the BRiCK, where he eventually met Greg (center right). "I've enjoyed the friendships I've made. It's not about winning. It's about respect and caring for everyone in the group."



Sonia Ledezma and D'Anna Hamilton shop at the Friends of the Library Craft Fair.



Earl Walker, Alvin Emery, Barbara Hromek and Dorothy Walker play hand and foot at the Senior Activity Center.



Lily, Andrea, Rachel, Alexander and Hannah create chalk masterpieces at the library.



The Gulbrandsen family takes a walk around Bailey Lake.



Shannan Shutter and Lacey Jones from Connect Hearing help Burleson with all of their hearing related needs.



Rod Smith and James Christian network at Wilde Cigars.

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CookingNOW

In the Kitchen With

ALISHA EATON

— By Emma McKay



“Cooking brings family and friends around the dinner table,” said Alisha Eaton. “So many of my family memories are centered around food.” Growing up, Alisha watched her mother cook dinner each night and her father cook every Thanksgiving. “I remember my dad making up names for food, which I still use today: Steak Guanti, Bread of Life, Corn of Plenty.”

Alisha strives to instill a love of cooking in her 4-year-old son through recreating beloved family recipes and letting him help cook. “I love seeing him get so excited to pour in ingredients and mix them himself. His face lights up when it’s ready. One thing that we cannot forget is my mother’s secret ingredient: love. We pretend to sprinkle love into what we make.” **NOW**

Chicken Casserole

1 whole chicken
12 oz. wide egg noodles
12 oz. cheddar cheese
1 10.5-oz. can mushroom gravy
1 10.5-oz. can cream chicken soup
1 4-oz. can chopped green chilis
Milk, to taste

1. Boil the chicken for 20-25 minutes, or until done. Remove the chicken from the

water. Boil the noodles in the same water.
2. Debone the chicken; place the chicken meat in a large bowl.
3. Add the cheese, mushroom gravy, cream of chicken soup, chilis and drained noodles. Pour everything into a casserole dish; add enough milk to make it runny.
4. Bake at 350 F for about 25 minutes. (When it bubbles really good, it’s done.)
5. Let sit for about 5 minutes before serving. Serve with a side of refried beans and tortilla chips.

Cake Balls

Makes approximately 25-40 cake balls.

1 box cake mix (any brand, any flavor)
Water, according to cake package directions
Oil, according to cake package directions
Eggs, according to cake package directions
1 container ready-made frosting (any brand, any flavor)
Almond Bark or your choice of chocolate, for dipping and drizzling (Use contrasting colors.) (divided use)
Nuts, to taste (optional)
Coconut shavings, to taste (optional)
Candies, to taste (optional)
Sprinkles, to taste (optional)

1. In a large bowl, combine the cake mix with the amounts of water, oil and eggs on the cake mix box. Bake according to the directions on the box. Let cool slightly. Cut off the edges and discard.
2. Crumble the cake into a large mixing

1. bowl; add the ready-made icing. Mix well with a large spoon or by hand. Chill for approximately 30 minutes.

3. Roll into 2-inch balls; place the balls on a waxed paper-lined cookie sheet. Place in the freezer for about 20 minutes to set.

4. Melt the almond bark or chocolate in a double boiler. Dip the balls; place them back on the waxed paper. Embellish with nuts, coconut shavings, candies, sprinkles or whatever you want to use and contrasting chocolate to make cute designs. Store in an airtight container.

Spanish Pork Chops

1/2 tsp. canola oil

6 pork chops, trimmed of fat

1 large bell pepper, sliced into rings

1 large yellow onion, sliced into rings

2 8-oz. cans tomato sauce

1 Tbsp. Worcestershire sauce

1 tsp. garlic powder

1 tsp. ground cumin

1 Tbsp. chili powder

1/2 tsp. black pepper

1. Heat the oil in a large skillet. Brown the pork chops; blot the excess oil with paper towels. Place the chops in a 9x13-inch baking dish. Layer the bell peppers and onion rings over the chops.

2. In a large bowl, mix the tomato sauce and Worcestershire sauce with the spices; pour over the chops. Cover tightly with foil.

3. Bake at 350 F for 1 hour. Serve with rice or egg noodles.

Creole Chicken

1 onion, chopped

2-3 lbs. chicken pieces

Oil, for sautéing

2-3 cups water (divided use)

1 1/2 Tbsp. chili powder

1 tsp. garlic powder

Salt, to taste

Pepper, to taste

4 Tbsp. flour

1. Sauté the onions and chicken pieces in a small amount of oil.

2. Cover with water; add the seasonings. Cook over medium heat until the chicken is done.

3. Mix the flour and approximately 1/4 cup water until smooth. Add the chicken; stir to thicken the gravy. Serve with rice.

Amazing Chicken Tortilla Soup

1 medium onion, chopped

4 gloves garlic, minced

1 medium jalapeño pepper, chopped and seeded

1/2 medium bell pepper, chopped



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Chicken Casserole

- 2 tsp. olive oil
- 4 boneless, skinless chicken breasts, or 1 pkg. tenders
- 2 cups frozen corn
- 2 tsp. cumin
- 1/2 cup dry white wine or water
- 1 tsp. chili powder
- 1/2 tsp. cayenne pepper
- 4 14-oz. cans chicken broth
- 2 14-oz. cans tomato sauce
- Tortilla chips, to taste (optional)
- Cheddar cheese, to taste (optional)

1. Sauté the onions, garlic, jalapeños and bell peppers in the olive oil in a large pot until soft.

- 2. Add the chicken, corn, cumin, wine or water, chili powder, cayenne, chicken broth and tomato sauce to the pot; bring to a boil.
- 3. After about 15-20 minutes, remove the chicken; shred. (I usually use 2 forks to shred the chicken on a plate). Return the shredded chicken to the pot; simmer an additional 45 minutes over medium heat.
- 4. Serve topped with tortilla chips and cheddar cheese, if desired.

Pumpkin Bread

- 1 1/2 cups vegetable oil
- 1 15-oz. can pumpkin

- 1 cup white sugar
- 2 small boxes or 1 large box vanilla instant pudding
- 1 tsp. baking soda
- 5 eggs
- 2 cups flour
- 1 cup brown sugar
- 1 tsp. salt
- 1 tsp. cinnamon
- 3/4 cup nuts (optional)

- 1. Mix all the ingredients together. Pour the batter into 2 greased 9x5-inch loaf pans.
- 2. Bake at 350 F for 1 hour.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.

SCAVENGER HUNT WINNER!



Dana Summers, winner of the \$50 Cash Prize from NOW Magazines, said, "I enjoy the personal interest stories, recipes and learning more about my town in the *BurlesonNOW Magazine!* Thank you for the \$50!"

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Dip Your TOES in the sand

— By Amber D. Browne

On the coast of Alabama sits a 32-mile stretch of white sand beaches that entices visitors to frolic in the Gulf of Mexico. Children build castles or toss the football, and parents relax in the sun, slathered in sunscreen, of course, as they take in all that Alabama Beaches — the twin cities of Gulf Shores and Orange Beach — have to offer.

Alabama Beaches are about a 10 1/2-hour drive southeast from the Dallas-Fort Worth Metroplex. With 15 public beaches from Gulf Shores east along Alabama Highway 182 to Orange Beach, beachgoers have much to explore. Temporary vacation accommodations are offered at a variety of hotels, condos and houses along both sides

of the highway. Caribe Resort is a popular travel destination in Orange Beach. The resort features an on-site restaurant, several pools, beach trolley service and access to a marina.

Best Western Premier – The Tides Hotel is an affordable alternative. Best Western Premier offers typical room options, plus a double queen room with two bunk beds for the youngsters and suites. The outdoor pool on the lower level includes a bar for cocktails and beer for adults, or fruit smoothies for the children. With beach access and available chairs and umbrellas for rent, it is easy to spend most of your time on the beach near the hotel.

Swimmers might catch a glimpse of various species of marine life in the clear Gulf waters. Seasonal lifeguards keep a watchful eye to aid in emergency situations. For a view from outside the water, dolphin tours, parasailing, offshore fishing and even an Orange Beach Pirate Cruise can be booked for some fun out on the Gulf.

Orange Beach offers a variety of dining options from

The Gulf, with offerings of American fare near Perdido Pass, to Coastal and its menu of seafood, sandwiches and more, plus creative cocktails. Whatever restaurant is on the agenda, try the gumbo (if available) and try to make a reservation. For dessert, Kayden's Candy Factory is a must-try, but several ice cream and dessert shops offer tasty treats in the area.

Orange Beach's retail shops are open for all your vacation necessities and souvenirs. For an afternoon of entertainment, vacationers can visit Adventure Island for go-karts, golf, arcades and more. At Gulf State Park, visitors can spend their days swimming, hiking, biking and simply enjoying time in nature. Anglers can catch a big one at area fishing spots, including the Gulf State Park Pier, which is expected to reopen this summer following renovations for damage caused during Hurricane Sally in 2020. The state park offers a variety of camping and lodging options, as well.

Just a short drive north sits The Wharf, where visitors can spend hours shopping retail stores, enjoying entertainment and feasting at waterfront restaurants along Portage Creek. Go for a spin on the Ferris Wheel, view the nightly SPECTRA Laser Light Experience or catch a concert at The Wharf Amphitheater. Hotel accommodations are available at The Wharf, and The Wharf Marina provides access to guests joining by land, air or sea.

Several miles west of Orange Beach, vacationers will find Gulf Shores, where more white sand beaches await to tempt them into the warm waters. Gulf Shores offers even more dining, nightlife, entertainment and shopping options.


Regardless of where you choose to dip your toes in the sand at Alabama Beaches, much fun is to be had and fresh seafood to be shared with family and friends. The peak season includes the summer months, so if Alabama is on your mind, make those reservations soon. **NOW**

Sources:

1. gulfshores.com.
2. cariberesort.com.
3. alwharf.com.
4. alapark.com/parks/gulf-state-park.




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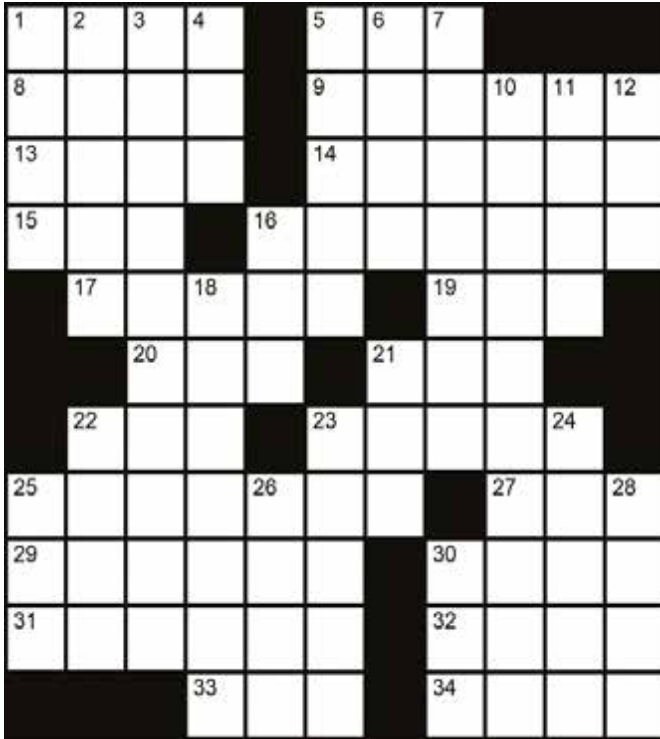
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Crossword Puzzle



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Across

- 1 Diamond element?
- 5 Norm, briefly
- 8 October's birthstone
- 9 Puncture
- 13 Goose cry
- 14 Tip off
- 15 Piece
- 16 "And Still I Rise" poet
- 17 Luxurious
- 19 Kind of deal in the 1930s
- 20 Open mesh fabric
- 21 Cleo's nemesis
- 22 "... Degrees of Separation"
- 23 Live
- 25 Heal
- 27 Big ISP
- 29 Apparel
- 30 The nasty half of R L Stevenson's split personality
- 31 Muse of comedy a hit, L A resolved
- 32 Start of something big?
- 33 E M Forster's "Howards ..."
- 34 German-Polish border river

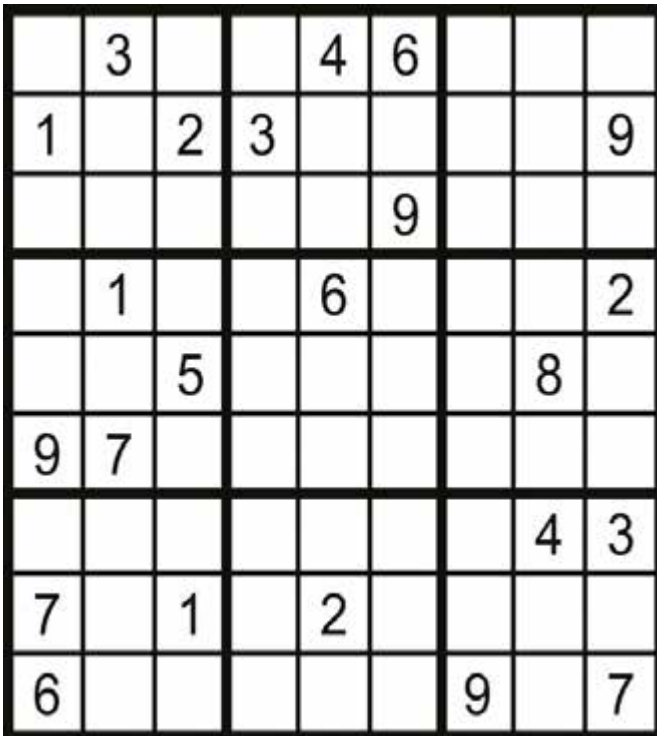
Down

- 1 Atomic physicist Niels ...
- 2 "... --- player, that struts and frets his hour upon the stage ..." (Shakespeare, "Macbeth")
- 3 Nicaraguan politico
- 4 Large deer
- 5 Like a porcupine
- 6 Sound of a small bell
- 7 Resistance against attack
- 10 Deploy Earl badly on stage, perhaps?
- 11 Humiliating meal?
- 12 It'll never get off the ground in Australia
- 16 AIDS fighter
- 18 Cloth
- 21 Amazement
- 22 Adam and Eve's third
- 23 Overpowering fear
- 24 Skier's shelter
- 25 First animal in the Chinese Zodiac
- 26 "Little Shop of Horrors" dentist --- Scrivello
- 28 Shakespeare character "more sinned against than sinning"
- 30 Medical insurer

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

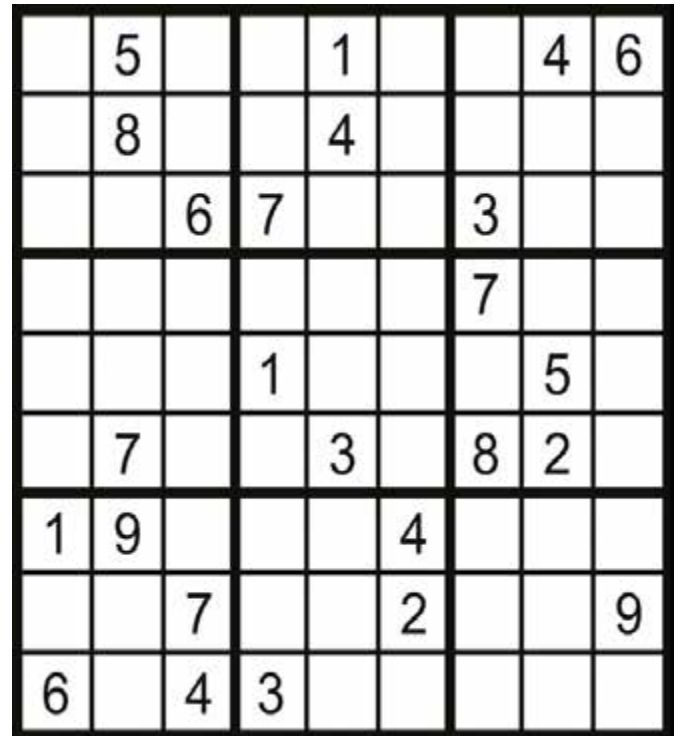
Sudoku Puzzle

Easy



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Medium



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5/3

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5/4

Cinco de Mayo:

Bring the whole family for a night of games, music and lively performances by La Frecuencia and Ballet Folklorico de Fort Worth to celebrate Cinco de

Mayo. 7:00-9:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

5/11

Mother's Day Outing:

Let's turn up the volume and celebrate moms! DJ, local vendors, chair massages by Wayne's Mobile, raffle items, giveaways and fitness demo classes. 6:00-8:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St. Pre-register at burlesontx.com/Calendar to guarantee your food (while supplies last).

5/17

THF Music Night:

Bring lawn chairs, blankets and picnic basket as we kick off Texas Heritage Festival weekend with a live band on the grassy lawn. Featuring: Jesse Jennings. Free. 6:30-8:30 p.m., Russell Farm, 405 W. County Road 714.

5/18

Texas Heritage Festival:

Historical vendors, historic home tours, music, square dance, blacksmithing, pottery demonstrations, Native American interactive demonstration, hayrides, chuck wagons and food trucks. Celebrate all things Texas. 4:00-8:00 p.m., Russell Farm, 405 W. County Road 714.

5/26

BTX Honey Bike Tour:

Perfect for riders of all skill levels. Opens: 6:30 a.m.; ride: 8:00 a.m.-2:00 p.m., Centennial High School, 201 S. Hurst Rd. For more information, visit burlesonchamber.com.

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

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