# BurlesonNOW

MAGAZINE

**IUNF 2020** 

# Destined for Great Things

Superintendent Dr. Bret Jimerson praises the Burleson ISD Class of 2020

Also inside:

Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:

Vitality Wellness & Aesthetics

# Brave Bessie

The first African-American female aviator still inspires others to achieve their dreams

In the Kitchen With Amanda Burns

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**DESTINED FOR GREAT THINGS** 

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# ON THE COVER

Burleson 2020 graduates celebrate an epic high school finish.

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# **EDITOR'S NOTE**

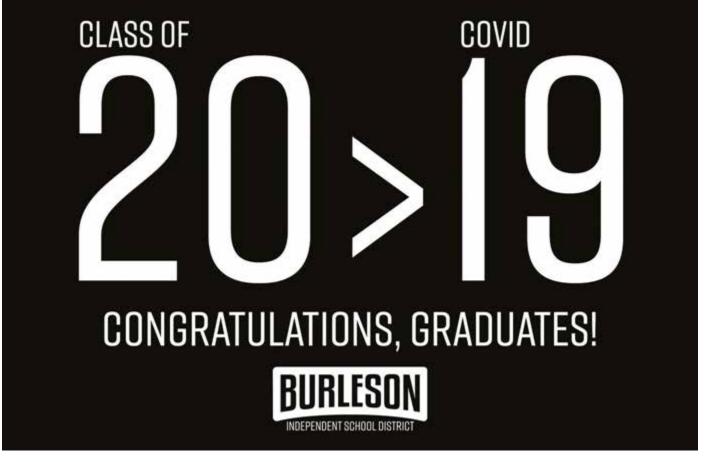
After a challenging spring ...

I'm thankful for summer this year. Businesses and individuals alike faced challenges during a rough spring. And guess what? We persevered. Paulo Coelho, Brazilian author of The Alchemist, said, "When we least expect it, life sets us a challenge to test our courage and willingness to change." When faced with adversity, we have two choices: Ask why, complain and let it defeat us, or ask what's next, embrace the challenge and come out stronger. All things work for our good — if we choose the second path.

We saw some terrible stuff this spring, but some appreciable changes also came out of the situation. Here are a few to encourage you, not only in tough times but also in everyday living. Forced to use technology, some left comfort zones and grew in tech savvy. Many learned to plan for grocery trips instead of running by a store daily. Those who seldom cooked became proficient in making something grand from a few random cans of whatever. And, possibly, they taught their children a basic skill.

The habitual need to run nonstop settled to down time with family, remembering the most important people in our lives. We dug out old projects left undone because we never had time. With kids at home, parents learned alongside them and thanked God for the Internet to help where they fell short, and parents acknowledged that they need to teach some critical lessons. Best of all, we keep an adequate supply of toilet tissue at home and wash our hands with vigor iust in case.

Embrace a fresh challenge this month.





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AND I'M PROUD OF HOW WE HAVE
COME TOGETHER DURING THIS
UNPRECEDENTED TIME.



# DESTINED FOR GREAT THINGS

– By Lisa Bell

Recently, U.S. News & World Report ranked the top high schools in the nation. Both Burleson High School and Centennial High School placed within the top 30 percent of nearly 18,000 schools nationwide. Their criteria included college readiness, reading and math proficiency, reading and math performance, college curriculum breadth, underserved student performance and graduation rates.

Superintendent Dr. Bret Jimerson said, "I believe our students are destined to do great things. I am proud of our Class of 2020, and I look forward to seeing the great things they will no doubt continue to achieve."

This year's graduating class includes students from four high schools in Burleson — Crossroads High, Burleson High, Centennial High and the newest (opened in 2016), Burleson Collegiate High. BCHS provides an opportunity for students to earn an associate degree simultaneously with their high school diploma at no cost. Best suited for students interested in an accelerated program, the school serves as a stepping-stone toward higher education. When students graduate high school with an associate degree, they enter college as juniors. The school currently has 58 seniors enrolled.

But for all seniors this year, Dr. Jimerson sees a benefit from the 2020 challenges. "In the midst of these unprecedented times, students remained committed to finishing the year strong," he shared. "I have witnessed students' tenacity firsthand and admire the support they give each other and their community. Students are entering a world of opportunity, already equipped with how to take on adversity and make the best of a situation."

Dr. Jimerson hopes these graduates leave BISD with pride over many accomplishments in the classroom, on various fields and in gyms. He trusts they exit with confidence in their preparation for college or careers with great memories to last a lifetime. "When students look back on their senior year, I want them to think of the support and dedication from their teachers and school district to do everything they could to make the end of their senior year the best possible given the circumstances."

During May, BISD honored seniors with a reverse parade that ended with lighting the stadium. They also hosted virtual graduation ceremonies for each school separately May 26-May 29. Nevertheless, the district also plans to host commencement exercises for all four high schools on June 6 at Globe Life Field in Arlington.

To parents and students, Dr. Jimerson conveyed, "Thank you for being a part of our BISD family and for your understanding, patience and support. I truly believe BISD is a family, and I'm proud of how we have come together during this unprecedented time."

Congratulations to the entire Burleson Class of 2020. You are exceptional students, ready for whatever life brings your way.







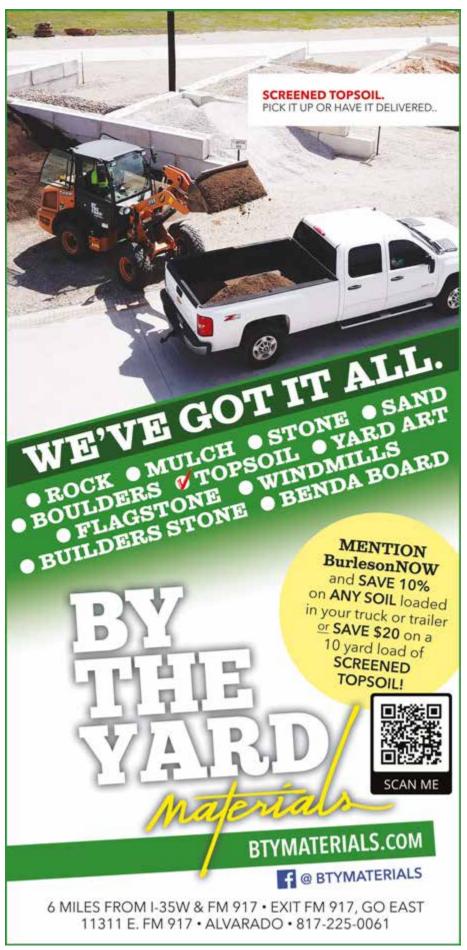


Photos courtesy of Burleson ISD.















children had to help however they were able. Bessie took care of her younger siblings, while assisting her mother doing laundry and picking cotton. At the same time, she attended school.

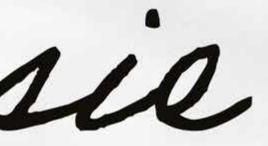
Reports indicate Bessie attended eight grades in a one-room schoolhouse, with each year interrupted when its students were needed to help their families with harvests. Nevertheless, Bessie graduated and got a job saving for college.

In 1910, Bessie afforded herself one term of school at the Oklahoma Colored Agricultural and Normal University (now Langston University). With her funds depleted, however, she returned to her job as a laundress in Waxahachie until 1915.

At that point, Bessie set out on another adventure, moving in with one of her brothers in Chicago, Illinois. She quickly became a manicurist and saved enough to afford a place of her own.

Having met many leaders in the African-American community on the south side of Chicago, 23-year-old Bessie began hearing stories of and reading about World War I pilots, which she found intriguing. It is undoubtedly these tales that inspired her next goal an aviation career.

Bessie found a friend in Robert Abbott, publisher of The Chicago Defender, the largest weekly African-American newspaper of its time. It was Abbott who suggested Bessie move to France when no local pilots or schools were willing to help in her aviation pursuit. First,













however, she had to attend night classes to learn French, so she could complete her flight school applications.

On June 15, 1921, Bessie earned her international pilot's license -Fédération Aéronautique Internationale. She studied at Caudron Brother's School of Aviation, considered the best aviation school in France, and it only took her seven months.

In 1922. Bessie was the first Africanand Native-American woman to make a public flight. Traveling Europe, she made her living performing in the air, with barnstorming, parachuting and stunting. Her skill earned her the nicknames "Brave Bessie" and "Queen Bess." and she was dubbed "The Only Race Aviatrix in the World."

Bessie reportedly had hopes of returning to the states to start her own aviation school and encouraging women and minorities to follow their dreams. Her dream was to own a plane and to open her own flight school. To raise money toward those goals, she visited churches, schools and theaters, sharing films of and speaking about her highflying escapades.

In 1923, Bessie survived her first airplane accident in which her plane's engine stopped, causing her to crash. Cuts, cracked ribs and a broken leg did not deter her. She went back to flying after she recovered.

Ultimately, Bessie saved enough money to buy her own plane and come back home to Texas to perform. By this time, she was famous for not only her flying expertise, but also for refusing to speak or perform for any place that was segregated or discriminated against women.

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She is credited with convincing stadium managers in Texas to allow all those who attended her return airshow to enter through the same gate. This was a milestone in the still-segregated state.

Further accomplishments for Bessie were cut short on April 30, 1926, however, as she co-piloted a plane in preparation for a show. Reports indicate a loose wrench became stuck in the engine, causing the plane to flip and crash. Both Bessie and the mechanic who was piloting the plane were killed. Bessie was just 34 years old at the time of her death.



Five years later, the Challenger Pilots' Association of Chicago began an annual flyover of Bessie's grave. The Bessie Coleman Aviators Club was formed by female African-American pilots in 1977, and in 1995, the U.S. Postal Service unveiled an official Bessie Coleman Stamp.

Despite humble roots from the dirtfloored, one-room cabin where she was born. Bessie Coleman defied the odds of a time when her gender and race offered limited opportunities. Today, she remains an undeniable pioneer for women in aviation. NOW

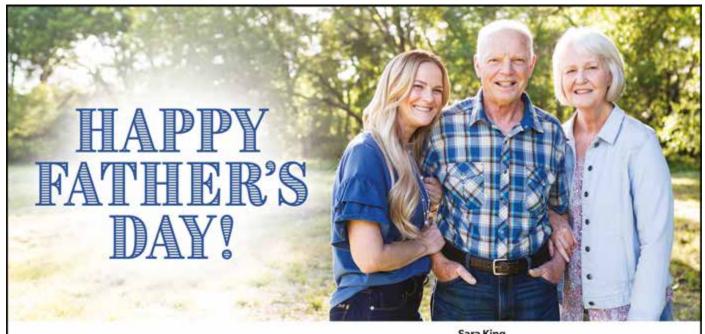
Photos courtesy of Ellis County Museum.

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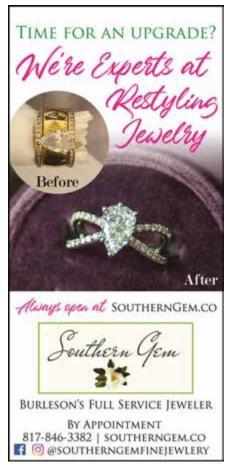






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# Vitality Wellness & **Aesthetics**

- By Lisa Bell

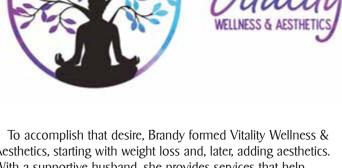
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A nurse for almost 30 years and nurse practitioner for eight years, Brandy Graham always worked in acute care. She still works full time. However, in late 2019, Brandy decided to shift gears. "I wanted to work on prevention, helping people feel better about themselves," she said. "I wanted to get on the other end of it — prevent rather than treat."



Aesthetics, starting with weight loss and, later, adding aesthetics. With a supportive husband, she provides services that help people feel and become their best. Rather than launch a full-time business accompanied by loans, she took a more practical approach. Brandy and her husband both work extra. In her business, Brandy supplies weekend and evening availability.

Vitality Wellness & Aesthetics offers weight-loss programs, individualized to each person. Through dietary and exercise counseling and medically supported appetite suppressants, Brandy works to keep clients safe. She medically supervises each person with labs and frequent follow-ups, seeing a client every two weeks. She also offers supplements, including B-12, to assist with healthy weight loss.

In addition, Vitality Wellness & Aesthetics provides BOTOX, dermal fillers, chemical peels for skincare concerns, microneedling, and sclerotherapy for spider veins. Brandy also offers a quality line of skincare products for those who want them.

"I always wanted to help people," she shared. "I'm very in tune with individuals, matching emotions and with the ability to support each one." As a child, Brandy took up for kids whom bullies tormented. Nursing further allowed her to help people. "After being on that end, it's so rewarding to have clients who succeed — hearing them get off meds, feel better and fit in clothes," she admitted.

The clients of Vitality Wellness & Aesthetics appreciate Brandy as a solo provider. As a nurse practitioner with a medical background and multiple trainings, she provides a level of comfort. She stays updated on injection techniques. If someone has a reaction or infection, Brandy has the ability and knowledge to treat that person, rather than send him or her elsewhere.

Her frequency and consistency of weight-loss support appeals to many clients. Brandy takes an approach of reviewing what works and what doesn't. Remaining constantly available, she responds to text messages after normal work hours and on weekends. "A lot of people like that they can also ask a medical question," she said.

As a business, Vitality Wellness & Aesthetics is a member of the Chamber of Commerce. Brandy supported a couple of smaller events, and as her business grows, she hopes to give back more to the community in the future.

For people considering aesthetics, Brandy recommends that they research those injecting them. "You can't take BOTOX back. Once injected, you have to wait for it to wear off," she cautioned. When considering weightloss options, always think about safety. Can your heart and kidneys handle appetite suppressants? Be careful with any dietary changes, including Keto, to make sure you lose weight correctly.

Adamant about yoga, Brandy strives to remain down-to-earth and relatable, and she never tries to sell something just to make money. She believes in practicing what she preaches. She maintains an active lifestyle and eats healthy, setting an example for those who trust her with their goals. NOW





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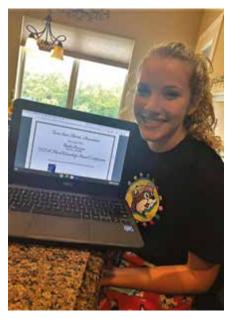
# **Around Town**

# CHARLES CONTROLS AND ALLES AND



When a lady commented to Candise Maples that her special needs child was crying because he couldn't have a birthday party, the mother of five scheduled a parade. "He was so happy, jumping up and down, screaming and yelling. It melted my heart," Candise said.

Candise went on to form a Facebook page for moms of Burleson who needed help celebrating their children's birthdays. Since that time, Candise and her kids do three or four parades almost every evening. One of her helpers, Taunja Fisher said, "She is so inspiring to give even when our giving cup is empty." When Candise's daughter, Adaliah, had her 8th birthday, Taunja arranged a parade to travel by the Maples' home and celebrate with them, too.



Bailey Burgess passes the Texas State Florists' Association certification.



All dressed up, Addie Tackett is ready for her first virtual beauty pageant.



The NOW Magazines staff discovers virtual meetings — for now and the future.



Child nutrition workers from BISD continue feeding students.

By Lisa Bell



Lisa Jones looks for ways to safely promote her new book, Body Count.



Jerilyn Dunn prepares headbands that hold protective masks for health care workers.



With more time at home, Community Editor Lisa Bell calls on her inner artist to battle COVID-19 and emotions.



Adrienne and Adam Wyse give senior dogs a place to finish life well.



















During fourth grade, Amanda Burns' mother returned to college for a teaching degree. "Because she was a single mom, my brother and I had to step up and do some things to help," she said. "It was a great chance to learn." Later, she gleaned a great deal from women at various churches. At one, she joined the senior adult ladies' class to learn not only about cooking but also about life, marriage and parenting.

As a pastor's wife, Amanda knows ministry often entails cooking for people and families during times of crisis and joy. But she admitted, "Cooking is a walk down memory lane." When she makes a dish, she thinks of her mother, mother-in-law or the many women who inspired her down-home cooking style. Now

# **Grape Salad**

This recipe came from our first church.

8 oz. cream cheese, softened

8 oz. sour cream

1/2 cup sugar

1 tsp. vanilla

4 cups green grapes, seedless

4 cups red grapes, seedless

1/4 cup brown sugar

I cup pecans, finely chopped

**1.** In a bowl, mix well the cream cheese, sour cream, sugar and vanilla. Fold in the grapes, coating them well. Put the mixture into a 9x13-inch casserole dish.

**2.** Top with brown sugar and pecans. Chill; serve.

# 24-hour Pea Salad

Aunt Sondra's recipe that she shared with our family at most gatherings.

1/2 head lettuce, shredded 1 15-oz. can peas, drained

I sweet onion, chopped

I cup mayonnaise

2 Tbsp. sugar

Parmesan cheese, to taste

**I.** In a bowl, layer lettuce, peas and onion. In a separate bowl, mix together the

mayonnaise and sugar; spread the mixture over the salad. Sprinkle with Parmesan cheese.

**2.** Cover tightly; chill for 24 hours before serving.

# **Baked Macaroni and Cheese**

2 Tbsp. butter

1/4 cup flour

I tsp. salt

1/2 tsp. dry mustard

1/4 tsp. pepper

2 1/2 cups milk

2 cups cheddar cheese, grated (divided use)

8 oz. macaroni, cooked and drained 1/4 cup fresh breadcrumbs

**1.** In a 2-qt. saucepan, melt butter over low heat. Stir in the flour, salt, mustard and pepper until smooth; remove from heat.

**2.** Gradually add the milk, stirring constantly until smooth; cook over medium heat about 10 minutes, or until thickened.

**3.** Stir in 1 1/2 cups of the cheese, until melted. Mix in cooked macaroni; top with the remaining cheese and the breadcrumbs.

**4.** Bake at 375 F for 25 minutes, or until lightly browned.

# Treva's Chicken Divan

My mamaw, Treva Maness, was the recipe editor for her city newspaper, so she always had the best recipes.

- 16 oz. frozen broccoli pieces, cooked and drained
- 5-6 chicken breasts, cooked and chopped
- 2 10.5-oz. cans cream of chicken soup
- 1 2/3 cups mayonnaise
- 2/3 cup milk
- 2 cups cheddar cheese, grated
- 2 tsp. fresh lemon juice
- 1 cup breadcrumbs
- 2 Tbsp. butter, melted
- **1.** Layer the broccoli and chicken in a greased 9x 13-inch dish.
- **2.** In a separate bowl, combine the soup, mayonnaise, milk, cheese and lemon juice; pour the mixture over the top of the broccoli and chicken.
- **3.** Top with breadcrumbs and butter. Bake at 350 F for 30-45 minutes.

# Sausage Bake

This versatile dish can be served for breakfast or supper, or it can be cut into small squares and served as a finger food.

2 cans crescent rolls1 lb. sausage6 oz. cream cheese2 cups cheddar cheese, grated

- **1.** Brown the sausage; drain off the fat. Return the sausage to the skillet; mix with cream cheese. Set aside.
- **2.** In a 9x13-inch casserole dish, unroll one can of crescent rolls; press the dough into the dish.
- **3.** Layer the sausage mixture on top of the dough. Add the grated cheddar cheese. Unroll the second can of crescent rolls; place on top.
- 4. Bake at 350 F for 30 minutes.

# Gooey Cake

I pkg. yellow cake mix

3 eggs (divided use)

I stick margarine, soft

1 8-oz. pkg. cream cheese

1 lb. powdered sugar

1 tsp. vanilla

**I.** In a bowl, mix together the dry cake mix, I egg and the margarine. Press the mixture into the bottom of a 9x13-inch pan; set aside.

**2.** Mix together soft cream cheese, powdered sugar, 2 eggs and vanilla; pour over the bottom layer.







**3.** Bake at 350 F for 40-45 minutes, or until the top is lightly brown. Cool; cut into serving pieces. *Note:* Frosting is not necessary; it is rich enough.

a baking dish; top with the remaining cheese. **2.** Bake, uncovered, at 350 F for 30-45 minutes, or until bubbly and starting to lightly brown.

- 1 20-oz. can pineapple tidbits or chunks, drained (reserve juice)
- I cup sharp cheddar cheese, shredded
- 5 heaping Tbsp. flour
- **1.** Spray a 1-qt. baking dish with cooking spray or rub with butter.
- **2.** Combine cracker crumbs and butter; stir with a fork.
- **3.** In a separate bowl, combine reserved juice, sugar, drained pineapple and cheese. Fold in flour, 1 Tbsp. at a time.
- **4.** Gently stir in 1/3 of the cracker crumble mixture. Spoon the mixture into the baking dish; top with remaining cracker crumbles.
- **5.** Bake at 350 F for 20-25 minutes, or until cheese is melted and crackers start to brown. Serve immediately.

# Richard's Hominy Casserole

- 1 30-oz. can white hominy, drained 8 oz. sour cream
- 1 4.5-oz. can chopped green chilies 8 oz. Monterrey Jack cheese, shredded (divided use)
- **I.** In a bowl, mix together the hominy, sour cream, green chilies and 2/3 of the Monterrey Jack cheese. Pour the mixture into

# **Pineapple Casserole**

This Southern favorite side dish goes great with summertime foods and is sweet enough to be a dessert.

Cooking spray or butter, for greasing pan 1 1/2 cups Ritz crackers, crumbled 1/4 cup melted butter

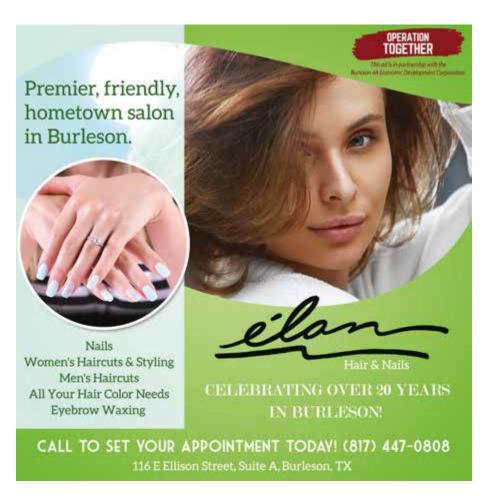
- 3 Tbsp. reserved pineapple juice from chunks or tidbits
- 1/4 cup sugar

# To search for more great recipes from any of the 9 NOW Magazines publications, visit

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# FinanceNOW Business Owners: More Help on the Way

If you're a business owner, you've probably gone through a range of emotions recently. A few weeks ago, as part of the \$2 trillion CARES Act, the Paycheck Protection Program (PPP) was launched to provide \$349 billion to help small businesses keep their workers and stay afloat. Your expectations may have risen. But that money ran out more quickly than anticipated — a letdown for many business owners. Now, it's on to Round 2. Time for higher hopes again?

Here are the details: The first \$349 billion was used up in less than two weeks, with some 1.6 million companies securing funding. However, many other businesses failed to get loans, and the program drew controversy, as some larger businesses, such as hotel and restaurant chains, were able to access the money. So, in response, Congress just passed a \$484 billion package, which, in addition to including more money for hospitals and coronavirus testing, provides \$310 billion for the PPP. As was the case with the original PPP, the additional funds are designed to help companies with fewer than 500 employees receive loans from banks, primarily to cover payroll costs. The businesses that do keep their employees and fulfill other requirements will have their loans forgiven.

The new legislation also provides \$60 billion in additional funding for the Small Business Administration's Economic Injury Disaster Loan (EIDL) Program, consisting of \$50 billion for EIDL loans and \$10 billion for emergency grants

that allow an eligible business that has applied for an EIDL loan to request an advance of that loan of up to \$10,000.

It can be tricky to navigate the PPP process, but you'll improve your chances of getting a loan if you're prepared. If you have to go back to gather information, you will delay your loan application — and with a finite amount of money available, any delay could harm your chances of getting a loan.

So, before you file, collect all your paperwork, including your 2019 tax returns, payroll reports, mortgage or rent documents, utility statements and documented proof that the coronavirus pandemic has hurt your business. You'll also want to make sure your business credit file is current and accurate. You can check your business credit score at any of the major business credit bureaus — Dun & Bradstreet, Experian and Equifax. You might have to pay a fee to access your report directly from one of these bureaus, but you may be able to get the report free by going through Nav, a financial technology company, at www.nav.com.

In any case, don't wait to apply for a PPP loan. Contact your local Small Business Administrator lender, federally insured depository institution, federally insured credit union or Farm Credit System Institution. If you're interested in the EIDL program, contact the Small Business Administration directly.

The replenished PPP program may not be the last chance for government help to small businesses — but if you're like many of your fellow business owners, you can't afford to wait for what might happen down the line. So, although there are no guarantees, do what you can to explore this new opportunity. It may prove to be a lifeline for your business and a chance to strengthen your financial future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.















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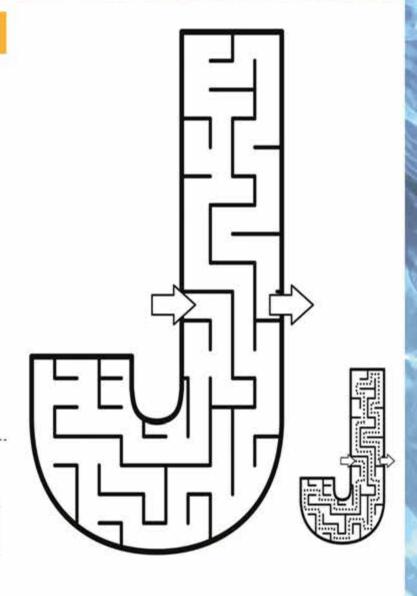
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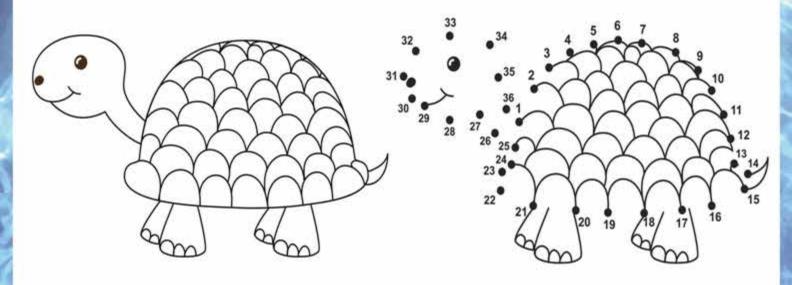
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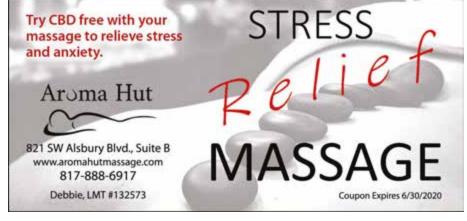
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2017 National Survey on Drug Use and Health (HISS Publication No. 3MA 18-3008, NSIDIH Series H-3: Statistics and Quality, Substance Abuse and Mental Health Services Administration.

Start talking with your kids about the facts. For tips on

how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov.







SMA-18-5079

Reach Across Johnson County is a community coalition dedicated to reducing youth substance misuse through implementing programs that support safe and healthy choices vital to the well-being of our youth, families and community. For tips on helping your kids find healthy ways to deal with stressful situations and for resources on safety disposing of any unused or expired Rx, visit us on Facebook: https://www.facebook.com/reachacrossiohnsoncounty/

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	1	2	3			4	5	6		
7		1	H	8		9	$\vdash$	T	10	
11	1	t	T	1		12	1		T	13
14	1	t	t	+	15			16	t	t
			17	T	$\vdash$			18	t	t
19	20	21		+	t	22	23			$^{+}$
24		T			25	+	$\vdash$			
26		1		27				28	29	30
31	t	1	32			33	$\vdash$		1	T
	34		$\vdash$	+		35	$\vdash$			+
	8	36	+	+			37	$\vdash$	+	

Crosswordsite.com Ltd

#### Across

- 1 Plea at sea
- 4 Acquire
- 7 Units of electromotive force
- 9 "A Little Bitty Tear" singer Burl ---
- 11 The ---, Dutch seat of government
- 12 Essayist --- Waldo Emerson
- 14 Infinitely repeated geometric pattern
- 16 Narrative song
- 17 Senior army rank
- 18 Eccentric
- 19 Morning must-have, for many
- 24 Your choice
- 25 Belonging to us
- 26 Source of gas at the track
- 27 Meet expectations
- 31 --- Merman
- 33 Nimble
- 34 Up-and-down toy
- 35 Colossus
- 36 Beak
- 37 Society newcomer

#### Down

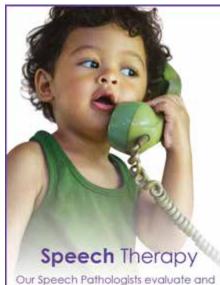
- 1 Rise higher
- 2 Bond girl --- Kurylenko
- 3 House finish
- 4 Vermeer's wore a pearl earning
- 5 "Desperate Housewives" actress ---
- 6 Spread the word about
- 7 From 30 to 300 MHz
- 8 Words before keys or wheels
- 10 Dashiell Hammett's gumshoe
- 13 Twinned with Jekyll
- 15 Aluminum producer
- 19 Sleeveless cloak
- 20 Togetherness
- 21 Squeezing snake
- 22 the elbows, or down-at-heel
- 23 lcy
- 27 No neatnik
- 28 Set of pages
- 29 Excess fat
- 30 Hankering
- 32 Inspect

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Solutions on page 44





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# Crossword Sudoku Solutions



### Easy

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

### Medium

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





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