

# BurlesonNOW

M A G A Z I N E

JUNE 2025

## A Mountain of Hope

Burleson residents hike Mount Kilimanjaro for a good cause

In the Kitchen With Monica Moore

Also inside:

Scavenger Hunt

Sudoku

Featured Business:  
Wilshire Senior Living

2025 Hot Sounds of  
Summer Shopping Guide

Postal Customer

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I've always been fairly thin and never gave much thought to my weight. I ate what I wanted when I wanted, but this started catching up to me over the years, and became more pronounced when I started working remotely (at home) during COVID. My health status became more apparent to me while on vacation in Summer of 2024 when I couldn't do many of the things that I wanted to because of my weight.

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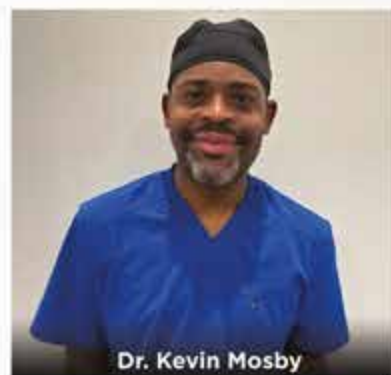
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Emma

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# EDITOR'S NOTE

*Hello, June!*

For me, June feels like a month to appreciate each other. From what I've experienced, this city takes the effort to cultivate community. Whether it be holiday-specific events like Juneteenth or Father's Day or just-for-fun activities like the Hot Sounds of Summer or the Summer Reading Program, Burleson tries to provide its people not only something entertaining to do, but a place to meet their neighbors. Not many cities offer all the events you can find throughout town. Take advantage of them!

I've heard time and time again from the people I've interviewed or chatted with on the streets that despite its rapid growth, Burleson still retains that "small-town feel." I've experienced this friendliness first-hand. Last year, I hit a curb too hard in Old

Town and ended up getting a flat. A retired officer spotted me struggling to get the too-tight lug nuts off my wheel and stopped to help. I appreciate him, and I appreciate all the people who've recommended others or themselves to take part in this magazine. I adore writing about you, Burleson, and I adore the community you've created and strive to maintain.

*Take pride, Burleson!*

June 2025  
Volume 19, Issue 6

## ON THE COVER



*Jon Haley, Andrew Even and Steve Switzer raise money for Manna Worldwide by climbing Africa's highest peak.*

**Photo by**  
Lori Baur.

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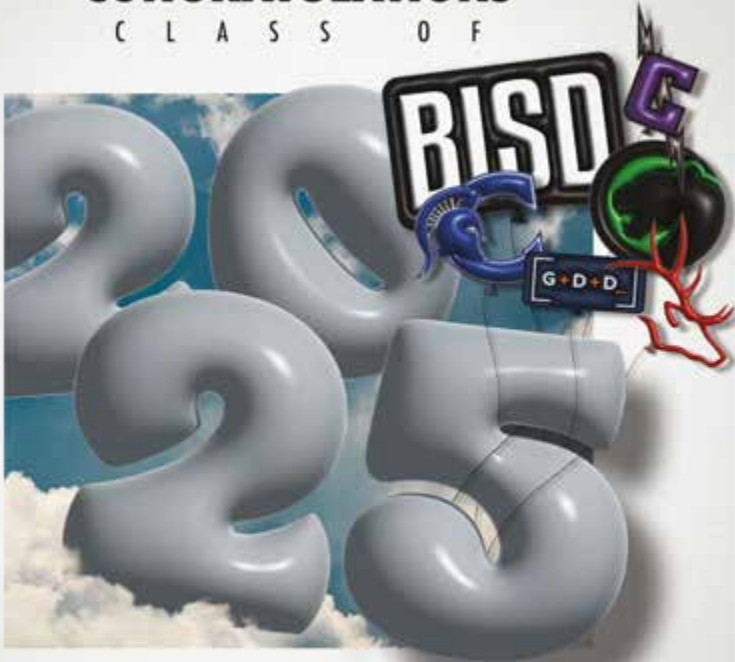
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# A MOUNTAIN OF HOPE

— By Emma McKay

*In October last year, Burleson residents Jon Haley, Andrew Even and Steve Switzer, along with 10 other men associated with the Christian nonprofit Manna Worldwide, hiked Mount Kilimanjaro to raise money for a nutrition center in Ethiopia and a high school in Kenya. “Anything I can do to help raise awareness and money for that school, so people can find and follow Jesus, that’s what I want to do,” Andrew, vice president of Manna Worldwide, stated.*

Every other year, Manna Worldwide holds a major fundraising event for its programs. “We hiked 250 miles through California for 17 days and nights back in 2019. We [hiked] 16 mountains in Colorado in nine days in 2022, and I’ve ridden 500 miles on a bike ride through New England, all to raise money for Manna,” Jon, senior pastor at Hallmark Church, stated. While brainstorming their 2024 fundraiser, Andrew proposed hiking Mount Kilimanjaro. “I told him, ‘You’re crazy. I’m not doing that!’”

Soon, plans were underway. The group set their fundraising goal to \$194,100 — the mountain’s highest peak above sea level, with an extra zero added to the end. Together, Jon, Andrew and Steve began training around Burleson to prepare their bodies for the journey.

Along with weekly trips to the gym, the men braved Burleson’s “Suicide Mountain,” the only hill in the city. “We would go separately and sometimes together, put a heavy backpack on and walk up that thing 30 times because it was about 5 miles,” Steve, Manna’s director of East Africa, said. “I’m kind of a rookie at this. This was only the second hike I’ve ever been on. It was a big leap, but I’m glad I did it.”

“Being in the neighborhoods helped because people would ask, ‘Why are you doing this over and over again?’ Or, ‘Why do you have this backpack on?’” Andrew continued. Due to the public’s curiosity, the men created training shirts on which they printed QR codes, directing people to a website that explained the reason for the challenge and provided a donation link. “We’ve seen lives transformed, the cycle of poverty broken in children [with Manna’s help]. The main thing that kept us going





was to not let these kids down, and to provide them hope.”

Along with raising money for the high school and nutrition center, the men raised separate funds for their own journeys. Unlike other challenging mountains, Mount Kilimanjaro isn’t a straight up climb. The hikers walked up and down steep trails, stopping to rest at seven different campsites along their way. By the time they boarded their flight, all their campsites were sponsored.

Throughout their journey, the group received help from a team of 40-50 Tanzanians, who managed the camps, cooked their meals and carried their food and extra supplies while helping them traverse the mountain. “They were with us each step of the way. We couldn’t have done any of that without them,” Andrew expressed.

Due to the altitude, the trek was tougher than anything they could have trained for. Throughout their journey,





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nine out of the 13 hikers spent at least two days being sick from either the altitude, the physical toll of the journey or the iodine their water was treated with. "One day, I thought Steve was dead," Jon said.

Every morning and evening after day three, their guides took everyone's pulse, oxygen and heart rate. The morning of Steve's illness, his heart rate was 40 and his oxygen was somewhere between 55 and 65. The group wondered whether or not they needed to send Steve back down the mountain, but they refrained from making the call. "By the next day, I was feeling better," shrugged Steve.

After five-and-a-half days of

exhausting travel, the men neared the summit. "That last night was probably one of the hardest things I've ever done," admitted Steve. "That last 4,000 feet was really hard. You almost feel unconscious at one point." The group had been hiking in 40 mph wind for hours in the dead of night. Shivering and delirious, they struggled not to fall asleep.

"I did fall asleep walking and about fell over. Luckily, one of the guys in our group talks more than anybody we know: Andrew," Jon joked. "I was like, 'Andrew, I need some help. Get behind me and talk.' He talked, and I stayed awake."

As dawn finally broke, the hikers began to sing worship songs. "Right as we were about to summit, we were singing 'Goodness of God,'" Jon said. Upon finishing the song, one of their guides told them it was beautiful and asked if they could sing it again. This time, when the men sang, that guide joined in. "[The song] is now tied forever to that memory."

As they took in the view of Africa, the hikers celebrated their

accomplishment. However, in the back of their minds, they knew they would spend the next day-and-a-half descending the mountain. "Your mind quickly turns to, *Oh no, a different kind of torture is going to set in*," Andrew joked. "But that did not stop us from taking a few moments up there to stop and enjoy things and thank God."

The descent was steep and fast. "You were almost running it at points," Steve recalled. "I was going too fast, and I actually did a whole tumble. Even though you were tired, it was a relief. 'Oof, we did it, now let's go party!'"

Two weeks after returning home, they surpassed their fundraising goal. Through the contributions of hundreds of churches, businesses and individuals, they raised over \$200,000 for the school and the nutrition center. "When we were doing it, I didn't know if we were going to get there," Steve admitted. "We saw the numbers starting to get close, then went over! It was thrilling." Jon, Andrew and Steve thank everyone who donated to the cause. "There is so much that can be done with \$200,000." **NOW**

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BusinessNOW

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— By Emma McKay

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**Office Hours:** Sunday-Monday: 8:00 a.m.–6:00 p.m.

“You do what you’re passionate about, and truly this is a passion,” said Wilshire Senior Living’s Executive Director Shametra Owens. Having worked as a health care specialist in senior living for 15 years, Shametra has a big heart for Wilshire’s 250 residents. “There’s never a dull moment,” she said. “They keep us going.”

Wilshire provides multiple floor plans to suit their



residents’ needs. Independent living residents can choose between one bed/one bath or two bed/two bath apartments with a full kitchen, utility room and walk-in closets. Surrounding the campus’ fully stocked pond, two bed/two bath and three bed/two bath independent living cottages with full kitchens, utility rooms, walk-in closets and two-car garages are available. Assisted living rooms range from studio apartments to two bed/two bath, each equipped with a kitchenette. In the memory care facility, one bed/one bath and two bed/one bath rooms are available, too.

At the indoor pool, residents can exercise independently or take water aerobics classes. A variety of meals, which are monitored by a dietitian and include daily specials and always available comfort options, can be found in the dining hall. In the on-site salon, residents can see hairstylists, nail techs and masseuses. Wilshire even provides media rooms, game rooms and a working library, allowing residents to partake in activities independently or communally.

“We do a lot of programs where we bring everyone in



together.” Each month, they host multiple small events along with one big event, where they go out into the community or invite the families to spend the day. “We also participate in a lot of the little national days like National Cookie Day or Cupcake Day.”

In addition to their special events, Wilshire holds weekly events, such as happy hour. Volunteer church groups from a variety of denominations hold Bible studies for residents. Occasionally, they’ll invite the Burleson Police Department to present seminars on technology and online safety. “Once they see that badge, they’re listening. My ladies are like, ‘Oh, Shametra! Bring him back!’” she chuckled.

## SHAMETRA CHERISHES THE RELATIONSHIPS SHE’S BUILT WITH RESIDENTS.

Their staff of 86 covers a whole range of services. Resident care associates cover daily activities, such as dressing and grooming. Transportation aids drive residents off campus to personal appointments and activities. Housekeepers service residents’ abodes throughout the campus. Care team members and med techs ensure 24/7 medical assistance to assisted living and memory care residents. The Memory care team works to meet residents where they are by providing creative outlets, memory-promoting activities and physical wellness routines to add to the comfort and fullness of their lives.

Shametra and the rest of the Wilshire team strive to provide transparent communication. They hold regular “town hall” meetings, where residents are allowed to voice their concerns. “At the end of the day, this is their home. They should know what’s going on. If we are doing some kind of change to the community, they should have a say in it.”

Shametra cherishes the relationships she’s built with residents. “I have a lot of moms and dads. They’re always looking out for you. I feel like I’m blessed.” If you or your loved one is considering moving, contact Wilshire Senior Living to see if it’s the right fit for you. **NOW**

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JUNE  
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## Zoomed In: Mary Slaney

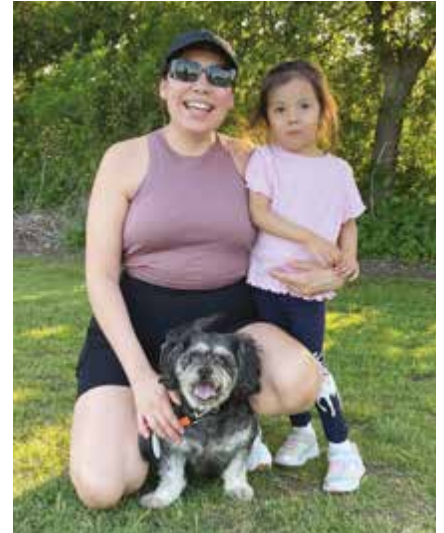
By Emma McKay

Mary Slaney, who served with the Burleson Area Chamber of Commerce for over a decade, adores volunteering at various city events. “I volunteer for the Honey Tour. I hand out medals at the end of the race or hand out water.”

Her favorite event to volunteer for is the Honey Tour Carnival. “Last year, I volunteered all four days!”

While working at the Chamber, Mary founded the Power of Heels. The turnout packed the building at their first meeting. “I realized women were being marginalized in the workplace. I said, ‘We need to unite and come together.’”

Mary said she loves Burleson’s community spirit: “If you want to get involved, you can. You’ve got to go where the people are. You can’t meet them sitting at home.”



*Dina Villatoro, Kenzie Alvarado and Buddy enjoy a springtime walk.*



*Ann Mannon, Billie Brown & Marilyn Murry stop by the Burleson Health Fair at the Senior Activity Center.*



*Stewart Title thanks Burleson’s first responders with a free lunch at its annual first responder barbecue.*





Dalton, Ansom and Sylissa Rains play in the trees at Bailey Lake.



Kimber Adrion celebrates her 11th birthday at Warren Park.



Jessica and Rhonda Crenshaw adopt new plants at the city's Earth Day celebration.



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Basic Sourdough Bread

# CookingNOW

## IN THE KITCHEN WITH MONICA MOORE

— By Emma McKay



“I love cooking because it lets me show affection for my friends and family,” college professor Monica Moore stated. Monica’s passion for cooking grew from watching her grandmother, Viola, bustle around the kitchen, cooking for 20 people. “Her food was phenomenal, and she could recreate and even improve restaurant dishes at home.”

Monica finds inspiration for her dishes online and in her grandmother’s recipes, which she and her cousins organized and digitized for the family. “We joke that, ‘If you can read, you can cook.’ So, when someone praises my cooking, I say, ‘I’m just a really good reader,’” she joked. “Out of necessity, I will look in the refrigerator and pantry and throw something together. Maybe Grandma Vi passed that gift to me.” **NOW**

### Basic Sourdough Bread

**4 cups, plus 2 1/2 Tbsp. (520 grams) flour, plus more for dusting**  
**2 tsp. salt**  
**3/4 cup (90 grams) sourdough starter**  
**1 1/2 cups (385 grams) water**

- 1.** Day 1: Weigh 520 grams flour, add salt; set aside. Mix the starter with the water.
- 2.** Add wet ingredients to the dry ingredients; mix just until all the moisture is absorbed.
- 3.** Set a timer for 15 minutes, then stretch the dough up and fold it onto itself. Turn the bowl 1/4 of a turn and fold again; repeat the process 2 more times, so all 4 sides of the dough have been stretched. Let rest another 15 minutes; repeat the stretching process for all 4 sides of the dough.
- 4.** Cover with a wet towel; let rest on the

counter at room temperature for 8-24 hours. This can vary depending on the temperature in your home.

- 5.** Day 2: Preheat the oven to 500 F with a large Dutch oven inside.
- 6.** Pull the dough onto a floured surface; stretch by grabbing each side and pulling horizontally. Fold these into the middle of the dough; then pull the top of the dough up and fold it down over itself for a total of 4 folds.
- 7.** Place the dough into a parchment-lined bowl; let it rest for 1 hour while the oven is preheating.
- 8.** Cut a slit down the middle of the bread. You can get fancy with designs on the sides once you get comfortable with making the recipe. I use kitchen scissors, but you can use a lame if you have one.
- 9.** Lift the dough with the paper; place it in the Dutch oven. Bake, covered, for 20 minutes.

**10.** Remove the lid; lower the oven temperature to 450 F. Bake another 12-15 minutes depending on your oven.

**11.** Remove the loaf from the oven; let cool before cutting. This can be left out, but to make it last longer without molding, I place it in the refrigerator. It also freezes well to use later.

### Sourdough Cinnamon Rolls

*Sourdough:*

**3 cups all-purpose flour**  
**1 1/4 cups (150 grams) sourdough starter**  
**3/4 cup filtered or bottled water**  
**3 Tbsp. honey or pure maple syrup**  
**6 Tbsp. butter, melted**  
**1 1/2 tsp. baking powder**  
**1 tsp. baking soda**  
**1/2 tsp. salt**

*Cinnamon Filling:*

**3 Tbsp. butter, melted**  
**1/2 cup brown sugar**  
**1 Tbsp. cinnamon**

*Cream Cheese Frosting:*

**2 Tbsp. butter**  
**4 oz. cream cheese**  
**1 cup powdered sugar**

- 1.** For the sourdough: Mix all the ingredients, either by hand or in a stand mixer until a soft ball forms, approximately 5 minutes.
- 2.** Preheat the oven to 375 F.
- 3.** In a separate bowl, mix the cinnamon filling ingredients together; set aside.
- 4.** Roll the dough onto a floured surface. Roll until about 1/4- to 1/2-inch thick.
- 5.** Spread the cinnamon filling all over the dough.
- 6.** Roll the dough into a tight long log; pinch the seam to seal. Slice into equal rolls (normally 12 or so rolls).
- 7.** Put the rolls in a greased or parchment-lined 9x13-inch pan; bake for 25-35 minutes until golden brown.
- 8.** For the cream cheese frosting: Melt the butter and cream cheese in a saucepan; whisk in the powdered sugar. Spread over warm cinnamon rolls.





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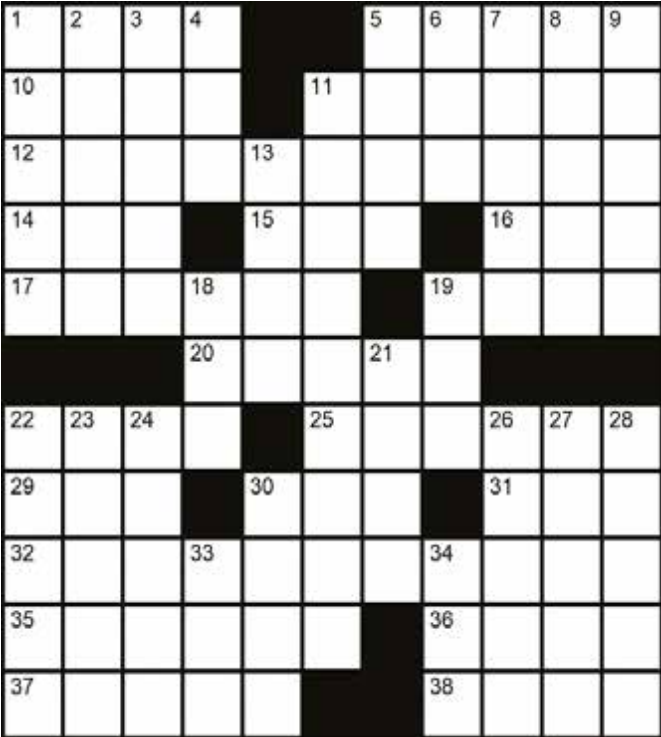
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# Crossword Puzzle



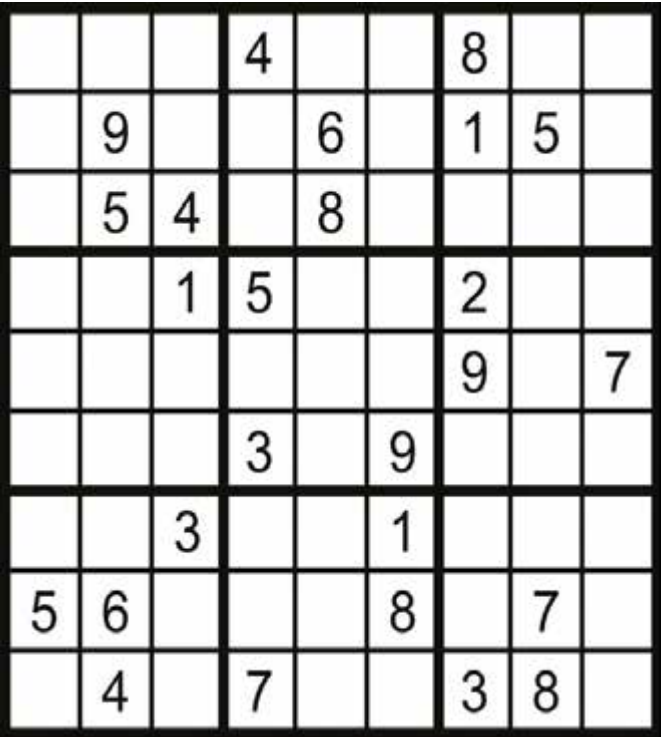
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Online versions and solutions available at [www.nowmagazines.com](http://www.nowmagazines.com). From our Homepage, click on the Features tab. Click on the Crossword-Sudoku tab. Click on a puzzle to view solutions.

Across	Down
1 Doe's beau	1 Signs of healing
5 Draconian	2 Pith sun helmet
10 Prolonged unconsciousness	3 Plentiful
11 "It Started in Naples" star --- Loren	4 "Has Anybody Seen My --- ?" (1920s song)
12 Distorted caps trap oil for cosmetician's pencils	5 Hoodwink
14 --- Air, Los Angeles	6 Disposed
15 "Friends" actress Courteney ---	7 --- Island Sound
16 Lair	8 Seductively beautiful woman
17 "Peekaboo, I ---"	9 Is lacking
19 Coin	11 Cruel dons whipped a dirty dog
20 Hidden	13 Clickable image
22 Smack	18 "Somewhere Over the Rainbow" lyricist --- Harburg
25 Hate	
29 Prefix with West	
30 Address beginning " <a href="http://">http://</a> "	
31 Narrow beam of light	
32 Jakarta is its capital	
35 Sell to end users	
36 "Marching --- war"	
37 Board flaws	
38 Intend	
	19 Old-style computer screen
	21 Long fish
	22 Self-satisfied smile
	23 Fabric woven from flax
	24 Embellish
	26 Rub out
	27 Christmas guy
	28 "Iron Mike" ---
	30 "Les États- ---" - that's us to a Quebecer!
	33 Cereal grain
	34 "--- a Rock" (Simon & Garfunkel hit)

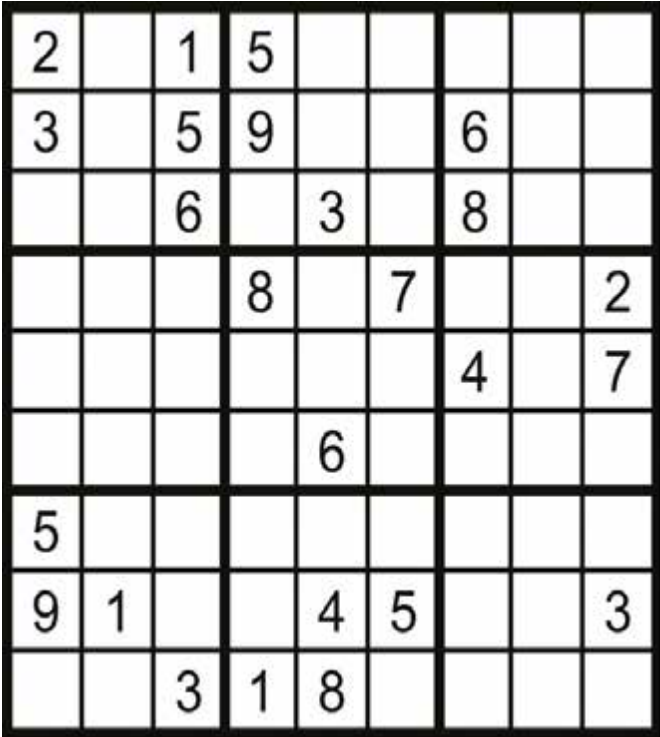
# Sudoku Puzzle

Easy



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Medium



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# HAPPY FATHER'S DAY

## JUNE

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.

5/31-6/6

### Bag of Books Bonanza:

Support The Friends of the Burleson Library and acquire some new favorite reads. \$5 purchases a single use bag to fill. Takes place during regular library hours. Burleson Public Library, 248 SW Johnson Ave.

6/6

### Dueling Pianos:

The Eighty Eights perform popular songs from the classics to today's hits. A food truck will be on-site for dinner. This is a 21-and-up event. Tickets: \$30. 6:00-9:00 p.m., Lost Oak Winery, 8101 County Road 802. To purchase tickets, visit [lostoakwinery.com](http://lostoakwinery.com).

6/7

### 2nd Annual Autism Resource Fair:

Event presented in partnership with Galliant Care. Meet friendly farm animals, enjoy fun activities, delicious food trucks and see the Reading Rover! This event is designed for individuals on the autism spectrum, their families and caregivers. Free. 10:00 a.m.-1:00 p.m., Russell Farm Art Center, 405 W. CR 714. [aimee.pryor@galliantcare.com](mailto:aimee.pryor@galliantcare.com).

6/14

### Father's Day Fishing Tournament:

A fishing trip as epic as dad himself. Prizes will be awarded for

the biggest fish, smallest fish and biggest combination of father and child fish. Bring your own fishing gear. Free, but spots are limited. 9:00 a.m.-noon, Bailey Lake, 280 W. Hidden Creek Pkwy. Register at [burlesontx.com/events](http://burlesontx.com/events).

### June Craft Fair:

Visit the Senior Activity Center's June Craft Fair, where local vendors will showcase their sewn creations, art, jewelry and other handmade items. 9:00 a.m.-2:00 p.m., Senior Activity Center, 216 SW Johnson Ave.

6/16-6/30

### Community Quilt Project:

Both beginners and experts are invited to design and sew a 12.5

inch x 12.5 inch cotton fabric quilt top block reflecting the Summer Reading theme "Color Your World." (Do not actually quilt the piece.) Drop off your finished piece at Burleson Public Library, 248 SW Johnson Ave. For details call (817) 426-9211.

6/18

### Touch-a-Truck:

Come see fire trucks, police cars and other fun city vehicles! 8:00-9:00 a.m., BRiCK, 550 NW Summercrest Blvd.

Submissions are welcome and published as space allows. Send your current event details to [emma.mckay@nowmagazines.com](mailto:emma.mckay@nowmagazines.com).

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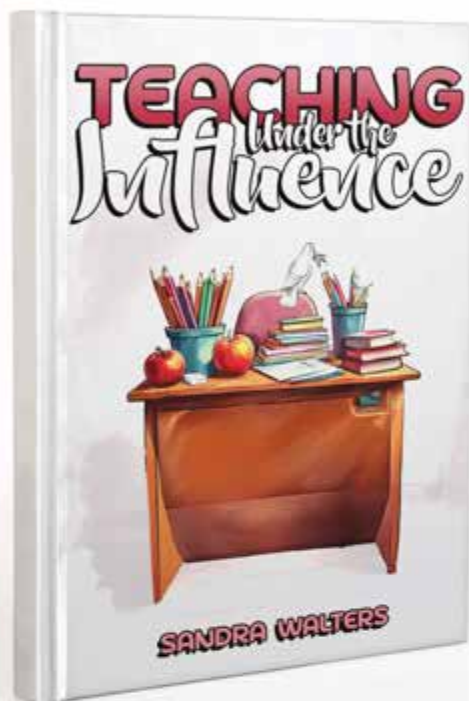
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