

15-YEAR ANNIVERSARY ISSUE

BurlesonNOW

M A G A Z I N E

AUGUST 2022

Dozens of Daughters

Coach J.R. Martinez
does more than
coach volleyball

Talk Like a Texan

How to use slang
like a native

Best of In the Kitchen:
Picnic Recipes

Also inside:
Scavenger Hunt
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Kat H., Midlothian, TX

I have been on a diet roller coaster all my life causing mostly frustration with very little success. One day I met Jennifer, the Proprietor of Diet Solution Weight Loss Centers. She was very knowledgeable about weight gain and weight loss, what their program says to eat or not eat and that they don't want you to be hungry. (Really, not hungry on a diet?) I decided to try again one more time.

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Dr. Peter Sutton, DMD, MSD

Dr. Sutton graduated #1 in his class from University of Kentucky and completed his orthodontic residency at one of the top programs in the country, University of Texas Health Science Center. Dr. Sutton has been practicing orthodontics in Texas for 7 years. Dr. Sutton wants orthodontics to be fun and engaging for his patients. He is skilled in many different treatment options from metal braces, clear braces to Invisalign Clear Aligners. His ultimate goal is to get each patient a great result and have fun during the process.



Dr. Kelsey Greene, DDS

Dr. Kelsey Greene, DDS completed her undergraduate degree in biochemistry with a minor in biology at Roanoke College. She graduated from VCU School of Dentistry in 2018 and went on to do additional training in general dentistry at the Washington DC Veterans Affairs Hospital. Dr. Greene enjoys practicing all areas of restorative and cosmetic dentistry. She is focused on keeping up with the latest dental technology and practices, and she continues to exceed the hours of continuing education each year. During her free time, Dr. Greene enjoys volunteering at dental service projects, cooking and spending time with family. She looks forward to meeting you!

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ON THE COVER



J.R. Martinez spends most days on the court with his girls.

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EDITOR'S NOTE



Lisa

Lisa Bell
BurlesonNOW Editor
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Milestones in August ...

This year marks a fifth anniversary of a traumatic event in my life. Friends and faithful readers may remember August 19, 2017, or at least reading about it. That day, after a frightening night and morning, I ended up on a CareFlite, rushed to Providence Hospital in Waco. There, they told me I had a stroke. A stroke? At 56? No way. Yes way. Strokes can hit at any age.

Miraculously, I not only survived, but during the past five years, no additional strokes, no heart health issues, only one lingering physical effect. The information processing center of my brain had to reroute cells, so my processing ability functions daily. Occasionally, I search for words or slur speech if I allow myself to get overtired. Most of the time, people don't know I suffered a stroke. Most people have lingering, sometimes debilitating issues left in the aftermath. If I didn't believe in miracles before that, I would now. I'm in a very rare percentage of stroke survivors, and I don't take that blessing lightly.

Worth celebrating? You bet. The precarious preciousness of life lingers forever in my mind. How different I could look today. After five years, the stats don't apply as much. It becomes a non-event medically. But I know it happened, and I will cherish the date when miracles abounded for me. Know the signs of a stroke, and don't believe they apply only to old people. I pray you never experience what I did, but if you do, minutes can count.

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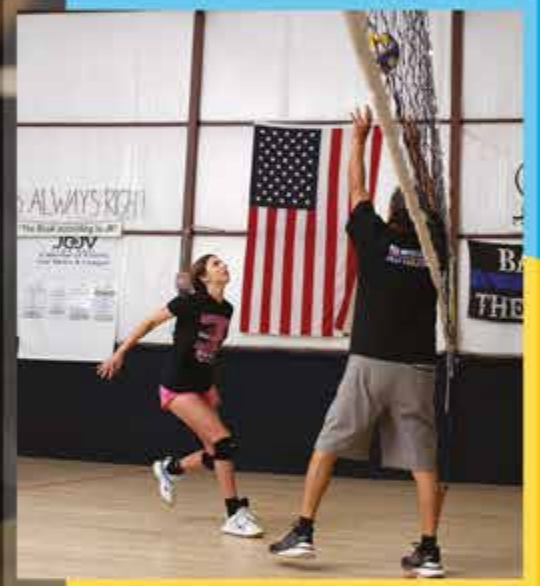
— By Lisa Bell

During his childhood at St. Luke Catholic School in Irving, J.R. Martinez learned to play volleyball. “It was that or playing on monkey bars, the only playground equipment we had,” he shared. Growing up with the sport, his pastor once told him, “God will use your skills.” Eventually, he coached at Bishop Dunne Catholic High School in Dallas, Texas, although he declared, “I’m not a very good coach. I’m an instructor. My older girls are better than me.”

Coach Martinez enjoys working with younger girls, starting when they reach third or fourth grade. They quickly become like daughters to him. He realized, however, the young girls needed role models as coaches, so he engaged what he terms “disciple coaches.” While these high school students help hone volleyball skills, J.R. strives to meet the deeper needs of all the girls and leads his instructors to do the same.

“They are always under pressure at school from teachers and peers. Some have challenges at home,” he divulged. “The girls love volleyball, but if they get belittled, many give up playing. The instructors and I listen, encourage and praise them. Nothing makes me happier than seeing a new girl smile after she’s heard, ‘You can’t,’ and then realizes she can.”

With a family environment, the players and coaches show mutual respect that sometimes comes out in a joking manner but never belittling. With the disciple coaches, J.R. encourages individual styles for instruction instead of insisting the teens do things the same way he teaches. He expects them to love, care and listen. “That’s what these girls need. This is a safe place, a special place where the Holy Spirit fills the room,” he said.





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Before the transition to a gym, the building served as a prayer room for the Living Water Church. The pastors, Peggy and Phil Gibson, allowed J.R. to use the space for his volleyball clubs. "Peggy insisted no kid would be denied instruction in this gym, regardless of finances," he explained. Although families who can afford fees pay them, the ministry runs off donations, parents and volunteers. When the floor needed replacing, it happened because of volunteer efforts. When Living Water became The Heights Church, the new staff let J.R. continue using the building. He supports the church, giving back because they give to his ministry.

Beyond instruction and providing competition under the umbrella of Johnson County Junior Volleyball Club, J.R. desires to prepare the girls for life. His disciple coaches mostly come from past club players. Many of these teens didn't make the high school volleyball teams, but that didn't hold them back. After getting cut from a high school team, one girl became a certified coach at 16. Another girl went to college, and during her junior year, she coached both track and volleyball. In her senior year, the college hired her as a head coach. These successes give J.R. a reason for pride in his daughters.

Another proud moment occurred when a student stated, "If at first you don't succeed, try doing what the coach told you to do the first time." His proudest time came when a girl called him rabbi. Although admitting he isn't a youth pastor, J.R. acknowledges teaching the girls, players and instructors biblical values to carry with them through life.





"My kids teach me lessons, and I feed them every day," he stated. "It's all about the kids. I'm not doing this. God's doing it through the girls."

In teaching volleyball, J.R. prefers to instruct through experience rather than tell the girls how to play. He also likes to use video analysis. Once the girls see where they make mistakes, they feel it. Then they can correct themselves.

Believing God gives him what he needs for success, J.R. desires more community support to keep the program strong. He welcomes volunteers who want to experience serving the Father like he has. Although volleyball gives him a means to the end, he wants the girls to have fun and receive repeated affirmation. Spending six or seven days each week with his girls, he finds ways to encourage them, regardless of their skills or abilities. He simply loves his players and his disciple coaches, who love the younger girls as much as he does.

Besides heading up the JCIV Club, J.R. also works with Johnson County Sports Association Lions. He admitted to hopes of one day becoming an official instructor for JSCA Lions. Currently a trainer for those kids, the downside to coaching them means losing touch during the summer.

Year-round, J.R.'s life revolves around his volleyball daughters. Every day, he looks forward to the hours spent with each girl in the "Little Gym That Could," preparing them for a sport and life. At the end of the day, he joins their smiles over improvement, fun and pure joy of spending time together as a family and can't imagine living any other way. **NOW**

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While every corner of the world may claim its own dialect, Texas goes big toward its own communication style. People from other parts of the country have probably heard many typical Texan phrases, while some slang is purely local. Here's a beginner's guide for any recent transplants trying to acclimate to the language of the Lone Star State.

Howdy — A less fancy way of saying, "How do you do?" the greeting, *Howdy!* is even the official greeting of Texas A&M University, the state's largest university with about 70,000 students. *Howdy* is often followed by the word, *y'all*, which leads us to ...

Y'all — A contraction that means just what it clearly says: You all. *Y'all* can address two or more people, but a very large group (or multiple groups) requires a pluralized plural. That's where *all y'all* comes in. (Yes, Texans know that means "all you all," but groups can be really, *really* big here, so we don't consider it redundant.)

Fixin'ta — Although foreigners might think you're about to repair something when hearing this phrase, it actually just means you are about to *do* something. Whatever you're about to do, however, never ever say it with a *g*. *Fixing* still means repairing something, even in Texas.

Ain't — A contraction meaning: I am not, I have not, he/she has not, we are not and that is not. Certainly not exclusive to Texas, but common for natives who ain't fixin'ta use more syllables than absolutely necessary. Used in a Texas sentence: "This ain't my first rodeo!" (meaning I've actually done this before/I'm not new to this). Further abbreviations include *y'aint* (y'all are not) and *aintcha* (aren't y'all?).

Git — Because get is just plain uppity, Texans slip *git* into all kinds of phrases: *Git-r-done* (meaning to accomplish something); *all git-out* (meaning very or extremely); or *git-to-gittin'* (meaning to get started). For example, a warning between siblings about chores: "You bes' git-r-done before Pa gits-to-gittin' home or he'll be mad as all git-out."

As those examples suggest, individual words are often partnered with other phrases for emphasis in Texas. Here are some common phrases one might use to show they are Texan through and through.

Bless your heart — While this one can be sincerely stated in regard to something bad happening to someone else: "Your horse got loose? Bless your heart!" it can just as easily be meant sarcastically: "You think you know what you're doin'? Bless your heart."

Dadgumit! — A Texan's way to curse around children, suitable for use wherever a swear word is intended. Derived from *darn it* or *dang it*, *dadgumit* works well in conjunction with *shoot fire* and *son of a gun!*

Don't have a cow! — While lots of Texas-centric language actually has roots in other places, this phrase is

originally attributed to a Denton, Texas, newspaper, where a writer quoted a subject saying someone would “have a cow” if they knew about something unacceptable he had done. When telling someone, “Don’t have a cow!” you’re telling them not to overreact. Similar cattle-themed sayings include: *Till the cows come home* (meaning for a long, long time); and *Take the bull by the horns*, encouraging someone to tackle something head on. And, let’s not forget ...

All hat, no cattle — Every state probably has its own version of Texas’ slang for someone who considers themselves important without reason. Perhaps a derogatory reference to city-folk imitating the fashion of actual cowboys, it can also describe a person who is all talk but little action. “That politician never keeps his promises. He’s all hat, no cattle.”

While many other words and phrases are commonly associated with Texas, the state’s unofficial motto may be the most famous of all ...

Don’t mess with Texas. Launched in 1986 as an anti-littering slogan, it is widely accepted as a reminder of a Texan’s toughness and a warning for anyone who might forget.

Portraying former President George W. Bush on TV’s *Saturday Night Live*, actor Will Ferrell reminded 9-11 terrorists they should not have messed with Texas. Further proving how iconic the reference had become, it is also listed in the Advertising Hall of Fame.

Ironically, the official motto of Texas is just one word: *Friendship*. *Tejas* was the Spanish pronunciation of *teyshas* or *thecas*, the Caddoan word for ally. So, while Texan talk may be full of swagger, it tries to keep that motto in mind ... as long as you don’t make a mess while you’re here. **NOW**

Sources:

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Zoomed In: Ronnie Gonzalez Family

By Lisa Bell

As fans of the hit series, *The Chosen*, Burleson residents Ronnie Gonzalez and his family, relished getting to serve as extras during filming in nearby Midlothian. As a family, they have enjoyed watching the series, but filming with the actors and crew created a memorable experience for them. With teenagers aged 13 and 15, Ronnie said, "It gives my family common ground. We enjoyed being part of the crowds filmed for season three's finale."

Although they had little time with the actors who play the 12 disciples, the family had an opportunity to meet Paras Patel, who portrays Matthew. Ronnie shared, "He's my daughter's favorite." Ronnie said he and his family will treasure the opportunity and would do it again without hesitation.



Jolene Snider and Carrie Ellingburg enjoy an aunt and niece date.



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Mountain Valley Studios

— By Lisa Bell

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Although Mountain Valley Studios didn't open until 2010, Rebecca Brown taught lessons from home beginning in 1991. While in college, she originally wanted to be a concert pianist, until she taught her first student. "At the end of the first lesson, I knew this is what I wanted to do forever," she shared. "I changed my degree."



MOUNTAIN VALLEY STUDIOS

Rebecca dreamed of opening a full-fledged music school featuring teachers for all instruments. In 2010, she opened Mountain Valley Studios with 22 students, one guitar teacher and a second piano teacher. Within a year, they had 200 students and teachers for a variety of instruments.

At the peak of her business, COVID-19 hit, so she moved to online teaching and took the opportunity to step back and reflect on her professional priorities. One of the first teachers in the area to return to in-person classes, her business boomed after the pandemic. Rebecca returned to private instruction alongside group lessons. While the studio no longer has multiple teachers, she finds she reaches more students by focusing on her true passions — teaching piano and preschool music.

"I love kids. I'm the one who has a conversation with a 5-year-old at the grocery store, and I have an ability to connect with a variety of personalities and learning styles, keeping every student engaged," she said.

Mountain Valley Studios offers private piano for ages 3 to

adult. Rebecca also provides group piano lessons and preschool music classes. An extra room allows her to rent space to local instructors who need a studio environment for their students.

"There's not a child who can't benefit from music lessons," Rebecca claimed. "Let them try piano. Make music education a priority for your children." Rebecca emphasizes the importance of music education for all ages. "Adults often hesitate only from fear of failure. You're never too old to learn. Try it, and be willing to laugh at yourself when you mess up."

"I LOVE KIDS. I HAVE THE ABILITY TO CONNECT WITH A VARIETY OF PERSONALITIES AND LEARNING STYLES, KEEPING EVERY STUDENT ENGAGED."

According to Rebecca, music lessons do far more than teach a skill. Those other benefits keep her passionate about her work. Through music instruction, children develop communication and problem-solving skills. They learn to overcome personal obstacles, while learning to manage behavior and emotional responses to stressful situations. And Rebecca adores watching the lights go on when a student finally "gets it."

When Rebecca first came to Fort Worth, she fell in love with the area. She liked the fine arts availability in Fort Worth but wanted out of the city, so the family moved to the Burleson area for the best of both worlds. She enjoys the friendliness and gives back to the community by periodically taking students to retirement centers to play for residents.

Although the studio's physical address reads Cleburne, Mountain Valley Studios rests in the Keene area, a perfect location to serve students throughout Johnson County. Begin your journey into music today by visiting the Mountain Valley Studios website. **NOW**

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Picnic Recipes

Ready for a fun, summer day at the park? Nothing makes time spent in the great outdoors better than great food! If you'd like to add something new to your picnic basket, here are a few ideas to help you change up your menu. We have selected one recipe from each of our nine market areas. *Bon appétit!* **NOW**

Sweet and Spicy Turkey, Apple and Cheese Sandwiches

Provided by Rachel Grossman for the April 2018 issue of MansfieldNOW Magazine.

4 large croissants

1 5-oz. pkg. Alouette Crème de Brie

1 4-oz. pkg. Montchevre Herb Goat Cheese

1 10-oz. jar Tabasco Spicy Pepper Jelly

1 12-oz. jar Smucker's Red

Raspberry Preserves

8 slices deli turkey meat

2 Granny Smith apples, thinly sliced

1. Slice open croissants, evenly down the middle.

2. Add a thick layer of brie and goat cheese to half of a croissant.

3. To the other croissant half, add a thick layer of the jalapeño and raspberry jams.

4. Place two turkey slices on each croissant half and several slices of apple to cover the turkey; bring the halves together. Repeat steps for each croissant.

Avocado Tomato Salad

Provided by Linda Cross for the April 2017 issue of CorsicanaNOW Magazine.

Salad:

1 avocado, cut into chunks

2 tomatoes, cut into chunks

1 cucumber, sliced

Tequila Lime Vinaigrette:

2 tsp. tequila

3 Tbsp. olive oil

1 Tbsp. lime juice

1 tsp. herb spice salad dressing

1. For salad: Toss ingredients together well.

2. For vinaigrette: Mix ingredients together well; drizzle over salad.

Baked Beans

Provided by Marci Richardson for the April 2017 issue of WeatherfordNOW Magazine.

1 onion, chopped

1 bell pepper, chopped

Small amount of oil

- 2 15-oz. cans pork and beans
- 3 Tbsp. maple syrup
- 4 Tbsp. brown sugar
- 1/2 cup ketchup
- 1 14.5-oz. can diced tomatoes

1. Preheat oven to 350 F
2. Sauté onion and bell pepper in oil; add all other ingredients.
3. Pour into a baking dish and bake for 1 hour.

Nana's Deviled Eggs

Provided by Ashleigh Domkowski for the April 2019 issue of *WaxahachieNOW Magazine*.

- 12 hard-boiled eggs
- Mayonnaise, to taste
- Sweet relish, to taste
- Paprika, to taste

1. Peel shells from the eggs. Cut eggs in half; scoop out the yolks. Put yolks in a bowl.
2. Add mayonnaise and relish to the yolks, making sure to mix slowly; taste often before replacing the mixture back into the egg white halves. Sprinkle with paprika.

Chicken Fingers

Provided by Jan Mulholland for the May 2017 issue of *BurlesonNOW Magazine*.

- 1/2 tsp. sea salt
- 3/4 tsp. paprika
- 1/4 tsp. coriander
- 1/4 tsp. cumin
- 1/2 cup almond meal
- 1 egg, beaten
- 1 lb. skinless chicken breast, cut into strips

1. Preheat oven to 425 F. Line a 9x13-inch baking dish with parchment paper.
2. Combine seasonings with almond meal on a plate. Put the egg in a shallow bowl. Dip the chicken strips in the egg first, and then in the dry mixture.
3. Place the coated strips in the baking dish. Bake for 15-18 minutes, turning them halfway through.

Chicken Salad

Provided by Kathy Chaney-Padak for the May 2019 issue of *North Ellis Co.NOW Magazine*.

- 3-6 boneless chicken breasts
- Water to cover chicken
- 1 tsp. poultry seasoning
- 1 tsp. salt
- 1 tsp. pepper
- 2 bay leaves
- 1/2 to 1 onion, finely chopped
- 2-3 stalks celery, finely chopped
- 1 1/2 to 2 1/2 cups red seedless grapes, halved



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**1-2 apples (Gala or Honeycrisp),
chopped small**
2-3 cups mayonnaise
**Additional salt and pepper, to taste
(optional)**

1. Boil chicken, poultry seasoning, salt, pepper and bay leaves for 1-2 hours, until the chicken shreds easily. Remove chicken from water; shred and cool for about 15 minutes.
2. Add all remaining ingredients, adjusting amounts depending on how many chicken breasts are used. Chill before serving.

Honey Bun Cake

Provided by Kimberly Bell for the May 2019 issue of SouthwestNOW Magazine.

Cake:

1 box Duncan Hines Yellow Cake Mix
3/4 cup vegetable oil
4 eggs, room temperature
1 tsp. vanilla, or more to taste
1 8-oz. pkg. sour cream
1 cup brown sugar
3 tsp. cinnamon

Icing:

2 cups powdered sugar
1 tsp. vanilla
4 Tbsp. milk

1. For cake: Mix first 5 ingredients together; pour into a greased baking pan.
2. In a separate bowl, combine brown sugar and cinnamon. Sprinkle the mixture over the cake batter; swirl with a fork. Bake at 325 F for 40 minutes.
3. For icing: Mix sugar, vanilla and milk; pour over hot cake.

Red, White and Blue Salad

Provided by Mariah Marshall for the July 2018 issue of EnnisNOW Magazine.

Blueberries, to taste
Strawberries, to taste
Bananas, to taste

1. Place blueberries, chopped or sliced strawberries and chopped or sliced bananas in a large bowl and mix together.

Mandarin Orange Salad

Provided by Vera Wofford for the May 2016 issue of MidlothianNOW Magazine.

Salad:

1/2 head lettuce, chopped
1 cup celery, chopped
1 Tbsp. minced parsley
2 green onions and tops, thinly sliced
1 11-oz. can mandarin oranges, drained

Dressing:

1/2 tsp. salt
2 Tbsp. rice wine vinegar
2 Tbsp. sugar
1/4 cup oil
1/4 tsp. Tabasco sauce
Dash pepper

1. For salad: In a large mixing bowl, toss all ingredients together.
2. For dressing: Mix together all dressing ingredients in a jar with a tight-fitting lid. Shake well before using.

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plants. I will proclaim the name of
the Lord. Oh, praise the greatness
of our God!" Deuteronomy 32:1-3

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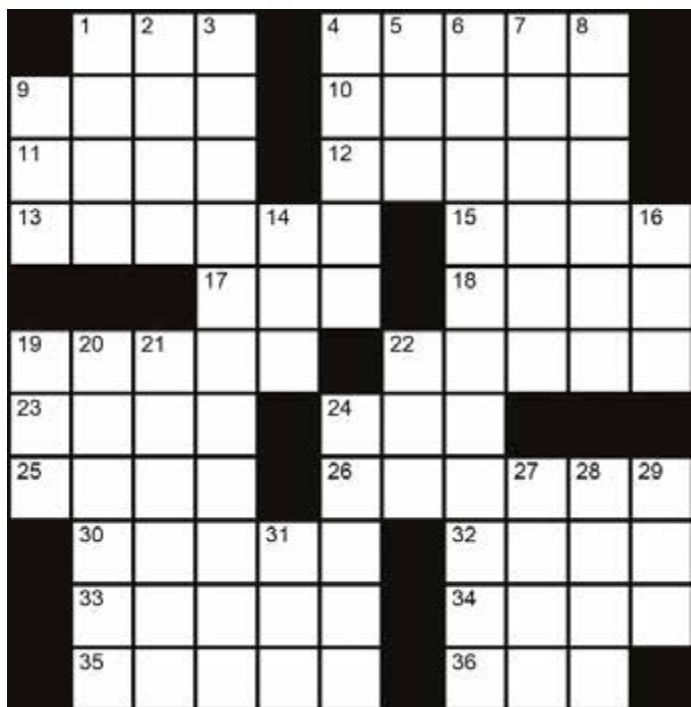
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Across

- 1 Out of whack
- 4 Brass groupings
- 9 Running great --- Devers
- 10 In plain view
- 11 Approximately
- 12 More recent
- 13 Where landlubbers are found
- 15 Drink greedily
- 17 Rotation period
- 18 Wingless parasites
- 19 Sacked out
- 22 Al --- (pasta order)
- 23 Shuck
- 24 Short Egyptian boy-king?
- 25 "Avenger" Mrs. Peel
- 26 Birl
- 30 Gem State capital
- 32 Czech track champ --- Zátopek
- 33 Orange Muppet
- 34 Pestored persistently
- 35 Takes five
- 36 It can be the limit

Down

- 1 Rowers in a boat
- 2 Angle
- 3 Bad places to build houses
- 4 Thin as a rake
- 5 Reverential salutation
- 6 Publications from special groups
- 7 Became shorter
- 8 Hard-and-fast
- 9 Former Portuguese colony in India
- 14 Backstabber
- 16 "Aw, heck!"
- 19 --- who must be obeyed
- 20 Surplus furniture
- 21 "Rum Punch" writer --- Leonard
- 22 Batman and Robin, for example
- 24 Corners
- 27 Out of control
- 28 In apple-pie order
- 29 Catastrophic occurrence (abbr.)
- 31 Command to Rover

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Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | | | | 8 | | 9 | |
| | | 8 | 1 | 9 | | | | |
| 6 | | | | | | | | 8 |
| | | 4 | | 2 | | | | |
| | | 6 | | | | 5 | | 1 |
| | | | | | 3 | | 4 | |
| 5 | | | 6 | 4 | 2 | | | |
| 2 | 1 | | | | | | 6 | |
| | | 9 | | 1 | | | 3 | |

Medium

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

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8/5-8/7

Texas Tax-Free Weekend:

No sales tax on qualifying items. Information online. www.epbusinessjournal.com/2022/07/texas-sales-tax-holiday-is-august-5-7-2022/.

8/13

Writing in Vivid Color:

Interactive class for all writers. \$20. 10:00 a.m.-noon, Russell Farm. www.radicalwriters.ticketleap.com/radical-writers-workshop-writng-in-vivid-color.

Back to School Bash:

Celebrate a new school year. Free and open to all. 4:00-7:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro. www.burlesontx.com.

8/17

Back to School:

First day of school for the 2022-2023 school year. Information on schools, times, calendar and

more available online. www.burlesonisd.net.

8/19

Hollywood Date Night:

Rolling out the red carpet for individuals with special needs. Free event but must register. 6:00-8:00 p.m., BRiCK, 550 NW Summercrest Blvd. www.burlesontx.com.

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

My friend's uncle's second cousin's son has autism.
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