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M A G A Z I N E

SEPTEMBER 2023

Making Football History

Former NFL Coach
Front Walters reflects
on his experiences in
the sport he loves

In the Kitchen With
Rita McKnight

Also inside:

Scavenger Hunt

Crossword

Featured Business:

Stonehaven Dental & Orthodontics

Postal Customer

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Meet Our Doctors



Dr. Charles Town

Dr. Charles Town is the proud owner of Stonehaven Dental & Orthodontics. He recently achieved the Mastership Award from the Academy of General Dentistry, a distinguished award held by less than 2% of general dentists in the United States. Dr. Town is also the first doctor to become board-certified by the American Boards of Oral Implantology/Implant Dentistry in the Central Texas area. At Stonehaven Dental & Orthodontics, we work hard to go above and beyond the minimum requirements for continuing education to provide you and your family with the best dental care possible.



Dr. Bill Luu

Born and raised in Midland, Texas, Dr. Bill Luu earned his Bachelor of Science in Biomedical Engineering from The University of Texas at Austin and then enrolled in the Texas A&M University Baylor College of Dentistry. After dental school, he received further education and training in orthodontics at the University of Connecticut Health Center, where he earned his certificate in orthodontics and Master of Science in Dentistry. Dr. Luu believes in providing quality, compassionate, patient-centered care by treating his patients as he would his own family and working with them to create beautiful smiles tailored to their individual needs. Dr. Luu looks forward to taking care of your orthodontic needs.



Dr. Kelsey Greene

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



Coach Trent Walters' dedication to the game carried him far.

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Emma

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EDITOR'S NOTE

Welcome again, Fall ...

There's something about fall that makes my heart happy. The burnt umbers, the golden yellows and the burgundies of the trees. The proximity to Halloween. Even the pumpkin spice treats that I'll be burned-out on after a week, I love!

One of my favorite things about the fall is spending it with my best friend. It was this gorgeous season that cemented our friendship. Nearly four years ago in October, she and I decided to visit Texas' own cryptid, the Goatman, who allegedly lurks at the Old Alton Bridge in Denton. That was the first time she and I had ever spent time together one on one, so autumn became special to us.

Every year since 2019, she and I make a list of all the "fall activities" and autumnal recipes we want to do together. It's always been a challenge finding time to celebrate the change in seasons with her. We've both been busy people and driving two to four hours (depending on where we lived at the time) to see each other made it hard to plan things out. Now that I'm back in Texas and she's still in Georgia, scheduling a visit to work on our list feels even more impossible.

It can be hard when the people who are emotionally closest to you are the ones physically farthest. However, spending so much time apart makes our reunions more special. Even if we're just sitting around doing nothing, our time together, sharing space, doesn't feel wasted. If anything, it feels like coming home.

I hope you spend time with your best friends this fall!

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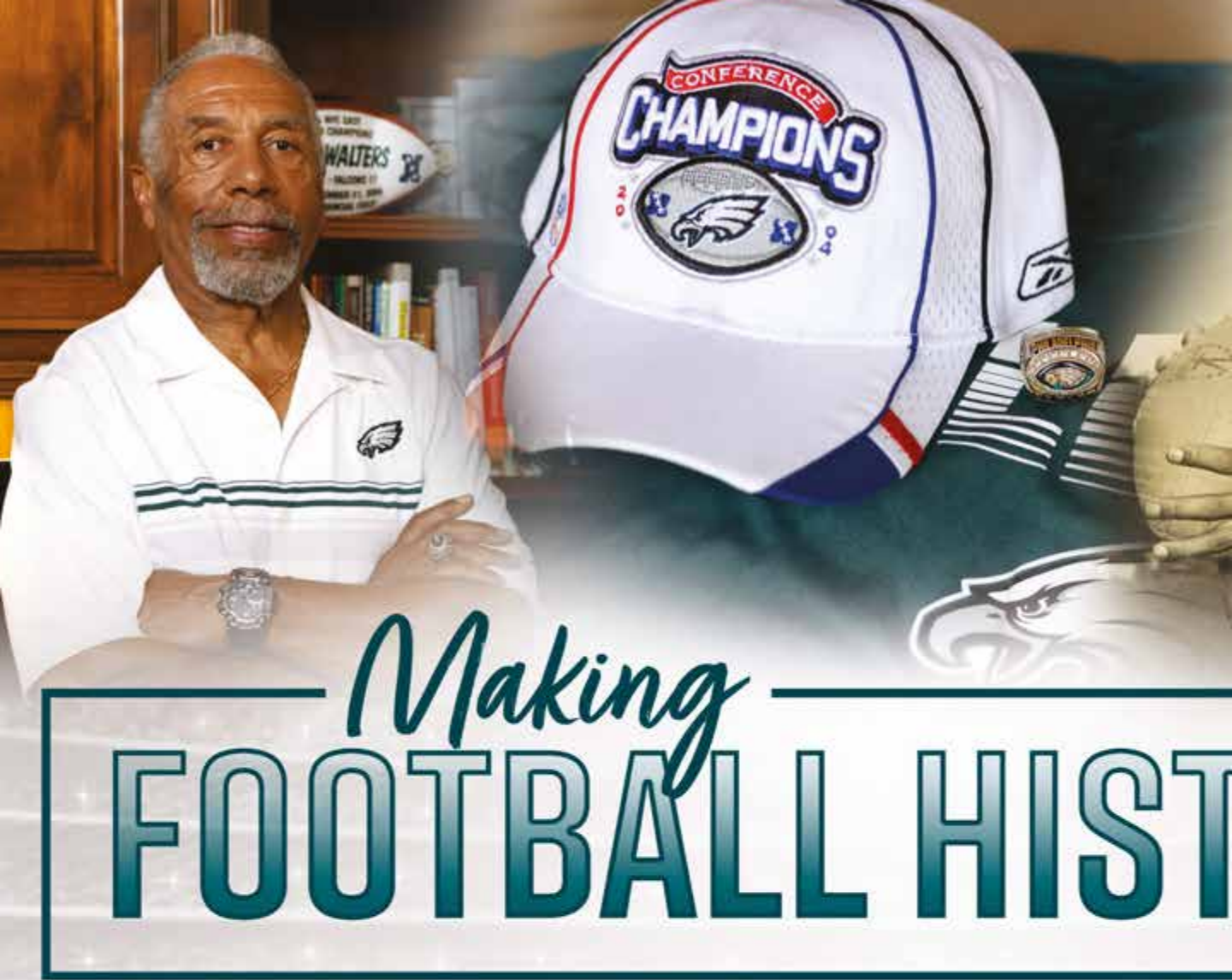


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Making FOOTBALL HIST

Trent Walters' passion for football emerged in the rural fields of Knoxville, Tennessee, with friends at the age of 11 or 12. "I played during recess and P.E. from the seventh through ninth grades," he recalled. "In junior high, they only offered track, baseball and basketball, but not football. However, I remember my P.E. teacher encouraging me to try out for football in high school. I listened and became enthusiastic about my upcoming year, since I would finally be able to play at a more competitive level."

In the 10th grade, Trent desired to be a quarterback and defensive back, so he showed up to practice daily putting in the work. "This was before desegregation, so I caught the bus at 6:15 a.m. to arrive at school by 8:00 a.m. We passed a lot of all-white schools, traveling all over the rural area of Knoxville picking up Black students to attend school. We weren't referred to as African American then. Taking part in football required discipline. We went to football practice after school, which meant we missed the school bus because it left immediately following school. Therefore, at the end of practice, I walked about 2 miles to the Greyhound Bus Station to catch the bus back home. This being the last bus of the day taught me the importance of being on time. I lived about 20 miles away. Schools weren't close to houses like they are today."

Once he got on the bus and paid his fare of 75 cents, Trent rode for a while. Then the bus driver let him off about 2 miles from home, and he walked on a two-lane road for the duration of the trip. When cars passed him walking, occasionally, he heard racial slurs fill the air, but he ignored them because this was his norm. Eventually, he made it to a country path heading toward his home. He repeated this journey following each practice and games.

Trent reflected, "Weekly, I put on my uniform and padded up for the game, but I didn't play the entire season. I remember an occasion when my father was angry, since he drove so far to see me play. He said, 'If the coach doesn't think enough of you to put you in the game, I would quit.'" Instead, Trent continued to practice and complete the routine of walking to and from the bus station daily. All the while, he was developing discipline in life that he didn't realize would carry him far.



TORY

— By Sandra Walters

After his sophomore football season, the coach asked Trent to come into the office where he announced, “I want you to be the quarterback for spring practice,” and gave him the book *Oklahoma Split T Football* by Bud Wilkinson. Trent admitted, “I read the book two to three times. During the summer as I mowed lawns, I visualized running the offensive plays because in the ’60s we didn’t have videos. I always daydreamed about the sport and improving my skills.”

That fall, he earned the starting quarterback and defensive back positions. Despite being 5 feet 8 inches tall, he could throw the ball and run. “Our record was 9-2, but there were no All-District, All-City or All-State for Black athletes yet. My senior year, I made the paper, and the article read, ‘Best Player in the last 10 years.’ That year, we played a game at the stadium, and a white coach took

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notice of me. He gave the Iowa State coach a call and advised him to give me a scholarship. I went for a visit, but, eventually, Indiana took interest in me as well. I visited there and made the decision to attend. Before then, I really hadn't thought about attending college. My mom desired that I complete college in four years. I wanted to make my mom proud, so I committed to doing my homework and studying hard.

"When I showed up to Indiana University, there were only seven African American freshmen, and I had to prove myself. I wanted to be one of the starting running backs. I earned the position, and when a starter got hurt, I had my opportunity sophomore

year. However, we got a new coach my junior year, and he switched me to defensive back. My senior year, I wasn't drafted into the NFL, but I received an offer from the Edmonton Eskimos, a team in Canada, as a running back, punt and kickoff returner," Trent added. He excelled, proving his college coach shouldn't have changed him to a defensive back during his junior year, but he got injured returning a punt the second year and returned to playing defensive back.


During the off season, Trent went back to Indiana University and began working on his master's degree. While there, he met Gail McHenry, his soon-to-be wife. As he contemplated being a college coach, he received an opportunity to try out for the Denver Broncos with a signing bonus. While this was on the table, he had to make a decision between coaching college football or being an athlete. Trent said, "I chose the coaching position because I desired coaching to be my life's work. I was always thinking about my future. As the first African American coach on the Indiana University

Football Staff, I felt like I was under a microscope. However, I always like a challenge because I'm competitive. I had to set a good example, be a positive influence, since I was paving the way for others. For many of my athletes, I was a father figure. I felt responsible. I couldn't promise them that they would play, so I encouraged them to get a college degree."


Coaching has taken Trent many places. The Walters family moved around a great deal. He coached for Indiana University, University of Louisville, University of Washington, Cincinnati Bengals, University of Pittsburgh, Texas A&M University, Minnesota Vikings, Notre Dame and the Philadelphia Eagles. Trent coached the defensive backs for the Eagles when they played in Super Bowl XXXIX in 2005. After 39 years of coaching, he retired from the Eagles and moved to Burleson in 2009.

Now Trent watches his passion through his son, Coach Troy Walters, who is the wide receiver coach for the Cincinnati Bengals. His football and coaching legacy continues. **NOW**

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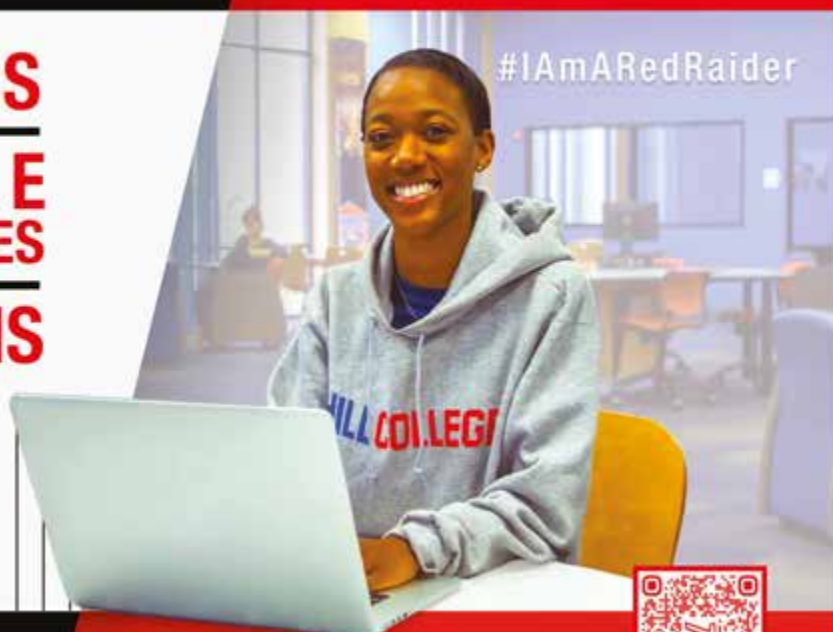
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Zoomed In:
Rolando Rios

By Emma McKay

Rolando Rios, founder of RoRo's Cornhole Express, set up a cornhole tournament at Mayor Calvin Plaza for the referees at IREF Big Balls Up, INC. "It's a little hot out here, but we are having fun, which is what this is all about," Rolando said. Akin to horseshoes, cornhole is a lawn game that involves tossing bean bags at a target for points. Rolando got into the game when he and his softball team started playing cornhole at restaurants every Saturday. "I've been playing cornhole for the last five years," Rolando explained.

Although he only recently moved to Burleson, Rolando said he has fallen in love with the town and its ever-growing community: "I love the environment here. The people of Burleson are friendly and easygoing."



Samara Houseman and Aebrey Beaird serve up smiles at Pandan Thai Street Eats.



Dr. Nickell and the staff at Berry Stewart Eye Center provide care for all of Burleson's vision needs.



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— By Emma McKay

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Since opening in December 2020, Stonehaven Dental & Orthodontics has offered a wide variety of dental care to Burleson. From general cleanings to implants and dentures and even cosmetic dentistry, Stonehaven strives to be a one-stop-shop for oral work. “Patients want to come to a place



where they can just get their dentistry done without having to bounce around to several offices, call to see if they take their insurance and then try to coordinate everything between multiple providers,” Dr. Charles Town empathized. “It can be really stressful for the patient.”

The team at Stonehaven went through extra training, so they could meet as many of their patients’ needs as possible. They have even partnered with an orthodontist, who comes into the office to do any orthodontic work needed. “The more resources we can have available to our patients, the better and more pleasant their experience will be,” Dr. Town explained.

Stonehaven provides care for the whole family. “We see patients from 6 months of age all the way up to as old as you can be,” Dr. Town said. For patients 6 months to 3 years old, they conduct visual exams to confirm the teeth are healthy, as well as give guidance to the parents. They instruct parents how to brush their children’s baby teeth and ensure an understanding of nutrition to keep the kids’ baby teeth healthy and strong. “I don’t fault any parent who doesn’t know. My own mom was busy taking care of my sister and

me on a single parent income, so she didn't know I wasn't supposed to be sleeping with a bottle at night."

"Dentistry has been a part of my life since I was little," Dr. Town stated. Because he had slept with a bottle, the sugar in the milk ended up decaying his baby teeth, forcing him to need silver caps on them. As a teenager, he had to wear braces for four years to correct his severe underbite. When that didn't work, he had to undergo reconstructive surgery to fix it. "My jaw was so far forward I couldn't chew properly. I was getting TMJ headaches, and I wasn't confident about my smile at all." Due to his experience, he decided to pursue dentistry in hopes of helping people avoid the pain he had to go through and restoring their confidence in their own smiles.

"The more resources we can have available to our patients, the better and more pleasant their experience will be."

Dr. Town understands that making regular dental appointments isn't always a priority for people. Some people who come through the doors haven't been to the dentist in years, if ever. "Every other day, we see a patient who has never been to the dentist." The staff at Stonehaven works to educate patients on their dental health in a judgement-free environment, so they can prevent any existing conditions from escalating.

"We want everyone to feel comfortable," Dr. Town said. "Everyone is usually nervous. Maybe they have a bad history. The mouth is a very personal area, and someone you don't know yet is about to look into it." The staff members strive to create a relaxed environment for patients. Along with being equipped with state-of-the-art technology, Stonehaven's Burleson location offers high-tech dental chairs with massage and heating features for patients to use. What's even more impressive is the staff's capability. "We go above and beyond. We are not satisfied with mediocre," he expressed. "We want to do the best for everyone, and we are always going to push for that." **NOW**

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CookingNOW

In the Kitchen With

RITA MCKNIGHT

— By Emma McKay

Before retiring in 2021, Rita McKnight worked as a quality engineer at various companies, including Vought Aircraft and Bell Helicopter. As a creative outlet, Rita uses her mechanical brain to experiment with different recipes and discover ways to improve them. “The Sweet and Sour Meatballs recipe is a combination of the Swedish meatballs and sweet and sour recipes I have modified over the years,” she explained.

Some of her recipes don’t change. Her Salmon Patties recipe, originally her grandmother’s, was a favorite of Rita’s children, Travis and Trisha, while they were growing up. After Rita’s grandmother moved away, she learned the recipe for her kids. These days, Rita cooks for her husband and her oldest granddaughter, who is living with them while attending college. **NOW**

Sweet and Sour Meatballs

Sweet and Sour Sauce:

- 2 cubes beef bouillon
- 2 cups water, boiling
- 1/2 cup apple cider vinegar
- 1/2 cup brown sugar
- 2 Tbsp. Worcestershire sauce
- 3 Tbsp. mustard
- 2 Tbsp. soy sauce
- 1/2 cup barbecue sauce

- 1 8-oz. can pineapple tidbits
- 1 green bell pepper, cut into chunks

Meatballs:

- 1 1/2 lbs. ground beef
- 1/2 cup cracker crumbs, finely ground
- 1 egg
- 1/2 cup onion, finely chopped
- 1/2 tsp. ground pepper
- 1/2 tsp. salt
- 1/2 tsp. seasoning salt

- 1 tsp. garlic
- Few drops of Tabasco

1. For the sauce: Dissolve the beef bouillon cubes in the boiling water. In a bowl, mix the other ingredients together; add them to the broth.

2. For the meatballs: Mix all the ingredients together. Form into small meatballs. Add more cracker crumbs, if needed, to form the meatballs. Brown the meatballs in a skillet.

3. Put the meatballs in a Crock-Pot; pour the sauce over them. Cook on low for 4 hours.

Salmon Patties

- 2 14.5-oz. cans salmon
- 1/2 cup crackers, finely ground
- 2 eggs, slightly beaten
- 1/4 cup flour
- Salt, to taste
- Pepper, to taste
- Oil, for frying

1. Drain the cans of salmon; remove bones and skin. Flake the salmon with a fork. Add

the crackers, eggs, flour, salt and pepper, mixing well to combine.

2. Form into patties; drop into 1/4 inch of hot oil. *Note: I have found that using an electric skillet works best.*

3. Cook on one side until browned. Flip the patties; continue frying until both sides are brown. Drain the excess grease onto paper towels; serve with ketchup, if desired.

Eleanor Drop Cookies

- 1/2 cup Crisco
 - 1/2 cup butter, softened
 - 1 cup sugar
 - 2 eggs, slightly beaten
 - 2 1/2 cups flour
 - 1/2 tsp. baking soda
 - 1 tsp. baking powder
 - 1 Tbsp. milk
 - 1 tsp. vanilla
1. Preheat the oven to 325 F
2. Cream the Crisco, butter and sugar; add the eggs. Next, add the remaining ingredients.
3. Drop the dough by teaspoonfuls onto an ungreased cookie sheet. Bake for 8 minutes.

Pink Stuff

- 1 21-oz. can cherry pie filling
 - 1 15-oz. can crushed pineapple, drained
 - 1 green apple, cut into small pieces
 - 1 red apple, cut into small pieces
 - 1 cup pecans or walnuts, chopped
 - 1 16-oz. tub Cool Whip
 - 2 bananas, sliced, for garnish
1. Mix together the cherry pie filling, crushed pineapple, apples and nuts.
2. Fold the Cool Whip into the mixture. Refrigerate for at least 1 hour or overnight.
3. One hour before serving, garnish with the sliced bananas.

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



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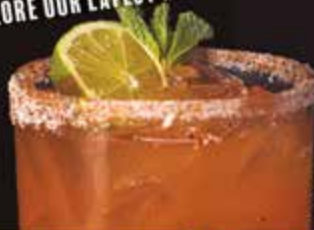
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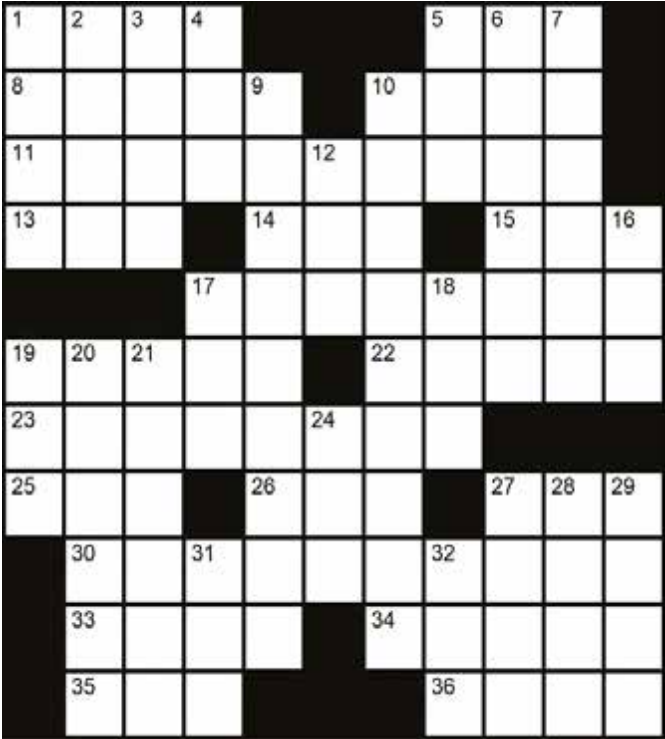
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Across

- 1 "--- the torpedoes!" (Rear Admiral David Farragut)

5 Shock physically

8 Fend off

10 Artistic inspirer

11 Procession illumination

13 She-sheep

14 Slender bar

15 Pinch

17 Positive testimonial

19 Humphrey's successor

22 Comes down to Earth

23 Disintegrated

25 Make lace

26 Direct a gun
- 27 Bathwater tester?

30 Cede grip on assorted characters, moving ahead

33 Chawbacon

34 Acknowledge

35 Winter depression

36 Biz bosses
- 5 "A --- of Wine, a Loaf of Bread - and Thou ---" (Omar Khayyam)

6 Lucy ---, Scott's Bride of Lammermoor

7 Impede

9 Something suggestive of an earlier time
- 24 Float at anchor

27 Periodic movement of the sea

28 Upon

29 Causes of personality clashes

31 Condition of TV's "Monk"

32 Sawbones

Down

- 1 Booking
- 2 Acknowledge frankly
- 3 "Honor is a --- scutcheon" (Falstaff, Shakespeare, "Henry IV Part I")
- 4 Atomic safety org.
- 10 Go-betweens
- 12 Old trick-taking game
- 16 Oral specialist
- 17 Absolute beauty
- 18 Bunch of cash
- 19 Statute
- 20 Mathematical diagrams
- 21 Coypu fur

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.



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SEPTEMBER

9/5

Let's Taco 'Bout QPR:

Question, Persuade and Refer is a suicide prevention training course designed to give every person in our community the confidence and competence to help someone at risk for suicide. Get trained in QPR while you enjoy free tacos. Free. 6:00-7:30 p.m., Burleson Fire Station 16, 205 E. Hidden Creek Pkwy. Register at jordanharrisfoundation.org/events/tacosept23.

9/8

Senior Country & Western Dance:

Put your dancing boots on, and join us for a night of fun featuring Michael Cote Band! Snacks sponsored by Elk Creek Senior Living. \$5 cover charge per person. Pay at the door. 7:00-9:30 p.m., Senior Activity Center, 216 SW Johnson Ave.

Cool Sounds of Fall:

Concerts at Mayor Vera Calvin Plaza. Free. 7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

9/15

Full Circle Women's Conference:

Join us for a day filled with inspiring keynote speakers, interactive workshops and networking opportunities designed to empower women

of all ages and backgrounds in their personal and professional lives. \$99 per person. 8:00 a.m.-3:00 p.m., Pathway Church, 325 NW Renfro St. Register at business. burlesonchamber.com/events.

9/15-9/17

Antique Alley Texas:

Enjoy a miles-long shopping trail throughout Johnson and Ellis counties, consisting of roadside flea markets, downtown antique shops and fields of vendors. 9:00 a.m.-6:00 p.m. Visit facebook.com/AntiqueAlleyTexas.

9/16

Be Healthy Burleson Run:

Join us for our annual 5K/10K Run & Fun Walk. 7:00-11:00 a.m., Mayor Vera Calvin Plaza, 141 W. Renfro St. Register at runsignup.com/Race/Events/TX/Burleson/BeHealthyRun.

9/16 and 9/23

Old Town Picture Show:

Watch family-friendly movies on a giant screen in the plaza. Free. Movie begins: 7:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

9/20

Pizza Storytime at Moontower Pizza:

Join the Burleson Public Library for a special Pizza Storytime at

Moontower Pizza for National Pepperoni Pizza Day! We will read some books, sing some songs and make a craft. All ages are welcome to attend. 5:30-6:30 p.m., Moontower Pizza, 137 S. Wilson St.

9/23

Trash Bash:

Help Keep Burleson Beautiful by participating in a citywide cleanup event. After the cleanup, enjoy free pizza and a prize raffle. 8:00 a.m.-noon, Warren Park, 301 SW Johnson Ave. Register by 9/19 at burlesontx.com/FormCenter or call (817) 426-9848.

9/27

Zumba Latin Nights:

Get energized with free Zumba in the plaza! 7:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

9/29

Latin Food Truck Friday:

Try tasty eats from local vendors, and listen to live music as we celebrate Hispanic Heritage Month. 6:00-9:00 p.m., BRiCK parking lot, 550 NW Summercrest Blvd.

9/30

Burleson Emergency Preparedness Fair:

Come and learn essential preparedness skills that will

keep you and your loved ones safe in any situation. Free. 9:00 a.m.-1:00 p.m., Pathway Church, 325 NW Renfro St.

10/3

National Night Out:

Join the Burleson Police Department for community-building events across the city. 6:00 p.m. For details, visit <https://www.burlesontx.com/274/National-Night-Out>.

First

Wednesdays

Friends of the Library:

Burleson Public Library supporters meet. Memberships start at \$5/person; form online. 10:00 a.m., Burleson Public Library Conference Room, 248 SW Johnson. www.burlesontx.com/211/Friends-of-the-Library.

Thursdays

Toddler Storytime:

Join staff to read books, sing songs and make a craft together. Geared toward 2- to 4-year-old children, but families welcome to attend together. 9:30 a.m., Burleson Public Library. www.burlesontx.com/1539/Story-Time.

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



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Keller, TX 76244

*Must mention offer to receive discount. Valid for new patients only. Offer expires 30 days after receipt. May not be combined with any other offer, discount, or reduced-fee program. Discount for insurance patients may vary. Not valid on previous treatment or treatment already in process. Free consultation included (\$150 value). ADA 0150, 8080, 8090, 9310. 2/22