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Dr. Alan M Taylor II

Kelli D., Arlington, TX

I remember seeing photos of myself from last year, and I didn't recognize the person I saw. I was at my heaviest weight, I was tired all of the time, nothing fit, and I had zero energy. I knew something had to change. In January, I decided that it was time to put myself first and make some changes. I had heard about compounded semaglutide but was worried about the negative side effects. I like how Dr. Taylor started me at a low dose and gradually increased it based on my needs. I simply wasn't thinking about my next meal, and I was unable to finish the food on my plate. The Diet Solution Centers Plan is so easy to follow, and it truly felt like I was making a lifestyle change. It's completely changed how I look at food. After seven months, I'm down 30 pounds and I feel like a new person. I'm happier and more confident than I've ever been!



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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

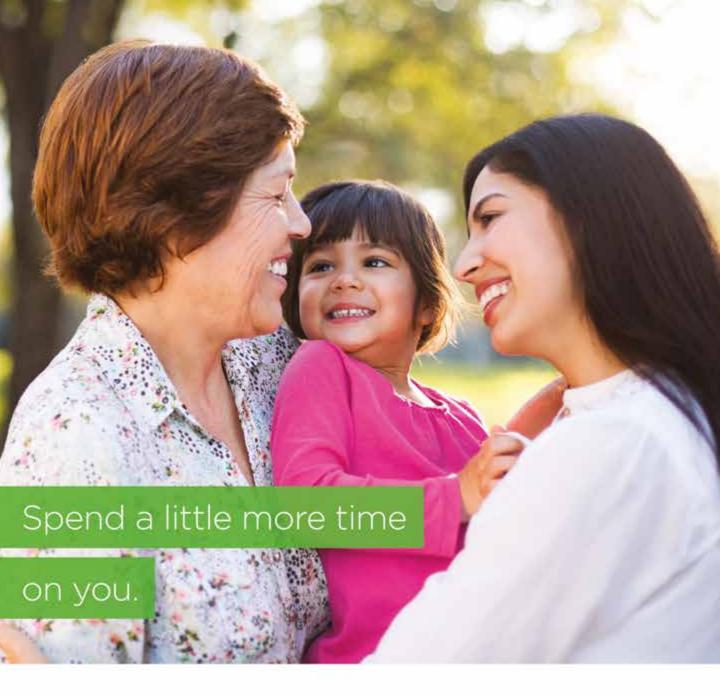
Born and raised in Midland, Texas, Dr. Bill Luu earned his Bachelor of Science in Biomedical Engineering from The University of Texas at Austin and then enrolled in the Texas A&M University Baylor College of Dentistry. After dental school, he received further education and training in orthodontics at 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



The Denman family expresses their passion for bluegrass music.

Photo by Lori Baur.

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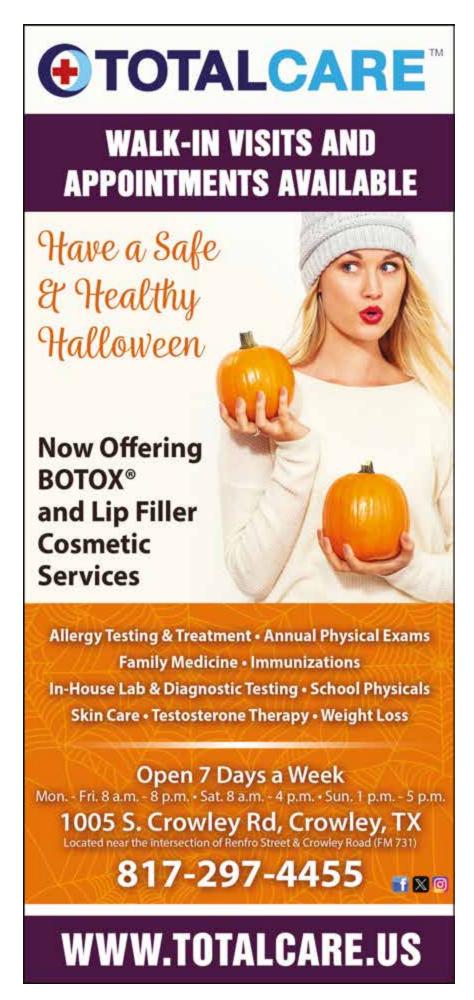
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EDITOR'S NOTE

Seasons screamings, ghouls and ghosts!

It's officially Spooky Season, and I don't know about you, but I'm shaking with excitement. Would it be too bold to claim that Halloween is theater kid Christmas? I mean, outside of an IHOP at 12:00 a.m. after opening night, Halloween is the only time of year it's socially acceptable to go out into the world in costume. (Not that you can't do it other times of the year. You just might receive confused — or jealous — stares from strangers.)

Over the last few years, I've gotten *really* into creating new costumes for Halloween. Months in advance, I'll start pondering different characters I can dress as, and how I might achieve the look well enough for it to be recognizable. Unfortunately, most of the characters I choose are not well-known ones, so very few appreciate my efforts. (Seriously, no one understood the *Hadestown* Eurydice costume.) But you know what? Portraying those obscure characters makes me happy.

After coming up with a character I can dress as, I'll spend a few weeks searching thrift stores for things I can modify to look like the character's outfit. Last year, I dressed as The Beast from *Over the Garden Wall*. To make his cloak, I ripped the seams out of three black pillowcases and sewed each panel of fabric together. Then, I sewed black spray-painted fabric leaves onto it. It was so cool!

All of this to say, feel free to get creative with your costume, even if no one recognizes what you dress as. Because, honestly, who cares what others think, so long as you have fun.

Happy hauntings!



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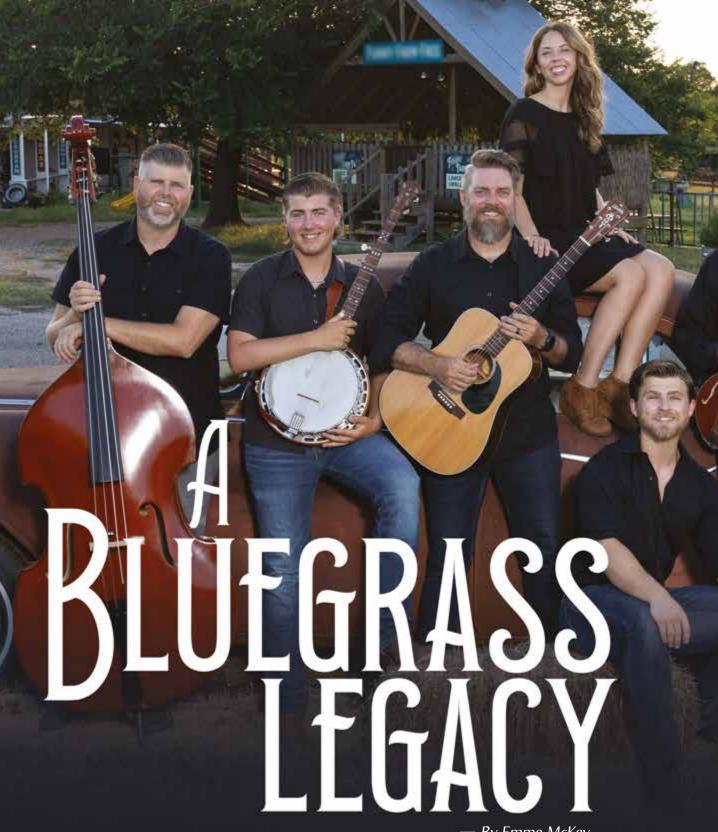
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— By Emma McKay

When thinking of family bands, one may consider The Jackson 5, The Beach Boys or any number of groups of equal esteem. While many of these bands are household names, they weren't always that way. They all started out as a group of family members who enjoyed playing music together. Similar could be said of the Burleson bluegrass hit group, Legacy: The Denman Family Bluegrass Band.



Legacy, otherwise known as Blue Plate Special, otherwise known as Wingin' It, otherwise known as a list of other names the band has performed under since its conception, was founded in 2010 by Stan Denman and his children. "My kids said, 'Hey, why don't we just put something together.' So, we did," Stan reminisced.

The band is comprised of Stan, on vocals, guitar, dobro and mandolin; his oldest son, Jarod Denman, on upright bass; his daughter-in-law, Miranda Denman, on guitar and mandolin; his grandson, Tavin Denman, on banjo; his daughter, Kristen Smith, on vocals; his son-in-law, Jonathon Smith, on guitar; and his youngest son, Landon, on cigar box guitar. "When we play together, it feels like the perfect expression of what it means to be family," Kristen explained. "We love hard and laugh easy. We are a bit messy. We show each other a lot of grace, and we are at our best when each person brings their special something to the stage."

As a little boy, Stan would sit on his grandfather's knee, listening to him play the harmonica. "He birthed something in me that I never let go." Stan grew up as a missionary's kid in a little town in Mexico. At the age of II, he began to learn how to play instruments. "My dad needed somebody to go out to the villages with him on Sunday to do music, so I was kind of forced into it," he remembered. Starting out on trumpet, he then learned the accordion and later the guitar, the piano and more. "I never thought I would be using it to do what I do now," Stan laughed.

Due to his lifelong relationship with music, it was no surprise that Stan's kids were musically inclined. Despite working as a music teacher, he never taught Jarod or Kristen their skills. Rather, they had taught themselves. Although Jarod plays the upright bass in the band, his passion is playing the drums. "Jarod always played the drums. He never took lessons," Stan explained. "He would put pots and pans on the bed and play them."





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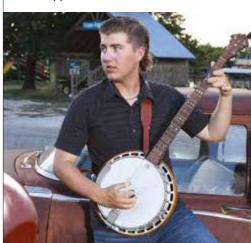


According to Miranda, Kristen has a natural gift for music. "Her musical ear still, after all of these years, just amazes me," Miranda gushed. "She is able to pick out and sing the most difficult harmony lines, can tell when one of us has played one tiny cord wrong or if an instrument is just the slightest bit out of tune."

Miranda and Jonathon share the Denmans' passion for music. "It has always moved me in a way nothing else has," Miranda said. "I feel like it's woven into my very being." Some of her earliest memories were of her mother singing hymns to her. While Jonathon was growing up, he would listen as his own father played country and bluegrass music, instilling a love of music in him as well. Both in-laws played around on instruments in their teenage years but didn't fully get into the art until the band was formed.

While the family enjoys all types of music genres, bluegrass holds a special place in their hearts. Stan became acquainted with the genre in the early '70s, thanks to the Eagles' "Desperado" and Nitty Gritty Dirt Band's "Will The Circle Be Unbroken?" After that, Stan dove headfirst into the genre, listening to albums, picking out the chords by ear and attending bluegrass festivals where he would take turns playing with other attendees. "Bluegrass is like a community," Stan said. "There's not one person that hogs it. There's not one person who takes over the show."

As a parent, he shared his love of the genre with his kids, who shared it with their families. Miranda and her son, Tavin, appreciate the genre for its technical aspects. "Bluegrass is known for skilled instrumental lead breaks or a cappella vocal breaks where the





musicians are really able to show their talent," Miranda explained.

"You have to really know your instrument to thrive in this genre," Tavin added.

Their set lists include everything from "old bluegrass standards," as Stan put it, to newgrass to original songs. They pull songs from when Stan, his father and even his grandfather were growing up, enjoying the way the sounds changed throughout the decades. "My kids bring in songs that are not strictly bluegrass, but could be played with a bluegrass sound," Stan said. "There isn't just one style we play. We want to bring in old and new, slow and fast and different artists because you get different feelings from them."

Despite having played together for nearly 15 years, Stan and his children only recently landed on a name for their band. "The name hasn't been a big deal to us," Stan said. They wanted a name that represented their family and what they do but finding that name was challenging. "One thing doesn't fit us all," Stan explained. Instead, they used a different name almost every time they performed. Sometimes when they performed, they did not have a name ready to give to the announcers. "We'd be asked what our name is, and we'd say, 'We don't know.' So the announcer would say, 'OK, you're the Denman Family Band," or something like that," Stan chuckled.

Stan has been grateful to be able to share his love of music with his family. They have always been focused on having fun with each other and making others happy. "That's the beauty and the glory of bluegrass that I see," he said. "It is a picture of the way we ought to be living: together with one another in this world, deferring to one another and working together to create something good." NOW







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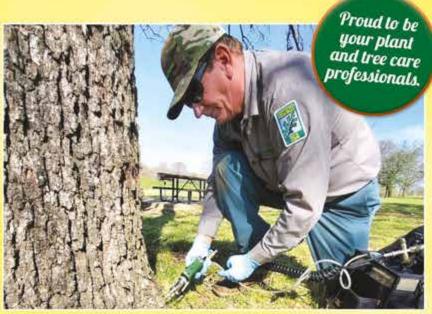
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On Staff





With 65 birthdays and more years of work behind them than in front, Baby Boomers and Gen Xers look forward to successful retirement years. An important ingredient is maintaining their health as economically as possible on fixed incomes. Whether shopping for a friend, relative or yourself, learning about Medicare and Medicare Advantage is critical to choosing the right plan.

Within six months of one's 65th birthday, and within annual open enrollment periods, it's advisable to shop and compare plans. Basic Medicare with supplemental gap insurance policies (A, B, C, D, F, G, K, L, M, N) was instituted in 1965. It pays for most hospitalization charges and other medical costs, but not all. Medicare recipients have the choice of gap insurance — some with high or low deductible choices — to help pay for charges Medicare doesn't cover.

Understanding the basic "Medicare Maze" might seem daunting, but it's only a start in making wise choices,

depending on personal health needs. Medicare Advantage plans offer an alternative to basic Medicare and fill needs much as the medigap plans do, but the "Advantage" plans are different. If choosing a Medicare Advantage plan, an enrollee doesn't deal directly with Medicare, except for paying monthly premiums for Part B and perhaps Part D, that pay some of what basic Medicare doesn't cover.

Medicare Advantage plans offered in most geographic areas take two forms: managed care plans and fee-for-service plans. Managed care plans charge a low or no monthly premium and small copays, but the plans limit enrollees' choices of doctors and other providers. These plans limit treatments and length of hospital stays. With fee-for-service plans, any doctor or provider can be used if they accept Medicare and the Medicare Advantage plan's restrictions and amount of payment. The enrollee can choose to pay the difference or select another provider.

Since Medicare Advantage plans are provided by private health insurance companies, enrollees must also evaluate the stability of possible choices and the geographic areas that each company chooses to cover. Whether the premiums and copays rise in price is another question to research. One's local State Insurance Assistance Program, Health Insurance Counseling and Advocacy Program or the www.medicare.gov site can be accessed for these answers and comparative charts.

Some Medicare Advantage plans include the Medicare Part D prescription program, while other plans require enrollees to choose a separate standalone Part D plan. Compare the plans' approved drugs, copays and premium costs.

Is the Medicare Advantage managed plan a Health Maintenance Organization (HMO), a Preferred Provider Organization (PPO) or a **Provider Sponsored Organization** (PSO)? HMOs maintain a network of physicians and providers who must be used unless there's an emergency. Premium prices are usually the least expensive, but enrollees must make sure their hospitals, doctors and providers are "in network." A negative to these plans occurs when the innetwork listings change, and enrollees must travel to in-network doctors close to their area.

PPOs work much like HMOs, but these plans offer a point-of-service option, which lessens the cost to enrollees if they use an in-network provider. PPOs tend to have higher premium costs, but many enrollees like the flexibility of choosing doctors.

Private fee-for-service Medicare Advantage plans often have a cap on the amount of out-of-pocket payments an enrollee must pay each year. However, these plans have strict rules for providers, aren't always accepted by providers and may charge for extra services and other costs.

Whatever the choice, remember it's sometimes difficult to change from basic Medicare with gap insurance to a Medicare Advantage plan and vice versa. It's best to make a wise choice, and review that choice annually. NOW

Sources:

I. www.medicare.gov. 2. Social Security, Medicare & Government Pensions. Matthews, Joseph L., NOLO, 2021.

Editor's Note:

Most cities in our market areas have professional insurance agents who are trained to help you determine which Medicare plan is best for you. Give one a call to get the process started!





Around Town





"For as long as I can remember, I've liked books," said Friends of the Library President Rhonda Atkinson. Librarians noticed Rhonda checked out tons of books when she first moved to Burleson, so they encouraged her to attend a meeting. "I wanted to do something for my library, so I joined," she noted.

When Rhonda isn't perusing the stacks, she ministers to children at her church and volunteers as a Faith Community Nurse, among many other outreach activities. "When Burleson distributed the COVID vaccines, I volunteered as one of the 'shooters.' I gave vaccines to over 1,000 people," the former school nurse calculated. "Volunteering is one of the best things you can do. When you give yourself to others, you get so much more back."



Tina, Kali and Ky Gregory have fun at Center for ASD's Summer Luau Dance.



Karen Thomason reads to Gabby Alviar and Brayden Jordan at Story Time at the Farm.



Adam Russell, Alex Phillips and Toni O'Brien celebrate BTX 817 Day with some sweet treats.



Megan McBride, Lisa Arbogast and Karen Tatum of Sit & Stitch work on their cross-stitch projects.

By Emma McKay



Daylissa, Kaylin, Juna and Anora play in the sun at Centennial Park.



Israel, Luna, Maria and Jose Ruvalcaba enjoy some shade in Old Town.



Ethan Howard teaches people how to throw at Burleson Axe Factory.





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Berry Stewart Eye Center

— By Emma McKay

Berry Stewart Eye Center 2790 SW Wilshire Blvd. Burleson, TX 76028 (817) 484-2020 info@berrystewarteyecenter.com http://berrystewarteyecenter.com

Hours: Monday-Friday: 8:00 a.m.-5:00 p.m.

Since opening their doors in 2009, Berry Stewart Eye Center has been aiding Burleson's vision needs as if they were treating their own family. "We want to care for our patients, not just for their eyes, but for them as people," Dr. Matthew Nickell said. "Patients here definitely see that."

Dr. Nickell, Berry Stewart's newest doctor on staff, didn't know he wanted to study ophthalmology until his third year of medical school. "I did a rotation in ophthalmology, and once I was exposed to eye surgeries that help people's vision, I was completely sold. I thought that was the coolest thing in medicine." After completing his residency, Dr. Nickell searched for a place where he could give people full-service eyecare, such as Berry Stewart. "I am really thankful to be here."

Berry Stewart Eye Center is open about their Christian faith, as evidenced in their mission statement: "To be a God-honoring practice that uses the gifts He has given us to serve others. To recognize that we as doctors treat, but God is the ultimate giver of vision." Due to their faith, the doctors offer to pray with their patients before going to surgery. "I want people to know where my source of strength is, and it is often a source of connection between us. I want them to know how serious my faith is to me," Dr. Nickell said.

With 4 million being treated each year, cataract surgery has become the most common surgery in the United States.

"About half of people over the age of 65 are going to have visually significant cataracts," Dr. Nickell informed.

Due to this, cataracts are the most common problems they treat. "Cataract surgery is a lens procedure. It involves removing a cataract — which is whenever the natural lens inside your eye becomes cloudy — and replacing it with a new, clear artificial lens implant that will last you the rest of your life."

"I DID A ROTATION IN OPHTHALMOLOGY, AND ONCE I **WAS EXPOSED TO EYE SURGERIES** THAT HELP PEOPLE'S VISION, I WAS COMPLETELY SOLD."

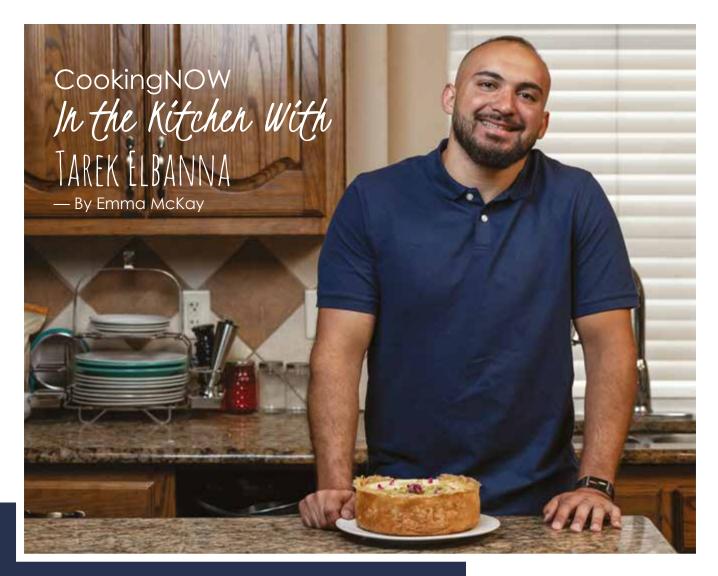
Earlier this year, Berry Stewart began offering a revolutionary new type of intraocular lens implant for patients undergoing cataract surgery: the Light Adjustable Lens, or LAL. "This lens is different from any other on the market because it's the only lens we can change the shape or power of the prescription after we have already implanted it in your eye," Dr. Nickell exclaimed.

Before the development of the LAL, ophthalmologists would fully rely on measurements taken before surgery to choose which intraocular lens to implant. Afterwards, adjusting the prescription would require further cutting on the eye with another corrective procedure. Now, with the LAL, a simple light treatment in the office can change the shape of the intraocular lens to adjust the prescription after surgery. This can reduce or even eliminate the need for glasses after cataract surgery. "We've had really good results," Dr. Nickell said. "We are really excited about it."

Alongside cataract surgery, the doctors at Berry Stewart treat conditions such as dry eye, macular degeneration and glaucoma, and they have a full-service optical shop to serve their patients. "I want patients to leave here having received excellent care," Dr. Nickell concluded. "I think that's the No. 1 thing we can do for the community." NOW



berrystewarteyecenter.com



Tarek Elbanna learned to cook during the pandemic. "I had way too much time on my hands and thought of testing out a new hobby," he said. He finds inspiration in experimenting with online recipes and recreating traditional Lebanese recipes sent to him by his *teta* (grandma). "I feel like cooking and baking are a form of expression and my way of representing my Palestinian Lebanese background."

As he honed his culinary skills, Tarek went from sharing his food with his friends and family to selling his dishes at the Burleson Farmers Market. "The food I make is tied to my Palestinian identity and is an expression of culture, history and tradition," Tarek explained. "It's a beauty and fusion of my upbringing as an Arab American living in Texas." Now

Beef Kebab in a Cherry Glaze

1/4 cup parsley

I small yellow onion, quartered

1 lb. ground beef (10-15% fat)

2 tsp. Baharat (optional)

1/2 tsp. cumin

1/2 tsp. ground coriander

1/4 tsp. cayenne pepper

1/2 tsp. salt

1/4 tsp. ground black pepper

4 Tbsp. olive oil White rice, to taste Pine nuts, for garnish

Cherry Sauce:

1 1/2 lbs. red cherries, pitted

I tsp. salt, to taste

1/2 cup sugar

1 Tbsp. lemon juice or vinegar

2 Tbsp. cornstarch

1/3 cup cold water

- **1.** Place the parsley in a food processor; pulse until finely chopped. Remove and set aside.
- **2.** In the same food processor bowl, place the quartered onion; pulse until finely chopped. Drain the onions slightly to release excess moisture.
- **3.** Return the parsley to the food processor with the onions. Add the ground beef and spices. Pulse once or twice, until the ingredients are well combined and form a pasty meat mixture.
- **4.** Transfer the mixture to a large bowl; form the kebab into small meatball shapes, about 1 inch in thickness. Sear in a pot with olive oil for 4-6 minutes, until they have a slight crisp.
- **5.** For cherry sauce: In a separate pot, simmer the first 4 ingredients on mediumhigh heat for 10-15 minutes, until the cherries have broken down. In a separate bowl, mix the cornstarch with cold water. Add to the simmering pot.
- **6.** Pour the cherry sauce into the kebab pan; mix well to incorporate all the beef fat

into the sauce. Simmer for another 10-15 minutes until the cherries are completely broken down.

7. Serve with white rice; garnish with pine nuts.

Creamy Turkish Rice Pudding

1/2 cup short grain rice

2 1/4 cups water (divided use)

4 1/4 cups milk

1 14-oz. can sweetened condensed milk

I cup heavy whipping cream

2 sticks cinnamon (optional)

3 cloves (optional)

I tsp. vanilla extract

3 Tbsp. cornstarch

1 Tbsp. orange blossom water (optional) Pistachios, chopped (optional) Cinnamon (optional)

I. Wash and drain the rice; cook with 2 cups of water in a large pan for 25-30 minutes over a low heat, until softened.

2. Boil both milks and the cream in a medium pan with the cinnamon sticks and cloves, if using. Once it reaches a rolling boil, add the vanilla and cooked rice. Simmer over low heat for 7-8 minutes.

3. Meanwhile, mix the cornstarch and 1/4 cup water in a small bowl; pour the mixture into the pan while stirring. Add the orange blossom water, if using; continue stirring for 7-8 minutes, until it mildly thickens. You can either enjoy it as it is or continue with the following steps.

4. Preheat the oven to a low broil. Divide the rice pudding into oven-proof bowls.

5. Put the bowls on a tray; fill the tray with 1/2- to 1-inch of water to create a water bath. Place the tray in the oven. Bake 4-5 minutes in a controlled manner until the tops turn brown.

6. Remove the tray from the oven; allow to cool to room temperature; refrigerate overnight.

7. Serve with chopped pistachios or cinnamon.

Pistachio Baklawa Cheesecake

Cheesecake:

12 sheets phyllo dough

1 1/2 sticks butter, melted

16 oz. cream cheese, room temperature 8 oz. mascarpone, room temperature

1/2 cup heavy whipping cream

3/4 cup granulated sugar

3 medium eggs, room temperature

2 Tbsp. all-purpose flour

1 Tbsp. cornstarch

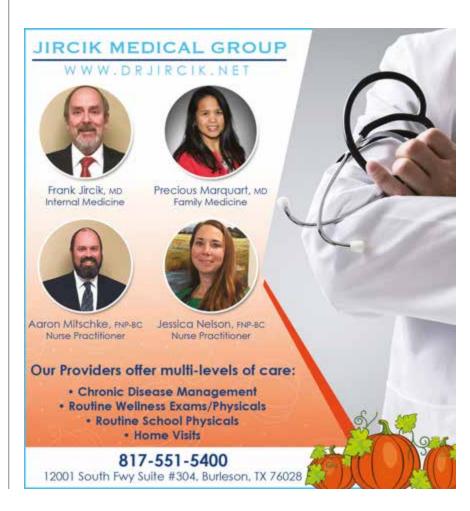


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Pistachio layer:

- I cup raw pistachios, chopped
- 3 Tbsp. butter, melted
- 3 Tbsp. powdered sugar

Syrup:

3/4 cup water

3/4 cup sugar I small slice of lemon

- **1.** For cheesecake: Preheat the oven to 400 F.
- **2.** Starting with one sheet of phyllo dough, drizzle with 1/2 Tbsp. butter. Add an additional sheet of phyllo dough on top and repeat until you have 6 sheets stacked. Transfer the sheets of phyllo dough to an 8-inch springform pan with the edges over the sides. Repeat this process with another 6 sheets of phyllo dough, laying it in the pan crossing the other direction so the entire pan edge is covered.
- **3.** Using a fork, poke holes in the bottom of the dough. Bake for 5 minutes. Remove from the oven; let cool.
- 4. Reduce oven heat to 320 F.
- **5.** In a large mixing bowl, mix well the rest of the cheesecake ingredients.
- **6.** For pistachio layer: In a medium bowl, combine all the ingredients. Add the mixture into the springform pan over the base of phyllo dough. Using your hands, gently press to the bottom.
- **7.** Pour the cheesecake mixture into the springform pan; bake for 60-70 minutes until the phyllo is golden brown and the center is only slightly jiggly.

- **8.** Remove from the oven; let cool to room temperature.
- **9.** For syrup: In a saucepan, add all the ingredients. Bring to a boil over mediumhigh heat. Reduce the heat to medium-low; simmer for 10-12 minutes. Remove the syrup from the heat; let cool until warm.
- **10.** Pour half of the warm syrup over the entire cheesecake. Let sit for 5-10 minutes for the syrup to soak in.
- **11.** Refrigerate at least 4 hours or overnight. Serve cold with a side of the prepared syrup.







THE LOCAL TABLE

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- Virginia Woolf

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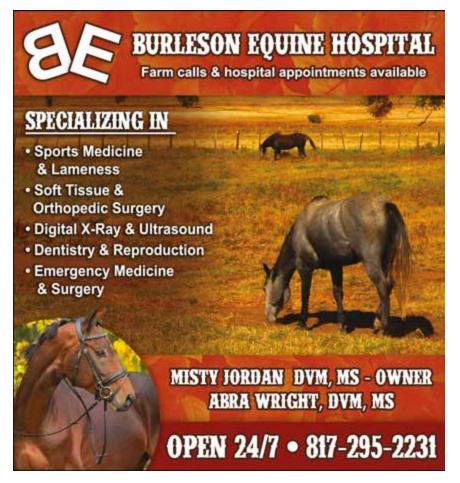


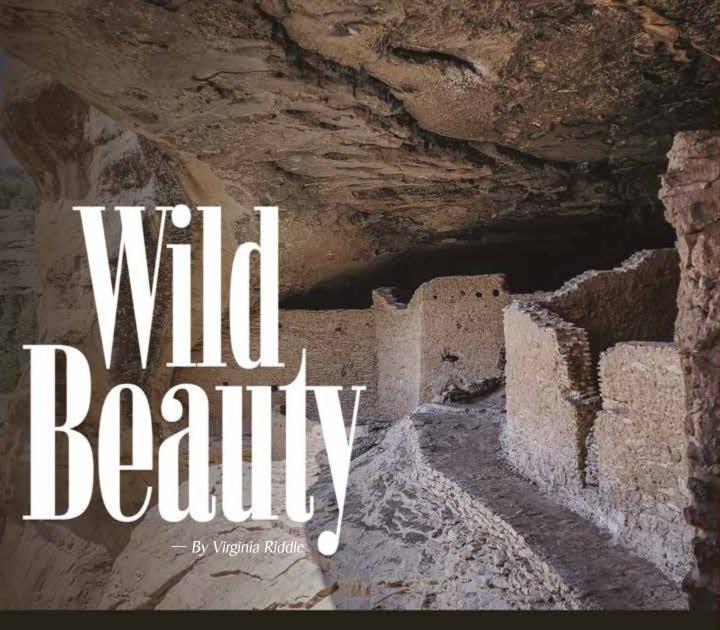












High desert forests of piñon, juniper and stately Ponderosa pines hug the Trail of the Mountain Spirits National Scenic Byway in New Mexico. Silver City earned its name and boomed in the 1870s when silver was discovered behind the Grant County Courthouse. Today, it serves as a base with amenities and all manner of lodging for modern-day explorers wishing to learn the history of the area and enjoy recreational possibilities and the scenic wilderness vistas.

The Scenic Byway is a triangle winding through the 3.3-million-acre Gila National Forest between Silver City to San Lorenzo to the Gila Cliff Dwellings National Monument and back to Silver City. From an overlook near San Lorenzo,

visitors can view the Chino Mine, an open-pit copper mine. On NM 35, adventurers can visit Lake Roberts and crest the Continental Divide.

At the apex of the scenic byway lies the Gila Cliff Dwellings, structures built in caves above the Upper Gila River by different groups of ancient peoples over thousands of years. A short drive back gives visitors the chance to climb the steep 300-plus steps, walk through the dwellings or view them from the canyon valley. The climb down is more strenuous with a few feet of nearly sheer rock face, ladders and path. The cave structures feature soot-stained arched ceilings, structural timbers dating to A.D. 1200, ancient adobe walls and food remains from earlier centuries.

Ancient Puebloans built their pueblos within the cliffs using rock, mortar and timber in the 1200s and moved on around A.D. 1300, probably due to drought conditions. They hunted the forests for game and native plants and grew corn, beans and squash in the Gila River Valley. They were skilled at weaving and creating pottery.

The Chiricahua Apache migrated to the area in the 1500s, and their oral tradition claims the area as the tribe's homeland. Their legendary leader, Goyahkla, known as

Geronimo, was born in the early 1820s at the Gila River headwaters. With the silver and copper discoveries came miners and settlers and the U.S. Army to protect them from Geronimo's attacks. By 1886, the Bedonkohe, the band of Apache of which Geronimo was a part, were forced from their ancestral lands to Ft. Sill, Oklahoma, where Geronimo is buried.

Anglo settlements prospered in the area. Miners, homesteaders and ranchers poured into the towns of Pinos Altos and Mogollon. As the settlements grew, the forests began to be cut for timber. In 1907, President Theodore Roosevelt approved the Gila Cliff Dwellings National Monument to protect the historically significant site. The Gila Wilderness was established in 1964. Today, picnic areas, camping, horseback riding and hiking trails exist through the wilderness. Hikers and bikers accept the challenge of steep grades, twists and turns on the roadways.

The byway's triangle closes with NM 15 through Pinos Altos with its Buckhorn Saloon and Opera House. This leg of the byway is not recommended for long RVs, trailers or for squeamish travelers due to its narrow and very twisting pathway.

To polish off a visit to the area, hike the Catwalk in Whitewater Canyon. The canyon was used as a hideout for desperados like Butch Cassidy, as well as by the Apache. It was also the site of a pipeline laid in 1890 to get water to a now ghost mining town. Rebuilt in the 1930s, the Catwalk gives hikers beautiful views and ends at a swaying suspension bridge over the rushing waters of Whitewater Creek.

Photos by Virginia Riddle, LLC.

Sources:

I. "Off the Beaten Path." Reader's Digest, 2009, Pleasantville, New York.

2. "Guide to Scenic Highways & Byways." National Geographic, Washington, D.C., 5th Edition.

3. "Southwest USA & National Parks." Eyewitness Travel, 2018, DK Publishing House, New York, New York.

4. "Gila Cliff Dwellings." National Park Service, U.S. Department of the Interior.







Crossword Puzzle

1	2	3		4	5	6		7	8	9
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Across

- Where Eagles and Falcons co-exist
- 4 A girl's best friend
- 7 Aunt, to Mom
- 10 Period of history
- 11 Turn-down in Toulouse?
- 12 Catch
- 13 Bog
- 15 Some
- 16 Flaunts 18 Elected
- 19 Frog unlucky at the racetrack
- 22 Animal fur
- 23 Wander aimlessly

24 Labor leader's

- cry 26 1965 civil
- rights march site 27 He sought the
- Seven Cities of Gold
- 29 Snow runner
- 31 Characterized by strong feelings
- 33 Greetings
- 34 Elevator chamber
- 35 Zip
- 36 Orange veggie
 - 37 A-bomb yardstick
 - 38 Take shape

Down

- 1 "So, what else
- 2 Rejuvenate
- 3 Faith! Islam? Chic to convert?
- 4 Amazed
- 5 Arguments against
- 6 "The --- the beginning" (Churchill)
- 7 Construction site temporary framework
- 8 An atom, plus or minus an electron or two
- 9 One under cover

- 14 --- the world (Out of it)
- 17 Shoot
- 18 Apple core?20 Flick made for the boob tube
- 21 Affirmative reply
- 25 Put up
- 26 Nasal grunt 28 Toe of the
- Arabian Peninsula
- 29 Bashful
- 30 Hyundai rival
- 32 Annex, maybe

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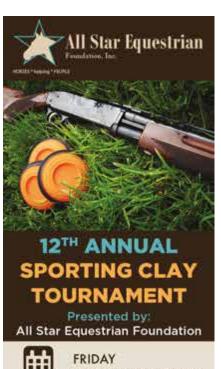


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 6 - 16 oz. T-Bone Steaks CUSTOM CUT)

• 8 - 10 oz. Sirloin Steaks

24 oz. Full Cut Tenderized Round Steak (Chicken Fried)

 6 - 20 oz. Chuck Eye Steaks (Delmonicos) 2 - 24 oz. Porterhouse Steaks (King Cut)

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12 - Ground Chuck Patties (approx. 8 oz. each)

6 - 1 lb. Packs, Ground Chuck (85/15)

1 -10 lb. Smoker Ready Brisket
1 - 7 lb. Pork Shoulder (for Pulled Pork)
3 lbs. Beef Short Ribs (Great for Smoker)

3 lbs. Thick Texas Bacon

3 lbs. Farm Sausage

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10/11

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Cool Sounds of Fall:

Enjoy a concert during Hispanic Heritage Month featuring the band Quimikoz. Free. 7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

10/14

Founders Day:

Celebrate Burleson's founding. Historical re-enactments, kids' zone, car show. 10:00 a.m.-4:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

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p.m., Russell Farm Art Center, 405 W. CR 714. Tickets available at burlesontx.com/events.

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Celebrate Diwali with live music, shopping, food, dancing and fireworks. Free. 2:00-11:00 p.m., 928 County Road 1021.

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12. Food trucks will have food available for purchase. 5:30-8:30 p.m., Chisenhall Fields, 500 Chisenhall Park Ln. Register for a time slot at burlesontx.com/events.

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