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November 2018

## Shining and Unifying

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## Time to Live

At Home With Ryan  
and Jeanne Curtis

2018 Holiday  
Shopping Guide

Kids' Fun Pages



pp. 34 & 36

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**ON THE COVER**

*Burluson welcomes this season's festivities.*

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# EDITOR'S NOTE



*Becky*

Becky Walker  
Managing Editor  
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## Thinking of Thanksgiving ...

When I was in third grade, my family lived in East Texas on a newly cut rock road that filled the air with a white dust cloud with every passing car. The land was wild, and the families who purchased land on that road worked hard to make their properties someplace to call home.

One family still lived in the "big city" and came down every weekend to work on clearing the site where they wanted their house to be. As Thanksgiving approached, the neighborhood decided to have a block-party style meal under the trees on their property.

An old photograph from that Thanksgiving shows me and my friend, Michael, sitting on a tree branch together. Michael and I loved playing on that bouncy tree branch. Sometimes it was a bucking bronco — sometimes a see-saw. But on this day, we just sat there.

Michael's mom was in a terrible car crash only a day or two earlier. It was a miracle she survived. A neighbor living more than a mile away had a gas leak earlier that day and left the windows up at bedtime. Because of that, he heard the crash, when no one else did, and he saved Michael's mom's life that night.

The neighborhood went forward with the Thanksgiving meal, because Michael's mom wanted us to. And sitting on a tree branch with my buddy, the true meaning of this holiday hit me — I was thankful he still had his mom, and that I had mine.

What was your most meaningful Thanksgiving?

P.S. Melissa Rawlins has been on vacation, but she will be back next month!



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# SHINING



# Unity

— By Melissa Rawlins

*Huggers have the best job of anyone at the Burluson Friends Festival. At least that's every hugger's opinion. There's nothing like the feeling of greeting a person who's been struggling to make their body move forward on the racetrack, and who has reached the finish line with eyes ablaze in the knowledge that everyone loves them. To join athletes with disabilities in their winning moment is to experience a feeling of overwhelming success. That's how Lucretia Gartrell felt the first time she experienced the parade of competitors inaugurating each festival.*

Now the BISD executive director of special services, she began serving Burluson students in 2005 as the autism specialist. During her first years of service, she greeted buses full of students with disabilities from other school districts arriving at BISD Stadium for what was then called The Spring Meet. Once Lucretia became special education coordinator in 2007, she was at the help desk during each Spring Meet.



# AND ing



“The very first year I became the executive director, in 2014, is the very first year I saw the parade,” she said. “I stood in the middle of the stadium, and I just cried. You can’t grasp the real understanding of what it means to the students until you’ve been on the field and seen the smiles on the students’ faces during this day that is just about them.”

Now, Lucretia directs 107 staff and considers positive customer service her mission. “I taught a self-contained special education classroom for 18 years, and I appreciate the work our teachers do for our students,” she said. “As I’ve moved up in administration, it’s been a mind shift to understand I still impact students’ lives. I just do it now by how I impact the staff, support families, manage the budgets, provide resources and create a culture that emphasizes keeping students first.”

On November 20, Lucretia’s staff will spend some time on the BISD Stadium field, experiencing the culmination of the work leading up to the Burluson Friends Festival. At this year’s festival, more than 750 students with special needs will compete in track and field events and enjoy a unified camaraderie with an additional 650 student volunteers from BISD and the community supporting the event. The 750 athletes will be from BISD and 15 other school districts, including Alvarado, Blooming Grove, Cleburne, Coolidge, Corsicana, Crowley, Everman, Godley, Grandview, Groesbeck, Joshua, Kennedale, Keene, Rio Vista and Venus.

The committee that planned the event, led by the district’s orientation and mobility specialist, Tonya Hardin, includes occupational and physical therapists, vision staff and an adaptive PE teacher among others. The day of the festival, all the special education district staff are on hand to support it. Using an online organizational tool called Trello, Lucretia can see who’s doing

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what, from the pastor giving the opening prayer to the fundraising team's efforts to design T-shirts and sell them.

For this 33rd annual event, emojis on an army-green background appeal to boys and girls, men and women. This design has boosted T-shirt sales to BISD teachers, who can purchase them in the teachers' lounges at their schools. As the event has grown, the special services department has raised money for the festivals' incidental expenses through fundraisers, such as T-shirt sales, Spirit Night at Spring Creek Barbeque, Kendra Scott jewelry parties, Pampered Chef sales and a concessions stand at the festival — all to help fund the event. "In the last four to five years," Lucretia said, "we've had to replace most of the equipment, plus we pay for on-site nurses, consumables like face paint, wipes, gloves and disinfectant towels, ribbons and medals, T-shirts for all of our BISD athletes, as well as the packets and fliers."

Districtwide, people are excited about the festival, during which staff are encouraged to wear the BFF shirts with jeans. The maintenance department prepares the field and cleans it at the end of the day. Criminal Justice staff and students help with traffic control and busing. "Of course, the EMS and fire department are on standby," Lucretia said, "and community volunteers help in a variety of capacities."

Some of the adult volunteers used to compete in the festival. "These young adults are in our adult transition program, for students 18 and older who are still working on vocational training skills in special education," Lucretia said. "They make our buttons and put the packets together for us or help in the concession stand with the money. They



also work on the field, typically with our music therapist waving the parachute.”

Burlison Friends Festival provides participating students an opportunity to have an experience very similar to that provided to non-disabled students during a field day at a campus. “Everything at this field day is adapted to meet these students’ individual needs, so they’re successful in every event that they try,” Lucretia said. “They really shine in the activities.”

Lucretia’s passion to see students shine started while she was a student teaching a mainstream kindergarten class. Assigned to support a student with Down syndrome, she became very close to him and came to understand how much difficulty he had with everyday academic and motor tasks — things that just came naturally to other students. During a field trip to the Arkansas State Fair and Stock Show, when the entire class had the opportunity to ride little piglets, Lucretia noticed that no one could ride the pig. “Everyone in the class struggled equally with that task,” she said, “and they were having the time of their lives where the playing field was leveled.”

She enrolled in the University of Arkansas’ early childhood special education master’s program. Her diligence to teach and support students with disabilities and their families continued after the premature birth of her son. She worked as an intern at Arkansas Children’s Hospital, before teaching preschool in a 3- to 5-year-old special education program in Rockwall for 12 years.

Once in Grand Prairie ISD, she taught an elementary self-contained classroom for kindergarten to fifth grade. She earned her Ph.D. in special



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education from Texas Woman's University after coming to Burleson ISD as an autism specialist.

Her experience in her full-inclusion preschool classroom shaped her philosophy on special education services. "There has to be a continuum of support," Lucretia said, "because I have had students who were not able to handle the sensory or academic load of a full-inclusion environment, students for whom full inclusion was as inappropriate as full seclusion."

Under Lucretia's leadership, Burleson ISD's special education provides individualized education opportunities for students along a wide continuum of supports. "The Burleson Friends Festival is reflective of that mission," she said. "It's now a unified Special Olympics activity. In Burleson, we now have disability-specific sporting events, as well as unified activities where students without disabilities compete alongside students with disabilities. Our annual Bocce Battle is a great example of this type of event."

The collaborative experience at the festival benefits everyone, teaching student volunteers empathy and leadership skills while opening doors to new friendships they might not have ever experienced. And for the students who are the focus of Burleson Friends Festival, success simply feels good. **NOW**

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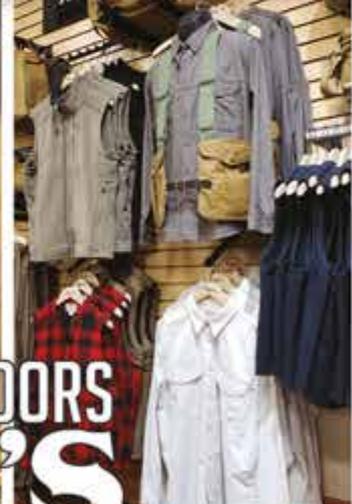
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# At Home With Ryan and Jeanne Curtis

# TIME TO *Live*

— By Amber D. Browne



*“There’s no place like home.” The phrase spoken by Judy Garland in The Wizard of Oz rings true for the Curtis family of Burleson. “I believe you should live in your house, and we live in our house,” shared Jeanne Curtis, who purchased the sprawling two-story home with her husband, Ryan, about nine years ago. Since the purchase, they’ve created a backyard paradise of play and transformed the new build into one filled with love and laughter.*



The Curtis family makes the most of their outdoor living space. Each summer, Ryan and Jeanne host a back-to-school party for their son, Cooper, and his entire grade level. “There is nothing more important than being involved in my son’s life, and hosting this party is one way I can do that,” Ryan said.

Cooper’s classmates spend the day swimming in the in-ground pool, riding on the zip line, competing at disc golf and playing life-size games of Connect Four in the warm summer sun.

The highlight of the backyard is Cooper’s Sport Court, complete with his own set of displayed rules. The rules include no pets, no hanging on the basketball rim and no spitting, Ryan said, “I never would’ve thought to put a sign up. That’s all Jeanne and Cooper.”

“I didn’t know the no-spitting rule was necessary,” Jeanne said, grinning. The lighted and screened sports court

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provides a space for tennis, basketball and volleyball. A playground and trampoline add other elements of fun to the backyard. “There’s nothing that makes me happier than to see everybody play and be in the backyard.”

Numerous wrought iron tables and chairs, lounges and swings are nestled throughout the outdoor living space for

comfortable seating. Their dogs, Lexi and Lucas, have their own space to play in a fenced dog run. Lush greenery, including tropical plants, hibiscus and labeled herbs, line the area around the pool, and many nights are spent grilling delicious fare out back.

Jeanne’s favorite space on their property is her poolside “Wo Cave.” The woman’s cave sits above a garage that was remodeled into a weight and exercise room. Jeanne’s “Wo Cave” provides a quiet space for her early morning Bible study and yoga. Jeanne enjoys arts and crafts in her free time, and the stairwell leading to her sanctuary showcases creations from girls’ nights at Painting with a Twist.

Cooper’s artistic endeavors are framed and displayed around the house. A beach scene by Jeanne’s son, Jacob, is framed in the pool bath house. “He’s my ocean boy,” she said.

Jacob’s father, Peter Pakele, is Hawaiian, so Jeanne tries to incorporate his heritage in areas of the home. Although Jacob is in his sophomore year as a ministry student at Abilene

Christian University, his bedroom at home preserves his love of the ocean. A mount of a trophy fish Jacob caught offshore brightens the room, and phrases such as *Surfer Crossing* pay homage to beach life.

Cooper’s room showcases his various interests with large stuffed zoo animals, NBA memorabilia and a table of U.S. presidents. His current life goal is to become an NBA star before being elected as president of the United States.

Ryan’s favorite place in the house is the couch. “There’s nothing I enjoy more than sitting with my family in the living room, watching TV together while we eat popcorn and ice cream,” he said.



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The Curtis home is always open for entertaining. An outdoor spiral staircase leads to the back balcony, which opens to "The Curtis Cantina." Guests never have to enter the main section of the home, making after-party cleanup a breeze. The cantina houses several arcade games, a bar and restroom. The movie room next door provides plush recliners, bean bags and barstools for screenings.

Downstairs, the open concept living room and kitchen can accommodate large gatherings. At Thanksgiving, Ryan and Jeanne's families are invited to share a meal. When Ryan's mother and siblings are able to attend along with Jeanne's family, they arrange fold-out tables from the living area into the front foyer. The dining room includes a heavy wooden table and chairs for additional seating, if needed. A metal and wooden buffet sits along the stairwell for food or drink service.

A recent Thanksgiving became unforgettable when the metal farm sink fell into the kitchen cabinet after Jeanne put the turkey in it to wash. "It literally just all fell down," she recalled. "The pipes stayed intact, so we stuck it under there with two-by-fours, and we made it through Thanksgiving."

Over the years, Jeanne has converted

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much of the home's traditional decor to French Country. "I have a girlfriend who gave me great advice. If you see something you like, just buy it and put it all together, and it will all work out," she shared. The cozy u-shaped couch in the living room gives each family member a spot to relax and enjoy a movie or conversation by the warmth of the gas fireplace.

Spending time with family is important. Working in education for 21 years, Jeanne realized she missed out on spending time with Jacob. "Jacob grew up, and I was like, *How did that happen?*"

She currently works with her parents, Gary and Jean Boyd, at Boyd, Inc., a roofing and construction company in Mansfield, where she is afforded the opportunity to spend more time with Cooper. She volunteers as Parents' Club President at The Oakridge School in Arlington, where Cooper attends. "I've enjoyed being in his life, because I missed so much with Jacob," Jeanne shared.

Ryan owns and operates several Dickey's Barbecue Pit restaurants, including the location in Burleson. The family also owns J&C Bounce Houses & More, which is named after Jacob and Cooper.

The Curtis family attends Fellowship Church in Fort Worth. They often spend Sunday afternoons at Jeanne's parents' house just down the street from their home. In addition to volunteering with the church, Ryan coaches Cooper's soccer team, and Jeanne manages it. They make time to travel as often as possible.

When the Curtis family gets home from work or school, they are in for the night. "I love that when we're home, we're home," Jeanne said. In their home, they live, have fun and enjoy family. **NOW**

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## Harvesting Love

— By Rick Mauch

If Derrick Rose sees you need help, he's going to help you. Well, he and a few of his best friends. "Regardless of background," he said, "if you show up at the doors of Harvest House, you are wanted here." He wishes folks weren't in the circumstances that bring them to their doors, but if they are, they will find assistance in a variety of ways, from clothing and food to utilities.

Though Harvest House has been around for several decades, it is undergoing some transformations. The clothing store has been redesigned, for example, and they are hoping to make use of the building next door. "Right now, we're trying to get more meat," Derrick said. "We just had a volunteer donate a deep freezer. We want to get to a point where we can partner with folks who can help us take someone through the whole process — find a job, a place to live, etc."

Derrick and his friends even make sure animals are taken care

of. If your dog or cat needs food, they have it in the food pantry.

With a background in finance and economics, Derrick joined Harvest House's board of directors two years ago. "Everybody loves Derrick," said Executive Director Jennifer Woods, who came onboard just a few months before he did in 2016. "Our primary goal is to give people hope and encouragement. Derrick is out there developing relationships to make that a reality."

Originally from Wichita Falls, Derrick earned a pair of degrees in finance from Texas Tech in 2004 and worked in finance in a variety of cities, including Philadelphia, before his current vocation. He and his wife, Melanie, own a safety and health training center called Melrose CPR, named after Melanie. Derrick is also the customer care advocate at the Burleson Recreation Center (the BRiCK) a liaison between the center and the public.

Melanie is a general manager of the TITLE Boxing Club in Fort Worth and a choreographer. She teaches a hip-hop dance crew at their church, and is an adjunct professor at Tarrant County College.

They have three children — Vivianne, 9; Delaney, 6; and Mason, 3. The family moved to Burleson three years ago after living in Mansfield for several years. Derrick often brings

Vivianne and Delaney to Harvest House with him. "They're a little older now, and they love coming here," he said. "I can serve, and my kids can serve. It's a great time together."

Derrick stepped away from the world of finance to spend more time with his family and to better serve his neighbors. And he has helped more than his neighbors. With a father who retired after a long Air Force career that led him to the Pentagon and a mother who helped disadvantaged children in Region 9 of the Texas Education Agency, Derrick grew up with, as he said, "a heart for serving."

**"Our primary goal is to give people hope and encouragement. Derrick is out there developing relationships to make that a reality."**

He saved his brother's life, being a rare match when Greg, a Texas Christian University graduate, was diagnosed with leukemia a few years ago. "For families, the percentage of being a match for the stem cell donation process is about 30 percent, and for African-Americans, it's about 18 percent," Derrick said. "He's doing great now. He's in remission."

Derrick is surrounded by Harvest House employees and volunteers with giving hearts. Many were previously helped by the organization themselves. "This place has helped me out tremendously, and I like to help other people like they did me," said Deidre Bland, a volunteer who works at the facility part time.

James Lewis, another volunteer, added, "I've got time, and it's good work helping people."

Shawn Goodman runs the food pantry and drives the food truck to various organizations. He gives back after receiving help from Derrick and Harvest House and calls them both "a blessing." "It's a reason to get up in the morning," Shawn said. "It's more than just, 'Here's a bag of food. See ya later.' This place is awesome." **NOW**



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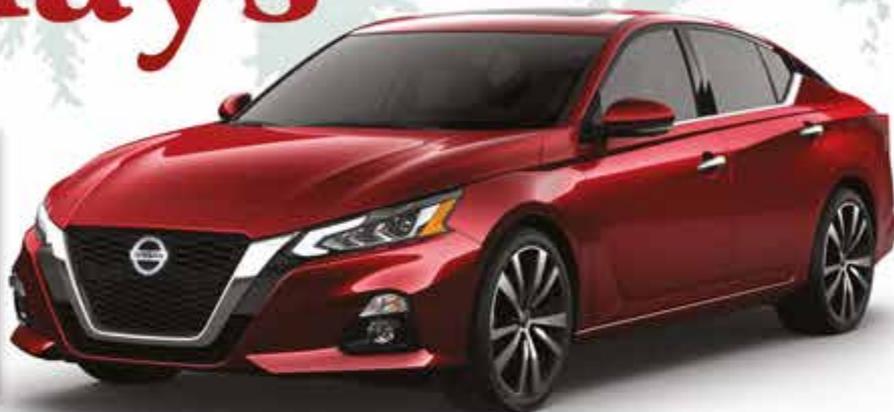
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*In the Kitchen With*  
 SYBIL RAMPY  
 — By Amber D. Browne

The art of cooking has always been a creative and fun outlet for Sybil Rampy. When her young children were napping and the house was clean, Sybil was whipping up family meals. “I considered time in my kitchen ‘play time,’” she shared. Her sons now help her tend the barbecue pit when grilling country ribs for gatherings.

Cooking for large crowds is no problem for Sybil on their country property. Special-needs adults from her church’s Forever Friends class visit their property for a barbecue each fall. She believes sharing meals brings people together and makes them feel at home. For Sybil, cooking for someone is a way to show love. “It’s so personal knowing everyone’s favorite food,” she stated, “and making it for them.” **NOW**

### Holiday Dressing

*Combread:*

- 3/4 cup shortening
- 4 cups yellow corn meal
- 1 1/3 cups flour
- 2 Tbsp. plus 2 tsp. baking powder
- 2 tsp. salt
- 2 2/3 cups milk
- 4 eggs, beaten

*Dressing:*

- 1 large loaf white bread
- 2 sticks butter (divided use)
- 8 cups onion, chopped
- 8 cups celery, chopped

- 2 Tbsp. poultry seasoning
- 1 Tbsp. sage
- 1 tsp. seasoned salt
- 2 tsp. black pepper
- 8 eggs
- 7 1/2 cups chicken broth

1. *For combread:* Preheat oven to 450 F. Melt shortening in a 9x13-inch pan; set aside.
2. In a large bowl, whisk together corn meal and next 3 ingredients. Add milk and eggs; stir. Add melted shortening; mix thoroughly. Pour into prepared pan; smooth the top.
3. Bake 25 minutes, or until golden brown and a knife inserted into the center comes out clean. Cool and crumble.

4. *For dressing:* Toast loaf of bread in an oven at 300 F until brown on both sides. Cool and crumble.
5. Melt 1 stick of butter in a large skillet. Add onion; sauté. Set aside.
6. Melt 1 stick butter in another large skillet. Add celery; sauté.
7. Lower the middle oven rack one position. Preheat oven to 350 F. Combine bread and combread in a bowl or pot large enough to mix all ingredients. Add onion, celery and seasonings; stir. Mix in eggs until well combined. Add chicken broth; mix well.
8. Grease 2 fairly large casserole dishes. Fill each 2/3 to 3/4 full with mixture. Smooth with a spoon; bake for approximately 1 hour and 30 minutes, or until brown. Take out a square in the middle of the dressing with a fork. Gently pull up to check for doneness. If the center of the dressing no longer looks wet, replace the plug. It will dry more while it cools.
9. *Tip:* To save time, complete all steps ahead of time, before adding eggs and chicken broth.

### Holiday Turkey With Bacon

*Serves 20-25 people.*

- 1 22- to 24-lb. turkey
- 1/2 to 1 Tbsp. each salt and pepper

## PAM Cooking Spray

**1 large onion, peeled**

**1 lb. bacon**

1. Remove giblets for use in Giblet Gravy. Rinse turkey; remove any pinfeathers you see.
2. Liberally salt and pepper turkey to taste inside cavity and under the skin, where possible (breast, thighs, neck cavity).
3. Spray electric turkey roaster or oven roasting pan with PAM Cooking Spray. Place bird on rack in roaster pan, breast side up. Put onion in cavity.
4. Lay strips of bacon lengthwise on turkey, starting with drumsticks. Turkey should be almost completely covered when finished.
5. Wad up 4-5 pieces of foil to place between turkey and roasting pan if they are touching. This will keep turkey from burning or drying out at these spots.
6. Cover with lid or heavy foil; bake at 325 F for approximately 15 minutes per lb.
7. Leg bone should twist easily when done. Use folded paper towel to test.
8. When done, remove rack with turkey to a cookie sheet with sides. Cover with foil; let rest at least 20 minutes before carving.
9. Pour juices into a large pot; set aside for 30 minutes or so until grease rises. Skim grease; discard. Save juices for Giblet Gravy.

## Giblet Gravy

**1/3 to 1/2 small pkg. chicken livers**

**1/3 to 1/2 small pkg. chicken gizzards**

**1 turkey neck and giblets that were packed in neck cavity**

**1/4 cup fresh, cold water**

**2 cups cornstarch**

**4-6 hardboiled eggs, chopped**

1. In the morning, while turkey is cooking, clean giblets and neck, cover with water, add salt and pepper and bring to boil. Turn heat down, cover and simmer until done.
2. Remove giblets from water and let cool. Save water for gravy.
3. Pick as much meat off the neck as you can and chop with giblets.
4. Bring turkey juices and giblet cooking water to a boil. Reduce heat to simmer.
5. In a separate bowl, combine just enough fresh, cold water with 1/2 cup cornstarch to make a paste, adding water to achieve pouring consistency. Slowly add the mixture to the pot with turkey drippings, stirring constantly to prevent sticking as gravy thickens. Repeat this process until desired consistency is reached.
6. Add eggs; adjust seasonings to taste while stirring. Add any small pieces of turkey left on cutting board to gravy. Add chicken broth or water to adjust taste or volume.



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# Mustang Creek Estates

— By Melissa Rawlins

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Imagine your own space, just like in your own home, with someone else to do your housework, cook with you and provide opportunities to socialize — plus the freedom to do what you want when you want. At Mustang Creek Estates, seniors feel at home and enjoy life. “Whether it is a calendar full of different outings, games and movie nights or a pampering in an on-site salon, there are many engaging activities residents can choose from. This helps them to thrive in a comfortable environment with compassionate care if they need it,” Mustang Creek Estates co-founder, CEO and owner Reneé Ramsey said.

The Burleson neighborhood is the company’s fifth. Homes are intimate, containing between 13 and 16 bedrooms. “Even the furthest bedroom is close enough to the kitchen that they can smell the meal being prepared and hear the sounds of others having conversation. While seniors can relax in their rooms, most of the time residents are in the living room, on the porch or with neighbors spending time together doing what they like to do,” Reneé said.

Three different types of homes are available at Mustang Creek Estates, which provides Assisted Living, Assisted Living Plus and Memory Care services. “Most of our Assisted Living residents are mobile, needing just a little oversight,” said Reneé, whose career began when she was 20, working with seniors as a physical therapist.

As she expanded her qualifications, her passion for seniors grew along with her career, and she became an executive director of assisted living communities. Then she noticed a need for a more intimate setting, where seniors live in a home rather than a facility. Mustang Creek Estates was created to

provide seniors such an environment at an affordable rate. "I felt like seniors want more of a homelike atmosphere. I also saw many families who could not afford assisted living for loved ones, and it broke my heart," Renee said.

In 2005, she partnered with John Roach to open Mustang Creek Estates. "We want to provide a service to middle America. We offer a flat rate that really gives families peace of mind. If two months from now we need to start helping a resident with showers, it does not cost the family any more. We just do it."

Assisted Living Plus is for seniors who are mobility impaired and benefit from additional care. "For Memory Care residents in our secured homes," Renee said, "we offer specialized care and stimulating activities to enhance their quality of life and promote independence while preserving dignity."

**"WHILE SENIORS CAN RELAX IN THEIR ROOMS, MOST OF THE TIME RESIDENTS ARE IN THE LIVING ROOM, ON THE PORCH OR WITH NEIGHBORS SPENDING TIME TOGETHER DOING WHAT THEY LIKE TO DO."**

These homes have residential kitchens, living rooms and dining rooms, and help foster one-on-one relationships between residents and caregivers. "Our small environment drives quality of care," Renee said. "It's only 16 people for our professional caretakers to get to know, and they learn everything from what they like for breakfast to whether they're a late or an early riser.

"I am proud of our communities and the compassionate care residents receive every day. We have the highest rating of assisted living in Texas as a 'good standing' provider, which is the result of a highly dedicated team at every community," Renee said.

Learn more at Mustang Creek Estates' website, then call Elizabeth Johnston, sales director, to schedule a tour. Mustang Creek Estates is ready to help adult children find what's right for their loved one. **NOW**



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Photo by Mark P. Starrett.



Photo by Mark P. Starrett.



Photo by Mark P. Starrett.

## TravelNOW

# Fabulous Greek Holiday

— By Mark P. Starrett

Combined, the words “Athens” and “Greece” conjure up visions of ancient ruins and wall-to-wall tourists — all of them frantically trying to take selfie pictures in front of temples of the gods. Scores more scour the Plaka, a neighborhood that sits in the shadow of the Acropolis, looking for bargains and trinkets for friends and relatives at home. A relaxed vacation it is not.

If you really want to soak up true Greek sun, sand and life, then look no further than Voula, Greece, a southern suburb only 10 miles from Athens’ center city, but a million miles away from the frantic pace. You can reach Voula easily by hailing a taxi or using the Beats App from Athens International Airport. The 20- to 30-minute ride is enjoyable.

The picturesque town’s charm will engulf you soon after arriving. Voula is separated by Parko Ethnikis Antistaseos, a green space with a playground for children to run and plenty of shady trees to help fight the sun’s rays. The park runs southwest from Iridos Street to the Saronic Gulf.

Close to the park is the town center, a place where Greek gentlemen and women sit in the early morning, drinking coffee, enjoying a smoke and having fun conversation with their friends. Small children run around, playing hide-and-seek, riding skateboards or playfully kicking a soccer ball around.

The town center has many wonderful restaurants. They all

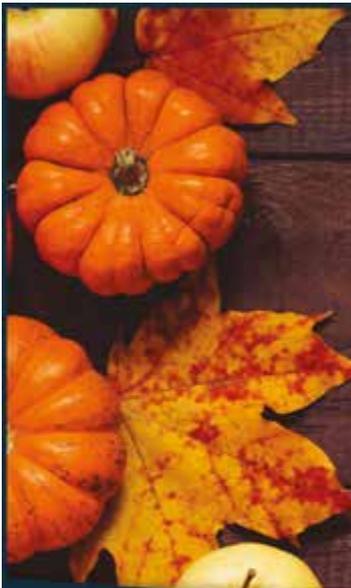
serve authentic Greek food, such as gyros, moussaka, and kebab. Away from the trappings of Athens, the cost of the meal is very reasonable.

The Greek people are very gregarious and friendly. It is common for a Greek to see a child and call out “*όμορφο παιδί*” — beautiful child. The older Greeks love to ask if they can kiss your child on the head and hold their hands.

Voula resides on the coast and looks out over the Saronic Gulf. The views of the water are relaxing and refreshing as you stroll along the seawall. Any day, you can catch Greeks sunning themselves or enjoying the cool water at the many secluded beaches dotting the shoreline.

Kavouri Beach is a top location for family members due to the safe water and the open space of the beach. There are plenty of parking spaces around the coast, but it can get overcrowded on the weekends. Kavouri Beach is easily accessible via public buses, a car or a nice, moderate walk. The beach is an excellent choice for swimming, sunbathing or playing beach games, such as volleyball. It has nice facilities and plenty of cafés located right by the sea.

In the evening, locals and tourists alike head for Notos Café, an elegant, airy seaside restaurant serving modern and classic entrees. Enjoy cocktails from the bar as you sit and gaze out over the open water and reminisce on your fabulous Greek holiday. **NOW**



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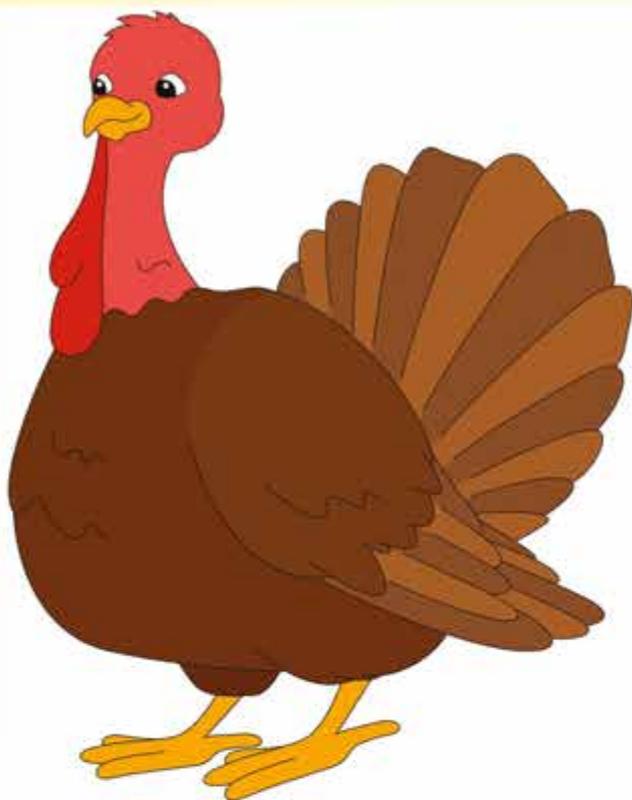
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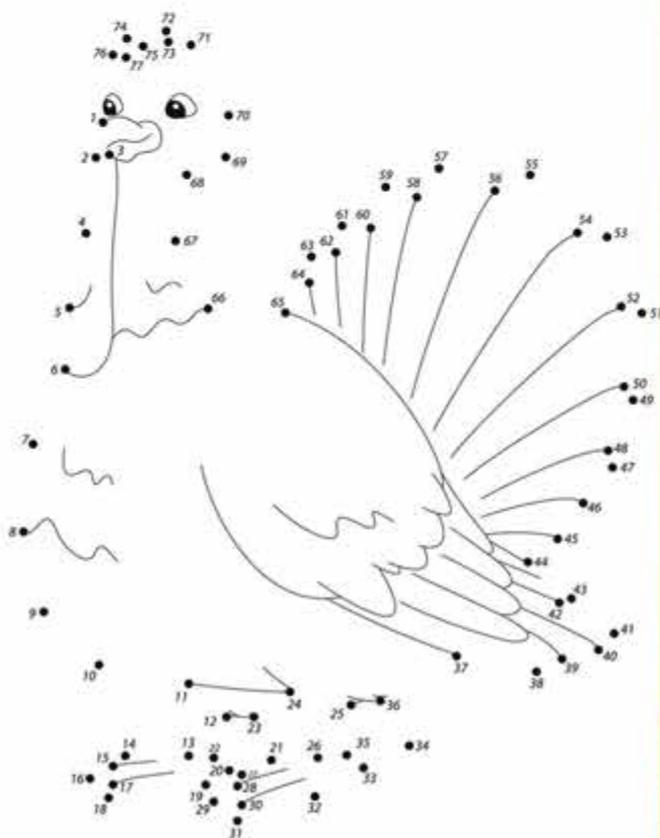
# Kids' Fun Pages

## Word Search of Fruits

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 C Y U R P N A O E G R A P E D  
 U B B A T O N O H Y O C P A D  
 E O A N O L L E C O P L U M C  
 R C N G L E E V Y T M A A O J  
 P V A E E M M L L M E N U G A  
 R A N A M P O T O M A T O C O  
 E A A G O M N C Y M A N G O E  
 L A N P P A E T A D L T O A Q  
 P S T R A W B E R R Y E R E L  
 P R A C Y B C H E R R Y M M A  
 A U M A A T A U Q M U K O I T  
 A E T A N A R G E M O P R L E  
 A V A U G S T U N O C O C E R  
 A K E J V H S U W Y F N G W I



Across	Down
2. cow	1. duckling
4. duck	3. bull
5. goat	6. cat



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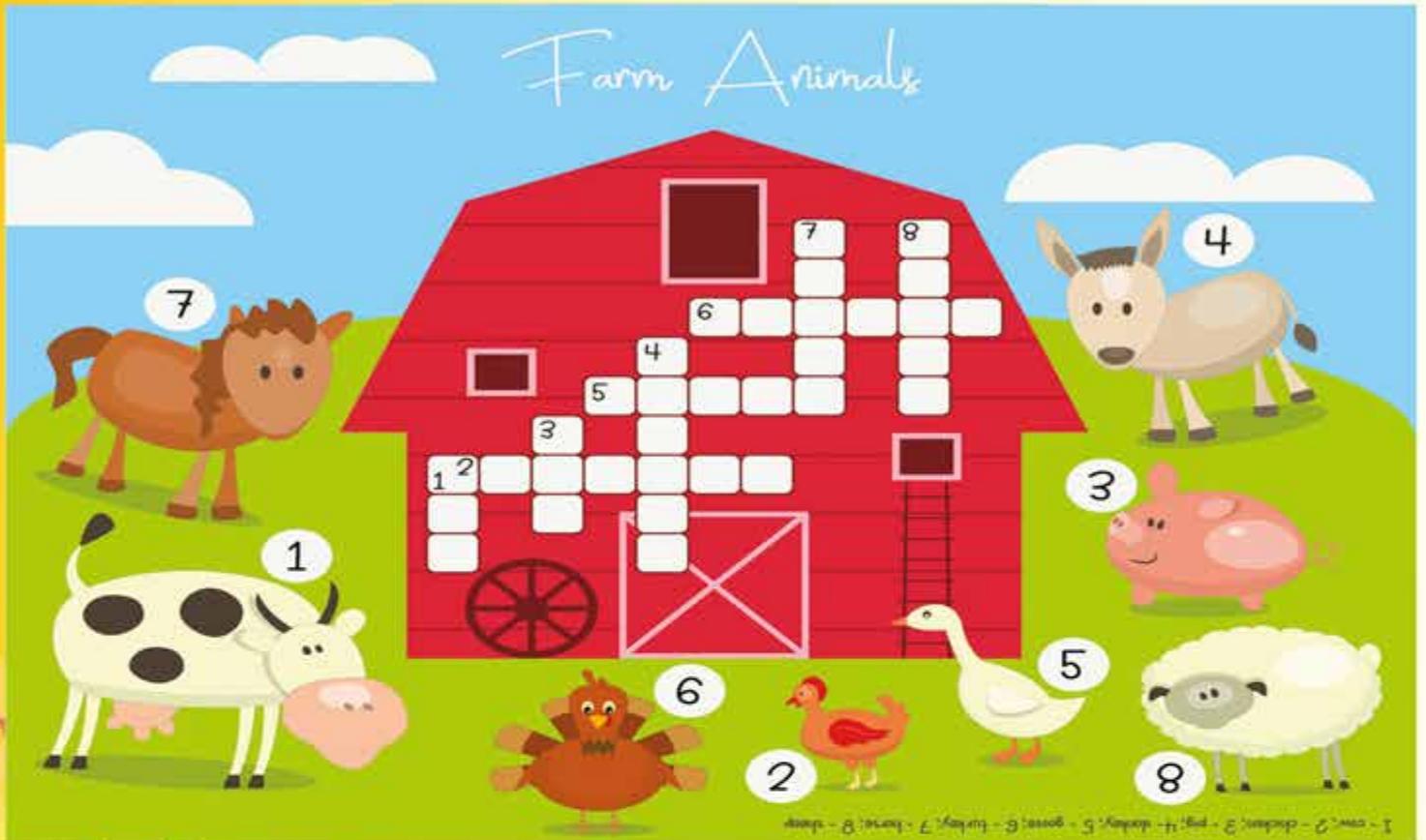
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# Kids' Fun Pages

## Farm Animals



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R	M	A	P	P	L	E	S	P	T
A	E	H	H	A	P	P	Y	U	A
P	R	N	R	O	C	A	R	M	T
E	I	B	I	R	D	E	N	P	S
D	C	F	K	I	N	S	G	K	E
A	A	O	L	N	I	V	I	I	V
E	N	O	I	L	E	A	F	N	R
R	H	D	Y	E	K	R	U	T	A
B	A	U	T	U	M	N	N	G	H

- AMERICAN
- APPLES
- AUTUMN
- BIRD
- BREAD
- CORN
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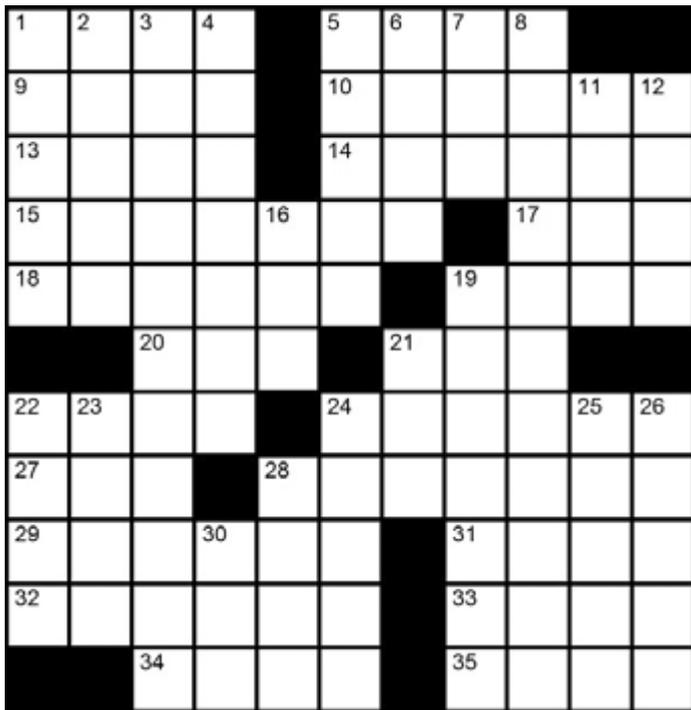
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# Crossword Puzzle



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## Across

- 1 Finn's conveyance
- 5 Rush job letters
- 9 It replaced the franc
- 10 Make over
- 13 Image of a deity
- 14 Kind of recording
- 15 Maidenhair trees
- 17 Confucians' path
- 18 Fanciful idea
- 19 Plug
- 20 Wager
- 21 Photo, briefly
- 22 Astound
- 24 Operated by hand
- 27 Boston Bruins great
- 28 Graceful antelope
- 29 Official count
- 31 Narrative of heroic exploits
- 32 Stick to
- 33 Ollie's mate
- 34 Some butters
- 35 Long fish

## Down

- 1 Prevail
- 2 Pertaining to sound reproduction
- 3 Prime cooking spot
- 4 "The Hobbit" author
- 5 Burning of another's property
- 6 Hardens
- 7 Angelus prayer
- 8 Tiny piece of atmospheric pollutant
- 11 Coarsely ground foodstuff
- 12 Table-top game
- 16 Obtained
- 19 Smoothness
- 21 La --- (South American capital)
- 22 Short stocking
- 23 Woody plant
- 24 Sail poles
- 25 Like pond scum
- 26 Tilts or slants
- 28 Southernmost Mariana island
- 30 Mineral spring

Solutions on page 43

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# Sudoku Puzzle

Easy

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

Medium

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

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Solutions on page 43

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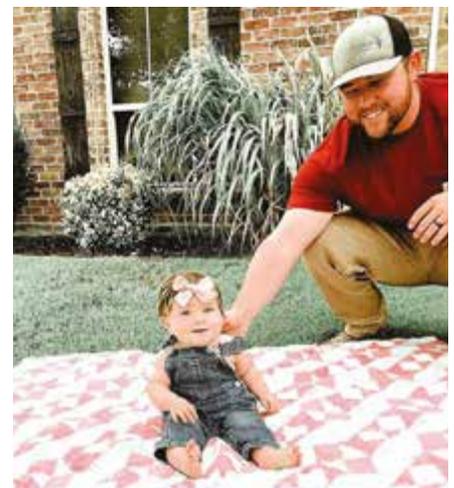
The Pearce family celebrates winning State Fair of Texas tickets through the BuresonNOW Facebook page.

## Zoomed In: Angela Kari Gutwein

By Melissa Rawlins

When the Heart and Soul Writers meet once a month at Alsbury Baptist Church, they share suggestions and edits, with loving and honest comments. "They give me courage to trust my voice. I do the same for the others. Sometimes, I am so shocked by what I contribute," said Angela Kari Gutwein, who recently encouraged the women present by signing her publishing contract in their presence.

The process of writing *Flying Lessons*, about a woman learning to soar above pain, was filled with energy and bliss. "The Heart and Soul meetings gave me a deadline, an outlet, a reason to write, a safe place to share my words, a belief in my abilities and the gift of fellow travelers," Angela said. "We are in this together."



Matt Stanton helps his baby girl, Channing, pose for mommy.



Dr. Ballard and his team celebrate their ribbon cutting with the Bureson Chamber of Commerce.



Bureson Elks welcome Granbury's peewee football team.



Omar Arvizu and his fiancée, Fernanda Batao, conduct reconnaissance for their new businesses at the Joshua Chamber Luncheon.



Lynne Percival and Jean Bauer make sea salt bath scrub at an event hosted by Sheri Hayworth in the Lost Oak Winery tasting room.



Todd and Maverick Hurd spend the day watching the Dallas Cowboys practice and meeting Coach Garrett.



Melissa Rawlins, community editor of BurlsonNOW, celebrates the word Fearless during a women empowerment photo shoot at Beautiful Evolutions Photography Studio.

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1

Thanksgiving Shopping: 9:00 a.m.-5:00 p.m., Crowley House of Hope Food Pantry, 200 N. Magnolia St. Help fulfill Thanksgiving for hundreds of families in Crowley. For info, contact Chastidy Gloria, (817) 297-6400.

The Burleson Character Luncheon: 11:00 a.m.-1:00 p.m., Pathway Church. For more details, contact Mrs. Jo Ann Smith, (817) 456-3972.

English as a Second Language Classes: **Wednesdays**, 6:00-7:30 p.m., 12351 Oak Grove Rd S. Free. Hosted by Oak Grove Baptist and HOPE Literacy. Call Cindy Harrison (817) 988-6818 or Esther Barr (210) 865-4338. Runs through **December 12**.



2

Russell Farm Pioneer Day: 8:00 a.m.-5:00 p.m., Russell Farm, 405 W. CR 714. Free. For more information, contact Mary Ann Spaun, mspaun@burlesontx.com or (817) 447-3316.

Lights, Camera Auction: 6:30 p.m.-midnight, Modeana Ranch. Support the Center for ASD. Live music-Dolan Band. \$50. [www.centerforasd.org](http://www.centerforasd.org).



3

Holiday Bazaar: 10:00 a.m.-4:00 p.m., The Academy at Nola Dunn, 201 S. Dobson St. \$5 admission. For details, contact Gabriela Soliz, (817) 295-6121, or visit [www.BurlesonChamber.com](http://www.BurlesonChamber.com).



8

BISD Veterans Day Performance: 9:00 a.m., Centennial High School Auditorium, 201 S. Hurst Rd. Light snacks and refreshments begin at 9:30 a.m. For details, visit [www.burlesonisd.net](http://www.burlesonisd.net) or call (817) 245-1000.

10

Household Hazardous Waste, Electronic Recycling, Paper Shredding Event: 9:00-11:00 a.m., Municipal Service Center, 725 S.E. John Jones Dr. Burleson residents only, drop off household hazardous waste or old electronics. Call (817) 426-9848 for details.



Ft. Worth 1st Nazarene Church Craft Fair: 9:00 a.m.-4:00 p.m., 2001 E. Main, Crowley. More than 150 vendors. Free door prizes.

8th Annual Burleson Wine and Beer Crawl: Noon-10:00 p.m. downtown Burleson. 8th Annual festival. Tickets \$15-\$75. Purchase at [burlesonwinecrawl.com](http://burlesonwinecrawl.com) or contact [ritzeventco@gmail.com](mailto:ritzeventco@gmail.com).

Veterans Tribute: 2:00-3:30 p.m., Veterans Memorial Plaza, 298 E. Renfro St. The service and sacrifices of military veterans at the ninth annual Military Veteran Tribute. (817) 426-9113.



Crowley Area Taste & Business Expo: 3:00-7:00 p.m., Career Technology Education Center. Crowley Area Chamber of Commerce, City of Crowley and Crowley ISD. For details, email [info@crowleyareachamber.org](mailto:info@crowleyareachamber.org) or call (817) 297-4211.

11

Special Veterans Service: 11:00 a.m.-1:00 p.m., Boulevard Baptist Church, 315 N. Burleson Blvd. Families and veterans are welcome to this worshipful event. For more information, contact Chad Handy at (817) 521-9333.

13

Senior Fall Festival: 4:00-7:00 p.m., Senior Activity Center, 216 S.W. Johnson Ave. Those 55 and older are welcome to enjoy games, food, prizes and entertainment. Bring a dessert and enter to win prizes. (817) 295-6611.

Business After Hours: 5:30-7:00 p.m., Couch & Russell, 388 S.W. Johnson Ave. Enjoy relaxed business networking. (817) 295-6121.

*Submissions are welcome and published as space allows. Send your event details to [melissa.rawlins@nowmagazines.com](mailto:melissa.rawlins@nowmagazines.com).*



# Where Are They NOW?

Cathy Fowler

— By Melissa Rawlins

In 1968, long before Cathy Fowler became a mounted patrol officer for the city of Fort Worth or dreamed of playing bagpipes, her father, Don Turner, a firefighter, moved his family from Fort Worth to the Burseson area. Once Cathy began attending Nola Dunn Elementary School, her mother, Ruth Turner, began a career with the Burseson Independent School District.

“My grandad from Canada moved in with us when I was a small child. He instilled a love of music in me,” Cathy said. In middle school, she began playing alto saxophone and continued with the music program throughout high school. She also studied music in college.

“When I decided to learn how to play the Scottish Highland bagpipes, the Fort Worth Police Department had never had their own piper,” Cathy said. She learned alongside four other Fort Worth police officers. They purchased their own instruments, which typically cost upwards of \$1,000. Cathy’s mother, her “No. 1 Supporter,” invested \$2,000 and purchased her daughter’s first set of bagpipes.

Cathy’s husband, Brad Fowler, also works for the city of Fort Worth as a lieutenant for the fire department. They moved to Wise County, rearing their three children, Skylar, Taylor and Marshall, on 80 acres in a small, country community. “Without their love and support, I would not have been able to accomplish my goals,” Cathy said.

With the Fort Worth Police Department Pipe and Drum Band,

Cathy plays bagpipes all over the state of Texas. “Unfortunately, most of those performances are at police officer and firefighter funerals,” Cathy said. She also plays at National Police Week every May in Washington, D.C., and has performed solo and with the band in parades, dedications, conferences and, once, at the Globe Life Park in Arlington as part of an opening ceremony for the Texas Rangers. Among her favorite events are police department graduations.

“Bagpipes were traditionally used as a high-pitched sound that would lead the Scots into battle and scare their enemies,” she said. “The sound worked. Many armies were reportedly terrified, as a band of pipers would sound the battle cry. The British followed suit, and bagpipes were used during both world wars.”

Cathy plays “Amazing Grace” on the bagpipes every November at a candlelight service hosted by Widowed Persons Services of Tarrant County. Her mother is currently president of the nonprofit organization, with which she became involved after her husband’s death in 2005. “The service honors spouses of the members who have died,” Cathy explained. “My mother thought adding the bagpipes was a distinctive way of ending the service.”

Even after she retires, Cathy plans to pipe in honor of officers and firefighters who sacrificed their lives for others. “I have always considered my love of music a gift from God,” she said. Paying it forward is part of her family tradition. **NOW**





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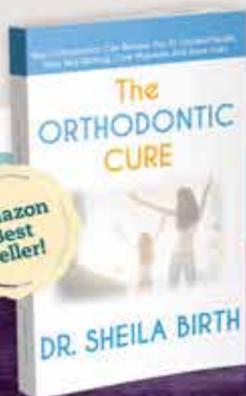
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