

BurlesonNOW

M A G A Z I N E

JANUARY 2020

Intertwining Nature

Matthew Tischler discovers
confidence at Texas

It's a Child's World

Finding foster homes
for kids is Mary Grace

In the Kitchen With
Erin Gilliam

Also inside:
Scavenger Hunt

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Dr. Richard R. Knight, M.D.

Priscilla, Grand Prairie, TX

I started Diet Solutions because nothing else was working. I signed up at two different fitness clubs, and I even attempted the Keto diet. However, I didn't realize that accountability is what I needed. I gained 60 pounds while pregnant with my son. Within the next four years, I only lost 20 of those pounds. My weight gain caused me to slip into a depression while I was wedding-dress shopping. I was no longer confident and mentally battled with my weight daily. A family member mentioned Diet Solutions, and I noticed she had lost a lot of weight herself. I decided to give it a try. I was given the freedom to be able to eat most of the food I enjoy, and if not, DSC was able to provide me with the proper substitution. Weekly check-ins were quick and easy! It was a great feeling to know that you were losing weight and inches! Within three months, not only did I lose all the weight I gained, but I even got down two pounds lower than what I was before getting pregnant with my son. The best news is I am still keeping it off! I love how people all around me notice my weight loss. It has brought out the confidence that I lost. I recommend DSC to anyone that wants to lose weight, no matter how many different diet programs you have tried!

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*Time spent outdoors makes
Matthew Tischler happy.*

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EDITOR'S NOTE



Lisa

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In the year 2020 ...

Wow. Does that look strange to anyone besides me? I vividly recall thinking I'd be so old in the year 2000. Of course, as a child, 40 seemed ancient. Now, I look at 40-year-olds and say, "Aww, you're still a baby. I could be your mother." Funny. I don't feel old at all — at least on some days. Other days, I feel like an antique clock, ticking away time.

But, the beginning of a new year refuels me. As January 1st arrives, I consider possibilities for 2020. Regardless of what didn't happen in 2019, I get to put the past behind me and press forward to another year, embracing opportunities and achieving whatever I set my mind to pursue and accomplish. For me, that represents the essence of beginning this year. Beginning — fresh and new.

I like to review and celebrate all the things I accomplished last year. And regardless of any number of failures, we can always find something we did well. Then I determine what I started and didn't finish. I find this a great time to reflect on how I can pick up and finish those things. And the things I never started? Well, should I keep them as a goal or let them go? Finally, I like setting new goals. What do I want and need to do in 2020? Of course, I may have things come up during the year I never imagined. Then again, isn't that the beauty of life? Embrace your opportunities and challenges.

Happy New Year!



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"I was born outside," Matthew Tischler said. Though not literally born outdoors, the junior at Centennial High School spends most of his time there. At home, his family has two horses, three dogs and six heifers, not to mention a creek on their property, where wildlife lives in abundance. Spending a great deal of time in the pasture, helping with cows, hunting and fishing, how could he not love nature?

As Matthew grew, he became more interested in wildlife, particularly in why different animals behave the way they do. "I've always been interested in going into a field with wildlife and biology," he admitted. He's looking at possibilities of habitat evaluation or wildlife consulting as a career, wanting to search out the weaknesses of land and help the owners make their property better. When he learned about Texas Brigades and the summer camps they hold, he cherished the idea of spending time with top biologists.

In 1993, Dr. Dale Rollins, Wildlife Specialist with Texas A&M AgriLife Extension Services, founded the Texas Brigades to expand the Extension's educational efforts. They offer eight summer camps in Texas, but five other states cloned their example. The Texas Chapter of the Wildlife Society models its summer camp after the Texas Brigades, as well.

The state's leading wildlife and fisheries biologists and land managers voluntarily serve as instructors and mentors at the camps, developing long-term relationships with students. They strive to educate and empower youth with leadership skills in addition to knowledge in wildlife, fisheries and land stewardship. They hope the future generations become conservation ambassadors for a sustained natural resource legacy across Texas.

During the five-day North Texas Buckskin Brigade camp, Matthew and other students spent most of the day learning. Within two days, they'd memorized 60 different plants and gained more insight into deer than Matthew ever imagined knowing. He came home the first year understanding what deer and turkey can safely eat. All that he learned goes into practice at home. "I treat animals in the pasture as I would wildlife," he shared.

Matthew also enjoyed learning how all of nature intertwines, connecting multiple places through rain, birds, animals or most living things. He genuinely appreciated the opportunity to learn firsthand. Unlike many camps, they had no time to feel awkward in the beginning. Soon after arriving, they went into the field. "It's a very intense camp," he admitted.

INTERTWINING NATURE

— By Lisa Bell

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Those attending the camp are serious about wildlife conservation and preservation. Many, as Matthew, choose Texas Brigades because they want to study biology and improve habitats. Applying doesn't mean a student gets an automatic acceptance. Part of the application process includes writing two 250-word essays that must be completed by March 15, 2020, for this year's camps.

"The kids are disciplined, serious, not just there to play," Matthew's mother, Ann, said. "It was like picking up a different child that first year. He had more energy and confidence. He's always known what he wanted to do, but the camp inspired him to drive more toward his goal."

Paul, Matthew's dad, added, "They don't sleep much with 18 to 19 hours of contact each day. It's like getting an entire semester worth of material in five days."

Beyond the knowledge gained during the camps, students also develop leadership skills. The camp staff encourages them to become involved far beyond wildlife, taking leadership in local communities. Matthew and his family didn't anticipate him returning with those skills, but he did.

The second year, he went to camp on a scholarship as an assistant, utilizing his new confidence and further developing leadership skills. The friendships and mentoring continue influencing his young life. Matthew admits the time he spent at Buckskin Brigade Camp helped him better approach meeting new people, public speaking and life in general. He's more ready to provide leadership in the community.





At school, he serves as a field crew captain in band. Admittedly, he's less quiet than he used to be. "I'm not afraid to speak up and do something others won't do," he shared. Matthew also volunteers at church, playing with the worship band. "Texas Brigades gave me the confidence to do it. I have a drive to be more involved."

One of four children, Matthew likes spending time with his brother, Landon, playing sports for fun and going to Burleson Recreation Center. "We get along well," said Landon, who shares Matthews love for animals but not necessarily for biology. "I love my horse, Shiner. She acts like a dog."

His older brother is a Marine and his younger sister, Hazel, is a cheerleader. Ann said, "She holds her own with her brothers — every bit as much of an outdoors fan as any of them."

Competitive by nature, Matthew had a blast with scavenger hunts and other contests during the weeklong adventure. He admitted the groups of girls at camp were dangerous in competition.

With the newest of technologies introduced during the camps, Matthew has even more drive to follow his passion. He and his family recommend Texas Brigades for those serious about wildlife and conservation, but he doesn't discount the other skills he gained. Taking on leadership, he has the tools to implement ideas and move forward toward the job he wants to enjoy in the future. Because of his experience, biology helped him grow in many ways, not least in the confidence to be all he can. **NOW**

Editor's Note: For details about Texas Brigades, or to apply for a 2020 summer camp, visit www.texasbrigades.org.

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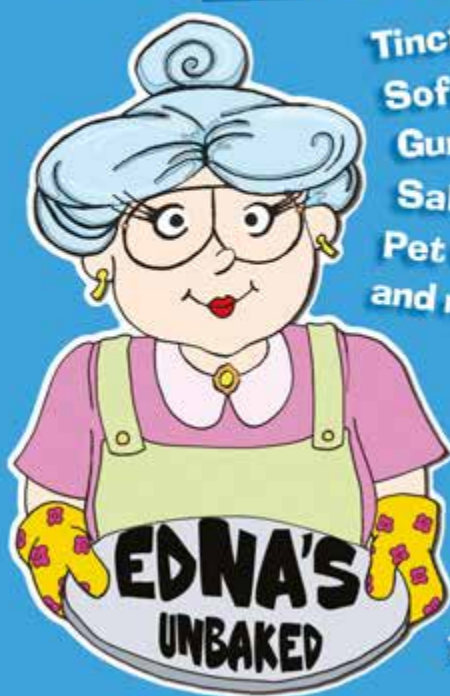
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A World For Children is the first foster/adoption child care placing agency in Burleson, training and licensing families to become foster parents and adoptive families for children to age 17. The nonprofit, headquartered in Round Rock, has been around on the state level for a couple of decades. The Burleson branch opened in March 2018.

Mary Grace is director of the Burleson offices, as well as branches in





LD

— By Rick Mauch

Dallas and Tyler. The Burleson branch serves as far north as Denton, south to Itasca, east to Arlington and west to Weatherford.

"We'd been serving families out of here for a long time through our Dallas office, but that's a long way to go," she said. "Since we opened here, our number of kids we help has increased. People Google 'Burleson foster care,' and we pop up."

Mary Grace has been with AWFC since June 2018, starting out as a case manager. She became regional director of the three North Texas branches in May 2019. As a case manager, she heard stories that brought tears to her eyes.

"I hope, eventually, I'm out of a job, and there aren't kids in foster care," she said. "But, realistically, that's a part of

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our world. I'm so glad I have the experience of case management to help me now."

Though she's now a director, Mary Grace continues to get involved in situations when needed. For example, often when there's a crisis, she'll go to a home, pull a child aside and talk to them.

"So many think they don't matter and nobody listens," she said. "It's easy for me to listen and show them I care. One of the hardest things to see is kids who want to change and be good, but they've never had anyone to set an example. You put them in the right environment, and they see it. Every child who's been in foster care has been through trauma. Research shows it alters the brain."

Longtime foster parent Cheryl Brown said, "We [she and her husband] foster because there are so many kids who need a good home. They need to know how to have structure and a good foundation, but mostly, they need to know that they matter, and that they are loved."

Foster parents and foster homes vary widely. For example, Janette Cook and her husband foster a primary medical needs home, often caring for medically fragile babies or children with special needs.

"I love being a part of the World For Children family. When people ask me how we can do it or say they wouldn't be able to foster, I tell them the same thing, 'If it doesn't break my heart a little to say goodbye, then I didn't do it





right,” Janette said. “Each of our children will forever be a part of our family. We volunteer daily to love these children. We volunteer to put our lives on hold, to stay by their side during illness, therapies, each small victory. We also volunteer to put our hearts on the line.”

Not all children are reunited with their biological parents. In those cases, the hope is a family member steps forward. If not, AWFC works with the state in a foster-to-adopt process.

Mary Grace reminds interested folks that they don’t have to be perfect to be a foster parent. Sure, there are requirements, such as being responsible financially and not having a criminal history — particularly one with violence — but you don’t have to be rich or never have had so much as a parking ticket, as many believe.

“It’s an easy process, but it’s long with a lot of steps,” she said. “Also, if you don’t foster, there are a lot of other ways to help. We need respite providers (overnight care), babysitters, help with our annual Christmas Party for Foster Families. There are several areas to help.”

As for herself, Mary Grace said she can’t imagine a scenario that would take her away from the work she loves, helping children. “It’s hard, emotionally, mentally, physically. I’m always on call,” she said. “But it makes it worth it when you see what we’re providing for these kids.” **NOW**

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Growing up, neither brother Dr. Scott Ballard nor Dr. David Ballard planned to become dentists. Younger brother David started out in nursing school and switched to dentistry after having a routine cleaning. David then urged Scott, who worked in retail at the time, to pursue dentistry, as well. “Both of us had more kids than any of the instructors,” Scott admitted.

Although they initially intended to open practices in other states before eventually having a practice together, when Dr.



Scott ended up in Saginaw, Texas, he encouraged Dr. David to join him. They began Ballard Family Dentistry in 2004.

Starting in Saginaw, they acquired property formerly owned by the Van Zandt family. K.M. Van Zandt was a Tarrant County founding father. The brothers wanted to preserve the historic homestead, so while they couldn’t build their practice in the actual home, they designed their office building after it. With each new location, they repeat the design, erecting their facilities as a way of saying, “We’re part of Texas, and we’re here to stay.”

In addition to the original location in Saginaw, the Ballard brothers have offices in Boyd, Northlake and for almost two years, in Burleson. They bought the Burleson practice when the former dentist retired. Both doctors are excited about the new Burleson office building, slated to open in February.

“Everyone’s needs are different,” Dr. Scott said. He went on to explain their No. 1 job as dentists is understanding what the patient is looking for, presenting options and then letting the patient decide.

Dr. David added, "We try to limit the number of trips people make. It's all about caring for your patient."

Caring is one thing Ballard Family Dentistry strives to do best, and it doesn't end with patients. The business supports local organizations, such as the Saginaw Community Link (food bank) and Sleep in Heavenly Peace of Johnson County, an organization that helps provide beds for children. Many of their employees have gotten involved, as well. They also make a point to take care of their team members, currently numbering about 100. "We've been very blessed and feel we should do that for others," the brothers agreed.

THEIR NO. 1 JOB AS DENTISTS IS UNDERSTANDING WHAT THE PATIENT IS LOOKING FOR.

Ballard Family Dentistry offers care for all ages, from children to senior citizens. Whether the need is comprehensive dental care, cosmetic, clear braces, restorative or more, they vow to provide options and leave the final decision to the patient. They also offer sedation dentistry, laser dentistry, root canals, emergency dental care and wisdom teeth extractions, even if it means having a specialist come to their office.

When choosing a dental care professional, the brothers advise that patients should be sure the dentist listens to what matters most to them. The dentist should provide pictures and X-rays to help answer questions and explain concerns or procedures, present available options, and then allow the patient to decide on the best treatment. Finally, they recommend following the advice of a dental hygienist to keep healthy teeth for as long as possible.

After becoming dentists, the brothers discovered their great-grandfather lived in New York in the early 1900s, where he, too, practiced dentistry. Items on display on their office walls reveal the pride they have for their family and local history, as well as in the way they do business while caring for their patients. **NOW**

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NEW LOCATION COMING THIS SPRING



Zoomed In: Tom Connors

By Lisa Bell

Almost 50 years ago, Tom Connors started painting. “I mostly paint landscapes and animals, especially horses and wildlife,” he said. Tom added teaching to his repertoire 16 years ago, encouraging other artists to pursue creating artwork based on what they enjoy. His role is to facilitate their improvement. “My students paint anything they want to conquer,” he shared. As an artist, he uses oils to create beautiful works of art, but he learned sticking with the subject that you love most results in the most satisfying pieces.



Amy and Reagan Clarkson of The Clarkson Premier Team take a fun picture at their annual Pie Day event.



Local artists take time to practice painting.



The Jonathan Cook Team at Keller Williams celebrates their Burleson Chamber of Commerce ribbon cutting.



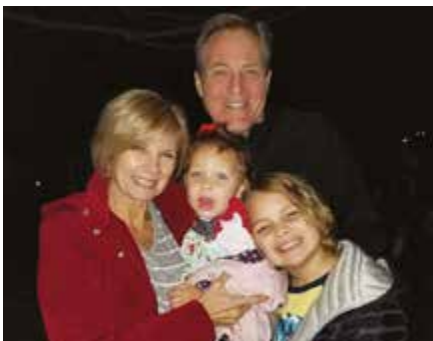
The Watson family enjoys hot chocolate after searching for the perfect Christmas tree.



Mackenna Leverett waits patiently while mom shops.



Bob Drapiza enjoys fishing on his day off.



The Sharman family enjoys the Christmas parade.



Lydia and Tobin Wong spend time in the library picking a movie.

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CookingNOW

In the Kitchen With

ERIN GILLIAM

— By Lisa Bell



Although Erin Gilliam spends her days as the cafe manager at Clinkscale Elementary, she isn't new to cooking. Growing up in the Texas Hill Country on a working farm and ranch that has been in her family since 1889, Erin helped in the kitchen as a child. "My great-great-grandparents were some of the original German settlers in Gillespie County. Growing up with my whole family eating every meal together influenced me to enjoy the home cooked, hearty, comfort food I still enjoy preparing for my family and friends," she shared.

Eating as a family remains an important tradition, but they also welcome friends. "Anyone is welcome at our table," she added. "Good food can make the worst day into the best day in just a few bites." **NOW**

Homemade Pancakes

1 stick butter (divided use)
3 cups self-rising flour
2 Tbsp. sugar
3 level tsp. baking powder
2 large eggs
1 tsp. vanilla
Pinch of salt
Whole milk, enough to reach preferred consistency
Maple syrup, to taste
Powdered sugar, to taste
Fresh fruit of your choice, to taste

1. Melt 1/2 stick butter, reserving remainder for cooking. Combine melted butter with the next 6 ingredients.
2. Whisk in milk until it is the consistency of heavy cream. If you prefer thicker pancakes, use less milk.
3. Heat griddle to medium-high heat. Melt a pat of butter; swirl butter on the griddle.
4. Using a ladle or measuring cup (your preference of size depending on how big you want your pancakes), pour batter onto hot griddle.
5. Flip pancake once large bubbles begin to form around the edges.

6. Add a pat of butter in between pancake batches to prevent the pancakes from sticking or the griddle from getting too dry.

7. Cook pancakes until golden brown on both sides. If your pancakes are browning too quickly, turn the heat down.

8. Serve with melted butter, maple syrup, powdered sugar and diced, fresh fruit of your choice.

Cinnamon Roll Breakfast Cake

Serves 12-16.

Batter:

3 cups flour
1/4 tsp. salt
1 cup sugar
4 tsp. baking powder
1 1/2 cups milk
2 eggs
2 tsp. vanilla
3/4 cup butter, melted

Topping:

1 cup butter, softened
1 cup brown sugar
2 Tbsp. flour
2 Tbsp. cinnamon

Glaze:

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

- 1. For batter:** In a large bowl, combine all ingredients, except the butter.
- 2.** Once mixed well, slowly pour in the butter; mix well. Pour batter into a greased 9x13-inch pan.
- 3. For topping:** Mix all ingredients together until well combined. Drop evenly over the batter; swirl with a butter knife.
- 4.** Bake in a preheated oven at 350 F for 45 minutes.
- 5. For glaze:** Whisk together all ingredients until smooth. While the cake is warm, drizzle the glaze over the cake.

Hash Brown Casserole

Serves 10-12.

16 oz. cream cheese
1/2 cup onion, finely chopped
3 cups cheddar cheese, grated
(divided use)
2 lbs. frozen hash brown potatoes,
thawed
1/2 cup butter, melted
1 10.5-oz. can cream of chicken soup
1 10.5-oz. can cream of mushroom soup
1 tsp. salt
1/2 tsp. black pepper
1/4 cup green onions, finely sliced
(green parts only)

- 1.** Preheat oven to 350 F. Grease a 9x13-inch casserole dish.
- 2.** In a large bowl, combine cream cheese, onion, 2 cups cheese and the next 6 ingredients. Mix well; spread out in the casserole dish.
- 3.** Bake for 45-55 minutes, or until brown on top and the cheese melts.
- 4.** In the last 5-7 minutes of baking, sprinkle remaining 1 cup of cheese on top; bake until melted. Sprinkle with green onions before serving.

Jalapeño Poppers

1 8-oz. pkg. cream cheese, softened
1 cup pork breakfast sausage, browned
and cooled
1 cup cheddar cheese
8-10 large, fresh jalapeños, halved
lengthwise, through the stem, seeded
and deveined
8-10 pieces thin-sliced bacon

- 1.** Combine cream cheese, breakfast sausage and cheese in a large bowl; mix well.
- 2.** Fill jalapeño halves with cream cheese



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Chicken
Georgianna

mixture. Wrap each jalapeño half in one slice of bacon, securing with toothpicks.

3. Bake at 350 F for 30 minutes, or until bacon is crispy.

Shrimp & Sausage With Grits

Serves 6-8.

Grits:

1 cup onion, chopped

1 1/2 tsp. minced garlic

2 tsp. butter

3 tsp. Frank's RedHot Sauce

1 cup heavy cream

1 cup chicken broth

3 Tbsp. Tony Chachere's, Slap Ya Mama, or Chupacabra Creole Seasoning

1/2 cup grits

3/4 cup Monterey Jack Cheese

Shrimp:

1 lb. hot Andouille sausage

1 tsp. butter

14-16 large shrimp, peeled and deveined

3/4 cup heavy cream

Frank's RedHot Sauce, to taste

Salt and pepper, to taste

1. For grits: Sauté onion and garlic in butter until soft.

Add hot sauce, cream and broth; bring to a simmer.

2. Whisk in seasoning and grits while simmering. Stir constantly until grits begin to thicken; turn heat down to low. Fold in cheese. Let sit for 10 minutes.

3. For shrimp mixture: Slice sausage; sauté in butter until browned. Add shrimp; cook over medium heat for 1-2 minutes.

4. Add cream and hot sauce; simmer until sauce thickens.

5. Season, to taste. Pour over grits.

Chicken Georgianna

Serves 4-6.

1/2 stick butter

1 1/2 cups sliced, fresh mushrooms

1 Tbsp. shallots, minced

Pinch of salt

1/4 tsp. black pepper

4 skinless, boneless chicken breast halves

1 cup mozzarella cheese, shredded

1. Melt butter over medium heat; add mushrooms and shallots. Sprinkle with salt and pepper; cook for 10 minutes.

2. Remove vegetables with a slotted spoon to a bowl; keep in a warmed oven.

3. Add chicken to the hot pan; cook for 10 minutes on each side, or until done (internal temperature of 165 F).

4. Transfer the chicken to a platter; sprinkle with cheese. Top with mushroom mixture; place back in the oven until cheese has melted.

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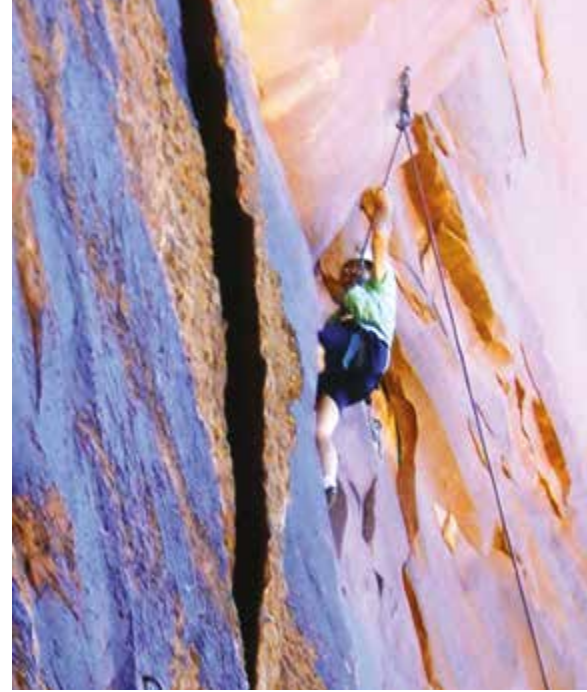
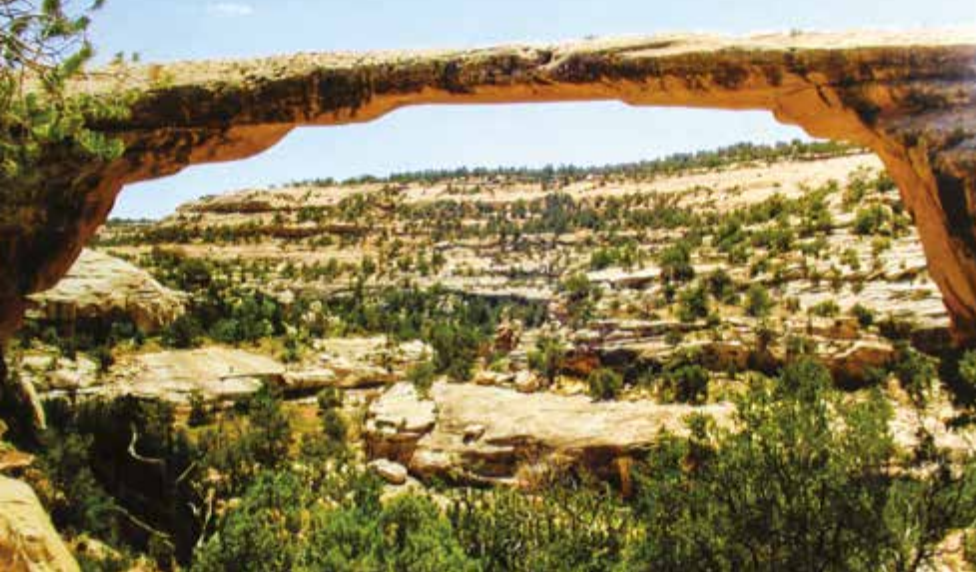
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TravelNOW Adventure Awaits

— By Virginia Riddle

What is *Hózhó*? As many adventure-seeking travelers to the Moab/Bluff, Utah, area learn, words don't do justice to this Navajo concept of balance and beauty. The ancient, vast wilderness of Native-American reservations and national parks envelopes visitors. Gone is the hustle and bustle of modern cities as time and space become redefined. Come, breathe deeply and embody Mother Nature's peace, balance and beauty, while hiking, mountain biking, rock climbing, rafting, camping, ballooning, kayaking, bouldering, canyoning, horseback riding, backpacking, stargazing, fishing, golfing, skydiving, bird watching, ATVing or visiting ancient sites.

Travel from the east to Bluff takes folks to the Four Corners, the only place in the U.S. where one can lie down in four states at one time — Arizona, Colorado, New Mexico and Utah! Be respectful of the posted Native-American reservations' laws while traveling through the many scenic miles of open-range grazing on the area Apache, Navajo and Ute reservations. Traveling on the Trail of the

Ancients Scenic Byway brings visitors to Canyons of the Ancients National Monument, Mesa Verde National Park and Hovenweep National Monument. Each location preserves prehistoric native cultures, particularly the Anasazi, interspersed with interpretations of the area's pioneering heritage. More than 6,355 recorded sites in the Canyons of the Ancients give visitors the "highest known archaeological site density in the U.S." Visit ruins of prehistoric to 12th-century archaeological sites and take advantage of free, guided talks and interpretive programs available at the visitor centers and museums of each site.

A listing in *1,000 Places to See Before You Die* brings folks to otherwise relatively unknown Bluff, located 100 miles almost due south of better-known Moab. The ancients first settled the area around 650 A.D., and Mormon pioneers founded the town of just over 300 residents in 1880, earning its listing on the National Register of Historic Places.

Adventurers take advantage of outdoor sports and photographic opportunities on the San Juan River, or at nearby Grand Staircase-Escalante National Monument and the Glen Canyon National Recreation Area located west of town. Within an hour's drive in any direction, there are three state parks, Natural Bridges National Monument and the Blue Mountains, home to Manti-La Sal National Forest with lakes and spectacular views.

After busy days spent sporting with one of several guide services, dine and lodge at locally owned restaurants, lodges, cabins, Bureau of Land Management campgrounds or RV parks. Hot tubs and pools are always a welcome way to end the day and meet fellow adventurers from all over the world, while soothing aching muscles and enjoying an "off-the-grid" experience.

Continue northward to Moab, touted as the "Adventure Capital of the United States," famous for its Arches National Park, containing more than 500 natural stone arches sculpted by water, ice, underground salt movement and extreme temperatures. The often snow-capped La Sal Mountains serve as a backdrop to the different shades of red, brown and sand arches. Adventures and photographic moments lie within nearby Canyonlands National Park with its many canyons and buttes formed by the Colorado and Green rivers. This vast park is divided into four ecological districts — Island in the Sky, The Needles, The Maze and the Colorado River and tributaries. All share a desert climate, so stay hydrated when venturing into this wilderness backcountry.

Professional guides, equipment rentals and park services abound, but if going solo, follow all park rules. Moab offers museums and many restaurants and lodging choices, including some national chains. A sunrise or sunset walk in Arches National Park is a must, as is a soak in a hot tub or swimming pool during evenings.

The Moab area was long used by Ute Indians. While the French and Spanish explorers and later prospectors came to the area, it wasn't until the Mormons arrived in 1878 that there was a permanent settlement. Enjoy more beauty by taking the Old Spanish Trail that once linked Santa Fe, New Mexico, to Los Angeles, California, homeward until a dose of *Hózhó* necessitates a return visit. **NOW**

Photos by Virginia Riddle, LLC.



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Elf hats were found on pages 4, 19, 21, 23, 31, 33

December winners are:

- Kitty Owens - \$100 Visa Gift Card from NOW Magazines
- Jamie Bond - Oral B Toothbrush & Teeth Whitening from Ballard Family Dentistry
- Melissa Lagow - Winter Reading Basket, composed of books written by local authors, Courtesy of Local Authors Lisa Bell, Angela Gutwein and Pat Haley



SCAVENGER HUNT WINNERS!



Susan Irwin, winner of the \$100 Visa Gift Card from NOW Magazines, said, "I'll be buying my husband's Christmas present with the gift card! The scavenger hunt is a lot of fun."



Katie Havens, winner of the \$50 Our Place Gift Card & Farmer's Insurance Swag from Farmers Insurance - Sara King, said, "The King Agency team was so kind. Thank you for the wonderful gift card."



Ray Gamez, winner of the \$50 Spokes Bicycles & Service Gift Card from Spokes Bicycles & Service, said, "Thank you Spokes for the gift card. My wife is planning to get her bike tuned up."

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By 12 months:

- Use "p," "b," "m" when babbling: papa, baba, mama
- Follow simple directions (come, give me, sit down)
- Have a vocabulary of one to three words

By 2 years:

- Say at least 50 words
- Put 2 words together: "more apple", "no bed"
- Point to body parts when asked

By 4 years:

- Understood by 90% of people
- Answer simple wh- questions
- Use pronouns: I, you, me



By 3 years:

- Have at least 200 words
- Uses 2-3 word phrases
- Follow 2-part directions: "Get the spoon and put it on the table."



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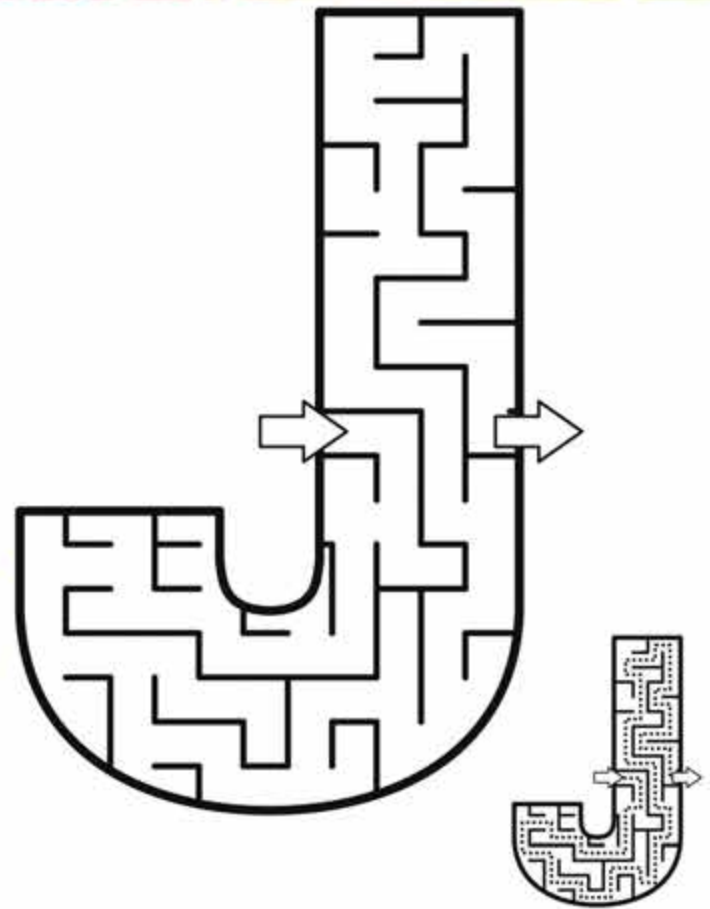
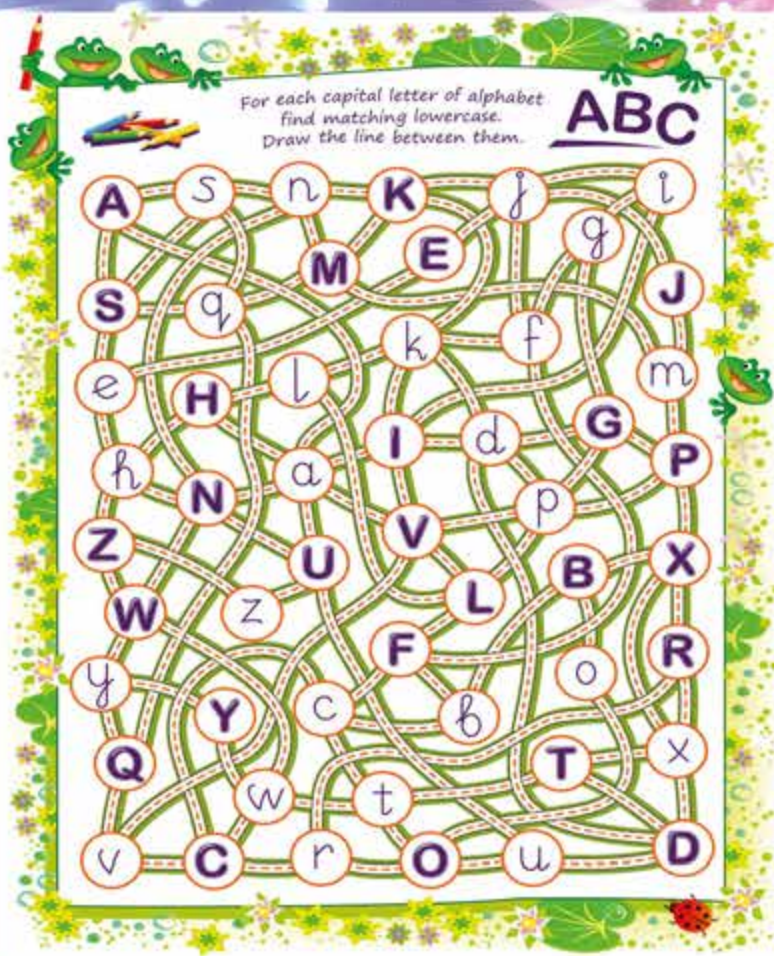
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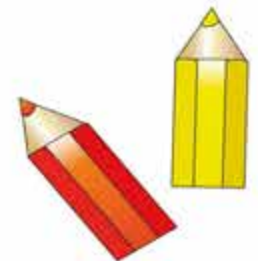


Kids' Fun Page



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

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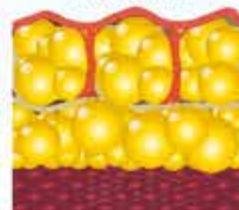
hCG is the Game Changer

Prevents the "Starvation Response"
+
Mobilizes fat stores to fuel the body

NORMAL



CELLULITE



PHASE 1

- High calorie + high fat intake
- 2 - 3 days while taking hCG

PHASE 2

- Strict calorie intake
- Lean protein - ie. fish, chicken
- First 5 - 10 days: most powerful

PHASE 3

- Calorie intake normalized
- Starts around 43 - 60 days
- Called the "Maintenance Phase"



Lost 45 lbs.
In 2 months



Lost 51 lbs.
In 6 months



Lost 25 lbs.
In 3 months

What to Expect

Lose 1/2 to 1 lb per day
Decreased hunger
Increased metabolism
Body contouring
Decrease in stored fat

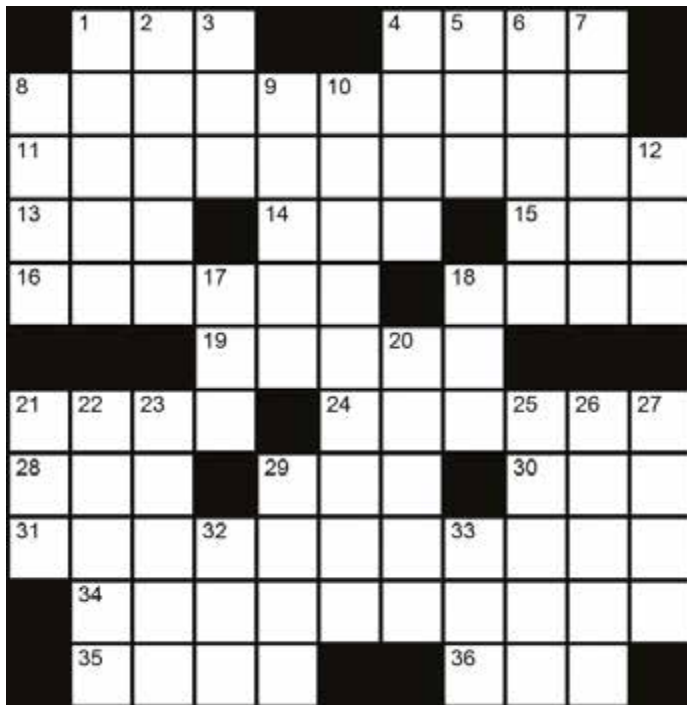
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Crossword Puzzle



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Across

- 1 Angel dust
- 4 Adds
- 8 Citizen of Santa Ana
- 11 Due to
- 13 Morning drops
- 14 Anoint
- 15 Madhouse
- 16 Classify
- 18 Priestly cloak
- 19 "I haven't seen you in ---"
- 21 Leading light?
- 24 Doghouse sounds
- 28 Gas station abbr.
- 29 Small cell
- 30 Exclamation of surprise
- 31 Like some university staffers
- 34 Mapped out
- 35 Inner being
- 36 Narrow beam of light

Down

- 1 Window divisions
- 2 Talons
- 3 Pipe plastic
- 4 One ferried by Charon
- 5 Vase
- 6 Unleavened bread
- 7 Pry
- 8 Pop
- 9 Squash variety
- 10 "Encore!"
- 12 Enemy
- 17 Scull
- 18 Suit with an MBA, maybe
- 20 Rate
- 21 Title for a distinguished Indian
- 22 Is inclined
- 23 Give consent
- 25 "We --- touchdown!"
- 26 Tyne Daly TV role
- 27 Storage shelter
- 29 "Like that would happen!"
- 32 90-degree fitting
- 33 Spike

Solutions on page 44

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Sudoku Puzzle

Easy

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

Medium


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

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Crosswordsite.com Ltd

Solutions on page 44

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HAPPY New Year

January

1/4

The Great Giveback:

The BRiCK and Burleson Public Library are teaming up for the BMAs, a special focus on community involvement, service and giving back. Learn about volunteer opportunities and ways to get involved and start your new year off healthy, with a motivated and positive mindset.

9:00 a.m.-noon, BRiCK,
550 NW Summercrest Blvd.
(817) 426-9106,
www.burlesontx.com/1915/Burleson-Recreation-Center.

1/7

Teen Movie Day:

We bring you all the big blockbusters, as well as classics you may have missed, free of charge. Popcorn and drinks provided. Ages 10 to 16 only. 4:00-6:00 p.m., Burleson Public Library. www.burlesontx.com/1541/After-School-Programs.

1/8

Mommy & Me Book Club:

Eventbrite ticket required. Specifically for moms of young kids to get together and discuss a book while their child attends a fun story time event nearby. Reading *The Last House* Guest by Megan Miranda. 5:00-6:30 p.m., Grumps Burgers in Old Town. Becky Propp, rpropp@burlesonlibrary.com or www.burlesontx.com/calendar.

1/10

Friday Night Dance:

Dance the night away with music from a live band. Participants are encouraged to bring a finger-food snack. 7:00-9:30 p.m., Senior Activity Center, 216 SW Johnson Blvd.

1/13

Retired School

Employees Association:

Meet, greet and eat. Susan Crummel, author of several children's books, joins us for a delightful program. 1:30 p.m., Burleson Senior Center, 216 SW Johnson Blvd. Linda Henderson, (817) 996-5261.

1/16

State of the City:

Presented by Mayor Ken Shetter, Burleson Chamber of Commerce hosts this event where the public can learn about all the exciting things happening in the city. Purchase tickets from the Burleson Chamber of Commerce. 11:30 a.m.-1:00 p.m., First Baptist Church of Burleson, 317 W. Ellison St. (817) 295-6121.

1/29

Burleson CityFest:

Engage with city officials and city departments. Learn what the city has accomplished in the past year and its plans for the upcoming year. Kids' activities

including bounce houses, face painting, games and more. Free. 4:30-7:30 p.m., BRiCK, 550 NW Summercrest Blvd. (817) 426-9622.

2/8

Father/Daughter & Mother/Son Valentine Dance:

A wonderful evening for you and your pride and joy. Dinner, dancing, games and memories that last forever. Corsages and pictures provided with ticket price. Pre-event tickets available beginning **January 7** for \$16 per couple. \$25 per couple at the door. 4:00-6:30 p.m. or 6:30-9:00 p.m., BRiCK, 550 NW Summercrest Blvd. (817) 426-9106.

Mondays

Burleson

Toastmasters Club:

Participants focus on public speaking and improved verbal communication. Visitors can simply observe if they wish. 6:30 p.m., Burleson Chamber of Commerce Bldg. (south entrance), 1044 SW Wilshire Blvd. Contact (817) 919-3243 for more information.

First Tuesdays

Ask a Coach:

Do you have a problem in your life or business that you know must have a solution, but you

just can't find it? Bring your problems and get help from a Certified Professional Coach, at no charge. 6:30-8:00 p.m., Burleson Public Library, 248 SW Johnson Ave. Contact (817) 426-9211 for details.

Third Tuesdays

Heart & Soul Writers:

A Christian writers group designed to encourage and support each other in their works. 7:00-9:00 p.m., Alsbury Baptist Church, 500 NE Alsbury Blvd. Contact lisabell@bylisabell.com or (817) 269-9066.

**Second
Wednesdays**

Writers Anonymous

Support and Education:

Free support group for writers, students and businesses that long for realistic but constructive feedback or education. Includes fiction, nonfiction, technical, blog — you name it. 6:00-8:00 p.m., Burleson Public Library, 248 SW Johnson Ave. Contact (817) 426-9211.

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Crossword - Sudoku Solutions

1	P	C	P			4	S	U	M	S	
8	S	A	L	V	A	D	O	R	A	N	
11	O	N	A	C	C	O	U	N	T	O	12
13	D	E	W			14	O	I	L		15
16	A	S	S	O	R	T			18	C	O
						19	A	N	A	G	E
21	S	T	A	R		24	G	R	O	W	L
26	R	E	G			29	A	A	A		30
31	I	N	R	E	S	I	D	E	N	C	E
			34	D	E	L	I	N	E	A	T
35	S	E	L	F					36	R	A

Easy

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

Medium

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



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