

JANUARY 2021

Dancing With Growity

Seven-time X Games Medalist, Matt Buyten, defies the laws of nature

Lover of Liberty

José Antonio Navarro helped give birth to modern-day Texas

In the Kitchen With Sara Brooks

Also inside: Scavenger Hunt Crossword/Sudoku Featured Business: Golden Legacy Wellness

THO



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Megan L., Burleson, TX

After having my third child, I really struggled to lose the extra weight I put on during pregnancy. Then I watched a relative lose weight at Diet Solution Centers and decided to give it a try. I am so glad I did! The ladies at DSC are so nice and helpful. It's been amazing to watch the pounds disappear. Most importantly, I feel healthy and have plenty of energy to keep up with my kids. I would highly recommend DSC to anyone who has weight to lose.

> Megan L. went from size 14 to size 6.*

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DANCING WITH GRAVITY

After competition years, Matt Buyten teaches safety lessons he learned the hard way.

12 LOVER OF LIBERTY

This merchant, rancher and politician was tried for treason.



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EDITORIAL

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ON THE COVER

The thrill of performance remains for Matt Buyten.

Photo by SRC Photography.

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 POST-MENOPAUSAL LOST 26 POUNDS HIT WEIGHT LOSS Lost 37 pounds IN 2 MONTHS **GOAL & EXCEEDED IT!** . A1C WAY DOWN! "ENERGY IS WAY UP!" SINCE 2016, OFF 3 BLOOD MIND IS CLEARER HAS MAINTAINED PRESSURE MEDS! HYPOTHYROIDISM WEIGHT LOSS SLEEPING BETTER HAS IMPROVED - Jan Clark ENERGY WAY UP! Amber Chacko - Bill Wilson LOST 50 POUNDS IN 6 MONTHS. IN 3 MONTHS LOST 58 POUNDS "LOOKS AND ENERGY WAY UP! FEELS GREAT" DROPPED A1C BY OFF MULTIPLE 2.2 POINTS MOTHER OF 8 & MEDICATIONS GOT OFF METFORMIN **10 YEAR OLD BOYS** COMPLETELY MORE ACTIVE FINALLY BACK TO REDUCED WAIST WITH HIS KIDS! METABOLISM OF SIZE BY 8 INCHES Wes Adair HER 20'S! **Ricki Ingalls** Nikki Hopps LOST 70+ POUNDS LOST 20+ POUNDS LOST 50+ POUNDS NO MORE KNEE PAIN IBS IS GONE! THANKFUL FOR NO LONGER OFF 5 MEDICATIONS! 1-ON-1 SUPPORT SELF-CONSCIOUS LOWERED 2 MORE MEDS! ENERGY GREATLY . CAN NOW HIKE, GO • ENERGY IS WAY UP! IMPROVED **UP & DOWN STAIRS** - Elizabeth Steadman NOW IN CONTROL AND SWIM OF HER WEIGHT LOSS Mike Mabry Cecilia LeBoeuf

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LEADERS IN INTEGRATIVE MEDICINE Jordan Pastorek, M.D. | M. Brandon Pettke, D.C. | LeAmy Seabert, FNP-C



isa

Lisa Bell BurlesonNOW Editor lisa.bell@nowmagazines.com (817) 269-9066

EDITOR'S NOTE

Welcome 2021!

I love the way January tends to bring a slower pace with it. We make it through the holidays, sometimes rushed by everything, to a calmer time. I hope you enjoyed Thanksgiving and Christmas. If we gained anything from the trials of 2020, perhaps it included more family time and slower paces anyway. But have you noticed? People don't schedule a lot this month. Maybe everyone's energy left the building, or perhaps we don't want to risk planning an event that gets snowed or iced out. It could happen.

After 2020, I think most of us welcome a New Year with hope that a change of the calendar brings with it something better. Realistically, much of what we make of 2021 depends on us. Granted, we have no control over weather, which can get nasty this month. Nor can we stop viruses — normal ones or unexpected pandemics. Last year taught us that. But we choose our reactions to all the curveballs thrown hard enough to knock us senseless.

What better time than now to sit down and review what we did last year and what we want to accomplish this year? Without a vision, people perish. And our vision comes from dreams fueled by goals. In the grand scheme of life, perhaps we follow one of the worst years with our best ever. I can't think of a better way to defeat anything that messed with your plans in 2020. So, welcome to new opportunities.

Happy New Year!

Happy New Year

As the calendar turns the page, we wish you the very best in the year ahead.



Lynn H Bates Jr, AAMS® Financial Advisor

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MAKING SENSE OF INVESTING



"The college has had good enrollment and employers are still reaching out to me needing trained welders. So not only are we coping, I think we're going to come out even stronger."

> - Brian B. Hill College Welding Instructor

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Every day the human body performs countless miracles to keep us going. Even more miraculous is the way our community has pulled together to keep each other going.

We have faced many new things this year and are grateful for every community leader, team member and neighbor who has risen to the occasion during these challenging times. Let's keep taking care of each other.

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A hush falls across the audience as Matt Buyten launches his motorcycle over 46 feet in the air, clears a bar and lands safely on the ground. At other times, those watching hold their breaths as the motorcyclist rides up a ramp, flips mid-air and lands on another ramp. The death-defying dance with gravity creates terror and amazement at the same moment. And Matt loves every second.

Many young men grow up trying tricks on their bicycles, while their mothers either don't watch or hold their breaths. Born in Nevada, Matt spent time in the desert building and riding BMX bikes, trying all kinds of tricks. Eventually, he moved to dirt bikes and fun jumping in motocross. "You can get hurt walking down the street, so why not flip a dirt bike?" he quipped. And at 17, he brought tricks over from BMX to do exactly that. Becoming part of ESPN's *X-Games* happened purely by accident.

In 1997, freestyle motocross developed as a sport, and Matt enjoyed competing. "We watched videos and tried doing the same thing," he said. Without coaches or trainers, he learned through trial and error. Although he worked in construction, he always believed something bigger waited in his future.



In 2002, Marc Burnett went on tour, and Matt had the opportunity to join him. During the tour, Matt continued working on skills, performing freestyle and improving in step-up high jump. "That's like pole-vaulting on a motorcycle," he explained. The highest he cleared measured 46 feet, 6 inches. While in Reno, *X-Games*, the show known for extreme sports, held qualifying runs. Invited to ride, he jumped at the chance.

"I'm still amazed," Matt said. "Doing it by accident, even sweeter. They kept inviting — I kept winning." During 13 years of competition on the show, he won 12 medals, seven of them gold.

In 2014, he met his wife, Krystal, who grew up in Godley riding four-wheelers and street bikes. Although she doesn't do tricks, she enjoys hopping on dirt bikes with Matt when not working as a flight attendant. His success in competitions led to



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demonstrations and shows all over the world. "We've golfed in Egypt. We've been to some amazing places and some sketchy places around the world, and we enjoy the travel," Matt shared.

When possible, Krystal joins him for shows and demos. "If it's dangerous, he likes it," she said. "I let him be who he wants to be." It helps that she grew up riding and understands the sport, the adrenaline and freedom from feeling the wind in your face. Besides, he lets her enjoy a passion for traveling.

Motorcycling gives him the opportunity to travel while encouraging kids to ride or accomplish anything in life. He enjoys inspiring them, signing autographs and having conversations. As with any sport, Matt pointed out that competitors know "how gnarly it is," creating an immediate bond and brotherhood. Still, he admitted it's been nice retiring from competition and simply having fun with riding.

Nevertheless, Matt's success didn't come without a price. Over 40 broken bones and at least 15 concussions, along with lots of sprains, created a hefty medical record. It also makes him want to train inexperienced riders, so they learn without as many injuries. "Gravity comes into play," he said. "But like many sports, it teaches discipline." Over the years, Matt learned to maintain his bike well, and with success, he also learned the art of negotiations and traveling the world — all skills that transfer to areas beyond sports. During the last three years, Matt tried to retire, but he keeps coming back for shows and demos. At 40, passion for the sport drives him to keep doing breathtaking stunts. In the future, he wants to train kids, starting with basic riding and safety, to learn the dos and don'ts before they experience riding. While BMX presents a great starting place to gain confidence and learn, he strongly suggests that serious riders take on a trainer. "Don't get too confident. It'll bite you," he warned.

Matt encourages those who want to ride competitively. He recalls more positives than negatives over the past 20 years. Without his motorcycle, Matt wouldn't have had chances to tour the world and meet interesting people. He sometimes wishes he had training, instead of learning everything the hard way, but no other regrets. After his last competition in 2016, Matt said, "I could tell my time was up for competing." The passion and love for performing remain. "It gets wild. That's why I love it."



Five years ago, Krystal and Matt came back to Burleson. "I love the Texas ways," he admitted. "I picked up, 'Yes, ma'am,' 'Yes, sir,' and bass fishing." They both love being in Burleson near her family. But they also love the community and the respectfulness of people here. As he continues dancing with gravity, Matt enjoys settling down a bit and perhaps a little less defiance of the laws of nature — or not. **NOW**

Editor's Note: Check out Matt Buyten on YouTube to see live competitions.

For upcoming admission events

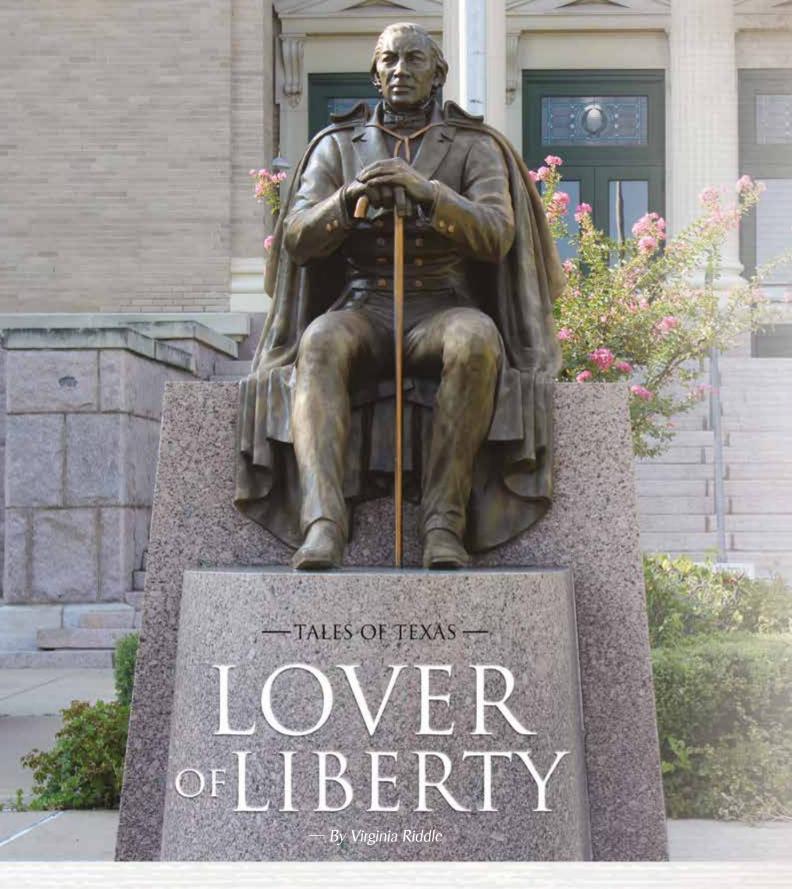
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Southwest Christian School



José Antonio Navarro's life and contributions to the birth of Texas are reflected on his historical marker erected in 1936 as part of the celebration of the 100-year anniversary of Texas independence from Mexico. Born in 1795, José Antonio saw his native land through much turmoil, war and change.



José Antonio's journey into Texas history began with his father, Don Ángel Navarro's (1748-1808) decision to leave his native Isle of Corsica to journey as a cabin boy aboard a Spanish galleon to Veracruz, Mexico. He became a successful merchant and married Maria Joséfa Ruiz, an aristocrat and native of San Antonio. He made his family's home in Texas for the remainder of his life. Don Ángel believed in truth, honor and freedom and passed those beliefs to his son, José Antonio.

A Mexican army unit led by a Spanish general, Joaquin de Arredondo, entered San Antonio in 1813. Jose Antonio's older brother, Jose Ángel Navarro, was a lieutenant in the infantry at the time. These lands had been claimed by the French, Spanish, United States and various Native American peoples. When Jose Ángel refused to carry out orders against these occupying persons, and it became clear that the family supported Mexican independence, he was relieved of his command and fled for his life to the interior of Mexico.

José Antonio was educated in Mexico but had left school at age 13 to help support his family in San Antonio following his father's death. When José Ángel was relieved of his command, the rest of the family had to flee as well. Maria took the minor children with her, and José Antonio, who was 18 at the time, went to Louisiana. Three years later, he returned to find his mother and siblings nearly destitute, so he went to work to support the family. Mostly self-educated, he became successful as a merchant, rancher and land investor. In 1825, he married Margarita de la Garza y Flores, a native of San Antonio. The couple would have seven children.

GET THE GOOD STUFF BOTH BASIL PLANTS BELOW WERE PLANTED FROM SEEDS ON THE SAME DAY.







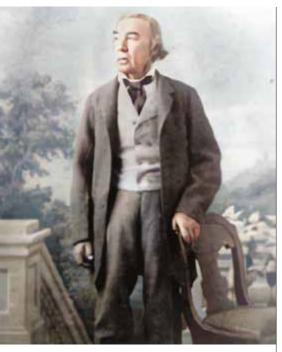
In 1828, José Antonio's political career began when he was appointed representative of Bexar and the State of Coahuila by Mexico and to the federal congress in Mexico City. He purchased a ranch near San Antonio and moved his family there, while also being elected as that area's representative to the Congress of Texas. José Antonio was elected in 1833 as senator by the State of Coahuila's Junto Electoral. He supported Texas statehood, so by 1835, José Antonio declined serving further in Mexican political offices.

The following year, José Antonio was elected to represent Bexar District at the Washington-on-the-Brazos convention. He became the seventh signer of the Texas Declaration of Independence. José Antonio was one of three Mexican signers, and one of two native-born Texas signers.

DON ÁNGEL BELIEVED IN TRUTH, HONOR AND FREEDOM AND PASSED THOSE BELIEFS TO HIS SON, JOSÉ ANTONIO.

Mirabeau Bonaparte Lamar, president of the Republic of Texas, appointed José Antonio as commissioner of the Santa Fe Expedition, which was undertaken in 1841. While José Antonio didn't favor the annexing of Eastern New Mexico into the new republic, as planned by President Lamar, he was persuaded to go. Mexican officials took the expedition's members captive and marched them over 2,000 miles to Mexico City. Many of the captives didn't survive.

Upon arrival, José Antonio was interrogated and offered freedom and a return to government service if he would renounce allegiance to the Republic of Texas. He chose not to and was convicted of treason and sentenced to death. His sentence was commuted to life imprisonment. José Antonio endured Mexican dungeons for four years, until he escaped and boarded a ship from Veracruz, Mexico, to Cuba. From Cuba, he sailed to New Orleans, and then to Galveston. He returned to his ranch in



1845 and was welcomed as a hero. He was the only Tejano delegate to the 1845 Constitution Convention and was twice elected to the state senate. In retirement, José Antonio became a historical and political writer and newspaper contributor.

Respect for José Antonio Navarro's patriotism and leadership, granted to Texas in its formative years, has led to the naming of Navarro County and several schools and streets in his honor and memory. The city of Corsicana, Texas, was named by José Antonio in honor of his father's homeland. In 1871, he died at his San Antonio home, now Casa Navarro State Historic Site.

Sources:

I. www.tshaonline.org.

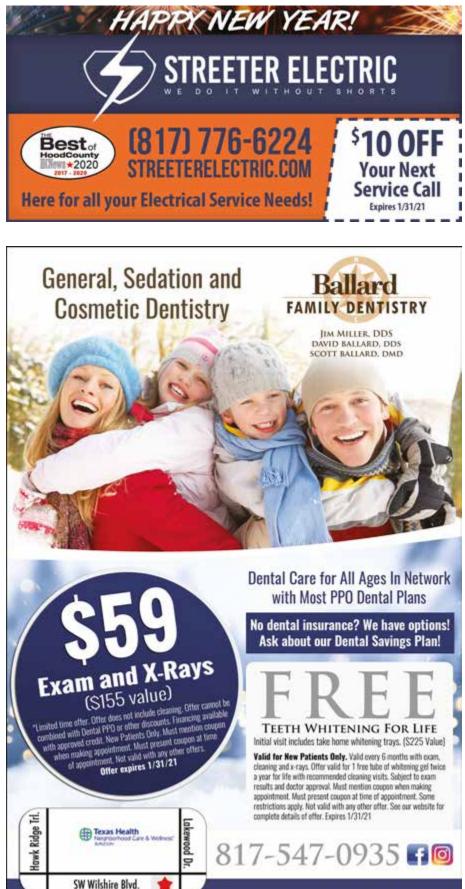
2. Navarro County History, V. 2, pg. 9, 1978, The Navarro County Historical Society, Taylor Publishing Company, Dallas, TX.

3. www.thc.texas.gov/historic-sites/ casa-navarro.

4. Various documents in the holdings of the genealogy department of the Corsicana Public Library.

Photo Credit:

Original, old photo of José Antonio Navarro courtesy of the Navarro County Historical Society file. Photo of José Antonio Navarro's statue on the Navarro County Courthouse grounds courtesy of Virginia Riddle, LLC.



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Jason Taylor, owner of Golden Legacy Wellness, moved from Wisconsin to Texas in August 2019 when his wife got a job in Burleson. "I feel that Texas saying, 'I wasn't born here, but I got here as soon as I could," he said. "My wife, four girls and I love Texas." Formerly a college administrator, Jason's wife used to ask what he wanted to do forever. "I didn't have an answer," he admitted. "But I knew it wasn't what I was doing."



Several years ago, Jason researched CBD for his mother, who suffered a great deal of hip pain prior to surgery. Because she saw radical improvement, he researched more, and Golden Legacy Wellness came to life.

The business offers products made with broad spectrum, THC-free CBD. That means the tinctures, salves, gummies and soft-gels they sell have no THC, not even the 0.3 percent allowed by law. "THC is the part of hemp that causes the 'high' feeling," he explained. "Although legal, people concerned with random drug tests at work or for other reasons prefer the broad spectrum instead of full spectrum."

Beyond the products, Jason focuses on educating customers. Their website contains informational blogs anyone can read. "The customer service element is most important. I truly want to help people," he shared. They also provide free shipping, and for local orders, free delivery, if requested. "With COVID-19, we know many people don't want to go out. And if they want product faster, if ordered by noon, we can normally deliver it the same day," he said.

Jason enjoys interacting with people and strives to answer questions, no matter how much someone asks. Golden Legacy Wellness prides itself on core values of integrity, transparency and putting customers first. While they aim to provide relief from chronic pain, lack of quality sleep, stress and anxiety, Jason pointed out, "CBD is not magic." He added that some people see an almost immediate response, while others take longer to see improvement. And because not everyone gets the same results from using CBD products, they offer a 30-day moneyback guarantee.

"THE CUSTOMER SERVICE ELEMENT IS MOST IMPORTANT. I TRULY WANT TO HELP PEOPLE."

Although Golden Legacy Wellness isn't the least expensive in the industry, they offer competitive pricing in the midrange of most CBD products. Backed by third-party testing, they sell with confidence in the quality and contents of their products. "What do you have to lose?" he questioned. "Not super expensive and with the guarantee, you really have nothing to lose. Try it, and see how your body reacts."

Like any medication or supplement, Jason recommends starting small and remaining consistent. Body chemistry reacts differently in every person, so he suggests giving it a chance to build in your system before deciding it doesn't work.

As a small, newer business, they have not yet reached the point to give back to the community financially. But Jason looks forward to the time when the business grows enough to support local organizations.

Most likely, CBD will become FDA regulated in the future. That doesn't concern Golden Legacy Wellness. Because of their stringent guidelines now, they feel confident in the ability to meet or exceed standards from the government. Be sure to check this month's ad for a discount off your first order.





Zoomed In: Bridgette Salyer

By Lisa Bell

Volunteer Bridgette Salyer shares affection with the adoptable horse named Pumpkin, which is exactly what this beautiful bay-colored mare adores. "We love her," Bridgette said. "Although she can't be ridden, Pumpkin makes a wonderful companion horse." The Humane Society of North Texas, widely known for taking in dogs and cats, also offers horses and other livestock for adoption. Receiving animals of all types for different reasons, they want to match a new owner to the perfect pet. Pumpkin is one of many horses who currently need a loving home, and Bridgette hopes she finds one with someone able to give and receive lots of love.

Around Town



Rachel learns chess in a big way from her father, Michael Sweatt.



The Amador family uses Mayor Vera Calvin Park as a perfect Christmas backdrop.



Texas Tradition Chorus entertains during Night of Lights at Russell Farm.



The Lehew family creates Christmas memories.

NOW



Gabrina Soliz enjoys the view from the new Burleson Chamber of Commerce location.



The dedicated team sets up for Coffee Talk Women's Ministry.



Burleson Library hosts a virtual evening with Dustin Pari, presenting Lessons from A Christmas Carol.



Amy Wooten leads Stroller Strides at Mayor Vera Calvin Plaza.





Sara Brooks works in Burleson and has two passions — cooking and photography. "People love my apple pie and chicken tortilla soup," she said. "My family begs me to cook for them sometimes." But they don't need to beg too hard. She thoroughly enjoys her time in the kitchen. No matter the season, Sara relishes making foods that go well with any weather or occasion.

A young cancer survivor, Sara holds down a retail job and also works as a professional photographer, building an independent business. Often, she takes photos of dishes she prepares and shares them on social media. But her true joy comes from making and sharing food with those she loves most — her family and friends. Now

Chicken Tortilla Soup

- 2 cloves garlic, minced
- l onion, chopped
- 2 Tbsp. oil
- 6 cups chicken broth
- 5-6 chicken thighs
- 1 15-oz. can black beans, drained and rinsed
- 1 10-oz. can Ro-Tel Fire Roasted Tomatoes

1 15.25-oz. can corn, drained 1/2 cup fresh cilantro, chopped 2 limes Shredded cheese of choice, to taste

I bag tortilla chips (I use strips.) Avocado, for garnish (optional)

I. In a large pot, sauté the garlic and onions in the oil over medium heat until the onions are transparent and the garlic is golden brown.

2. Raise the heat; pour in the broth. Cook until hot; add the chicken. Boil for approximately 10-15 minutes, or until the meat pulls apart easily.

3. Reduce heat; remove the chicken from the broth. Let cool. Add the canned vegetables to the broth; simmer.

4. Pull the chicken apart in small chunks and shreds; return it to the pot as you work. Cook a little longer, until fully cooked.

5. Chop the cilantro; add it to the pot. Simmer for another 10-15 minutes. Halve the limes; squeeze the juice into the pot.

6. Serve with cheese, tortilla strips and avocado, if desired. Enjoy!

Meat Loaf Patties

- 1 16-oz. can sloppy joe sauce (divided use)
- 2 lbs. ground beef or meat of your choice
- 1 cup breadcrumbs
- 2 eggs, beaten
- 1 Tbsp. dried, minced onion

 Preheat oven to 375 F; grease a baking sheet.
 In a large bowl, combine half of the sloppy joe sauce with all other ingredients.
 Shape the mixture into 8 1-inch-thick, oblong patties.

3. Brush remaining sauce onto the patties; bake for 20 minutes, or until the meat is no longer pink in the middle.

4. Reserve half for the Layered Noodle Bake recipe, if desired.

Layered Noodle Bake

- 1 24-oz. jar spaghetti sauce of your choice (divided use)
- 1 12-oz. pkg. extra-wide noodles, cooked (divided use)
- **4 Meat Loaf Patties**
- I pt. Ricotta cheese (optional)
- I lb. mozzarella cheese, shredded (divided use)

I. Preheat the oven to 350 F. Spread a thin layer of spaghetti sauce over the bottom of a 13x9-inch baking dish; arrange half of the noodles over the sauce.

2. Cover the noodles with half of the remaining sauce, meat, Ricotta and half of the mozzarella. Repeat with remaining noodles, sauce and mozzarella.

3. Bake, uncovered, for 25 minutes, or until heated through.

Homemade Piecrust

Makes 2 crusts.

2 cups all-purpose flour
Pinch salt
I tsp. granulated sugar
2 sticks unsalted butter, cold
4 Tbsp. ice water
2 egg yolks

I. Sift the dry ingredients together in a bowl. Dice the butter into 1-inch cubes; add to the flour mixture.

 Crush the butter with your fingertips until well coated with the flour. Leave small chunks of the butter for a flakier crust.
 In a separate small bowl, add the ice water to the egg yolks; whisk until blended.
 Slowly add the liquid mixture to the dry ingredients; mix with a fork until it becomes a dough. Add water or flour, as needed, for desired moisture level.

5. Roll out the dough; fit it into a pie plate. Refrigerate for 30 minutes to 1 hour, or until any softened butter is firm.

Homemade Apple Pie

2 piecrusts 6-8 Granny Smith apples

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1/2 cup sugar, plus extra for sprinkling1 tsp. cinnamon, plus extra for sprinklingDash nutmeg

2 Tbsp. flour

- 1/2 cup brown sugar
- 2 Tbsp. butter, melted
- I Tbsp. ice water, plus more for wetting your fingertips
- l egg yolk
- Ice cream of your choice (optional)

I. Preheat oven to 400 F; place uncooked piecrust into a deep, 9-inch pie plate. Let the

crust chill in the refrigerator while preparing the apples.

2. Peel the apples; cut into thin slices. Place the apples in a large bowl. Sift sugar, cinnamon, nutmeg and flour into the bowl of apples. *Note: Wash your hands and forearms thoroughly before step 3.*

3. Add the brown sugar; toss the apples with your hands until they are well coated in the dry ingredients, turning the bowl a quarter of a turn after each toss.

4. Pour the apples into the prepared pie plate, making sure they lie flat on their sides.

Pour the butter over the apples; lay second crust over the top.

5. Wet the edge of the bottom crust with ice water; seal by crimping the edges of the two crusts together. Cut slits in the top crust to vent.

6. In a small bowl, whisk together egg yolk and I Tbsp. ice water; brush the egg wash over the entire top crust. Sprinkle with cinnamon and sugar.

7 Bake for approximately 50 minutes, or until the crust is golden brown. *Note: Set pie plate on a cookie sheet in case juices bubble out.*8. Allow pie to cool 2-3 hours. Serve warm with a scoop of your favorite ice cream, if desired.

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



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Dawn Martin, winner of the 2nd \$50 Cash Prize from NOW Magazines, said, "Thank you BurlesonNOW Magazine! I really enjoy playing each month."



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1	2	3	4		5	6	7	8	9	
10		+	+		11	+	+	+	┢	12
13		+	+		14	+		┢	+	1
15		-	+	16			17	┢	+	1
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21		1	22			23	\vdash	24	25	26
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30	31	32			33	+	34			\uparrow
35	1	1	+	36			37		1	1
38		+	+	+	1		39		1	1
	40	+	+	+	+		41	-	+	+

Crosswordsite.com Ltd

Solutions on page 36

Across

- 1 Got grayer
- 5 Catch you later
- 10 Hint
- 11 Most Kurds
- 13 Popular type of party, often at universities
- 14 Horn of Africa resident
- 15 Spain and Portugal
- 17 Above
- 18 Indian flatbread
- 19 Speck of soot
- 21 First US orbiter
- 23 Leading soap actor Anthony ---
- 27 "And the rest," in short
- 29 Aviation regulator
- 30 What a soufflé should do
- 33 Recurrent
- 35 Said by a confessor
- 37 Mary Jane
- 38 Calibre
- 38 Calibre
- 39 Skip over
- 40 "Grab --- of the life preserver"
- 41 Coolers

1 Job for a thespian 2 All over the world

Down

- 3 Seat of the University of Oregon
- 5 Geal of the Oriversity of
- 4 Costly
- 5 Indian tea state
- 6 Laurel and Hardy, for example 7 Mean it about a con
- 8 The show comes --- 9
- 9 Missile housing
- 12 Drink daintily
- 16 *--- it romantic?* (Rodgers & Hart)
- 20 Hard on the eyes
- 22 ... on a --- know basis
- 24 Burning
- 25 Dried grape
- 26 Regatta entrants
- 28 Portrayed
- 30 Edge
- 31 Concept
- 32 Darth Sidious's group
- 34 Karate blow
- 36 Off-color

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For online versions, visit nowmagazines.com

Sudoku Puzzle

Easy									1	Mediu	m							
	5					9									8	2		3
	6			7	5			8			5	2					8	
					2		6			7							4	
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		4						9				4						
	2		3				1				3			8		9	2	
	9	1			7			3					7	6				
								Crosswo	dsite	e.com Ltd					1.11			0.4

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Mondays

Fun Appetit — Teen Cooking Class: Teens get to cook a variety of quick and fun dishes! Dishes include pizza, pasta, desserts and more! Open to ages 10-16. 7:00-8:00 p.m., BRiCK, 550 NW Summercrest Blvd. For more information, visit www.burelsontx.com.

1/5

From the Ground Up Conference: Texas A&M AgriLife Extension conference connects agriculture and health. Provides CEU credits for health professionals, educators and students. 8:30 a.m.-4:00 p.m., Waco Convention Center, 100 Washington Ave., Waco. For more information, visit www.agriliferegister.tamu.edu/ groundup.

1/7-1/28

Sports 101:

This program gives children a basic introduction to a variety of sports in a fun environment. Sign your athlete up today! Ages 4-7: 5:45-6:30 p.m.; ages 8-plus: 6:30-7:30 p.m., BRiCK, 550 NW Summercrest Blvd. For more informatin, visit www.burlesontx.com.

1/15-1/16

5 Voices of Communication: Love others well two-day conference helps others experience being you. \$15/ individual; \$30/couple. Friday: 7:00-9:00 p.m.; Saturday: 9:00 a.m.-noon. Register online at allsburybaptist.com.

1/29-1/31

Storm 2021: Event open to any student, seventh-12th grade, in the Burleson area. Students stay in host homes separated by grade and gender. 6:00 p.m. Friday-8:00 a.m. Sunday. Venue 510, 510 SW Wilshire Blvd. For more information, visit www.firstburleson.org.

Second Saturday

Coffee Talk Women's Ministry:

Dedicated to inspire, motivate and move women closer to God. Free breakfast. 8:45-10:30 a.m., Lucas Lil White Chapel, 518 SW Johnson Ave. For details, visit www.facebook.com/coffeetalkwomen.

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Crossword -Sudoku Solutions

	° S	⁸ 0	71	6 D	⁵ A		⁴ D	³ E	² G	¹ A
12	1	N	Ν	U	¹¹ S		Е	U	L	¹⁰ C
1	L	A	М	0	¹⁴ S		A	G	0	¹³ T
F	0	т	17 A		A	16	R	Е	В	15
			Т	20 U	М	¹⁹ S		N	A	18 N
26	25 R	24 A	Е	23 G		Ν	22 N	Е	L	²¹ G
1	A	29 F		L	28 A	Т	²⁷ E			
0	1	L	³⁴ C	Y	33 C		E	32 S	31	30 R
ŀ	S	A	37 H		Т	36	D	1	D	35
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Easy

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

Medium

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

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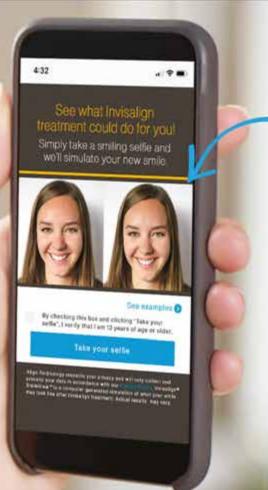


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