BurlesonNOW

MAGAZINE

MARCH 2020

Inside and Out

At Home With Mark and Missy Zaskoda

Also inside:

Scavenger Hunt

Featured Business: Clarkson Premier Team Not So Secret Garden

Pathway Church paves the way for citizens to work together

In the Kitchen With Amber Rouse

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PAT J. - ALVARADO - LOST 6 LBS.



LISA H. - MANSFIELD - LOST 3.2 LBS.



SARA B. - ARLINGTON - LOST 3.4 LBS.



LAUREN M. - ARLINGTON - LOST 3.6 LBS.



ROLAND H. - BURLESON - LOST 3.6 LBS.



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CHARLENE R. - BURLESON - LOST 4.4 LBS.



GENNY B. - BURLESON - LOST 4 LBS.



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INSIDE AND OUT

At Home With Mark and Missy Zaskoda.

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30 UNDER THE **TOWER**

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growing sense of community.



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ON THE COVER

The Zaskoda family creates a home from a refurbished metal warehouse.

Photo by SRC Photography.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.

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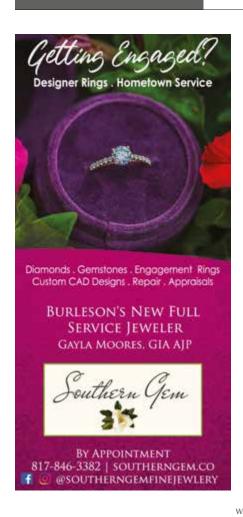
EDITOR'S NOTE

The special bond of siblings ...

At this time of the year, my family celebrates the birthdays of my brother and my oldest sister. He's well into his 60s, and she turns 70 this month. What? No way! I remember, as a kid, thinking about the year 2000, pondering that I would be "ancient." Twenty years past that point, the thought seems ludicrous now. When I look in the mirror, I don't see my age. My body, however, often reminds me I am no longer 20, and I can't do the things I did even at 40 without enduring the aftereffects. When I look at my sister, I see nothing that represents "old." Perhaps turning 70 isn't old anymore. I still have a decade to reach that point, but taking a cue from my sister, I keep pressing on, enjoying life. For many years, my sister worked as a nurse. "I don't know how I ever had time to work," she shared recently. But I know. She didn't pursue all the fun things she makes time for post-retirement.

Along with a special bond between my siblings and me, I have some amazing friends who feel like sisters. As we meet each month, those bonds grow stronger. What a priceless gift. I don't take for granted the love that blesses me by natural bonds and those formed in the heart. Without those relationships, I wouldn't have the support, encouragement and reasoning I need. I'm grateful for such blessings.

Always treasure those you love.







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AND - By Lisa Bell

AT HOME WITH MARK AND MISSY ZASKODA







In about two-and-a-half months, Mark and Missy Zaskoda transformed a metal building into a spacious home. Simple, yet inviting, they enjoy entertaining guests inside and out. In fact, Mark's favorite rooms in the house include the open living room, kitchen and dining area, plus the outdoor space. Missy agrees but also enjoys the wraparound patio. "I love to entertain," she shared. "It's my joy." The large island and exposed ductwork are her favorite parts of the house.

Both grew up in Fort Worth, but in 2002, they moved to Mansfield. Then in 2009, they moved to a Burleson neighborhood. In 2016, the couple purchased land, so their

daughter, Alanna, could board her horse, Shady. Located near their home, their current property, which includes nine acres and several metal buildings, fit their needs precisely.

"I saw the beauty of the trees," Mark said.

"We're outdoorsy people," Missy added. "This is tucked away, private and peaceful."

In 2018, Mark and Missy decided to downsize from their 4,600-square-foot home. Around the same time, a niece wanted to get married on their property. Their home sold in eight days.

With a tight deadline, the couple knew building a home wasn't feasible. One existing metal building, previously used as a warehouse, offered them a perfect solution, though at the time, it had no electricity or water and virtually no insulation.

Not wanting a barndominium, they began a transformation of the metal building with foam insulation and painting the ceiling black. Mark admitted that hauling off all the debris created the biggest challenge. "The offices on the west side of the building were dilapidated, ceilings crumbling," he said. They







gutted everything before reframing. Then the electricians and plumbers came in and did their jobs. After putting up drywall, fitting appliances and painting, they added air conditioning.

Leaving the ductwork exposed was actually Missy's choice. Her family owns an air conditioning business. When she sees the ducts, it reminds her of them and all the hard work they did to get the new home finished quickly.

Finally, they polished the concrete floors, leaving them unstained for a natural look. Missy liked the character of the many imperfections.

"It was exhausting," Missy said, but all their efforts resulted in a distinctive home that fits their personalities well. They opted to add furniture and other items that also capture memories for them. Instead of a normal dining table, the Zaskodas built a long table, great for seating many people.

With the large island and a massive living room, they can easily entertain a sizeable group inside. "We do have a lot of people out here," Mark said. And if the party spills outside, even better. The wraparound patio can hold up to 180 people without being crowded, and a spectacular fire pit Mark created makes chilly evenings pleasurable. Fueled by propane, the long pit allows at least a dozen people to gather around a warm blaze for conversation.

Inside the home, a unique piece of furniture occupies one wall. Hand-carved from maple wood, they used the cabinet for wine before moving to the new home. Now, it stoically houses serving pieces. The cabinet consists of six heavy pieces of wood. Once in place, they didn't want to move it again.

In the hallway, Missy created an oversized shadow box that protects a





naval uniform that belonged to Mark's dad, who served on the USS Coral Sea aircraft carrier. She presented the colossal display to Mark a few years ago. "He [Mark's dad] was a gentle giant," Missy shared.

The master bedroom is simply decorated, cozy with an attached bathroom that features a triple-level built-in with two sinks and a dresser. What once was Alanna's room now serves as a space for bridal parties to dress when the couple hosts weddings on their property. They never intended to have a wedding venue, but a concrete area makes a great dance floor, and the beauty surrounding their home enhances any outdoor event. Their niece had the first wedding there less than a week after they moved into their home.

Before the Zaskoda family moved onto the property, peacocks roamed the acreage. One vase holds feathers from the last peacock, which they gave to a neighbor. They still see many other forms of wildlife, including a resident bobcat and coyotes. Their neighbor reports seeing deer, although neither Mark nor Missy has seen one yet. In addition, they placed a prefabbed house on their property where Missy's brother, an avid birdwatcher, lives. "He's seen some awesome birds," she said.

After purchasing the property, they built an arena, so Alanna could practice barrel racing. The couple also handstained the boards in the barn, admitting their two horses, plus one they board, have a nice setup, as well, perhaps creating spoiled, big fur-babies.

Missy recalled one evening soon after they moved into their new home. As she lay on the sofa, rain pelted the metal roof, a soothing sound she immediately fell in love with. Now, they love sitting on their porch during storms, surrounded by beauty and peace inside and out. NOW







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NOT SO SECRET GARDEN

— By Rick Mauch

While creating successful families may take a village, the folks at Pathway Church believe it also takes a community to raise the best garden for meeting the needs of those families. The idea for Pathway Gardens, the church's communal growing grounds, hatched in 2013, when a group of members came to the church, passionate about starting the garden. A year later, the first produce was harvested, and it's been growing strong ever since.

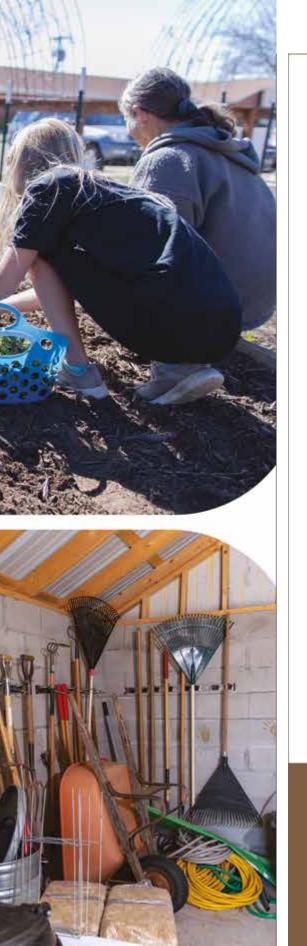
The pantry side was the first section. It benefits Harvest House and Promises, nonprofit organizations that assist families in and around Burleson.

"When we asked the guests of Harvest House and Promises what they would like to see us grow, they didn't want a lot of fresh onions and potatoes. They can get those pretty easy," Garden Advisor Dee Dee Harp said. "They wanted squash, okra, tomatoes — those kinds of things."

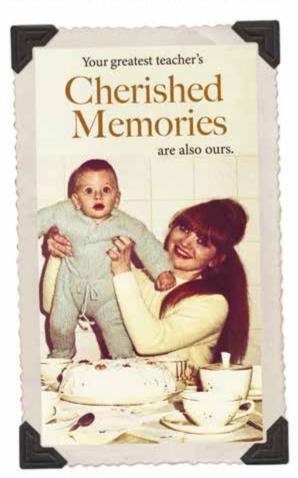












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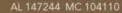
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Per Dee Dee, in the pantry section about 200 pounds of okra alone was grown in 2019. Overall, about 900 pounds of produce were donated.

On the community side are 18 plots, about 5 feet wide and 10 feet long. The community plots can be rented for a fee of \$50 per year. Irrigation is supplied, but renters must provide other materials, such as soil, fertilizer, etc., and agree to water and care for their bed.

"Our hope is that it (the community side) would be generational," Outreach Director Roxanne Ancy said. "Grandparents and grandkids working together, you know, like that. It could be a fun and beneficial activity."

No chemicals are used in the garden, and several participants compost or purchase compost already prepared. While not officially organic, it's as close as it can be otherwise.

"It's educational, as well," Dee Dee said. "Not everyone has experience with a garden. I grew up on a farm, so I do, but it's a fun, new experience for many people."

For each of the past three years, Pathway has partnered with the Burleson School District, working with the Talented and Gifted program (TAG). Students have planted seeds and even taken their own plants home.

The garden, which is directly across from the church on Thomas Street, features a casita or "little house" in the middle, covered with murals that tell the story of the garden. Students from Burleson, Centennial and Nazarene Christian Academy high schools' art departments participated in the painting. The artwork includes bright veggies and fruit, hands over a plant, expressions and





much more. The casita also represents a replica of homes the church builds in Mexico during mission trips. At the location in Mexico, the local people have replicated the Burleson community garden.

In front of the garden are several tables with umbrellas. Anyone can visit there for a time of reflection. "People are using it to sit outside, just to relax," Outreach Assistant Nicole Harkin said with a laugh, "It's a little hot in the summer, but this is Texas."

There are no specific hours for the garden. "We had a guy a couple years ago, he just loved going out there in the evening," Dee Dee said. And there has been no problem with unwanted visitors. "The community keeps an eye on it," she added.

Roxanne said, chuckling, "We had bunnies one time. We have a sign saying No bunnies, but they can't read."

The harvesting season in 2019 was 23 weeks. Planting is typically in early March. Volunteers help with the harvesting, usually on Wednesday evenings and on Saturday mornings as early as 6:30 when it's warm and about 8:00 a.m. on other days.

"That's only two days a week, and there are certain things that have to be picked daily," Nicole said. "Yes, we need people to serve with us regularly." Roughly, 15 volunteers are needed, and currently about a half-dozen help on a regular basis.

The garden is also a great place to make friends. "What's cool is everybody has their own strengths," Nicole added. "They're able to combine that knowledge and help each other." NOW

Editor's Note: For more information, email pathwaygardens@pathway.church.







BusinessNOW

Clarkson **Premier Team**

— By Lisa Bell

Clarkson Premier Team (817) 587-6088 amy@clarksonIteam.com www.clarksonIteam.com

Hours: Monday-Friday: 8:00 a.m.-5:00 p.m. Saturday-Sunday: By appointment

Once upon a time, Amy Clarkson taught school, mostly fifth grade students. She still has a passion for education, but after her family moved to Granbury, she decided to provide a different kind of education. "I love helping people, and real estate is relatively easy to get into," she admitted. "I just didn't realize how much work it involves."

In the beginning of her real estate career, Amy focused mostly on building her business in Granbury. About a year-

and-a-half ago, she expanded to surrounding communities, with Burleson being one of those areas.

The Clarkson Premier Team, established with Keller Williams Realty, doesn't consist of only Amy. Along with other team members, Amy's daughter, Reagan, works with her. Eventually, Reagan will take over the business, providing a sense of continuity for many years to come. "Not anytime soon," Amy said, laughing. "I'm still young."

Amy strives to have forever clients. By reaching out to customers long after they complete a real estate transaction, the team builds relationships. They take pride in repeat customers and referrals. Amy also likes to maintain consistent communication with buyers and sellers from beginning to end and beyond. Often they reach out to her later to support a favorite charity, and the team likes to support the community in many ways.

While the Granbury Education Foundation is one of Amy's favorite organizations, she also helps Forward Training Center

by providing mock interviews during classes and through a mentoring program (Academy 4) for fourth-graders. In addition, she sometimes makes donations for sports teams and other nonprofits.

Her many ongoing friendships put Amy in a position to receive requests for all types of help, and she enjoys connecting people who have and can meet various needs. The Clarkson Premier team has sold more than 300 homes since 2013, gaining experience each time. "It's OK to ask questions. No two transactions are the same," she shared.

Amy strives to have forever clients.

For those new to buying a home, Amy recommended working with someone who has connections. "Do your research," she said. Ask many questions and interview more than one agent to find the one who best fits your needs and desires. Not every agent is the same, nor is every lender. What one can do, another might not be able to achieve. "As an agent, I am an advocate for my clients," she shared. Amy's husband is a former Marine, which means she also has a heart for military families and does her best to help them navigate through the many programs available to veterans.

A broker associate must complete additional training and conform to a higher standard. With an intense appreciation for integrity, Amy has no issue with meeting those higher standards. In 2014, the Clarkson Premier Team received the Keller Williams Rookie of the Year Award. The Granbury Association of REALTORS® named her their Most Dedicated REALTOR® in 2016. These are only two of the many awards Amy and her team have won over the past six-plus years. Whether buying or selling a home, or simply considering the possibility, give the team a call and see what they can do to help you. NOW







Around Town

The Imagination Celebration group spends a morning with ceramics.

Nathan Billings receives Monday Motivation recognition for progress at the BRiCk.

Zoomed In: Zoey Stehlik

By Lisa Bell

The reign as Forever Beautiful Toddler Miss USA comes with helping in the community. At 3 years old, of course, Zoey Stehlik loves McDonald's. So, her chosen platform includes collecting and delivering personal items and small toys for those staying at the Ronald McDonald House. "She enjoys doing it and loves helping out," her mom. Kandice Stehlik, said.

Zoey began pageant participation at 6 months old. "She loves getting all dressed up. It makes her feel like a princess. Plus, she gets to play with her friends," Kandice added. Zoey only competes in natural pageants — no make-up or fake hair. During contests, she waves, blows kisses and shows off her vivacious personality. Besides benefiting communities, the pageants Zoey enjoys prepare young girls for future pageants offering scholarships.



The Nick Kerr family celebrates the dedication of the new Kerr Middle School.



A group from Toastmasters enjoys the Chamber Business After Hours event.



Gene Gehab and Matthew Ayala look for new firefighters during Cityfest.



Spartan wrestling seniors and parents celebrate senior night.



Mayor Ken Shetter updates the Burleson business community on the State of the City.

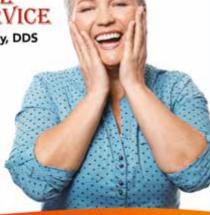


Kerr Middle School is this guarter's recipient of the Ann Heberle Business Beautification Award. Left to right: Dr. Bret Jimerson (BISD Superintendent), Dr. Kalee McMullen (Kerr principal), Jesse Tate (KBB Board), Donna Confessore (KBB Board) and Lisa Duello (KBB Board).



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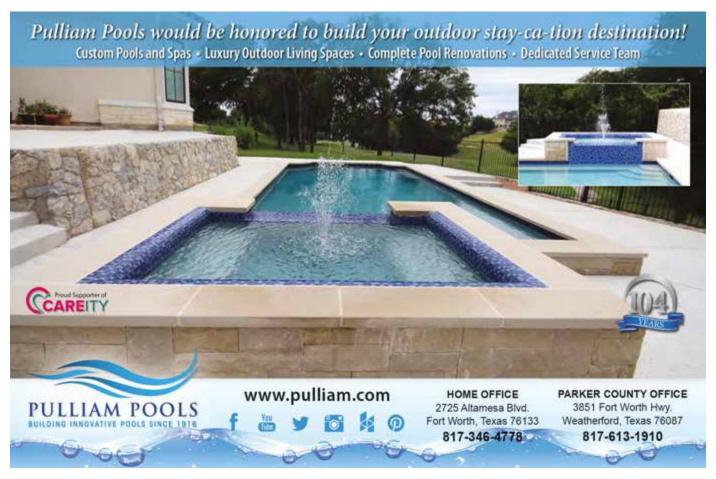
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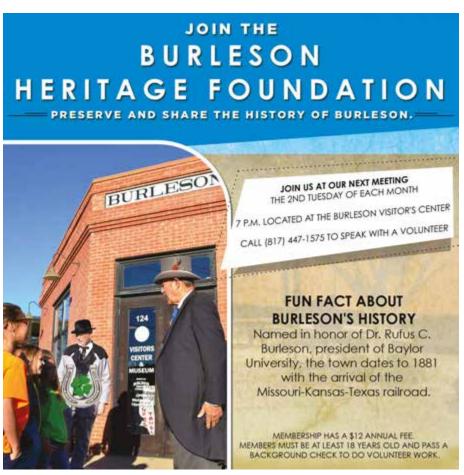














"Cooking is my love language," Amber Rouse said. "I love to show people how much I love and appreciate them through my food." She began cooking as a girl and inherited some family recipes. Nevertheless, she enjoys experimenting and making up unique dishes. Her favorite cooking spice is garam masala, a rich Indian spice that "tastes like heaven."

At one time, Amber worked as an accountant. She shared, "I cook for my family and friends mostly, but I also like to make different pizzas for Moontower, which my husband and I own."

While she'd enjoy teaching classes, for now she teaches her daughters to cook at least once a week. She also sews and makes stuff for their home — always keeping a project in progress. Now

Chicken Tikka Masala

My family calls it chicken tikka taco because we use the naan bread like a wonderful taco.

- 8 chicken thighs
- 2 Tbsp. olive oil
- I whole onion, chopped
- I seeded jalapeño, chopped
- 3 Tbsp. garlic, minced
- 2 Tbsp. tomato paste
- 1 tsp. paprika

- 4 Tbsp. garam masala
- 4 14.5-oz. cans fire roasted tomatoes 1/2 cup heavy whipping cream Jasmine rice, to taste Cilantro, to taste Naan bread
- **1.** In a large, deep skillet, brown chicken thighs in olive oil; set aside.
- **2.** In the same skillet, sauté the onions, jalapeño and garlic. Once they are soft, add

the tomato paste, paprika and garam masala; sauté together for 2 minutes.

- **3.** Add the tomatoes; simmer gently for 10 minutes while smashing the tomatoes. Add whipping cream.
- **4.** Add the chicken; simmer, covered, for 30 minutes. Stir occasionally.
- **5.** Cook the jasmine rice according to the package directions. (I add chicken broth instead of water to add some flavor.)
- **6.** Serve chicken over rice; top with cilantro. Serve with naan bread.

Tomato Basil Soup

- I medium onion, chopped
- 4 Tbsp. garlic, minced
- 2 Tbsp. olive oil
- 4 14.5-oz. cans petite diced tomatoes
- 4 14.5-oz. cans fire roasted tomatoes
- 1 14-oz. can tomato sauce
- I big bunch fresh basil leaves
- I tsp. cayenne pepper

Salt, to taste

Pepper, to taste

1/2 cup heavy whipping cream

- **I.** Sauté onion and garlic in olive oil. Once the onions are soft, add in all of the tomatoes, sauce and the basil leaves. Simmer for 15 minutes.
- **2.** Add cayenne, salt and pepper to taste. Turn off soup; let cool. Mix soup in a blender or with an immersion blender. (Be careful with hot liquids in blenders.)
- **3.** Once smooth, return soup to pot to warm; add the heavy cream.

Chorizo Mussels

- 2 lbs. ground chorizo
- 1 leek
- 4 Tbsp. garlic
- 1 cup white wine
- 8 cups tomato chicken broth
- 1 Tbsp. cavenne
- 1 lb. mussels

Cilantro, for topping, to taste

French bread

- **I.** In a large stockpot, sauté the chorizo, leek and garlic until cooked through. Deglaze the pan with white wine; cook the alcohol out.
- **2.** Add the broth and cayenne; let simmer for 20 minutes. Add the mussels; cover for 5 minutes, or until the mussels open.
- **3.** Serve mussels and broth in a bowl, topped with cilantro. Soak it up with a slice of French bread.

Crawfish Etouffee

1 stick (1/4 lb.) butter
2 cups onions, chopped
1 cup celery, chopped
1/2 cup bell pepper, chopped

1 Tbsp. flour

l cup water

2 bay leaves

1 lb. peeled crawfish tails

1 tsp. salt

Black pepper, to taste 1/4 tsp. cayenne pepper

Louisiana Hot Sauce, to taste (optional) Rice, to taste

Toppings:
Parsley, chopped
Green onions, chopped

- **I.** In a large skillet, melt the butter; sauté the vegetables until soft. Add the flour; sauté until browned.
- **2.** Slowly add the water, bay leaves and crawfish. Season with salt, pepper and cayenne. If you would like more spice, add Louisiana Hot Sauce.
- **3.** In the meantime, cook rice according the package directions. Serve crawfish over rice with garlic bread. Top with parsley and green onions.







Lemon Sugar Cookies

- 2 1/2 cups all-purpose flour
- 1/4 tsp. baking powder
- 1/4 tsp. fine salt
- 1 1/2 sticks (3/4 cup) unsalted butter, cut into small pieces, at room temperature
- 1 cup sugar
- 2 large eggs, beaten
- 1 1/2 tsp. fresh lemon juice
- 1/3 cup colored sanding sugar to roll in
- **1.** Preheat oven to 350 F. Mix flour, baking powder and salt together in a bowl.
- **2.** In a separate bowl, cream butter and sugar; add eggs. Beat for about 5 minutes, or until fluffy. Add the lemon juice.
- **3.** Slowly add flour mixture to the wet mixture until combined.
- **4.** Refrigerate for 30 minutes. Once done, roll dough into balls. Roll cookie dough balls in the sanding sugar. Bake for 14-16 minutes; let cool.

Kicked Up Truffle Mac and Cheese

8 oz. elbow macaroni 2 Tbsp. butter



1 Tbsp. flour 1 cup whole milk (more to thin) 8 oz. Gruyere cheese, grated 1 tsp. white truffle oil

Toppings:

Bacon, fried crispy and crumbled (optional) Jalapeños, sautéed (optional) Fresh tomatoes, chopped (optional)

- **I.** Boil elbows to al dente; set aside. In the meantime, melt butter in a saucepan; add flour. Sauté until lightly brown and nutty smelling. (Do not burn.)
- **2.** Add milk slowly while stirring. Once the milk is incorporated and thick like gravy (add

little amounts of milk to thin if necessary), add the grated cheese. Stir until melted.

3. Remove from heat; add the truffle oil. St

3. Remove from heat; add the truffle oil. Stir, add noodles to taste. Top with toppings of your choice.

To search for more great recipes

from any of the

9 NOW Magazines

publications, visit www.nowmagazines.com.







TOTAL BLESSINGS

This organization assists people, expecially women and children, escape from domestic violence situations, offering hot lines and crisis intervention, mental health services and protection against abuse.

1095 Remington Circle,
Burleson, TX 76028, totalblessings.org

RACEHORSE REMEMBER ME RESCUE FOUNDATION

This organization has rescued many racehorses that otherwise likely would have been sent to slaughter. Not only does it find them new homes, it helps retrain them for life after racing.

4100 Conveyor Dr., Burleson, TX 76028. teamkeen.com or remembermerescue@live.com

SLEEP IN HEAVENLY PEACE

TX-Johnson County Chapter
No Kid Sleeps on the Floor in Our Town.
With the help of sponsors and volunteers,
this nonprofit builds and delivers beds to
children (3-17) who do not have a bed of
their own. Bruce and Krista Crenshaw,
(817) 718-0228 or www.shpbeds.org.

HARVEST HOUSE

The Harvest House provides basic necessities, spiritual encouragement, education and care to individuals and families in our community. Their vision is to help families break the cycle of hopelessness by providing resources that assist in restoring their dignity and independence. Jennifer Woods, Director jennifer @yourharvesthouse.org harvest @yourharvesthouse.org (817) 295-6252

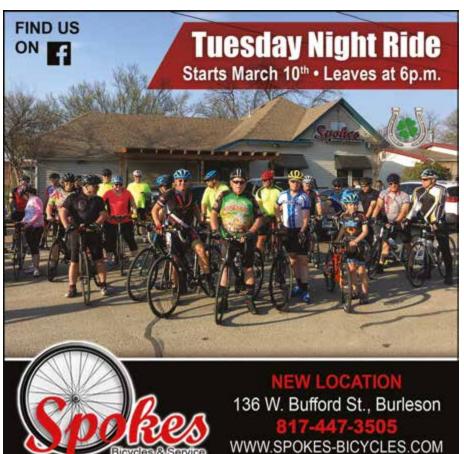
A WORLD FOR CHILDREN

A World for Children is the first foster/adopt child placing agency in Burleson. They recruit, train and license families right here in Johnson County to become both foster and adoptive families. Patti Rooks, Regional Director, Dallas, Burleson, Tyler: RooksP@awfc.org (972) 616-0095 or (469) 818-1389 www.awfc.org











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Amber Rivas, winner of the \$50 Cash Prize from NOW Magazines, said, "Thank you BurlesonNOW Magazine! I loved playing the Scavenger Hunt and feel blessed to be picked as this month's winner."



Chris Ann Malone,
2nd winner of the \$50 Cash
Prize from NOW Magazines,
said, "I love reading the
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For more information, visit www.ChildrensTherapySolutions.org 817-349-8229 • Burleson, TX

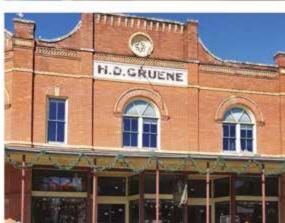












TravelNOW Under the Tower

— By Lisa Bell

In the shadow of New Braunfels, Texas, the Guadalupe River flows through the small community of Gruene. In the summertime, the town bustles with people floating down the river on inner tubes or in rafts and kayaks. In fact, outfits in Gruene are known for putting in and taking out at the popular recreational spot. Interestingly enough, locals actually choose early spring to board a raft, canoe or kayak and hit the rapids during the off-season.

But floating the river isn't the only thing to do in this small town. And what better time for a romantic walk along the river or enjoying dinner to the gentle rush of water? The atmosphere of Gruene lends itself to relaxation after busy months of holidays and kicking off another year.

In the heart of the community, the town square always has something going on. Even during the week, people visit

the area for a lazy day of shopping the small stores or sitting beside the river. Many of the local restaurants overlook the Guadalupe. The best known, Gristmill, is the perfect spot to dine. It wasn't always a restaurant, which is what makes it such a notable place. In 1878, the new-fangled, water-wheel wonder appeared — the Gruene Cotton Gin. The community used it until 1922, when all of the wooden parts burned to the ground, leaving only the three-story brick boiler room. A small kitchen occupies a corner of that boiler room today, restored and in operation since 1977. When crowded, live music fills the courtyard, and servers take care of customers waiting for a table.

Speaking of music, Gruene also boasts the oldest continually operating and most famous dance hall in Texas. Gruene Hall, built by Henry D. Gruene in 1878, hosted some of the greatest stars before anyone knew their names. Photos line the walls of many artists who love the spot. It isn't unusual to see children learning to shoot pool or play in the open-air garden beside the hall. Whether you go to see a famous performer (check the schedule online) or listen to someone destined for greatness, don't skip this popular place in Gruene.

The historic square offers antiques, boutiques, an old-fashioned toy store, the old general store and much more. With wineries on the square, you can stop in and relax for a while, or sit under big trees and watch people. With all the outdoor areas, children don't have to get bored, and in the middle of the square, you can take a walk down a nature trail.

Stop in The Barn and watch artisans Kyle and Angie White create beautiful pottery on-site. Spend a few minutes or a long time watching the potter at the wheel, spinning up amazing pieces of functional art. The license plates in the floors of many buildings repair holes, while preserving the original wood.

With an abundance of Airbnbs, finding lodging in Gruene is a snap. Many of them also overlook the river, giving visitors a chance to relax and simply sit back for a calm weekend or an entire week.

In the heart of the community, the town square always has something going on.

Should you run out of things to do in Gruene, New Braunfels is a few miles away. During the summer season, Schlitterbahn creates a perfect water playground. In the off-season, their resort makes a great base of operation for your trip to Gruene. Several parks also sit beside the river with grassy areas to play or lie back on a blanket, perhaps enjoying a nice picnic. Be alert for the most beautiful residents. Deer play in abundance, and people don't scare them much.

Filled with history, Gruene is a wonderful place to visit, but not everyone knows about this hidden treasure. Even the bridge across the river is a designated historical landmark. Although you can get there mostly by traveling on I-35, you might want to take backroads and check out some other wonderful sights in the Texas Hill Country. NOW

Editor's Note: To learn more, visit www.gruenetexas.com. Photos by Lisa Bell unless otherwise noted.







CANINE

A dog is often referred to as man's best friend. The statement rings true for those of all ages, especially senior citizens. Studies indicate a number of reasons why dogs are one of the best additions to a senior's life. From socialization and companionship to health and security, pups can often improve the lives of those living out their golden years.

Depending on activity level and living situation, a senior may choose to purchase or adopt a smaller breed of dog, which adapts well to smaller homes, apartments or assisted living centers that allow pets. The Poodle, Bichon Frise or Maltese love to curl up in their owner's lap for the afternoon. These breeds are also considered hypoallergenic and shed little, if at all.

Small- to medium-sized breeds also include the Cavalier King Charles Spaniel, Corgi and Pug. These breeds are a good fit for seniors because of their affectionate temperament. Several other breeds display friendly, playful dispositions, which are an added pleasure for frequent visits with the grandchildren. These breeds include the Bulldog and Beagle. Of a larger stature, the Greyhound is a gentle breed that will provide a constant source of companionship for seniors.

Regardless of size, canines need daily exercise from morning walks to afternoon romps around the backyard. Daily exercise will not only allow the dog's owner time for healthy activity, but it also provides time to mingle with others during short walks through the neighborhood or at the local dog park. Pups have the innate ability to jump-start conversations and are a certainty for socialization, which can be beneficial for seniors who live alone.

Other benefits to owning a furry family member include reducing stress and stimulating elders who may suffer from depression. Studies show canine ownership provides a sense of purpose to those caring for the animal. With unconditional love as paymewnt for care, a dog can provide years of companionship. Multiple surveys find that owning a dog can also be a crime deterrent. The animal's protective instinct and bark can fend off a potential burglar.

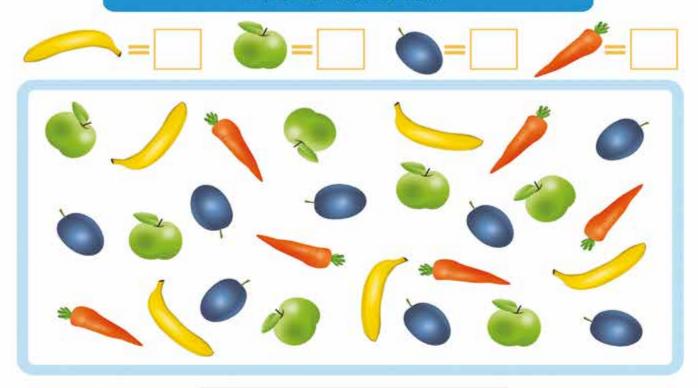
When finding a dog at a breeder, adoption agency or rescue group, the future owner should keep in mind several factors. What are the finances associated with the dog? Costs can range from grooming, veterinary care and food to boarding rates for those who travel. How much training will the animal need? Would a service dog be beneficial for a senior citizen with health conditions? Research will ultimately lead seniors looking for a furry companion to their perfect match. Now





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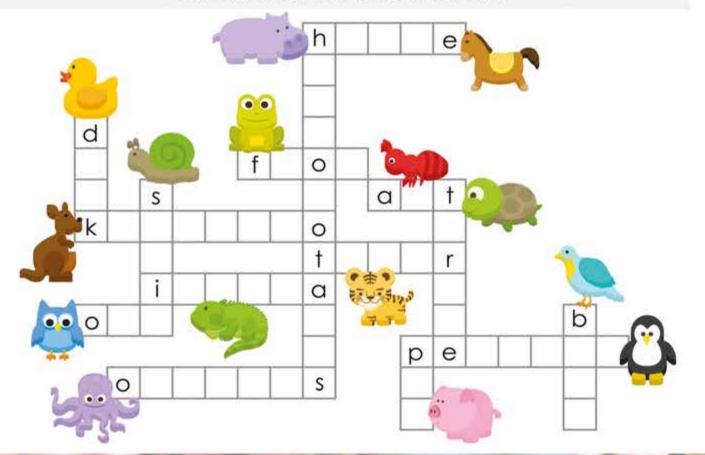


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Crosswordsite.com Ltd

Across

- 1 For some time
- 7 Convert hide into leather
- 10 Stimulating drink
- 11 Harbor
- 12 Quaint love letter opener
- 13 Creep
- 14 Frothy concoctions
- 16 LA summer setting
- 19 Holy threesome
- 22 Get-well treatment
- 24 Salk's conquest
- 25 Type of show, such as Anne Hathaway's "Grounded"
- 27 Hill VIP
- 28 Same here!
- 29 Well-informed about
- 31 Alters formally
- 36 Niagara has a Maid of this
- 37 Tempestuous
- 38 Big Apple aria spot
- 39 Pull into

Down

- 1 Rocket interceptor
- 2 Sardonic
- 3 Suckered
- 4 Apply a cake's top layer
- 5 Tiniest amount
- 6 Mistake
- 7 Oft-removed throat tissues
- 8 Curve
- 9 Utmost
- 11 It has 88 keys when full-size
- 15 Old Dodge
- 16 In favor of
- 17 Lair
- 18 Beyond all others
- 20 Railroad cross-member
- 21 Way over there, poetically
- 23 Representative
- 26 Bellows
- 29 Now let me think ...
- 30 Chart variety
- 32 Self-esteem
- 33 Pinch
- 34 Material studied by Watson and Crick
- 35 USMC noncom

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Sudoku Puzzle

Easy Medium

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3/7

KDPU Workshop:

For writers interested in publishing options, with hands-on instruction to format the interior, create unique covers and self-publish without spending \$1000s. 9:00 a.m-4:00 p.m., Alsbury Baptist Church. (817) 269-9066 www.eventbrite.com/e/kdputickets-84660402543. (817) 269-9066.

17th Annual Athena Mardi Gras Gala:

Casino play, silent and live auctions, hors d'oeuvres, valet parking. Benefits Johnson County and Burleson residents by assisting cancer patients, patients with life-threatening illnesses and supporting education opportunities through nonprofit organizations.

Advance tickets: \$80; at the door: \$90. 6:30-11:55 p.m., Walnut Creek Country Club, 1151 Country Club Dr., Mansfield.

3/9

Burleson Area Retired Teachers Association:

CHS culinary class presenting the program. Come taste and fellowship with friends. 1:30 p.m., Burleson Senior Citizen Center. Linda Henderson, (817) 996-4161.

3/13

Senior Dance:

Dance the night away with music

from a live band. Participants encouraged to bring a finger food snack. Entry is \$5 per person. 7:00-9:30 p.m., Senior Activity Center, 216 SW Johnson Ave. (817) 295-6611.

3/28

Be Healthy Burleson Run 5K/10K/Fun Walk:

Live music, family fun, vendors, raffles, giveaways and kids' zone. Register online. 7:00 a.m., Old Town, SW Johnson and W. Ellison. www.behealthyburleson.com, (817) 426-9687.

Ocho Loco:

5K Race/Walk & Fun Run benefits Crazy8Ministries. Register today. 8:00 a.m., Hulen Park, 201 W. Westhill Dr., Cleburne. Information and registration, www.crazy8ministries.com/events. Liz Hargrove, (817) 202-8308 or liz@crazy8ministries.com.

4/3

Senior Center Health Fair:

Health fair open to the entire Burleson community.
Organizations from around the community will be present for information on their services. Free.
Noon-2:00 p.m., Senior Activity
Center, 216 SW Johnson Ave.
(817) 295-6611.

4/4

Aqua Egg Hunt:

Dive in to hunt for Easter eggs in the BRiCk's indoor pool.

Participation limited. Preregistration highly recommended. \$2 per child (requires purchase of day pass to swim when indoor pool opens at 1:00 p.m.) 9:00 a.m.-noon. (Age specific times online.) www.burlesontx.com/ events. (817) 426-9106.

Easter Egg Hunt at Russell Farm:

Join Joey the Easter Donkey for our annual Easter egg hunt at Russell Farm. Joey will be ready to pose for pictures (bring your own camera) and lead in a petting zoo and more! Ages 4 and under. 9:00 a.m., Russell Farm, 405 W. County Road 714. (817) 447-3316.

Bunny Daze:

Ages 12 & under. Bring your Easter basket to fill during Easter Egg-stravaganza! Five separate age groups for egg hunt; section for special needs children. Vendor booth space available – \$20. Register for space at the BRiCk. 1:30 p.m., Hidden Creek Softball Complex, 295 E. Hidden Creek Pkwy. (817) 426-9106.

First Tuesdays

Ask a Coach:

Do you have a problem you know must have a solution, but you can't find it? Bring your problems and get free help from a certified professional coach, John J. Simmons, professional coach and mentor, for more than 15 years. 6:30-8:00 p.m. Burleson Public Library, 248 SW Johnson Ave. Contact (817) 426-9211.

First and Third Tuesdays

Kiwanis Club of Burleson:

Noon. Golden Corral, 301 SW Wilshire Blvd. Contact (817) 426-1676.

Second Tuesdays

National Active and Retired Employees (NARFE):

Monthly meetings rotate at different locations. 11:00 a.m-1:00 p.m. Info and meeting location, (972) 775-2463, rjcarey I@gmail.com or FB – 'NARFE Chapter 1191.'

Third Tuesdays

Salvation Army Women's Auxiliary:

Women of Johnson County who wish to make a difference are invited to attend. 10:30 a.m., Texas Health Wellness Center, 2750 SW Wilshire Blvd. Sandra Callaway, kaycy99@hotmail.com.

Roots & Branches Genealogy Club:

6:30-7:30 p.m., Senior Center, 216 SW Johnson Ave. (817) 246-9211.

Second and Fourth Wednesdays

Burleson Lions Club:

11:45 a.m., First United Methodist Church, 590 NE McAlister Rd. Email: mail@burlesonlions.org.





Vietnam Veterans Celebration:

City of Burleson proudly celebrates Vietnam War veterans. Honor guards present a tribute to military veterans. 2:00 p.m., Veterans Memorial Plaza, 298 E. Renfro. (817) 426-9112.

Second Thursdays

Burleson American Legion Post:

Meeting is open to the public with questions about veteran benefits or helping our youth. Scholarships given to high school seniors going to college. 6:00 p.m., community room – Burleson Police Dept., 1161 SW Wilshire Blvd. Contact gunrunner937058@yahoo.com, (817) 357-2158.

Fridays

Rotary Club (Morning): 7:00 a.m., Hill College Burleson,

130 E. Renfro St. For details, email rotaryclubburleson@gmail.com.

Story Time at the Farm:

Free event meets weekly in the Baker Building. In warmer weather, moves to Community Garden. Children learn some words in the books in both Spanish and English. All books read pertain to being on a farm. 11:00 a.m.-noon.

Russell Farm Art Center, 405 W. County Road 714. Contact (817) 426-9104.

First Saturdays

The Russell-Boren Historical Home Tour:

10:00 a.m.-2:00 p.m., Russell Farm Art Center, 405 W. County Rd. 714. Contact (817) 447-3316.

Second Saturdays

Second Saturday in Old Town:

On the Second Saturday of each month you can find specials, discounts and more at the shops and eateries in Old Town Burleson. 9:00 a.m.-10:00 p.m. dpennywell@burlesontx.com.

Coffee Talk Women's Ministry:

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Jesus, having real fun! No child care. Bring a friend or be a friend. Free event. 9:00-11:00 a.m., Lucas & Blessings White Chapel, 518 SW Johnson. Tracy Branch, (817) 312-9131.

Fourth Saturdays

Military Order of the Purple Heart Meeting:

9:00-11:00 a.m., Golden Corral, 301 SW Wilshire Blvd. (817) 648-8264.

Submissions are welcome and published as space allows. Send your event details to lisa.bell@nowmagazines.com.







Crossword Sudoku Solutions

A	2 W	3 H	١,	5 L	e E			⁷ T	8 A	9 N
10 B	R	Α	С	Е	R		11 _P	0	R	Т
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16 _P	17 _D	T B		19 T	R	1	N	1	20 T	21 Y
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O	N	Е	G	-1	26 R	L		27 S	Ε	N
		28 M	E	Т	0	0				
²⁹ U	30 _P	0	N		31 A	М	32 E	33 _N	34D	35 S
³⁶ M	1	S	T	П	37 R	Α	G	1	N	G
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Easy

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Medium

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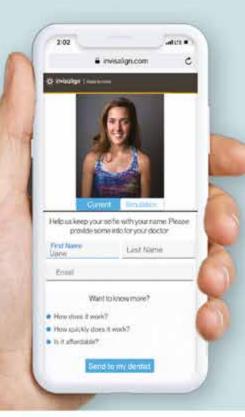


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