BuresonNow Magazine

Champion on Ice

Laith Sando thrives at curling, a sport he remembers from childhood

2019 Hot Sounds of Summer Shopping Guide

Most Important At Home With Lawrence and Tara Torres



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In the Kitchen With Willie and Phillis Alexander

Also inside: Kids' Fun Pages Crossword/Sudoku

Featured Business: The Vine Medical Center and Sleep Lab for Adults & Children

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Hailey R., Burleson, TX

I am really grateful that my mom suggested I do this program with her. I was able to learn and understand how I should treat my body and what I need to do to achieve my goals. I lost 27.2 pounds and 5 inches off my waist in just 16 weeks! I didn't really have a reason to lose the weight besides just wanting to, but I am thankful I did because I feel and look great! Hopefully I will be able to continue this even when I go back to school! Heather has been amazing help and I am grateful to have had her BEFORE support through this.

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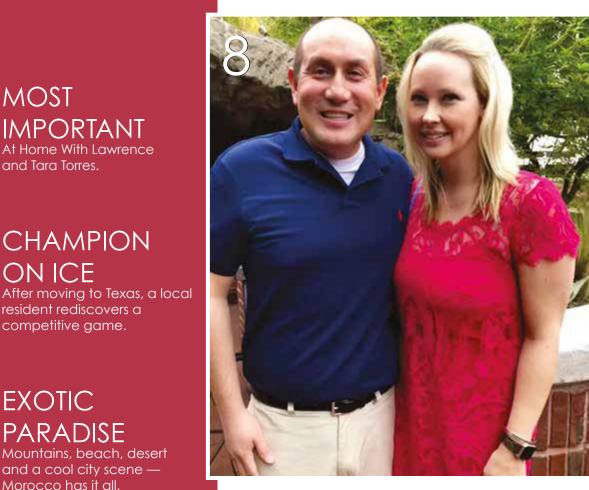
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MOST

and Tara Torres.

ON ICE

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IMPORTANT At Home With Lawrence

CHAMPION

resident rediscovers a competitive game.

PARADISE

Mountains, beach, desert and a cool city scene — Morocco has it all.

EDITORIAL

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ON THE COVER

A warmer climate hasn't stopped Laith Sando from excelling at his favorite sport, curling.

Photo by Lori Baur.

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Rick Mauch BurlesonNOW Editor rick.mauch@nowmagazines.com (817) 456-6310

EDITOR'S NOTE

Sunshine on my shoulders makes me happy ...

That line has been true long before and after the late John Denver sang it in one of his greatest songs. And being a former Fort Worth resident, he experienced the same sunshine we do here.

It seems like last week I was checking the weather forecast to see if I could play golf or if I would be staying inside getting in the way of the beautiful and lovely Mrs. Junell. Well, this is Texas, so maybe it was just last week! You know what they say about our weather. Don't like it? Wait 10 minutes, and it'll change.

You can do pretty much anything outdoors in June without the threat of those pesky April showers or having to worry about stepping on those May flowers. They're still there, but come on, you've had a whole month to figure out where they are.

Want to golf? Grab the clubs, but be sure to wear a short-sleeve shirt and some shorts. Want to swim? You can do so outdoors now. Picnic? I'll get the basket, if you'll make the sandwiches.

It's also a great month in which to get married, so they say. I took care of that eight years ago come November, but the weather looks great, so knock yourself out (not literally — you don't want to miss the nuptials).

Another cool thing about June is the city of Burleson has some great free concerts coming up in the Hot Sounds of Summer series. They include the likes of acoustic rock band 3 Amigos; '70s and '80s yacht rock band The Windbreakers; Infinite Journey (a Journey tribute band, of course); and King George (a George Strait tribute band). And they are all outdoors. Where else would they be in June?

Sunshine almost always makes me high!



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MOST MPORTANT AT HOME WITH LAWRENCE AND TARA TORRES

– By Lisa Bell

Hanging in the stairway of Lawrence and Tara Torres' home, a sign quoting Harold B. Lee reflects them well: The most important work you will ever do will be within the walls of your own home. "I love that," Tara said.

The Torres' home provides so much more than a place for the couple, their three children and a foreign exchange student. For them, inviting people over doesn't stop with local friends and neighbors, although they love entertaining. "I love for people to come in and feel welcome. If they need a place to stay or to talk, even if it's late," Lawrence shared. "It's just a good feeling."

Tara loves her kitchen with its large island, opening out to a breakfast nook and the living room. The open concept allows them to entertain guests frequently. But for her, it is the center of everything. Children, Blythe and Law, often do homework in the kitchen, while the youngest, Knox, plays as Mom cooks. Both Tara and Lawrence love Italian cuisine. "I couldn't cook when we got married," Tara admitted. "So, my husband sent me to culinary school." Now she has a hard time picking a favorite dish to prepare.

After buying the house in 2005, the Torreses altered a small room, adding shelves and cubbies, and then put in a staircase and finished out the attic. Intending it as a media room, Tara's brother used it instead when he lived with them for a while.

Now that room serves as a place of solitude for a foreign exchange student, Florina, who will stay with them through high school. "I, thankfully, was given a servant's heart," Tara said. "And the kids attend a Christian school that is mission-minded."

Opening their home each week for a Sunday evening life group gives both Lawrence and Tara a regular outlet for their desire to bring others in their home. While that started about eight years ago, they had already welcomed people from around the world.

Each year, during Alsbury Baptist Church's German week, the Torreses are a host family for a group from a sister church in Germany. They open their home, not only for a few people to stay, but also to feed the group.

At one time, they hosted about 90 people. Inside and outside, upstairs and down, they enjoyed an evening doing what they do best. "We couldn't necessarily go on mission trips," Tara explained, "but we could welcome people from other countries in our home."



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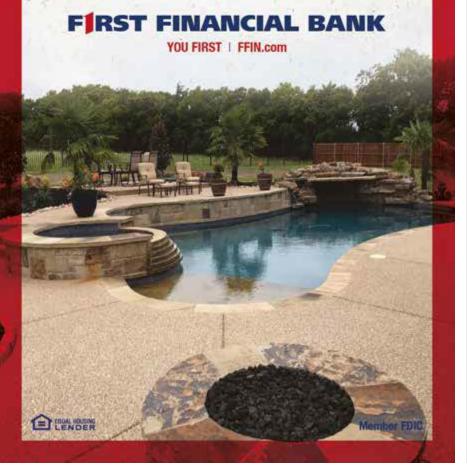
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The Torreses also host Winter Camp, which provides a place for international students to stay while considering America for school. It's one more way they reach out to people all over the world.

The patio, just off the kitchen, provides a great deal of extra space, perfect for extending entertaining areas. Backing up to a golf course, Tara admitted the kids often find golf balls and throw them over the fence.

Lawrence loves the family room because that is where they all come together, either watching TV or playing as a family. Above the corner fireplace, a large painting of an angel reminds them of their faith. Tara had a dark fern there and wanted something light and airy. When she saw the angel, she loved it.

Between the master bedroom and bathroom, a see-through fireplace adds charm and elegance. A nearby picture of Law with angel wings hangs above it on the bedroom side.

The kids prefer the master bathroom over their Jack-and-Jill version upstairs. And why not? Impressive in size, the bathroom has a double walk-in shower with a garden tub in the middle of the adjoining wall. The relaxing atmosphere begs to be used, giving the children a reason to love bath time and making evenings much easier for a busy mother.

As evidenced in the study/home office area, Law has a passion for LEGOs and *Star Wars*. When Lawrence wanted to buy a massive LEGOs set one Christmas, Tara questioned the wisdom of so much money on a young child's present. He convinced her it would be a great father-son project.





However, Law went to work and built the entire thing by himself. His attention to detail makes Tara think they have a future builder in the family, and the dozens of structures he's built have become decorative to the home.

While the boys share a room, Blythe has her frilly space. A princess and young dancer, she keeps her room neat, a great place to relax and share with friends. To maintain order throughout the house, they created a play area for the kids upstairs in an open space where toys live. Beyond French doors off this room, the screened-in balcony adds room for entertaining.

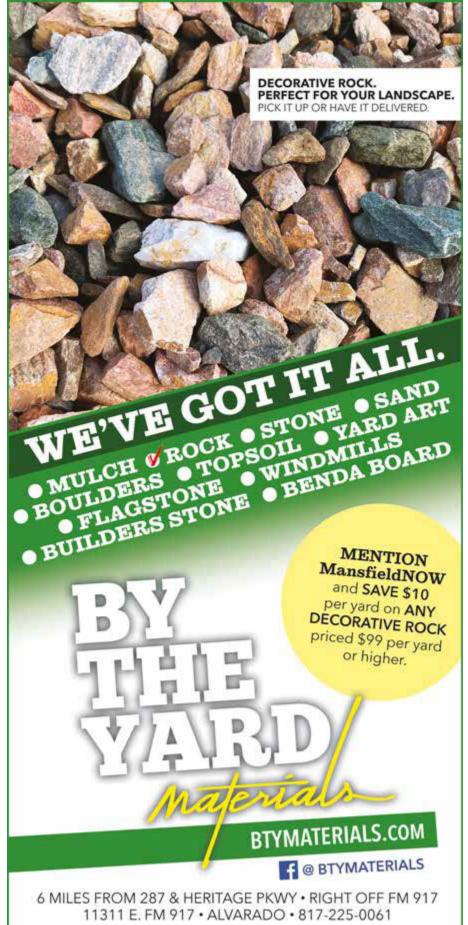
Both Tara and Lawrence own businesses, which they operate out of offices in Cleburne. While Tara drives a lot of miles taking and picking up children and going to work, she loves it.

Lawrence grew up in the area and went to school in Crowley and Joshua. "I love the friends we made through the church," he said. "And I love the area and people in it."

The couple met when Tara came from East Texas to attend college. Mutual friends introduced them on a blind date. When they moved from Fort Worth to Burleson, she honestly believed they'd stay a couple of years and then move back to the city.

Now, she can't imagine living anywhere else. "I don't mind driving. I'd rather live here and commute," she stated. "We love Burleson, but if we didn't, we'd probably live at Disney World." It's the one place they go annually and love almost as much as their home — but only almost.

Having their large home gives Lawrence and Tara opportunities to share with others. It is the most important thing they do, and the way they want their children to live life.





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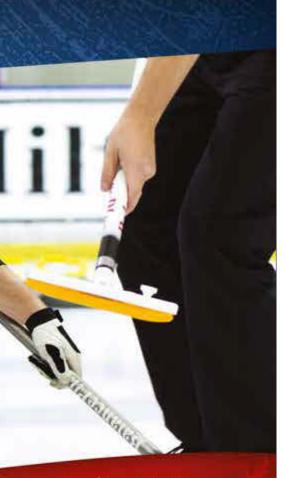
REAL

— By Lisa Bell

Although Laith Sando grew up with a mother and grandparents who curled, he spent more time playing hockey and golf. He never fully embraced the game until he became an adult. Now he loves playing — especially on occasions when he gets to compete alongside his brothers or dad and sons.

"I ENJOY The Strategy."

HIIII



One of the world's oldest sports. curling originated in Scotland where people played games on frozen ponds and lochs during winter months. The earliest-known stones for the game came from the Scottish regions of Stirling and Perth and dated back to 1511. Also well-known in Canada and northern parts of the United States, the sport has gained popularity after the U.S. won gold in the 2018 Winter Olympics. Men's curling was an Olympic sport in 1924, but in 1936, it became a demonstration sport. Finally, in 1998, both men's and women's competitions again joined the Olympic program.

Ironically, Laith moved to Texas in 1998 the day after high school graduation. He wanted to be someplace warmer than North Dakota. His golf coach knew someone who'd give him a job. But a round of golf led him to Texas Wesleyan University, where he planned to spend five years earning a degree and playing golf for the school. He met Jennifer, now his wife, who played tennis for TWU, and she quickly turned his plan into a four-year degree. She grew up in Burleson, so returning to the community with their three sons four years ago was a natural decision for the couple.

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After watching curling during the 2014 Olympics, Laith remembered his early influences. His mom was a competitive curler, who played in multiple national championships and competed in the Olympic Trials, and his grandfather represented the United States in the World Championships in the 1970s. "I kinda fell back in love with it," he shared. Growing up, he and his two younger brothers enjoyed watching the sport. "But we played hockey for eight months of the year and golf the other four," he added, chuckling. He talked Jennifer into joining a curling league for fun. In the curling league, Laith met some guys, all from the cold country — Winnipeg; St. Paul, Minnesota; and Toronto — who shared his desire to compete in the sport, and they put together a team. Laith and the DFW Curlers play every Thursday and Sunday, always anxious for games and bonspiels (curling tournaments).

The DFW Curling Club started in 2002. The national championship, however, has only been around for arena clubs since 2013. The DFW Curlers won in 2015 and repeated in 2018, making them the first men's team to win the championship twice.

Laith said, "I also really enjoy getting to curl with my family." All three of his sons enjoy the sport. In April, he curled with his dad and two oldest sons as a team during a bonspiel, and he travels back to North Dakota to curl with his brother and friends in bonspiels each winter.

The sport of curling involves ice, 44-pound granite stones, sweeping and yelling. The thrower launches the stone, two people sweep in front of it to clear debris and the skip yells out directions. Team members alternate throwing stones and sweeping. "I'm sure all of us would like to call the shots, but we switch it up."

The goal in curling is to "throw" the stone and have it land closest to the center of the 12-foot "house," which looks amazingly like a bullseye target. Each team sends eight stones during a round or "end." The game has six to 10 ends. The team with a stone nearest the center wins a point. They can also score extra points if more than one stone is closer to the center than any of the opponents' stones. The team with the most points wins.

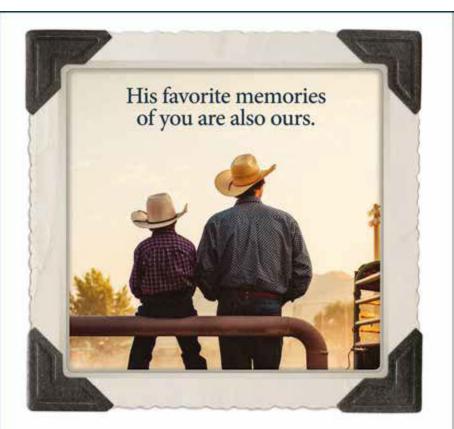


Currently, about 20,000-25,000 people are in 250-300 clubs across the U.S. The majority are arena clubs, playing on borrowed ice time. Ultimately, every club hopes to own a facility dedicated to curling. The DFW Curlers hold Learn to Curl, corporate and personal events. Bouncing around the Metroplex, they now meet at Valley Ranch.

"I enjoy the strategy," Laith said. "It's like shuffleboard, but you extend it I50 feet and control where the stone can go. Add rules and sweeping and it gets complicated. Plus, it's on ice." He suggests watching the "Two Minute Guide to Curling" at teamusa.org/usacurling/media to learn more about the sport or coming to check them out. They are always welcoming new curlers who want to give it a try.

Editor's Note: For more information, visit www.dfwcurling.com.





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- By Rick Mauch

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If you want to know why Dr. Hanna became a doctor, just ask him where the name of his business, The Vine Medical Center and Sleep Lab for Adults & Children, came from. "It's from John 15:5," he said. "I am the vine; you are the branches."

His first priority is making sure that his patients get the treatment they need, no matter their income or insurance — or lack thereof. "We are committed to helping people," he said. "We are growing very fast. We are on a mission."

The Vine Medical Center has offices in Crowley and west Fort Worth. Both are equipped with the top technology to help patients and to provide preventive screening and testing. Dr. Hanna believes with screening and early diagnosis, treatment is easier.

At The Vine, they can check for heart problems and blood circulation using an electrocardiogram (also known as an EKG or ECG), ankle-brachial index (ABI) testing for blood pressure, and Holter monitoring (a battery-operated portable device about the size of a small camera that measures and records a heart's

activity continuously for 24 to 48 hours or longer). They can also accurately diagnose brain problems, such as memory loss or nerve damage. And they treat pain with a NeuroMed machine instead of drugs.

Other medical challenges they care for include eye problems, such as glaucoma, along with allergies, asthma, lung and sinus problems. They also invest in weight management, either with diet plans or ZERONA, an FDA-approved cold laser.

The Fort Worth office has a blood lab that provides instant results. Patients usually know the test results on the same day, and often before they leave the office. "Sometimes, you need an instant diagnosis," Dr. Hanna said. "That's why we added the lab, so before you leave, we can let you know what's going on with you."

"WE ARE COMMITTED TO HELPING PEOPLE."

The sleep lab at both locations, under the supervision of Dr. Nagwa Lamaie, is largely focused on sleep apnea. Often, a person is unaware they have the condition, but family members know because of the snoring. At The Vine sleep lab, they conduct testing and consultations to explain the results, suggest treatment and equipment options and schedule regular follow-up visits.

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There are lots of patients who like to come and talk to Dr. Hanna, because they know he truly cares. If there isn't a good relationship with the doctor, the patient is not going to be comfortable.

Dr. Hanna finished his residency at Mountainside Hospital in New Jersey. In 2012, The Vine office in Crowley opened, and the one in Fort Worth opened in May 2018. The office in Crowley continues to have extended hours until 6:00 p.m. Monday through Friday.



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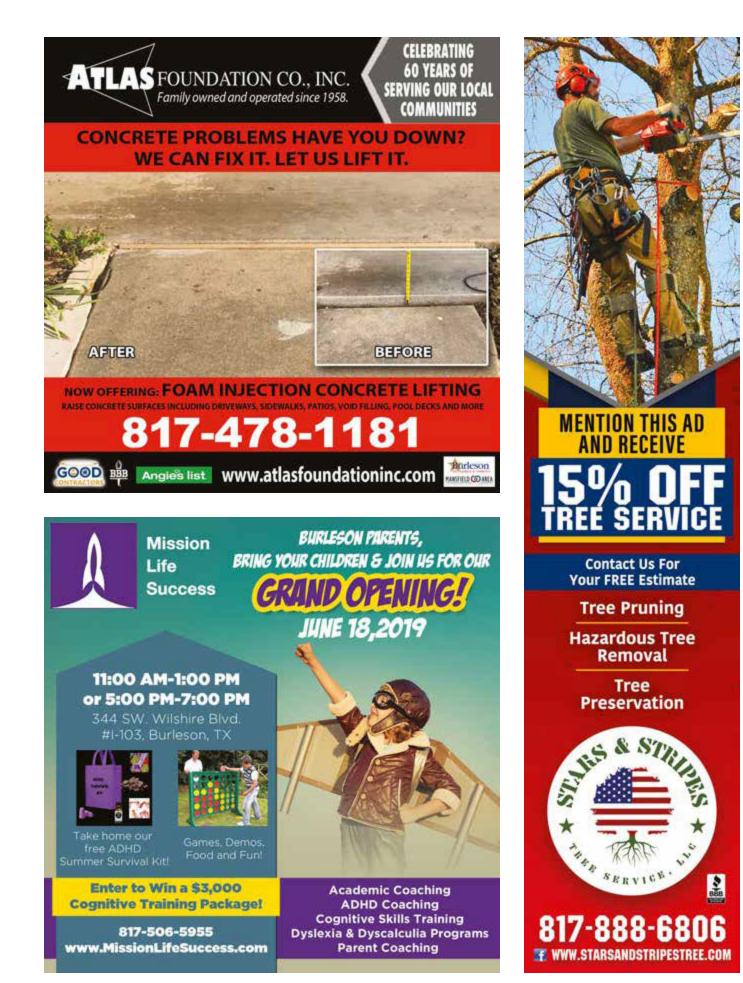


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www.nowmagazines.com 25 BurlesonNOW June 2019



Zoomed In: Blake Bentley

By Rick Mauch

Not so long ago, Burleson's Blake Bentley wondered if he'd ever be able to get on a horse again. Now, he's on his way to the Collegiate National Finals Rodeo in Casper, Wyoming, this month as a member of the Weatherford College Rodeo Team.

Blake qualified in team roping, finishing second in the Southwest Region of the National Intercollegiate Rodeo Association. It came a year-and-a-half after he suffered numerous injuries from falling off a truck. "It's special to achieve this. It's been a goal to come back and get to nationals," said Blake, who also received a Yeti cooler as a prize. Blake has been roping since he was 8 years old. His father and grandfather are also ropers.

Around Town



Lynsey Camp is always happy to talk about her best friend, her 100-pound Silver Lab named Rocco.



Casi Joy entertains the crowd at Harvest Feast. The event raised more than \$100,000 to benefit Harvest House.



A beam signing for Burleson ISD's new Kerr Middle School drew quite a crowd.



From left: Joe Berberich, Meanette Tubbs, Debbie Frahm and Laura Kramer of Wings of Hope provide equitherapy for children and adults with unique physical, mental and emotional challenges.

NOW



The First Wives Club performs at the First United Methodist Church talent show.



Andrew Sevener gets some community support before heading back to California for the Battle Rounds competition on The Voice.



Tiffany Chehab and Courtney Cornwell Greer happily greet customers at Ballard Family Dentistry.



Children gather Easter eggs during Bunny Daze at the Hidden Creek Softball Complex.

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Though they stay busy in the kitchen throughout the week, Willie and Phillis Alexander spend each Sunday around the dinner table, laughing, loving and enjoying time together. Phillis is the owner and caterer at Sunday Dinner Catering Services, which has been in business since 2005, started by her and one of her six sisters to commemorate their mother's legacy. While her cooking passion dates to age 9, it's nothing compared to the love she and Willie have for their three children and five grandchildren.

Willie was recently awarded the top honor in the 23rd Annual Fiery Food Challenge for his Two Thumbs Up Barbeque Sauce (a secret recipe he shares with no one). The Golden Chile Award was presented at the nationwide food-tasting competition at the Irving Convention Center. Now

Stuffed Bell Peppers

Vegetarian

Makes 2 servings.

I cup water

- 1/2 cup uncooked Arborio rice (Parboiled rice works well, too.)
- 2 green bell peppers, halved and seeded
- 1 Tbsp. olive oil
- 2 green onions, thinly sliced
- 1 tsp. dried basil
- I tsp. Italian seasoning

I tsp. salt
I pinch ground black pepper
I tomato, diced
I/2 cup feta cheese, crumbled

I. Preheat oven to 400 F. Lightly grease a baking sheet.

2. In a medium saucepan, bring water to a boil. Stir in the rice. Reduce heat; cover and simmer for 20 minutes. (Follow directions for parboiled rice.) Remove from heat; set aside.
3. Place the peppers, cut-side-down, on the

prepared baking sheet. Roast 25-30 minutes in the preheated oven, or until tender and skin starts to brown.

4. While the peppers are roasting, heat oil in a medium skillet over medium-high heat.5. Cook the onions, basil, Italian seasoning,

salt and pepper in oil for 2 to 3 minutes. Stir in the tomato; cook for 5 minutes.

6. Spoon in the cooked rice; stir until heated thoroughly. Remove from heat. Mix in the feta cheese; spoon the mixture into the pepper halves.

7. Return to the oven for 5 minutes. Serve immediately.

Black Bean and Corn Tortilla Casserole, Vegetarian

Makes 6 servings.

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2 14.5-oz. cans diced tomatoes
- 1 15-oz. can black beans, rinsed, drained
- 1 Tbsp. chili powder
- 6 Tbsp. cilantro, chopped (divided use)
- 12 5- or 6-inch corn tortillas
- 7.5 oz. sharp cheddar cheese, grated

I. Heat oven to 425 F. Spray a 13x9-inch glass baking dish with nonstick cooking spray.

2. Heat a large skillet over medium-high heat until hot. Add oil; heat until hot. Add onion; cook 5 minutes, or until softened, stirring frequently.

3. Stir in tomatoes, beans and chili powder; simmer 2 minutes. Stir in 4 Tbsp. of the cilantro.

4. Overlap 6 tortillas in the baking dish, covering the bottom. Spoon half of the tomato mixture over the tortillas. Cover with remaining 6 tortillas. Top with remaining tomato mixture; sprinkle with cheese.
5. Bake 15 minutes, or until heated through and cheese is fully melted. Sprinkle with remaining 2 Tbsp. of cilantro.

No-churn Coffee Ice Cream Makes 1 pint.

1 1/4 cups heavy cream, well-chilled
 2/3 cup sweetened condensed milk
 2 Tbsp. instant espresso powder
 2 Tbsp. espresso liqueur

I. Whisk all of the ingredients together until the whisk leaves trails of soft peaks in the bowl. It will look like a café-latte colored airy mixture.

2. Fill a 1-pint airtight container with the mixture; freeze for 6 hours or overnight. It's ready to serve straight from the freezer.

Carrot Cake, Diabetic Recipe

Makes 20 servings.

Butter-flavored cooking spray 2 large egg whites, room temperature

- (Place eggs in warm water for 10-15 minutes.)
- 1/2 cup fat-free plain yogurt
- 3 Tbsp. canola oil
- 1/2 cup unsweetened applesauce
- 1/3 cup dark brown sugar, packed
- 2 tsp. vanilla extract
- 2 1/2 cups all-purpose flour
- 1/2 tsp. baking soda
- 2 tsp. baking powder
- 1/4 tsp. fine Himalayan salt (optional)
- 1/2 tsp. ground nutmeg
- 1 tsp. ground cinnamon
- I cup carrots, finely shredded
- 4 oz. unsweetened crushed pineapple with juice
- 1/4 cup dark raisins

Frosting (Optional):

1 pkg. reduced-calorie cream cheese1/2 cup powdered sugar1 tsp. sour cream



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I tsp. vanilla flavor Pecans, chopped, to taste (optional) Dark raisins, to taste (optional)

 Preheat oven to 400 F. Lightly coat a 9x13-inch cake pan with cooking spray. Dust with flour; tap out excess.
 Whisk together egg whites and next 5 ingredients in a large bowl.

3. In a separate bowl, sift together the dry ingredients.

4. In 3 parts, add dry ingredients to wet ingredients, stirring until incorporated.5. Mix in the shredded carrots.

6. Drain the juice from the pineapple. Stir the drained pineapple and raisins into the cake batter. Spoon the batter into the

prepared pan, smoothing the top with the back of a spoon.

7 Bake 40-45 minutes, until a toothpick inserted in the center comes out clean.

8. Cool in the pan on a rack for 10 minutes. Slide a knife around the edges of the pan to loosen the cake. Invert onto the rack to cool completely.

9. For frosting: Blend all frosting ingredients until creamy and smooth; spread over cooled cake. Top with chopped pecans or dark raisins, if desired.

Granola

Makes 6-8 servings.

3 cups rolled oats (not instant)

- 3 Tbsp. light brown sugar, packed
- 1/2 tsp. ground cinnamon
- 1/4 tsp. kosher salt
- 1/3 cup honey
- 1/4 cup vegetable or canola oil
- 1 tsp. vanilla extract
- 1/2 cup dried fruit, small-diced
- 1/2 cup raw or toasted nuts or seeds, coarsely chopped

I. Arrange a rack in the middle of the oven;

heat oven to 300 F.

2. Place the first 4 ingredients in a large bowl. Stir to combine; set aside.3. Place the next 3 ingredients in a small bowl; stir to combine. Pour over the oat

mixture; mix until the oats are well coated. **4.** Spread the mixture in a thin, even layer on a rimmed baking sheet. Bake for 15 minutes. Stir; continue baking until the granola is very light golden brown, about 5-15 additional minutes.

5. Place the baking sheet on a wire rack; cool the granola to room temperature, stirring occasionally, about 20 minutes. (It will harden as it cools.)

6. Add the fruit and nuts or seeds to the baking sheet; toss to combine.

7 Store in an airtight container for up to 2 weeks.

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FinanceNOW Should You Borrow From Your 401(k)?

If you work for a business that offers a 401 (k) plan, consider yourself fortunate, because a 401 (k), with its tax advantages and variety of investment options, is a great way to save for retirement. But what if you need to tap in to your plan before you retire? Is it a good idea to borrow from your 401 (k)?

To begin with, you need to determine if a loan is even available. You can only borrow from your 401 (k) if you're still working for the company that offers the plan, but even so, you'll have to check with your human resources area to determine if loans are allowed. If they are, you'll want to weigh the pros and cons before taking action.

On the "pro" side, it's pretty easy to get a 401 (k) loan — there's no formal loan application and no minimum credit score required. Plus, you're only borrowing from yourself, and you can generally repay the loan with automatic paycheck deductions, typically over a five-year period.

However, you'll also encounter some "cons" when taking out a 401 (k) loan, particularly concerning taxes. If you had not borrowed from your 401 (k), the money you took out could have been growing on a tax-deferred basis, assuming you used pre-tax dollars to fund your plan, and your withdrawals will only be taxed once. But when you borrow from your plan, you will have to repay it, along with interest, with money you've

earned — and been taxed on — and then, when you withdraw it later, you'll pay taxes on it again.

Furthermore, if you leave your employer before fully repaying your loan, the outstanding balance likely will be taxable, although you may have a grace period in which to pay it off and avoid taxes. And, perhaps even more important, taking money from your 401 (k), even if you repay it later, will almost certainly slow the growth potential of your account — which, in plain terms, means you may have less money available for retirement.

Of course, if you encounter an emergency, and you have nowhere else to turn, you may need to borrow from your 401 (k). And some plans allow hardship withdrawals for medical expenses and other needs, although you'll still be taxed on the amount you withdraw.

But you'd probably be better off if you can prepare, well in advance, for situations in which you need immediate access to a sizable sum. One way of doing this is to build an emergency fund containing six months' to a year's worth of living expenses, with the money kept in a liquid, low-risk account. You also might find some resources in the part of your investment portfolio held outside your 401 (k). For example, you can always withdraw contributions to a Roth IRA without incurring taxes (although the earnings on these contributions could be taxable if you take the money out before you're 59 1/2 and you've had your account less than five years).

In any case, you work hard to build your 401 (k). So, no matter where you are in life, think carefully about how you will use the money.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.



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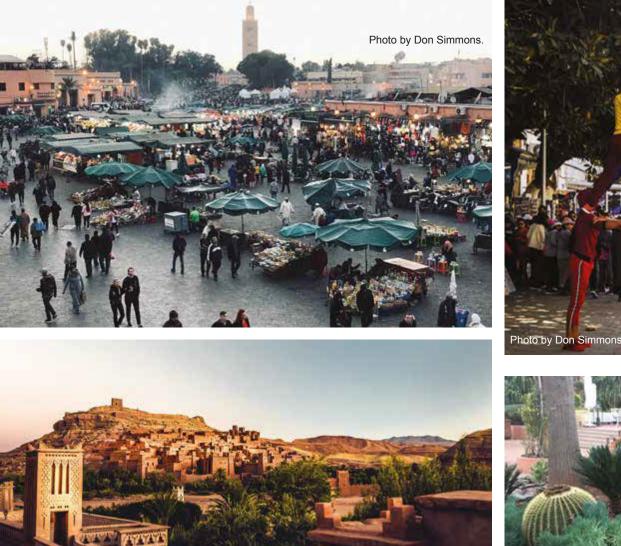


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TravelNOW Exotic Paradise

— By Joy Horn

Bursting with culture and natural beauty, Morocco is the perfect place for an exotic, dreamland adventure. Located in Northern Africa, the Atlas Mountains, Sahara Desert and Mediterranean Sea offer tourists a natural haven for exploration.

Step into Marrakesh for a unique look at city life, from snake charmers to markets filled with local treasures. Fresh food in this African paradise satisfies hard-to-please cravings and awakens senses with new flavors.

Marrakesh is one of the largest cities in Morocco and a common first stop, immersing visitors in local culture and cuisine. In this must-see mecca of beauty, orange trees decorate every corner of the city, while palm trees and cacti seem to reach the sky. Visit the La Mamounia historic hotel to enjoy 200-yearold gardens and a place Winston Churchill called "the most beautiful spot in the world." Balconies overlook the terra-cotta buildings of the desert-like city, while the snowcapped peeks of the Atlas Mountains create harmonious views. In the busy streets, motorcycles and people commuting by donkey give the city a primitive feel.

Freshly squeezed orange juice and mint tea are staples of Moroccan culture everyone must try. Visit nearby eateries to enjoy traditional dishes, such as tagine: a slow-cooked stew often prepared and served in a distinctive cone-shaped pot. The dish comes in many varieties including vegetables, lamb, chicken and fruit.

Other Moroccan delicacies include couscous, shish kabobs and roasted lamb. Exotic spices, such as cumin, saffron, turmeric, cinnamon and ginger, are used to enhance the flavor of fresh food and are sold at the market in heaping mounds of colorful displays. Sign up for a cooking class to learn the art of Moroccan cuisine.

Once the sun sets in Marrakesh, wander into the world-famous market called the Jemaa el-Fnaa, located in the old city, or medina, to experience live entertainment, such as dancing, snake charmers and magicians. Even with all the excitement, alcohol is never seen and not an element of the culture, although some restaurants serve alcoholic beverages.

Nearby, markets, or "souks," beckon shoppers or curious onlookers into a world of color, aroma and diversity. Treasures, such as leather bags, Moroccan-style rugs and brass hanging lamps, are among the loot that can be bought at a bargain.

One thing you must know when traveling to this area is how to barter. Additionally, though the official languages of Morocco are Berber and Arabic, almost everywhere you go people speak some English or Spanish making communication possible.

Venture out of the city for a change of scenery and trip to the mountains. For about \$130 plus tip, hire a driver to take you through beautiful farmland flourishing with orange trees and olive groves. Along the way, visit the Atlas Studios to see the world's largest film studio, home of shows such as *Ben Hur, The Mummy* and *Game* of Thrones.

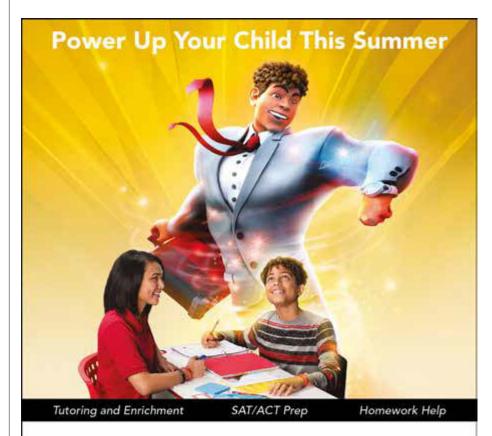
Another attraction worth seeing is Aït Benhaddou, also known as "The Mud City," located in the foothills of the Atlas Mountains. The buildings, made from clay brick, date to more than 1,000 years old. Throughout the countryside, you can also find Argan farms where the popular oil is harvested by goats who climb the trees.

If beach life is your vibe, there is plenty of coast to choose from, where life slows down compared to the frantic streets of Marrakesh. Stop into Essaouira, and go for a camel ride on the beach, or visit a local market to feast on freshly caught fish.

Seaport fisherman sell their catch for the day and throw carcasses to the birds while outdoor restaurants allow you to pick your own fish before cooking it to perfection. Visit the farmer's market to see tables piled with strawberries, oranges with the stem and leaves attached and blueberries arranged in huge mounds free from plastic containers.

The Sahara Desert is just around the corner if you're up for a true adventure. Climb aboard a camel's back to explore the sand dunes on a guided tour for a once-in-a-lifetime, magical experience. Guides offer many different packages from day trips to overnight camping excursions where you can watch the sunset to the beat of drums then spend the night in a tent under the stars.





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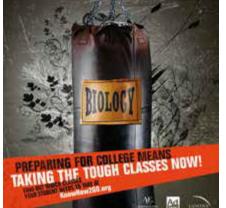
Heartis Cleburne is hosting a Longest Day Fair. You're invited to bring your whole family – from the kids to the grandparents – and dive into all-day fairground-style festivities. There's something for everyone – games, exciting prizes, yummy food and treats, a variety of local vendors, cuddly goats and much, much more!

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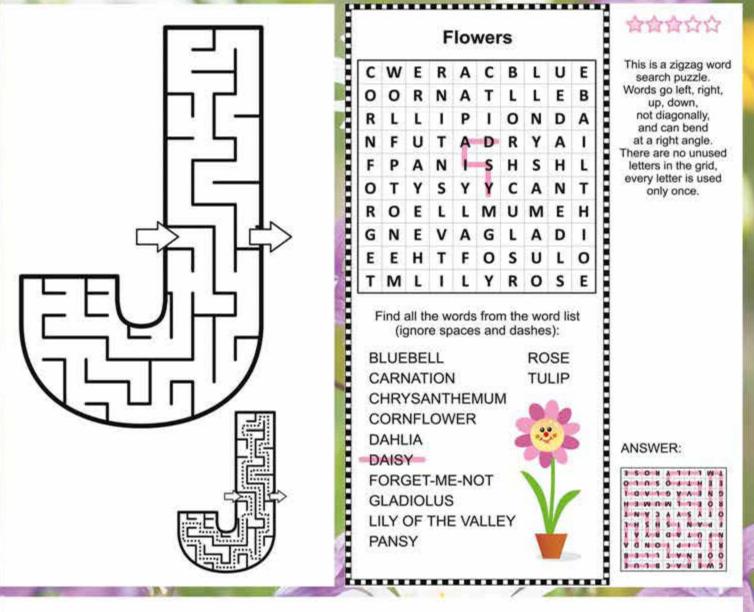
HARVEST HOUSE

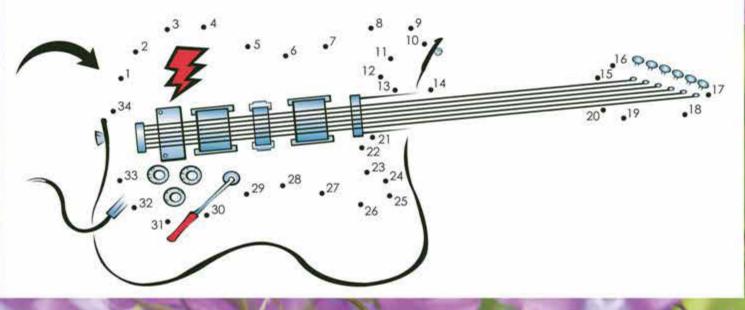
The Harvest House provides basic necessities, spiritual encouragement, education and care to individuals and families in our community. Their vision is to help families break the cycle of hopelessness by providing resources that assist in restoring their dignity and independence. Jennifer Woods, Director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

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Across

- 1 In place of
- 4 Dashboard acronym
- 7 Ungentlemanly sort
- 10 Newsworthy N Y S E event
- 11 A Gershwin
- 12 Tint
- 13 And so on
- 14 Scooting
- 16 Old card game
- 17 Enthusiast
- 18 Fix-all material
- 20 implement
- 21 Hazard
- 24 Deplored
- 27 Rock concert venues, often
- 29 Before in verse
- 30 Inner city areas
- 31 Nelson Mandela's party
- 32 Silver state
- 33 Anger
- 34 Meadow
- 35 Tony Blair and others, briefly
- 36 Spanish literary hero
- 37 Wily

MINE

Solutions on page 44

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Down

- 1 Paddock
- 2 Decide to quit
- 3 Post-Baroque architectural style
- 4 Delaware's region
- 5 Italian designer Mario ---
- 6 Put-upon
- 7 With it, sartorially
- 8 Agatha, to Bertie Wooster
- 9 Acad, award
- 15 Connection
- 19 Property manager's sign
- 22 Purloins
- 23 Essence
- 25 Native New Zealander
- 26 Rot
- 27 "May I interrupt?"
- 28 Guns
- 30 Country's output, for short

Sudoku Puzzle

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Solutions on page 44

Happy Father's Day from our family to yours!





Alisha Hargrove,

Agency Producer Agency Producer

Agent

Cassidy Lay, Sara King, Tori McGraw, Zachary Wallace, gency Producer Agent Agency Producer Account Executive

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6/1

Fishing For Tales: To celebrate Free Fishing Day in Texas, folks can come fish with first responders from the area. No fishing license is needed on this day. Children 12 and under can enter in the Fishing Tales Competition in which, with the assistance of the Burleson librarians, they will tell their fishing story and illustrate the fishing adventure they had. 10:00 a.m.-1:00 p.m., Bailey Lake, 280 W. Hidden Creek Pkwy. (817) 426-9113.

6/3

Dwell Charity Softball Game:

Dwell Coffee & Biscuits is hosting this event to raise support for The Center For ASD (Autistic Spectrum Disorder). They are also hosting a home run derby before the game and are looking for sponsors. Five batters will each get 10 pitches and for each home run, a sponsor will pay \$20. Derby: 4:00 p.m.; game to follow. Burleson High School field. For more information, call (817) 239-7407.

6/7

Hot Sounds of Summer Concert Series:

3 Amigos featuring acoustic rock. All free concerts are held in Old Town Burleson. 7:30 p.m., corner of Ellison and Wilson Street. Bring your own chairs, blankets and picnic, or eat at one of the restaurants in Old Town. (817) 426-9104.

6/7-6/8

Hope Encounter Women's Conference: Speakers include Chrystal Evans Hurst, best-selling author of *Kingdom Woman* and *She's Still There*; Dr. Jan Aderholt, international speaker, executive director with John Maxwell; Lisa Schwarz, author, speaker and founder of Crazy8 Ministries. Friday: Registration at 5:30 p.m.; program at 6:30 p.m. Saturday: Doors open at 8:15 a.m.;

program at 9:00 a.m., Acker Auditorium, 909 S. Broadway St., Joshua. (817) 568-2277, hopeeventconference.com.

6/8

Craft Fair:

A unique, one-of-a-kind, homemade craft fair featuring items from local artists. 9:00 a.m.-2:00 p.m., Senior Activity Center, 216 SW Johnson Ave. (817) 295-6611.

6/9

End of Spring Fling: 11:00 a.m.-5:00 p.m., Crowley Seventh Day Adventist Church, 3200 FM 1187, Crowley. (817) 297-7737, http://bit.ly/EndofSpringFling.

6/14

Hot Sounds of Summer Concert Series:

Windbreakers featuring yacht rock, sounds of the '70s. Free. 7:30 p.m., corner of Ellison and Wilson Street. Bring your own chairs, blankets and picnic, or eat at one of the restaurants in Old Town. (817) 426-9104.

6/16

Father's Day Fishing Event: Enjoy a free day of fishing with dad. Prizes for biggest fish, smallest fish and biggest combination of father and child will be awarded. Hot dogs, drinks and snacks will be available. 9:00 a.m.-noon, Bailey Lake, 699 SE Gardens Blvd. (817) 426-9106.

6/18-6/19

Art Camp: For youths ages 7-12. Cost is \$55. 9:00 a.m.-noon, Russell Farm Art Center, 405 W. County Rd. 714. (817) 447-3316.

6/21

Hot Sounds of Summer Concert Series:

Infinite Journey, a Journey tribute band. Free. 7:30 p.m., corner of Ellison and Wilson Street. Bring your own chairs, blankets and picnic, or eat at one of the restaurants in Old Town. (817) 426-9104.

6/28

Hot Sounds of Summer Concert Series: King George, a George Strait tribute band. Free. 7:30 p.m., corner of Ellison and Wilson Street. Bring your own chairs, blankets and picnic, or eat at one of the restaurants in Old Town. For more information, call (817) 426-9104.

6/28-6/29

Texas Heritage Festival and dance: Free live music and dancing, hay rides, vendors and more. Friday: Dance: 6:00-8:30 p.m.; Saturday: festival: 9:00 a.m.-6:00 p.m., Russell Farm Art Center, 405 W. County Rd. 714. (817) 447-3316.

6/29

Paint Like Bob Ross: Free. 2:00 p.m.-5:00 p.m., Burleson Public Library, 248 SW Johnson Ave. For more information, call (817) 426-9211.

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



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Medium

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

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