BurlesonNoW

JULY 2019

Sisters in Song

The ladies in Texas
Tradition Chorus
share more than
beautiful music

In the Kitchen With Glorid Ayars

Natural Ways

Ricky Free discovers
HealingStrong while
battling his disease

Also inside:

Kids' Fun Page

Crossword/Sudoku

Featured Business: Roots Garden Center and Landscaping

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SISTERS IN SONG

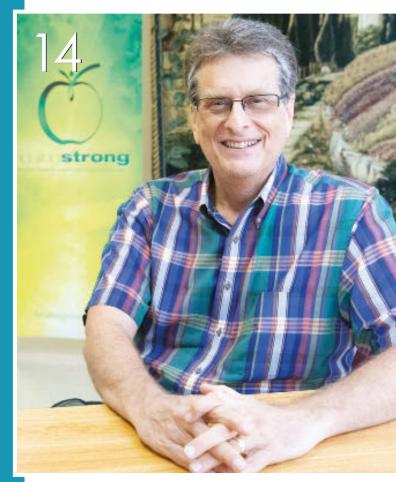
When it comes to being in harmony, these vocalists are in tune on and off stage.

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ON THE COVER

Debbie Clowers and her friends in Texas Tradition Chorus share their harmony with all who will listen.

Photo by SRC Photography.

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EDITOR'S NOTE

It's time for sparklers and firecrackers ...

But I still don't like handling fireworks as an adult. There is, after all, something about wanting to keep all of my fingers intact, as I do use them to make a living. But, wow, do I love a good fireworks show!

We have a great one coming up in Burleson on July 4 at Chisenhall Fields on West Hidden Creek Parkway. It will feature a performance from Texas Flood, a Stevie Ray Vaughan tribute band, at 7:30 p.m. The fireworks will follow as the sun goes down a little later.

Fireworks, like so many other things, have gotten bigger and better, thanks to technology. One thing that hasn't changed, though, are the "oohs" and "ahhs" from young and old alike as the colors light up the night sky, each blast revealing a plethora of colors saying, "Take that, rainbows!" (with all due respect to rainbows, of course, but that's an editor's note for another time).

Not going to be in town? It's a sure bet wherever you are, the nearest town will have some sort of celebration. Like a certain big box store, any town with a population of more than two people has one! And, of course, let's not forget the reason we have fireworks shows to begin with, to celebrate patriotism and the birth of our beloved nation. I like to think with each fireworks display, it's a reminder of the brightest times in America. Times that can never be taken away.

Let freedom ring!

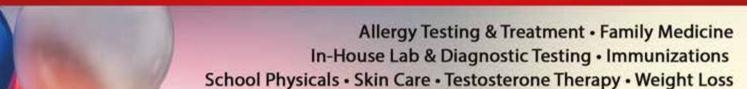






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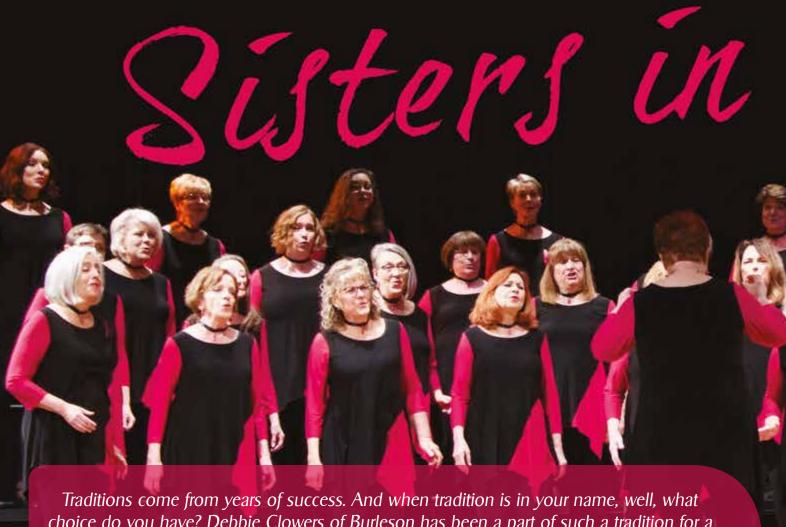












Traditions come from years of success. And when tradition is in your name, well, what choice do you have? Debbie Clowers of Burleson has been a part of such a tradition for a handful of years now after being introduced to the Texas Tradition Chorus by a friend. "I was immediately hooked. That was about five years ago, and I'm still sticking with it, although that friend quit," Debbie said with a smile.

Like several in the group, Debbie's love of music goes back a number of years. In her case, to when she was a youth. "I started taking piano lessons when I was 7, but I didn't realize I could sing until high school," she said. "I was recruited into a church youth choir. Those were some of the best years of my life. We traveled around doing musicals. However, after that, I didn't have an outlet to sing until I discovered Texas Tradition."

Debbie is the group's marketing chairperson and is on the board of directors. She also makes all the jewelry to match the costumes as, like everyone, she has her tasks to help the overall success of the group.

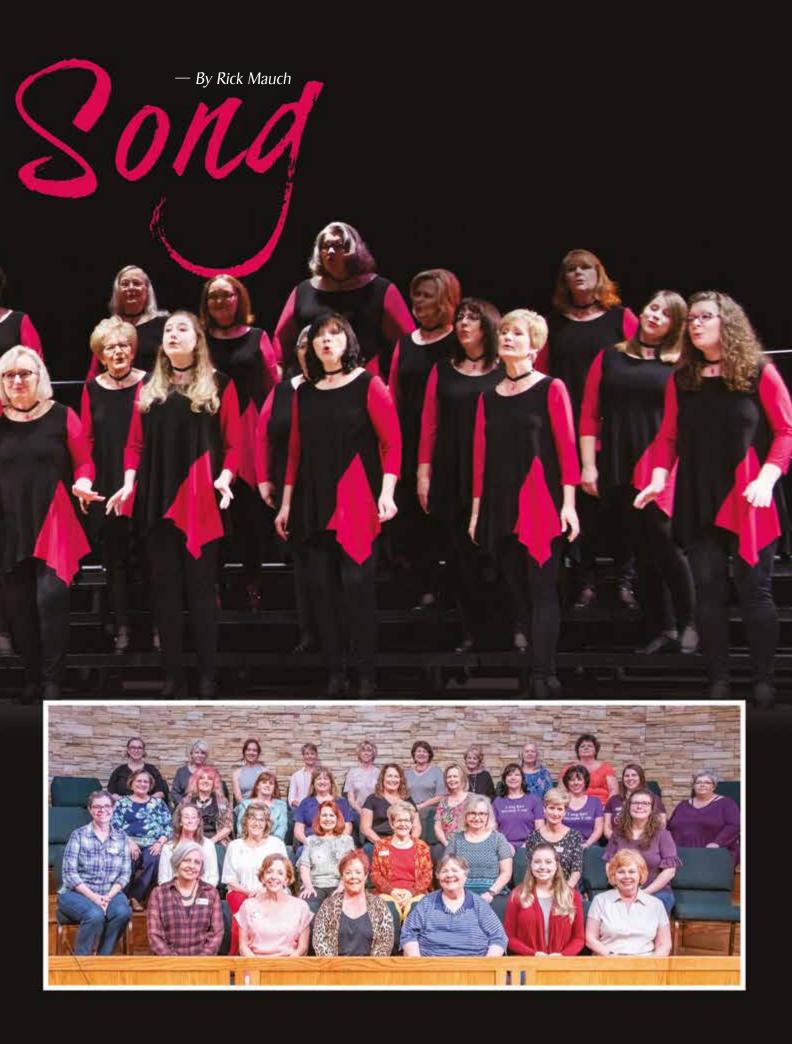
The Texas Tradition Chorus started in Burleson in 2007, however its roots go back much further. Lynda Gouker and her friend, Becca Miller, co-founded the a cappella all-female barbershop singing group in 1984, while Lynda lived in Arlington. Then, after a break of several years while Lynda lived in Sherman, they revived the group when Lynda moved to Alvarado. They kept the same name, as no other group had adopted it.

"I moved back, and one of my old chorus members called me and asked if I wanted to start a quartet," Lynda recalled. "Then Becca took it even further and asked me, 'Why don't we start the chorus again?""

And so they did. Now the group features 45 members ranging in age from 24 to 84, with Lynda serving as the director. Like their name says, they have become a tradition in and around Burleson, singing songs that range from the Beatles to Adele. They'll also throw in a little Elvis and some country, among other genres.

"I spent most of my previous time singing in church choirs. This is my first time in this type of chorus. I just make sure we don't do junk," TTC President Julie Hummert said. "We have a beautiful arrangement of 'You Are My Sunshine' and 'My Old Kentucky Home,' for example."

Julie said the group also laughingly refers to their Tuesday night rehearsals at First Baptist Church in Burleson as "Tuesday night therapy." "The friendships are the best part of it all," she said.





"Being there and laughing, singing — did I mention laughing?" Becca said. "When someone walks in and doesn't know if they'll fit in, within a week or two they're family."

Of course, since it is a chorus, there is the requirement of being able to sing. But Lynda indicated that it's OK if your voice needs a little fine-tuning. While Debbie can read music, knowing how to read music is not a requirement. Members are given CDs of the songs the group is learning, so they can listen to their parts in the car or at home. There is also a chorus website (www.texastraditionchorus.org) that has all the music and information members need to keep up.

"We have several members who don't read music at all," Debbie said. "I'm not sure who came up with the idea of the learning tracks on a CD, but it's the best an easiest way to learn. All of the songs are posted on the website, chorusconnection.com. One of the girls in the chorus makes CDs for each part from the website."

And, yes, Debbie said that she does sometimes get stares from fellow drivers when she really gets into a song. "I'm usually driving down the highway singing the lead part at the top of my lungs. My windows are slightly tinted, but I fear not enough," she said with a chuckle.

Lynda emphasized that there are no egos allowed in the TTC. "All your rocks are going to be in your knapsack on the front porch," she said. "There are some organizations that will accept egos, but we're not one of them."

The members of the group include a variety of professions in their daily lives. Debbie, who spent 10 years working





in a variety of positions for American Airlines, is retired now. Others include a social worker, nurse, teacher, college professor, software engineer, personal trainer, EMT, a geologist and more. "We are truly sisters in song," Debbie said.

The group performs one big annual show. This year, it was at the conference center in Cleburne. Other performances include the Burleson Fourth of July Parade, various civic organizations and community clubs, and Christmas is their busiest season, including numerous tree lightings.

"From mid-November to mid-December we are so busy," Debbie said. "I love seeing the joy and delight in the faces of our audience as they hear their favorite Christmas songs in barbershopstyle harmony."

The group does not charge for performances. However, they do accept donations. They are a 501(c)(3) nonprofit, and their designated cause is Court Appointed Special Advocates, otherwise known as CASA. TTC has held one fundraiser in its history. It was selling lollypops for 50 cents each in 2007, so they could purchase a riser. They raised more than \$3,000.

There are no monthly dues, but members do pay \$20 a year, which Becca said covers the cost of maintaining their website. Several members also get matching grants from their employers to help fund the group. Also, First Baptist Church offers rehearsal space for free.

"Over the years, we have learned approximately 350 songs, sung at more than 100 venues and lit 33 Christmas trees. I am so glad I found this group of women," Kassie Laughlin said.

Ditto for Debbie's thoughts. "As much as I love the singing, my favorite thing is the friends I've made and the camaraderie in the group. We love and support each other." **NOW**





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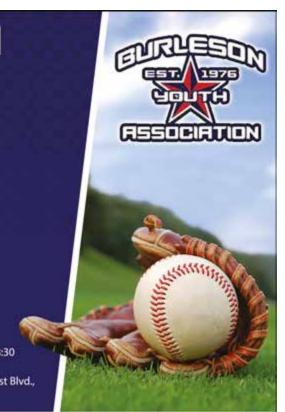
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All prices include \$20 fundraiser fee. All registrations after July 20th will incur a \$25 late fee.

In-person registration dates: Saturday, June 29th 10:00-2:00 | Tuesday, July 9th 6:30-8:30 Saturday, July 13th 10:00-2:00 | Thursday, July 18th 6:30-8:30

In-person registration location: Whitley Building @ Bartlett Park, 550 NW Summercrest Blvd., Suite 101, Burleson, Texas, 76028



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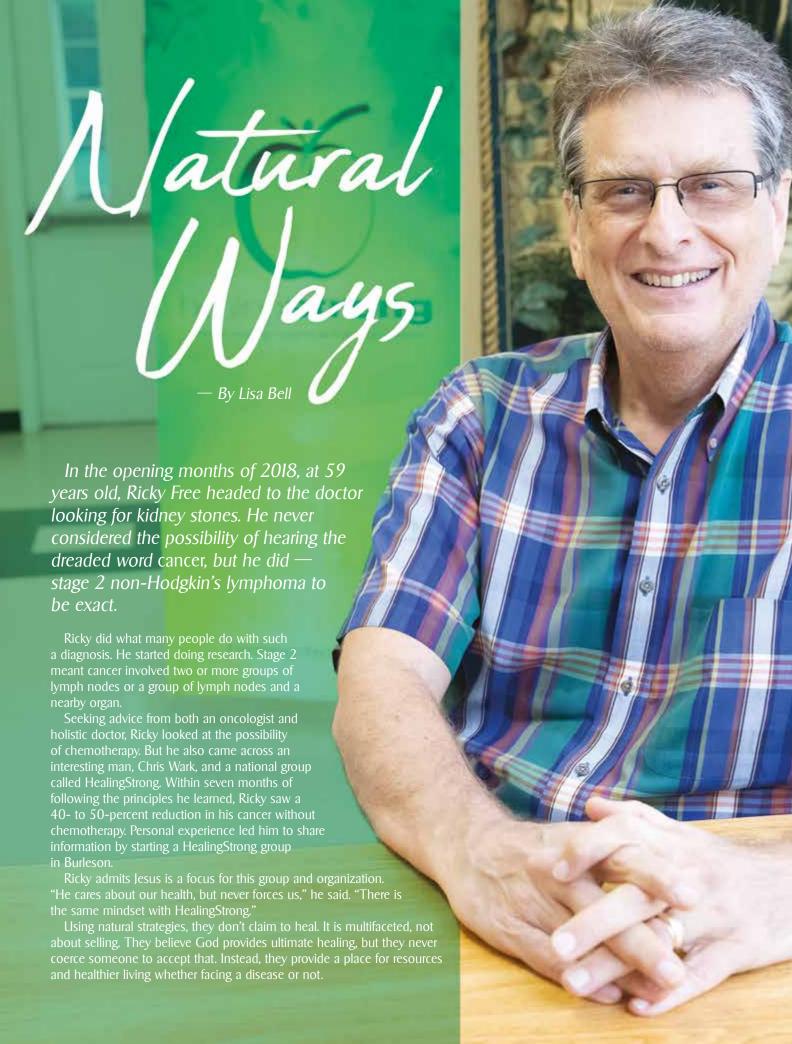
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Although cancer led Ricky to the organization, he is quick to point out the lessons and resources can help with many diseases. "We support all the way down the path, whatever protocol they choose," he said.

His wife, Sharon, also helps with leading the group on Monday nights at Oak Grove Baptist Church. "Everybody eats and drinks," she said. "We're not pushing anything but making people aware of choices."

Ricky started his path with drastic changes. With fasting, he lost 40 pounds — on purpose. He had amalgam dental fillings replaced with composite ones to alleviate leeching of mercury into his system. Adding extra oxygen, sunshine and heat all helped him combat the disease. From October 2018 until the present, none of the three tumors found in his body changed — a great report from any standpoint.

When the journey started, Ricky had only a couple of choices. Surgery and radiation weren't options for him. He could wait and see, go through chemo treatments, or try something else. He chose the holistic path and the resources he found with HealingStrong.

"It's not just about cancer, but about spiritual, physical, emotional, sleep, exercise and the right meditation," he said. "Healthy living kills the cancer cells. If we can get the root cause, we can hopefully live without a lifetime of chemo."

Sharon said, "HealingStrong gives hope. God created our bodies to heal, but all the toxins bog it down." She quickly jumped onboard with changing less-than-healthy habits in their home.

From the water they drink to what they put on their skin and use for cleaning, Sharon sticks close to making





the environment as healthy as she can. By shopping farmers markets, buying from local people and even growing some of their food, she feels good about the changes.

During the 12-week course, Ricky and Sharon facilitate the local group. Each week, in addition to leading lessons on nutrition and healthy living, they provide resource lists, connection and emotional support.

The Frees also hand out something funny, recipes, Scripture and an affirmation pointer. Some people connect naturally, remaining friends long after the session ends.

If someone wants to repeat the experience, they are always welcome. The materials provided have scientific studies to back the concepts, and the videos also include people telling their survival stories.

While Ricky didn't start his journey with helping others in mind, he admits the "divine tap on his shoulder" woke up he and Sharon to the fact that what they were doing wasn't working. Living with cancer changed their lives, and now all they learned has them helping others grow healthier.

Ricky and Sharon aren't strangers to the mindset of caring about others. They adopted all four of their children from the same birth mother. As for working through HealingStrong, Ricky said, "We want to help anyone who wants help." And giving of themselves keeps them focused on the positives in life, a sure way to make living with any disease better. NOW

Editor's Note: For more information, visit www.healingstrong.org or email hs.burlesontexas@gmail.com.







BusinessNOW

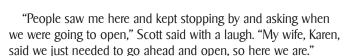
Roots Garden Center and Landscaping

- By Rick Mauch

Roots Garden Center and Landscaping 2117 E. Renfro St. Burleson, TX 76028 (817) 312-2890 Rootsgardencenter@outlook.com Facebook.com/RootsGardenCenter

Hours: Tuesday-Sunday: 8:00 a.m.-5:00 p.m. April-June: Monday-Sunday: 8:00 a.m.-5:00 p.m.

When you're onto something good, folks naturally want to enjoy it as well. Just ask Scott Peterson, owner of Roots Garden Center and Landscaping. The site of the company was originally meant for Scott's personal use, but after enough questioning from passersby, he had a change of plans.



That was just over a year ago, in April 2017, and business is good for Scott's company. There are two large greenhouses of 3,500-square-feet each with another 14,000-21,000 feet of greenhouses in the works.

"We opened two after 114 mile-per-hour winds took out my greenhouses," Scott said. "I'll never forget it. All the greenhouses ended up in the neighbor's yard, but I was determined to open on time."

Determination is a strong suit of Scott's. He didn't even let a heart attack during Christmas stop him. In fact, he continued to work during therapy. "Actually, I only took a couple weeks off," he said. "But I love what I do."

Scott developed his love of plants and land when he was 5 years old working alongside his mother, who also had a green thumb. "I planted okra seeds, and you know how tall okra gets," he said. "I had to take the hand of everybody who came by and show them."

He's still showing folks everything he can about plants. He takes pride in making each customer's visit a memorable and educational one. "My staff or I will ask you a set of questions, and then lead you to your best choice," he said. "It's in my best interest to make sure you get something that you can take care of properly and that will last."

At Roots, they are proponents of recycling and composting. All the mulch you will see upon visiting is from their own trees. "We also ask our customers to bring their containers back to repurpose or recycle," he said.

Roots has the usual things you'll find at a garden center, but some things are unique. For example, Scott loves talking about their dragonfruit trees. "I've got one you just don't see anywhere," he said, adding that they are also experimenting in bonsai designs.

Scott takes pride in making each customer's visit a memorable and educational one.

In the greenhouses, displays are in aesthetic groupings and as you would find in a particular landscape setting. For example, plants with the same water and sun requirements will be placed together.

As for landscaping, Scott said it brings out the artist in him. "You transform that home into something the homeowner can be proud of. It's not just how it looks, but how it smells, feels, the atmosphere."

And it seems folks like his artistry. His company has an impressive 87-percent callback rate on landscaping. "It's amazing how many friends I've made in Burleson," he said.

In fact, one of his garden center customers decided to work for him. "I would stop by with my mom, and I'd help customers, so they decided to just hire me," said Kristi Wallace, who came onboard shortly after the center's opening. "I come to work with a smile on my face every day. I hope we keep growing, and from the way it looks, we will." NOW







Around Town



Kelli Vickrey finds a quiet place to study.

Zoomed In: Pam O'Hearn

By Rick Mauch

When Pam O'Hearn moved to Burleson from Sacramento, California, in 2017 she thought she was going to retire. Now, she's happily at work again as the customer service attendant at the Russell Farm Art Center. "We love Burleson. It's the best move we ever made," she said of herself and her husband, Joe, who builds locomotives for General Electric.

"They [Russell Farm] were having their Texas Heritage Festival, and I told Joe I wanted to go," Pam noted. That led to her being a volunteer, until Farm Supervisor Mary Ann Spaun offered her this job in December. "I just love everything about this place," Pam said. "Funny where life can lead you."



Lauren Stanford has fun with face painting during a recent Star Wars celebration.



Daniel Walker, Carter Schwartz, Tiffanie Gregory and Christian Barnes have fun at the BRiCk Open House.



Members of the Dwell Coffee and Biscuits softball team celebrate after winning their charity game to raise money for the Center For ASD (Autism Spectrum Disorder).



Jeff Shelby (adult), Brent Shelby and Reid Bates plant flags for the Burleson Mid-Day Rotary Club.



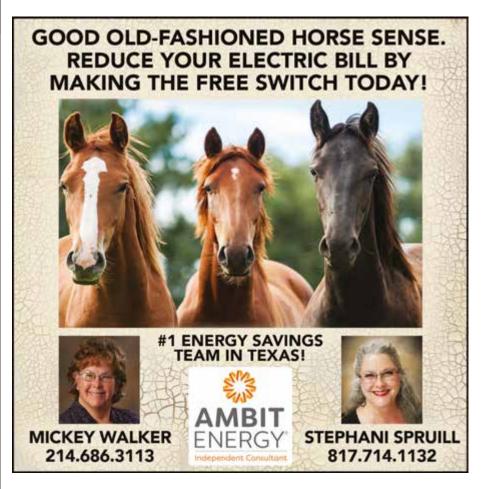
Folks enjoy themselves at the recent Burleson Chamber of Commerce After Hours gathering.



Tiffany Carlen, Lisa Schwartz, Andy Pickens, Gina Bodnar and Mike Mabry participate in the Crazy8 Ministries Virtual City On a Hill.



Visitors admire the wares at the First Christian Church Community Garage Sale that raised almost \$1,300 to benefit Relay For Life.





THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf







THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf





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Life in the kitchen has been sweet for Gloria Ayars. Being a Navy wife alongside her husband, Bill, who was stationed in Bremerhaven, Germany, she found herself looking for ways to fill her day, so she began to take cake decorating classes from a fellow Navy wife.

"I continued decorating cakes over the years for my children, many special occasions and for my grandchildren's birthdays," Gloria said. "I retired from cake decorating, but I think that's why I love making desserts."

Her desserts, in a way, are an homage to her mom, her favorite cook. "I would come home from elementary school to find apricot fried pies, warm homemade yeast donuts, or a tall, three-layer coconut cake," she said. "She and I loved sweets, and she taught me to enjoy cooking for others." NOW

Rave Reviews Coconut Cake

Cake:

- 4 eggs
- 1/4 cup oil
- 1 1/3 cups water
- 1 tsp. vanilla extract
- 1 tsp. coconut extract (optional)
- 1 2-layer size box white cake mix
- I small box instant vanilla pudding
- I large bag sweetened coconut (divided use)
- I cup pecans, chopped

Cream Cheese Frosting:

- 1 8-oz pkg. cream cheese, room temperature
- 8 Tbsp. butter, room temperature
- 3 3/4 cups confectioner's sugar
- I tsp. vanilla extract
- 1. In a large bowl, beat eggs, oil, water and flavorings until blended.
- 2. Add cake mix and pudding mix; beat at medium speed for 3 minutes. Stir in 1 cup coconut and nuts.
- 3. Pour batter into a greased and floured 10inch Bundt pan (or use Baker's Joy).

- **4.** Bake at 340 F for approximately 55 minutes, or until the sides slightly pull away from the pan and the cake tests done. Cooking times vary according to pan sizes.
- **5.** Cool about 8 minutes; remove from pan. Cool completely on a rack.
- 6. For frosting: Place the cream cheese and butter into a large mixing bowl; beat on low until combined. Add confectioner's sugar a little at a time, beating on low until the sugar is well incorporated.
- **7.** Add vanilla. Increase the speed to medium; blend the frosting until fluffy, about I additional minute.
- **8.** Frost the cooled cake. Completely cover with additional coconut. (Put coconut in your hand; press it into the frosting. You will use almost the whole bag of coconut.) Refrigerate.

Chocolate Pistachio Cake

I white cake mix (any kind)

4 eggs

1/2 cup sugar

1 cup water

1/2 cup oil

2 small boxes instant pistachio pudding (divided use - 1 for cake and 1 for topping)

1/2 cup HERSHEY'S Chocolate Syrup

Topping:

1 11- to 16-oz. jar thick HERSHEY'S chocolate fudge topping

1/3 cup milk

1 12-oz. tub Cool Whip

1/2 to 1 cup toasted almond slivers (optional)

Chocolate curls (optional)

- **1.** For cake: Combine cake mix with the eggs, sugar, water, oil and 1 box pudding.
- **2.** Beat on low speed for 1 minute, then another 2 minutes on medium speed. Reserve 1 cup of this green cake batter.
- **3.** To the reserved cup of batter, add 1/2 cup HERSHEY'S Chocolate Syrup; blend.
- **4.** Pour green batter into a 9x13-inch metal or glass pan, sprayed with Pam. Put chocolate batter mixture evenly across the top. Swirl through with a knife to marble. (First the length of the pan, then across.)
- **5.** Bake in a 340 F oven for approximately 40-45 minutes. The center needs to be checked to see if it is done, and the sides will pull away from the pan.
- **6.** For topping: Top cooled cake with chocolate fudge topping by dropping small amounts all over and spreading gently to cover.
- **7.** Mix the second box of pudding into milk. Smooth out lumps; mix with half of the tub of Cool Whip until pudding is thoroughly blended. Gently fold in the remainder of the Cool Whip; blend. Drop evenly on cake and spread.
- **8.** Store in refrigerator until ready to serve.
- **9.** Right before serving, top with toasted almond slivers and chocolate curls, if desired.

Chocolate Peanut Butter Pie

8 oz. cream cheese (softened)
1/2 cup powdered sugar
1/2 cup chunky peanut butter
8 oz. Cool Whip
1 9-inch chocolate or Oreo piecrust
1 iar thick chocolate or

fudge ice cream topping

1/2 cup chopped peanuts and chocolate curls

- **I.** In a bowl, beat the cream cheese and powdered sugar together until mixed.
- **2.** Mix in the peanut butter until thoroughly blended. Fold in Cool Whip just until blended.
- **3.** Put half the peanut butter mixture in the bottom of the piecrust; smooth to the edges.







Put small amounts of the fudge topping on top of the pie; lightly smooth to cover.

- **4.** Add the other half of the peanut butter mixture; smooth to the edges. Refrigerate until ready to serve.
- **5.** Before serving, sprinkle chopped peanuts and chocolate curls on top.

Lemon Cloud Pie

4 oz. cream cheese, softened and cubed

- 1/3 cup lemon juice (about 3 fresh lemons)
- 1-2 tsp. lemon peel, grated
- I cup granulated sugar
- 4 Tbsp. cornstarch
- 1 cup water
- 2 egg yolks, slightly beaten
- 8 oz. Cool Whip
- 1 9-inch graham cracker crust or shortbread crust
- **1.** Soften cream cheese to room temperature.

- **2.** Zest the lemons first; then get the juice. Set aside.
- **3.** In a medium pan, combine the sugar and cornstarch; mix well. Stir in water, lemon juice and egg yolks.
- **4.** Cook over medium heat until mixture boils and thickens, stirring constantly. Boil I minute.
- **5.** Add the cream cheese cubes and zest, stirring until cream cheese is completely melted and mixture is smooth.
- **6.** Remove from stove. Cover with plastic wrap; let cool to room temperature.
- **7.** The filling will be thick when cool. Fold 1/4 cup Cool Whip into the lemon mixture to smooth it out. Spoon the mixture into the crust. Cover the surface with plastic wrap; refrigerate 6 hours or overnight.
- **8.** Top with the remainder of the Cool Whip. Sprinkle lemon zest lightly over pie to decorate, if desired.

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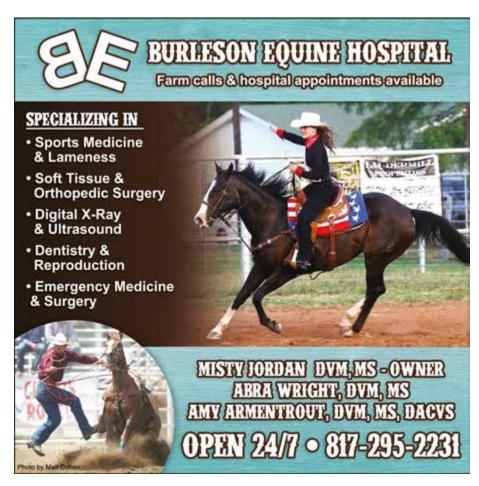
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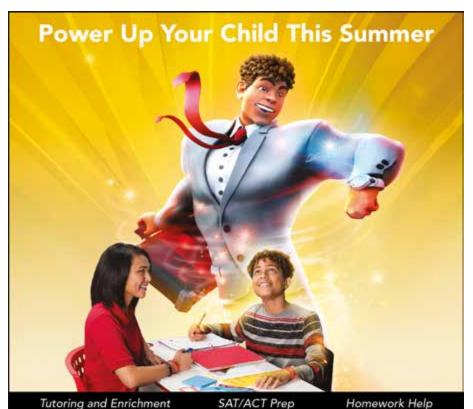












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OPEN DOOR EMERGENCY RELIEF NETWORK

Led by volunteer coordinator Barry Gee, a retired Arlington firefighter, ODERN coordinates relief efforts to disaster victims. ODERN leaders ensure teams are not only on the ground at the right place at the right time, but armed with the correct equipment, manpower and resources. To volunteer: 817-357-5654. To donate food and necessities: drop-off truck is parked at 301 S. Dobson Street Burleson, TX 76028.

VISUAL SLEEP AND HEAVENLY PEACE

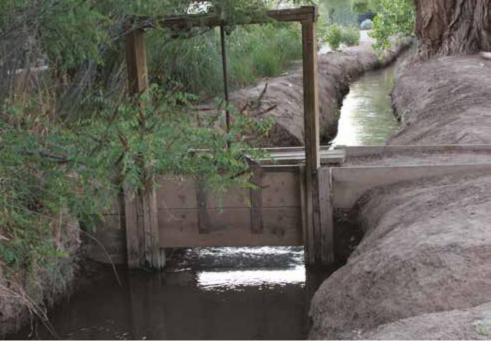
This nonprofit gives beds to children who don't have them. Bruce & Krista Crenshaw (844) 432-2337 x5722 https://www.shpbeds.org/

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









TravelNOW Transcending the Ordinary

— By Virginia Riddle

Welcome to vast desert vistas, snowcapped mountain peaks, the Rio Grande bosque and acequias (forest and irrigation system/hike and bike trails), and blue skies that become spectacular sunsets setting the Sandia Mountains aglow. Modern, yet mystical, Albuquerque, New Mexico, nestled along the Rio Grande River below the towering Sandia Mountains, is all that and more.

Home to about one-third of New Mexico's culturally diverse population, its cultural heritage, history and the arts are celebrated. The state flag's Zia Sun Symbol, representing the Zia Pueblo people's belief in the sacred number four, stands for the four

directions in which visitors of all ages can have fun exploring this city, its outlying villages and pueblos during any of the year's four seasons.

The city sprawls and meanders, as does the Rio Grande, which flows through North Valley and South Valley. Interstate 25 and the Rail Runner Express commuter train (running from Belen, New Mexico's, Harvey House Museum, to Santa Fe) offer easy access to valley sites.

Founded in 1706 by Don Francisco Cuervo y Valdés in honor of the Duke of Alburguerque Viceroy of New Spain, the first "r" was dropped in later spellings, leaving the city nicknamed the "Duke City." Old Town Historic District's plaza, anchored by the stately walls and quiet spirituality of San Felipe de Neri Church, built in 1793, is surrounded by placitas (small plazas), home to residents, shops, galleries and historic sites. iExplora!, the Indian Pueblo Cultural Center, the New Mexico Museum of Natural History and Science and the Albuquerque Museum are sure stops.

In Spanish style, roads fan out from the plaza in all four directions. East to west, enjoy time travel back to the 1920s-1960s when much of downtown and the Nob Hill-Highland District grew up around the historic Route 66, which, in town, becomes Central Avenue. Iconic neon signs, vintage

shops, period eateries and the beautiful architecture and gardens of the University of New Mexico campus, with its museums, bring back memories of when Route 66 was known nationwide as the Mother Road.

At the east junction with I-40, visitors can head north to catch the aerial tramway to the Sandias' peak. Moving farther east through the pass, visitors may exit to the Turquois Trail leading to Santa Fe after a side trip to Tinkertown Museum and Sandia Peak.

Traveling westward from the plaza, the Albuquerque BioPark hosts an aquarium and botanical garden. Take the Rio Line narrow-gauge railroad to the zoo and Tingley Beach and hike or walk the 16mile Paseo del Bosque Trail. Climb in the ancients' footsteps on extinct volcanos to view the petroglyphs carved between 1000 B.C. and 1600 A.D. at the Petroglyph National Monument.

Southward from the plaza, the Barales community hosts the National Hispanic Cultural Center of New Mexico with its art galleries, performing arts venues, library and archives. Historic Barales grew up around a Rio Grande River ford near the Camino Real, the Spanish road connecting Mexico City and Santa Fe.

Travel northward from the plaza on Rio Grande Boulevard a few miles to the North Valley where fertile, irrigated farms, ranches and vineyards thrive. Hike along the river at the Rio Grande Nature Center State Park and visit the Unser Racing Museum.

Enjoy driving to the historic Village of Corrales, the state's self-proclaimed horse capital. Return to Albuquerque by way of 4th Street, which bisects the Village of Los Ranchos de Albuquerque as a continuation of Route 66.

Then perhaps catch a hot air balloon ride at the Anderson-Abruzzo International Balloon Museum, or delight in viewing skies dotted with colorful hot air balloons during dawns and sunsets while breakfasting or supping New Mexico-style Mexican food, featuring the state's largest crop, green chili peppers, on a restaurant's patio. With mariachis performing, it's the perfect way to relax. **NOW**

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Hospice is not a bad word! Becky Woodall explains how hospice can be used for more than end of life care.

Stay Hydrated!

Tuesday, July 30 at 5:00 pm

Learn how to drink and eat your way to hydration. Jill Morton presents creative ways to stay hydrated and explains how dehydration impacts your body.

Caregiver Burnout

Tuesday, August 27 at 5:00 pm

Caring for a family member can be fatiguing. Wendy Slatten describes burnout warning signs and explains the benefits of support groups

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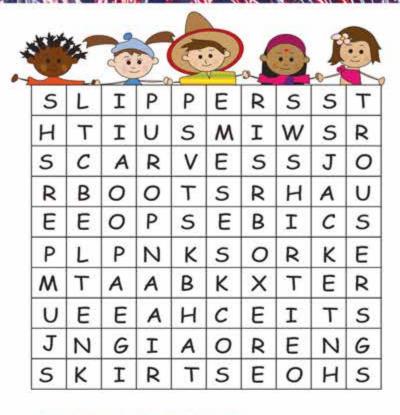


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	1	2	3		4	5	6	7	8	
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30		1	31		T	T	32		1	
33		\vdash		T	T		34			1
	35	+	+	+	+		36		+	

Solutions on page 44

Crosswordsite.com Ltd

Across

- 1 Illustrative craft
- 4 Knitted wrap
- 9 Falco of "Nurse Jackie"
- 10 Hawaiian Punch fruit
- 12 Lawsuit
- 14 Exclamation of contempt
- 15 Writing fluid
- 16 Blaster's material
- 17 Wedding vow sites
- 19 Sunday rite
- 20 Pro bono promo, briefly
- 21 Female sibling
- 22 Encourage in wrongdoing
- 24 Most pleasant
- 27 High rock
- 28 Rollaway
- 29 Dove sound
- 30 Impish
- 33 Skiers' haunts
- 34 Tavems
- 35 Gin
- 36 Append

Down

- 1 Words after make or close
- 2 Just the one
- 3 Long Island iced cocktail
- 4 Crosses
- 5 Writer for hire
- 6 Disposed
- 7 "Hey, that's not right!"
- 8 Film critic Jeffrey ---
- 9 Able was I ere I saw ---
- 11 Pangolin food
- 13 Old Italian money
- 18 Nova Scotia hours
- 19 It may be open at a bar
- 21 Location
- 22 Cash caches, perhaps
- 23 Prepares eggs
- 24 Din
- 25 Narrow sea channel
- 26 Throw
- 28 Singer who's got you, Babe!
- 31 IRS forms expert
- 32 By way of

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Sudoku Puzzle

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

Medium

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Easy

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Solutions on page 44



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7/3

Family Movie Day:

Get out of the heat for a fun family movie. 2:00-4:00 p.m., Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

7/4

City of Burleson 4th of July **Concert and Fireworks:**

Bring your blankets, lawn chairs and picnic to enjoy music from Texas Flood, a Stevie Ray Vaughan Tribute Band and an Independence Day fireworks show. Concert: 7:30 p.m.; fireworks: 9:30 p.m., Chisenhall Fields, 500 W. Hidden Creek Pkwy. (817) 426-9106.

7/8-7/11

Junior Golf Clinic:

8:00-9:30 a.m. Monday-Wednesday: 7:15-8:45 a.m. Thursday for on-course play. Ages 7-17 Cost: \$80. Hidden Creek Golf Course, 555 Hidden Creek Pkwy. Sign up in the Pro-Shop or call (817) 447-4444, ext. 5.

7/10

The Creature Teacher:

Come learn about some amazing animals. Free. 10:30-11:00 a.m. and 11:30 a.m.-noon., Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

7/10-7/11

Fun on the Farm Camp: Children ages 6-12 years old

will learn history, animal care, gardening, fishing and crafts. Bring a lunch, as there will be a picnic at the farm. Cost: \$75. 9:00 a.m.-1:00 p.m., Russell Farm, 405 W. County Rd. 704. Register online at www.burlesontx.com/signup (activity code #460017) or call (817) 447-3316.

7/12

Date Night/Friday Night at the Movies:

6:00-8:00 p.m. Enjoy after hours at the library watching a classic sci-fi movie (rated PG). Popcorn, soda and iced tea will be provided. Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

7/13

Gospel Jam:

All are welcome to join in the spirited fun evening enjoying old-time hymn and southern gospel songs, along with some bluegrass music. 7:00-8:30 p.m., Senior Activity Center, 216 SW Johnson Ave. (817) 295-6611.

7/17

Perot Tech Truck:

Engage in hands-on, maker-based science, technology, engineering, art and math experiences that foster creativity and confidence. All day, Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

7/17-7/18

Burleson ISD Pre-Kindergarten Round-Up:

July 17 if your home campus is Brock, Taylor, Hajek or Mound. **July 18** if your home campus is Frazier, Clinkscale, Norwood, Stribling or Bransom. 8:30 a.m.-1:00 p.m. and 4:00-6:00 p.m., Taylor Elementary School, 400 NE Alsbury Blvd. www.burlesonisd.net.

7/19

Ultimate Elvis Tribute Starring Kraig Parker and the **Royal Tribute Band:**

International award-winning performer. Tickets: \$40 for VIP (first three rows); \$30/\$28 general admission; \$25 for groups of 20 or more; \$15 for youths 12 and under. 7:30 p.m., Cleburne Conference Center Theater, 1501 W. Henderson St., Cleburne. (817) 202-0600.

7/26

Hawaiian Luau and Lunch:

11:30 a.m. Experience an authentic Hawaiian Luau and Lunch with Hula dancers, drummers, ukulele player and singer. Senior Activity Center, 216 SW Johnson Ave. (817) 295-6611.

Weekends in July

Always Patsy Cline: Performances 7/5-7/6, 7/11-7/13.7/18-7/20.7/25-7/27 Thursdays and Fridays: 7:30

p.m.; Saturdays: 3:00 p.m. and 7:30 p.m., Plaza Theatre, 305 S. Anglin St. Cleburne. Info@plaza-theatre.com, (817) 202-0600.

Mondays

Burleson Toastmasters Club:

Participants focus on public speaking and improved verbal communication. 6:30 p.m., **Burleson Chamber of Commerce** Bldg. (south entrance), 1044 SW Wilshire Blvd. (817) 919-3243.

Tuesdays

Burleson Rotary Club Mid-Day:

Noon, Southern Oaks Golf & Tennis Club, 13765 Southern Oaks Dr. www.middavrotarv.org.

First Tuesdays

Ask a Coach:

Do you have a problem in your life or business that you know must have a solution, but you just can't find it? Bring your problems and get help from a Certified Professional Coach, at no charge. 6:30-8:00 p.m., Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

First and Third **Tuesdays**

Kiwanis Club of Burleson: Noon, Golden Corral, 301 SW Wilshire Blvd. (817) 426-1676.



7/20

50th Anniversary of Apollo Moon Landing:

Celebrate this legendary event with some fun space crafts and activities. 11:00 a.m.-2:00 p.m., Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

Third Tuesdays

Roots & Branches Genealogy Club:

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

Second Wednesdays

Writers Anonymous Support and Education:

The group includes fiction, nonfiction, technical, blog — you name it. 6:00-8:00 p.m., Burleson Public Library, 248 SW Johnson Ave. (817) 426-9211.

Second and Fourth Wednesdays

Burleson Lions Club:

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

Second Thursdays

Burleson American Legion Post Meeting:

Open to the public with questions about veteran benefits or about helping our youth. Scholarships

are also given to high school seniors going to college.
6:00 p.m., community room of the Burleson Police Department, 1161 SW Wilshire Blvd. gunrunner937058@yahoo.com.

Fridays

Story Time at the Farm:

Weekly event. Children learn some of the words in the books in both Spanish and English. All books pertain to being on a farm. Free. 11:00 a.m.-noon, Baker Building.

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

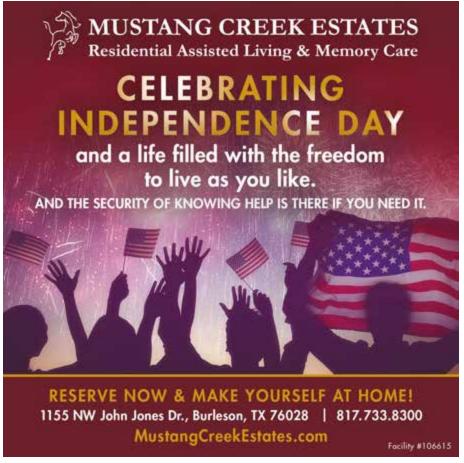
Second Fridays

Senior Activity Center Dance:

Music from 92nd Roadhouse
Band. Participants are encouraged
to bring a finger food snack.
Entry fee: \$5/person.
7:00-9:30 p.m., Senior Activity
Center, 216 SW Johnson Ave.
(817) 295-6611.

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







Crossword -Sudoku Solutions

	¹A	R	3 T		4 S	٥н	6 A	w	° L	
°E	D	1	E		10 P	Α	Р	Α	Υ	11A
12 L	Е	G	Α	13 L	Α	С	Т	1	0	N
14B	Α	Н		15 L	N	K		16 _T	N	Т
17 A	L	Т	18 A	R	S		19 M	Α	S	s
		20 _P	S	A		21 S	1	s		
²² A	²³ B	Е	Т		24 N	1	С	μE	²⁵ S	²⁶ T
²⁷ T	0	R		²⁸ C	0	Т		28°C	0	0
30 M	1	S	31C	Н	1	Е	32 V	0	U	s
33 S	L	0	Р	E	s		34	N	N	s
	35 S	N	Α	R	E		36 A	D	D	

Easy

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

Medium

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





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