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M A G A Z I N E

AUGUST 2024

Gifted Love

Amber Miller keeps a family crocheting tradition alive

A Texas Baseball Legend

Nolan Ryan's name is huge in these parts

In the Kitchen With Daniel Polson

Also inside:
Scavenger Hunt

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Featured Business:
Diet Solution Centers

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ON THE COVER



Amber Miller shares her mother's love through crocheting.

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EDITOR'S NOTE

Time flies by . . .

With the beginning of a new school year, August brings firsts for every family. Maybe your grandkid is heading off to preschool for the first time, and you're realizing how quickly they've grown. Maybe your child is going into middle school, and you're dreading their teen years (sorry, Mom!). Perhaps, like me, your younger sibling is setting off into the world for the first time, and you're having a total crisis about it.

My little brother is heading out of state for his first year of college, which feels wrong. In my head, he's still the little kid I'd force to play school, even though he was barely old enough to hold a crayon. Now, he's leaving to study illustration. While I am excited for him embarking on this new adventure, I'm worried about what type of adult he's going to grow into while I'm not there to (lovingly) boss him around. I'm also excited because despite my fears over what challenges might come his way, I know he's a good person and can handle himself.

If you have someone experiencing a first this semester, maybe you share this same fear of how your loved one will turn out. It's scary, this unknown, but we've got to trust that we did our best to help prepare them for these changes. And if they do something dumb, well, we can always smack them upside the head when they come back home. (I'm kidding. Don't hit your loved ones, especially if it's your brother who can now defeat you in a friendly sibling fight.)

Celebrate your family's firsts this month!



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GIFTED LOVE

— By Emma McKay

“I love giving people things that are handmade,” Amber Miller said. When she’s not working as an elementary special education teacher, doing mom things or baking, Amber spends her time crocheting gifts for her loved ones. “My love language is gift giving, and in my opinion, there’s nothing better than giving someone a homemade gift.”

Amber began crocheting 15 years ago, when her oldest son turned 1 year old. “It started as a labor of love. My mom crocheted when I was younger. She always crocheted for family, friends and co-workers having babies,” Amber explained. “It was a huge deal for her to give baby blankets to people.” When Amber was 19 years old, her mother passed away. “When I had my son, I realized I didn’t have anyone to make him that blanket she would have made him. Then, I looked around my circle, and my friends were having babies, and I realized I could carry on her legacy through crocheting.”

Amber learned how to crochet by watching a friend. “I just mirrored her. I’m a visual learner.” Through repetition, Amber slowly learned how to create things. “It’s like teaching your hands Spanish. It’s a foreign language. Your hands have never done this before, and you have to teach them how to fluently do something.” Over the years, Amber has crocheted hundreds of baby blankets, commissioned pieces and gifts for those around her.

This past Christmas, Amber decided to make her students personalized head scarves. “I was on my lunch break, making a head wrap for somebody else, and one of my students came into the room to get something, and my student was like, ‘Mrs. Miller, what’s that?’ And I explained that it was a head wrap, and it keeps your head warm. She said, ‘Well, I don’t have anything like that.’” Through that interaction, Amber felt compelled to create head scarves for all her students. “They’d not just to keep the kids’ heads warm, but they’d be a symbol that their teacher cared enough about them to make something for them.”

So, Amber got to work gathering skeins of yarn in all her students’ favorite colors. “For some of them, their favorite color was rainbow, so I got to find rainbow sparkle yarn.” Along with their favorite colors, she crocheted their names into each headband. “They loved it,” Amber said.





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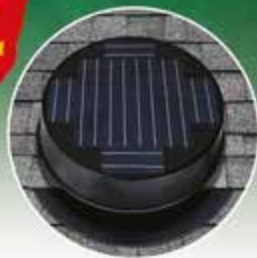
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After completing the head wraps for her students, Amber couldn't stop. She decided to make some for the school's office staff. "They are a phenomenal group of women, and it's only five, so it's much more manageable." After that, she decided to make one for each of the general education teachers. "Every day teachers have to be outside in the frigid weather for morning drop off and afternoon dismissal, and I see half of them out there with nothing keeping them warm. So, I decided to make one for each of the general education teachers as an extra little thing to keep them warm." She personalized these, too, making sure each teacher's head wrap had their team colors and their grade number. "I don't think teachers get told enough, 'I see you, and I see how hard you are working. I see what you do when no one's looking, and I know how much you love your children.' That was a way for me to give them love."

While she worked, Amber would listen to audiobooks, Taylor Swift or whatever show her 5-year-old daughter, Amelia, was watching. "That's my way to connect to her. I'll sit next to her while she's watching her show, and I'll crochet, focusing on what she's saying or doing." Sometimes, Amelia would connect with her through crocheting. "When I'm crocheting anything, she asks if it's for her," Amber laughed. "She likes to hold her own crochet needle in her own yarn. She can't do anything yet, but she'll sit next to me and create her own little mess of yarn. Hopefully, one day she'll be able to create, and she can carry on the legacy as well."

In January, a new student enrolled in Amber's class. "He wasn't a part of the Christmas gifts, but he found out about them somehow," Amber said. At the



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time, she was working on finishing the head wraps for the teachers as well as projects for Dwell Coffee's spring show. "I promised him I'd make him one as soon as the spring show was over. He's the kind of student you really don't break your promises to."

The day before the spring show, Amber got into a car accident, breaking her right hand. "I was in a cast from fingers to elbow. The doctor had told me there was a three-month healing time frame." She realized that if she waited until she was healed to crochet the headband, she'd no longer have that student. "I had promised him, so not doing it was not an option." So, with her hand in a cast and only having access to two fingers, she taught herself to crochet with a broken hand. "Hopefully, he felt loved, or at least that I honored my word. I think that's especially important for young children that adults follow through. Adults do what they say they are going to do, so I had to do it."

Even though her goal with these projects is to give her love to others, Amber, in turn, experiences love and community while making the crafts. Through crocheting, Amber feels a connection to both her mother and the people she's creating for. "So, if it's a mama to be, I hold that mom close to my heart the whole time I'm creating her blanket," she explained. "But it's always like my mom is with me when I'm creating these projects." Amber hopes that when people use her creations, they feel not only her love, but the love of generations of women and mothers because that's what her mother gave to her. **NOW**

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— TALES OF TEXAS —

A TEXAS BASEBALL LEGEND

— By Sandra Walters

Some sportsmen are regarded as icons in their respective sports. One of Texas' most accomplished baseball players, Nolan Ryan, is well-known in the Lone Star State. He was born on January 31, 1947, in Refugio, Texas, as the family's sixth child. When he was 9 years old, Nolan began playing baseball in his hometown of Alvin, Texas, where he grew up. At the age of 11, he was selected for the All-Star team and went on to succeed. At that time, he threw his first no-hitter.

He continued perfecting his gift throughout the years, and following his high school graduation, Nolan was chosen by the New York Mets in the 1965 Major League Baseball Draft. Within four years as a team pitcher, he helped the Mets in their World Series victory. However, he was traded to the

California Angels in 1971. During this time, his name started appearing in the record books after winning games, striking players out and pitching his first career no-hitter in the major leagues. From 1972 to 1977, Nolan averaged 19 wins and 322 strikeouts per year. He assisted the Angels in winning the American League West title for the first time.

Eventually, he signed a deal with the Houston Astros as a free agent, returning close to his hometown as the first million-dollar-per-year player in league history. He accomplished the 3,000th, 4,000th and 4,500th strikeout milestones while playing for the Astros. The '80s signified many successes for Nolan, as he passed Walter Johnson's all-time strikeout mark, broke Sandy Koufax's major league record of four no-hitters with his fifth in 1981 and helped the Astros reach the postseason for the first three times in franchise history. He played as an Astro from 1980 to 1988.

Following his last season with the Astros, Nolan joined the Texas Rangers as a free agent. By continuing to throw a powerful fastball into his 40s, he became a national phenomenon. In 1990, Nolan pitched his sixth no-hitter, and a year later, at the age of 44, he produced his seventh. Nolan was selected in eight All-Star Games, started 773



times, achieved the lowest hits-per-nine-innings-pitched ratio, being 6.56. He pitched for the Texas Rangers from 1989 to 1993, bringing his career to a close.

Nolan retired after the 1993 season, and in 1999, they inducted him into the National Baseball Hall of Fame, becoming the first Texas Ranger to receive this honor. In 2003, he was inducted into the Texas Rangers Hall of Fame. Shortly after those accomplishments, the Rangers and Astros named him the Hometown Hero in 2006. He also earned a place in the Irish American Baseball Hall of Fame in 2011. Then, the Angels, Astros and Rangers retired Nolan's number. And because of his expertise in the industry, he served as president and CEO of the Texas Rangers from 2008-2013.

For many years, this tough competitor was among the most intimidating on the pitching mound. He acquired the nickname "The Ryan Express," and he played for four decades. "His 27-season career record is 324-292 with a 3.19 ERA, 222 complete games, 61 shutouts and a baseball best 5,714 strikeouts," according to astrosdaily.com. He continued to pitch after turning 46, but in September 1993, he blew out his elbow and made his final pitch. He earned numerous titles in Major League Baseball and is definitely considered a Texas baseball legend. **NOW**

Sources:

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2. https://www.astrosdaily.com/players/Ryan_Nolan.html.
3. <https://baseballhall.org/hall-of-famers/ryan-nolan>.





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Faith Williams and Arrianna Thothong serve up smiles at the newly opened Daydream Coffee Co.

Zoomed In: Samantha Smith and Brian and April Dunn

By Emma McKay

When Samantha Smith adopted her puppy, Lexie, she didn't know she'd be making new friends, too. "I had just picked her up in Fort Worth, and I decided to take her to PetSmart. We were walking past the toy aisle, when I saw a Yorkie out of the corner of my eye. I went up to its owners and said, 'Hey, look at what I have!' Turns out, the dogs are from the same breeder!"

Brian and April Dunn adopted Lacie in Burleson, making the sisters' unlikely reunion even more special. Brian and April invited Samantha and Lexi for a playdate with Lacie and their older dog, Maddie. "The little girls are reunited, and we've made a new friend," Brian shared.



Nick, Gianna, Lochlann and Tara Farricy spend some family time at Centennial Park.



The Cruz family visits with each other while waiting to dine at Babe's Chicken.



Faith, George and Takeisha Wonsley celebrate little Calvary's first birthday!



Nylah Molett paints a pretty flower.



Spencer and Collin Stilgenbauer and Tracy, Silas and Natalie Landrum enjoy some cool weather by playing at Clark Park.



Stephanie Schlecht-Maki and Sara Miller bring the fun of the library to the community with the Reading Rover.



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— By Emma McKay

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For the past 12 years, Diet Solution Centers Burleson has been helping people lose weight in a healthy way. “We focus on you. DSC’s holistic approach addresses not just



weight loss, but overall well-being, empowering clients to make lasting changes for a healthier life,” said Lupita Mora, CMA diet consultant.

“Three years ago, I was struggling with weight loss. I exercised, walked and ate better, but I had no success. Going to medical school and managing a diet for weight loss was difficult, until I came across DSC.” A quick internet search led Lupita to visit DSC. “I thought, *If I don’t start right now, I’m never going to start,*” Lupita confided. “It’s all about discipline. And I needed help.” With the aid of diet pills, weekly weigh-ins and a diet specifically tailored to her needs, Lupita shed 20 pounds in three months. When a consultant position opened, Lupita joined the Burleson team because she believed in their program.

DSC personalizes their patient experience to focus on behavior modification and long-term lifestyle changes, so patients leave healthier than when they started. “We have proven to our community that we aren’t a trendy or gimmicky diet.” To ensure patient health, DSC’s supervising

physician, cardiologist Dr. Alan Taylor, works closely with patients during their diet plans. "If we have any issues with patients, we look at their health background. If something's serious, then we don't prescribe them anything."

DSC offers multiple different plans to help patients reach their weight-loss goals. "Our focus is getting the patient to learn how to eat so their bodies won't continue to store fat. We have natural and prescription appetite suppressants with Lipostat and Lipo-amino injections to help with sugar cravings, water retention and fatigue."

Unlike other diet programs, DSC does not require the purchase and consumption of pre-packaged meals. "Eating real food is necessary for long-term weight loss," Lupita explained. "DSC's avoidance of pre-packaged meals encourages clients to learn how to make healthy food choices and how to prepare meals themselves, promoting sustainable habits beyond the program."

For patients who enjoy guilt-free snacking throughout the day, protein shakes and protein bars are available for purchase at the front. "They are not meal replacements. A lot of us like snacking, but the snacks we eat aren't healthy. These contain fewer calories, which contributes to losing weight."

Once patients have reached their ideal weight goal, they can participate in DSC's maintenance program, which exists to maintain accountability. "Patients come back because once they get off their diet, they feel like they are in their skinny era and can eat whatever they want. DSC provides ongoing support and education to help clients maintain their weight loss, including strategies for managing triggers, stress and lifestyle changes.

"I want Burleson to know that their health is more important than anything else," Lupita said. "Having been a patient before and knowing that the plan does work, I am certain that it will help anyone else no matter how big or how small you are. It's not just about a diet, it's about getting healthier." If you have questions about the process, the team at Diet Solution Centers encourages you to come in and ask or give them a call! **NOW**



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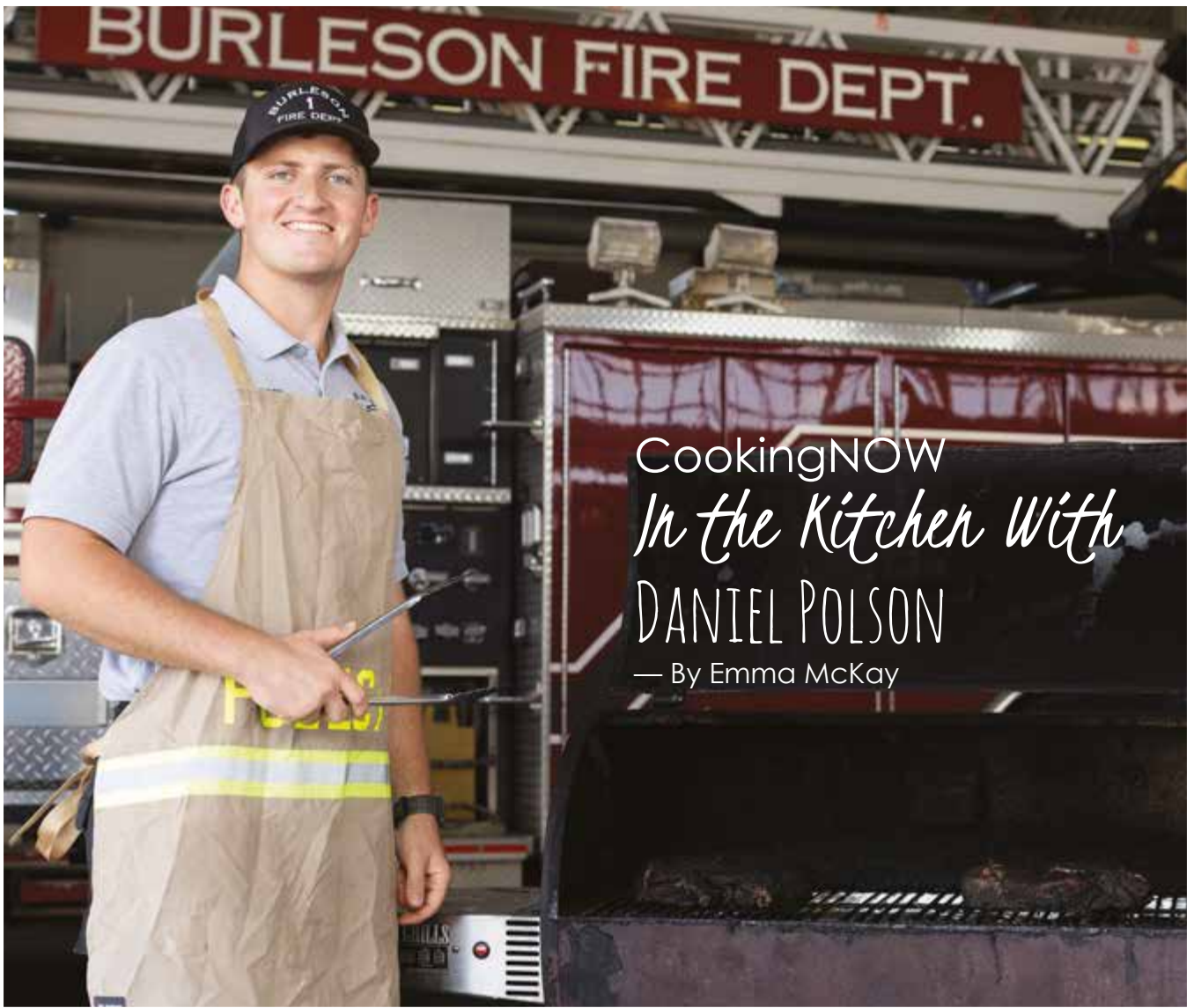
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CookingNOW
In the Kitchen With
DANIEL POLSON

— By Emma McKay

“Cooking has always been a big tradition in the fire service,” said Burleson Firefighter Daniel Polson. “Making home-cooked meals promotes crew bonding with the people we work with all the time.” Growing up, Daniel and his siblings loved helping their mother in the kitchen. Through taking over cooking for his co-workers at the station, he’s rediscovered this love.

“Cooking is a fun way to challenge yourself to try new techniques and food combinations. You can keep it simple and follow the recipe, or you can add your own twist.” Daniel finds inspiration in exploring old family cookbooks, and trying to find healthy substitutions for ingredients that make the dishes even tastier. “Making the recipe your own,” Daniel shared, “is what makes cooking so fun.” **NOW**

**1/4 cup crumbled feta cheese or
 vegan feta cheese**

Lemon Honey Oregano Dressing:
2 Tbsp. lemon juice
**1 Tbsp. white wine vinegar (or red
 wine vinegar)**
1/3 cup olive oil
1 Tbsp. Dijon mustard
1 tsp. honey
1/2 tsp. dried oregano
1/2 tsp. garlic powder
1/4 tsp. ground cumin
Salt, to taste
Pepper, to taste

**Mediterranean Quinoa
 Salad With Lemon Honey
 Oregano Dressing**

Quinoa Salad:

**2 cups quinoa, cooked (about 1
 cup uncooked)**

1 red bell pepper, chopped
1/2 cucumber, chopped
1 cup chickpeas
1/2 small red onion, finely chopped
1/2 cup kalamata olives, cut in half
**1/4 cup sundried tomatoes, finely
 chopped**
1/3 cup fresh basil, finely chopped

1. For the quinoa salad: Mix all the ingredients together in a large bowl. If there is any ingredient you like more, feel free to add more of it!

2. For the lemon oregano dressing: Mix all the salad dressing ingredients together in a small jar. Cover with the lid; shake until incorporated.

3. Pour half the salad dressing onto

the quinoa salad; give it a taste. If you like more dressing, add more. Otherwise, reserve the leftover dressing for other salads.

Mango Pico de Gallo

- 3 ripe mangos, diced
- 4 Roma tomatoes, chopped
- 1/2 cup white onion, chopped
- 1/4 cup fresh cilantro leaves, packed, chopped
- 4 jalapeños, seeded and minced
- 1 large lime, juiced (about 1/4 cup lime juice)
- Salt, to taste
- Pepper, to taste
- Cumin, to taste (optional)

1. In a serving bowl, combine the prepared mango, Roma tomatoes, onions, cilantro and jalapeños. Drizzle with the lime juice.
2. Using a large spoon, stir the ingredients together. Season to taste with the salt, pepper and cumin, if using; stir again. For the best flavor, let the salsa rest for 10 minutes or longer before serving.

Chuck Roast Fajitas

Servings vary based on weight of meat.

- Boneless chuck roast (weight to vary based on desired servings)**
- Mustard, bacon grease, avocado oil or your favorite binder, to taste**
- Hardcore Carnivore Black Beef Seasoning, or your favorite seasonings or seasoning mix, to taste (divided use)**
- Cooking oil (I prefer using beef tallow or bacon grease.)**

1. Preheat the smoker to 200 F
2. Allow the roast to rest at room temperature while the smoker comes to smoking temperature.
3. Prepare the roast by applying a thin layer of your favorite binder.
4. Generously season the roast on all sides with your favorite seasoning. (My preference is Hardcore Carnivore Black Beef Seasoning, but you can make do with salt, pepper and garlic.)
5. Once the smoker comes to temperature, place the roast on the middle rack.
6. Smoke the roast at 200 F for 1 hour.
7. After 1 hour, increase the smoker temperature to 225 F. Smoke the roast for 1 hour, or until it reaches an internal temperature of 125 F. (Note: If you prefer different doneness, follow these guidelines: rare = 135 F; medium-rare = 145 F; medium = 155 F; well-done = 170 F)
8. Remove the roast from the smoker; allow it to rest on a cutting board for 5-10 minutes. (Don't worry; it won't get cold.) While the meat is resting, preheat a flat-top

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Chuck Roast Fajitas

grill or skillet to medium-high heat; grease the grill/pan.

9. Finely dice the meat; place it on the heated grill to produce a nice sear and finish bringing the meat to temperature. While doing this, apply a light dusting of the seasonings you used previously.

10. When the meat has reached your desired doneness, serve with your favorite sides, fixings and toppings as you would serve fajitas. I prefer warm flour tortillas, Mango Pico de Gallo, queso fresco, guacamole and a favorite salsa!

Chicken Enchiladas

Serves 6-8.

1/4 cup margarine

- 1 cup onion, diced
- 1/2 cup jalapeño, diced
- 1/4 cup flour
- 2 1/2 cups water
- 3 chicken bouillon cubes
- 8 oz. sour cream
- 3 cups chicken, cooked
- 2 cups cheddar or mozzarella cheese (divided use)
- 1 4-oz. can green chilis, chopped
- 1/2 tsp. chili powder
- 10 8-inch flour tortillas
- 1/2 tsp. parsley

1. Cook the margarine, onions and jalapeños in a saucepan.
2. Stir in the flour, water and bouillon; cook and stir until thickened.
3. Remove from heat; stir in the sour cream.
4. In a large bowl, combine 1 cup of the sauce mixture, the chicken, 1 cup of cheese, green chilis and chili powder; mix well.
5. Dip each tortilla in the remaining sauce to soften. Fill with the chicken mixture; roll up.
6. Arrange the enchiladas in a 9x13-inch dish.
7. Pour the remaining sauce over the enchiladas; sprinkle with the remaining cheese and parsley.
8. Bake at 350 F for 25 minutes. *Note: I*

like to make double the sauce to pour over the top and to have a little extra!

Healthy Cottage Cheese Queso

Serves 1.

- 100 g. 2% cottage cheese
- 40 g. Velveeta Shreds
- 30 g. fat-free milk
- 1 tsp. canned chipotles in adobo sauce, diced

1. Mix the ingredients in a microwave-safe bowl; microwave on high for 60 seconds. (You can also simmer the mixture in a saucepan until it is warmed throughout. This makes it easier for large batches.)
2. Blend the mixture to get a smooth consistency.
3. You're done! Enjoy this super easy and healthy queso.

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

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Philadelphia is the birthplace of American independence. This city is where history, culture and a vibrant urban atmosphere reside. From iconic landmarks to diverse neighborhoods, a trip to Philadelphia offers a rich tapestry of experiences for travelers. Let us explore some of the must-visit sites that make Philadelphia a unique destination.

This journey comes alive at the Independence National Historical Park, which includes a variety of historic sites. Inside Independence Hall, the guest may stand in the place where The Declaration of Independence and the Constitution were signed. Next, marvel at the Liberty Bell, an enduring symbol of freedom, displayed in the Liberty Bell Center. This park provides a venture into America's early history. As you walk to the President's Hall, you will find the contradiction of freedom as the narrative, while slavery is depicted outside before entering the building where George Washington and John Adams once lived during their presidencies. Surrounding the area, there are gardens and numerous classic historic structures, adding to the fascination of the location.

As the tour continues, art lovers will find The Franklin Institute and Philadelphia Museum of Art to be paradises. The Franklin Institute ignites a person's curiosity by combining education with entertainment while allowing tourists to engage with interactive exhibits, explore Fels Planetarium and enjoy hands-on science and technology. In the Philadelphia Museum of Art, a vast collection spans centuries and cultures recreating stories many have read or may learn soon. This museum offers a visual treat for visitors, not just a building only reflecting the past. The museum highlights current items and things in history. Remember to run up the famous "Rocky Steps" to see the stunning view of the city skyline as you take pictures and record your discoveries.

Revealing America's PAST AND PRESENT

— By Sandra Walters



Now that you have exercised and created an appetite, visit the Reading Terminal Market for a taste of Philadelphia's diverse culinary scene. Arrive early since parking can be challenging in the heart of downtown Philadelphia. The bustling food market, established in 1893, features a wide array of vendors offering everything from traditional Philly cheesesteaks, Amish, Dutch and Pennsylvanian food to international cuisine. It is a perfect spot to satisfy your taste buds and experience the city's culinary diversity.

As you conclude, enjoy unique places like the city hall, prison turned into a museum, zoo and Boathouse Row. The dominating cityscape features Philadelphia City Hall, which is an architectural masterpiece. Take a guided tour to learn the history and experience the grandeur of the iconic building. Allow your thoughts to run wild as you gaze at the statue of William Penn atop the tower while appreciating the panoramic views of the city. Then, take a step back in time at the Eastern State Penitentiary, a former prison turned museum. Tours reveal the history of this imposing structure and its notorious inmates, while capturing the criminal justice systems' past. However, for a family-friendly adventure, visit the Philadelphia Zoo, America's first zoo. Encounter various animals from majestic big cats to playful primates. The zoo combines entertainment with education, making it an ideal destination for visitors of all ages. Finally, stroll along Boathouse Row by the Schuylkill River. The historic boathouses are beautifully illuminated at night, creating a picturesque backdrop. It is a tranquil spot to unwind and admire Philadelphia's natural beauty.

Philadelphia beckons travelers with a blend of history, art and culinary delights. Whether you are exploring the birthplace of American democracy or immersing yourself in the city's vibrant cultural scene, this city offers a memorable experience for every visitor. Plan your trip, embrace the spirit of brotherly love and discover the charm of the city. NOW

Sources:

1. nps.gov.
2. nps.gov/inde/planyourvisit/benjaminfranklinmuseum.htm.
3. youtube.com/watch?v=EZozulQZ7Q0.

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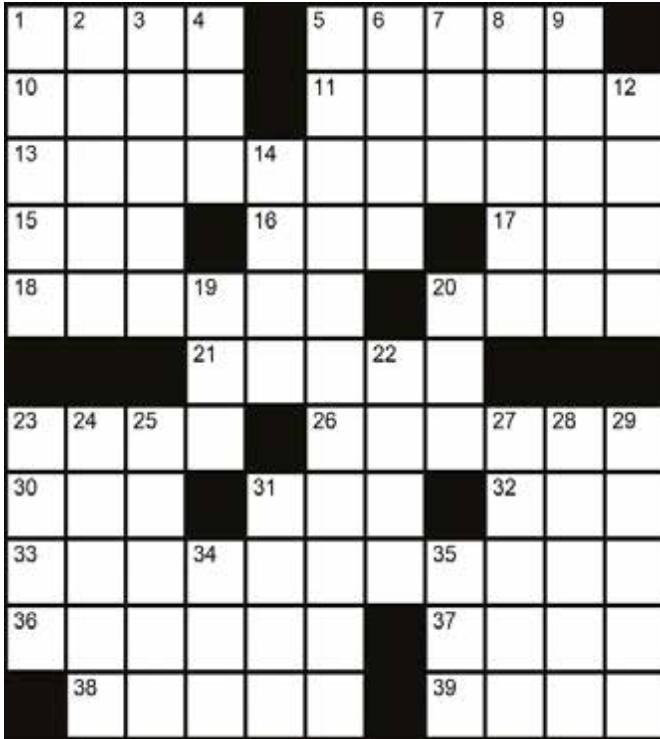
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Across

- 1 Dance movement
- 5 Galley drudge
- 10 Libya neighbor
- 11 "Stranger Things" actress --- Ryder
- 13 Constraining
- 15 Ingested
- 16 Seek to know
- 17 --- bono (who profits?)
- 18 French aperitif
- 20 Football Hall of Famer, "Old Indestructible" Mel ---
- 21 They built Machu Picchu
- 23 Honshu seaport hit by earthquake in 1995
- 26 For a while, part of the world revolved round his Axis
- 30 Stock market launch
- 31 Dart board section
- 32 "Call him drunken --- Hayes ..." (Johnny Cash)
- 33 On which disorganized dancers rely for their clothes
- 36 They're dressed for dinner
- 37 Above
- 38 Equivocate
- 39 Consecrated

Down

- 1 Fragment
- 2 8th letter of the Greek alphabet
- 3 Relaxes
- 4 San Fran setting
- 5 Food renowned for its holes
- 6 Attack a popsicle
- 7 Hill dweller
- 8 Express
- 9 Boredom
- 12 Opposed, in Dogpatch
- 14 Drops from the sky
- 19 Railroad track element
- 20 Atomic bomber, briefly?
- 22 Opera set in Memphis
- 23 Young goats
- 24 Kosciusko's most famous daughter?
- 25 Gas law pioneer Robert ---
- 27 Remain stationary at sea
- 28 Elderly Harry Potter owl
- 29 Hoarse
- 31 Edifice, briefly
- 34 Scoundrel
- 35 Pass

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- Dog Bones
- Dog Food
- Beef Hearts
- Beef Liver
- Beef Fat
- Cheek Meat
- Pork Belly
- Ox Tails
- and much more!

SAMPLER ASSORTMENT

- 4 - Pork Chops
- 4 - T-Bones (10 oz.)
- 4 - Filet Mignons (8 oz.)
- 2 - Beef Roasts
- 3 lb. Spare Ribs
- 4 - Chicken Fried Steaks
- 2 lb. Pork Sausage
- 2 lb. Bacon
- 12 - Ground Beef Patties
- 2 lb. pkgs. of Ground Beef
- 4 - Rib Eyes
- 4 - NY Strips
- 4 - Top Sirloins

FREEZER WRAPPED

\$219.95

**FREE WITH PURCHASE
OF SAMPLER:**

5 LB. CHICKEN BREASTS
(BONELESS & SKINLESS)

EXTREME STEAK LOVERS

- 4 - Thick Ribeyes 12 oz.
- 4 - Cowboy Ribeyes 16 oz.
- 4 - Delmonicos 12 oz.
- 4 - Rib Steaks 16 oz.
- 4 - Texas Filets 12 oz.
- 4 - Sirloins 12 oz.
- 4 - Tri-tip Steaks 10 oz.
- 4 - T-Bones 16 oz.

FREE 4 - Chopped Sirloin

\$329.95

**SPLIT
1/2 BEEF
\$750.00**

FREEZER WRAPPED / CUT FREE

**All The
Beef Cuts**
15 lb. Pork & Poultry FREE

**RIB EYES
10 One Pounders
\$119.95**

16 oz. cut,
Grass Fed
and Grain
Finished

**TEXAS
FILETS
20 8 oz.
Steaks
ONLY
\$159.95**





WELCOME Back to School AUGUST

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

8/7

Welcome to Kindergarten Storytime:

Join the library for a fun story time celebrating all the kids starting kindergarten! We'll practice some of the things they'll need to know in school, read some books, do some activities and celebrate this new beginning! This event is geared for children starting kindergarten; however, younger siblings are welcome to attend. 10:00-11:00 a.m., Burleson Public Library, 248 SW Johnson Ave.

8/9

Sonic's Turning Five:

You're invited to celebrate K9 Sonic's fifth birthday with the Burleson Police Department and the Burleson Animal

Shelter! There will be a Sonic meet-and-greet, games and activities for kids and dogs, free hot dogs and a raffle prize for anyone who adopts a dog during the event! There will also be free goody bags for the first 50 kids. For his birthday, K9 Sonic requests donations to help the amazing animals at the shelter. Your contribution will go a long way in giving his furry friends a second chance! 11:00 a.m.-1:00 p.m., Burleson Animal Shelter, 775 S.E. John Jones Road. You can find a list of items the shelter needs and donate at burlesontx.com/1946/Support-the-Shelter.

8/10

BTX Back to School Bash:

Let's celebrate the last week of summer together! Bring the kiddos out to enjoy water slides, frozen treats and a DJ! This

event is free for all to enjoy! Event starts at 4:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

8/16

Friendly Fest Carnival Dance:

Burleson Parks and Recreation hosts its third annual dance for individuals with special needs and disabilities. This year's theme is Friendly Fest Carnival Dance! Participants can dress to the theme if they wish. Join us for a night of fun carnival games, dancing, food and friendly faces. The event is free and open to individuals with special needs and disabilities with a parent or guardian. 6:00-8:00 p.m., Center for ASD, 640 NW Tarrant Ave. Registration for all attendees and chaperons is required and available at burlesontx.com/Calendar.

8/17

Spish Splash Doggie Bash:

A fun-filled day gone to the dogs! Let your furry, four-legged friend take a swim in the BRiCK Outdoor Pool, visit with dog-friendly vendors, win some prizes and have fun. \$5 per dog; limit 2 dogs. Free admission for human companions. 10:00 a.m.-2:00 p.m., BRiCK, 550 NW Summercrest Blvd. Read over complete rules and register at burlesontx.com/Calendar.

Submissions are welcome and published as space allows. Send your current event details to emma.mckay@nowmagazines.com.

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"Dr. Ola-Peters and her team were amazing! Very thorough and efficient on time. Everything was seamless, and both she and her staff were attentive and open to answer any questions or listen to any concerns I had." - Katrina



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For more information, visit [TexasHealth.org/Burleson](https://www.texashealth.org/burleson) or call 817-782-8000.



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*Rabies, DAPPv & Bordetella

** Figures based on a survey of vet clinics in Denton County.



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– ERIK SILVEY

