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August 2020



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Dr. Richard R. Knight, M.D.

## Kat H., Midlothian, TX

I have been on a diet roller coaster all my life causing mostly frustration with very little success. One day I met Jennifer, the Proprietor of Diet Solution Weight Loss Centers. She was very knowledgeable about weight gain and weight loss, what their program says to eat or not eat and that they don't want you to be hungry. (Really, not hungry on a diet?) I decided to try again one more time.

I've lost 22 lbs. in 4 months with 3 more lbs. to my goal weight and dropped two dress sizes. My energy level has been amazing! No crashes in the middle of the day or wanting to go to bed way before bedtime.

Mika and Bailey in the Mansfield Office have been very friendly, kind and so encouraging. They give us recipes, info on brand names for sauces, toppings and even have ideas for easy sugar-free desserts. They also offer shakes, bars, cookies, chips and other snacks that are made with special ingredients to benefit weight loss.

I highly recommend Diet Solution Weight Loss Centers if you are looking for success, support, accountability and a lifestyle to keep the weight off.



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## ON THE COVER

*Trainers at the BRiCk build more than muscle.*

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# EDITOR'S NOTE



*Lisa*

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*Welcome to the dog days ...*

Contrary to popular belief, the phrase “dog days of summer” has nothing to do with intense triple-digit temperatures. Australians refer to this time as dog days of winter. But in Texas August heat, we think about big ole dogs lying around in laziness, lapping up summer sun. I live with a big, old, lazy dog. He only moves fast to sneak onto the sofa or under the fence, and outside weather doesn't change that fact.

So, what does this ancient phrase mean? Thousands of years ago, people in Greece looked at the night sky. Seeing a bright star, they named it Sirius. Otherwise known as the Dog Star, it represented Orion's faithful hunting dog to them. The star appears brighter because it lives closer to Earth. From early in July until almost mid-August, the star rises in conjunction with the sun, therefore seeming to be invisible. Following that time, the star becomes visible again, known as the heliacal rising. Each day afterward, it rises a bit earlier and shines bright a little longer. Thus “dog days” refers to this annual event when the Dog Star disappears and then returns.

This year, as you step outside at night, look up. Whether you see Sirius or not, treasure the amazing galaxy, filled with an incalculable number of stars. And remember, in the grand scheme of things, life on planet Earth continues, held together by an unseen hand that scattered those points of light across the universe.

*Happy end of summer!*

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# BUILDING UP COMMUNITY

— By Rick Mauch





*Among the things in life that can make a person feel on top of the world is a good workout. Whether lifting weights or walking a couple of miles, who doesn't feel better when they've completed a physical task? Personal trainers, such as the group at the Burleson Recreation Center known throughout the community as the "BRiCK," understand this feeling. It's one they help give people daily.*

But personal trainers do more than train. They impact the lives of those with whom they work in the community, this is particularly true of the group at the BRiCK, Audra Parris, Karlee Meyers, Joanna Revis and Joshua Stokely. And they do this not only by getting their clients to work hard.

"Our personal trainers do a great job of building relationships with members to make them feel comfortable in a workout environment. Our team helps make a difference in Mayor Shetter's initiative of a 'Be Healthy Burleson,'" BRiCK Recreation Supervisor Daniel Shafer said.

That includes all citizens. One does not have to be a member of the BRiCK to take advantage of their personal trainers. "If someone wants to start training, we provide the contact information of our trainers for the customer to reach out to them," Shafer said. "This gives the customer the option to have a conversation with one of our trainers to see which trainer would be the best fit for them."

Each trainer has their own specialty for connecting with clients. Audra, new to BRiCK, always had a passion for health and fitness. An athlete early in life, she soon turned to competitive athletics. Health issues led her to delve into taking better care of her body and later provided the desire to help others. She specializes in holistic healing, adding to the physical training.

"Fitness is about so much more than exercise. The way we treat our body, our environment and many other things affect our health," Audra shared. "I like to educate people and get them to think holistically. You can hit every target in the gym and still be unhealthy."

While she works with anyone at any age, she has an intense knowledge of autoimmune issues. "I understand they have different needs," she said.

While adept with all ages and types, Karlee's specialty is working with new mothers and postpartum weight loss. "After having my first daughter, I realized that there weren't a lot of resources for helping new moms gain control over their postpartum bodies. I wanted to help with that," she said. "I understand the limits both physically and time-wise that come





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with being a mom, and so I knew I would love to work with other moms who have the same lifestyle and the same struggles. Confident and happy women make the best moms.”

Joanna specializes in injury recovery, but she loves all aspects of her job, which includes working with persons with disabilities, as well as people who have never worked out before or have had an extended break from working out. “I teach a philosophy of functional fitness,” she said. “We don’t all want to lift our own body weight or run a marathon, but it’s nice to be able to bring that 40-pound bag of dog food in from the grocery store.

“I’ve been coaching and training in some form since 1986. I’ve seen a lot of trends come and go. I believe that most people just need someone to teach them basics, giving them the tools to control their own fitness journey.”

Joshua specializes in bodybuilding and weight loss. “I struggled with weight all my life,” he admitted. “As an overweight 14-year-old teen, personal training changed my life.” He works with all ages but enjoys helping those who face the things he did as a teen. “It’s my way to give back to the community.”

A bodybuilder competitor, he admits that training for an event is torture, taking 14-16 weeks. “Even trainers need a coach,” he said.

“Everyone is struggling with something. That’s what makes a family,” he declared. Although new as a trainer, Joshua became part of the BRiCk family soon after moving to Burleson.

Just like the people in the community they work with, each trainer brings their own style and personality to the







relationship — and it is a relationship. It is one of trust on several levels.

As a result, Joanna said there is no such thing as a typical session, for the trainer or the client. For example, training is her happy place. “The day it feels like a job is the day I will quit. But in 30 years, it hasn’t felt that way, so I’ll just keep on as long as they will have me,” she said. “My goal as a trainer is to help people be the master of their own fitness, to be brave and try new things.”

Of course, COVID-19 affected BRiCK like everything else. Although shut down for a time, they reopened at a diminished capacity. Nevertheless, they take the government mandates seriously. Everyone must wear a mask except when performing high-intensity aerobic workouts or running the track. Every employee wears a mask, and the facility checks temperatures.

“We revamped cleaning,” Daniel assured. Employees sanitize the equipment after every use. “We’re doing our best to make sure the facility is safe in this ever-changing situation.”

Daniel shared that the BRiCK also offers programs for the elderly, including Silver Sneakers, Renew Active and Silver and Fit. “We are an all-inclusive facility,” he said.

“Fitness can change a person’s complete outlook on life,” Karlee said. “To see a person who is unhappy in the body they live in, see changes and to see their perspective change is the most rewarding part of being a trainer.

“I was once that girl who was too scared to step into the scary part of the gym, where I swore everyone else knew what they were doing. I hung out on the outskirts too scared but so tired of being unhappy in my physical appearance. I want to help everyone feel comfortable, to take control of their life.” **NOW**

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# CEILING FAN PLAN

— By Angel Morris





When it comes to ceiling fans, people decorating homes in Texas have mixed emotions. But beautiful light fixtures to fit all tastes and styles abound and can be more aesthetically pleasing than your standard ceiling fan, and standard summer temperatures make ceiling fans a welcome addition to at least a room or two in most Texas homes.

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Fortunately, ceiling fan options have come a long way, and depending on your budget, they can be a lovely addition to any decor. Creative designs can even be a conversation starter for designers willing to choose more unique fans. Whatever your style, ceiling fan installation is one way to change up a room and increase air circulation as temperatures rise.

Every ceiling fan should come packaged with step-by-step installation instructions. Prior to installing the new fan, however, you will want to turn off power at your electrical panel. Do not be tempted to rely on your light switch being positioned to "off," as inexpensive testing tools are available to guarantee no electricity is surging through your wires.

Once you're certain you're not going to receive a shock, you can proceed in removing the existing fixture. If you did not hold on to removal instructions from your old packaging, you can typically find your model's removal instructions online. Keep in mind it is important to verify that your current ceiling box is rated for the weight of your new model, as it not only holds all wiring, but also supports the fan's weight. Most junction boxes are metal and inscribed with rating details.

If you're putting a fan where a simple light fixture currently exists, you will probably need to replace the ceiling box accordingly.

Once your power is off and you have the proper junction box, you are ready to insert the fan brace. This is done by centering the square tube of the brace with the hole in the Sheetrock and rotating until its teeth lock in place.

Next, you will center the U-bolt bracket, with bolts facing downward, into the fan brace. Then, you are ready to thread your cable wires into the junction box. You should be able to slide the box up in order to push bolts through, then secure the box in place by tightening the nuts.

Your main wires will now need to be threaded through the mounting bracket's center. However, if your fan model came with a slide-on bracket, you can slide it over, leaving mounting bolts on the junction box.

If your fan does not have a slide-on bracket, you must place the fan bracket



over the extended mounting bolts, then fasten it with the provided nuts. With either bracket design, make sure all screws are securely tightened at this point.

Instructions should identify a canopy piece, which you will slip onto a ceiling fan downrod and run main wires through. Then, insert items identified as clevis and cotter pins to your downrod in order to connect it to your fan's base. A bulb-shaped fitting atop your downrod can now be attached to your mounting bracket at the ceiling.

Follow your owner's manual for instructions on this next step, connecting the ceiling fan wires to your home's wires. Wire nuts should be supplied for securing the wires after they are connected. Oftentimes, copper or green-insulated wires from the fan will connect to your ground wire.

The fan motor black wire will connect to the supply black wire, as do the light kit wires — often blue or striped. Lastly, your fan's white motor wire connects with white or neutral supply wire. Now securely connected, all wires may be pushed into the junction box.

If necessary, wires can be shortened with wire cutters so they all fit in the box, but be careful not to cut too much wire. Then, you may clip the canopy onto your mounting bracket and tighten the screws.

*Note:* Ceiling fans without light kits obviously require fewer steps in the installation process. Manufacturer instructions will aide you in installing fans with lights.

Now that your fan is securely mounted and wired, it's time to install fan blades. Some models provide "quick-install" blades that slide and lock in place onto fan arms. Other models will have blades that must be screwed onto arms, with the side you want seen from the ground facing downward.

Blade assemblies can then be carefully fastened to the motor with screws, followed by the installation of any globes or bulbs. You can now safely turn on your power, testing your outlets and remotes to ensure everything is running correctly. **NOW**

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BusinessNOW

# Mr. Handyman

— By Lisa Bell

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In 1995, Ihechiluru Ekeke immigrated to the United States from Nigeria. After two years in the country, he joined the military, intending to serve a few years. Instead, he served 20 years, including tours in Kuwait and Iraq. An officer in the Army's Field Artillery, Ekeke retired in 2017. With an executive MBA from TCU, he didn't want to enter the corporate world. He considered opening a business. "I looked at 20-30 franchises," he said. "In the Army, we needed men to accomplish missions. I wanted the same team concept in a business."

When a consultant introduced him to Mr. Handyman, the business franchise fit. "I'm not a handyman," he admitted. "I'm



the one who hires a handyman — the perfect demographic for people who need our company."

Mr. Handyman offers services from simple remodels and repairs to small building projects like fences and decks. They also perform minor electrical and plumbing work that doesn't require a license. While some of the 200 national franchises, six in DFW, employ licensed electricians and plumbers, Ekeke doesn't. The biggest advantage comes from one person or team that can do multiple facets of the work needed at a home or business. Many employees have the skillsets for different areas, which helps with the overall project.

Before an employee interacts with customers, he or she completes a week of training on the proper way to relate according to Mr. Handyman's core values. A man of faith, Ekeke's values stem from Christian beliefs. "Integrity is very important to me," he shared. Those values also match those of the franchise. On time, done right, Mr. Handyman strives to



give the customer a good experience. They use technology to communicate, even sending a photo of the skilled technician coming to the home or business. Fully insured with general liability and workers' comp, the client need not worry about anything. And if they don't do a job well, Ekeke promises they will return and correct it under the standard warranty.

Mr. Handyman proudly serves a triangle from Burseson to Midlothian to Cleburne and the areas in between. The technicians normally work Monday through Friday, paid well enough to enjoy the weekend with their families. On occasion, they work on a Saturday, but Ekeke believes owners and employees alike need time off. He tries to protect that value while accommodating customer schedules.

**"Integrity is very important to me."**

"I always wanted to better the community," Ekeke shared. "I thank God for giving me this opportunity. I take pleasure [in serving others]." With that in mind, he plans to launch a veterans' program this fall. After identifying veterans who need help around their homes, all of his employees, joined by those from the other DFW locations, will set aside a single day. "We'll see how much we can get done having multiple technicians focus on repair and remodel for our veterans that day."

When considering repairs and remodels, Ekeke suggests knowing all that you want done. "Often our technicians will amaze you with how much they can accomplish in three hours." Whether using them or not, know who's doing the work and make sure it is guaranteed. Jot down desired outcomes, so you receive a proper bid or estimate.

"Everything I wanted to do in this country, I accomplished," Ekeke said. "If I did it, others can, too." **NOW**

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The fishing crew, Pawpaw and Tristyn Mickle, have a little fun.

## Zoomed In: Julia Foster

By Lisa Bell

With a bachelor's degree in social work, Julia Foster continues her education. Taking online courses from Simmons University, she enjoys studying outside at times. Julia started working on her master's degree in 2018. "I have one year to go," she shared. "Hopefully, I can finish in May 2021." The single mother of three pursued nursing but switched majors after discovering she wanted more. "I've always been interested in community and politics," Julia added. "I dream of opening a local resource center one day. People often come to me asking where to get help." Although she moved from Ohio to Texas only two years ago, she sees needs everywhere. She keeps moving forward to help local people and find her way in a new home state.



The Burluson green provides a perfect place for Casey and Cassidy Rayburne to compete.



Ballard Family Dentistry celebrates the opening of their beautiful new building.



Jana Peek celebrates her birthday with all her grandchildren.





Ashely, Madix and Grant Herron enjoy lunch at the park.



Mask nearby, Jolandba Maxey gets in a good workout.



Editor Lisa Bell's 12th grandchild, Bella, welcomes home baby brother, Emerson.



Buddy takes Randy Temple for a safe walk.

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NOW Magazines' Best of ...

# GRILLING

For those of you who are spending time outside grilling these days, we thought you might like some new recipes to change things up. We have selected one recipe from each of our nine market areas to add some flavor to your day! **NOW**

## Fire Roasted Black Bean and Corn Salsa

Provided by Matt Mellott for the January 2013 issue of *North Ellis Co. NOW Magazine*.

**4 large tomatoes, halved and seeded**  
**3 jalapeños, seeded**  
**2 serrano peppers, seeded**  
**1 corn on the cob**  
**1/2 bunch cilantro, finely chopped**  
**1/2 cup canned black beans, rinsed**  
**3 cloves garlic, minced**  
**1/4 tsp. cumin**  
**1/4 tsp. coriander**  
**Salt, to taste**

1. Place the tomatoes on a hot grill; char the outsides. Cool in a bowl.
2. Place whole jalapeños and serranos on the grill. Grill until skin is charred; place in the bowl with the tomatoes. Cover with plastic for 5 minutes.
3. Place freshly husked corn on the grill until it is golden brown. Cool; cut corn from the cob. Reserve the corn in a separate large bowl.
4. Remove plastic wrap from the peppers. Scrape charred peppers with a knife to remove the skins. Also remove the seeds. (If using your bare hands, wash right away with

soap, and avoid contact with your eyes. Or wear latex gloves to remove the seeds.)

5. Place the peppers and tomatoes in a blender; pulse to desired consistency (5 to 6 times is recommended).

6. Pour pepper/tomato mixture into the large bowl with the corn. Add cilantro, black beans, garlic, cumin, coriander and salt; stir to mix.

7. Refrigerate for 4 hours; serve.

## Island Turkey Burger

Provided by Matt Boggs for the April 2019 issue of *Midlothian NOW Magazine*.

**2 lbs. ground turkey**  
**1 whole egg**  
**1/2 cup Panko breadcrumbs**  
**1 pineapple, sliced and cored**  
**Red onions, thinly sliced**  
**Your favorite teriyaki sauce (room temperature)**  
**Whole wheat burger bun**

1. In a mixing bowl, combine the ground turkey, egg and Panko breadcrumbs. Form into patties, pressing firmly together. Grill until the internal temperature is 155 F.

2. While the turkey is cooking, grill pineapple on both sides, just enough to warm pineapple but not to where it falls apart, about 2 minutes on each side.

3. On the bottom half of the bun, place the cooked turkey burger, pineapple slice and red onions. Drizzle with teriyaki sauce; add top bun.

## Grilled Bourbon Peaches

Provided by Charles "Chuck" Burns for the April 2018 issue of *Waxahachie NOW Magazine*.

**6 ripe peaches, pitted and halved**  
**1 Tbsp. oil**  
**1/4 cup Bulleit Bourbon**  
**3/4 stick butter**  
**2/3 cup brown sugar, firmly packed**  
**1 tsp. vanilla extract**  
**2/3 cup apple juice**  
**Vanilla chocolate swirl ice cream**

1. Prepare grill for direct heat cooking and preheat.
2. Brush the flesh side of the peaches with oil.
3. In a saucepan, on high heat, flambé the bourbon; add the butter, brown sugar, vanilla and apple juice.
4. Simmer; let it turn to syrup.
5. Remove from heat; let cool.
6. Lay the peaches skin side down on the grill rack; cook for 2 minutes, or until charring starts. Turn over; cook for an additional 2 minutes.
7. Remove the peaches from the grill; serve with ice cream and bourbon syrup.



## Steak Balsamico

Provided by Cindy Pechal for the July 2016 issue of *EnnisNOW Magazine*.

- 2/3 cup balsamic vinaigrette
- 1/4 cup fig preserves
- 4 beef steaks, your choice of cut
- 1 tsp. ground sea salt
- 1 tsp. freshly ground pepper
- 1 6.5-oz. container buttery garlic and herb spreadable cheese (Alouette suggested)

1. Combine first two ingredients in a blender until smooth; pour into a shallow dish or large zip-top plastic freezer bag. Add steaks; marinate in the refrigerator for at least 2 hours.
2. Remove steaks; discard marinade. Grill over medium-high heat for 5-7 minutes on each side, or to desired degree of doneness. Remove to serving platter. Sprinkle with salt and pepper; cover to keep warm.
3. Heat cheese spread in a small saucepan over low heat, stirring often until melted, 2-4 minutes. Serve cheese sauce in hollowed-out lemon halves with steaks.

## Firecracker Marinade

Provided by Phyllis Peel for the April 2018 issue of *WeatherfordNOW Magazine*.

- 1/4 cup peanut oil
- 3 Tbsp. soy sauce
- 2 Tbsp. balsamic vinegar
- 2 green onions, sliced
- 1 tsp. crushed red pepper flakes
- 1 tsp. brown sugar
- 1/2 tsp. sesame oil
- 1/2 tsp. garlic rub (or 2 fresh garlic cloves, minced)
- 1/2 tsp. ginger/citrus rub (or 1 tsp. fresh grated ginger)
- Dash of sea salt
- Dash of fresh ground pepper

1. Mix all ingredients; marinate meat for 3-5 hours before grilling. Great for salmon, chicken and pork.

## Rob's Famous Brisket Rub

Provided by Rob and Stephanie Schoendienst for the August 2015 issue of *MansfieldNOW Magazine*.

- 2 Tbsp. kosher salt
- 2 Tbsp. black pepper
- 1 tsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. granulated garlic
- 1/2 tsp. ground cumin
- 1 12-oz. can beer, any brand
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 1/2 cup vegetable oil

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**2 Tbsp. Worcestershire sauce**  
**1/3 cup brown sugar**

1. Mix all ingredients together in a large mixing bowl. Use as a rub and injection solution for brisket prior to cooking. Perfect for a 10-lb. brisket.

### **BBQ Chicken-on-the-Grill**

Provided by Caleb and Oliver Jackson for the July 2011 issue of *CorsicanaNOW Magazine*.

**1/2 cup ketchup**  
**1 Tbsp. mustard**  
**1 Tbsp. molasses**  
**1 Tbsp. Worcestershire sauce**  
**2 cloves garlic, chopped (optional)**  
**2 cups water**  
**6 chicken breasts**

1. Make barbecue sauce by mixing together all ingredients, except water and chicken, in a bowl.
2. Using aluminum foil, form a pan to fit the grill.
3. Add water to the foil pan.
4. Place chicken breasts in the aluminum pan.
5. Close the grill lid; cook about 20 minutes.
6. Open the lid and baste the chicken with barbecue sauce every 10-15 minutes, keeping the door closed until the chicken is done.
7. Total cooking time is about 50 minutes.

### **Armadillo Eggs**

Provided by Robert Boot for the April 2016 issue of *BurlesonNOW Magazine*.

**20 large jalapeños**  
**2 8-oz. pkgs. Philadelphia cream cheese**  
**2 16-oz. pkgs. extra-thick bacon**

1. Cut off the heads and gut the jalapeños. Soak jalapeños in water for a couple of hours before stuffing.
2. Stuff jalapeños with cream cheese. Wrap each jalapeño with bacon. (It usually takes me two toothpicks per jalapeño to get the bacon wrapped well.)
3. Put the peppers on the grill until the bacon is cooked and jalapeños are soft. (Cook over indirect heat; do not put directly over the flame.)

### **Summer Grilled Chicken Salad**

Provided by Carla Hollie for the September 2014 issue of *SouthwestNOW Magazine*.

**2 split chicken breasts**  
**2 Tbsp. McCormick Montreal Chicken Seasoning**  
**2 tsp. cracked black pepper**  
**1 Tbsp. olive oil**  
**3-4 cups spring salad mix (or your choice of greens)**

**1 cup fresh strawberries (divided use)**  
**1 cup blueberries**  
**1/2 cup walnuts, chopped**

1. Place chicken in a plastic bag; tenderize using a mallet to thin the chicken. Season chicken with seasoning and pepper. Heat grill or skillet; drizzle grill or pan with olive oil. Cook chicken approximately 5-7 minutes per side, or until done. Remove from grill or pan; let rest for 5 minutes before cutting into angled slices.
2. Wash salad greens and berries. Toss greens with 1/2 cup strawberries and chicken slices. Sprinkle lightly with additional seasoning and pepper, if desired; top with remaining strawberries, blueberries and walnuts. Serve with favorite dressing.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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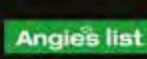
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# TravelNOW Experience History Outside

— By *Virginia Riddle*

A clue on the GPS Scavenger Hunt reads, “Ghosts love this place, but you must get here before sundown.” Visitors will want to experience driving under the treed canopies of the Post Oak Savannah, through which sunlight sparkles, as they enter Fort Parker State Park located between Mexia and Groesbeck, Texas. Check in with the park ranger, and get

ready for a few days that are as peaceful or activity filled as you wish. “Since we are right between I-45 and I-35, Dallas and Houston, Waco and East Texas, we even have visitors who like to meet in the middle,” Office Manager Sherrie Price said. “We’re popular with families and birdwatchers.”

Fort Parker State Park includes 700 acres of woodlands, native grasslands and a 750-acre lake, formed from the meandering Navasota River. It offers marked hiking and mountain biking trails, fishing, picnic tables, swimming, a playground and nature center, paddleboats, canoeing and kayaking. The park also contains two paved boat ramps and accommodations ranging from RV sites and dormitories to primitive sites. A recreation hall with kitchen accommodates groups. Restrooms are available at the picnic sites and boat ramps.



The lake is stocked with crappie, bass, sunfish and catfish. Fishermen must have a license, if required, and bring their own bait, but the park has a tackle loaner program. A fish cleaning station is the first stop before putting the day's catch on picnic site grills.

Two designated trails, the Navasota (River) Bluffs Canoe Trail and Burr Oak Nature Interpretive Trail allow park visitors to explore nature and hiking trails and revisit the area's history. Rangers, volunteers and self-guided literature are available, along with informational, fun activities for kids. Part of the state park grounds were once the site of Springfield, a town that in 1860 boasted a population larger than Dallas. Historical markers and information kiosks mark Springfield's cemetery and many of the park's structures, built by the Civilian Conservation Corps during the Great Depression.

A large arrow on State Highway 14 marks the turn, three miles south of the state park entrance, into Old Fort Parker Historic Site, part of the Quanah Parker Trail. Kids of all ages can step back in time to May 19, 1836, climb the blockhouse and explore the stockade's cabins as 9-year-old Cynthia Ann Parker, the future mother of Comanche Chief Quanah Parker, did before being taken captive by a band of Comanches, Kiowas and Kichais that attacked the fort.

Open Wednesdays — Sundays, entrance fees are charged at the visitor's center. Along with camp houses, the Historic House and RV sites can host overnight guests. Trail rides, shoots, re-enactments, Anglo and Indian Parker family reunions, the annual Quanah Parker Day and Christmas at the Fort activities celebrate this area's place in American frontier history. Old Fort Parker Historical Site and Fort Parker State Park are part of the Texas Brazos Trail. **NOW**

*Editor's Note: COVID-19 restrictions require visitors to make advance reservations for day or longer use at [texasstateparks.reserveamerica.com](https://texasstateparks.reserveamerica.com) or (512) 389-8900. It is recommended to call first for current updates on use of areas, activities and rental prices.*

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Watermelons were found on pages 3, 15, 17, 21, 23

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# SCAVENGER HUNT WINNERS!



Catherine Davis, winner of the \$50 Cash Prize from NOW Magazines, said, "Thank you so much! I enjoy playing the scavenger hunt and reading your publication each month."



Pam Berry, winner of the 2nd \$50 Cash Prize from NOW Magazines, said, "How fun! Thank you, I enjoyed playing the scavenger hunt and reading through the local stories."



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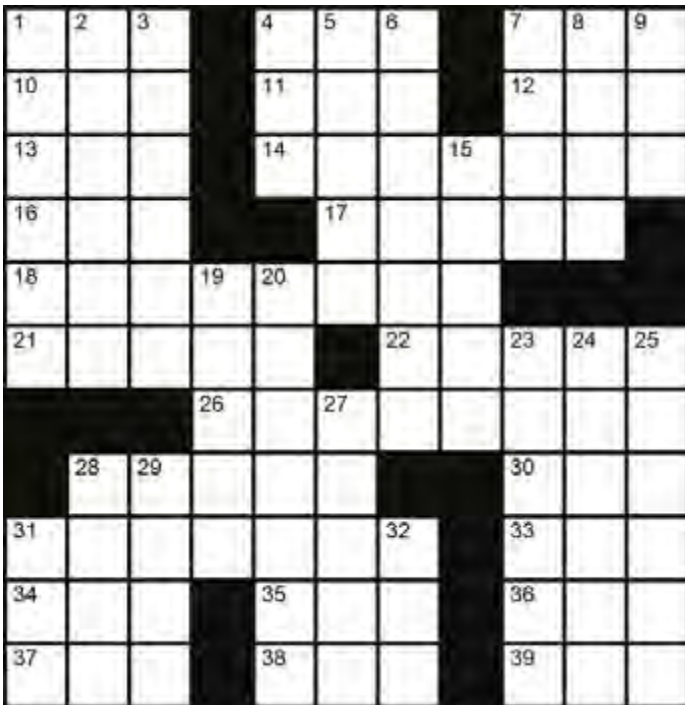
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## Across

- 1 Label for Elvis
- 4 Trucker's bedroom?
- 7 Youngster
- 10 "Huffington Post" owner
- 11 Undergarment
- 12 Position of a golf ball
- 13 Corn eater's leftover
- 14 Organizations
- 16 Mamie's other half
- 17 Rubbed in during Lent
- 18 767 or MD90
- 21 Admitted
- 22 Some final resting places
- 26 To a certain extent
- 28 Utah's --- Hatch
- 30 Semiformal evening jacket
- 31 One is super every four years
- 33 Pismire
- 34 Bill dispenser
- 35 Ram's dam
- 36 Fifth sign
- 37 Howl
- 38 Steep
- 39 Wrongdoing

## Down

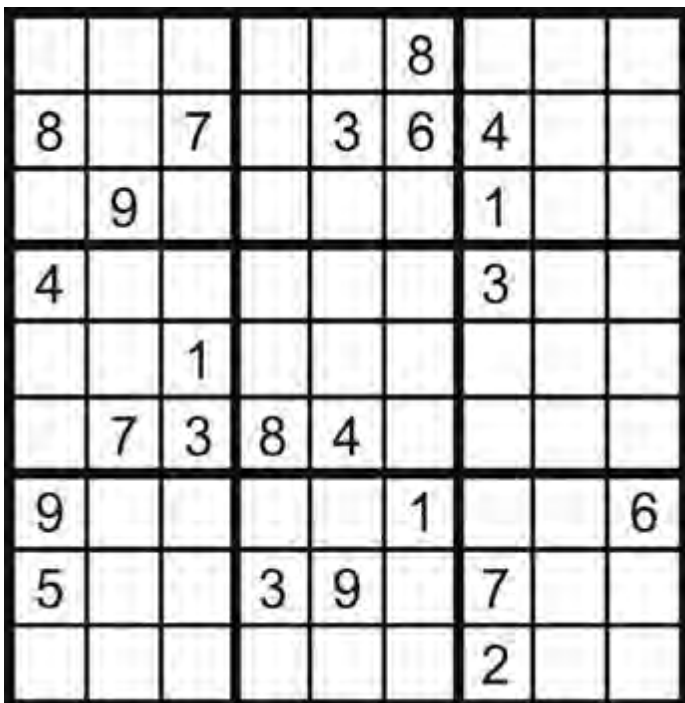
- 1 Kind of discrimination
- 2 A website might send you one
- 3 Queen Victoria's consort
- 4 TV network with eye logo
- 5 From eastern old Iran
- 6 Droopy-eared hound
- 7 Turn tail
- 8 Outer edges
- 9 Triumphant cry
- 15 Deliberately lose
- 19 Kind of poker
- 20 Person with special access
- 23 Mercury and others
- 24 Sultanate in Borneo
- 25 Churchyard gravedigger
- 27 Dumbfounded
- 28 "--- sight!"
- 29 Cognac bottle name
- 31 Check
- 32 Nevertheless

Solutions on page 36

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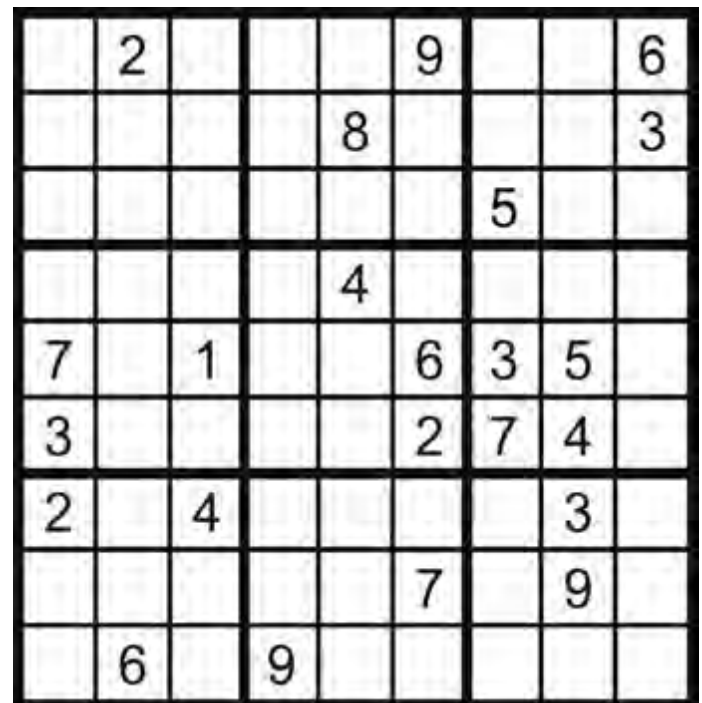
# Sudoku Puzzle

Easy



Crosswordsite.com Ltd

Medium



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Solutions on page 36



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## August

### 8/1-8/31

#### Virtual classes from Russell Farm:

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### 8/5-8/6

#### Fun on the Farm Camp:

A two-day camp for kids 6-12 allows hands-on experience

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### 8/8

#### WORDfest SW 2020 Virtual:

Calling all writers for a day of unforgettable creative connection. WORDFest SW is a free virtual event to help take your work to the next level! 9:30 a.m.-3:00 p.m. [www.facebook.com/dfwWORDwriters](http://www.facebook.com/dfwWORDwriters).

### Second and Fourth Wednesdays

#### Burleson Lions Club:

The club is meeting in August, following social distancing guidelines. 11:45 a.m., First United Methodist Church, 590 NE McAlister Rd. Email: [mail@burlesonlions.org](mailto:mail@burlesonlions.org).

### Third Tuesday

#### Heart & Soul Writers:

A Christian writers group designed to encourage, support and improve skills. Zoom option

may be available. 7:00-9:00 p.m., Alsbury Baptist Church, 500 NE Alsbury Blvd. Contact [lisabell@bylisabell.com](mailto:lisabell@bylisabell.com), (817) 269-9066.

### Saturdays

#### Burleson Farmers Market:

Open every Saturday from end of March until mid-November. Experience the freshest, high-quality fruits, vegetables, meat, bread and crafts. 8:00 a.m.-noon, The Mayor Vera Calvin Plaza, 141 W. Renfro St. [www.burlesonfarmersmarket.com](http://www.burlesonfarmersmarket.com).

*Submissions are welcome and published as space allows. Send your event details to [lisa.bell@nowmagazines.com](mailto:lisa.bell@nowmagazines.com).*



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# Crossword - Sudoku Solutions

1	R	C	A		C	A	B		F	R	Y				
10	A	O	L		11	B	R	A	12	L	I	E			
13	C	O	B		14	S	Y	S	15	T	E	M	S		
16	I	K	E		17	A	S	H	E	S					
18	A	I	R	19	L	I	N	E	R						
21	L	E	T	I	N		22	T	O	M	B	S			
						26	A	S	27	I	T	W	E	R	E
				28	O	R	R	I	N		30	T	U	X	
31	T	U	E	S	D	A	Y		32		33	A	N	T	
34	A	T	M			35	E	W	E		36	L	E	O	
37	B	A	Y			38	R	E	T		39	S	I	N	

Easy

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

Medium

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

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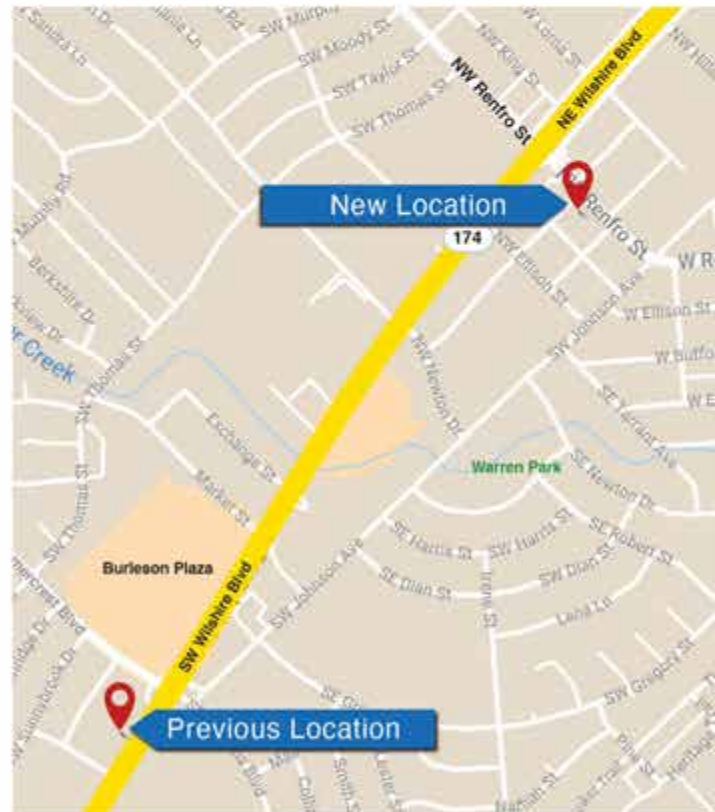
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