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FEBRUARY 2019

Downsizing Delight

At Home With
John and Cheryl
deMeyere

In the Kitchen With
Steven Janssen

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Kids' Fun Pages

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Featured Business: Spokes
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ON THE COVER

John and Cheryl deMeyere have found their forever home in a smaller package.

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EDITOR'S NOTE



Rick

Rick Mauch
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Welcome to February, a month for loving ...

February is a month that sets aside one special day to show that special person in your life how much you care about them. Romantics — and I am one — gush at the opportunity to buy flowers and candy. It's also a wonderful excuse to splurge and eat at that fancy restaurant you've both had your eyes on.

But, Garth Brooks once sang the words, "If tomorrow never comes." It's a simple message urging us to not wait until tomorrow or a special moment to tell someone we love them. There is no guarantee that moment will come, and if it does, we can still take advantage. But why not also say those words now?

In our family, we never miss an opportunity to tell each other how much we care. I can say from personal experience that nothing lifts my spirits higher than hearing those three little words, be it once or 10 times in a day.

We trust we will also be able to say them tomorrow, and the day after, and the day after. But who knows? As Garth asks, did we try in every way to show every day how much we care? Will we avoid that circumstance where there's no second chance?

Perhaps save the special day for sending flowers. But saying, "I love you," doesn't cost a thing, and yet nothing in the world is more precious.

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Downsizing *Delight*

— By Rick Mauch

John and Cheryl deMeyere downsized to a new home in 2015. And while their home is filled with smaller versions of what one might find in a large dwelling, there is nothing small about the love of where they reside. “It’s a very comfortable home. We downsized from over 3,000 square feet,” John said.

Their current home is 1,504 square feet. It includes three bedrooms and two baths, and it is the perfect size for the two of them and their three dogs. “I didn’t know if I’d like the house or not because it’s smaller, but I’m very comfortable here,” Cheryl said. “I like that you don’t walk right into the living area when you come in the front door.”

In fact, just to the left upon entering the front door is a table that is set for six, but it can be expanded to seat eight. “We use it as both a kitchen table and a formal dining table,” John said.

Above the table is a miniature chandelier. It perfectly accentuates the room and the table. “It dates back to the mid-’30s,” John said. “We got that at a local antique shop.”

Much of the furniture in the house is antique. This includes something most special to John. Step in his office, and it immediately catches one’s eye — a classic Edison phonograph player. “I picked it up at an antique store in Crowley. I rebuilt the hand, and it sounds great,” John said as he put on one of many old 78 RPM (revolutions per minute) records in the drawer on the phonograph.





At Home With
*John and
Cheryl deMeyere*





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"Edison made their records a quarter inch thick, not thin like others," he explained. "This machine will only play Edison records. I get the records on eBay and such. It also came with a bunch of records."

"I had one years ago in Washington and sold it to a friend of mine. I always wanted to get another, but I couldn't find one in good shape until I found this one," he said.

As visitors enter the living room, they notice a miniature clock that somewhat resembles an old-fashioned cuckoo clock. According to John, it came from Holland, and they've had it for almost four decades. "It's one of the first pieces we bought when we met," he said. "I had to silence the bell. It'll wake you up."

Both John and Cheryl grew up in Southern California. They lived in Seattle for 17 years before moving to their aforementioned much larger place in Benbrook, where they lived for five years. There they were neighbors with their oldest daughter, Kristen Williams, who owns the Art Barn in Burleson. "Kristen was having twins, and we wanted to come down here and live," Cheryl said. We got here just in time, the day before they were born."

They were hoping to, again, be next door to her when they moved to Burleson. And though things didn't work out that way, they said they couldn't be happier with where they did settle. "We do get a lot of compliments," Cheryl said. "And we just love it here ourselves."

In all, they have three children, including daughter, Lauren Burgess, who lives in Weatherford, and son, Garrett, who lives in Coppell and is studying to be a chiropractor. They also have seven grandchildren. And they somehow find room when everyone visits. On days with nice weather, in fact, folks can go out back and hang out on the covered patio that is next to their detached garage, a favorite part of the house for Cheryl.

"We really like the detached garage," she said. "I grew up in a house that had one. You don't see them that often anymore, but we have plenty in this neighborhood, and that's one of the things I like about homes here. We like the fact that they're newer homes that have an older look."

The outside of their home is wood siding with river rock. "It reminds me more of a cottage style," John said. "Very cozy."

Inside that detached garage is something to which John has very much attached himself. Open the door, and there sits a 1973 Triumph TR-6 convertible. "It didn't run when I got it. I've had it for two years, and now it does," he said proudly. "I'm trying to restore it as much to original parts as I can. A co-worker's dad had it, and that's where I got it. They're becoming rare."



Also out back is their English garden, which is highlighted by a statue of a little boy with a baseball cap and bat. Though small, it offers a form of serenity that one can soak in on a beautiful day, while sitting under the patio with its two ceiling fans.

Both John and Cheryl work at the Fort Worth Academy of Fine Arts. She is a nutritionist, and he is the facilities maintenance specialist. Previously, she was a preschool teacher, and he inspected shuttles for NASA. "I got to meet a lot of astronauts. It was really cool," John remembered.

And while they love everything about their house, they also love its location. They are walking distance from Old Town Burleson, and they make it there every chance they get. "We're so close, and they have so many places to eat. And you can just walk around and relax," Cheryl said. "They always do something cool down there." **NOW**

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NO RIVALRY HERE

— By Rick Mauch

Rivalry? What rivalry? Not when it comes to rodeo athletes in Burleson. In the Burleson ISD, there is only one rodeo team. It consists of students from both Burleson High School and Centennial High School. The teams joined forces at the start of the 2017-2018 school year and are now known as the Burleson Rodeo Teams. “My daughter, Jacie, was a part of the Centennial Rodeo Team, which was very small. Burleson High School’s team had a much larger membership. Becky Smith, the 2017-2018 sponsor, approached us about combining the two teams,” Ronnie Johnson said.

A Fort Worth firefighter, he and his wife, RaShaunda, have mentored their daughter’s riding career since 2012. Now the current Burleson Rodeo Teams sponsor, Ronnie said, “We were more than excited about the union, because it opened up a lot of opportunities.” One pleasant result was that at the start of the 2018-2019 season, the Burleson ISD offered the use of its BISD Ag Barn to the Burleson Rodeo Teams.

“We just decided to take a smaller team (Centennial) and the bigger team (Burleson) and make one larger group,” said Centennial junior Jacie Johnson. “We’re stronger together.”

Centennial, the newer of the two schools, was faced with the prospect of having just a few competitors. In fact, it could have been just Jacie on her own, but since the merger, several others have come aboard. In all, the two schools have 16 active members. There are also several members who are inactive, who do not ride but help produce rodeos.

“Even though they’re competing against each other in individual events, they’re cheering each other on and working together,” Becky said. “We don’t get school money. They have to work together.”

The team depends largely on donations and fundraisers. It costs \$45 to enter each event in the North Texas High School Rodeo Association, where they compete. And, of course, they can win money by competing. Through funds raised, they also pay for



awards, such as belt buckles. "And, just like all other athletics, they have to meet the same requirements. It's no pass, no play," RaShaunda said.

"And they have very strict dress codes," said Eric Mills, another parent. "If a girl's hat falls off during an event, they are fined \$5. They also make sure you take care of your animals."

Some participants, such as junior Ryan Mills of Burleson, followed in their parents' footsteps. Like his dad, Ryan is a bareback rider. "He found an old newspaper with me in it and asked, 'What's that?'" Eric said. "I said, 'That's me.' For Christmas, we got him a rigging, and two years later, here we are."

Others, however, did not have parents who were in rodeo. For example, Becky was not a rodeo girl growing up, but her daughter, Kayla Smith, a senior, got the bug. "I had a friend who rode horses, and I used to go with her to ride," Kayla explained.

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Becky chimed in with a laugh, "And all of a sudden, you own a horse!"

Parental participation is plenty. From driving them to practice and rodeos to working with the chutes, it's a bonding opportunity as all work hard. "There's not anything you don't do," Matt Pelham, father of Burleson junior Kayleigh Pelham, said. "If they're there for 12 hours, you're there. We do maintenance on vehicles and trailers. If it's hot, you're hot."

The sport is also a way for the students to learn responsibility. And they like working alongside their parents, according to Kayla Broome, a former Burleson Rodeo Clubs rider who now rides for the new Crosstimbers Academy Rodeo Club. "We have to take care of our own livestock. We decide where we want to ride. We practice five or six times a week, five to six hours a day," Kayla said. "I feel like I'm a lot closer to my parents." She also mentioned that teammates become close to each other's parents.

Her mother, Kimberly Broome, added, "You don't have just one mom and dad. You have several."

And parents have each other, along with the youngsters, for support, according to Kelly Hawkins, mother of Ryan Mills. "Having a bareback rider, I'm a very stressed mom. It takes the whole team to calm me down during a rodeo," she said.





"We lean on each other. That eight seconds Ryan's out there, Kelly's not just his mom. We're all his mom. We're all biting our nails," Becky said.

"I trust any of these people with my daughter," RaShaunda said. Another parent, Kerry Smith, Kayla's father, added, "It brings parents out of their shells. It did me."

The union also allowed a major sponsor, Boot Barn, to come aboard. They had opted not to in past years because they didn't want to show favoritism to one team over the other. "Boot Barn is proud to sponsor youth rodeo, and is excited to continue supporting the entire Burleson youth rodeo community," said Ronda Rizer, manager of the Boot Barn.

Though the idea came from the parents, the decision to join forces was left up to the students. They put it to a vote. "We told them, 'We've got an established team in Burleson, and we want to let Centennial be a part of it.' There wasn't any negative feedback," Becky said. "2017-2018 was our testing year, and it went well."

Gilda Aumiller, mother of Centennial sophomore Ariana Aumiller, said, "We're transplants to Texas, and the whole process is different. The team is everybody, the parents, the aunts, the uncles and, of course, the kids. It truly is a family."

Which is exactly what Ryan said was the idea for the union. "Everybody thinks it's a rivalry, but we wanted to show everybody that, instead, it's a family." **NOW**

Editor's Note: The Burleson Rodeo Club produces its local rodeo April 26-27, 2019. For more information, email jacie0925@att.net.

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Hours: Tuesday-Friday: 10:00 a.m.-7:00 p.m.
Saturday: 10:00 a.m.-6:00 p.m.

Cycling for fitness and fun is a sport that is growing. With the development of Burleson's bike trails, business at Spokes Bicycles and Service is booming. This month, gear heads Dave Garrett and Kyle Sheeler celebrate their shop's 10th anniversary by opening the doors of a "boutique" facility.

Kyle joined Dave five years ago as mechanic/service manager. He's good at talking to customers, working on bikes



and answering the phone all at the same time. Spokes Bicycles and Service guarantees customers significantly attentive, friendly customer service in an atmosphere that welcomes families. "We are one-on-one, service first, for 2-year-olds starting to ride a strider all the way to people reaching 90 years old," Dave said.

Spokes' move to Buford Street provides customers with better parking, a porch for people who like to hang out, and easy access to Burleson's bike trail. "People can start and stop their bike rides from the shop and never have to get on an actual street. Having that bit of security is nice, especially for little kids," said Dave, who has worked with the city to help design and plan the bike trail. "Over the next 10 years, it should grow to include another 7-10 miles of protected bike lane and dedicated concrete trail."

About five years ago, Dave and local enthusiasts started Burleson Area Recreational Cyclists, an open club for cyclists of all ages. Catering to every style of rider, the club hosts a

Tuesday-night ride, leaving Spokes at 6:00 p.m. spring, summer and fall, during Daylight Saving Time.

But this season, when it's so cold outside, Dave's store is open every day except Sunday and Monday for the sake of servicing and selling bicycles, as well as necessities like shorts, gloves and helmets. "Getting your bike in now means you won't miss any valuable seat time. We complete typical tune-ups within three days. Once it's beautiful, you'll want to be outdoors," Dave said.



In the spring, Chisenhall Mountain Bike Trail will become active, as beginner riders share the trail with expert riders. Spokes provides a unique, free consulting service for people new to outdoor bicycling. Visit with Dave or Kyle about your plans, discussing whether you want to go off road, stay on the road, do a 2-mile ride or possibly a 50-mile ride. One of their many forms of customer service is discerning what you want to do, what equipment that will require and what financial investment you might make.

Offering some smaller, boutique brands that are a little more custom, Spokes primarily sells the Giant brand. "It is the most affordable line. We resort to Giant unless a customer wants to do something super high-end or custom," Dave said.

Electric-assist bicycles are a trend in the outdoor fitness world, and Spokes Bicycles and Service can put you in the right E-bike. "My mother currently rides one. It's amazing for people of all ages and skill levels who ride one of those," Dave said.

Test rides are certainly offered for people who visit the new store. And while you're there, ask about the 10-year anniversary celebratory sales at Spokes Bicycles and Service. **NOW**

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Linda Lewis enjoys her newly remodeled home and the “special touch” her contractor added — stained glass that once belonged to her mother.

Zoomed In: Ike Vera and Lukas Luna

By Rick Mauch

Ike Vera, age 61, enjoys a game of basketball with his grandson, Lukas Luna. Ike will now have more time to spend with Lukas, working on their game, since he has retired as assistant director of parks after more than three decades with the city of Burleson. “I feel it’s just time to move forward and do something else with my life,” Ike said. They will spend more time on the family ranch in Rios, but will also maintain a residence in Burleson.

Ike said he has too many great memories to count, but raising his children and them getting an education at Burleson High School is at the top, as is his involvement with the area nonprofit associations. “I really don’t know what’s in the future,” he shared. “I’m just going to enjoy life with my family.”



Local Yogis Caryl Woolard and Nancy Kidd-Weyenberg take time to zen at another studio in Keller.



Patsy Dumas with the Burleson Rotary Club, along with BISD Superintendent Dr. Bret Jimerson (also a Rotary member) and Frazier Principal Dena Schimming, delivers dictionaries to students at Frazier Elementary School.



Michael and Caitlyn Montgomery take Colorado by storm as they ride snowmobiles.



Michelle Fannin enjoys a walk around Old Town with her dog, Nicholas.



Cooper Houston celebrates his Sportsman Award in basketball for determination.



Members of the Good News Band perform at a recent function.



Brandon Wilson is set up and ready for camping season.

A large graphic featuring a bowl of food, likely a salad or a dish with lentils and vegetables, with the text "CHECK OUT OUR Favorite Recipes" overlaid. Below this, it says "NEW! www.nowmagazines.com Searchable Recipes from the Now Magazines Archives. TRY IT TODAY!". At the bottom, the word "NOW" is written in large blue letters, with "MAGAZINES" in smaller letters below it.

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Gastroenterologist

Scharles Konadu, M.D.

Scharles Konadu, M.D. has recently opened a practice on the Texas Health Huguley campus. Dr. Konadu is welcoming new patients with most insurance plans, including Medicare and Medicaid.

"I approach every patient with the perspective that we are working together as a team. I like to make the patient feel comfortable while working together towards a solution and seeing them through whatever may be going on."

As a gastroenterologist, Dr. Konadu specializes in the management of the health of the gastrointestinal tract and liver. She offers medical treatment options for many conditions including colon polyps, IBS and heartburn.



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CookingNOW

In the Kitchen With

STEVEN JANSSEN

— By Melissa Rawlins



Family recipes swell Steven Janssen's heart with the strongest memories. It was for his parents that Steven first made breakfast in bed. The first time he cooked with someone was in his folks' house in Mokena, Illinois, with his Aunt Peo. "She was from Laos, and we made chicken curry," Steven said. "I learned then that I had a real taste for heat in my food — scalp-sweating heat!"

Now, as a member of First United Methodist Church, Steven cooks the meals served for Saturday night worship services. "I try to focus on the people I am feeding," he said. "If they are gluten free, I cook gluten free. If they are diabetic, I cook low carb. That's how I try to love them." **NOW**

Strawberry Cheesecake

Crust:

1 pkg. OREO cookies

Filling:

2 8-oz. pkgs. cream cheese
1 8-oz. container ricotta cheese
4 large eggs
1 1/4 cups sugar
1 Tbsp. lemon juice
2 tsp. vanilla extract

Topping:

1 cup sour cream
1 cup mayonnaise

1/4 cup sugar

1 tsp. vanilla

Strawberry glaze:

2 Tbsp. cornstarch
1/4 cup water
1 12-oz. can strawberry jelly or preserves
3 Tbsp. lemon juice
1 qt. whole fresh strawberries

1. For crust: Crush the cookies into crumbs, or pulse through a food processor. Press into a 9-inch spring form pan.

2. For filling: Cream the cream cheese and ricotta together until they are smooth. Beat in the remaining ingredients.

3. Pour filling into crust. Bake at 350 F for 50 minutes. Make sure the filling is almost completely set. Remove from oven and prepare the topping.

4. For topping: Cream all ingredients together. Pour over the warm cheesecake; return to the oven for 5 minutes. Remove and cool to room temperature. Place in the refrigerator for 24 hours.

5. For strawberry glaze: One to 2 hours before serving, dissolve cornstarch into water. Add jelly and lemon juice. Warm while stirring over medium-high heat. Jelly will melt and glaze will begin to thicken. Cool to room temperature.

6. When ready to serve, remove cheesecake from the spring form pan and place on a serving plate. Place several whole strawberries in the middle and sliced strawberries around them. Pour glaze evenly over the cheesecake, starting in the middle. Allow it to drip over the sides.

Chicken Curry

2 lbs. chicken breasts and thighs
2 20-oz. cans bamboo shoots
2 20-oz. cans coconut milk

1-2 4-oz. cans red curry paste,
depending upon your preference for
heat intensity
1 envelope Tom Ka Paste
1 large bunch fresh basil, chopped

- 1.** Cube chicken meat.
- 2.** Add all ingredients to a Crock-Pot. Cook on low for 6 hours, or on high for 3 hours.
- 3.** Serve over rice or noodles


Biscuits

1 1/2 cups all-purpose flour
2 tsp. baking powder
2 Tbsp. sugar
1 tsp. kosher salt
1 stick cold butter
1/3 cup sugar (optional)
3 tsp. cinnamon (optional)
1/2 cup raisins (optional)
1/2 cup chocolate chips (optional)
1/2 cup nuts, chopped (optional)
1 cup cooked-and-cool sausage,
ground (optional)
1/2 cup cheese, grated (optional)
3/4 cup whole milk

- 1.** Preheat oven to 400 F.
- 2.** In a large bowl, whisk together flour, baking powder, sugar and salt.
- 3.** Place the stick of butter on a cutting board, sprinkle with 1/2 cup flour mixture. With two knives, a pastry cutter or a bench scraper, cut the butter up with the flour; add it back to the bowl.
- 4.** Add remaining ingredients, if desired, except milk, or keep it plain by not adding remaining ingredients.
- 5.** Add milk; stir with a fork until it just comes together into a firm, but slightly wet, dough.
- 6.** Grease a cast-iron biscuit pan or a muffin pan. Fill each hole to 3/4-inch full with dough.
- 7.** Bake biscuits until golden brown, about 15 minutes for small muffins or 20 minutes for biscuits. Let cool slightly; transfer to wire rack. Serve warm or at room temperature.

Bud's Potato Pancakes


1/2 lb. bacon
1/4 stick butter
2 eggs
2 Tbsp. flour
5 lbs. white potatoes, peeled and
cut into chunks
1 medium onion, peeled and cut
into chunks
1/4 cup parsley, fresh is better but
dry is OK
Salt and pepper, as desired



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Zesty Sweet Potato Soup

1. Fry the bacon. Pour off most of the grease, leaving a little for flavoring.
2. Place the butter in the hot skillet to melt.
3. Put the eggs and flour in the blender. After starting, add the potatoes and onions. When the mix is mostly liquefied (a few chunks are OK) pour into a bowl. Keep a little liquid in the blender to start the next load. Continue to blend the potatoes and onions. When the last load is blended, add the bacon with the grease and butter. Stop when the bacon is in small chunks. Add the seasonings.

4. Blend the batches. Fry in melted butter and enjoy. Fry the entire batch immediately. Do not store or refrigerate batter.
5. Serve warm with applesauce or sour cream. Once cooked, pancakes will keep in refrigerator or freezer.

Zesty Sweet Potato Soup

1 Tbsp. canola oil
1 large onion, diced
1 medium red bell pepper, seeded and diced

2 medium carrots, diced
1/2 tsp. cayenne pepper
1/2 tsp. freshly ground black pepper
1 clove garlic, minced
1 tsp. fresh ginger, peeled and grated
1 large sweet potato, peeled and cubed
6 cups low-sodium chicken broth or vegetable broth
1 14.5-oz. can no-salt diced tomatoes, with juices
2/3 cup creamy natural peanut butter
2 tsp. honey
1/2 cup scallion greens, chopped

1. Add all ingredients to a Crock-Pot. Cook on low for 4 hours.
2. Use a stick blender to puree, or puree in batches in a blender.

To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.

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ADVENTURE THROUGH HISTORY

— By Melissa Rawlins

Lift your glass for a toast: To life! And give three cheers for destiny — a concept Americans hardly discuss anymore. Since accomplishing our manifest destiny, we tour distant places on a roundtrip ticket, sure that our final destination is home sweet home.

Yet, there is a spot on this planet that has been and will be home to countless generations. And its doors are open to visitors year-round. Israel's heartland, otherwise known as Samaria and Judea, has welcomed intrepid travelers ever since Abraham left Ur Kašdim (commonly translated as Ur of the Chaldees) for Canaan. But the 40-mile-wide swath of land, with Jerusalem in its center, is especially popular now that agritourism is trendy.

Participating in farm activities while touring this part of the Middle East provides a balanced approach to travel. Seasonally, there are grapes to prune in the winter and harvest in the summer — when figs are also easy to find — and olives to pick in the fall. Organic olive orchards, planted near vineyards equidistant between the Dead Sea and Jerusalem, experience pure sunshine throughout the year.

One reputable organization that has developed relationships with multiple local farmers is HaYovel.com, based in the United States. Since Israel's Hebrew-speaking populace rests every Saturday, and prepares for the Sabbath on Fridays, agritourists only work a few days per week and then give their bodies a rest while investigating various aspects of the region's art, archaeology and appetite.

Health nuts can smell, taste and hear the story of the Saboneto family of organic soaps after driving northeast of Jerusalem to Kochav HaShachar. Foodies will be fascinated by the cuisine throughout Israel. Small cafés with spicy, healthy meats and vegetables are usually ensconced near museums, synagogues, marketplaces and gas stations.

In Jerusalem, larger restaurants like Ima's cater to tourists visiting Israel's center of government, the Knesset. Throughout the day, kiosks pressing juices from fresh pomegranates make a nice alternative to the ubiquitous coffee break. And it's always a treat to start mornings with a visit to the shuk (fresh market) in Jerusalem, where cheeses and candies unlike any other are bought in the thousands by people who plan to share them in their own restaurants or homes.

Afternoons and evenings are perfect times to visit the wineries that are popping up throughout the country. Sixteen years ago, Samaria and Judea had only a few small vineyards serving individual families. Now, more





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than 350 acres are planted with fruitful vines, and a million bottles of wine are produced annually. This is partly because volunteer agritourists are empowering the wine industry's growth. Psagot Winery, close to Beit El (Bethel) northwest of Jerusalem, is a modern gem boasting wide-open views of rock-studded mountains. Kabir Winery, farther north in Elon Moreh, feels a bit more "ancient." Maybe that is because its vintner, Eliav Hillel, is also a scribe. Nearby, the settlement of Itamar, established in 1984, is at the forefront of Israel's organic agriculture.

Forty miles north, you can wine and dine in Tiberias, where a 10th-century crusader castle now hosts a nightclub. Not far up the shore of the Sea of Galilee, viewing fine and modern art in Ginosar's Museum of the Galilee can precede an invigorating swim in the harp-shaped lake. A little farther north, Capernaum provides history buffs an abundance of beautiful ruins to study. And the beaches of Ein Gev invite families and individuals to simply chill.

No matter how much you enjoy traveling independently, you'll glean more of the depth and breadth of Israel's nature, history and culture by traveling with a guide who lives in the land. Michael Bar-Neder (annbn@012.net.il) specializes in guiding mentally and physically challenged people, as well as families, on tours of biblical Israel. Maayan Usva Cohen (pathsofisrael@gmail.com) guides both on contemporary political issues and in the biblical landscapes of Judea and Samaria, and can also take you on off-road adventures in her jeep. Ask for recommendations when you start planning your trip to the heartland of Israel with the Shomron Regional Council at www.tourshomron.org.il.

Israel awaits with much to learn and see. L'chaim — to life — and to destiny! **NOW**

Pediatrician

Nisha Vijay, M.D.

Nisha Vijay, M.D. has recently opened a practice on the Texas Health Huguley campus. She comes to the south Fort Worth area with over seven years of experience.

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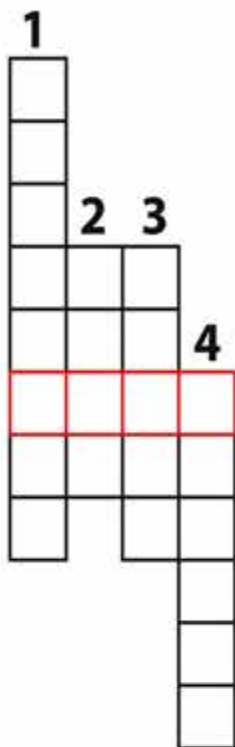
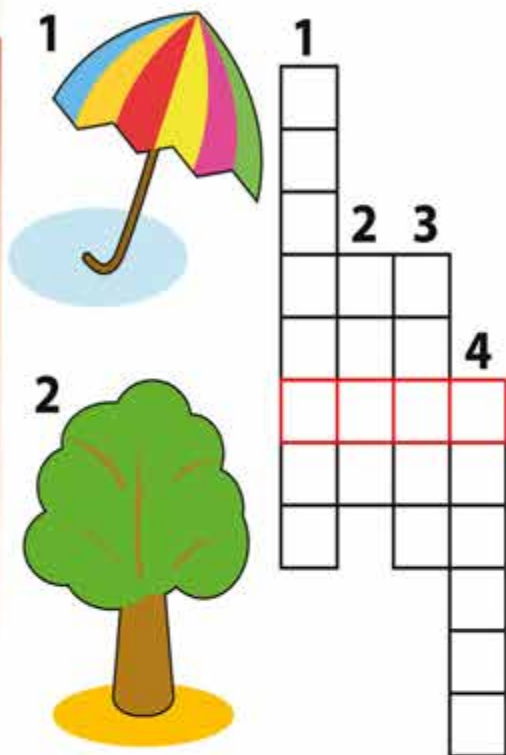


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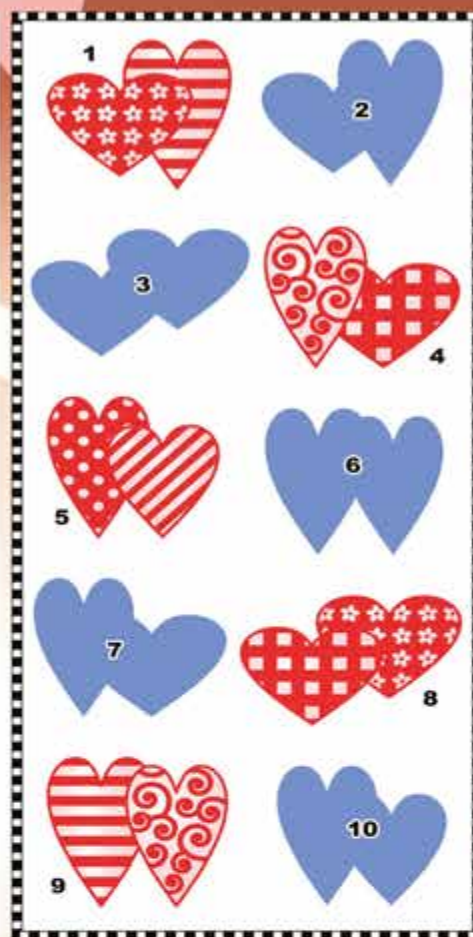
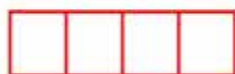
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Kids' Fun Pages



Solution



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1-2, 4-7, 5-10, 8-3, 9-6

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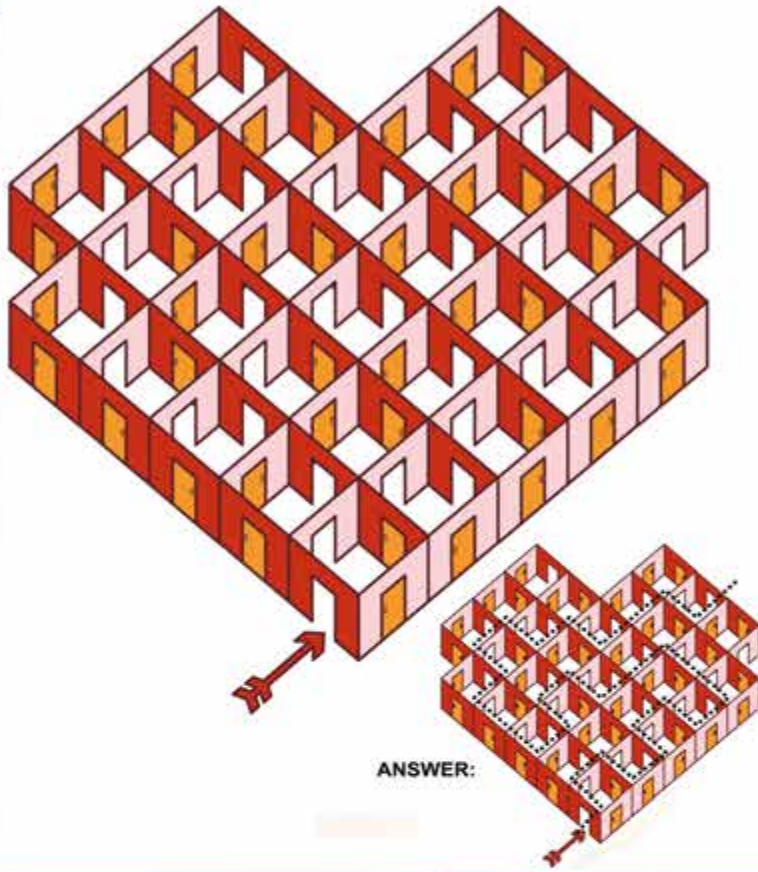
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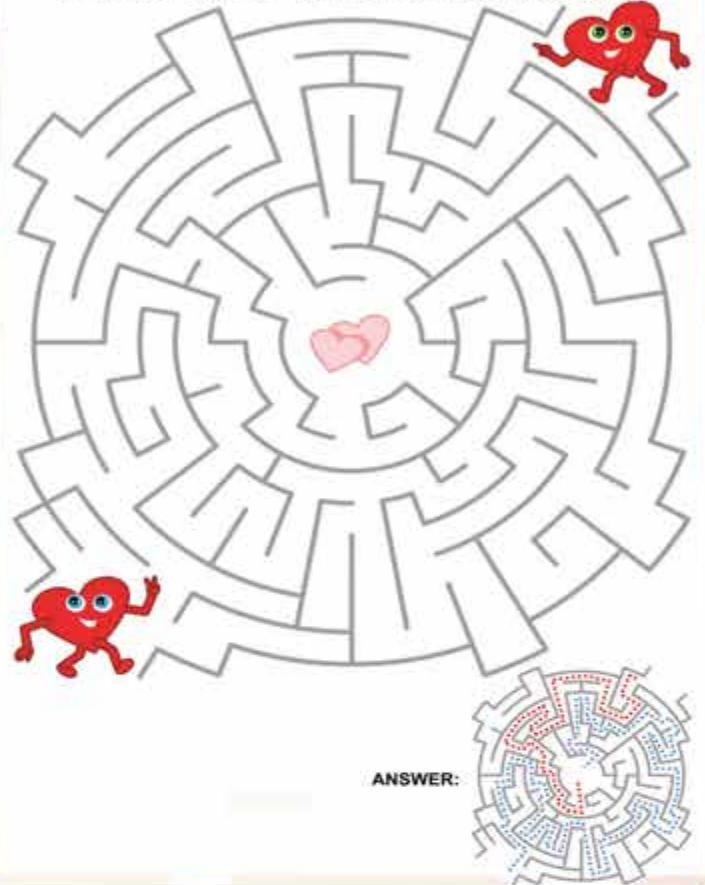
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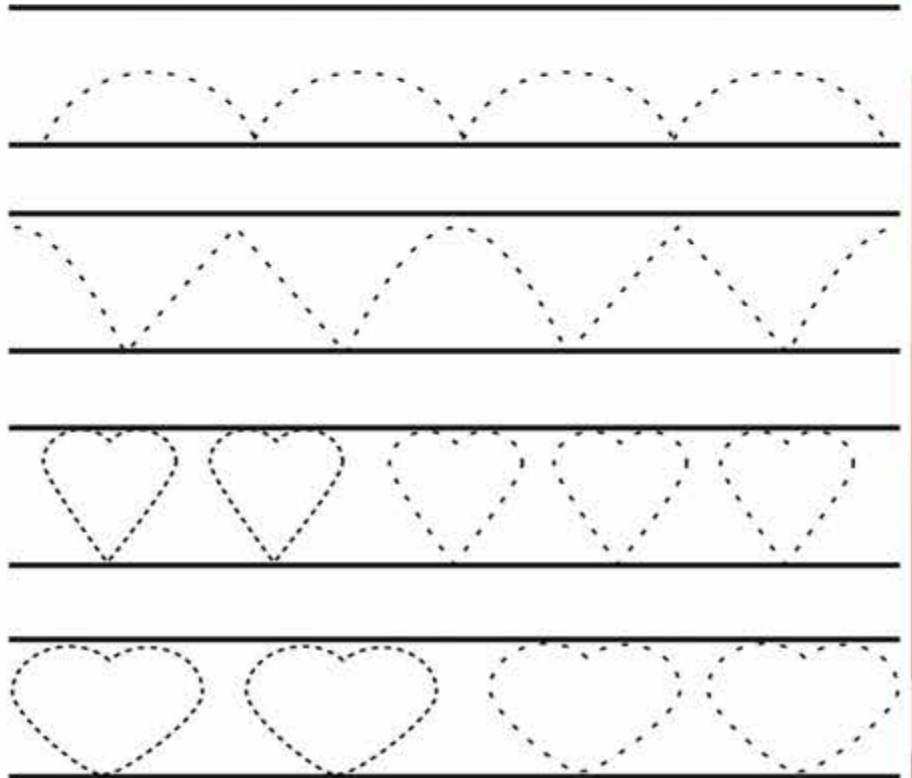
Can you find the path through this heart shaped maze?

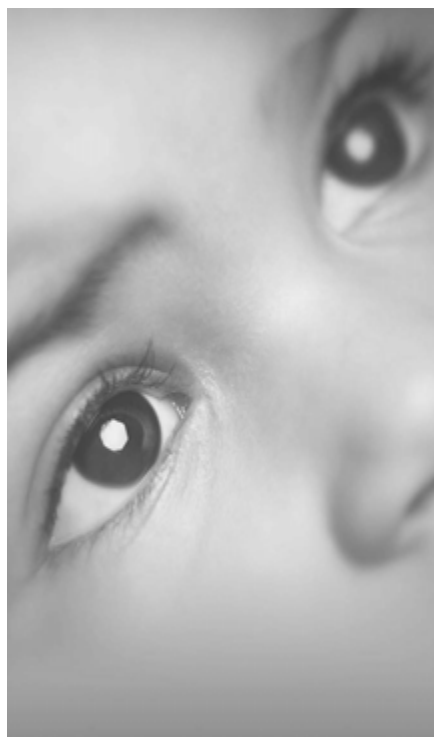


Help the hearts to meet in the middle of the maze.



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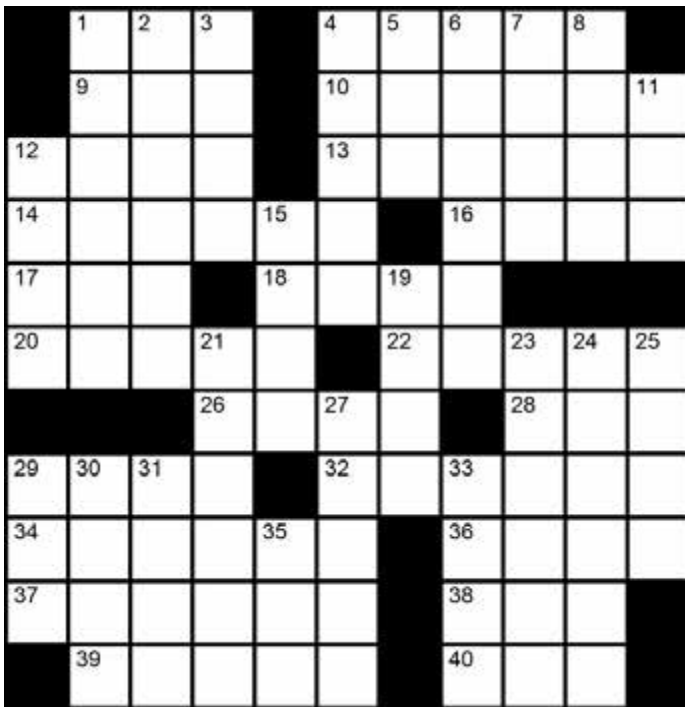
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Crossword Puzzle



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Across

- 1 " --- now or never"
- 4 Hard on the nose
- 9 Vast amount
- 10 Arranged for voices
- 12 Pie-crust ingredient
- 13 Only state with two official lang
- 14 Puncture
- 16 Caltech, for ex.
- 17 Sparse fluid
- 18 P --- puzzle
- 20 A freckle past ---
- 22 Once more
- 26 Exultation
- 28 Attempt
- 29 Comedienne née Molinsky
- 32 Commuter computer
- 34 Taking the place
- 36 Outer covering
- 37 Softened
- 38 "Halt, --- fire!"
- 39 Prolonged blockade
- 40 Advent mo.

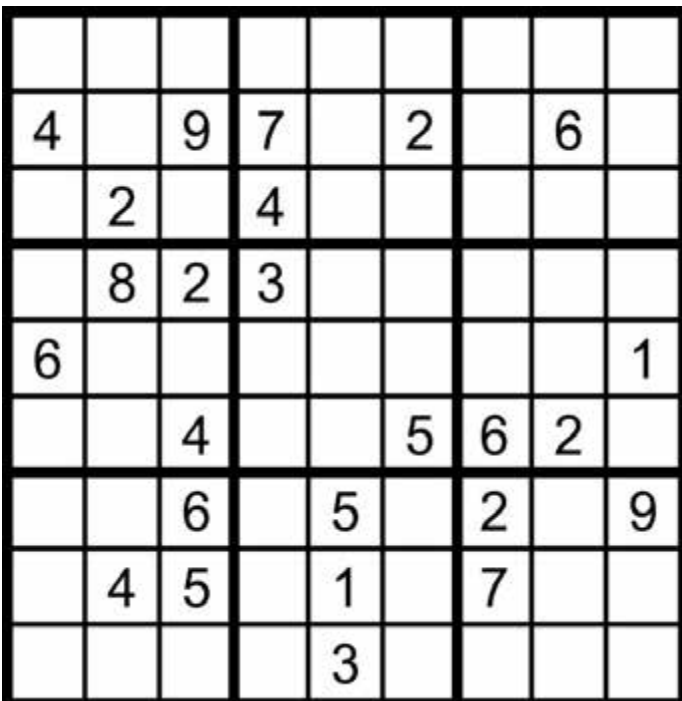
Down

- 1 Prophetic Bible book
- 2 Blessed Mother
- 3 --- City (Baghdad district)
- 4 Pains
- 5 Half a dance, perhaps
- 6 Quarreling
- 7 Pakistan neighbor
- 8 Politician's stand?
- 11 Snockered
- 12 Where to find swinger Michelle Wie
- 15 Songwriter --- Perkins
- 19 UN nuclear watchdog
- 21 Set on fire
- 23 What one goes around in
- 24 Subtly sarcastic
- 25 Big Apple corps
- 27 Cleverly avoid
- 29 Dandy beginning?
- 30 Singles
- 31 Slimming drug
- 33 Urge along
- 35 Brain surgeon's test equipment

Solutions on page 44

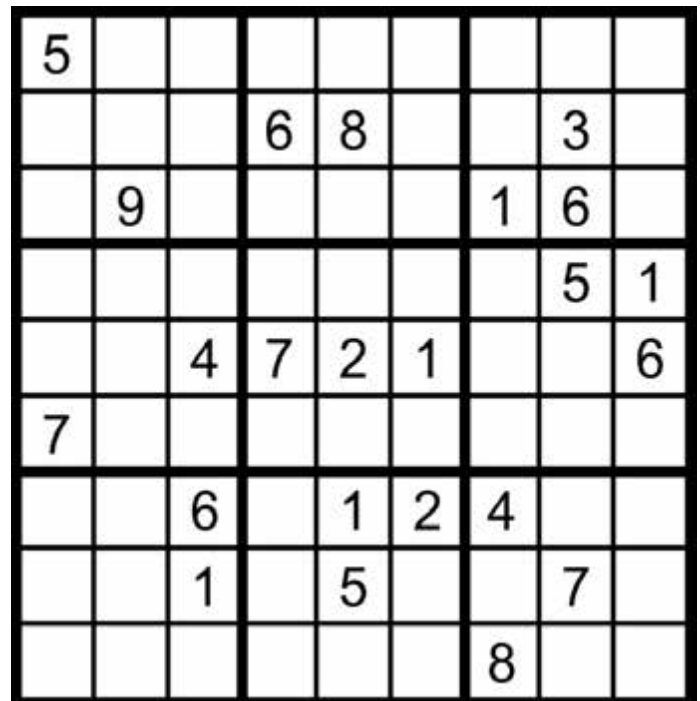
Sudoku Puzzle

Easy



Crosswordsite.com Ltd

Medium



Solutions on page 44

FinanceNOW

Roth vs. Traditional 401(k): Which Is Right for You?

For many years, employees of companies that offered 401(k) plans only faced a couple of key decisions — how much to contribute and how to allocate their dollars among the various investment options in their plan. But in recent years, a third choice has emerged: the traditional versus Roth 401(k). Which is right for you?

To begin with, you need to understand the key difference between the two types of 401(k) plans. When you invest in a traditional 401(k), you put in pre-tax dollars, so the more you contribute, the lower your taxable income. Your contributions and earnings grow tax-deferred until you begin taking withdrawals, which will be taxed at your ordinary tax rate. With a Roth 401(k), the situation is essentially reversed. You contribute after-tax dollars, so you won't lower your taxable income, but withdrawals of contributions and earnings are tax-free at age 59 1/2, as long as you've held the account at least five years.

So, now that you've got the basics of the two types of 401(k) plans, which should you choose? There's no one right answer for everyone. You essentially need to ask yourself these questions: When do you want to pay taxes? And what will your tax rate be in the future?

If you're just starting out in your career, and you're in a relatively low-income tax bracket, but you think you might be in a higher one when you retire, you might want to consider the Roth 401(k). You'll be paying taxes now on the money you earn and contribute to your Roth account, but you'll avoid being taxed at the higher rate when you start taking withdrawals. Conversely, if you think your tax rate will be lower when you retire, you might be more inclined to go with the traditional 401(k), which allows you to avoid paying taxes on your contributions now, when your tax rate is high.

Of course, you can see the obvious problem with these choices — specifically, how can you know with any certainty if your tax bracket will be lower or higher when you retire? Many people automatically assume that once they stop working, their tax liabilities will drop, but that's not always the case. Given their sources of retirement income from investment accounts and Social Security, many people see no drop in their tax bracket once they retire.

Since you can't see into the future, your best move might be to split the difference, so to speak. Although not all businesses offer the Roth 401(k) option, many of those that do will allow employees to divide their contributions between the Roth and traditional accounts. If you chose this route, you could enjoy the benefits of both, but you still can't exceed the total annual 401(k) contribution limit, which for 2019 is \$19,000, or \$25,000 if you're 50 or older.

You may want to consult with your tax advisor before making any decisions about a Roth or traditional 401(k) — or Roth and traditional 401(k) — but in the final analysis, these are positive choices to make, because a 401(k), in whatever form, is a great way to save for retirement. Try to take full advantage of it. **NOW**

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

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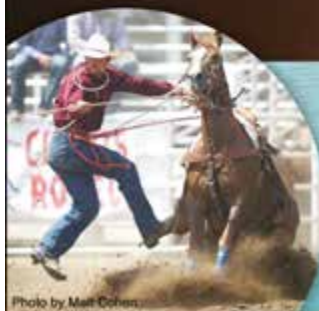


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HAPPY VALENTINE'S DAY

FEBRUARY

2/1

Fiddlin' at the Farm:

A free open jam session for area musicians with fans, friends and family welcome. 6:00-8:00 p.m., Russell Farm Art Center, 405 W. County Rd. 714, (817) 447-3316.



2/1 — 2/2

Legally Blonde:

Burleson High School Theater Department will perform the musical made famous on Broadway. 7:00 p.m., \$8 advance, \$10 at the door, Burleson High School, 100 Elk Dr., (817) 245-0000.

2/2

Sparkler Crowd Pleasers Contest:

The drill team for Centennial High School will host. \$12 adults, \$5 senior citizens and children 5-12, children under 5 are free. 8:00 a.m., Centennial High School, 201 S. Hurst Rd., dellison@bisdmail.net.

The Russell-Boren Historical Home Tour:

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

2/5

Ask a Coach:

Bring your problems and get help from Certified Professional Coach John J. Simmons in this free program. 6:30-8:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave. (817) 426-9211.

2/7

Burleson ISD Showcase: This free event allows families to see the education opportunities available to students in the district. 6:00-8:00 p.m. Centennial High School, 201 S. Hurst Rd., (817) 245-1000.

2/8

Senior Valentines Dance:

Live entertainment from the 92nd Roadhouse Band, free photos and corsages. 7:00-9:30 p.m., Senior Activity Center, 216 S.W. Johnson Ave., (817) 295-6611.

2/9

Father/Daughter and Mother/Son Valentine's Dance:

Photos, corsages, dinner, dancing and games. 4:00-6:30 p.m., the BRICK, 550 N.W. Summercrest Blvd., (817) 426-3316.

Metroplex Commodore Computer Club:

This free club is for Commodore computer enthusiasts. No need to be a member to attend. 2:00-4:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave., (817) 426-9211.

2/9, 2/23

Dog Tales at the Library:

A free reading program to help children keep up and practice their reading skills. Natasha is a registered therapy dog and she will be with her handler at all times. Registration is required. 10:00 a.m.-noon, Burleson Public Library, 248 S.W. Johnson Ave., (817) 426-9211.

2/11

How to Start a Small Business:

Ken Byrd, business advisor, of McLennan Small Business Development Center, teaches this free class. 6:00-7:30 p.m., Burleson Public Library, 248 S.W. Johnson Ave., (817) 426-9211.

2/12

Burleson Area Chamber of Commerce Business After Hours:

This month's theme for this free networking event is "Death by Chocolate." 5:30-7:00 p.m., Lucas & Blessing Funeral Home, 518 S.W. Johnson Ave., (817) 295-6121, burlesonchamber@burleson.org.

2/13

Writers Anonymous Support and Education:

A free support group for writers and would-be writers. 6:00-8:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave., (817) 426-9211.

2/14

Burleson American Legion Post:

Meeting is 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 S.W. Wilshire Blvd., (817) 357-2158, gunrunner937058@yahoo.com.

2/18

Book Discussion Group:

6:00-7:30 p.m., Burleson Public Library, 248 S.W. Johnson Ave., (817) 426-9211.

2/19

Heart & Soul Writers:

A Christian writers group designed to encourage and support each other in their works. 7:00-9:00 p.m., Alsbury Baptist Church, 500 N.E. Alsbury Blvd. (817) 269-9066, lisabell@bylisabell.com.

Roots & Branches

Genealogy Club:

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

2/21

Burleson Area Chamber of Commerce Annual Awards Luncheon:

Honors award recipients of the Chamber Legacy and STAR Small



2/1

Burleson Area Chamber of Commerce Power of Heels Luncheon:

Fort Worth Mayor Betsy Price is the guest speaker. \$30 non-members, \$25 members, all tickets \$30. 11:30 a.m.-1:00 p.m., Pathway Church, 325 N.W. Renfro St., (817) 295-6121, burlesonchamber@burleson.org.

Business of the Year. 11:30 a.m.-1:00 p.m., Pathway Church, 325 N.W. Renfro St., (817) 295-6121, burlesonchamber@burleson.org.

2/23

Medicare-Turning 65 Workshop:

Free workshop presented by Gib Kassing. 1:00-3:00 p.m., Burleson Public Library, 248 S.W. Johnson Ave., (817) 995-2774.

2/27

Bob Ross free painting demonstration:
4:30-6:30 p.m., Burleson Public

Library, 248 S.W. Johnson Ave., (817) 426-9211.

Monthly Creative Journal Meet:

Participants meet to socialize while creating in their journal or notebook. The Burleson Public Library provides some supplies. 6:00-8:00 p.m., Burleson Public Library, 28 S.W. Johnson Ave. (817) 426-9212.

Multiple weekends

Newsies, the Musical:

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Mondays

Burleson Toastmasters Club:

Participants focus on public speaking and improved communication verbally. Visitors can simply observe if they wish. 6:30 p.m., Burleson Chamber of

Commerce Bldg. (south entrance), 1044 S.W. Wilshire Blvd., (817) 919-3243.

Tuesdays

Kiwanis Club of Burleson:

Noon, Golden Corral, 301 S.W. Wilshire Blvd., (817) 426-1676.

Burleson Rotary Club Mid-Day:

Noon, Antonio's Mexican Restaurant, 344 S.W. Wilshire Blvd., www.middayrotary.org.

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Crossword - Sudoku Solutions

1	T	S	4	A	C	R	I	D	
9	S	E	A	10	C	H	O	R	A
12	L	A	R	D	13	H	A	W	A
14	P	I	E	R	C	E	16	I	N
17	G	A	S	18	A	S	I	N	
20	A	H	A	21	I	R	22	A	G
				26	G	L	E	E	28
29	J	O	A	N	32	L	A	P	T
34	I	N	L	I	E	U	36	R	I
37	M	E	L	T	E	D	38	O	R
	39	S	I	E	G	E	40	D	E

Easy

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

Medium

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



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