



Free Magazine

January 2024



Included in this issue :

Getting and Staying Healthy in Harlingen | Pg. 6 - 9

Local Flavors | Pg. 10 & 11

Calendar of Events | Pg. 12 & 13

Event Spotlight | Pg. 18 & 19

Notable Nonprofits | Pg. 20 & 21

Cover photo courtesy
Reborn Strength Athletic Club

Table Of Contents

Page **From The Editor**
4 By Lisa Campos

Page **On The Cover**
6 - 9 Getting and Staying
Healthy in Harlingen
By Lisa Campos

Page **Local Flavors**
10 & 11 A Four-in-One at Chyann's
By Steven Hughes

Page **Calendar of Events**
12 & 13

Page **Moves, Adds, and**
14 & 15 **Changes**
By Lisa Campos

Page **Ask The Life Coach**
16 & 17 By Remi Gibbs



Page **Event Spotlight**
18 & 19 Small Businesses Bring
Traffic to Harlingen Mall
By Steven Hughes

Page **Notable Non Profits**
20 & 21 Children's
Bereavement Center
of the RGV: A Guiding
Light Through Grief
By Beth Marie Cantu

Page **Sports**
23 Harlingen Sports
By Ruben Rodriguez

JUNIOR LEAGUE OF HARLINGEN'S ANNUAL



**JUNIOR LEAGUE OF HARLINGEN
TEEN LEADERSHIP
CONFERENCE**



9TH - 12TH GRADE GIRLS

An Empowering Conference for Girls: Free of Charge!
This conference is specially designed to educate, inspire, and empower girls.

TOPICS INCLUDE:

Forming Your Tribe, Loving Yourself, Job Etiquette, Self Defense, standing strong in relationships, Mental Health and more!

Register here



JANUARY 13, 2024

10:00 AM - 2:00 PM

HARLINGEN PUBLIC LIBRARY

410 76 DR, HARLINGEN

LUNCH WILL BE PROVIDED



@JUNIORLEAGUEHARLINGEN

WWW.JLHARLINGEN.ORG

INFO@JLHARLINGEN.ORG

From The Editor

This is Lisa from Explore Harlingen. Welcome to the fourth issue of the Explore Harlingen Magazine: A Local's Guide to Harlingen, an entertainment magazine about Harlingen, Texas! I was born and raised in Harlingen but lived in bigger cities in Texas for college and career. I moved back to Harlingen from Austin in October 2013 when my daughter was born. I have been blogging about my hometown of Harlingen, Texas for 10 years. Over the past decade, I have been



Photo: April's Photography and Designs

informing locals and visitors about current events, activities, and family-owned businesses in Harlingen primarily on Facebook (www.facebook.com/ExploreHarlingen).

But I also have an online presence with my website, www.exploreharlingenblog.com, and social media accounts on Instagram, TikTok, and YouTube (@exploreharlingen). In this issue, I am highlighting the beginning of the new year, which is a time to reflect and focus on goals for 2024. In that vein, I am always looking for ways to improve the magazine. I have added a new recurring column, "Moves, Adds, and Changes" that discusses new businesses and other business-related moves, changes, and closures. Starting with the January issue, these will be the standard

columns in each issue of Explore Harlingen Magazine:

- Cover Story
- Local Flavors
- Calendar of Events
- Event Spotlight
- Notable Nonprofits
- Moves, Adds, and Changes

The Explore Harlingen Magazine is available digitally on my website at www.exploreharlingenblog.com/magazine. Or you can pick up a copy at the first of every month locally around town. ♦

Lisa Campos
Editor-in-Chief
Advertising
information:

La Feria News
ATTN: Victor Moreno
victor2883@gmail.com
Phone: 956-797-9920



Photo: April's Photography and Designs

Rotary
Club of North Harlingen



Friday 7 PM
Jan 26th HCISD
Performing Arts Center

Family Comedy

Featuring



Night

\$25



Daniel Bennett



Jaron Myers

Cita's
boutique
HARLINGEN • BROWNSVILLE • WESLACO



KENDRA SCOTT



JON HART



CONSUELA

Brighton®

Cita's Harlingen

1606 S 77 Sunshine Strip | Harlingen, TX 78550 | 956-412-4055

Cita's Brownsville

3340 Pablo Kisel Blvd B-106 | Brownsville, TX 78526 | 956-621-2140

Cita's Weslaco

602 E Interstate 2, Suite 103 | Weslaco, Texas 78596 | 956-375-2027

CITASBOUTIQUE

BU **RIDER**
WESTERN WEAR



ANDERSON BEAN BOOT COMPANY



ARIAT

1606 S. 77 SUNSHINE STRIP
HARLINGEN, TEXAS 78550
956-425-7291

On The Cover

Getting and Staying Healthy in Harlingen



Photo: RSAC

By Lisa Campos

The start of the new year brings hope for new beginnings; a chance to start over; and resolve to take active steps for self-improvement.

Lots of people make New Year's resolutions to eat better, work out, and lose weight, but many don't know where

to start. Therefore, here is a list of ways to attain your resolutions in Harlingen by finding healthy places to eat, facilities to exercise in, fitness classes to attend, and more.

Healthy Dining

Get a Salad

2310 Spur 54, Suite 10
956-230-4694

Good Eats
1237 N. 77 Sunshine Strip
956-564-0903

Just Fresh
1501 S. "H" Street
956-230-5379

Tropical Smoothie Café
6710 W. Expressway 83
956-245-7359

Nutrition/Juice Bars
All Star Nutrition
902 Dixieland Road,
Suite 103A

956-230-1645
Ed Carey Nutrition
216 N. Ed Carey Drive,
Suite 2
956-536-9487
Extreme Nutrition
1418 E. Tyler
956-412-1050
Healthy Life Nutrition
1617 E. Harrison, Suite
D
956-569-5418
Krave Market
1614 W. Filmore
956-230-5565



Photo: Johnny's Korean Karate



**City of Harlingen
Parks, Trails, & Bike Lanes**

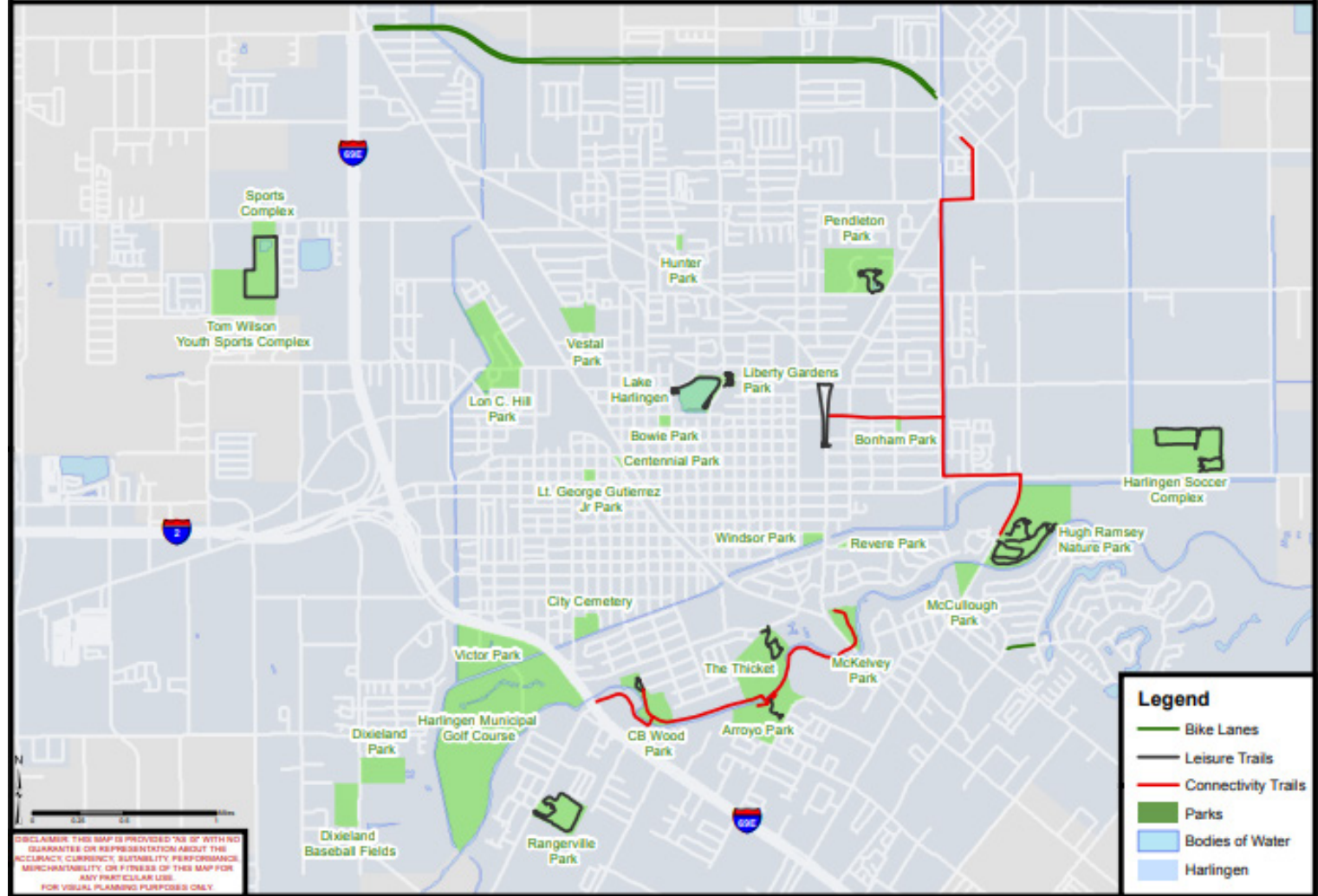


Photo: City of Harlingen Parks and Recreation

MOFI Nutrition – Energy Bar
214 W. Jackson
956-230-1279

Perfect Body Shake Bar
614 N. Ed Carey Drive
956-230-0228

PreGame Nutrition
1548 N. 77 Sunshine Strip
956-244-0038

Pumpd Nutrition
1729 W. Harrison
956-734-5252

Texas Health Nut
1706 S. 77 Sunshine Strip

956-200-4092
Gyms/Exercise Facilities

Better Bodyz Personal Training and Nutrition
605 Kamali Drive
956-490-4533

CrossFit Stamina
5001 Logan’s Run Circle, Suite C
956-746-7710

Gentry Gym
6908 W. Expressway 83
956-291-7068

Gold’s Gym
2000 S. Expressway 83
956-365-4653

Harlingen Senior Community Center by WellMed
509 S. Expressway 83, Suite B-1
956-365-4732

Iron Core Gym
221 W. Harrison
956-216-7555

Orangetheory Fitness
6710 W. Expressway 83, Suite 104
956-752-3470

Perfect Body Shake Bar Studio
614 N. Ed Carey Drive
956-230-0228

Planet Fitness
913 N. 13th Street, Suite 26
956-616-4447

Reborn Strength Athletic Club
122 W. Jackson

Tone Up Health & Fitness
1500 W. Harrison, Suite A
956-438-8663

Training for Warriors
723 N. 77 Sunshine Strip
956-426-0880



Photo: Just Fresh



Photo: PreGame Nutrition

**Palm Valley
Gymnastics and
Dance**
3204 Wilson Road
956-423-6488
**Rio Grand Valley Arts
Studio**
1025 W. Jackson
956-412-1314
**South Motion
Gymnastics**
1108 S. Commerce
956-454-9073
Yoga/Pilates
**Goat Yoga of South
Texas**
956-245-3162

TruFit Athletic Club
1001 N. Ed Carey Drive
956-368-5634

Zeus Pump House
320 N. Commerce, Unit
2A
956-659-9696

Martial Arts
**4th Quarter Athletic
Training Center**
3613 U.S. Business 83
956-200-6100

8ight Limbs Academy
920 W. Van Buren
956-454-6015

**Johnny's Korean
Karate**
302 W. Madison
956-428-7750

**Metamorphix Martial
Arts**
114 N. "A" Street
956-752-8443

Premier Martial Arts
624 S. Ed Carey
956-428-5425

**Rio Grand Valley Arts
Studio**
1025 W. Jackson
956-412-1314

**Strangle Cartel Jiu-
Jitsu**
712 N. 77 Sunshine
Strip, Suite 27
956-454-7457

Fitness Classes
**Harlingen Parks and
Recreation**
(Tu Salud Si Cuenta)
956-216-5164

**Healthy Initiatives
and Event Organizers**
Healthy Harlingen
healthyharlingen.org

**Footworks Start to
Finish RGV**
2224 S. 77 Sunshine
Strip, Suite 94
956-423-3131

Healthy Kids
**Monarch Dance
Studio**
888 Morgan
956-200-1857



Photo: RSAC



Photo: Training for Warriors

**Herbin Wellness
Apothecary + Tea Bar**
801 E. Tyler
956-254-6818

Karuna Soul Living
956-552-7862

My Body Pilates
202 W. Monroe
956-368-5001

**Whole Life Wellness
Center
(Aum Yoga Studio)**
401 E. Filmore
956-412-3745
Zumba/Dance

Zumba
www.zumba.com for
local class information
Walking/Hike and
Bike Trails

Arroyo Park
2-mile walking trail,
nature trails, hike and
bike trail
**1110 New Hampshire
Street**
**City Lake Park/
Liberty Gardens**
7-mile walking trail
575 N. '76 Drive

**Hugh Ramsey Nature
Park**
1.5-mile walking trail,
nature trails
1000 South Block Loop
499

McKelvey Park
2-mile walking trail,
hike and bike trail
1401 S. 77 Sunshine
Strip

Pendleton Park
1-mile walking trail
1427 Morgan Blvd.

**Harlingen Soccer
Complex**
1.2-mile walking trail
4515 E. Harrison
**Harlingen Sports
Complex**

1-mile walking trail
3239 Wilson Road
Rangerville Park
¾-mile walking trail
1101 S. Rangerville Road
For more information
on these and more parks
in Harlingen, please
visit www.harlingentx.gov/page/parksandrec.parks.♦



Cheers to the New Year!
VISIT LIQUOR 101 TODAY!
WE DELIVER!

THE GO-TO LIQUOR
DESTINATION OF THE
RIO GRANDE VALLEY!

HARLINGEN (956) 622-3570
LIQUOR101TX.COM
ALAMO, PHARR, HARLINGEN

Local Flavors

By Steven Hughes

Chyann's Specialty Café, located in downtown Harlingen, is Harlingen's first mother and daughter owned café. Chyann's reflects their many hats, with the cafe, event center, catering services, and boutique store all in one place.

"We're unique," Josie Olivares, co-owner, said over the phone. "We're not just the one hat."

Olivares and Kendra Hernandez, her daughter and co-owner

A Four-in-One at Chyann's

who created the menu, developed a space where guests could enjoy waffles decorated with fresh fruit and powdered sugar and also buy a gift.

"It warms me because every time I walk by a table, they say it's good food, or I see them taking a photo of it. It warms my body just knowing people enjoy what we do," Hernandez said over the phone. "I love it whenever kids call us the piggy place (due to our pig-themed décor). That's our nickname."

Although the two Harlingen natives didn't



Photo: Lisa Campos

have food experience leading up to opening the cafe, they opened their doors as the coronavirus' grasp

on the world slowly weakened in 2021. Hernandez, only 15 years old at the time, took customers' orders



Photo: Chyann's



Photo: Chyann's

while in high school Zoom lectures.

Meanwhile, her mother was in the kitchen making home-cooked meals. Their menu consists of breakfast, lunch, weekend brunch, sweets, salads, and coffee. Customer favorites include their meatloaf and stuffed chicken. They are also well known for their beautiful charcuterie boards.

As the team at Chyann's Specialty Cafe grew, it garnered a fan base that often asks for their services in and outside their

building from Weslaco to Brownsville.

Chyann's Specialty Cafe offers space for small events like birthday parties, baby and bridal showers, Friendsgiving dinners, and more. They provided catering services for approximately 450 events in 2023.

For more information, visit them at 110 E. Jackson Street in Harlingen or call them at 956-496-2754. They are open Wednesday through Friday, 8 am to 3 pm, and Saturday and Sunday, 9 am to 1 pm. ♦



- 24/7 GYM ACCESS
- CUSTOMIZED TRAINING PROTOCOL
- LEARNING SESSIONS
- CUSTOMIZED MACRO PROTOCOL
- ACCOUNTABILITY SYSTEM
- VIP GUEST PASSES AVAILABLE

122 W. JACKSON | HARLINGEN, TX.
REBORNSTRENGTH.COM



Think Goodness by Reva
ORIGAMI OWL® ♥
REVA M AYALA



📞 956-893-3488
✉ rayala5671@gmail.com
🌐 my.thinkgoodness.com/revaayala

Located inside The Hive
at 223 East Jackson St.

 Reva Ayala

VITALIS

WELLNESS & MEDSPA

PRIMARY CARE
HORMONE MANAGEMENT
TESTOSTERONE THERAPY
SICK VISITS
ANNUAL EXAMS
PHYSICALS
WEIGHT MANAGEMENT
IV INFUSIONS
AESTHETICS INJECTIONS

Claudia Perez FNP-BC, Owner
1212 E. HARRISON STE. 160, HARLINGEN
956-230-1817
VITALISWELLNESSMEDSPA@GMAIL.COM
MONDAY-FRIDAY
8-5PM

Events subject to change.

Recurring Events

Downtown Market Days

**First Saturday (January 6), 9 am
to 3 pm**

**Jackson Street and Centennial
Plaza**

The Market at Wild August

Nursery and Flower Farm

**Every Saturday (January 6, 13,
20, and 27), 9:30 am to 1 pm**

16802 Garrett Road

Harlingen Farmers Market

**Every Saturday (January 6, 13,
20, and 27), 3 pm to 4:30 pm**

2nd Street and Tyler

NEW! Valle Vista Mall Market Days

**Every 2nd Saturday, 11 am to 7
pm**

Harlingen Elks Lodge Indoor Market

**Every 3rd Saturday (January 20),
9 am to 1 pm**

1426 S. Commerce

Downtown at Sundown

**Every 3rd Saturday (January 20),
7 pm to 10 pm**

Jackson Street

Harlingen Art Night

**Last Friday (January 26), 7 pm to
10 pm**

“A” Street and Jackson

January Special Events

**Christmas Tree Extravaganza
2023**

**Exhibit runs through January 5
Harlingen Arts & Heritage
Museum**

**Roblox Play Date (Ages 6-17)
January 8, 2-4 pm**

Harlingen Public Library

**Welcome Home RGV Showcase:
Sister Luv (ticketed event)
January 9, 11 am**

Harlingen Municipal Auditorium

**Harlingen Concert Association
presents**

Sounds of Silence Tribute

(ticketed event)

January 11, 7:30 pm

**Christian Fellowship Church
Auditorium**

Kid's Art Workshop (must RSVP)

January 13, 5-8 pm

Harlingen Cultural Arts Center

SBDC Smart Start

January 16, 2-4 pm

**Harlingen Economic
Development Corporation**

Rotary Club of North Harlingen

**Family Comedy Night
(ticketed fundraiser)**

January 26, 7 pm

HCISD Performing Arts Center

**Texas A&M University Healthy
South Texas**

January 30, 9 am to 12 pm

Harlingen Community Center

**Harlingen Concert Association
presents**

Barbara Padilla (ticketed event)

January 30, 7:30 pm

**Christian Fellowship Church
Auditorium**

Beyond Harlingen

**Department 56 Miniature Holiday
Village**

**Exhibit runs through January 7
Historic Brownsville Museum**

**Monster Truck Wars (ticketed
event)**

**January 13, 1-3 pm and 6-8 pm
Mercedes Rio Grande Valley
Livestock Show**

Winter Texan Expo

January 16-17

McAllen Convention Center

January 18

Brownsville Event Center

**Fashion with Passion Benefitting
the RGV Humane Society**

January 19, 7 pm

**Gelman Stained Glass Museum,
San Juan**

Ultra Gaming Expo 2024

(ticketed event)

January 27

McAllen Convention Center

Moves, Adds, and Changes

By Lisa Campos

This new column discusses business-related updates (moves, adds, and changes) in Harlingen.

Moves

Frankie Flav'z Craft BBQ Co. restaurant has closed. On December 19, 2023, Los Compadres Taqueria moved from 1015 S. Commerce Street into the former Frankie Flav'z BBQ spot at 619 E. Harrison.

Adds

Some new businesses have opened in Harlingen recently including:

1. Academy Sports + Outdoors
2833 W. Expressway 83
Opened on November

12, 2022
2. Sugarz Gourmet Donuts
224 E. Jackson
Opened on November 18, 2022
3. DG (Dollar General) Market
17719 Primera Road (Primera)
Opened on November 28, 2022

Additionally, Matt's Cash and Carry Building Materials, Inc. had a groundbreaking ceremony on December 15, 2023 for its new location at 2649 N. Expressway 77, next to Airs Company Inc. It will be their fourth location in the Rio Grande Valley. Other Valley locations include Pharr, San Benito, and



Photo: Lisa Campos Palmview.

Changes

Sparrows Sip and

Thrift, a coffee shop and thrift store at 406 E. Harrison that opened last fall, has gone through a rebranding, and is now known as Café 406. Erika Shaw of Erika's Gourmet Cookies is still the owner; however, she has expanded the menu to offer flatbread pizzas, bagels, paninis, pasta salad, and more. She continues to sell her amazing gourmet cookies, which are some of the best in Harlingen. ♦



Photo: Cafe 406



Photo: Lisa Campos

**Thank You for
Voting us Best Buffet!**

HARLINGEN

LOCALLY OWNED & OPERATED
THANK YOU FOR YOUR SUPPORT!




HARLINGEN, TX
DINE IN | TO-GO | DELIVERY | CATERING

January 2024

Home & auto. Bundle & save.
 Call me for a quote today



Daniel Reza
 Daniel Reza, Agent

1221 S 77 Sunshine Strip
 Harlingen, TX 78550-8002
 Bus: 956-425-3276 | Fax: 866-528-2326
daniel.reza.ngiz@statefarm.com

Availability and amount of discounts and savings vary by state.
 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
 State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX
 State Farm Florida Insurance Company, Winter Haven, FL



**Thank You for being
a Loyal Customer!**
Happy New Year!

Serving you Breakfast & Lunch

MONDAY - FRIDAY
8 a.m. to 4 p.m.

1022 E. Harrison Ave | Harlingen, TX 78550 | 956-421-4559
 Join us on Facebook

Explore Harlingen Magazine | 15

Ask The Life Coach

Q: I made a resolution to make healthier choices this year. I want to lose weight and get in shape. How do I get started and stay on track?

A: Resolutions start to fall off track quickly because of a lack of planning and accountability. The best place is to start with your “why.” Why do you want to get healthier? The answer to that will be your guiding light...your NorthStar to follow and keep you on track. Grab a journal and write it down so you can reference it daily.

The big five goals for

taking care of your body are:

1. Fitness—move your body (ultimate goal should be at least 30 minutes, 5 times per week)
2. Be conscious of what you are putting in your body—make better food choices (kill the sugar, stop processed foods and eat 3 veggie and 2 fruit portions per day)
3. Get hydrated (roughly 11 cups of water for women and 15 for men)
4. Get plenty of sleep (at least 7 hours each night)
5. Get a blood test done with your doctor so you know what you're dealing



Photo: Remi Gibbs

with—diabetes, thyroid problems, etc. need to be considered into your plan.

Next in that journal, you'll want to break down the steps you will take to help reach your goal. Start small and add on as you go. Your small steps will depend on where you are on your journey. Maybe it's a half-mile walk each day and cutting sugar out. You have to decide what you can commit to, then go for it. You will also want to write down what obstacles you may face and how you will

address them. Get an accountability partner like a friend, family member, or nutritionist, or hire a coach/trainer. Celebrate your successes along the way without sabotaging yourself to keep yourself motivated.

For more on this topic, check out the December 14 edition of the Conversations on Life, Work, and Love podcast; 2-7: New Year Intentions on Apple Podcasts or Spotify.

Here's wishing you much success!—Coach

Welcome to 2024!

What are your goals this year?!

- Live Healthier
- Start a New Business
- Travel More
- Change Jobs
- Live Joyfully

Working with a coach will help you build a plan to reach your goals and hold you accountable to do the work.



Receive a free goals workbook when you email Remi and mention Explore Harlingen

www.renovatedrealities.com
Cell (702) 353.5986 | remi@renovatedrealities.com

Based in Harlingen, virtual appointments available

Remi

Submit your questions to remi@renovatedrealities.com with Explore Harlingen Magazine in the subject by January 13 to be included in the next edition. Recommended topics: Career Pivots, Life-Work Balance, Self-Care, Goals, Small Business Development, Finding Yourself, Living a Happier Life.

Remi Gibbs is a Certified Life Coach and Positive Psychology Practitioner with a master's degree in organizational management. She is a co-host of the podcast Conversations on Life, Work, and Love. Remi runs workshops and retreats and coaches people 1:1 both in Harlingen and online. Her goal is to help as many people as she can live their best life. She uses a science-based, holistic approach to coaching. For more information visit www.renovatedrealities.com.

HARLINGEN CONCERT ASSOCIATION PRESENTS

Bennie & The Jets
Elton John Tribute



November 14, 2023

2023 / 2024

LIVE CONCERTS

HCA Christmas Concert
"Jingle Belles"

feat. Vocalist Leslie Blasing & Cellist Jen Mulhern



December 5, 2023

Barbara Padilla

Operatic / Pop Vocal Superstar



January 30, 2024

Sounds of Silence Tribute

feat. Burlap to Cashmere Guitar / Vocal Duo



January 11, 2024

Key of G Live!
Garth Brooks Tribute



March 5, 2024

For tickets and more information visit www.HarlingenConcert.com or call 956-392-9757



SCAN TO PURCHASE TICKETS

HARLINGEN
& Concert
ASSOCIATION

Dates, artists, & programs subject to change.

All Concerts will be held at the Christian Fellowship Church Auditorium
901 N. Loop 499 • Harlingen, Texas

DOORS OPEN 6:30 PM • SHOWS START 7:30 PM

2ND YEAR ANNIVERSARY CONCERT RAFFLES LOCAL VENDORS

Saturday March 23, 2024

DOORS OPEN AT 5

1811 W Jefferson Ave.
Harlingen, Texas

January 2024

Explore Harlingen Magazine | 17



1811 W Jefferson Ave.
Harlingen, Texas

DOORS OPEN AT 5

Saturday March 23, 2024

January 2024

Explore Harlingen Magazine | 17



SAMES HARLINGEN FORD

Event Spotlight

Small Businesses Bring Traffic to Harlingen Mall



Photo: Steven Hughes

By Steven Hughes

More than 50 vendors set up tables inside the Valle Vista Mall for Small Business Saturday on November 25. The gloomy and drizzly weather didn't stop hundreds of shoppers from coming to see what the new event was all about.

The market occurred again on December 9, this time garnering over 60 vendors and even more

shoppers than the pilot event in November. With the success of these first two markets, the cadence of the Valle Vista Mall market will be every second Saturday of the month.

This new market is a result of small business owners discussing ways to return heavy shopping traffic with the mall's leadership. The mall recently made headlines for losing power, with social media rumors of it dying.

"I'm glad [the mall] gave me the opportunity to do something and do something different," Ryan



Photo: Steven Hughes



Photo: Lisa Campos

Hernandez, who often held meetings with the mall's leadership about hosting monthly vendor events, said during the event.

Hernandez convinced the mall's leadership to host its indoor market in tandem with other vendor events at Harlingen. Harlingen now has four recurring monthly vendor

events: Downtown Market Days on the first Saturday of the month; the Valle Vista Indoor Market on the second Saturday of the month; Sundown on the third Saturday of the month; and Art Night on the last Friday of the month.

The vendors at the event included freeze-dried snacks, gift

wrapping services, custom

handmade tumblers, and handmade soaps.

Laura Mendieta, owner of the Plush Pantry and attended the first two Valle Vista indoor markets, said Harlingen's only mall is a landmark. Juan Flores, co-owner of Hotspot, also sold at the first two markets. Both felt the success from the markets. Small business vendors like them are excited to have this new, consistent way to find new customers and grow their businesses.

The indoor market starts from 11 a.m. and lasts until 7 p.m. on the second Saturday of each month. For more information, call the mall office at 956-264-5262. ♦



HAPPY NEW YEAR!
Medical Spa
of
DR. DIANA LOZANO

5505 S. Expressway 77 · Suite 204 · Harlingen, TX 78550

(956) 230.3312

f @ like & follow us!

Lolly Burns

322 East Tyler
Harlingen, TX 78550
lollyburns.com

lollyburns@gmail.com
956.873.2686 cell
956.423.0400 office




LOLLY BURNS

REAL ESTATE, LLC



Our Mission:

To carry on our commitment to and passion for hearty and flavorful food, heartfelt service, and public safety.

2709 West Expressway 83, Harlingen, TX 78550
FirehouseSubs.com | P: (956)230-1472

Children's Bereavement Center of the RGV: A Guiding Light Through Grief

By Beth Marie Cantu

In the close-knit community of the Rio Grande Valley (RGV), a compassionate non-profit organization shines as a ray of hope for those facing the difficult path of grief. Nestled near the Valley Baptist Medical Center, the Children's Bereavement Center (CBC) stands as a haven for both adolescents and families confronting the profound loss of a loved one.

Started by volunteers who recognized the need for grief support in our community, the CBC of Harlingen was established with the initial support and funding from the Valley Baptist Legacy Foundation. From its inception, licensed professional counselors and volunteers have been the cornerstone of the center's operation, embodying the spirit of community-driven, collaborative support.

Since then, the CBC

has expanded its reach to Hidalgo County, with a facility housed in McAllen at the First Presbyterian Church. This non-profit organization is under the compassionate care of Ernest Espinoza, the executive director of CBC for the RGV. Espinoza, who was inaugurated into this role in May 2021, brings a deeply personal understanding of grief to his leadership. As a child of immigrants and having lost both parents at a young age, he recognizes the unique hurdles faced by those navigating loss without adequate support.

"The lack of support during the grieving process can pose massive challenges," Espinoza stated. "Through the Children's Bereavement Center, we want to create a safe environment where [licensed professional] counselors guide children, teens, and families through the loss of a loved one."

The CBC's mission is to

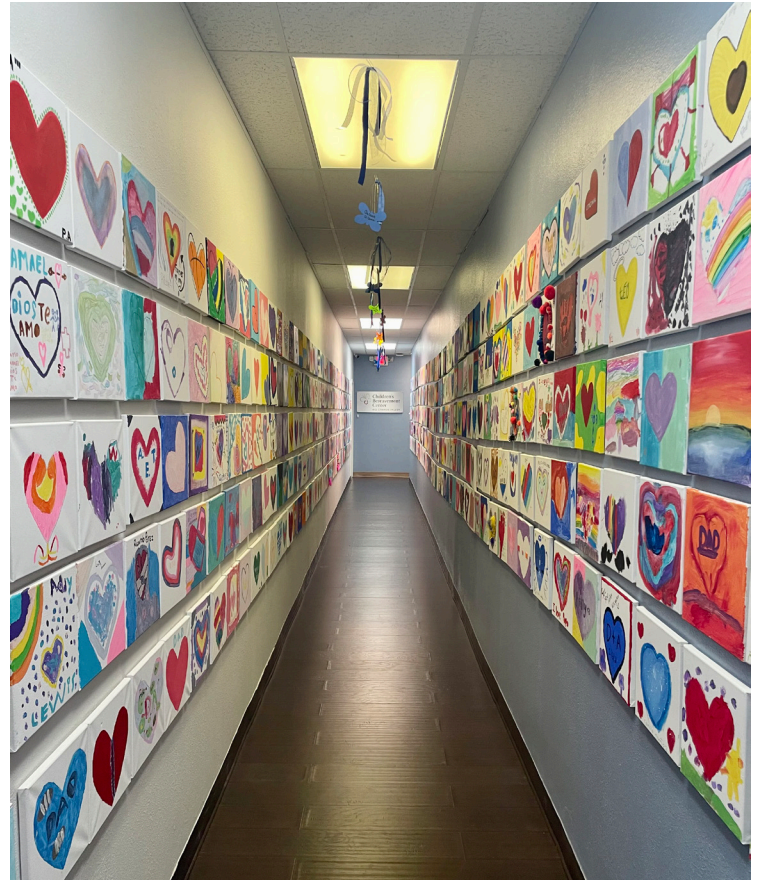


Photo: Lisa Campos

provide compassionate professional counseling for individuals aged 3 to 24 and their families who have lost a loved one, a testament to the belief that no one should endure the grieving process alone.

"We want the community to realize that there is support available," emphasized Espinoza.

With a dedicated team of counselors and volunteers, CBC offers

an array of programs and services tailored to the unique needs of grieving families. These programs foster healing through various therapeutic activities, group sessions, and personalized counseling, all designed to aid in the emotional recovery process.

Beyond regular sessions, the CBC organizes grief day camps during the spring, fall, and summer.

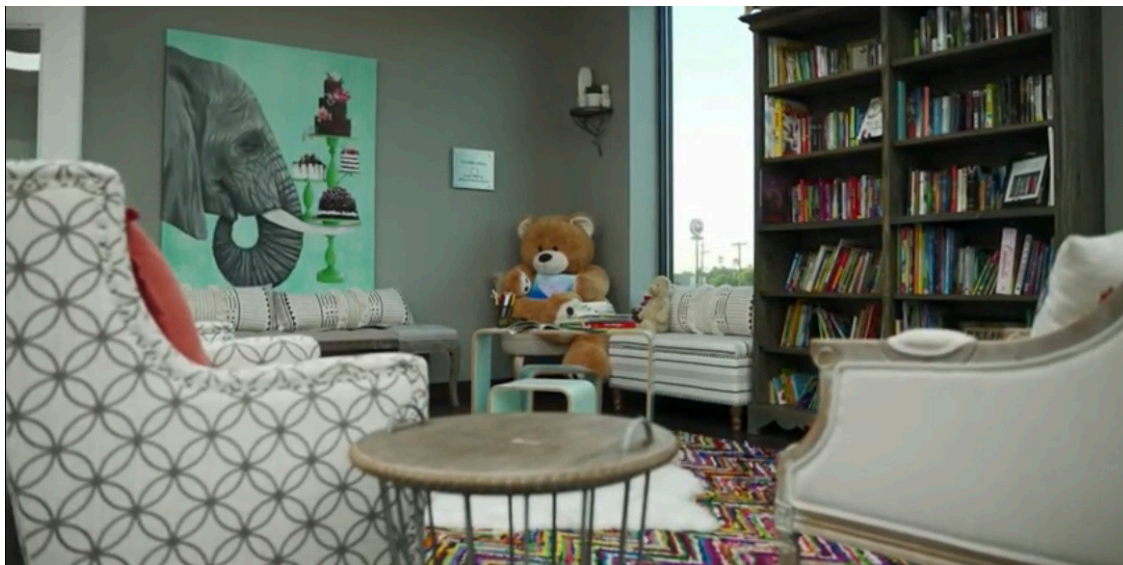


Photo: CBC

Local schools in the RGV have reached out to the CBC, expressing interest in supporting students through their grief journey. “Recently, there was a meeting held by Region One, where superintendents from every school system attended,” Espinoza shared. “We were able to get on their agenda and present about the CBC, and it opened doors for us big time, I think. It was like a massive breakthrough for us. Following that meeting, I received numerous emails from different ISDs wanting us to do presentations and trainings for their counselors.”

While services for families are provided for free, the CBC sustains its non-profit operations through these professional training sessions and presentations, which incur a fee. This funding

mechanism enables the CBC to continue its mission. Approximately 35% of the non-profit’s income is derived from trainings, fundraisers, and community donations, while the remaining funds are obtained through grants, highlighting the substantial financial commitment required to provide essential grief support services.

Additionally, the CBC collaborates with funeral homes, hospice care facilities, and local police authorities to offer comprehensive support to grieving families and children. “There was a study that said 1 in 16 children in the RGV are dealing with the loss of a loved one, which means there are about 32,000 children in the Valley in need of grief support,” shares Espinoza, underscoring the pressing need for accessible support systems through

this staggering statistic.

Despite the waitlist for services, Espinoza encourages individuals to

reach out, emphasizing that no one should navigate grief alone. “Grief is a journey,” reflects Espinoza. “We have to experience that journey throughout life, and what the [CBC] aims is to help our community foster healing.”

For more information about the Children’s Bereavement Center of the Rio Grande Valley and its programs, or if you are interested in volunteering, call them at 956-368-4065 or visit their website, www.cbc-rgv.org.♦

CHILDREN'S BEREAVEMENT CENTER
RIO GRANDE VALLEY

Helping grieving families heal.

The Spirit of Healing Lives Here.

Offering Grief Support To Families At No Cost.

www.cbc-rgv.org
(956) 368-4065

Photo: CBC



KID'S ART WORKSHOP

5-8 PM | 13 JAN 2023

15 SEATS AVAILABLE

HARLINGEN CULTURAL ARTS CENTER | STUDIO A

\$25 PER PARTICIPANT

AGES 8-12

TEXT "REGISTER" TO 956.484.8148



DUE TO CAPACITY LIMITATIONS, WE CAN ONLY ACCOMMODATE ONE ADULT PER PARTICIPANT.



2224 S. 77 Sunshine Strip,
Suite 96, Harlingen, TX 78550
(956) 230-1331

Trinity's Nail Salon

V.I.P. Realty
VALLEY INVESTMENT PROFESSIONALS



For all your real estate needs under one roof.

VELMA DE LOS SANTOS
Broker / GRL, CRS, C-REP
viprealty1@aol.com | 245-4369



800 E. STENGER - SAN BENITO, TX 78586 - 956.399.7777 - Fax: 956.361.3659

Freddy Elizondo (956) 241-0634



Better buy now to freeze the cost and prevent family hardship. Contact us today!

.....
Pre-Needs Funeral Plan
Cremations, Caskets, Urns & Vaults | Transport Services
We facilitate meaningful ways for families to grieve their loss and celebrate the memories of their loved ones.
We offer two chapels.
.....

1002 E. HARRISON AVE,
HARLINGEN, TX
Ph: 956-364-2444 | FAX: 956-368-5057

Harlingen Cardinal Basketball And Soccer

In Full Swing

By *Ruben Rodriguez*

As the Calendar switches into 2024, two sports currently are the center of attention for high schools across the State of Texas. At Harlingen and Harlingen South, the excitement and attention is turned to both Basketball and Soccer. The Cardinals and Hawks have had some success in both sports and are determined to continue that in 2024.

Harlingen's basketball program has been on a tear. The Boys have been on a run throughout non-district play. Not having lost since November 21, Clayton Cretors' squad has made the most of the young season. So far in Non-district play, Harlingen is currently 21-3 and has had some great performances in tournament play. More recently, The Cardinals captured the Gold Championship in the 92nd annual C.E. Vail Tournament in La Feria.

Turning the page towards soccer, Harlingen has found

success as of late in recent years. The Big Red Cardinals look to continue that trend. Both Programs have been able to make their impressions felt in 2022-23 and are determined to repeat that scenario in 2023-24. The Boys finished third in 32-6A with a 6-4 District record, a 13-12-5 overall record, and a Regional Quarterfinals appearance.

The Lady Cardinals have also made a name for themselves as one of the dominant teams in 2023. The Defending 32-6A District Champions had a season full of a lot of highs and a few lows. Finishing with a 10-0 District record and a 16-2-1 overall record, the Lady Cardinals were also able to work their way to a regional quarterfinals appearance.

Switching gears to across town, Harlingen South has also shown that they aren't the only bird in town that can make a name for themselves on the pitch, as well as on the hardwood. Soccer and

Basketball have been a hit for Harlingen South in the past few years, and that trend is projected to continue this year.

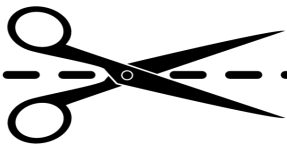
In Basketball, Harlingen South has already turned their attention to District Play. In their second year under 5A Classification, the Hawks are on a long journey to defend the 32-5A district championship they captured in 2022-23. Currently 11-6 overall and 4-0 in District, Brian Molina's Ballclub has worked hard on and off the court to defend their title. On the girl's side of things, the Lady Hawks have also been quite at work in District Play. Currently 5-0 in 32-5A, as well as 17-5 overall this season, the Lady Hawks continue to attempt to capture their first district title in 5A classification.

Under Rebecca Littleton, Harlingen South continues their trek in District 32-5A.

Going from the Hardwood to the pitch, soccer has also been a sport the Hawks have

been able to fly high in. The Lady Hawks are riding high heading into 2023, fresh off the 32-5A District title, the Lady Hawks had their season cut short after falling to McAllen Rowe in the Bi-District. For the Lady Hawks, the motto has been unfinished business. This year, Harlingen South is determined to right a wrong and build and improve upon the success of last season. Meanwhile, the Boys have also had their fair share of highs in recent times. After a rough start to the season last year, Harlingen South was able to scratch and claw their way back into playoff contention, but unfortunately fell short. Now the Hawks are on pace to turn over a new leaf in 2024 and plan to make their return back to the playoffs.

Both schools offer a lot of excitement and thrill heading into the new year. The Hawks and Cardinals certainly bring a lot to the table and can be two of the Valley's finest in both soccer and basketball. ♦



EXPLORE HARLINGEN COUPON PAGE



20% OFF

any lunch dinner or
brunch combo

One coupon per combo.

712 N 77 Sunshine Strip Ste. 6

SCAN ME



COUPON

10% OFF

ONE TIME USE

• LOADED BAKED POTATO • TACOS
• PANCHOS • LOADED FRIES
& MORE

(956)466-0097

ADVERTISE HERE!

CALL TODAY!

ATTN: Victor Moreno

victor2883@gmail.com

Phone: 956-797-9920

ADVERTISE HERE!

CALL TODAY!

ATTN: Lisa Campos

exploreharlingen@outlook.com

Phone: 956-477-4848

SCAN ME



COUPON

10% OFF

ONE TIME USE

• LOADED BAKED POTATO • TACOS
• PANCHOS • LOADED FRIES
& MORE

(956)466-0097



20% OFF

any lunch dinner or
brunch combo

One coupon per combo.

712 N 77 Sunshine Strip Ste. 6