

# HOT SUMMER VALUES

## AT SLEEP CENTRAL

FREE DELIVERY • FREE SET-UP • FREE REMOVAL

**20% OFF**  
Beautyrest Classic, Elite, and Serta Perfect Sleepers




MajesticSleep collection

**DOOR BUSTER**  
**\$399**

Simmons Beautyrest Queen Size Set with Mis-matched Box Spring (includes free delivery\*)  
King Set \$699

**Second Anniversary Super Special**  
Serta Euro Top Plush or Firm  
**QUEEN SET - \$329**  
Limited Quantities  
King Set \$529




**Memory Foam MADNESS**

Serta 8" Memory Foam Full/Queen \$499 King \$699

Serta 10" Memory Foam Full/Queen \$699 King \$899

ComforPedic The New Comforpedics Are Here!  
24 Months No Interest on any ComforPedic Sleep Set\*  
365 Day Comfort Guarantee

Serta perfectday 24 Months No Interest on the new Serta i Series Line\*  
Every Night. Every Day. Perfect.™





**25** year warranty

**icomfort** Sleep System by Serta®

**\$200** Visa Check Card with a purchase of an icomfort Sleep Set

**IN-HOME 120 DAY RISK FREE TRIAL**

**VISA CHECK CARD**





**TEMPUR-PEDIC**

11 Models to Choose From. Queen Sets Start at \$1399.

UP TO \$200 SAVINGS ON ALL MODELS  
For a Limited Time Save up to \$600 on a Tempurpedic Cloud Supreme Set. Plus 48 Months no Interest on Any Tempurpedic Set.\*

FLOOR SAMPLES ON SALE NOW  
Several Models to Choose From

24 Months No Interest on the New Beautyrest True Energy Line\*  
20 Year Warranty  
With Purchase Of A Beautyrest True Energy Set




**DON'T BE THIS GUY!**  
Sleep Central will deliver and set-up your new mattress at no charge!\*\*\*



**SLEEP CENTRAL**  
**MATTRESS STORE**

SLEEP BETTER, LIVE BETTER.  
YOUR TEMPURPEDIC HEADQUARTERS

FREE DELIVERY • FREE SET-UP • FREE REMOVAL\*\*\*  
MOST OF OUR COMPETITORS CHARGE \$70-\$100 FOR DELIVERY!  
24 MONTHS NO INTEREST ON ANY PURCHASE OF \$999 OR MORE\*

972-234-1700 • 1310 W. Campbell Rd. #122 • Richardson, TX USA  
sleepcentralmattress.com

Mon-Sat 10am-8pm  
Sun 1pm-6pm



## THIS SIDE UP FAMILY CENTER

# Date My Spouse program helps couples reconnect

By BARBARA GATTI  
Contributor

Marriage is not easy for all. Jobs, kids, money and other responsibilities can get in the way of you and your spouse being a romantic couple.

With that in mind, Sarah Morris — founding director of This Side Up Family Center, a nonprofit organization that provides a safe, family-friendly environment while giving parents all the tools, skills and quality activities they need to move from surviving to thriving — created the I Date My Spouse program.

The program provides reasonably-priced childcare, a free dinner and Talk Time cards for the couples. Parents drop off their children at This Side Up Family Center.

The kids enjoy an evening of games, bingo and other activities. At drop-off, each couple receives a Restaurant Card to dine for free that evening. The restaurant cards are donated by a local restaurants and businesses.

Chiloso Mexican Bistro and Yumilicious in the Eastside Plaza — near U.S. 75 and Campbell Road — were one of the first restaurants to jump on board and donate dinner/dessert coupons each month for this program.

“Being married and running a family restaurant, we were happy to donate dinner coupons affording couples time to spend together without interruptions,” said Brian Ballentine, general manager at Chiloso.

For some, finding the time and opportunity to catch up with each other's lives has really strengthened their marriage. James and Tanya Sherwood of Plano have been married for nine years and have participated in the I Date My Spouse program three times.

“Coming to Chiloso was the first I Date My Spouse event we went on,” James said. “It allowed us three hours of conversation and forced us to slow down and address important issues we were facing. It was the best conversation we ever had. After dinner and dessert, we were able to walk around the plaza and sit by the fountains to just find out what the other one was feeling.”

James, who has multiple sclerosis, and Tanya have been going through some rough times. The MS has recently affected his optic nerve, and James has been suffer-



Photo submitted by BARBARA GATTI

**James and Tanya Sherwood** of Plano pose on their date at Chiloso Mexican Bistro.

ing from visual paralysis, similar to what Jack Osbourne has been experiencing. Tanya stays home to help James and provide childcare for their daughter. With all the financial and emotional stress of the disease, the couple couldn't afford to go out on a date.

“With all the issues we are facing, we've learned to appreciate the small things like just spending time alone,” Tanya said. “This program has truly been a blessing to us.”

The program, which started in March, runs the third Saturday of every month.

“In addition to our popular 2nd/4th Saturday Family Connection Nights at the Center, this has been one of the most successful programs we've run at This Side Up Family Center. The comments and feedback on how just spending time together has really helped their marriages has been so rewarding,” Morris said.

Each month, This Side Up Family Center has had an average of 10-12 couples participate in this event. They are limited in the number of couples that participate based on the number of restaurant donations they receive each month, as the demand has exceeded the supply.

“If we had gift cards for 50 couples each month, I think we would be able to fill that,” Morris said.

For more information on This Side Up Family Center or the I Date My Spouse program, visit [thissideupfamily.org](http://thissideupfamily.org).

*Barbara Gatti contributes to neighborsgo on behalf of This Side Up Family Center.*