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JULY 2018

Pretty Normal Life

Braeden Lewis, Joshua's Citizen of the Year, stays true to himself

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In the Kitchen With Emily Jones

Country Living

At Home With William and Cassie Carpenter

Postal Customer

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MAY 2018

Dr. Richard R. Knight, M.D.

Mika S., Arlington, TX

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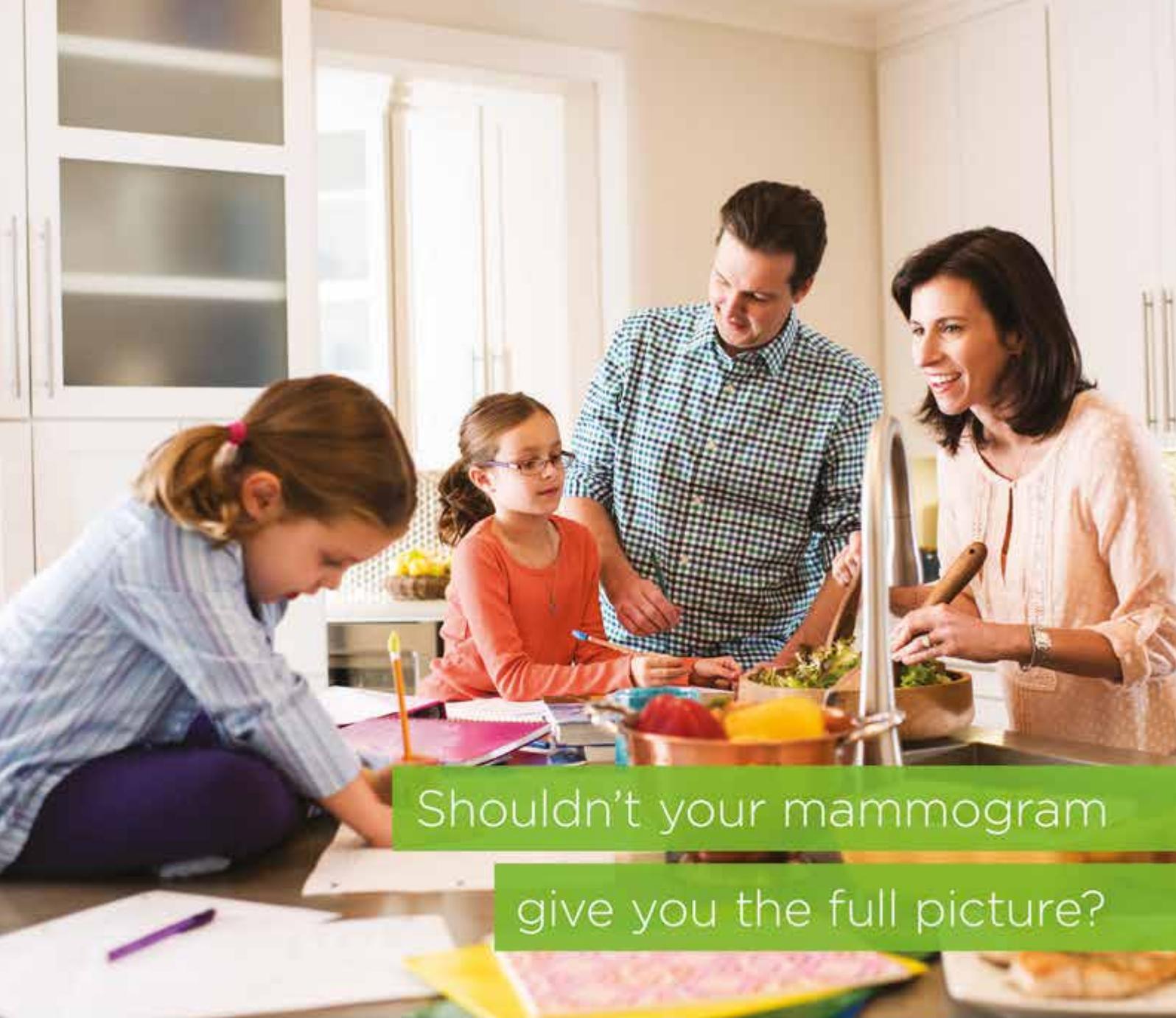
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ON THE COVER

William and Cassie Carpenter share a sweet moment with their daughter, Quinn.

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EDITOR'S NOTE



Melissa

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Are you partying for peace this month?

Last year, one of the winning floats in the Burleson Lions Club Fourth of July Parade was a scaled down version of The Boston Tea Party created by Scott Meek. He takes that float all over Texas, even to New Orleans, to draw people's attention to our history. On a cold night in 1773, at Griffin's Wharf in Boston, Massachusetts, American colonists who were frustrated with Britain for imposing "taxation without representation," dumped 342 chests of British tea into the harbor. According to www.history.com, it took nearly three *hours* for more than 100 colonists to empty over 45 tons of tea into Boston Harbor. It only took three more *years* of defiance for the colonists to remove themselves from British rule.

We are free to celebrate our independence again this year. Who knows whose float will take the cake this year in Burleson on July 4? Thoughtful business and civic leaders in Joshua have planned their festivities for the day before, July 3. And Crowley's Celebration of Freedom will be held on July 7. I hope you'll bring your lawn chair to your local parades. Sharing the spirit of freedom, gratitude and watchfulness adds to the strength of our community — whether you're drinking hot tea or iced.

Happy Independence Day!



Happy Independence Day

Wishing you and your family a safe and festive July 4th holiday.



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PRETTY NO

Braeden Lewis lives a life predicated on his personal philosophy: Be who you are, not who you are not. "It's been my life motto," Braeden said, "and was influenced by Scouting and my parents, along with other stuff I've done." An Eagle Scout as of November 14, 2017, Braeden is the youngest person to be named Joshua's Citizen of the Year. He turned 18 on December 15, 2017, and will enter Hill College as a freshman graphic design student this September. Braeden's been active all year in his new position as Assistant Scoutmaster, and is busy this summer assisting his father, the Scoutmaster in charge of Troop #1220 at summer camp at Sid Richardson Scout Ranch and at Camp Oree. He's enjoying July with Venture Crew 6872. They will be white water rafting and going on a high-altitude hike up the Comanche Venable Loop, 692 miles north of Joshua, where they will camp in the mountains of Colorado.

REAL LIFE, THE WORK

ORMAL LIFE

— By *Melissa Rawlins*



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Training for the adventure included hikes up Forbidden Mountain at Buffalo Trail Scout Ranch and Hernia Hill in Worth Ranch, as well as around Dinosaur Valley in Glen Rose. He and his family went on Scouting trips like this Memorial Day weekend's Primitive Prep campout in Arkansas and last summer's weeklong canoe trip through a Louisiana swamp — where they encountered tropical storm Cindy on the first day. But preparation really began when this third-generation Scout was only a Cub Scout.

Braeden has especially fond memories of accompanying his father, James Lewis, on powwows hosted by the National Order of the Arrow. "The OA is the Brotherhood of Cheerful Service, and the national honor society of campers within the Boy Scout community. You have to be elected by your peers, meaning the other Scouts in your troop," said Braeden, who encourages the troops he now leads to elect candidates based on trustworthiness. Once elected, the induction ceremony is a day of service project work "done cheerfully."

Later this month, Braeden will attend the annual National Order of

the Arrow conference with his mother, Candace Lewis. Candace has been a leader throughout Braeden's years in Scouting and will continue in this role. Due to her dedication and leadership abilities, Candace is a vigil member of the Order of the Arrow, alongside her husband and son.

The two men participate in Native American dancing, in honor of Native American culture. "When you go out there to dance and listen to the drum beat, it's one of the best feelings," said Braeden, who actually started dancing while still a Cub Scout, with his father teaching him and telling stories of his dancing Fancy Feather style as a youth. "I dance the Southern Straight, what they call the old man dance. It's slow and easier for the judge to see what you're doing. Faster dances, including the Chicken Dance and the Northern Traditional, require more stamina. The one requiring the most stamina is Fancy Feather, which is insanely fast while wearing two bustles with feathers sticking out and fringes with bright color."



Braeden's ability to get things done has certainly earned the respect of his community. In early April, he was awarded Citizen of the Year by the Joshua Area Chamber of Commerce. Its members especially admired his perseverance in planning and

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Braeden shakes hands with Mike Peacock, assistant city manager of Joshua.

constructing an attractive Veterans Memorial in Joshua City Park. This was his Eagle Scout project, and it took more than three years to complete.

“I was the architect and the project manager,” said Braeden, who relied on help from Lorin Story, Joe Juarez, local VFWs and the city of Joshua, especially Mike Peacock. Using photos of memorials he liked, Braeden created a three-dimensional model. His first designs were created on a friend’s computer. “As I refined the design ... I got 750 bricks from the Burselson Veterans Memorial, so the soldiers’ names would be honored.”

Braeden cheerfully redesigned a third time, so the bricks form a small cross, with the monument in its center and three flagpoles at three top points. “There was a slight design change nearing the end,” Braeden stated, “when Joe Juarez donated money and trees. We planted five trees around the monument, one for each branch of service, and made sure they were far enough away not to affect the monument.”

His final problem was lighting the flags throughout the night. “I initially thought of putting them at the ends of flag poles, shining up,” Braeden said. “Then Christian Herbacheck, in

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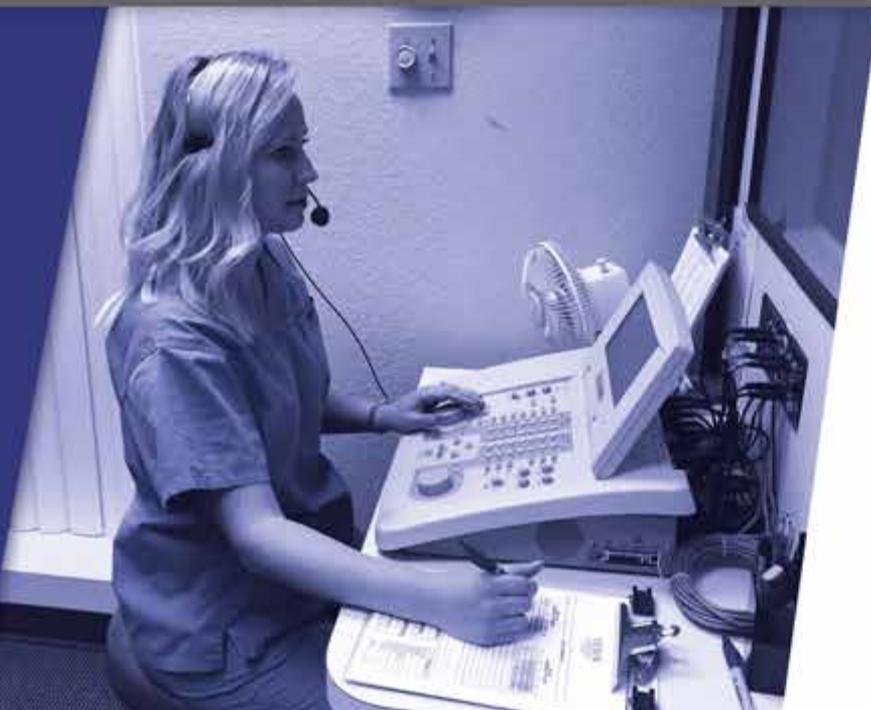


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Ecclesiastes 11:7-8

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Joshua's Public Works department, suggested using one wide-view light that would hit all three flag poles at once. We managed to get that all nice and dandy."

As Scouting has always been a family affair, Braeden and his mother check on the memorial once a month, and James drives by it on his way home from work every day. Together they're achieving Braeden's mission, to honor the veterans who have passed away or are missing in action from Johnson County.

Honoring the living as well, Braeden works every Wednesday with the children's ministry at his church, where he sings in the choir most Sundays. He'll continue this activity, as well as Scouting, when he starts college this fall. "The morals you can take from Scouting are preparing me for real life, the work force, life in general," he said. "One can learn something new every day, and while I've gotten a lot from Scouting, I still believe it has more it can teach me: how to be a good leader, a good person, along with skills I might need in the working world beyond lighting a fire."

This month, as he enjoys the view from the Rocky Mountains, Braeden will gain a new perspective as he considers the future. "In the future of the world, I think about seeing peace," he said. "In my own personal future, I think about a good life: good job, family and happiness, you know, a pretty normal life." **NOW**



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COUNTRY LIV

At Home With William and Cassie Carpenter

Country living with a modern, classic twist — that was Cassie Carpenter’s vision for her family’s open-concept home on just over five acres in Crowley. Cassie and her husband, William, purchased the acreage at the end of a private drive back in 2015. William grew up in Joshua and wanted to settle in a country setting. “We just like being outside where it’s a little more spread out, and we have our space,” he shared. They broke ground on their custom farmhouse a year later around the same time the couple discovered they were expecting their first child, now 2-year-old Quinn.

A few weather delays postponed the building process, so the Carpenters and their newborn moved in with William’s parents for about two months as crews completed their home. “We were very fortunate that it was an option for us,” Cassie shared. “It was nice because we had our whole little family in one little room.”

The tight living quarters were a distant memory once the family moved into their new, modern farmhouse. The original floor plan incorporated an open living and kitchen area, and Cassie tweaked the design to include numerous windows overlooking the property, bringing the outside view indoors. The interior and exterior color scheme integrates gray, white and black throughout, expressing a modern feel. “We want it to be classic, so it’s timeless,” Cassie shared. White subway tiles brighten the kitchen, and stainless steel appliances modernize it. A large stainless steel countertop covers a bar that divides the kitchen from the living area. “When you go with stainless, you have to be OK with scratches,” Cassie stated. “I think it adds character.”





— By Amber D. Browne

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The Carpenters used quartz for the kitchen countertops and spacious island. A wooden beam running along the ceiling links the kitchen to the living area, which houses a comfy, dark gray, L-shaped sofa. Shiplap is featured on the wall of the gas fireplace and in the entryway. Wooden floors keep cleanup easy with little Quinn and the family's Golden Retriever, Gunner, running around indoors.



The dining area showcases a wooden farm table custom-made by William. "That's one thing I really wanted — a huge table for the whole family," Cassie said. William purchased the table legs at a flea market and built the rest. Black metal chairs provide an abundance of seating to dine. With William's parents, sister and brother-in-law in the local area, Cassie's parents visiting from Waco, and Cassie's sister and family planning to move back to the area from Delaware, the Carpenters often open their home to host family gatherings.

William works in surgical sales at Oculus Surgical, and although he is not a carpenter by trade, he spends his free time tinkering with projects. In his man cave/home office, a desk made of aromatic red cedar tells a story of long ago. When he purchased the slab of wood, William was told a musket ball had been

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embedded in it. “We sanded it down, so you can see the lead on there,” he said.

William has always enjoyed working with his hands. “If he doesn’t know how to do it, he figures it out,” Cassie shared. “If he wasn’t the way he is, we probably wouldn’t have tackled such a project out here.”

With William’s experience showing sheep in Future Farmers of America in high school, the Carpenters planned to purchase goats to keep the grass down. After some research, they decided on miniature donkeys. “We fell in love with them,” Cassie shared. “They follow you around like puppies.” They now have seven miniature donkeys and breed them on their property dubbed Diamond “C” Farms, which pays homage to Cassie’s late grandfather who owned the Diamond “I” brand. Their love of donkeys is apparent throughout the home with canvas paintings and photographs, many captured by William’s sister, Crystal Wise of Crystal Clear Photography, displayed in nearly every room.

After moving into their modern farmhouse, Cassie left her career developing business for medical practices to devote more time to her home life. “I wanted to take a step back and enjoy what life had to offer out here,” she shared. “I took a leap of faith.” Cassie now focuses her energy on her family, property and miniature donkey venture. They have multiple projects on the to-do list including a garden, a chicken coop and a play house for Quinn.

“She loves playing with the rocks in the driveway, and she likes feeding

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the donkeys,” Cassie said. The toddler enjoys feeding her baby dolls at a tiny table and playing in a teepee in her bedroom.

Each of the bedrooms has an attached bathroom that features quartz countertops. The master bedroom includes a barn door of reclaimed wood that the Carpenters purchased from Old Home Supply House. To keep with the farmhouse motif, they purchased a refurbished claw foot tub for the master bathroom.

The walk-in pantry labeled “Farmer’s Market” provides space for culinary necessities and tasty treats. The laundry room includes a piece of Cassie’s family history, which was saved from her late grandparents’ home. The old wooden door lists the heights of Cassie, her father and other family members dating back to the 1960s. She hasn’t added Quinn’s growth chart on the door but plans to in the future.

Their modern take on the farm house is the perfect place to make new memories. William and Cassie met about 10 years ago and will be married seven years this September. Before Quinn was born, the couple spent their days wakeboarding on their boat and traveling the world. Several of the miniature donkeys are even named after places they’ve visited, such as Aspen, Maui and Florence. Now, their family of three enjoys spending time grilling out back and getting to know their neighbors out in the country. **NOW**

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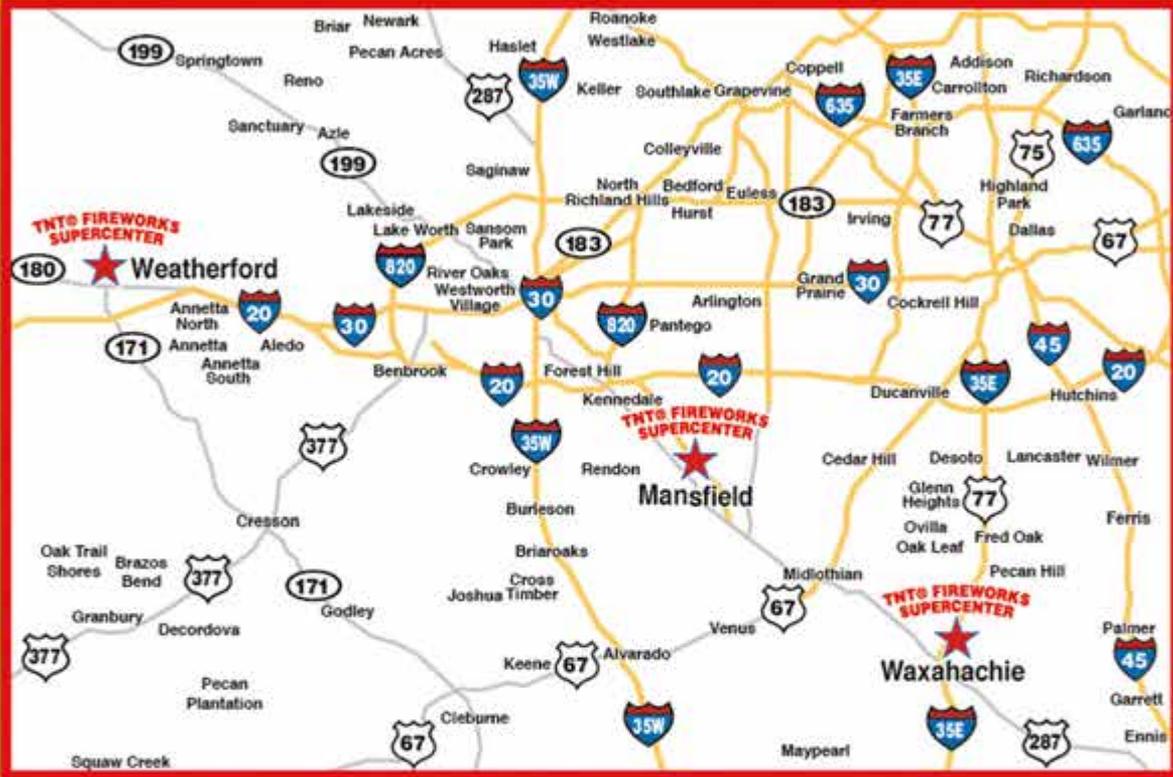
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New Face, Same Mission

— By Rick Mauch

Joe Wascomb has a new partner. The mission, however, remains the same — to bring free and low-cost health care to folks in the Texas Health Huguley Hospital community. Jana Picton, a nurse practitioner, helped start the Huguley Mobile Health Unit 25 years ago. Joe, a paramedic, has been onboard during the entire journey. Now Jana has retired and Joe is continuing the mission. Stepping into Jana's shoes is Misty Monastesse, MSN, APRN, FNP-C. "We share the same personality, and we both love the holistic approach to medicine," Misty said of her relationship with Jana.

"For 10 years, I was here on campus with Dr. Sheila Horsley, the medical director, and that's how I met Misty," Jana said. "I was hoping to find someone caring. Someone who would hug you when you leave, someone who really cared about people, and I saw that in Misty. People really liked her, and she just fit the position perfectly."

Joe agreed. "The people we treat often need a word of encouragement or a listening ear to communicate to them that they are loved. We are blessed to be able to help with both physical healing and emotional support."

In agreement with the mission of Texas Health Huguley Hospital, Jana and Joe have spent a quarter century "passing on the love of Christ to others." Now, Joe and Misty will continue providing that same quality of care in the communities they serve. The Mobile Clinic provides mostly free health services to communities in Johnson and southern Tarrant counties.

Some services, such as athletic physicals, childhood immunizations and laboratory services, require a small fee. However, there is no charge for many services, such as well/sick child physicals, women's health services, minor medical care and skin cancer screening.

This is the third bus Joe has managed. The original clinic was a small airport bus with a start-up budget of \$500 and access to leftovers from the hospital storage room. "We went to Wal-Mart and bought a refrigerator for \$30, and we put the Health Department vaccines in it. The

remaining monies we spent creating a dividing wall for patient privacy.”

The current bus is valued at more than \$400,000 and is almost 45 feet long. “It’s a traveling family practice doctor’s office,” Joe said.

Over the years, the bus and its crew have provided services to all types of facilities including women’s shelters, Crazy 8 Ministries, The Salvation Army and The Bridge Youth Shelter. Misty and Jana have been honored among the DFW Great 100 Nurses. This prestigious award goes to the top 100 nurses in the Metroplex, nominated by their peers and selected for being role models, leaders, community servants and significant contributors to the nursing profession. Joe has been named Paramedic of the Year multiple times and was named a Health Care Hero by the *Fort Worth Business Press*.

As the Mobile Clinic enters a new era, Jana reflects fondly on her time spent with the Mobile Unit and shares her plans for the future. Jana retired recently because, “All my children started having grandbabies, and I really wanted more time with them and with my loving husband,” she said.

She and Joe have many memories, and Misty is already making some of her own. “We have never turned away a patient out of fear of an illness they might have,” Jana said. “I am confident that this same level of care will continue.”

Jana said, “My greatest joy has been to see the difference we have made in the lives of our patients and being a part of watching their families grow and thrive. The Mobile Clinic is now treating the children and grandchildren of some of our original patients.”

“I love the mission of the Mobile Clinic because we focus on treating others like ‘those we love the most.’ That is why I studied to be a nurse practitioner,” Misty said. “Their vision is my vision. I love helping people.” **NOW**

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In the Kitchen With

EMILY JONES

— By Melissa Rawlins



Creating menus that all students in Burleson can eat brings happiness to the heart of Emily Jones, child nutrition director for Burleson ISD. As a working mother, she takes time to prepare quick and healthy recipes for her family, like those below. Inspiration comes first and foremost from family. Her grandmother's fruit salad graced every family holiday meal.

"I have two very fond early memories of being in the kitchen," she added. "With Mom, we would make big, rectangle pizzas with lots of cheese. With Dad, every once in a while he would bring the avocado-green Sunbeam Mixer to the kitchen table. We would gather around and help him make chocolate chip cookies." For Emily, kitchen time is still a special treat. **NOW**

Honey Balsamic Chicken Tenders

1 to 1.5 lbs. chicken tenders
1/4 cup, plus 2 Tbsp. balsamic vinegar (divided use)
1 clove garlic, minced
2 Tbsp. olive oil (divided use)
Salt and pepper, to taste (divided use)
1 Tbsp. butter
3 Tbsp. honey

1. Place the chicken tenders in a Ziploc bag, along with 1/4 cup of balsamic vinegar, garlic, 1 Tbsp. olive oil and a pinch of salt and pepper. Mix around in the bag so the chicken is thoroughly coated; let marinate in

the refrigerator for at least 30 minutes.

2. Heat the remaining olive oil in a large skillet over medium heat. Cook the chicken until browned on both sides. Place the cooked chicken on a clean plate. There will be lots of sticky balsamic vinegar in the pan — this is good.

3. Turn the heat down on the skillet to medium-low; add the butter and remaining balsamic vinegar to the skillet. Use a wooden spoon to stir the mixture, while dissolving the sticky bits off of the bottom of the skillet. Once the mixture has dissolved together, add the honey, increase the heat and allow the sauce to simmer about 5 minutes until thickened.

4. Once the sauce has thickened, season to

taste with salt and pepper. Add the chicken back to the skillet; toss to coat in the warm balsamic vinegar sauce. Serve immediately.

Gran's Fruit Salad With Lemon Sauce

1 20-oz. can pineapple chunks
Juice from 1 lemon
1 egg
1/2 cup sugar
1 Tbsp. flour
2 bananas, sliced
2 apples, diced
1/2 cup maraschino cherries, rinsed (or 3-4 cups of your favorite fruits)
1/2 cup pecans, coarsely chopped

1. Drain pineapple; reserve juice. Combine pineapple juice and lemon juice. Heat gently on the stove; bring to a boil.

2. In a separate bowl, thoroughly whisk egg. Add in the sugar and the flour. Temper the egg with a small amount of the warm sauce. Do this by adding a very small amount of the warm sauce to the egg mixture while stirring constantly. Continue slowly adding the warm juice mixture to the egg mixture

while constantly stirring until you have incorporated all of the juice.

3. Allow lemon sauce to cool to room temperature on the counter. Once cool, place in the refrigerator for 2-3 hours.

4. When you are ready to serve, cut up fruit and pecans. Rinse maraschino cherries, so they do not bleed into your fruit salad. Toss the lemon sauce with your fruit.

Grilled Peaches and Nectarines With Vanilla Ice Cream

4 ripe peaches and/or nectarines
2 Tbsp. canola oil
8 large scoops vanilla ice cream
1/4 cup honey
4 tsp. sea salt

1. Heat grill to medium-high heat.

2. Wash and halve the fruit, removing the pits. Brush the peach and nectarine halves with oil; place on the grill for about 3 minutes. Rotate 90 degrees to continue to cook for another 3 minutes, or until grill marks appear and the fruit starts to caramelize. Remove from the grill.

3. Serve with a scoop of ice cream. Drizzle with honey and a sprinkle of flaky sea salt.

Grilled Hawaiian Chicken Skewers

1 to 1 1/2 lbs. chicken breast
1/2 cup chicken broth
3 Tbsp. orange marmalade
1 cup soy sauce
1/2 tsp. ground ginger
1/2 tsp. garlic powder
1 purple onion
1 red bell pepper
1 fresh pineapple
12 skewers
1 Tbsp. fresh cilantro, chopped

1. Cut the chicken into large cubes.

2. In a small bowl, mix the chicken broth, orange marmalade, soy sauce, ginger and garlic powder. Place chicken, along with the marinade, in a Ziploc bag. Toss to ensure that the chicken is evenly coated with marinade. Place in the refrigerator for 2-4 hours.

3. Cut the onion, bell pepper and pineapple into large cubes.

4. Heat the grill to medium-high heat. (If using wooden skewers, soak them in water for 20 minutes to prevent burning.)

5. Thread the chicken pieces, onion, red bell pepper and pineapple. Place the skewers on the grill. Cook, turning occasionally until the chicken is cooked through, about 8-10 minutes.

6. Sprinkle with cilantro. Serve with rice.

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— By Melissa Rawlins

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Naaman Maxedon is in the business of helping people make the best decisions for their insurance needs. “Some people don’t like the here and now. I enjoy being honest with people about it,” Naaman said. As the owner of a longstanding local independent brokerage in Burleson, Naaman has positioned Lone Star Insurance Agency to work for the benefit of its unique clients.

“Each person has their own credit-based insurance score, along with many other variables, and each person is different,” he explained. Like a fingerprint, our scenarios require customized

approaches to covering our assets. As an independent agent, Lone Star Insurance Agency represents more than 40 different carriers, with names like Progressive, Travelers, Safeco and MetLife. “The advantage I offer the consumer is a wide variety of options, so we give them the best product for the most competitive price.”

Established in 2002, Naaman and his team celebrate the 16th anniversary of Lone Star Insurance Agency this year. Dawn Rhudy is licensed to sell and discuss coverages, and Sheila Ford services the accounts and acts as billing specialist. The team will be joined by Kendall Maxedon, who married Naaman in 2017 and will soon be available to discuss coverage and concerns with consumers.

Lone Star Insurance Agency staff members are trained by each carrier about insurance products. Within the agency, Naaman gives his staff procedural instruction and tips on how he desires them to follow up or respond to consumers.

Numbers were always natural for Naaman, who entered the insurance industry when he was 18, many years before moving to Burleson in 2012 from California. "I can conceptually understand math and numbers well. That has helped me quickly understand and respond to certain things," he said. "But the way I learned best was through trial and error, and by watching somebody do it."

The mentor for whom Naaman is so grateful was James Brown, who originally operated in an office on Ellison, but moved in 2012 to the old gymnasium behind Title Max. "I was coming here to work, and after I saw the model he had formed and his process I understood the quality of the book of business," Naaman said. "About a year-and-a-half later, I purchased the business.

"It's a good location," he added, "not to mention our infamous digital sign." Combined, Naaman, Dawn and Sheila have over 50 years of experience in this office. To celebrate the success of Lone Star Insurance Agency, they launched a new website offering more automated services. From this appealing, cutting-edge platform, consumers can request changes for their policy online.

"It's not always about price. You get what you pay for," Naaman said. "In homeowners insurance, a cheap policy generally results in lower coverage. If you have a named driver policy for only \$35, whoever is driving your car is the one who is responsible. You can get a better policy for another \$25 per month on average, so that you will be taken care of.

"Sometimes it comes to the agent you are dealing with, not just the price," Naaman said. "The reality is that making the right decision for your insurance can save you a lot of heartache in the future."

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TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Savuer's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

Louisville's also easy to get to. It is within a day's drive of nearly half the U.S. population, and the Louisville International Airport is serviced by nearly every major airline, with nonstop service to 23 destinations and convenient connections to cities worldwide. Help planning your getaway to this Southern star is one click away at gotolouisville.com. **NOW**

Photos courtesy of Louisville CVB.



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Let's Get Physical

— By Zachary R. Urquhart

There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.

Stretch It Out

• *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.



• *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better

results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

Spin It Out

• *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



• *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by

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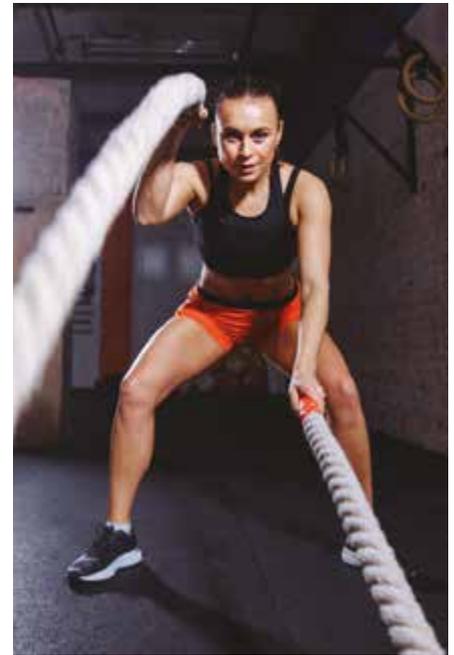
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Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**



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Zoomed In:

Robert, Tayte and Ajeana Marti By Melissa Rawlins

Using pink plastic spoons that turn purple wherever cold temperatures are applied, Robert Marti and his sister, Tayte, indulge in bright and tasty balls of ice. Their mother, Ajeana Marti, has lived all her life in this area. “Snow cones are kind of like playgrounds,” she said, “Seems like something you don’t do as an adult, but once you have kids, you go all the time.”

The grassy area near the new Polar Bear Slick’s Snow Cones boasts a few trees and is always shady. Sitting on a shaded chair, Robert considered his banana flavored snow cone. “My favorite part about this treat is the flavor,” he said.

“My favorite part about my cherry snow cone is the sweetness,” Tayte said. “I also love this tie-dyed spoon. I’m going to save it!”



Lindsey Muse, Teacher of the Year at Mound Elementary, is selected as Teacher of the Year for all BISD elementary schools. She gets to drive this car for the summer.



Guinness World Records Judge Claire Stephens inspects dough preparation by Paul and Amber Rouse, owners of Moontower Pizza.



Old Town Burlison Association announces their donation of over \$650 to Meals on Wheels.



Wyatt Wall teaches his brother, Ian, how to make good use of the horse during a game of chess in the garden at Burlison Public Library.



Shannon from ISR (aka Shannon from the Kidd Craddick show) hangs out in the fire truck after guest hosting the BFD’s Drowning Prevention event, Mom to Mom.



Alaina Aguirre helps Sydney Ponce celebrate her 24th birthday behind the bar at Old Texas Brewery.



Cindy Sullivan admires silver spoon necklaces made by Sheldon Roy, as Betty Roy of Bricoleur Vintage Home looks on.



Arbjon Shemo and Arber Gjinolli prepare the dinner specials board at Napoli's in Joshua, where they have worked side by side for two years.

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Did You Know ... Texas Wildflowers Are Always Blooming?

— By Derek Jones

Driving through Texas in spring, it is not uncommon to find vehicles parked along the roadside and families taking pictures among the waving seas of bluebonnets and Indian paintbrushes. Snapping photos among the wildflowers, particularly bluebonnets, is a favorite Texas tradition.

The city of Ennis, south of Dallas, was designated as the home of the Official Texas Bluebonnet Trail in 1997. The trail itself is a mapped series of country roads, which takes the driver through 40 miles of fields covered in bluebonnets. Whether viewing bluebonnets along the official trail, or just traveling between cities and towns, there is no shortage of opportunities to view these amazing wildflowers during springtime. As the bluebonnets emerge from their winter slumber, families will once again flock to these roadside destinations in hopes of the perfect spring photo.

The bluebonnet has been the official state flower of Texas ever since it was adopted by the state legislature in 1901. It was not until the creation of the Texas Highway Department in 1917, now known

as Texas Department of Transportation, that there was a systematic program to ensure the sustainability of bluebonnets and other Texas wildflowers near roadways. According to TxDOT, part of the conservation program involves prohibiting mowing alongside the highways until wildflower season is over.

TxDOT has expanded its wildflower program even further, now buying and sowing 30,000 pounds of wildflower seed each year. Thanks to these initiatives, Texas wildflower enthusiasts will be able to enjoy the spring bluebonnets and wildflowers alongside the highways for generations to come.

TxDOT has been instrumental in preserving Texas wildflowers, but perhaps no other name is as synonymous with wildflowers as that of former First Lady of the United States, Lady Bird Johnson. As First Lady, she was able to apply her passion for beautifying the nation's highways and cities and political influence to help pass the Highway Beautification Act in 1965. Because of her influence and involvement, the bill is informally referred to as, "Lady Bird's Bill."



Thankfully, she had the foresight to know making the nation a place of beauty also makes it a better place to live.

Part of making the nation a place of beauty requires focusing on native wildflowers and creating environments in which they can flourish. After her term as First Lady ended, Mrs. Johnson returned to Texas. Living in Austin, she partnered with actress Helen Hayes in 1982 to create the National Wildflower Research Center. Later, in 1997, the center was renamed The Lady Bird Johnson Wildflower Center.

Through the efforts of the research center, native plants and flowers of Texas are being restored in areas where they had been wiped out due to development. Today, The Lady Bird Johnson Wildflower Center stands as a legacy to a woman who devoted her life to adding a bit of color and beauty to the Texas landscape.

Although Texas may be famous for its fields of bluebonnets and Indian paintbrushes, the state is also home to many other unique wildflowers. For example, another favorite is the sunflower. The contrast of the bright yellow against a clear, blue Texas sky creates a breathtaking image and, like the bluebonnets, is worthy of family photographs. As with bluebonnets, these Texas favorites reach their peak in the spring before the heat from the harsh Texas sun withers them. Whether a favorite color is blue, red, yellow or a combination of these, the wildflowers of Texas do not disappoint.

For Texans who truly love wildflowers and have a discerning eye, spring is not the only time worthy of viewing. During any season or month, there are a variety of wildflowers blooming and flourishing.

The Lady Bird Johnson Wildflower Center website is a valuable tool for finding information about these lesser known wildflowers. For example, the website lists 20 wildflowers growing during the freezing temperatures of January and 24 examples growing during the heat of July.

The extremes of Texas weather only serve to create great diversity among the wildflowers. Institutions such as The Lady Bird Johnson Wildflower Center, the Dallas Arboretum and Botanical Garden and Fort Worth Botanic Garden offer exceptional spots for year-round viewing of wildflowers and plants found in Texas and serve as hubs for information about native plant life.

The extremes of weather contribute to the wide range of wildflowers in Texas, as does the state's landscape. Woodlands, prairies, coastal regions and desert can all be found in this great state, and each region serves as a perfect environment for acclimated wildflowers. For example, The Lady Bird Wildflower Center has a state-by-state listing of wildflowers. Most of them are listed within a single state. Texas, however, is listed by six distinct geographic divisions. The environment of the region determines which wildflowers grow. From lush environments to harsh landscapes, Texas wildflowers demonstrate their ability to thrive and adapt.

Wildflowers are a true Texas treasure. The variety found in the Lone Star State will satisfy even the most die-hard enthusiast. **NOW**

Editor's Note: For more information, visit www.txdot.gov and www.wildflower.org.

Calendar

July

3

Independence Day Celebration: 6:30 p.m., Owl Stadium, Joshua. Food trucks. Children's Parade line up at 7:00 p.m., The Dolan Band at 8:00 p.m. and fireworks at dark. Free. No outside food, drinks or pets. Tobacco and alcohol prohibited. For more details, visit info@joshuachamber.com.



4

Burleson Lions Club Fourth of July Parade: 9:00-11:00 a.m., Kerr Middle School all the way to Old Town. Come early with lawn chairs and water bottles to join the community honoring United States' military heroes, past and present. Each creative float in the parade supports Lions' efforts to improve the vision of every child in our community. For more information, visit www.burlesonlions.org.

Hot Sounds of Summer Fourth of July: 7:30 p.m., Chisenhall Fields. The final Hot Sounds concert is free and fun as the sun goes down. Bring chairs or blankets and get your eats and drinks from food trucks. Fourth of July fireworks at dark! For more details, call (817) 426-9622.

7

Celebration of Freedom: 10:00 a.m.-10:00 p.m., morning parade from Crowley High School to City Hall. Bicentennial Park hosts festivities beginning at 5:00 p.m., including live bands, food trucks, vendors, kids' activities and a fantastic firework show at dark. Ride the shuttle bus from HF Stevens Middle School. Visit www.ci.crowley.tx.us.

10

Business After Hours: 5:30-7:00 p.m., American National Bank of Texas 308 E. Renfro St. Ste #100. For more details, call (817) 295-6121.

13

Senior Dance: 7:00-9:30 p.m., Burleson Senior Center, 216 S.W. Johnson Ave. The 92nd Roadhouse Band plays. \$5 per person. For more information, call (817) 295-6611.



14

Market on Main: 8:00 a.m.-noon, 104 N. Main St. Joshua Farmers Market invites your family to support local artisans, crafters, musicians, bakers, canners and farmers. marketonmain@joshuachamber.com.

Second Saturdays: 9:00 a.m.-10:00 p.m., Old Town Burleson. Find special discounts throughout the shopping district. (817) 426-9638.

17

Roots & Branches Genealogy Club meeting: 7:00-8:00 p.m., Burleson Senior Activity Center. Expert researcher Eric Jelle leads the discussion, and there will be a Q&A as well. Free. For more details, call (817) 426-9550.

27

The Power of Heels Luncheon and Fashion Show: 11:30 a.m.-1:00 p.m., Lost Oak Winery. Network with the Burleson Area Chamber of Commerce Women's Division — even if you aren't wearing heels. \$20 tickets when reserved by **July 16**. (817) 295-6121.

28

Masonic Lodge Pancake Breakfast: 7:00-10:00 a.m., 209 N. Magnolia St., Crowley. For more information, contact Jim Hirth, (817) 297-1942.

Birds of Prey: 10:00 a.m.-2:00 p.m., Wild Birds Unlimited, 140 N.W. John Jones Dr., Ste. 102. The nonprofit Nature's Edge Wildlife and Reptile Rescue presents this kid-friendly educational event, and brings an owl, a falcon and a hawk. Free. burlapbirds@gmail.com.



August

3

Round-Up for Riders: 6:00-11:00 p.m., Historic Hilton Hotel, Fort Worth. Patti Pace and Margaret Dickens co-chair this boots-up event benefiting the equine therapy partners and equestrians with disabilities served at Wings of Hope Equitherapy in Egan. Sip-and-shop, dinner and entertainment by Jesse Jennings. For sponsorship or reservations, contact Allison Gross at (817) 790-8810 or RoundUp@WingsofHopeHorses.org.

Ongoing:

Mondays

Toastmasters: 6:30-7:30 p.m., Burleson Area Chamber of Commerce. Contact Gary Miller, (817) 919-3243.

First and Third Tuesdays

Kiwanis Club of Burleson: Noon-1:00 p.m., Golden Corral Restaurant, 301 S.W. Wilshire Blvd. Everyone welcome. bur88kiwanis@gmail.com.

Second Wednesdays

Burleson Area Recreational Cyclists: 7:00 p.m., Spokes Bicycles & Service, 111 S. Wilson St. Work with other cycling enthusiasts to create a more rider-friendly community. Contact Dave Garrett, (817) 447-3505.



Second Thursdays

American Legion Post 235 meetings: 6:00 p.m., Community Room, Burleson Police Department. Eligible Veterans are welcome. Contact R. J. Niznik, Adjutant. (609)-220-2721.

Saturdays

Burleson Farmer's Market: 8:00 a.m.-Noon, 217 W Renfro St. Bring your family and support your local producers of fruits, vegetables, meats, dairy, baked and canned goods and crafts. www.burlesonfarmersmarket.com.

Widowed Persons Fellowship: 3:30-8:00 p.m., Senior Center, 216 S.W. Johnson. Join WPS members for potluck meal and games. Call Myrtle Lindsey, (817) 447-0775.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

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Family Man

— By Rick Mauch

Eric Jelle is the ultimate family man, and he wouldn't have it any other way. Eric, 47, runs the Roots & Branches Genealogy Club, founded last summer by his friend, Norman Harrell. They meet the third Tuesday of each month at the Burleson Senior Activity Center.

But, Eric stays very busy in between meetings doing research on his family lineage. In fact, he's stayed busy for many years since first becoming interested as a teenager in 1985. "My sister was interviewing my father, and I was there. He told about our great-great-grandparents, and I just grabbed a piece of poster board and started connecting the dots," Eric said.

Eric has traced family connections as far back as several centuries. "A cousin told me there were three family farms in Norway, and we were from one of them. I wrote all three families, and the one reply from a new cousin included a chart that went back to the 1600s," he said.

Among the highlights of his genealogy connections was a family reunion in 2002, in South Dakota. "It was fantastic. We had 65 people there and three variations of spellings on our family name," he shared.

Eric's family lineage includes Norwegian, Danish,

Swedish, German, French, Irish, English, Welsh and Scottish (he's been told). "Mom's side is Heinz 57," he said with a laugh. "Dad was half-and-half, Norwegian and Danish."

In 1999 and 2000, Eric lost his parents, along with his maternal grandparents, in a 19-month span. "I think that was a catalyst for propelling me forward," he said. "I found photographs from their tucked-away collections that, just by putting them on the Internet, led me to find several new cousins. Instead of going into a shell of grief, you can find comfort in your family tree."

Club member Kaye Gregory said, "Eric tells us places we can go to get information, and a lot of the things are free. And then he has his own charts to help us. There are a lot of brick walls, and we're getting through them."

Also, Eric has a Facebook group he's devoted to genealogy. It has grown to almost 8,000 members since he started it in 2014. "Genealogy is the second biggest hobby on the Internet," he said. "There's a remarkable presence for networking within family history on Facebook."

Eric also said companies that search based on DNA are a good place to start, but no matter what avenue a person takes, they must understand there is a lot of work involved — a lot of fun also, but a lot of work.

"You still send those letters. You still go to the courthouses," he said. "Those are little gold mines." **NOW**



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