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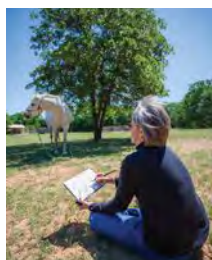
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Kit Hall preps for painting Lady, one of her five-horse herd.

Photo by SRC Photography.

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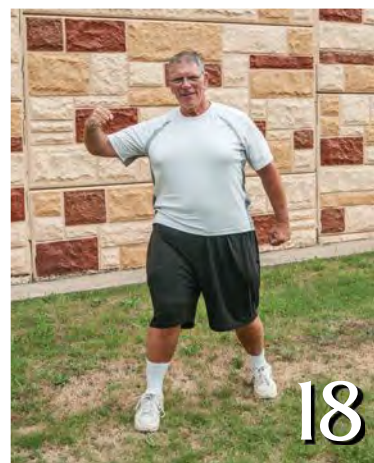
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Editor's Note


Hello, Friends!

This month we celebrate the dreams of arguably the most diverse collection of freedom lovers the world has ever seen — 13 colonies, each with their own tweak on what liberty is all about, working hard in their own region to live in peace. Eventually, our revolutionary forefathers fought for what they deemed right. They won! And we're the winners, too, when we stand firm in our liberties.

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Melissa

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Her Life is Art

— By Melissa Rawlins

Cranking up Pink Floyd, Kit Hall moves from an intellectual into a creative mode. She calls this energized state of body and mind her happy place. “Not that I’m unhappy elsewhere,” Kit said. “But the music’s energy feeds the energy of my brain, so that I can begin searching lines.” The way this Texas Wesleyan University professor of art starts every painting is almost like playing air guitar. With chalk in hand, she moves her hand over the paper without making any marks. She’s getting an image clear in her mind’s eye. Nobody’s watching, and she may step back and do a little dance before settling deeper into the creative process. Only then will the charcoal touch the paper or canvas.



This expansive exercise makes it difficult for Kit to work small. Yet, when it’s time, the necessary detail work will also prompt meditation on connections between all the elements of life. A fast worker, she needs variety in her days and will step out and in and back out of the studio to spend time fulfilling her various roles. She is a wife, friend, mother, grandmother, teacher, volunteer and partner in all that goes on at the barn she manages with her husband of nearly 46 years.

“John and I met in seventh grade in Kingsville, in South Texas,” Kit said. “We’ve been best friends and husband and wife forever, it seems.” A late bloomer, Kit started a family with John in 1969, well before she figured out what she wanted to do in life. But art beckoned. She took an art class at a community college and experienced freedom of expression. While learning to sketch, she indulged her fascination in human anatomy and drew her daughters’ faces. Over time, she learned to put the human form in very expressive poses to express human feelings. Her academic studies at the University of Houston-Downtown led her to Texas Woman’s University, where she earned her master’s in fine arts in 1993.

In 1994, Kit became an art professor at Texas Wesleyan University, where her husband was already a psychology professor. They lived in Fort Worth, near the Kimbell Art



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Museum. In 2005, after the couple vacationed in Graham at a resort offering a barn full of horses, John decided he desired a *life* filled with horses. First, they volunteered at Rocky Top Equine Therapy Center in Keller, where they learned about horses. There, they met Lady and Zip, the pasture mates the Halls eventually bought.

The Halls brought the duo to a boarding facility, where Zip soon died. John and Kit's grief was matched by Lady's sorrowful emotion. Her display brought fresh perspective to Kit's expressive life. "The day Zip died, Lady laid her head between us and just caressed us. It was amazing. She mourned over that horse, and I'd never seen that before," Kit said. "I began to realize then, as we've all heard, you can see yourself in the horse."

Lady, John and Kit moved into their new home in Joshua in 2006. Eight summers later, Kit is still making connections. Sitting and staring at a fairly blank 5-by-3-foot piece of paper set on her easel, Kit looks for a horse beneath the apple she painted 10 years ago on archival paper recycled from two earlier exhibitions. Waiting to notice what might need to be expressed, Kit is confident. "I want to energize the apple with irony, something not so obvious," Kit said. "Can I see a horse shape emerging from it? Are there horse shapes within the peels of the apples? Maybe there's a back, a nose, a face?"



One of Kit's favorite pastimes is watching her five-horse herd interact. "They behave in such harmony with each other," Kit said, describing how they will rare up, kick, have arguments and challenge the pecking order. "But someone wins. They'll realize that the leader has said the challenger can't be the leader today."

That observation has helped Kit become a more ethical leader in her classroom. "I've watched Chili, the leader of our herd. She's a redhead, and she's the boss. She will let the young one behave like a little idiot on occasion. Once she's tired of that, she flicks her ear back. If that doesn't work, she shakes her head. If that doesn't work, she backs up to her. If that doesn't work, she bites," said Kit, who similarly manages her classroom. "First, you *ask* them to put the cell phone up. If they don't, you *tell* them to put the phone up. If they still don't, you have to take further action. That's the bite. You give people the chance to recover from their mistakes."

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Another horse-taught lesson has helped Kit's students. "One of my philosophies now is: The slower I walk to the barn, the better my day is going to be," she said. "If I hurry into the barn, the horses' energy goes up, and then we risk possible chaos. Likewise, if I enter the classroom thinking for the students, their walls go up. They want to discover things, and if I approach them calmly, they'll have freedom to do that."

Kit recognizes that each of her artistic opportunities has masqueraded as invitations to try something new in life. Saying, "Yes," frequently, she produces paintings with stories behind them. Kit and John once volunteered at Wings of Hope Equitherapy in Egan, which inspired her to paint several oils of veterans riding with their Horses for Heroes programs. "I tried showing the strength of connection between the horse and the man," said Kit, who donates proceeds from these paintings to organizations like Wounded Warriors. At invitation from Mustang Heritage



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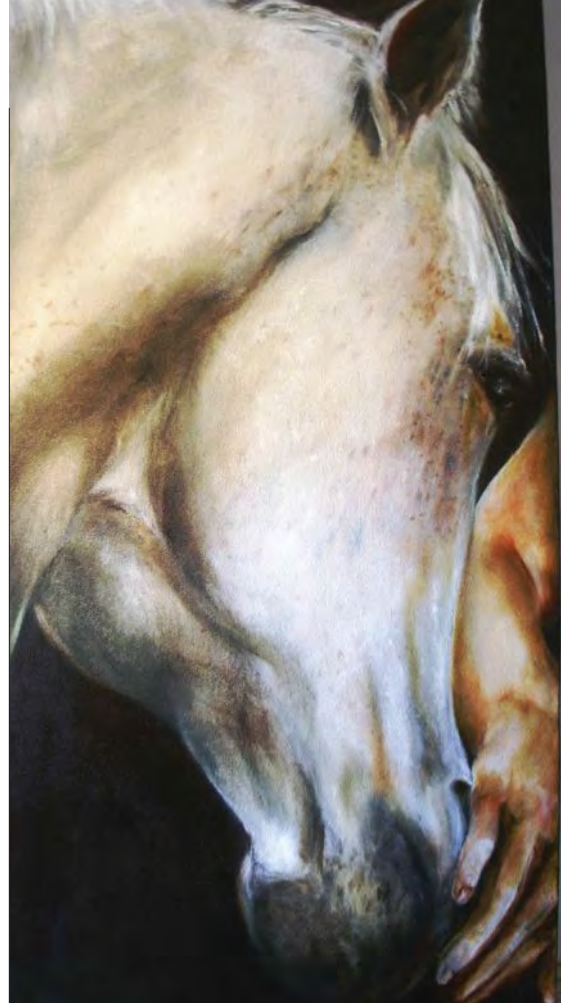
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Foundation, Kit donated a painting of an amazing Mustang, Merv, to his trainer, Tom Hagwood, the grand prize winner of the 2013 Mustang Million competition. Recently, Kit painted the horse of a friend who had been grieving his horse's passing. "I asked for pictures of Cinador, asked her what part of his body she liked to touch, and then did a painting of her hand caressing his face," she said.

The last exhibition Kit produced was in partnership with a friend and colleague, DeeAnn Day, who is an English instructor at TWU. "One day she said she had a lot of unfinished poems. I had a lot of unfinished drawings. She came out here, and we made art together from her poems," Kit said. They both enjoyed doing the show, which was well received in the local area. It may be that Sketches: An Exhibition of Equine Art and Poetry will be revived as a traveling exhibit.

The idea of leaving marks, whether they are made on paper or on hearts, appeals to Kit. "The last thing I want is my art to be decorative," she said. "I want my art to help someone's life in some way." **NOW**

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SEVEN MILES — TO — FREEDOM

— By Lisa Bell

While most people snuggle farther under the covers, Joe Colby wakes up. Through squinted eyes, he peers across the dark bedroom — 4:45 a.m. He turns and gently kisses Ami, his bride of 20-plus years, on the cheek. Easing out of bed, he leaves her slumbering for one more hour.

In the other room, Joe checks the daily weather. Is it a two sweatshirts, knit cap and gloves kind of morning or shorts, T-shirt and baseball cap day? Either way, he wears black bottoms with a white shirt. “The one thing about a uniform is you never have to worry about what you’re going to wear,” he said.

He denies being a career Army man. “I got in and didn’t know how to get out,” he said, total seriousness on his face, but a sparkle in his eye. “It took me 20 years. I didn’t know there was a door.” Wearing the same clothing became part of Joe’s DNA. A resident only since 2010, he also wanted the Burleson police to see a familiar person before sunrise.

When leaving the Army, some men tie their boots and throw them over a high-wire symbolizing freedom from all things military. Joe didn’t physically throw his boots in the air, but mentally he walked away from the disciplines he practiced. For nearly 18 years, he lived a free lifestyle not realizing the level of imprisonment he put on himself. Consequences caught up in the form of 355 pounds with high-blood pressure, loud snoring, borderline diabetes and the deepening of back issues caused





by herniated discs acquired during his military days.

Joe received a loud wake-up call on July 11, 2011. Ami asked him to go on a walk around the block with her. She had worried about him frequently as she watched growing health issues and listened to him struggle to breathe at night. Barely able to tie his shoes, he agreed. Before they passed six houses and reached the top of the hill, she feared he might not be able to make it. "I was scared," she said.

"I was out of breath," Joe admitted. "I figured it was the heat or humidity and just kept going. As we continued, eventually walking downhill, my three herniated discs made their presence known — excruciatingly so."

Within a half mile, the pain became so severe he grasped Ami's arm. Tears welled up as he pled for the distance home to disappear, while he leaned his weight on her small frame.

They finally made it home. He could have said, "I'm not gonna do that again." He actually said, "I've got to do something." Resting on the couch, after taking four Ibuprofen tablets, it all became personal. His weight followed him everywhere, stealing his freedom. When he stood in front of the mirror, he didn't see a fit 18-year-old. "Heck,



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I didn't even see a semi-fit, 30-year-old soldier," he said. Although they didn't have grandchildren at the time, he knew eventually they would, and he wouldn't be able to get down in the floor to play. He took multiple medications daily to offset his poor choices.

On his day of awakening, he realized he'd lost a lot of personal freedom. He remembered the benefits of Army life: the discipline of getting up early, wearing a uniform, and most importantly, physical fitness. Where he previously considered those things controlling, he



saw an important reality. Self-discipline equaled freedom.

After visiting his doctor, Joe began walking. His first trips took him around the block. Gradually, the distance increased. When he started tracking his daily walks in July 2011, he logged 4.5 miles. By Christmas Eve that same year, he wrote 7 miles on the calendar. With the first 20 pounds gone, his snoring stopped.

Seven or eight months into his personal journey, Joe noticed people honked and waved. Other walkers offered high-fives. Even train engineers sometimes blew a friendly whistle as they passed under Hidden Creek Parkway. Two women stopped him one day and shared how his perseverance led them to start walking.

"Can you imagine that? This tubby, old Army sergeant inspiring someone? I never expected that element when I started. But the hug they gave me after our little talk has carried me many-a-day," Joe said.

When the thermometer reads 18, and he would have to don five layers of clothing for hours, the walk is beyond Joe. He won't gain weight by missing one day. Most mornings, commuters and walkers expect to see the shrinking man. They aren't disappointed. On days when he'd prefer to turn over and go back to sleep, Joe thinks of the people who look for him on their way to work or on their morning walk or jog. "I have to be out

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there for them," he said. "God has given us the ability to control a lot of things. It has to be a lifestyle change." What started as changing his own life morphed into a personal purpose to motivate others. "Look at me," Joe said. "If I can do it, so can you."

Joe takes an "all things in moderation" perspective. While some people deprive themselves or limit types of foods, Joe's

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mantra remains: chocolate is chocolate. He enjoys eating and doesn't deprive himself but knows his limitations. His results came from walking and C.F.S.S. — calories, fat, sugar and salt. He consumes a minimum of each, and it works for him. He points out a person has to find what works with their body, because everyone is different.

As a retiree, Joe has time for his routine. "Not everybody has two hours and 40 minutes to walk every day. Not everyone wants to," he said.

Joe's advice for losing weight starts with seeing a doctor. Then be ready to make investments with what works for you. Don't be afraid to kick-start it. Be flexible and know at some point the plateaus come. Realize you will slip at some point. Birthdays, weddings or Friday nights will happen. "You just work a little harder the next day," he said. "Many people believe fat people aren't motivated to lose weight. Not true. They just can't find what works, so they give up."

When Joe started, Ami thought he might walk for a few weeks. Then he kept going, and she thought, *He's really serious about this.* Continuing was entirely up to him. "I'm so proud of him," she said. "I don't have to worry about him now."

Joe no longer needs medications. He bends and ties the laces on his fifth pair of cross trainers. "I've walked 3,500 miles and still haven't made it out of Burleson," he said with a smile. He doesn't mind. The 7-mile walk each day has restored his freedom and given him new friends he gets to encourage. **NOW**

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A View Master

At Home With

Artistic people have a knack for creating aesthetic design in everything they produce. They tend to enhance the beauty of things around them. A little yellow house near Old Town was in need of some enhancement, so Greg Bradley Jr. decided to give it a face-lift. About a year ago, Greg and his family began repairing and restoring the curb appeal and interior of the little bungalow. Greg used his creative talent and eye for symmetry to guide his design choices and make the home a comfortable place for him and his many collectables.





Qual piece

— By Erin McEndree

Greg Bradley Jr.

The house has been in Greg's family since 2004, but when Greg decided to downsize from his large home with a pool to the almost 800-square-foot home, he knew he needed to create more storage and display space for his treasured possessions. His idea was to transform the small space to reflect his affluent lifestyle. "I wanted to create a yuppie house close to downtown," Greg laughed. His ambitious vision was to include his luxurious furnishings and create many built-ins that reflect his style and character. Greg gutted the kitchen, replaced the floors and every fixture. Built-ins were assembled in every room. "It took a lot of blood, sweat and tears," Greg said. "We also added a patio, a carport for my Benz and a fence for Columbo, my young Basset Hound." Greg also has two very unique pets — a bearded dragon named Buddy and a chinchilla named Jim after the late Jim Morrison.

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The neutral walls throughout the house create a canvas Greg uses to display his large collection of photos and autographs from movie stars, country singers, Disney characters, rock stars and sports figures. Most of the autographs are in simple black frames, arranged like an art gallery. Greg's congruent design accomplishes an uncluttered effect. His passion for visual design is seen in the way he decorates. He earned a Bachelor of Arts in advertising from The University of Texas at



Arlington, and his specialty is graphic art. "I like to put words into art and create photos to go with it," Greg said. His dream job is a graphic artist who creates images for corporations that reflect their brand and reputation.

Greg started collecting autographs many years ago. He acquires most of them scouring the Internet via eBay. He pointed out his photo of the *Tombstone* foursome: Kurt, Sam, Bill and Val, who

all placed their "John Hancock" on the sepia tone print. He is also proud of the photo and signature of Sarah Palin, who is looking in the distance at the red, white and blue American flag waving in the breeze. Greg's favorite president is Ronald Reagan. He is currently on a mission to find just the right photo and autograph of this man whom he admires. "He did so much for our country and the military through his devotion and



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admiration,” Greg said. “I’m not going to settle for a mediocre photo or a secretary’s signature. It won’t be cheap, but I am very cognizant of what I want.”

The master bedroom has a nautical theme and military memorabilia. Greg served in the Navy as an operation specialist on the USS *Russell* DDG-59 guided missile destroyer. “We shot Tomahawk [missiles] during Desert Strike in the Straits of Hormuz,” Greg remembered. A photo of the ship is hanging on the wall, along with a signed photo of Tom Cruise in his Navy uniform from the movie *Top Gun*. A large replica of the USS *Constitution*, launched in 1797, is displayed on a shelf.

Greg is also proud of a painting his dad gave him of some boats sitting quietly in a harbor with their masts down. “My grandpa was in the Army. My dad is a retired lieutenant with the Ft. Worth Police Department and also served in the Marines. My mom’s dad was in the Air Force,” Greg said. “All four branches of the military are represented.” A photo of Greg’s beloved dog, Winnie, holds a place of great honor in memoriam on the top shelf. She was a German Shepherd he had for 12 years.

“I love sports. In my old house, I had a room dedicated to the Dallas Mavericks,” Greg said. Now, only his favorite pieces are displayed, which include a light blue jersey worn by Dirk Nowitzki and signed between the numbers. Greg’s love of sports is evident on the back patio where two large screen televisions can be viewed from the hot tub or the red and blue Texas Rangers bench. In the summer, an industrial fan keeps visitors cool. Greg painted it red, white and blue, placing the Rangers logo on the top. Frog statues line the fence, showing Greg’s whimsical side.

Over 85 frogs are in the living room and kitchen. The collection started when



he saw four little frogs sitting on a shelf with their legs dangling. "I wanted all of them," Greg said. "When I see a collection of something, I tend to go on a rampage and have to collect them all." Frogs of all shapes, sizes and colors are sitting on a ledge overlooking the living room. He has a police frog that reminds him of his dad. He has a frog donning a pair of red boxing gloves, because he enjoys the movie *Rocky*. He has the autograph of Sylvester Stallone and Burgess Meredith. He has a collection of every Kermit item perched on top of the refrigerator. "All this means something to me," Greg said. Atop the forest green kitchen cabinets rest Greg's 60 frog cookie jars. He has a frog named Keroppi from *Hello Kitty*. Others came from Japan, China and places like the Rainforest Cafe. Built-ins along one wall have beveled stained glass in yellow and green that matches the cabinets perfectly.

The office is where Greg spends a lot of time on his gaming consoles. Three Tiffany lamps light the room. One has dragon flies, and the eyes seem to glow when the light is on. A corner cabinet holds every Mater ever made and a large collection of Smurfs. On the walls, Greg displays his collection of Disney characters and their autographs, including Buzz Light Year and Woody, Sully and Mike Wazowski, Nemo and Dory, and Lightning McQueen and Mater, to name a few. "This room is the eccentric side of me," Greg snickered. "I'm a Muppets and Peanuts fan, too."

Charles Schultz, creator of Peanuts, said, "Be yourself. No one can say you're doing it wrong." Greg adheres to that quote. He is enjoying the decision to be close to downtown Burleson. "It's pretty amazing," Greg said. He will always aspire to design while looking for the next item to place in his home. **NOW**

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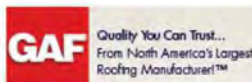
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The Versatile Stripe

— By Amy Walton

It's no secret that trends between home design and fashion are closely related. They not only coordinate in color scheme, but also in pattern. For example, I'm sure we've all noticed the pastel trend over this past year — coral and mint to be exact. We've also noticed the chevron trend, first in home design, and then quickly transitioning into the fashion realm. As much as I love recent trends, I want to focus on a more classic style that also has the ability to remain trendy — stripes.

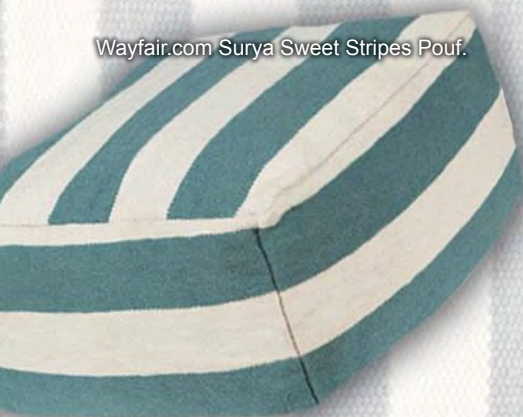
Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application. In the classic form, a stripe can be displayed in a horizontal or vertical manner. In home decor, you might consider a vertically hung stripe on a set of drapes to be more formal; whereas, a horizontal, bulky stripe might feel a bit more casual. Another big trend has been placing thick horizontal stripes on the interior walls of your home. I love this trend, because rather than using wallpaper to create interest on your wall, you are simply using paint. For this application, a smoother finish on your walls is ideal, as a textured surface might interfere with achieving clean paint lines.

Color also plays a big part in the look of a classic stripe. A lighter fabric or color choice may come off as more approachable and

LULU'S Exclusive Ship Captain Ivory and Navy Blue Striped Dress.



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welcoming compared to a bolder black and white print. If you are looking for a more intense look, a high contrast stripe might be the choice for you. To achieve a calm, relaxed feel, lean toward lighter tones with less contrast between the hues of your stripes. The same theory applies to fashion. A softer color scheme will represent a lighthearted and relaxed look as opposed to a bold print, which will signify a larger, more obvious fashion statement. These bold prints have been seen anywhere from maxi dresses to handbags. They are especially popular during the summer months in both high contrast hues and tone-on-tone applications.

But stripes don't have to take on a traditional appearance. They can have a very trendy, casual feel, as well. For example, when applied to a nautical or beach theme, stripes undergo



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Fashion Advice Applies to Home Decorating: Don't Be Matchy-Matchy

By Vonna Pool

One of the tips I often give during interior decorating seminars is: Take a look in your closet! What colors do you see in your wardrobe that you particularly enjoy? Pastels? Dark jewel tones? Neutrals? Bright, lively shades? Doesn't it stand to reason that the very colors you're attracted to in your wardrobe might just be the perfect shades to consider in re-coloring a room?

When you look in that closet though, don't you often see outfits that match? Well, this fall's New York Fashion Week offered a different approach. One word that was heard frequently was "juxtaposition." That means: Not so "matchy-matchy."

"There's more freedom now to express yourself through clothes than there was 20 years ago, 50 years ago," said one designer. (I wonder if that includes the disco-era? Maybe that was too much expression then.)

Back to the subject: Home decorating. If fashion designer Kenneth Cole can embrace prints, stripes, dressy and casual, all in one outfit, then why not do the same in your home?

Isn't it all about personality? Much like you don't want to see the same dress you are wearing at a party, you don't want your home to look just like some other one. You want it to reflect your lifestyle, your taste, your personality. Your decorating should tell a story about you and your family, the area in which you live, your culture, your talents, your loves. It should look different from a picture in a magazine.

That means having the freedom to mix and match, or not match at all. Yes, you do want something that holds it all together. It could be a theme, a color, a style, an emphasis. Emphasis is truly adding the excitement factor to the creation of a new room. The basic idea behind emphasis in decorating is that every room should have a focal point, or a center of interest that immediately attracts the attention of anyone entering the room.

Perhaps, though, it's time to change a room's focal point by juxtaposing a new element into the design. Just as you feel special entering an event in a new outfit, you can make it an event to enter your favorite room with a new focal point.

Another aspect of not being "matchy-matchy" in your home is the notion that good decorating must be limited to only one interior style. That idea has been discarded. Just because you like country in one room doesn't mean you can't have a different theme in other rooms.

It's not unusual these days to see several different compatible styles within the same household. For example, some of the most excitable home interiors might include a formal Queen Anne living room and dining room, a contemporary kitchen, a country family room and a romantic Victorian master bedroom. How's that for not being "matchy-matchy?"

As you hit the stores looking for the new fall and winter fashions, think about this: A new outfit is enjoyed periodically. A new look for a room is enjoyed every day. Don't be afraid to mix it up.

Entering this room is special every day. How can you not smile at the mix of patterns and colors? This room doubles as a guest room. The bookshelves are a Murphy bed.



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a complete transformation and quickly represent the essence of a relaxed environment. There is nothing more relaxing than the look of a navy-and-white-striped rug nuzzled up against a bright white linen couch with some burlap trimmed pillows sitting atop. Ahh! I can hear the waves rolling across the beach right now and envision my toes in the sand! Just imagine, an aged driftwood coffee table supporting a beige-and-white-striped storage basket and some scattered seashells to complete the look. Maybe it's just me, but that scenario sounds like sheer perfection. Without going too over the top with your theme, this beachy design can really create a peaceful and serene room with a casual, effortless elegance.

The nautical theme doesn't stop with home design either. We have been seeing this trend transition into fashion for quite



some time. Beginning with gold jewelry making its comeback a few years ago, it then became more obvious. Anchors became prevalent in jewelry, and stripes, while they have always been popular in fashion, began pairing up with the



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Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application.



naautical aesthetic, as well. The nautical stripe has been applied to many things such as nail art, handbags, shoes, shorts — you name it. Even pairing a classic striped sundress with an anchor charm bracelet or ring has become trendy. Pair that outfit with a neutral canvas wedge and red clutch and you've got yourself your next barbecue ensemble.

Aside from the nautical theme, stripes have many other ways of taking on a casual look. I call this the rustic stripe. You might see this in the French country design style, along with the shabby chic and cottage look. I've also seen this rustic stripe in the industrial style. You can find them printed on a kitchen towel, a grain sack pillow or even roughly painted

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on a table or dresser as a charming accent. You won't find clean lines when observing this type of style, but the imperfect elements of the rustic stripe are where you find its true charm.

The rustic stripe can also be seen in the fashion world when applied to items such as the boyfriend jean, or even when printed on a summer scarf or canvas tote. I love pairing a bright and simple summer dress with a more rugged "rough around the edges" striped scarf. The contrast of those two elements creates interest and meaning behind an otherwise simple look.

It's hard to imagine that such a simple aesthetic can be applied to so many different design styles, but it's true. Whether you are going for the latest trendy look or the traditional classic look, stripes have the ability to take on many roles. What I find most appealing about stripes is their ability to never go out of style. They are timeless in so many ways and will always find a way to make a statement in both interior design and fashion. **NOW**

Editor's note: For more information, please visit www.theblissfulbee.com.

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Jason Ihlenfeld, shown here with his wife, Kellie, and their daughter, Harmony, brought together the staff of Maverick Driving Academy to teach you to safely drive our roads.

Taking to the Road

Locally owned and operated Maverick Driving Academy helps prepare teens to be safe and responsible drivers. — By Melissa Rawlins

To aid people starting a new chapter in their life, Jason Ihlenfeld set up Maverick Driving Academy. He and his instructors have all been learners before.

Well before his eight years teaching drivers education in Mansfield, San Antonio, Burleson and Joshua, even before teaching history at Kerr Middle School, Jason was a teenager learning from his father about driving a moving vehicle. The first time he drove by himself, Jason went into a downtown area. Feeling overwhelmed, he nearly caused a severe accident. Now, he tries to give all students the option to drive through a city with an instructor who can coach them all the way.

Jason and his trained staff provide a thorough drivers education with very little stress. "All of my instructors are state-certified, and I've worked with them to provide a calm, relaxing

environment," Jason said. "We keep an even tone with the kids, because we have found when the instructor is calm, the students are also more calm in the vehicle."

Jason's passion for teaching fundamentals, encouraging success and driving with confidence is evident in every interaction with his students. Certified by the state of Texas as a supervising teacher, he launched Maverick Driving Academy to teach kids the proper, correct, legal way to drive. "We teach them to really be observant of their surroundings," Jason said, "and to be defensive drivers rather than aggressive or offensive drivers."

Jason constantly watches for updates from the Texas Department of Public Safety. Starting this September, DPS will allow Maverick Driving Academy to begin testing students for driver's licenses. "They'll still have to go to DPS to get their

thumbprints and picture taken for the permit, but we'll offer the permit here, as well as the actual driving test," Jason explained. While offering parents the convenience of a one-stop shop, the Academy will abide by DPS requirements.

Instruction is accomplished through no less than 32 classroom hours and

"We keep an even tone with the kids, because we have found when the instructor is calm, the students are also more calm in the vehicle."

seven lessons in a moving vehicle. "In the classroom, we drive home that this is real life for the kids, and the decisions they make could impact others," Jason said. Their state-approved curriculum, following mandatory guidelines set by the Texas Education Agency, was developed by Jason using a wide variety of resources and promotes discussion about current events.

Maverick offers a free shuttle between its parking lot and Burleson and Joshua high schools. Each week, Maverick Driving Academy offers 100 hours of available slots, so students can find a convenient time to get in the required driving experience. Intentionally focused on skill building and preparation for all driving situations, each drive time advances Maverick's students through basic skills on all types of roads.

"We primarily focus on getting kids comfortable with entering and exiting the highway, because that is the most challenging situation for a new driver," Jason said. "We also have a proven method for teaching parallel parking."

Check Maverick's website for valuable resources parents and students will need to understand requirements for driver education in Texas. Students may use the Internet or drop in to the Academy to register for class and schedule drive times. Jason and his staff are here to help young people, and their parents, as they flip the pages of their lives. **NOW**

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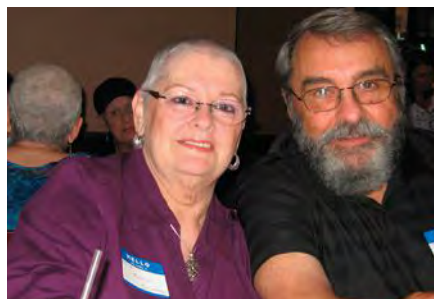
Mayor Ken Shetter speaks about the expansion of Texas Health Resources Huguley Hospital.



Lisa Miller and Dawn Harbin are some of the first to stand on the new Chisolm Trail Tollway before it opens.



Capital Title's owner, Bill Shaddock, celebrates the opening of Burleson's company with branch manager Dana McDonald and escrow officer Tere Arnett.



Marie and Terry Bomgardner enjoy gathering with almost 25 other Birds of a Feather, who support each other as they heal from cancer.



Jerry McCord, security manager for Rustic Creek Ranch, cleans one of their three fire trucks in preparation for the Burleson Lions Club Independence Day parade.



Beverly Powell was honored with a Pillar of the Community Award at the Boots and Suits Ball 2014.



Addisyn Hayes, Hannah Stevens and Sydney Stacy help raise funds for the BYA 8U All Stars.



Kimberly Elmore and Nikki Haberstroh celebrate the groundbreaking for Texas Health Resources Huguley Hospital's new building.



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You can help make family trips more enjoyable by taking a few simple steps to reduce the possibility you will become an easy target for thieves who prey on tourists, or that your home will be robbed in your absence. Following some simple precautions can make your family vacation a memorable one for all the right reasons.



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- Ask a neighbor to park in your driveway overnight — anything that might suggest someone is home.

Make sure you don't pack unnecessary items, and that your valuables are protected:

- Clean out your wallet or purse before you go; take only essential credit cards.
- Carry your purse close to your body, or wallet in an inside front pocket.
- Pack as lightly as possible. Lots of heavy, cumbersome bags will slow you down and make you more vulnerable to getting robbed.
- Keep a separate record of the contents of checked luggage. Keep anything of value, such as medicine and jewelry, in a carry-on that stays with you.

In unfamiliar locations, you and your family should try to blend in with the crowd and not look too much like tourists:

- Don't display expensive jewelry, cameras, bags and other items that might draw attention.
- Check maps before you go out, so you can tour confidently.
- Stick to well-lit, well-traveled streets at all times.
- Leave an itinerary of your trip with someone at home in case you need to be contacted. Carry an extra passport photo with you, just in case you need to replace a stolen passport.
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Source: Insurance Institute for Highway Safety Fatality Facts 2007-2009. Allstate Fire and Casualty Insurance Company © 2012 Allstate Insurance Company

July 4

Independence Day celebration: 9:00 a.m.-11:00 p.m., Old Town Burleson and Chisenhall Field Sports Complex. Start the day by waving your flags at the 10th Annual Burleson Lions Club Fourth of July Parade. End your day with a dramatic fireworks display and a concert by Metal Shop, hosted by the City of Burleson. Visit www.burlesontx.com.

July 7 — 12

Exploring with Our Creator: 9:00 a.m.-noon, Iglesia ASD Hispana de Burleson, 335 SW Thomas St. Vacation Bible school focusing on the gospel as seen in the seven days of creation, for children 4-12. Free book. Call (817) 382-7174 or write to burlesonebv@yahoo.com.

July 10

Drumming with David Cox: 10:30-11:30 a.m., Burleson Public Library, 248 SW Johnson Ave. Free class provides information about West African music and culture, while providing participants chance to play a drum and/or hand percussion instrument. A drum circle teaches important skills in teamwork, self-expression, listening and communication. Contact (817) 426-9204.

July 13

Equine Connection Open House: 2:00-8:00 p.m., Wings of Hope Equitherapy, 4200 CR 806, Cleburne. Ask questions about equine assisted counseling; tour pastures, counseling cabin and play therapy area; meet and interact with therapy horses; participate in demonstration of equine assisted counseling. RSVP to Hallie Sheade, (682) 334-3784.

July 14

Metro Beekeepers meeting: 6:30-8:45 p.m., Cana Baptist Church, 2309 E. Renfro St. Novice and expert beekeepers in Texas will enjoy learning from each other at Metro Beekeepers meetings. Visit www.metrobeekeepers.net.

July 17

Birds of a Feather: 6:00-8:00 p.m., Antonio's, 344 SW Wilshire Blvd. Women surviving cancer of any kind, and their friends, meet every other month at a local eatery and connect with one another. No speakers or presentations. Just food, fun and fellowship. This is a great way to support your sisters in survivorship and have fun. Contact Colleen Hayes, The Center for Cancer & Blood Disorders, (817) 759-7077.

July 25

Power of Heels: 11:30 a.m.-1:00 p.m., Texas Health Huguley Amphitheater. Network, learn and enjoy a healthy luncheon. RSVP to (817) 295-6121.

July 29

Summer School: 3:00-5:00 p.m., Lost Oak Winery. Two in-depth presentations on sales and marketing plus business management. \$25 per person. Sponsored by Charter Business, Couch & Russell Financial Group and Lost Oak Winery. RSVP to the Burleson Area Chamber of Commerce, (817) 295-6121.

August 4 — 6

Back-to-School Vacation Bible School: 9:00 a.m.-11:30 a.m., Joshua Church of Christ, 110 N. Main St. Grades pre-k all the way to teens are welcome to this free VBS, with bible classes and activities themed The Race is On! Run with Jesus Every Day! Free school supplies for perfect attendance. Registration **Saturday, July 26, 1:30-2:30 p.m.** Call (817) 229-4828.

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

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In the Kitchen With Raphael Mthombeni

— *By Melissa Rawlins*

At Russell Farms Art Center, Pastor Raphael Mthombeni sustains high-yield, organic produce using raised beds, mulch and a bucket-drip water conservation system useful in drought situations. “When food prices go up, so does the need to supplement by growing gardens,” he said. In Burleson, he operates Great Grace Care to sensitize people to the need for growing healthy food while raising money to drill wells and plant crops in his home country. At 12 years old, Pastor Raphael started cooking common Southern African recipes, like those below, for his family of six brothers and their mother. Now, he and his wife prepare fruit salads, fresh vegetables, American and Southern African side dishes and entrees for their family of five. **NOW**

Isitshwala (Grits/Thick Cornmeal Porridge)

4-5 cups of water
3 cups of cornmeal or maize meal

1. Pour 4 cups of water into a medium-size pot and bring to a boil.
2. Using a whisk, stir in 1 cup of corn meal, until smooth. Continue stirring to keep porridge from sticking to bottom of pot; add additional water, if needed. Cover; simmer for 5-10 minutes over medium heat.
3. Stirring with a wooden spoon, gradually add remaining corn meal. Stir vigorously, cooking until thickened. Cover; simmer for another 5-10 minutes.
4. Serve with beef stew, chicken or green vegetables of various types.

Beef Stew

2 lbs. beef, any cut

3 cups water (divided use)
1 onion, chopped
2 Tbsp. cooking oil
1 tomato, chopped
1/2 tsp. salt

1. Cut the meat into reasonably small chunks and rinse. Place meat into a medium-size saucepan with 2 cups water. Cover and boil over medium-low heat until all water evaporates.
2. When dry, add onion and cooking oil. Fry until meat is brown.
3. Stir in tomato. Add remaining water to make stew. Cover; simmer for 5-10 minutes. Add salt just before serving.
4. Serve with Isitshwala, hominy and vegetables of various types.

Green Vegetables

5 large collard greens leafs
(or 1 bunch spinach or 1 head cabbage)
1 medium onion, chopped

1/3 cup oil
1 large tomato, chopped
1 tsp. salt

1. Wash and finely chop greens. Boil for 5 minutes; drain and set aside.
2. Fry onion in oil until tender; add tomato, salt and greens. Stir to blend; simmer for 10 minutes.
3. Serve with Isitshwala.

Samp (Hominy)

1 28-oz. can samp (hominy)
4 cups water
1 Tbsp. butter
1/2 tsp. salt

1. Wash samp (hominy). Combine with water in Crock-Pot; cook for 3 hours.
2. Add butter and salt. Cover and simmer for 5 minutes. Serve with stew, chicken, green vegetables or milk.

Ibhobola (Pumpkin Leaves)

1-2 lbs. pumpkin leaves (or collard greens)
2 cups water
1/2 tsp. salt
1/2 cup peanut butter or heavy whipping cream

1. Peel off rough skin from leaves and wash well. Chop into small pieces. Boil in water with salt until soft; drain.
2. Add peanut butter or whipping cream, mix well and cover. Simmer for 5 minutes.
3. Serve with Isitshwala.

Inophi (Soft Melon Porridge)

1 medium-size melon (for dessert) or yellow squash or zucchini (for side dish)
1/2 cup water
2 cups cornmeal
1/3 cup sugar

1. Slice hard outer layer off melon. Remove seeds. Cut into soft slices.
2. Place melon in medium-size pot; add water. Cover and cook for 1 hour over medium heat.
3. Whisk cooked melon until softened to liquid.
4. Gradually add cornmeal, 1 cup at a time, stirring with a wooden spoon until well-blended. Add sugar. Cover; simmer for 5-10 minutes.
5. Serve as is or eat with fresh milk or buttermilk.



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