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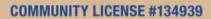
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Just a few of the folks keeping the Granbury Wine Walk on track.

Photo by SRC Photography.

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Enhance your property and enjoy yourself in your own backyard kitchen.



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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 279-0013 or visit www.nowmagazines.com.



Editor's Note

Hello, Friends!

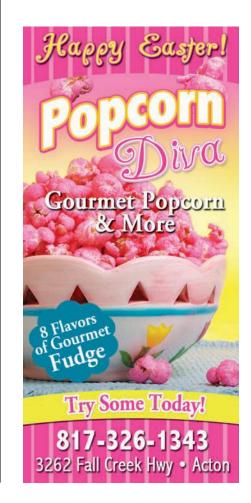
Thanks to my bleeding heart, the majority of this spring's tax refund will go to veterinarian bills for my multiple rescue cats and dogs. In years past, I pronounced my commitment to keeping only one of each as a pet. Now in mid-maturity, I find myself with six felines and three canines! Plus chickens! Rather than feeling their burden, I'm blessed by their devotion — as well as their beauty.

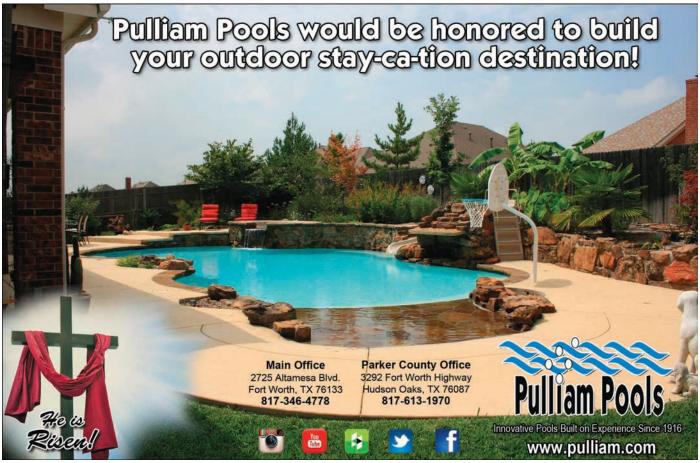
Sunshine glints off a Black Australorp's feathers, bringing out a green sheen. Birdsong sets the backdrop for a relaxing break from reality while I watch Rhode Island Reds roll in their dirt bath, and then fluff and preen. New grass softens the bounce of fluffy calico sisters wrestling, kissing and grooming in the soft evening breeze. And coal-black eyes deepened by trust glance my way, as if to say, "Everything is OK!"

To life!

Melissa

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Tiberia, Sissy Andrews, Kim Fancher, Ken Hackett and Jaine Jones are just a few of the folks who make the Granbury Wine Walk a success. - By Melissa Rawlins

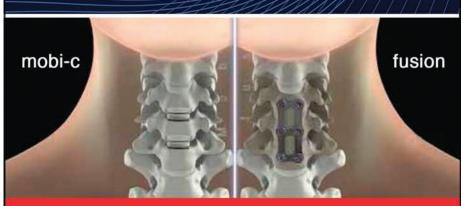
"With growth comes *change*. With change comes *redirection*."

Six years since the first Granbury Wine Walk, the festival produces more flavor than ever. Yet the founders' vision remains. When Kim Fancher brought the idea of producing a wine-centric festival to Lawrence Tiberia — who prefers to go by his last name — and Sissy Andrews, the energetic duo at Barking Rocks Winery, she was simply trying to show off the town. 'John Henry Luton of First National Bank offered some sponsorship and corks started flying," Tiberia said. Offering the opportunity to Texans who wanted to showcase their wine, cheese, music and art, the group did not charge booth fees in the beginning. 'We wanted to partner with vendors, have them bring their best wine and be like, Wow, why don't they do all festivals like this?'''

"Now we have a waiting list for wineries, and a jury for the finest food, art and music," said Sissy, treasurer for the Granbury Wine Walk from its inception. Thanks to people drinking wine downtown every April, the not-for-profit invests in Hood County charities and scholarships. Last year, they gave away over \$30,000. Maintaining funds for when catastrophes hit, they were able to give an additional \$8,000 to help tornado victims in 2013.

Tiberia and Sissy are friends with everyone they do business with, and that's as much by design as it is the happy result of winemaking. At the turn of the millennium, they had aspirations about growing their business into distribution. "Yet it's a much different kind of experience when you sell your products to others to sell, than it is when you sell your product to others to enjoy. One's about relationships, the other is about

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900 Ninth Ave., Suite 201 Fort Worth, Texas 76104 817-870-5094 margins," said Tiberia, a first-generation American of Italian descent who came to Texas from New York in 1977 on a train with no intentions beyond adventuring. "Dad worked for the railroad, so I could ride the rails free. I got off a train in Cleburne with a backpack and a guitar, met some nice people, started doing nice things, and the rest is history. Opportunities came my way, leading to a life that was very pleasing to me."

Looking back, Tiberia knows there are probably places he lived previously that were more suitable for his personality and interests. He loved the mountains of Vermont, for instance, but the warm Texas sun just felt right. Tiberia goes barefoot, almost everywhere, usually slipping on a pair of Chacos. He enjoys the Brazos River lifestyle, is very



interested in agriculture and is, as are many artists, an experiential learner who's extremely hands-on. When you call the winery, you might catch him fixing his own chain saw.

He operates in the midst of the Andrews Addition, an established neighborhood on the banks of the Brazos River about a mile north of downtown Granbury. Here, he established a bachelor's cabin in the late '70s, but it was TXU where he first made his living. Having studied business, his corporate experience began in the accounting department, but his superiors realized he was better with people and assigned him to human resources and performance management. Indulging himself in relationships and experiences, Tiberia made wine as a hobby, growing grapes with a good friend at a vineyard site in Glen Rose. His neighbor, Sissy, owned a home in the area, which had

been originally owned by her grandfather, Dirge Andrews. She taught school for 30 years, her last fifteen as a physical education instructor in Granbury. After she and Tiberia got together, their interests shifted from corporate America and education to wine.

"I'd always shared my wine with others and had separation anxiety with my product when I started charging for it," Tiberia said. "That did not feel good," he added. He couldn't stand behind a bar and take money, so Sissy took that task. "The efforts had always been around friendship, and all of a sudden, when winemaking was a business, it was the beginning of a change."

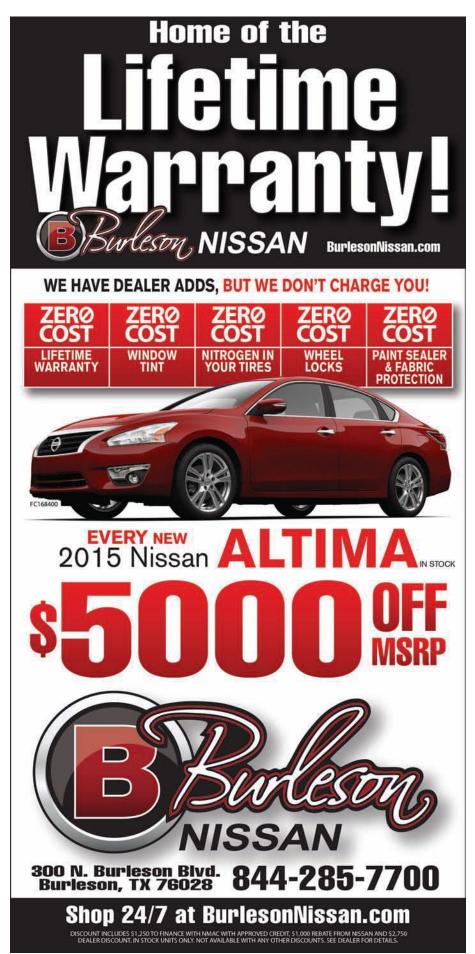
With Sissy's help, wine has put Tiberia deeper into the community than ever. Their phone rings frequently to support programs benefiting people in Hood County. "Every week there's another opportunity to become part of the bigger picture," Tiberia said. "I do as many of these gigs as I can, because we're all about the community."

The Granbury Wine Walk's designers



envisioned people walking through and around the Square to discover new wines. Thousands of people wander around and go into stores during the festival — benefiting not only the wineries and vendors, but also our local economy. Over the years, guidance and elbow grease has come from an everfluctuating board that has included: Kim Fancher, Jim Leach, Philippe Mottier, Josh Winters, Ken Hackett, Heather Cleveland, Elise Techentine, Joel Back, Nancy Pricer, Amy Winters, Gail Joyce, Beth Dalton, Reda Kay and Janie Jones.

"The environment we've created is magical," Tiberia said. Each of the five wine-tasting clusters set up around the Square have a unique flair, depending upon their vendors and the space they occupy. Whether a 150-year-old



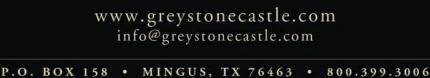




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cobblestone alleyway, a sculpturefilled lawn or festive spaces closer to the courthouse, five individual festival experiences offer wine, music, food, art and fun. Making their way from one cluster to another, people find others sitting down relaxing, having a glass of wine, listening to music. Some owners of established wineries break the understood norm on the festival circuit and man their own booths just for the opportunity to relish Granbury's springtime ambience.

Except for their first year, when Sissy and Tiberia set up Barking Rocks Winery behind the Nutshell Bakery in the former Opera House property, the duo has served their wines from a booth at the Langdon cluster. This year, they're shifting their location to the cluster at Red on the Square. By relocating wineries this year, the organizers are hoping to provide a more full experience for participants and patrons.

"With growth comes change. With change comes redirection. Before you know it, you're not even headed where you were going. Yet we're still on track," said Tiberia, recalling all the groups and individuals — from the state, to the city of Granbury to the Historic Granbury Merchants Association — who laid foundations for the success. "It takes forward-looking leaders to push the envelope and make something like this happen."

With Sissy and Tiberia ever-present on the board of the Granbury Wine Walk, creative ideas will continue to flow. "I'm not satisfied with life unless there's something new going on," Tiberia said, lifting a glass of an obscure Italian varietal he and Sissy think just might grow well on the banks of the Brazos. **NOW**



AT HOME WITH Terry and Qujette Cone

EXTRAQRDINA



— By Melissa Rawlins

ecial

Qujette did not know she was marrying an artist. While falling in love 45 years ago with her church-going young naval petty officer at her parents' kitchen table in San Diego, it was easier to note Terry Cone's engineering mind. Terry's sights were as much on this Baptist girl's far-sighted, practical nature, as on her attractive personality. Their compatible values and mutual devotion served them well and are visible to all, especially guests welcomed into the home they built nearly 14 years ago on Comanche Peak. Terry designed it almost like a church, with a frame structure so rigid you could take any wall out of it and the roof would be stable. Providing total flexibility with interior space, the Cones' home represents two hearts brightened by love.



RILY



Even in subtle details, Terry and Qujette's light shines through. Her protective concern for their then-infant grandson, Ian, prompted Terry to create an entryway and stairwell railing made of glass blocks lighted from inside. "I envisioned Ian being over here all the time, and a regular railing being dangerous for this child," Qujette said.

"That was her design parameter, so

this was my solution," said Terry, who is an architect trained to meet clients' requirements. The ambience resulting from glowing glass dividing multiple spaces welcomes guests to relax.

When Qujette's piano students arrive early, they quietly await their turn west of the lighted stairwell. They can either play chess or checkers at a table with scrolled legs or read in an aubergine, microfiber



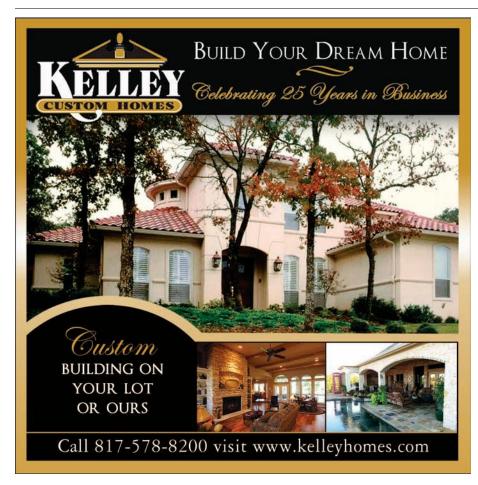
chaise lounge situated atop a rug with shades of eggplant and black. From this couch, it's easy to spend time with *Live Your Life in the Joyful Light*, Qujette's prized art glass sculpture by Cynthia James. She also prizes her piano, bought from friends, and an antique pump organ like the one on which she first learned.

Family souvenirs fill the adjoining master bedroom. Atop dark hand-scraped floors she set a '70s-era couch, a trunk once belonging to her grandmother and a chair from Terry's aunt. "I have always appreciated things others have valued," said Qujette, whose mother's dolls are arranged in vignettes, with antique tables and lamps, on the mezzanine above the bathroom and below the 18-foot ceiling. The dolls look down at the mural painted by a friend on the wall behind the bed. "Instead of a headboard, I wanted one of my favorite Scriptures, Psalm 46:10, because I'm never still, and I have to be reminded every

day to be still and know that the Lord is who He is."

Terry focused on his wife's parameters when building her dining table. "She wanted to seat eight people, comfortably, so that determines where the legs really need to be," he said. "She wanted it to have an appeal without using a tablecloth, so the surface is obviously an important feature." Incorporating a steel frame he welded to hold the weight of the chocolate-brown marble squares he bought at Home

Depot, Terry created an attractive, durable table that Qujette surrounded with chairs she found for a steal. "Terry recovered them with fabric I found," she said. "Tm







"Our home's atmosphere is designed to reflect that we love the *Lord* and depend upon Him for everything."

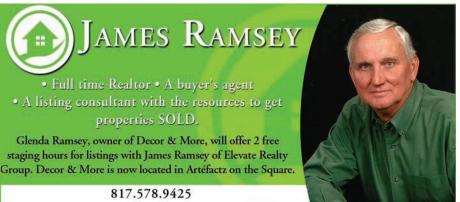






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really happy with my table and chairs that we crafted together."

Here, friends, family and members of the community enjoy hearty meals in the midst of strategically placed windows allowing almost 180-degree views of Granbury. The Cones have hosted fundraiser dinner parties for organizations like Granbury Christian Women's Connection, Acton Baptist Church or Brazos Pregnancy Center. "It's been a blessing to use our home that way," said Qujette, who especially enjoys the slatelined butler's pantry Terry placed between the dining room and the kitchen.

He designed the 900-square-feet living area, divided into three different seating and conversation areas, for entertaining groups of up to 60. Filled with mementoes from friends and family, the Cones' nontraditional home sets the tone for everything from intimate rejoins to family reunions. Qujette enjoys parties. Thirty people were feted for Terry's 60th, 50 for Terry's cousin's 70th and 40 for the surprise party celebrating Qujette's mother's 80th birthday.

Their kitchen is as unique as the rest of the house. The only refrigerator visible is tiny, glass-fronted and tucked underneath the black granite squares forming the countertop. "For hosting buffets, you need lots of counter space," Qujette said, and so the large refrigerator is in the pantry. The couple installed inexpensive cabinets customized by Terry, who cut holes in their doors and installed glass so Qujette could see her pretty Fiesta ware. The modern, grey-green walls are highlighted by a colorful, hand-painted mural of the fruits of the Spirit, punctuated by glass windows on all three walls of her kitchen. It's hardly possible to forget this beautiful home is built on a Texas hillside.

Terry intentionally preserved the native, rustic and effortless feeling of life amidst

J. Douglas Overbeck, M.D

the cedars. Initially he poured blood, sweat and tears into this home. He dug, formed and poured the foundation himself, and later he and their sons laid all 1,700 square feet of tile, as well as the glass block. Terry also installed quite a bit of the electrical and some of the plumbing. "Our boys and I did the Sheetrock, all the painting and finishing work, the cabinets and the countertops," Terry said. He perennially fiddles with projects here in the house and out back, where he likes to mess with old cars or even a sailboat.

Designing their home for their lifestyle, the Cones' very personal investment began with the challenge of building on a hill. Terry's approach was to set the main floor level roughly equal to the street level. Without digging into the hill, he supported the three-level house with steel columns that sit on concrete piers. Under the back



patio, where the couple enjoys tea with Bible study on warm mornings, there are 15-foot columns extending to the ground whereas the slope near the front door is next to nothing.

Still, Qujette's garage was is the lowest level, below the second level containing two extra bedrooms and a laundry room. When designing the house, Qujette told Terry she did not want to lug groceries that many levels up to the kitchen, and so he engineered a dumbwaiter. She is able to park in the garage, unload groceries into the dumbwaiter, walk upstairs and press a button. Groceries appear in her kitchen.

"Our home's atmosphere is designed to reflect that we love the Lord and depend upon Him for everything," Qujette said. Expressing their devotion for each other every day, the Cones have succeeded in making each other — and every guest feel extraordinarily special.





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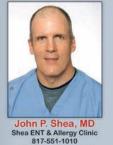
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Outdoor Living

Texas St

— By Carolyn Wills

Understandably it's no surprise Texans have long loved the joys of cooking and eating "out." Where else (OK, besides California) is the climate so conducive to outdoor living and the people so inclined to share great weather and food with family and friends? Texas is where perfectly prepared barbecue reigns as the undisputed goal for bragging rights, the governor's inaugural celebration fare and clearly the all-time favorite at holidays, family gatherings and Western-style weddings.



Even our original and beloved TV show, *Dallas*, is credited with affecting America's outdoor cooking. According to www.lagrillislands.com, when the Ducane Company, a grill manufacturer, was asked to create a special island grill for the wealthy oil-drilling and cattle-ranching Ewings, their prefab design, consisting of dual grills surrounded by spacious counters, not only fulfilled the Ewings' needs but resulted in a huge demand from homeowners, which in turn, led to a whole new product line for the grilling industry.¹ The original *Dallas* series aired from 1978 to 1991, and today, that special prefab grill remains a backyard standard for many outdoor cooks.

Dallas, though, is not alone in its influence. Today, broadcast channels like HGTV and DYI Network have introduced homeowners to the bigger, brighter, fancier world of fully functioning outdoor kitchens.

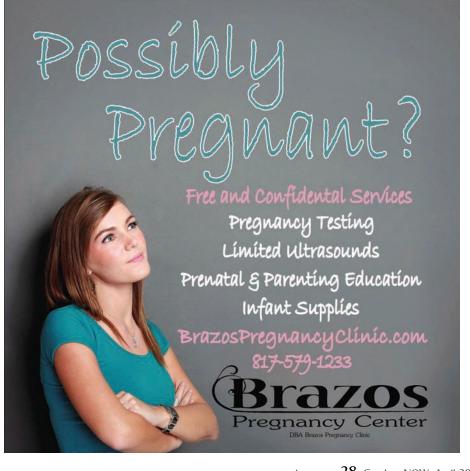


Outdoor kitchens, aka patio or summer kitchens, have been around for decades, but according to www.outdoorkitchenfranchise.com, it took a collapsing housing market to spark their super surge in popularity. In the mid-2000s, the housing market plummeted and many homeowners saw the wisdom in and even necessity of staying home, remodeling. In the process, they realized the advantages of outdoor living, especially in climates like Texas.²





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In a 2012 Residential Trend Survey, the American Society of Landscape Architects found America's infatuation with outdoor kitchens is continuing. So, what's it all about, then, this interest in cooking, dining and entertaining in the wide (or not-so-wide) expanses of the backyard?

First, the Downsides:

• An outdoor kitchen is forever linked to weather conditions.

• Kitchenware and appliances can suffer from exposure and, potentially, are also vulnerable to theft.

• Noise, smoke and odors might challenge neighbors.

• Depending on layout, materials and features, an outdoor kitchen can be costly to build, and without careful consideration of standards, values and market conditions, their end return could prove negligible.

• Costs are not declining. From a few simple features to a chef's dream, outdoor kitchens range in cost from \$3,000 to upwards of \$100,000. According to *The Wall Street Journal*, highend outdoor equipment manufacturer, Kalamazoo Outdoor Gourmet, says their average outdoor kitchen built in 2012 cost \$40,000, up from \$30,000 in 2010.³

Now, the Upsides:

• Outdoor kitchens are fun, which is the No. 1 reason to have one. They encourage time outside, cooking, relaxing with family and friends, swimming (if there's a pool), watching TV, having parties or intimate dinners and enjoying food that can only taste so good because



it's cooked outside. Let's face it, nothing compares to the flavor of a grill or an outdoor pizza oven.

• They add to a home's livable space and entertainment options.

• They help equalize cooking duties and encourage group participation with meal preparation and cleanup.

• They engender a certain pride of ownership. With luck, when it's time to sell they become a hot selling point with potential profit on investment, or at the very least, an extra drawing card for potential buyers.

• They keep heat, smells and mess outside for lower utility bills and a cleaner house.

• In North Texas, they offer yearround use (well, maybe a little less in August and September).

What You Need to Know:

• Outdoor kitchens designed with homeowners' needs and budgets in mind offer the greatest return on enjoyment, investment and peace of mind.

• The grill must be the star attraction.

• Hiring a contractor is a good idea. (Some projects may allow for do-ityourself skills, but professionals are needed when plumbing, electrical and gas are involved.)

• Use wisdom: Be aware of neighborhood home values, stay close to that standard and beware of overbuilding.

• Permits, codes and standards vary by city. In Texas, permits are generally required for any home improvement beyond painting or simple cosmetics. Be aware and adhere to codes and standards (another advantage in hiring a contractor).

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• When designing an outdoor kitchen, it's smart to complement the home's exterior, decorate for the comfort of the indoors and resilience for the outdoors and to pay attention to flooring, walls and ceilings.

• Within budget, it's advisable to buy top-of-the-line appliances starting with the best barbecue grill.

Today, outdoor kitchens can be accessorized to the hilt with the likes of sub-zero refrigerators, stoves, pizza ovens, bread warmers, custom cabinetry, stone work, soaker sinks, trash compactors, barbecues, espresso makers, wine coolers and kegerators. They can be shaded by a pergola, canopy or finished ceiling and accompanied by sound systems, ceiling fans, flat screen televisions, sofas, outdoor rugs, cocktail tables, fire pits, water features and fancy landscaping.

For homeowners who love cooking, entertaining and the outdoor lifestyle, the upsides of having a personal outdoor kitchen greatly outweigh the downsides. Options are endless. Building can involve do-it-yourself, budget-conscious work and the whole process can be done in stages. Texans, other than the Ewings, can also afford the joys of an outdoor kitchen, since Texas is the perfect place to have one!

Sources:

1. "Grill Islands; Your Customizable Outdoor Kitchen." LA Grill Islands. www.lagrillislands.com.

2. "Outdoor Kitchen Market Grows as the Housing Market Shrinks." Soleic Outdoor Kitchens. Outdoor Kitchen News, Outdoor Living Industry. Posted November 29, 2012. www.outdoorkitchenfranchise.com.

3. Jackson, Candace. "Take it Outside." *Wall Street Journal*, June 21, 2013. www.wsj.com/articles/SB1000142412788 7324188604578543622976022866. **FREE ESTIMATES • COMMERCIAL & RESIDENTIAL**



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Angie Grizzell named her customer-centered business for her children, Landon (aka Turtle) and Presley (aka Monkey).

Crafty Makes Happy

Trust Monkey's Monogramming & More to add your personal touch. — By Melissa Rawlins

Without breaking the bank, Monkey's Monogramming & More gives that extra special touch. Whether it's business clothing, a baby blanket, baseball cap or dog collar, Angie Grizzell will personalize it with skill. Dense stitches and clear outlines top her quality checklist.

Another service Monkey's Monogramming provides Granbury is preparing customized medals. "For instance, for the Joseph's Locker fun run, we put their logo on the disc that goes on the medal," Angie said. Her company also prepares plaques for retirements, business recognitions and other celebrations.

Trophies produced by Turtle's Trophies & Things are part of the "More" Angie creates inside her 1,500-square-foot shop in Acton. Under her lengthy counter, she keeps catalogs to help people choose the topper, color and overall design. Behind the counter, she and her crew engrave the plate and assemble the entire trophy. Last year, customers included the Glen Rose Lions Club, for their basketball tournament, and the Hood County Youth Baseball Association, as well as individuals requiring fantasy football trophies and a Boyfriend of the Year trophy.

Turtle's Trophies was named in honor of her son, Landon, whose nickname is Turtle. His younger sister, Presley, is nicknamed Monkey, hence the primary name of the family's business.

Angie has always been crafty, learning to sew from her grandmother and her father. "Not only have I always enjoyed stuff like that, but I also realized there was a need for this

Business **NOW**

business," said Angie, recalling a visit to an expired business that would not monogram her dog's collar unless she ordered 12 finished collars. "I thought, *I* can't be the only person wanting something with one single name on it.

"My husband, Sean, was supportive when I wanted to quit my job in Fort Worth to start this business. We agreed it was important for one of us to be here in town with the kids." Once they launched the business in 2008, her children spent many days with Angie at the first shop. They still come with her to the new shop, opened in 2012, but at 10 and 12 they no longer have near as much fun at Monkey's Monogramming.

Since expanding, business has improved. The additional 1,000 square feet gave Angie ample space for her five sewing machines for monogramming, plus an engraver for trophies and awards, as well as a vinyl cutter for numbers and designs on hats, jerseys and bags for teams or individuals. The simple workbench in the center, leftover from the shop formerly in this space, allows Angie and her co-worker to stretch shirts onto hoops or place large batches of caps on special mechanisms that hold the ball caps in place under the sewing needles.

Angie's not-so-silent partner, Sean, holds down the home front in the evenings when she works late. "We have that special thing between us, so the teamwork is good," Angie said. "And it makes me happy to see my customers happy."

Contacting Angie is easy through Monkey's Monogramming's website, where she displays photos of completed projects. A visit to her store is always a pleasant experience, since customer service is Angie's main priority. She assists people with finding the perfect design through her color chart, font book and design catalog. Her honest service provides high quality products at affordable prices. If you want to add something special to someone's day, visit Angie at Monkey's Monogramming. You'll learn exactly why her customers keep coming back. **NOW**



THE MAINTENANCE GENERAL I make war on those pesky chores.



Around Town NOW



Jeremy Kasell serves coffee in Paradise Bistro to Cyndi Steed and Lesa Sullivan.



Samantha Marshall and her mother, Rebecca, enjoy lunch at The Nuttshell Bakery.



Clerk Brett Carey enjoys helping manager Iowana McDearmon at Tommy's No. 9 in Acton.



In the home of Bruce and Julia Connor, Rusty Maisel displays a mini Gutenberg Press while discussing the history of the Bible.



Diane McNeely, Earnestine Potts and Chris Kucholtz find fellowship at Fuzzy's after their biblical counseling class.



Sheila Shehan, clerk at Kountry Korner for 25 years, celebrates Texas Independance Day on Granbury's historic Square.



Aleta from All Breed Grooming makes Bear look beautiful!

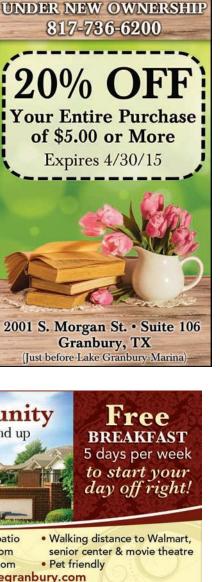


William Kittleson (with AMS Principal Jimmy Dawson) and GHS senior Sam Spradlin are honored by DAR regent Betty Gosdin for writing patriotic essays.



Taco Casa owner Tom Loughrey earned the Rising Star Award during Granbury's Best of Business gala.









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Full of cultural diversity, artistic elegance and vibrant venues, Tulsa surprises visitors with charm, friendliness and a one-of-a-kind, relaxed cosmopolitan vibe. Just a four-and-a-half-hour drive north of Dallas, Tulsa boasts an eclectic mix of big-city extravagance and small-town charm. Cosmopolitan arts like the Tulsa Ballet, Tulsa Opera, Tulsa Performing Arts Center and Tulsa Symphony Orchestra collide with the classic cowboy charisma found in the infamous Cain's Ballroom, historical Gilcrease Museum and world-renowned horse shows.

Premiere attractions like the Tulsa Zoo, Oklahoma Aquarium and Tulsa Air & Space Museum and Planetarium are destinations for all ages with interesting creatures and learning experiences to excite and educate young and old alike. Residents and visitors both appreciate unique shopping districts like Utica Square, festivals like Mayfest and Oktoberfest, fine dining, gaming, horse racing and more. Outdoor enthusiasts enjoy over 26 miles of outdoor trails winding along the Arkansas River, perfect for hiking, biking or running.

In this dynamic city, you'll find a renaissance spirit — to renovate, reinvent, revitalize and restore. Newness and change are ongoing, but the city respects and holds dear its historic landmarks. While the entire metro area reflects a broad scope of styles and vibes, downtown is a stand-alone experience. A new arena, baseball stadium, renovated hotels, restored attractions and venues, as well as the vibrant nightlife and entertainment options, create a one-stop spot for friends and family looking for fun. Downtown's anchors — the BOK Center and ONEOK Field, reflect just a portion of the nearly \$1 billion recently invested in the area.

Known for its funky vibe, the historical Brady Arts District is booming, with plans underway to create an entirely walkable arts district. A number of the older buildings have been renovated and several more are in the process, like the Mathews Warehouse, which will soon house art collections from Philbrook Museum of Art, The University of Tulsa and the Woody Guthrie Archives. The recently completed Guthrie Green brings an urban park to the Brady. Named for famous Oklahoma singer and songwriter Woody Guthrie, the park features an outdoor stage for music and films by night, while the trails, gardens and fountains provide a peaceful escape and family activities for day-time visitors.

The Blue Dome District is another center for downtown nightlife. Situated around a 1920s gas station that once attracted Route 66 travellers with its art deco-style blue dome, this district is now the place to enjoy pubs, restaurants, a vintage bowling alley or regional bands. The interesting art deco architecture of the Blue Dome district is something Tulsa is known for, ranking among the top three highest concentrations of art deco in the country, following New York and Miami.

All of this awaits visitors to Tulsa. A few days in the city will wet your whistle to return to explore the community's modern renaissance.

Copy courtesy of VisitTulsa. Photos: Copyright Don Sibley.





Health NOW



Measles Again

- By Betty Tryon, BSN

What is going on with measles? The United States was well on its way to eliminating this viral infection from this country. But today, measles (*rubeola*) is making a distressing comeback in big numbers. Recently, a visitor to Disneyland ended up bringing more than expectations for a fun-filled day. This person brought measles, which set off a reaction of contagion across multiple states and involving over 100 people. Many of those who were diagnosed with measles were directly connected to the case at Disneyland.

Over the years, there has been a steady decline in immunization rates. More and more citizens are traveling to countries that are still battling the disease. Reason dictates if you haven't been vaccinated, travel to a country with measles and come in contact with someone with the infection, you are more than likely to contract the infection and bring it home with you. Those who come in contact with you who have not been immunized will more than likely get measles, too. And, so the cycle will repeat itself until the immunization rates start to rise again.

Measles is highly contagious, which makes it so easy to catch from another person. Adding to the difficulty of contagion, measles is transmissible about four days prior to the rash's appearance. The symptoms of coughing, runny nose, sore throat, fever and conjunctivitis are symptomatic of many respiratory illnesses. Unless someone knows they have been exposed to measles, the diagnosis of measles probably will not be made until a rash known as Koplik spots appear.

Measles is not a benign illness. Thirty percent of people who get measles also develop secondary infections such as pneumonia, bronchitis, inflammation of the brain, diarrhea and ear infections. Measles in pregnant individuals can lead to premature birth or even pregnancy loss.

If you do contract measles, rest as much as possible. Take palliative measures to ease your symptoms, such as fever reducers and drink lots of liquids. Fever can be dehydrating. A humidifier can be helpful for your cough and sore throat. Check with your doctor before taking herbal supplements or vitamins for your symptoms.

If you want to eliminate your chances of contracting measles, then immunization is the most recommended course of action. If you choose not to take advantage of immunization, then please follow your doctor's instructions on what to do in case of a local outbreak. The only way to avoid the illness is to get your shots. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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Calenda

Through August 1 Bison Bison: Monday-Friday, 10:00 a.m.-5:00 p.m.; Saturday, 11:00 a.m.-4:00 p.m., Museum of the Americas, 216 Fort Worth Hwy., Weatherford. This exhibit focuses on The Magnificent Beast of the American Plains. Free. Contact (817) 341-8668 or visit www.museumoftheamericas.com.

April 3, 4, 10, 11, 17, 18, 24, 25

Ghost & Legends Tour: 7:00-9:15 p.m., Historic Square. Hear about the Lady in Red, The Faceless Girl, John Wilkes Booth, outlaw Jesse James and many others. Call (817) 559-0849 for reservations and meeting location.

April 4

Bird Walk: 7:00-9:00 a.m., Acton Nature Center, 6900 Smoky Hill Ct. Free guided hike. Bring binoculars and field guide and learn with Dr. Billy Teels. Get more information at www.actonnaturecenter.org.

Running Wild for Autism, Easter Edition: **5K**, 8:30 a.m.; **City Scramble**, 10:30 a.m., Shanley Park. The second annual fundraiser benefiting Lake Pointe Resource Center and Lake Pointe Academy. Register for both events for only \$30 per person at www.lakepointegranbury.org.

Granbury Gunslingers: 11:00 a.m.-2:00 p.m., Historic Downtown Square. Meet reenactors, entertainers and living educators dedicated to presenting the American Old West, circa 1860-1885. Call Doc Moore, (817) 371-4979.

Painting with a Twist/ Painting for a Purpose: 2:00-4:00 p.m., 715 Autumn Ridge Dr., #101. Guided painting class. \$35 per person. 50 percent of proceeds go to Paluxy River Children's Advocacy Center. (817) 573-0292.

April 6, 13, 20, 27

Music-n-Motion: 10:30-11:00 a.m., Hood County Library, 222 N Travis St. All ages welcome to syncopate books, instruments and vocals — all vital to a child's development. Call (817) 573-3569 or email cwood@co.hood.tx.us.

April 7

Opera Guild of Granbury meeting: 10:30 a.m.-1:00 p.m., DeCordova Bend Country Club, 5301 Country Club Dr., Acton. After social time, enjoy a presentation by Vicky & Mike Rogers of Cleburne's Gone With the Wind Museum. Lunch, \$13, is not mandatory but RSVP is required if dining with group. Call (682) 936-9572 to RSVP.

Candlelight Vigil: 6:30 p.m., Hood County Library. Hosted by the Hood County Child Welfare Board, the lighting of a candle recognizes the Texas children who have been abused. (817) 573-0292.

Planting and Care of Irises: 6:30-9:00 p.m., Hood County Annex 1, 1410 W. Pearl St. Master Gardeners LaNell Whitley and Georgia Blaylock will present the program, which is free to the public. Call Texas AgriLife Extension in Hood County, (817) 579-3280.

April 11

Lake Granbury Master Gardeners Plant Sale: 8:00 a.m.-2:00 p.m., Demonstration & Education Garden, behind Hood County Annex 1, 1410 W. Pearl St. Deer resistant plants, as well as perennials, succulents, herbs grasses and vegetables benefit LGMG educational projects. Call Texas AgriLife Extension in Hood County, (817) 579-3280.

Light Up the Blues Gala: 6:00-10:00 p.m., Revolver Brewery, 5600 Matlock Rd. Catered by Del Norte Tacos, the third annual fundraiser for Lake Pointe Academy and Resource Center features Texas blues music by Dave Milsap. Tickets \$50. Silent and live auctions, as well as a raffle, raise money to help provide educational and therapeutic services to children and families living with Autism and related learning differences. Please contact Madalyn Cano, (682) 936-4112, or visit www.lakepointegranbury.com.

April 14

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E Hwy 377, Granbury. Visitors are welcome. For more information, call Charlie Peoples at (817) 578-5965.

April 17 — 19

Friends of the Library Spring Book Sale: 9:00 a.m.-6:00 p.m., Hood County Library on Travis St. Used books, collectibles too, and everything is on sale to raise funds to help your library maintain a satisfying experience for readers of all ages. Join Friends of the Library, and you can shop early. Public welcome. Sunday is \$5 box day! Call (817) 219-3535 for more info.

April 18

3rd Annual Blue Bolt: **Color Run**, 8:00 a.m.; **5K/10K**, 8:30 a.m., Hewlett Park on Pearl Street. Help raise funds for Paluxy River Children's Advocacy Center in order to help heal child abuse victims, one child at a time. Visit www.racedayeventservices.org or call (817) 573-0292.

Animal Adoption Clinic: 10:00 a.m.-1:00 p.m., BBVA Compass Bank, 1807 E. Hwy. 377. Hood County Animal Control gives away free hot dogs while helping you meet your new best friend, whether feline or canine. Donations accepted. For more information, call Kaleigh Greer, HCAC, (817) 573-4277.

April 19

2nd Annual Chari-Tea: 2:00-4:00 p.m., Bentwater Activity Center, 1800 W. Emerald Bend Ct. Food, entertainment, raffles and a bake sale benefiting HALO's work to rescue homeless dogs in Hood County. \$25. RSVP by **April 12** to Lynne Green (817) 964-0333.

April 21

"Healthy Eating at Home" Healthy Woman luncheon: Noon-1:00 p.m., Granbury Resort Conference Center. Join your neighbors for lunch and learning about Lake Granbury Medical Center therapy services. Brianne Langdon, County Extension Agent - Family & Consumer Sciences, speaks about easy, quick, nutritious and affordable home cooking. \$2 members; \$5 non-members. RSVP (817) 579-2979 by **April 13.**

April 23 — 25

Granbury Wine Walk: **Thursday**, 7:00 p.m.; **Friday-Saturday**, Noon-8:00 p.m., Historic Granbury Square. Texas wineries showcase their vintages. Experience Lone Star state amenities: authentic wine, food, music and art. Proceeds benefit local nonprofit organizations. Thursday's celebrity chef event \$125; 2-day tickets \$30 on event day or \$25 when purchased in advance at D'Vine Wine, 107 E. Bridge St. Call (682) 498-3089 or Historic Granbury Merchants Association, (817) 573-5299.

April 25

7th Annual Acton Nature Run: 9:30 a.m.-4:00 p.m., Revolver Brewing, 5600 Matlock Rd. Registration fees begin at \$25 per person, when you are part of a team of five, or \$10 for children or adults over 69. Proceeds benefit Acton Nature Center. For details visit www.actonnaturecenter.org.

Spring Garage Sale: 8:00 a.m.-3:00 p.m., Acton Tabernacle. Fundraiser for Friends for Animals. Donations accepted at the Tabernacle at 4:00 p.m., Friday before the sale, or 6:00 a.m. on sale day. For more information, contact Marilyn Spivey at: friends@granburyadoptapet.org.

April 25, 26

Granbury Paranormal Expo: 10:00 a.m.-5:00 p.m., Granbury Resort Conference Center, 621 E. Pearl St. \$25 at the door. Hear from Becky Vickers, Tui Snider, Will Scoville and Amelia Kinkade. For details visit www.granburyparanormalexpo.com.

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

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Cooking **NOW**



In the Kitchen With Sally Stanfield

— By Melissa Rawlins

Much of Sally Stanfield's life has focused on foods. She was diagnosed with celiac disease in 1987. "Now, gluten-free foods are everywhere you look, but in the '90s when I was a child, my entire family and I got very creative in the kitchen." Her Grandma Elizabeth took Sally's diagnosis incredibly seriously, even concocting a safe ketchup for her granddaughter. Sally's daughter, Blaire, has also needed to eat gluten-free, although her youngest, Tanner, does not. Sally's husband, Jason, enjoys her creativity in the kitchen almost as much as she does. At the end of her workdays at Lake Pointe Resource Center & Academy, Sally's greatest fun is cooking in the kitchen with her kids — with dance parties to Spice Girls thrown in the mix. **NOW**

Dad & Lisa's Rice Crust Pizza

l egg

- $1 \ 1/2$ cups cooked white rice
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder
- 1/2 cup each your favorite vegetables, chopped
- 1/2 cup each your favorite meats, precooked
- I cup cheese, shredded
- **I.** Beat egg and mix into cooked rice.
- Add Italian seasoning and garlic powder.
 Press into a buttered 9x13-inch
- casserole dish.

4. Bake at 350 F for about 20 minutes, or until lightly browned.

5. Remove from oven and add your favorite pizza toppings.

6. Return to oven and bake until cheese has melted, about 8-10 minutes.

Mom's Creamy Potato Soup With a Dilly Twist

- 5-Ib. bag red potatoes
 gallon water
 15-oz. can evaporated milk
 stick butter
 packet Dill Dip Mix
 1/2 cups cheddar cheese, shredded
 tsp. salt
 tsp. pepper
- I bunch green onion, chopped

 Cube potatoes, leaving skin on, and place in a large soup pot. Cover potatoes with water and bring to a boil. When the potatoes are soft, pour some of the water into a side bowl. (You may want to add back into potatoes if they get too thick.)
 Add milk and butter, stirring slowly after each addition. Add half the dill dip mix. (Depending on your love for dill, you can add more.)
 Add I cup cheese and stir until melted. Season with salt and pepper.
 Using a hand-held potato masher, mash potato chunks to preferred thickness.
 Garnish with green onion and remaining cheese.

Puffy Gingerbread Pancakes

From Grandma's recipe box.

2 eggs 1/2 cup cottage cheese 1/4 cup yogurt 2 Tbsp. oil 2 Tbsp. molasses 1/2 cup brown rice flour 1/2 tsp. potato flour Dash of cloves 1/4 tsp. cinnamon 1/4 tsp. ginger 1/2 tsp. baking soda 1/2 tsp. salt

 Beat eggs until light. Add next four ingredients, beating well.
 In a separate bowl, sift together flours, spices, soda and salt.
 Combine wet and dry ingredients. Mix well.
 Cook the same way as traditional pancakes.

Blaire's Peanut Butter Bars

stick margarine
 I8-oz. jar peanut butter
 Ib. powdered sugar
 cups Kellog's Rice Krispies Gluten-free
 oz. chocolate chips
 tsp. oil
 Mix and melt first three ingradiants. Stir

I. Mix and melt first three ingredients. Stir in Rice Krispies, or any other brand glutenfree crisp rice cereal. Press into a 9x13-inch greased pan.

2. Melt chocolate chips with oil, stirring well. Pour over cereal mixture. Let cool before cutting into bars.

To view recipes from current and previous issues, visit www.nowmagazines.com.







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