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ON THE COVER

An attitude of service flows through J.C. Campbell.

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EDITOR'S NOTE



Lisa

Lisa Bell
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Hello, Granbury Family and Friends!

By April in Texas, spring is in full bloom, alongside all things that come with this season. This year is unusual since Easter coincides with April Fool's Day. I'm not sure exactly what to do with that. Easter has always been a significant day for me, personally. So, thinking of it along with pranksters and jokes somehow seems a little strange. Yet I can't help but wonder if some people thought of the resurrection as a cruel joke. In the end, those who believe find great joy in celebrating and remembering Easter isn't just about bunnies, chicks and eggs. It's about life — like the spring season itself. New life in any form reminds us the world continues, and we can rejoice.

In my family, we recently welcomed Hunter, who sleepily awaits the arrival of his cousin. She'll make her debut as my 11th grandchild in May. Life feels wondrous when you look into the face of a newborn child. It's even better when they arrive in rapid succession, which often happens among family and close friends. Their siblings and cousins already know about best friends among family, and no doubt, these two will be cousin-friends. Admittedly, I'm glad I don't have to wake up in the middle of the night with them. But I am grateful this month, as I ponder the awe of new life everywhere.

Happy April!

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LIFETIME

J.C. Campbell loves his country, and when he has a chance to prove so, he doesn't have to be asked twice. It all began with serving in the Korean War as a teenager and has continued through every opportunity he has been given to serve his community of Granbury.

He joined the Naval Reserves while still a senior at Irving High School. And while that wasn't uncommon, he didn't wait to be drafted into the Navy full time once his best friend was selected. "At one of our reserve training meetings, we were advised that there was some sort of conflict overseas

THE OF SERVING

— By Rick Mauch

in a place called Korea,” he remembered. “No one seemed to know too much about this place. My good buddy and I made the agreement that if one of us got the call, the other would sign up at the same time, so that at least we could go to boot camp together. About two weeks later, my buddy, Sonny Barlow, received his orders. So, like a good friend would, I marched in and signed my papers that put me on active duty.”

A little bit later, Sonny was sent home with a medical discharge. J.C., being a good soldier, served a couple years in Korea as a boiler tender on his ship, the U.S.S. *Frank E. Evans*, also known as the *Gray Ghost*. He still has a painting of it hanging in the den. “I turned 20 somewhere in the South China Sea,” J.C. said. “This experience was what I needed to help me grow up and to appreciate what my country meant and means to me now. I had never traveled much before my tour in the Navy, and I took my country for granted. After that tour, I had a different perspective of what most people of this world can only dream of having.”

J.C. might have stayed in the service longer. However, they couldn’t meet one of his requests. “I said, ‘If you can’t send me on an around-the-world cruise, send me home,’” he said with a grin. “A few years later, they went around the world.”

But J.C. had other things in his life to get to. Most notably, getting married to his wife of 59 years, Sylvia, whom he met while attending North Texas State University (now the University of North Texas). They wed in July 1958. She finished coursework one week, and they married the next. She actually graduated six weeks later, keeping a promise she made to her parents. She also dispelled her dad’s belief that back then, girls went to college only to find a husband.

She was from Granbury, where her dad was a judge. They moved there from Haltom City in 1960 when their first son, John, was 6 weeks old. “J.C. wanted to move here. It was his choice,” Sylvia said. “When he found out we were expecting a child,



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he came in and said, 'We're moving to Granbury.' He didn't want to raise children on the north side of Fort Worth, but I wanted to live in Fort Worth."

Now, almost six decades later, J.C., 85, and Sylvia, 80, agree moving to Granbury was the best thing that ever happened to them. She worked almost four decades in the Granbury ISD as a teacher and administrator, and he worked at Convair Aeronautics/General Dynamics, Ling-Temco-Vought and Lockheed Martin.



J.C. also owned his own design company for two decades. He noted proudly that they created the current Lions Club logo and the logo for the fire department patch that is still in use today, both featuring the historic Hood County Courthouse.

Both J.C. and Sylvia became involved in community service. She was in the Lions Club and frequently took him as a visitor. He grew tired of being introduced as a guest and joined. Among his favorite involvements is being a part of the Granbury Volunteer Fire Department since 1978. He still remembers vividly the day he joined. "It was July 4, 1978. There were a lot of fires that day," he said. "Some guys came by and saw me. They said, 'We need firemen.' I said there was none around. They said, 'Jump on, and we'll make you one.'"

The couple had two more sons, Jerry and Joel. "They all grew up in the fire department," Sylvia added.



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J.C. served on the City Council from 1971 to 1992, resigning when he and Sylvia moved outside the city limits. He's been a member of the Masonic Lodge since 1962, served on the board of directors for the Hood County Committee on Aging, served with the North Central Council of Governments for nine years and currently serves on the Glen Rose Transit System Board, the Hood County Development and Compliance Advisory Board and on the Hood County Hospital Board.

Among the many awards he's won, J.C. is most proud of winning the 2013 Howard Clemmons Award. It's presented for unselfish dedication and devotion to the Granbury/Hood County community. "I feel like I need to give back to the community. They helped us raise our boys," he said. "They have done so much for us."

And a project that is dear to his heart is being president of the U.S.S. *Frank E. Evans* Association, Inc. It's devoted to the memory of his former ship, which was cut in half during a collision with the HMAS *Melbourne* in 1969. "Every year we have a memorial service that reminds us of the lost 74 (those serving on the ship at the time)," he said. "We're going to Branson, Missouri, this year. We've been to South Carolina, and next year, we plan to go to South Dakota. We'll be in Long Beach, California, in 2019, for the 50th anniversary."

Ironically, J.C. is also on the federal government's draft board for life. Yes, there is still a draft board. "You're still supposed to go down and register when you turn 18, but I'm not sure they all — young men between 18 and 25 — know that," he said, chuckling. "I think it's great if you've got good leadership like we have here with the Granbury Junior ROTC. When I went in, I didn't know what I wanted to do, but it sure has helped make a difference in my life." **NOW**

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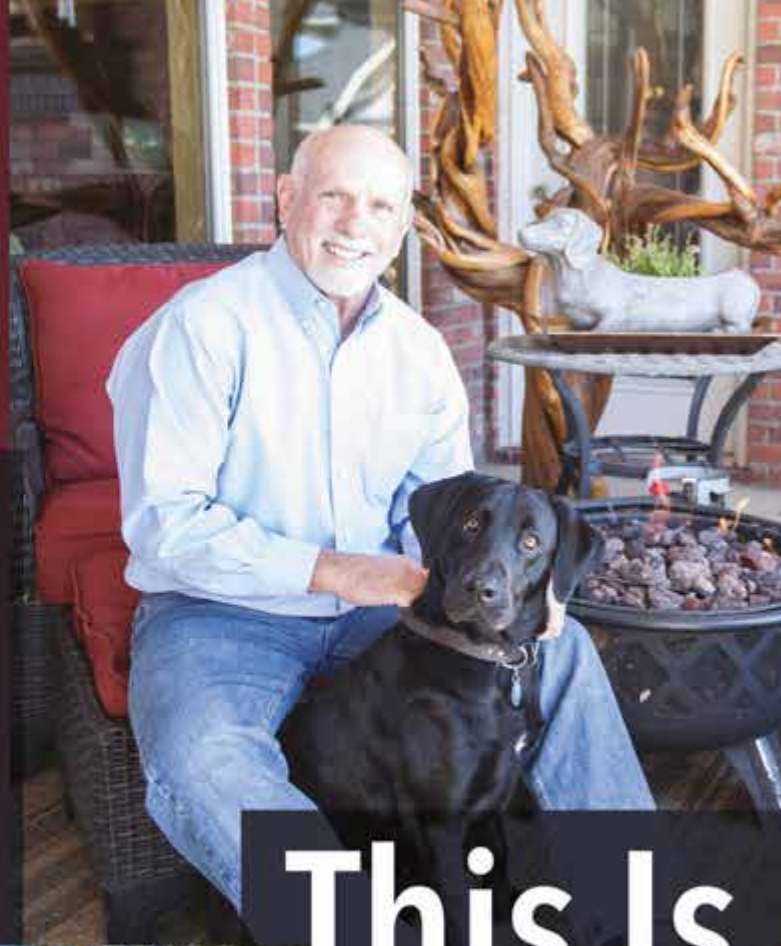
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At Home With Paul and Angela Parker



This Is the



Immediately upon entering the home of Paul and Angela Parker, guests are greeted with an overwhelming sight. The view of Lake Granbury is one a person could watch for hours. But if they do, they are missing a lot. The rest of the house has a lot to offer guests, as well. "If I were building a house this is what I would have built," Paul said. "You walk in and boom! I replaced three smaller windows with five picture windows. I said, 'I like it, but I want to open it up.'"

Paul bought the home in 2006, as a place to get away from his weekday home in Grapevine. He moved to

Granbury full time in 2008 and met Angela in 2011. They've been married almost two years.

Though Paul, who previously had a place in Indian Harbor from 2003-06, fell in love with the current place largely because of the view, he made some changes. For example, he added a couple of brick archways to the few that were already in the home. Also, something had to be done about the dominant color throughout the home. "The whole area was white when he got it," Angela said, "white carpet, white tile, even the walls."

Now, the cabinets are cherry-colored and hardwood floors are prevalent throughout most of the home. "It makes it great when people come in from the lake or the pool," Angela said. "We are constantly entertaining. It's nothing for us to have 10-15 kids out here on any given weekend." Paul, 63, and Angela, 50,



One

— By Rick Mauch

each have three children. They also have two grandchildren.

The living room is spacious with a large fireplace to match. It features a large shelf filled with family photos, including one of Paul when he was only 2 or 3 years old dressed in a cowboy outfit. "I found these photos, and I said, 'They are not staying in a drawer,'" Angela said.

There's also a prize clock on an adjacent table. Paul has several in his collection scattered throughout the house, but the table on which this one sits is a family heirloom. It was passed down to Paul, a middle child,



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who will pass it on to his middle daughter. The date/calendar clock from 1890 still works, if it's wound on a weekly basis. "It's very accurate," Paul said. "But it doesn't account for leap year."

Paul's office also has numerous pieces of memorabilia. On a shelf is a collection of whiskey and beer mementos, including miniatures of the famous Budweiser Clydesdales

pulling the famous wagon.

The dining room features a marble-topped table. It also has white columns for support, with seating for eight. The workout room has modern equipment, but the walls have some nostalgia in the form of pictures of Corvettes. Paul used to race them, and Angela has owned three, including the 50th anniversary Z06 red model in their driveway with

only 4,700 miles on it. "I started out racing Volkswagens in 1972 in high school," Paul recalled. "Then I drove a Camaro for a year."

After that, he drove Corvettes until 1982. He got out of the sport because of time constraints. "Back in those days, they had national events only once a month, which required quite a bit of travel," he said. "Now, they're every week. It's hard to make a living,



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but there is more money these days.”

On the wall is a framed article from 1998 about Paul when he was in the salvage business. It's more than just a magazine story, however. “They shot a *Walker, Texas Ranger* scene in my backyard, basically, a fight scene,” he said. “They sent a photographer who talked to me.”

Today, Paul builds warehouses and parking covers and leases them. Angela moved her State Farm Insurance business from Arlington to Granbury in October. She has worked for the company in a variety

of roles for more than two decades, from adjuster to sports marketing. “I had to go to all the events and sit in the booth (luxury box). Tough job,” she said with a smile. “I loved it.”

Paul is from North Richland Hills. Angela is from Canyon, where she was a multi-sport athlete who made numerous appearances at state competition, graduating from West Texas A&M and running track and cross-country at other colleges.

The back porch has an enhanced view of the lake. It also offers a serene daily opportunity. “There’s

nowhere better than that chair to sit and have your morning coffee,” Paul said.

Nearby, there is a swimming pool. The boat shed, of course, has a 25-foot boat docked (they have two more stored elsewhere) with a pair of jet skis. Under the patio cover is seating for several on a sofa and a couple of chairs. There’s also a large screen hanging television. “We call that our favorite room in the house,” Paul said.

Visitors always ask about the odd-shaped item on the far side. The “Redneck Christmas Tree” is a stained and twisted tree, complete with some decorations. “It was my dad’s, and when he passed, we couldn’t get rid of it,” Angela said.

Sort of like they said they will never leave their dream home. After all, when you find the right place, it’s where you want to stay. “I wouldn’t have moved my business here, if we hadn’t committed,” Angela said. “This is the perfect place for us.” **NOW**



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More Than a Museum

— By Lisa Bell

The melancholy whistle of a train seldom disturbs Granbury residents. Although a few still pass through town, they no longer stop. Yet the historic train station stands as a reminder of the not-so-distant past. Melba Hoover, Yvonne Ables and Karen Nace are three of the volunteers who preserve some of Granbury's history.

As recently as the 1970s, passenger trains continued picking up and dropping off people at the old train depot. In the 1980s, trains no longer hauled passengers, but they still delivered freight. Cotton and cottonseed oil, watermelons and then peanuts and pecans made their way through the old building located just off the square, near the post office. Today, the Depot is owned by the CenTex Rural Rail Transportation District and leased to the city of Granbury. Sublet to the historical/genealogical organization, volunteers take care of the building, hold tours, preserve a mismatch of historical documents and

offer assistance to those looking for ancestral hints.

Melba divulged that her ancestors lived here "since before Adam," while she came back to Hood County in 1974. For her, preserving history and records initially drew her, and continues to bring her, to the Depot.

Yvonne moved to Granbury at the age of 3 when her dad came to work on Black's Ranch. Her husband, Jerry, however is a different story. "He's been here since Adam," she said jokingly. "In fact, he was born in a log cabin just down the road." Genealogy brought her to the Depot.

"I'm the newbie," Karen said. "I was the first generation [in my family] to leave Pennsylvania." She arrived in 1989. A researcher by nature, Karen loves digging for facts. And Granbury Depot is a great place for digging.

When entering, visitors stand in what used to be the freight room. It now serves as a general workroom for volunteers. An added dividing wall separates the old freight room to provide storage space for historical records. Large volumes of tax records and all types of county records fill this room. As the county grew and they needed space at the courthouse, the commissioner's court authorized many old records to be discarded. This changed as individuals

took books home with them rather than watch as they all went into the trash. Over the years, the books reappeared and now live at the Depot. The records provide information for people doing genealogical research who've reached a dead end online. These records provide hints to changes in land ownership, vehicles and such.

The main room of the Depot still looks like an old train station with benches for waiting. Railroad related artifacts dot the room, a reminder of how things used to be. An old trunk waits in this room. A young man donated the trunk after he purchased it at a garage sale. A note inside indicates the trunk was shipped to Granbury. An old newspaper and measuring implements, believed to belong to the original owner, indicate he was most likely a "drummer," meaning a traveling salesman. From the hinges and other signs, they know it is at least 100 years old. Unlike many trunks, the bottom is still intact, and while it's worn, the piece is in relatively good shape.

The original train station burned to the ground in 1912, before the current Depot was built in 1913-1914. In the early 1980s, the organization restored the building and turned it into a museum, inheriting the abundant records.

They welcome donations of any old photos and other railroad-related memorabilia. One of their prized artifacts is a brass rotary telephone. "Most kids don't have a clue what it is," the ladies shared. It's one reason they want to keep the museum alive.

Any time the open sign is out, visitors are welcome to peruse rooms while volunteers work. They also provide tours for groups by scheduled appointments. **NOW**

Editor's Note: The Depot is open Monday, Wednesday, Friday and Saturday noon-4:00 p.m. For more information, visit www.granburydepot.org.

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CookingNOW

In the Kitchen With

KAILEY BROOKS-MAYEUX

— By Amber D. Browne

At the age of 10, Kailey Brooks-Mayeux excels in the kitchen. Kailey's mother, Kathleen Brooks, began teaching her daughter the basics when she was a little girl, and Kailey is now working in the kitchen on her own. "I really enjoy cooking for big crowds, parties and different holidays," Kailey shared.

Kailey is mastering family favorites but enjoys trying new recipes. "We combine three or four [recipes] and add our own special touches to make them unique," Kailey stated. Although her mother can eyeball ingredients when adding them to recipes, Kailey prefers using measuring spoons and cups. When not in school, Kailey enjoys cooking for family and friends. In her free time, she also performs in theater and models. **NOW**

Momma's Famous Spinach Dip

8 oz. mozzarella cheese (divided use)
3 Tbsp. paprika (divided use)
16 oz. frozen spinach, thawed and strained
4 shallots, peeled and chopped
1 head garlic, peeled and chopped
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1 Tbsp. chili powder
3 Tbsp. black pepper

1. Preheat oven to 425 F. Mix half of the mozzarella, 2 Tbsp. paprika and remaining ingredients in a bowl. Pour mixture into a 13x9-inch glass or ceramic baking dish.

2. Sprinkle remaining mozzarella and paprika on top; bake for 25-35 minutes; serve with tortilla chips, crackers or pita.

Pepper Steak

1/2 cup espresso ground coffee
1 Tbsp. cumin
1 Tbsp. oregano
3 Tbsp. chili powder
6 Tbsp. black pepper
3 Tbsp. Lawry's Garlic Salt Coarse Ground With Parsley
3 Tbsp. roasted garlic sea salt
3 Tbsp. fajita seasoning
2.5 lbs. flank or skirt steak
8 oz. light corn syrup (divided use)
1/4 stick salted butter
2 yellow onions, peeled and julienned
1 green bell pepper, julienned
1 orange bell pepper, julienned
1 yellow bell pepper, julienned
1 hatch green chili, julienned
1 jalapeño, julienned

1 head garlic, peeled and chopped
1 cup cilantro, chopped

1. Mix espresso grounds and next seven ingredients in a bowl. Lightly score both sides of meat and coat in corn syrup. Rub half of seasoning on both sides of meat; submerge meat in remaining corn syrup and seasoning.
2. Preheat oven to 425 F. Grease a 13x9-inch glass baking dish with butter; cover bottom with vegetables and place meat on top, fat side up. Bake for 15 minutes.
3. Flip the meat and bake for 15 minutes for rare. For more well-done, reduce temperature to 350 F and bake for up to 30 minutes. Remove from oven and rest 10 minutes.
4. Slice steak against the grain and return to pan, stir into vegetables and cook another 5-15 minutes.
5. Serve with tortillas, rice, pasta, potatoes or as a sandwich

Golden Garlic Mashed Potatoes

2.5 lbs. Size B Yukon Gold Potatoes, unpeeled and cut into 1- to 2-inch cubes
1 yellow onion, peeled and quartered
1 head garlic, peeled and chopped
1 cup parsley, chopped
3 Tbsp. Lawry's Garlic Salt Coarse Ground With Parsley (divided use)
1 stick salted butter
8 oz. Cacique Mexicana Table Cream or Greek yogurt

3 Tbsp. roasted garlic sea salt
2 Tbsp. black truffle sea salt
3 Tbsp. black pepper

1. In a pot, add potatoes, onion, garlic, parsley and 1 Tbsp. of Lawry's garlic salt. Cover with water and boil on high about 25-35 minutes, or until potatoes are tender.
2. Strain and return to pot; add butter and mash. Stir in cream and remaining ingredients; do not overmash.

Spicy Asian Shrimp Scampi

2.5 lbs. large shrimp, peeled and deveined
1/2 small head cabbage, shredded
2 cucumbers, peeled and diced
1 bunch green onion, tops only, chopped
1 cup cilantro, chopped
7 cloves garlic, chopped
1/2 cup Japanese soy sauce
1/2 8-oz. jar Tuong ot Toi Viet-nam
Chili Garlic Sauce or apple cider vinegar
1/2 cup brown sugar
3 Tbsp. Lawry's Garlic Salt Coarse
Ground With Parsley
3 Tbsp. black pepper
3 Tbsp. paprika
1/2 stick salted butter
4 small lemons, juiced (set aside rinds for later use)
Handful of parsley

1. Preheat oven to 375 F. In a bowl, mix all ingredients, except lemon rinds and parsley.
2. Pour mixture into a 13x9-inch glass baking pan; place lemon rinds throughout dish and sprinkle with parsley and paprika. Bake for 25-35 minutes.

Brooks-Mayeux Brownies

1 cup Kerrygold butter, melted
2 cups white sugar
1 cup brown sugar
2 Tbsp. Adams Vanilla Extract
4 eggs
1 1/2 cups all-purpose flour
1 cup HERSHEY'S Cocoa Powder
1 tsp. sea salt
1/2 cup Nestlé milk chocolate chips
1/2 cup Nestlé butterscotch chips

1. Preheat oven to 350 F; butter/grease a 9x13-inch or 9x9-inch pan.
2. Combine butter, sugars and vanilla. Add eggs; mix until smooth.
3. Combine flour, cocoa powder and salt in a bowl. Sift or use fork to get rid of lumps. Slowly mix dry ingredients into wet; mix well. Fold in chocolate and butterscotch chips.
4. Bake 35-45 minutes, depending on pan size, until toothpick comes out clean.



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BusinessNOW

Justice Plumbing

— By Lisa Bell

Justice Plumbing

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www.justiceplumbing.com

Hours: On call 24/7 – 365 days a year
Office: Monday-Friday: 8:00 a.m.-5:00 p.m.

Bob and Ruth White already lived in Granbury when their son, Andy, moved to town and started Justice Plumbing in 2002. Bob managed a truck wash in Weatherford, and Ruth worked for Weatherford ISD at the time. Andy went to work for his uncle in Midland just out of high school and earned his master plumber license.

At 20, Andy moved to Granbury, working for a plumbing company in Fort Worth. He didn't like the commute and told his dad, "One day we'll have to own a

plumbing company." As parents, Bob and Ruth supported their son's dream, and as the business grew, another son, Jesse, started working with them, creating a family-owned and -operated entity.

As master plumber and business owner, Andy is never off the clock. Yet he and his wife always find time for their three girls who play soccer, volleyball and basketball.

Although Bob isn't a plumber, he understands the needs of running a business and knows about plumbing. Ruth maintains the daily functions of a busy office. Andy prefers being in the field with customers and making sure operations run smoothly. They all work together to provide the best plumbing service possible.

Justice Plumbing has been voted the No. 1 plumbing company in Hood County several years in a row. Being the runner-up for several years, their employees worked hard to bring them back to the top.

Justice Plumbing offers residential and commercial new

construction and is equipped with five service trucks running 24/7. Every day of the year, all times of day, they answer calls and respond to emergencies.

They take pride in the work they have done for H-E-B and Waterview. They just finished the new Granbury Water Plant and will work on the library expansion project.

A commitment to quality and integrity sets the business apart. "We just try to do the right things," Bob stated. "Our reputation is at stake." Regardless of whether a home is in the city limits or in the county, they insist on all of their work adhering to city codes.

In the beginning, they worked with builders, only doing new construction, but then they added repair work after six or seven years. During down times in the area, Justice Plumbing remained consistently busy. They travel to other areas at times, but the majority of their customers are in Granbury, Weatherford, Glen Rose, Stephenville and around Fort Worth.

"We may not be the cheapest, but we're the best," Bob said. "And we have the best employees in the county." They are more concerned about being able to stand behind their work, which as longtime Granbury residents, the White family takes pride in. When it comes to safety and duty, the company takes its responsibilities seriously.

As a company, Justice Plumbing supports local organizations with donations, especially first responders. In addition, they offer a discount to seniors, active and veteran military personnel, schoolteachers, police officers and firefighters.

To avoid plumbing issues, Bob suggests being smart in cold weather. Wrap pipes, remove outdoor hoses and place a heater in well houses. To save money, repair leaky faucets and toilets. Be sure to check for dripping external faucets, which not only waste water but also contribute to mold and mosquito problems. Other conservation tips can be found on their website. Become a Lady Liberty Member for discounts and priority service. **NOW**

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TravelNOW Hidden Gems

— By Allison Burdick

What do gold, Bruce Lee, and strawberries have in common? They're all part of Seattle's heritage shared through not one, not two, but three National Park Service sites that explore the area's history, culture and community.

History: Pioneer Square

All hail to the Klondike!

Situated within historic Pioneer Square (Seattle's original neighborhood) is a restored building known as the Cadillac Hotel. Constructed in 1889, it is now the home of Klondike Gold Rush National Historical Park, which shares stories from the 1897-98 gold rush in the Yukon Territory of Canada that swept gold-seekers through Seattle and up toward the Klondike gold fields. History buffs are exposed to Seattle and the Pacific Northwest's past through the eyes of stampedeers looking to strike it rich, including John Nordstrom and how

he managed to start a shoe empire. Kids can earn Junior Ranger badges by completing activities, while they explore the park. Short films and rotating exhibits are also part of the experience and help visitors delve deeper into the impact of the gold rush on Seattle.

Culture: Chinatown-International District

Enter the Dragon!

A short walk from Pioneer Square is the Chinatown-International District, a neighborhood rich in restaurants, shops and public art. The Wing Luke Museum of the Asian Pacific American Experience, an affiliated area of the National Park System, celebrates the art, history and culture of Asian-Pacific Americans through vivid storytelling and inspiring experiences. Learn how the neighborhood shaped Seattle's most famous martial artist and world icon, Bruce Lee. Take a historic building tour and catch preserved scenes of the everyday lives of the

hundreds of Chinese, Japanese and Filipino immigrants who once made this building their home. A menu of other guided tours takes you through the neighborhood — including one led by your stomach — with different seasonal dishes that may include dumplings, noodles, rice and barbecue.

Community: Bainbridge Island

Nidoto Nai Yoni — "Let it Not Happen Again."

A short, and extremely scenic, ferry ride from Pioneer Square takes visitors to Bainbridge Island, a community that encourages us all to learn from a dark chapter in our nation's history. Japanese immigrants first began arriving on the island in the 1880s, and strawberry farming was introduced in 1908. Many Japanese Americans went on to own and operate farms on the island and became integral to the community. However, immediately following the attack on Pearl Harbor, the United States government began arresting and facilitating the mass removal of all individuals of Japanese ancestry from the West Coast. The Bainbridge Island community was the first to have its members of Japanese ancestry forcibly removed from their homes. The Bainbridge Island Japanese American Exclusion Memorial, a unit of Minidoka National Historic Site, is an old-growth red cedar, granite and basalt memorial that honors all 276 Japanese and Japanese Americans who were exiled from the Bainbridge Island community. These were the first of what would become 120,000 individuals of Japanese ancestry — two-thirds of whom were United States citizens — forcibly removed from their homes and incarcerated during World War II. Visitors can check regularly for tour schedules.

Whether you are looking for stories, activities or new cuisine, the Seattle area is your destination with three National Park Service sites to visit, all easily accessible through public transit. For maps and other planning tools, visit www.nps.gov/state/wa/index.htm. **NOW**

Photos courtesy of the National Park Service.

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Better Safe Than Sorry

— By Zachary R. Urquhart

If it has not happened yet, you can expect to get the first tornado scare of the year any day now. Late spring to early summer is the height of storm season in North Texas, and you will want to be sure you are prepared for an emergency situation. Here are some ideas for what to stock up on and how to be as ready as possible if severe weather comes your way.

Have a Plan

- *Know your home's safest spot.* Depending on your house, this could be a simple one. You want to stay away from windows, ideally staying close to interior walls without much that could fall on you. Most importantly, make sure everyone in your home knows where to go in case of danger, so you do not have children panicking and missing if storms are happening.

- *Know how to leave.* One of the saddest sights when major storms hit are the thousands of cars along the freeways trying to find refuge. Be sure you know the major evacuation routes, so if you have to evacuate, you can get somewhere to stay for a while.

- *Know if you can bunk with a friend.* If your house does not offer a good safe spot, plan ahead to have a place you can go when severe weather is expected. You might have friends who have a bunker, or at least a better safe spot than you do. Storm shelters are not the norm in this part of the country, but more and more contractors are offering to build or install them.

Have Supplies

- *Get food and water now.* If you want to avoid the price gouging that sometimes happens in a storm's aftermath, go ahead and stock up on bottled water and canned foods. One easy plan is to always have a surplus of those items,

and every few months, consume what you have and buy replenishment. Be sure to include food for your pets when you are making your grocery list. And remember that your pets will increase the amount of water you need.

- *There are other useful items.* If you lose power, you may not be able to do much about your refrigerator and cold food, but you can be ready to stay warm with plenty of blankets. And just like you should have a stock of sustenance, be sure you have a supply of the batteries you will need for flashlights and any items that are essential for your family.

Have Information

- *Use the radio in the mornings.* Each morning, before you press play on your favorite CD or turn to your satellite music station of choice, tune into a station that includes regular news and regular updates. Forecasters never know exactly when storms might sprout up, but they usually have an idea at least a few hours in advance. In the same vein, keep a television turned on and tuned to a major network. You don't have to do anything more than watch for a break from regularly scheduled programming to bring a breaking weather update.

- *Download a Weather App.* There are many options, so many in fact that the only bad choice is not having one at all. Apps like WeatherBug or AccuWeather will not only warn you of tornadoes and extreme conditions, they also track lightning, so you know whether it is smart to be outside in less severe conditions.

Hopefully, you will never need any of these tips. But, if the worst does happen, your best plan is to be prepared. **NOW**

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Zoomed In: Michelle Bentham

By Lisa Bell

“Art tells a story,” Michelle Bentham said. Primarily self-taught, she works mostly in acrylics and uses mixed mediums. She also likes doing alcohol ink paintings. “The medium does all the work,” she confided. Although Michelle has an art room in her home, she visits Against the Grain usually on Mondays and Fridays. “I love the atmosphere and interacting with people,” she shared. “Plus, Andrea and I have become good friends, so I enjoy hanging out with her.”

For Michelle, her art comes from her spirit, inspired by biblical Scripture or perhaps a single word. The story grows as she paints. Her favorite series, *Paper Dolls*, brought emotional healing as she worked. She hopes her art does that for others.



Corbin Harris works out at Lift the Bar Fitness.



Jessi and baby Emma Stewart love being outside at the park.



Julie Jones is ready for spring at Caylor Creek.



Lady Pirates earn All-District basketball honors. Congratulations ladies!



Diana Hadley enjoys a walk with Venti, who was about the size of a coffee cup at birth.



The Jenkins family spends some time at the Hood County Library.



Friends Cami Hughes and Annie Stewart take advantage of a mild day in Granbury.



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7

Scarborough Renaissance Festival Opening Day: 10:00 a.m.-7:00 p.m., 2511 FM 66, Waxahachie. Weekends of interactive fun, 16th century style. Visit www.srfestival.com or call (972) 938-3247.



Country Spirit Jamboree: 6:00 p.m., Reunion Grounds. Dinner, dance, drinks, live and silent auctions. Music by Open Rhodes Bank. Benefits Hood County Cancer Services. For tickets, call (817) 279-2234.

Four Funny Females: 8:00 p.m., Granbury Live. Presenting "Ultimate Ladies Night Out." Tickets and details available at www.thenewgranburylive.com.

9

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy 377. Charles Peoples presents "Streight's Raid," a Union raid attempted to cut the railroad

between Atlanta and Chatanooga. Visitors welcome. For information visit www.ncentexcwrt.com.

10

Women's Service League of Salvation Army: 10:00 a.m., DeCordova Bend Country Club. Speaker Jean Cate, recently retired from CASA. Prospective new officers presented. Optional lunch at 11:30 a.m.

17

The Master Chorale concert: 7:30 p.m., SWBTS Truett Auditorium, 2001 W. Seminary Dr., Ft. Worth. Choral music by English composer, Ralph Vaughan Williams conducted by Mark Taylor. Details at www.swbts.edu.

21

Victor Trevino "Tribute to Elvis Presley": 3:00 and 7:00 p.m., Granbury Live. Many people say he is the best among Elvis' impersonators. Details and tickets available at www.thenewgranburylive.com.



27, 28

Granbury 9th Annual Wine Walk: 2:00-8:00 p.m., **Friday**; 11:00 a.m.-7:00 p.m., **Saturday**. The place to

experience authentic character of Texas through wine, food, music and art. For details and advanced tickets, visit www.granburywinewalk.com

May:

3

Newcomers Luncheon: 9:30 a.m.-1:00 p.m., DeCordova Bend Country Club. Polly Palmer shares gardening tips. \$15. Reservations due by **noon, April 30**. (817) 243-9831 or email granburynewcomers@gmail.com.

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Second Mondays
Granbury Writers' Bloc read & critique session: 6:00 p.m., Waterview Apts., 2nd floor activity room. All welcome, free. For more info, contact Brian at bjcondike@icloud.com.



Second Saturdays

Living Waters Writers: 10:00 a.m.-noon, Hood County Public Library. Christian writing group for encouragement and feedback. Open group and no charge. Contact Lisa, (817) 269-9066 or LisaBell@bylisabell.com.

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

FINALLY a way to fix the PAIN of a **BULGING DISC**



Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging DISC. That's when one of your spinal discs are bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

To end the misery caused by Bulging DISCS, you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

FACT: Not true. Dr. Carl McAfee in Weatherford is currently offering an initial consultation with one of their specialists for just \$29.

Dr. Carl McAfee, DC is a Bulging DISC Expert in Weatherford.

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interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

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