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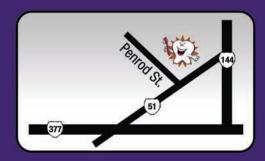
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Minette Sicard celebrates seven years as coordinator of the National Day of Prayer in Granbury.

Photo by SRC Photography

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## Editor's Note

Hello, Friends!

Recently I enjoyed an afternoon in Weatherford at The Museum of the Americas' exhibit tracing the bison to the modern day buffalo. While the displays discussed how the Comanche, the Apache and the Kiowa acquired horses and hunted buffalo, depending upon them for food, clothing, shelter and utensils, I wondered about those Indian women who dwelt in and around Granbury. How did they launder

their buffalo hide skirts and their husband's sweaty breeches? Certainly not in Lake Granbury, but in the original winding Brazos, which it appears we're slowly losing. But what was their detergent?

That required a visit to the Old Jail Museum operated by the Hood County Historical Society. Inside those rock walls, all sorts of fascinating items and historical documents detail domestic lifestyles of women who used to call this area home. Whether Indians or pioneers, those mothers earned my respect!

Happy Mother's Day!

# Melissa

Melissa Rawlins GranburyNOW Editor melissa.rawlins@nowmagazines.com (817) 629-3888



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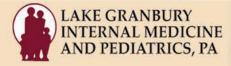
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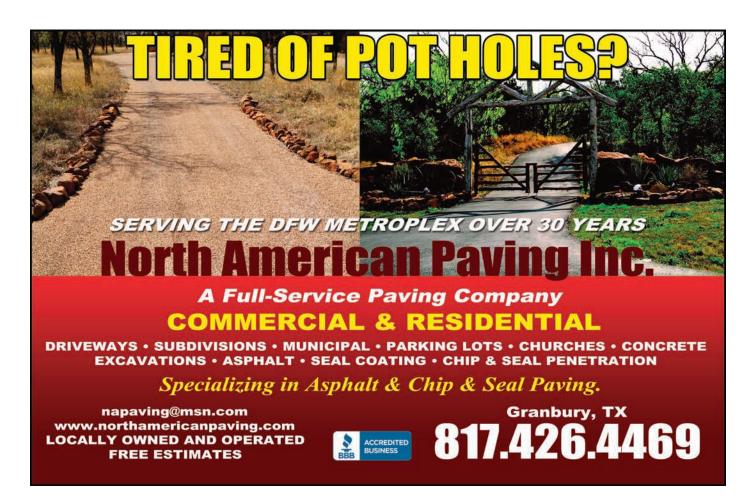
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The month of May is filled with special days to celebrate mothers and remember fallen heroes. Minette Sicard looks forward to another special day — a day for prayer — set aside by Congress in 1952. This year, May 7 marks the Seventh Annual Prayer Breakfast for Hood County. Minette, instrumental in the first event, remains active as the coordinator for 2015.

A native of Washington and raised in California, Minette married a Texan. "If you marry a Texan, you end up living in Texas. There's no doubt about that," she said with a chuckle. Her late husband planned to retire in Granbury and owned property in Pecan Plantation. They took a slight diversion for several years, living in California to care for her mother. But they convinced her mother to move with them and made the transition to Granbury in 1988.

Minette, never one to sit still for long, loves learning. She is currently a student at Brite Divinity School (affiliated with TCU) completing a graduate level Certificate of Theological Studies designed for lay people. She also studies piano performance at Tarleton State University. Although age affects a body, she

works to keep her energy at peak level. Working full time and volunteering as much as she does requires stamina. She reads about and applies good nutrition. A firm believer in moving the body, she practices and teaches yoga and walks aerobically on a regular basis. In addition, she takes classical ballet at Texas Ballet Theater. A former runner, she changed to walking to protect her knees. Her brother, an ultra-distance hiker, inspires her. If he can hike thousands of miles, she can surely walk five.

Adequate sleep also keeps her going. "I was one who burned the candle at both ends," she said. "Sleep takes time." Nevertheless, she understands her body needs the right amount of rest. Too little sleep prevents her from achieving all she wants and needs to accomplish. Most important, maintaining peak energy requires passion — for her jobs, volunteer work and for life in general. As Minette shares about her life, the fire in her soul glows, sparking a desire for others to learn, move and do something.

Minette began yoga in 1995. Living at Pecan Plantation, some of the ladies asked her to teach them, and she agreed. She taught a yoga class at Hill College for the year they offered classes in Granbury. Not wanting the commute to Cleburne, she opened her own business, the Yoga House, and taught there for five years. In 2008, personnel from Pecan Plantation approached her about teaching classes at their new activity center. Thrilled











with the idea of reconnecting to the community, she accepted. Minette continues teaching yoga there as an extension and complement to piano teaching.

Minette's mother taught piano lessons. At 4 years old, Minette began playing the piano, acquiring an early love for music. She earned a degree in music, but pursued aviation as a career until she married. When her husband became ill, she looked at her former life and decided on returning to music as her first profession. "It's a great joy. I love teaching students and passing it on," she said. "Like yoga, piano has to be passed on by oral tradition. You can't read a book and learn yoga. You can't read a book and learn piano."

With her husband at a nursing home in Glen Rose, she took an apartment there and opened a piano studio. After he passed in 2006, she stayed in Glen Rose, although most of her attachments remain in Granbury. She teaches piano to children and adults. Her studio and students keep her in Glen Rose, the apartment requiring less maintenance than a house and yard.



Although the two jobs keep her busy, Minette also volunteers. "We all have gifts," she said. "I think it is important to recognize those gifts and use them to benefit others." In a woman with so many gifts and talents, conflicts of time arise. Juggling appointments and events challenges her, but she does the best she can.

Volunteering allows Minette to use her gifts and give back to the community she loves. She plays the piano at her home church, Good Shepherd Episcopal Church, and provides special music for Granbury Seventh-Day Adventist Church. She didn't intend to pursue music in worship, but they needed someone to play, so she stepped forward. She now studies organ and is the paid musician at Good Shepherd.

She also enjoys singing and in 2004 joined the chancel choir at Acton United Methodist Church. In addition, she is active with the AUMC prayer team as the National Day of Prayer representative. Although not a voting member of the church, members welcome her as an active participant.

Prior to his passing, Minette and her husband often attended events at AUMC. She became more entrenched in the church when she returned to school in 2008. Working toward a second degree at Texas Wesleyan University, the school assigned her to Acton Methodist. Her bachelor's in religion required four semesters of internship at a local church.

The last semester focused on leadership. Active in the Ministerial Alliance, Acton Methodist joined in celebrating the National Day of Prayer. They wanted to institute a prayer



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breakfast each year as part of the day. The pastor at the time assigned Minette the task of organizing the breakfast for her leadership project. The first year, AUMC hosted the breakfast on-site. Judge Ralph Walton served as the primary speaker that year. The well-received event needed a bigger venue. The director of the conference center believed the building was created to serve the community. Holding the breakfast there served Granbury, opening the annual prayer breakfast to the community.

Now in the seventh year, Minette serves as coordinator for the event. Appointed by the Ministerial Alliance, she enjoys working on the event. She also hopes to mentor others who will one day take her place as coordinator. But she isn't in a hurry to pass the baton. Coincidence didn't put her at AUMC. She believes God arranged the assignments. Of all her jobs and volunteer services, her heart sings this one most loudly. "I feel called to the National Day of Prayer," she said.

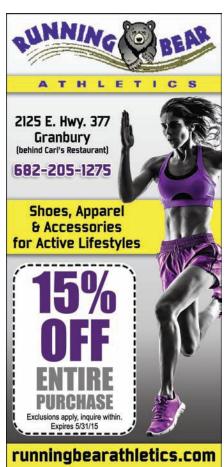
Minette clung to words she heard once in a sermon. The words influenced her deeply. They led her back to music and continued service with the Ministerial Alliance and National Day of Prayer. "I can't imagine going to the grave not having sung the song that was in my heart," she said. Singing the song in her heart motivates and deepens her passion, energizing her to fulfill her call — the God-given destiny and purpose for life. **NOW** 

Editor's Note: For more information about the National Day of Prayer, visit www.nationaldayofprayer.org.











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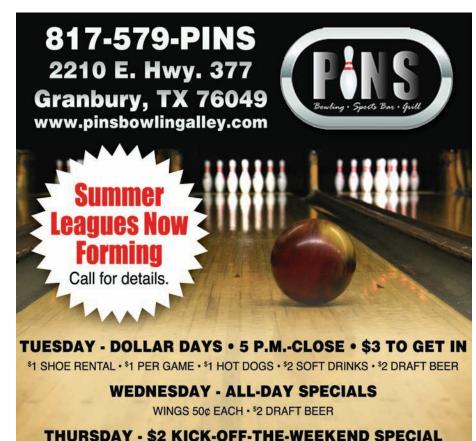
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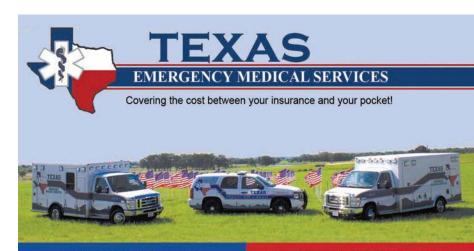


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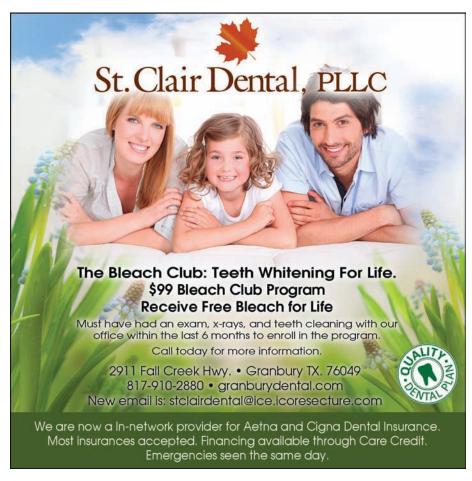
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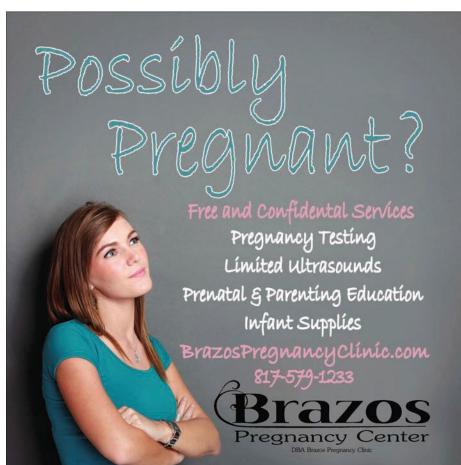
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# A Temporary Olection By Melissa Rawlins

There's a whole lot of love happening in and around the clean, white façade of Randy and Sandi Dawkinses' home. Overlooking a waterless canal, with a fenced backyard and awesome patio, the home was renovated for comfort and calm in 2008 after the couple moved here from Argyle. Placing Persian rugs under kitchen, dining and coffee tables, the Dawkinses created the illusion of separate rooms in the great room at the center of their home. This open area provides room for playing and ease of cleaning, a good thing since they frequently foster rescued homeless dogs for Hood County Animal Lovers Organization.

These dogs become family during their brief tenure in this home. In fact, the family room's L-shaped arrangement of brown leather couches are quite inviting to these transient canines, and their hosts are more than happy to oblige. But since most dogs don't appreciate naps on leather, the backs and arms of

the couches sport a selection of colorful lap blankets that are actually not for human guests.

In the three years they've fostered 35 dogs, the Dawkinses' furniture has never been chewed. "We're here, on both ends of the house. If something's going on, we normally hear it and know the dog's into something," Randy said. Both he and Sandi are employed full time, conducting business from home. He works as a consultant for the U.S. Marshals, out of an office in one of the back bedrooms, and Sandi runs a travel business from an elegant, dark-paneled room directly off the main entry. "We both have time to take 10 minutes, or an hour or two, for these dogs."

"It's more about making sure they know they're safe here and that nothing's going to happen to them," Sandi said. Tending with love to their temporary collection, which has included every breed from Boxer to Chihuahua, the Dawkinses have had to adjust to various canine personalities.

Their most recent foster, a Westie/West Highland/Terrier Mix named Lady, was surrendered by her owner this winter. "She is really a sweet dog. She walks great on the leash. She had a couple accidents the first day or so, but I really think that was just nerves," Sandi said, referring to the day Lady relieved herself on the big potted corn plant near the tall glass wall,







# AT HOME WITH

Randy & Sandi Dawkins





multiple other details to make their house a home, from shopping at auctions for the perfect doorknobs - which they installed — to repainting every room. "It was a lot of work."

seemingly in the great outdoors but not exactly on the other side of the back door.

The fact that the plant sits on easy-to-clean tile is no accident. When the couple purchased the home, they embarked on major renovations. "This had been reminiscent of a house built in the '80s, with its beige porcelain tile surrounding the gold fireplace," Randy said. "We walked in and decided to get rid of the carpet and switch to bigger, neutral tiles that would still be easy to take care of." Although they did not install the tiles, they did save money and do the hard preparations, pulling out all the old tile. Sandi and Randy performed

These days, Randy relaxes by playing fetch. When Randy plays with Pumpkin, their forever dog, Lady barks at him. This doesn't stop the fun. From his seat on the couch, across from the hearth-free fireplace he renovated by stacking Texas cave stones mined in Austin, Randy throws toys for any canine that will fetch. He and Sandi dog proofed

the house years ago, removing valuables the dogs can knock over. "You don't know exactly what they're going to do all the time, because they're dogs," Randy explained. While throwing a squeaky duck for Lady, Randy catches glimpses of art he and Sandi brought back from their twice-yearly travels.

The two have been traveling throughout their married life, lately organizing their trips to include friends and neighbors. Above their bedroom door are two small





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prints from Curacao, where Sandi and Randy walked hand-in-hand, enjoying the Dutch island's European flavor. That feeling spills over into the Wedgwood-blue room, visible from the family room through wide French doors. A dark, modern pencil-post bed settles between several antiques: a solid wood nightstand and commode, which Sandi's parents had early in their lives, and a massive dresser built by Sandi's great-grandfather. "Our pieces may not match," she said, "but we like it because of each one's history." In the adjacent bathroom, two glass, basin-style sinks set a contemporary tone and underscore the couple's good taste.

The little print by the front door is a scene from the old town of Dubrovnik, Croatia. Over Sandi's office door, a painting by Jonna White of the view out her front door reminds Randy of St. Thomas. The Dawkins loved that city, and hung a much larger painting of the St. Thomas bay on the wall behind the couch.

Further evidence of the couple's eclectic natures is the picture of Venice hanging in the dining room. "We got that at an auction," Sandi said. "We weren't crazy about the frame, but we knew we needed something for that wall." Its colorful playfulness invites friends into the dining room, where a chartreuse Tiffany-style lamp given to them by a friend brightens the appearance of an antique cherry table. "We only sit there for meals with family at holidays. We laugh about it, because if you move at all it's going to squeak!"

The kitchen dining area has a very old, very heavy European armoire, veneered in tiger maple, and a table well over 100 years old, bought by Sandi's mother and handed down. Across the tile floor, under

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the Café au-Lait sign at the Keurig counter, rests a cute ceramic bowl that most of their foster dogs eat from. things to break dogs from. edge of the new granite counter, which gives the





room a stylish feeling since it was updated with bronze tiles, a stainless vented hood and a stainless steel fridge. Here, they hung a painting purchased while walking along canals in Venice.

"When you're from small-town North Carolina, you'd go to Myrtle Beach and maybe Walt Disney World if you were really good," Randy said. "We've done OK doing what we do and raising our kids. Who would have thought we'd go to Rome?" With a desire to see the world, the Dawkinses are fortunate that when they travel they can leave their foster dogs with other HALO volunteers and their own Pumpkin will stay in the care of friends. "Some of our neighbors go above and beyond," Randy said, "and that's why we'll stay here a long, long time." NOW



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Varicose veins are a very common and often painful condition, affecting approximately 25 percent of women and 15 percent of men. Women are especially prone to suffer from varicose veins because of pregnancy. Heredity has been shown to be a contributory factor as well as certain occupations with prolonged standing or sitting.

How do varicose veins develop? Compared with other veins in the body, leg veins endure the most pressure and have the toughest job of carrying blood back to the heart. To counteract the forces of gravity, veins have valves that prevent blood from flowing backwards as it is pumped back toward the heart. Over time, these valves can weaken, allowing the blood to pool inside the vein.

This can cause the vein to distend, resulting in the "rope-like" appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation. Many individuals exhibit symptoms of venous insufficiency that includes swelling, throbbing, cramping and restless legs.

Until now, the only effective treatment for large varicose veins was vein stripping, a painful and invasive surgical procedure with a lengthy recovery period. Now patients have the option of several new non-surgical therapies that can be performed in a doctor's office.

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- · Do you have large, bulging veins?
- · Do you have restless legs?
- · Do you have leg pain, aching, or cramping?
- Do you have leg and ankle swelling at the end of the day?
- · Do you have leg ulcers?

These symptoms are often caused by varicose veins. Schedule an appointment today to see if your symptoms could be alleviated with minimally invasive varicose vein treatments in our office.



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Summer is just around the corner! Parents will be searching for activities to keep their children busy, other than playing the newest video game or watching their favorite television shows. Choices for summer camps are abundant in the local area. Full-day or overnight Camp Fire programs can be reserved, and many school districts sponsor sports and cheerleading If you are looking for some fun in the sun for the camps. Museum, library, cooking and art, and other day or entire family, a variety of activities weeklong camps for kids are offered through various are available locally. You can visit state and nonprofits, community centers or businesslocal parks, historic sites and zoos for hours of

related groups.

provide for many fun-filled afternoons.

fun. Water parks, lakes and community pools

### **Nature Activities**

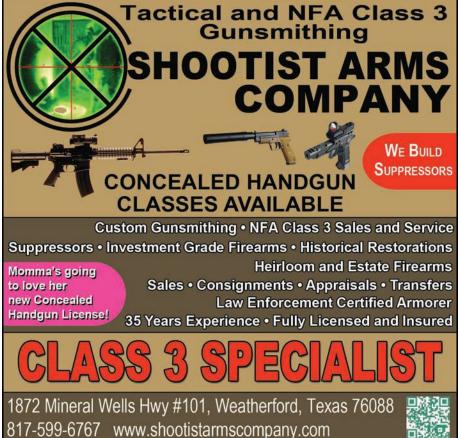
With all the hustle and bustle of today's world, technological distractions and busy schedules of adults and children, sometimes we forget to enjoy the outdoors. This summer, why not make time to get back to nature? Multiple state parks are within driving distance





and offer a variety of activities to enjoy. From hiking trails and bird watching adventures to star gazing and overnight camping, families can soak up what Mother Nature has to offer. You can visit www.tpwd.texas.gov for state park locations and a calendar of events.

If you want to stay close to home, city parks provide a great place to picnic and enjoy the outdoors. Many include playgrounds for children to exert that extra energy. Your own backyard can provide an afternoon of fun. Why not have the children search for rocks and then paint them for family members and friends? Parents can put together a









simple scavenger hunt for the children. Draw a map that includes the number of steps to a landmark in the yard where the kids will find a hidden clue. The final clue should identify the location of a hidden treat or picnic basket of goodies for lunch.

### Nature Safety Tips

If you and your children plan to spend time outdoors either at overnight camps or hiking the nature trails, please keep in mind the following safety tips. Keep an eye out for poison oak and poison ivy. Both of these plants can cause an itchy rash that will stick around for up to three weeks. Calamine lotion can help relieve the itchiness. Remind children not to eat wild berries they may come across on the trails. If you're out in the sun, don't forget to slather on the sunscreen!



### **Water Activities**

The State of Texas is full of beautiful waterways that provide ample opportunities for some fun in the sun.



Families can enjoy canoeing or tubing down winding rivers and boating in refreshing lakes. Fishing is also a favorite pastime for many. According to the Texas Parks and Wildlife Department website, residents who fish in the state's public waters are required to have a fishing license. However, there are several exceptions to this rule. No fishing license is required if the resident is under 17 years of age.

Taking a dip in a community or backyard swimming pool is always a good choice for some fun in the sun. With swirly slides, wave pools and more, water parks bring out the kid in all of us. Swimming lessons are available at the YMCA, at some city pools or even at a community member's private pool.

Boat enthusiasts are out enjoying the warmer temperatures. Local lakes offer open water to ski, wake board, tube or just relax on the boat deck. Many lake businesses offer rentals for jet skis and other personal watercrafts. Read all instructions before getting onboard watercraft and keep safety in mind.

### Water Safety Tips

The week of May 16-22 is designated as National Safe Boating Week. When boating, life jackets are a must. According to the TPWD, children under 13 years old must wear a U.S. Coast Guard-approved personal flotation device in a boat under 26-feet in length. Every occupant on a personal watercraft is required to wear a

Sunscreen is also a necessity when out on the water. The American Academy

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817.579.1518 thepanhandle.com 106 N. Crockett, Granbury, TX of Dermatology suggests applying sunscreen with an SPF of 30 or higher to all bare skin at least 15 minutes before heading outdoors. The sunscreen should be reapplied every two hours.



## **More Family Fun**

Warmer weather entices people to get outdoors and soak up the rays. For those rainy days or if you prefer a few hours of indoor entertainment, the local area has plenty of places to share the day together. Children can learn while having fun at the Dallas World Aquarium, Dallas Zoo, Dallas Arboretum and Botanical Gardens and Perot Museum of Nature and Science. Fort Worth is home to numerous museums, the Fort Worth Zoo and the Fort Worth Botanic Gardens, Families can learn about wildlife at the Heard Natural Science Museum and Wildlife Sanctuary in McKinney, hand over a few treats to exotic animals at Fossil Rim Wildlife Center or spend the afternoon checking out prehistoric creatures at Dinosaur World in Glen Rose.

Do you want to check out the latest blockbuster? Many movie theaters now serve a variety of food and drink items on their menus. Drive-in movie theaters are an option for a night out under the stars. Most theaters offer convenient online ticket reservations. Or if live entertainment is more to your liking, you might consider attending a performance at Winspear Opera House in Dallas or the Bass Performance Hall in Fort Worth.

With nearly three months of summer ahead of us, parents and children can take advantage of many of the options available to them. Whatever you and your family choose to do this summer, keep safety in mind and don't forget to have fun!





## Business NOW







### **Exceptional Landscapes**

TX LI #10014470 Granbury, TX 76048 (817) 326-4273 exceptional\_landscapes@yahoo.com www.exceptional-landscapes.com

#### Hours

Monday-Saturday: 7:00 a.m.-7:00 p.m.



Nick Lee and Jesse Schaefer supervise services or repairs that keep your property beautiful.

# Long-lasting Impressions

Exceptional Landscapes measures success one customer at a time.

— By Melissa Rawlins

May is the time to manicure your lawn and consider methods for maintaining it even more efficiently. Big enough to handle any landscape job, but small enough that every job receives daily hands-on supervision, Exceptional Landscapes has served Granbury homes and businesses for over 16 years.

This month owner Nicholas "Nick" Lee has several crews in full swing. These knowledgeable technicians customize their work to individuals, helping them install whatever they want, whether grass, flowerbeds, sprinklers or patios.

Many people who own vacation homes need a company to oversee the whole property. The trustworthy team at Exceptional Landscapes alerts customers to maintenance priorities they're not here to notice for themselves. "We do a lot of work for people who live here, as well, who simply don't want to deal with issues from maintenance to installation and service," Nick said.

Grasses, shrubs, flowers and even weeds require a broad spectrum of attention. Specializing in everything from fertilization to weed killing, Exceptional Landscapes is able to handle difficult weeds that tend to stymie many homeowners. Catering to customers' personal preferences, Exceptional Landscape provides maintenance, installation and service using a variety of techniques including organic.

"We make an immediate impact when we first begin work on a property by assessing and servicing the irrigation system," said Nick, who got his start installing irrigation systems for a Florida landscaper

## Business NOW

almost 20 years ago. He learned great lessons, such as: "A bad irrigation is going to cost you a lot more money in water charges, you may not get good coverage, and you may have trouble with striping in the heat of the summer."

When you contract Exceptional Landscapes to service your sprinkler system, the team understands every problem plus cost-effective solutions. Nick and head foreman Jesse Schaefer supervise installation services or repairs to your landscape. "When you're building an irrigation system, you have to know how many gallons of water per minute will be produced in each area, how much will run in each zone and how far to space your heads," Nick said. "We design each irrigation system to run at top efficiency, guarantee full coverage and back each system by doubling the workmanship warranty from one year to two years."

Nick and Jesse go on-site daily, ensuring Exceptional Landscape provides the highest quality installation, service and maintenance possible. "I believe trustworthy employees make all the difference in the world," Nick said. "In fact, we've built our reputation by hiring good employees who make sure our customers' landscape needs are handled exceptionally."

This month, Exceptional Landscapes is installing Florida Sable palm trees, which are more cold hardy than the Mexican Fan palm, though they look very similar. "This is our fourth year installing these particular Sables that come from a grower in Florida," Nick said. "We're proud to say that so far, we've lost zero." The trees' impressive survival, even through the ice storms of 2013, is due to their transplantation process, which makes these palms more stable for transporting. After being dug up these palms are wrapped, returned to the same hole and watered for an entire year before being shipped. Exceptional Landscapes' website features palms they have installed.

Call for an appointment today. Nick offers free estimates on all their services for your unique situation. Is it lawn maintenance, landscape design, tree trimming or removal that you need? Or do you need a retaining wall or sprinkler system installed? You'll find Exceptional Landscapes' dedication to quality work, every time, creates a lasting impression at your property.





## Around Town NOW



Tarleton State University kinesiology instructor and Acton Elementary School mom, Amy McKay, leads students through nutrition boxing.



Leon Tubb, William Myers and Daniel Martinez accept first place at General Granbury's Birthday for beans developed by John Killough and Monte LeMont.



Sandi Walker, operator of Second Chance Farm, holds Ruger, named for the gun that may have shot off his rear foot.



Gracie McClaran, Troop 2315, celebrates delivery of 822 boxes of Girl Scout cookies.



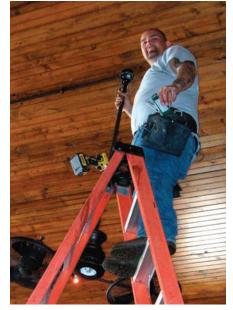
Scott Young, right, helps Covelle, official artist for the state of Texas, raise funds to place his sculpture, Comanche Land, on the grounds of the Hood County Courthouse.



Tiffany and Ryder Papasan hang out at Rhinestone Ranch Boutique on the Square.



Claire Dieterich learns how to press apple butter, early Texas style, from Kathy Murray, a member of the Texas Heroes Foundation.



Marco Puente installs vintage gyro fans to keep things cool in Farina's Winery.



Third graders at Brawner Intermediate School complete a money-making project, and then present nearly \$400 to the Paluxy River Children.



Lily Guillory gets balloons with a hug from a clown at General Granbury's Birthday.











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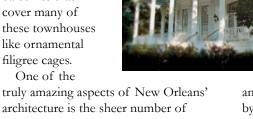
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# Architectural Vignettes of New Orleans

New Orleans, with its richly mottled old buildings, its sly, sophisticated air and its Hispanic-Gallic traditions, has more the flavor of an old European capital than an American city.

Townhouses in the French Quarter, with their courtyards and carriageways, are thought by some scholars to be related on a small scale to certain Parisian

"hotels" — princely urban residences of the 17th and 18th centuries. Visitors particularly remember the decorative cast-iron balconies that cover many of these townhouses like ornamental filigree cages.



truly amazing aspects of New Orleans' architecture is the sheer number of historic homes and buildings per square mile. Orleanians never seem to replace anything. Consider this: Uptown, the city's largest historic district, has almost 11,000 buildings, 82 percent of which were built before 1935 — truly a "time warp."

The spine of Uptown, and much of New Orleans, is the city's grand residential showcase, St. Charles Avenue. The St. Charles Avenue streetcar line represents the nation's only surviving historic streetcar system. All of its electric cars were manufactured by the Perley Thomas Company between 1922 and 1924 and are still in use. Hurricane Katrina flood waters caused severe damage to the steel tracks along the entire Uptown and Carrollton route and had to be totally replaced and reelectrified. The cars themselves survived and are included in the National Register of Historic Places. New Orleanians revere them as a national treasure.

Creole cottages and shotgun houses

dominate the scene in many New Orleans neighborhoods. Both have a murky ancestry. The Creole cottage, two rooms wide and two or more deep under a generous pitched roof with a front overhang or gallery, is thought to have evolved from various European and Caribbean forms.

The shotgun house is one room wide

and two, three or four rooms deep, under a continuous gable roof. As legend has it, the name was suggested by the fact that because the rooms and doors line up, one can fire a shotgun through the house without hitting anything. Some scholars have suggested that shotguns evolved from

ancient African "long-houses," built here by refugees from the Haitian Revolution, but no one really knows.

It is true that shotguns represent a distinctively Southern house type. They are also found in the form of plantation quarters houses. Unlike shotgun houses in much of the South, which are fairly plain, New Orleans shotguns bristle with Victorian jigsaw ornaments, especially prominent, florid brackets. Indeed, in many ways, New Orleans shotguns are as much a signature of the city as the French Quarter.

New Orleans' architectural character is unlike that of any other American city. A delight to both natives and visitors, it presents such a variety that even after many years of study, one can still find things unique and undiscovered.

Photos and text courtesy of the New Orleans Metropolitan Convention and Visitors Bureau, 2020 St. Charles Avenue, New Orleans, LA 70130 • (504) 566-5019 www.neworleanscyb.com.

























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# Hope for Clearer Skin

— By Betty Tryon, BSN

Some things cannot be changed, but acne doesn't have to be one of them. Getting rid of it may be a challenge, but it is possible. Acne is a skin condition that is very common in the U.S. and usually occurs during adolescence. When the sebaceous glands (oil glands) over-excrete sebum (oil), the pores can become clogged with sebum and dead skin cells. When bacteria get in and find a favorable place to multiply, you have the beginning of acne.

Acne can become quite severe and leave the face scarred. The best option is to begin to treat it early and lessen the chance of any lasting physical damage. It can appear on face, neck, shoulders, chest and back. Acne is not just pimples but can be a combination of blackheads, whiteheads, papules, pustules, painful clogged pores beneath the skin called nodules or cysts, which are pus-filled lumps larger than pimples.

Zealous efforts to get rid of acne can actually make it worse. Scrubbing can aggravate the condition by irritating the skin. If washed too frequently, the skin can dry out and trigger the glands to make even more oil, which could lead to increased acne. If you use a washcloth to clean your skin, use a clean one every day to avoid a buildup of dirt and bacteria being rubbed back onto your skin. Scrubbing pads, sugar scrubs or

cleansing products that promote exfoliation should only be used once or twice a week. Clean skin gently with mild soap or cleanser and water.

Pay attention to things that touch your face, such as hair or your cell phone. Try to keep hair as clean as possible, particularly if you have oily hair. Clean your cell phone according to the manufacturer's instructions. Keep your hands away from your face. Avoid popping, pinching or manipulating pimples. Be aware that hormones, such as changes seen in adolescents or during pregnancy, can trigger an outbreak of acne or exacerbate an existing one.

Mild cases of acne usually can be treated with over-the-counter products that contain the ingredients benzoyl peroxide or salicylic acid. If the acne is severe, then it's time for a dermatologist. There are many treatments available that offer hope of clearer skin, such as stronger medications, chemical peels, laser treatment and extraction of troublesome cysts. It is important to note acne will not clear up overnight. Consistent attention to detail will quite possibly win the day.

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



### Through May 24

To Kill a Mockingbird: **Friday** and **Saturday**, 7:30 p.m.; **Saturday**, 3:30 p.m.; **Sunday**, 2:00 p.m., Granbury Opera House, 113 E Pearl St. Presented by Granbury Theatre Company. \$20 adults; \$17 seniors; \$15 children. Box Office: (817) 579-0952. www.granturytheatrecompany.org.

### 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.

### May 1, 2, 8, 9, 15, 16, 22, 23, 29, 30

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.

### May 2

Bird Walk and Reptile Fest: Guided Bird Walk, 7:00-9:30 a.m.; Reptile Fest, 10:00 a.m.-5:00 p.m., Acton Nature Center, 6900 Smoky Hill Ct. Free for both events. Bring binoculars and learn about birds with Dr. Billy Teels. Later, meet and even touch some scaly friends with many knowledgeable people on hand to answer questions. www.actonnaturecenter.org.

### May 5

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 entertainment by Melody Belles Singers of Granbury, directed by Sally Thornton. Lunch, \$13, is not mandatory but RSVP is required if dining with group. Call (682) 936-9572 to RSVP.

Brazos Chamber Orchestra: 7:30 p.m., Sanctuary of First United Methodist Church. Led by music director David Anavitarte, 50-piece ensemble plays an eclectic blend of orchestral music. Free to the public. Visit www.brazoschamberorchestra.org or contact (817) 645-8067.

### May 7

64th National Day of Prayer Breakfast: 6:00-7:30 a.m., Granbury Resort Conference Center, 621 E. Pearl St. An hour of prayer for community, state, nation and world prior to panel discussion based on theme, "Have You Prayed for Our Troops Today?" Call Minette Sicard, (817) 559-9456.

### May 8, 29

Music, Massage and Merlot: 6:30 p.m., D'Vine Wine, 107 E. Bridge St. Enjoy \$1/minute massage plus great music. (817) 573-7200.

### May 9

Girls Night Out: 5:00-8:00 p.m. Historic Downtown Square. Drawing for \$100 downtown dollars, drinks and food for ladies who come to shop in the boutiques and galleries surrounding the courthouse. Call (817) 573-5299 or visit www.granburysquare.com.

### May 9, 23, 30

Only the Hits—The Music That Made Us: 3:00-5:00 p.m.; 7:00-9:00 p.m., Granbury Live Theatre, 114 N. Crockett St. Big City Music Revue presents the greatest hits, funniest characters and best moments that made you laugh, cry and sing along. \$22 seniors; \$25 adults; \$15 children under 13. Call (855) 823-5550 to RSVP.

### May 12

Senior Circle 16th Anniversary Party: 5:00-8:00 p.m., Granbury Resort Conference Center. Entertainment by The Baron, featuring your favorite dance tunes from the Forties through the Seventies! Prom pictures, door prizes, snacks and, of course, dancing! \$15. Purchase tickets at the Senior Circle office, 1321 Water's Edge Dr., Suite 1001. (817) 579-2979.

### May 15

Granbury Chamber Luncheon: 11:00 a.m.-1:30 p.m., DeCordova Bend Country Club, 5301 Country Club Dr. Sponsored by Lakeside Physicians; \$15. For more information, call (817) 573-1622.

### May 16

Super Hero Fun Run: 8:00 a.m.-noon, Granbury First United Methodist Church, 301 Loop 567. 5K, 10K and Fun Run raises funds for Lifesong Youth Choir. Awards given for the top three costumes. For more information, contact Corey Moses, (817) 573-5573. Register at www.runsignup.com/Race/TX/Granbury/ LifesongSuperhero5K10K.

Saturday Sounds on the Square: 7:00 p.m., Historic Granbury Square, 100 E. Pearl St. Free concert. For more information, call (800) 950-2212.

### May 18

Elizabeth Crockett Chapter of the Daughters of the American Revolution meeting: 9:30-11:30 a.m., Fellowship Hall, First Presbyterian Church. Prospective members welcome. Call Regent Betty Gosdin, (817) 240-4775.

### May 21

Elvis Curtain Call: 6:00 p.m.-1:00 p.m., Granbury Resort Conference Center. This fundraiser includes cash bar, silent auction to support the work of the Opera Guild of Granbury and a lavish show by Elvis tribute artist Kraig Parker. \$25 or \$50 VIP. Call (817) 736-5845 or email granburyog@gmail. com to RSVP.

### May 23

Pow-Wow, Rendezvois & Knapp-In: 8:00 a.m.-6:00 p.m., Chisholm Trail Outdoor Museum, northwest corner of Lake Pat Cleburne at Highway 67. Join fellow Texans In honor of the Native American Peoples. Pre-1840 camping and demonstrations by dancers, musicians, cooks and artists. Fire starting, flint knapp-in, yarn spinning, tatting, archery, story telling plus history lessons from Terry's Texas Rangers Civil War Re-Encampment. To reserve your camp site, call Quiet Dove at (940) 325-5019.

### May 23 — 25

Memorial Day Celebration: 8:00 a.m.-6:00 p.m., Historic Granbury Square, 100 E. Pearl St. Family-friendly entertainment, games, food, art and crafts to help us all enjoy the start of summer. Call the HGMA at (817) 573-5299.

### May 29 — June 4

Scholastic Book Fair: 10:00 a.m.-5:30 p.m., Hood County Library, 222 N. Travis St. Support local children as they learn to grow through reading. Call (817) 573-3569 or email cwood@co.hood.tx.us.

### May 30

Last Saturday Gallery Night Art Walk: 6:00-9:00 p.m., 106 N. Houston St. Walk around the Square visiting The Galleries of Granbury — Artefactz, Gallery at Granbury Theatre, Langdon Center Art Gallery, J4 Sculpted Steel, Shanley House Art Gallery, Yeats-Duke 1858 Working Museum and Your Private Collection Art Gallery. Artists on hand, some giving demonstrations, while you enjoy hors d'oeuvres, wine and music. Contact (817) 579-7733.

### Ongoing:

### Weekends

Hood County Museum: 1:00-4:00 p.m., Old Hood County Jail, 208 N. Crockett. \$2 for adults, \$1 for children 6-12. (817) 573-5135.

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

# Cooking NOW



## In the Kitchen With Sharon Johnson

— By Melissa Rawlins

People enjoying freshly cooked meals at Lakeside Baptist Church may not realize Sharon Johnson, food service director for the past 19 years, simply shares her mother's love with each dish she prepares. "I've had no professional training as a cook," Sharon said, recalling how from third grade forward her parents encouraged her culinary endeavors. They not only complimented her efforts, but ate everything she presented — even the time she accidentally used sugar instead of powdered sugar for the cake frosting. "My mother was my teacher, and I have to thank her for my skills. Mother was a young bride during the Depression, cooking simple meals that were healthy and delicious. That is what I prepare, home cooked meals like Mother used to make."

### Fresh Broccoli Salad

### Salad:

2 bunches fresh broccoli

I can sliced water chestnuts, drained

I cup raisins

I purple onion, cut in rings

1 8-oz. package sunflower seeds or 1 cup pecans

3/4 lb. bacon, diced and fried

### Dressing:

1 cup real mayonnaise 1/2 cup sugar

1/2 cup sugai

2 tsp. vinegar

**1.** For salad: Cut broccoli into bitesize pieces. Combine with remaining ingredients. Refrigerate.

**2.** For dressing: Stir together dressing ingredients.

**3.** Add dressing to salad 1/2 hour prior to serving, tossing well.

### Jeff Davis Pie

2 eggs

1/2 cup butter or solid margarine

1/2 cup half-and-half

1 tsp. vanilla

4 level Tbsp. flour

2 cups sugar

1 9-inch deep-dish pie shell

**1.** Beat eggs well. Add butter, half-and-half and vanilla, beating continually until smooth.

**2.** In another bowl, sift flour and sugar together. Add to liquid mixture. Mix well.

**3.** Pour into pie shell. Bake at 375 F approximately 45 minutes, or until firm.

## Pork Chops With Stuffing

### Chops:

4 pork chops

1/2 tsp. each salt, pepper, thyme

1 Tbsp. oil

#### Stuffing:

2 tsp. margarine

1/2 medium onion, diced

I clove garlic, minced

I cup celery, diced

4 slices white bread, toasted, cut in

1/2-inch squares

2 tsp. sage

1 1/2 cups chicken broth

**1.** For chops: Season pork chops with salt, pepper and thyme. Lightly sauté in oil on each side. Remove and place in baking dish large enough to hold chops.

**2.** For stuffing: Add margarine to drippings; continue heating until it melts. Sauté onion, garlic and celery. Add bread cubes and sage, mixing well with onion mixture. Divide stuffing equally over each pork chop.

**3.** Pour chicken broth over stuffing and chops, cover and bake at 350 F for 45 minutes. Uncover and bake 15 minutes longer.

### **Green Rice**

Serves 10-12.

3 cups cooked rice

3 cups shredded Colby cheese

3 cups milk or half-and-half

4 large eggs

 $1 \frac{1}{2}$  tsp. salt

1 tsp. pepper

2 Tbsp. butter or margarine

1/2 cup minced green onions

4 cloves garlic, minced

1/4 cup chopped parsley

1 10-oz. pkg. frozen chopped spinach, thawed and drained

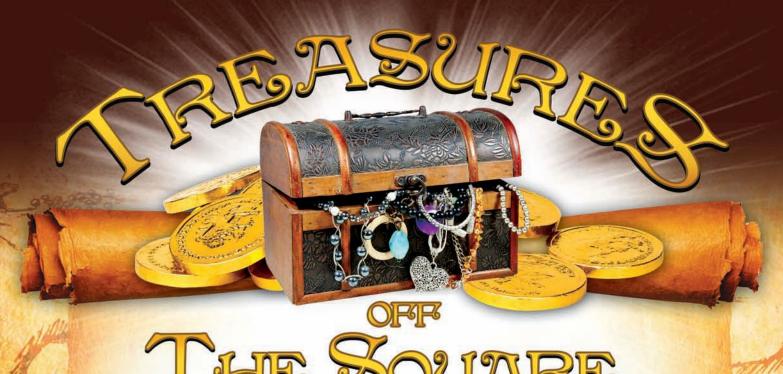
**1.** Combine first 6 ingredients in a large bowl.

**2.** Melt butter in a large skillet. Add green onions and garlic. Sauté 2 to 3 minutes, and then add to rice mixture.

**3.** Add parsley and spinach to rice mixture. Mix and pour into a greased baking dish.

**4.** Bake at 350 F for 30 minutes, or until set.





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