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MAY 2018

Taking Flight

Alongside mentors, Mark Kirk leads high school students to build airplanes

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ON THE COVER

Mark Kirk gets to fly while helping students soar.

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EDITOR'S NOTE



Lisa

Lisa Bell
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There's nothing like a mother's love ...

As I wait for the birth of my 11th grandchild — a girl this time — I remember when my girls were young. They had many friends who loved spending time at our house. We often entertained at least one extra person for supper. Quite frankly, I enjoyed being “Mom” to many kids in the neighborhood or from church. I still keep up with a few of them.

Being a mom isn't all about biology. When we reach out in love to anyone, we can develop a bond and meet needs for a listening ear, wisdom and support. Even with a great mother, sometimes we need that second mother figure.

I'm thankful for all the women in my life who have been like mothers or older sisters, offering wisdom and perspective when I needed it most. Even more true, since my mother left this earth many years ago. And I like being that mom for others, whether by blood, choice or simply a special bond that comes through relationship. This month, remember all the moms in your life — and thank them.

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The beautiful career and technical education building at Granbury High School opens doors for students. For those in Mark Kirk's aerospace engineering class, the door includes building flight-capable aircraft. Eagle's Nest Projects, a nonprofit organization that inspires future aviators, funded two airplane kits for GISD, an opportunity Mark doesn't take lightly. The students worked with approximately 15 mentors who provided guidance for those participating in the elective class.

About half of the students enrolled in Kirk's class want to pursue higher education in an engineering field. Another fourth of the students want to be pilots, and the rest have other related aspirations. But this isn't a simple class. Although they have fun, they spend three days a week covering the curriculum. The other two days happen in the shop, putting together pieces of the plane. It requires knowledge and teamwork to assemble the airplane correctly. Before they make it to this class, the students must complete the freshman- and sophomore-required classes. As juniors and seniors, they get to move to the upper level class. Most of this class comes from top-tier students.

Completing the first airplane in 2017 brought a great deal of satisfaction and pride to the students, mentors and Mark. "I'm the most fortunate teacher," he said.

Teaching geometry and aerospace engineering is a dream for Mark. He and his wife, Ginger, both came from Granbury. After being away for 13 years, they returned to be near their family. They have four children ranging in ages from 7 to 15.

Mark started out adulthood working in youth camps before getting married. When he learned of a dire need for math and science teachers, it seemed like a natural fit for him. "I told my wife, 'I should do that,' almost as a joke," he shared. But he loves watching the surprise on students' faces when they accomplish the task given — when they realize they can succeed.

The aerospace engineering class itself is a fairly broad curriculum. The kids leave with a good understanding of aviation history, aerodynamics, materials, engines, propulsion systems, satellites, space travel, as well as an introduction to drones. They also gain a vast education of aviation and aerospace. In the future, curriculum may move toward drones, which is becoming a big thing. The class takes field trips to air shows, conferences and museums.

— By Lisa Bell

TAKING

FLIGHT







Beyond the knowledge gained, working on the project helps the students grow in teamwork skills and builds their confidence. For many of them, it solidifies the career choices they already planned. And these students also learn about serving others. They help with STEAM (Science, Technology, Engineering, Art and Math) events at a few GISD schools at which they demonstrate drones, rocketry and other related activities.

In addition to building an actual airplane, the kids learn ownership. As part of the project, when they pass the FAA written exam, they can take up to 20 hours of flight instruction in the plane. They can take additional hours, at their own expense, to earn their pilot's license. Having a pilot's license at 16 is a possibility. Mark Kirk said, "I have three, possibly four, preparing to take the test."

The mentors make the project possible. Mark admits he couldn't take on the actual building without them. They come from different backgrounds, although many of them have experience in building airplanes. They start by modeling basic metal-working skills with the students that are necessary for the project. After a





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few weeks, the mentors shift to quality control and allow the students to become the primary builders of the plane. But at all times, their key role is about relationship building. The students benefit as they learn from the older generation and begin networking while still in high school.

"The mentors build the student. The student builds the airplane," Mark said. That's their philosophy. His class last year consisted of 24 students, and this year he had 20. The teacher, sometimes affectionately called "Captain Kirk," stated that 20-30 students per class is a good number. He likes having the almost one-to-one ratio of mentors to students.

Mark has almost 20 years of teaching experience, 15 of them at Granbury High School. His father was a pilot, so he always had an interest in aviation. About three years ago, he started flying himself. In an effort to generate aviation interest with the younger generation, Eagle's Nest Projects supplies the airplane kits to select schools across the country. Mark learned about them through Pat Stewart and the local EAA chapter. Pat was instrumental in bringing the program and GISD together.

The second airplane is scheduled to be finished during the 2017-2018 school year. Eagle's Nest Projects can sell the first plane, and the profits then fund another airplane kit available for the students in the 2018-2019 school year. The program becomes self-sustaining and can continue indefinitely, as long as the school district has teachers like Mark and volunteers who mentor the students.

Mark hopes to do something associated with aviation when he retires from teaching years down the road. With a love for watching students learn, it's possible he'll give back as a mentor, too. **NOW**

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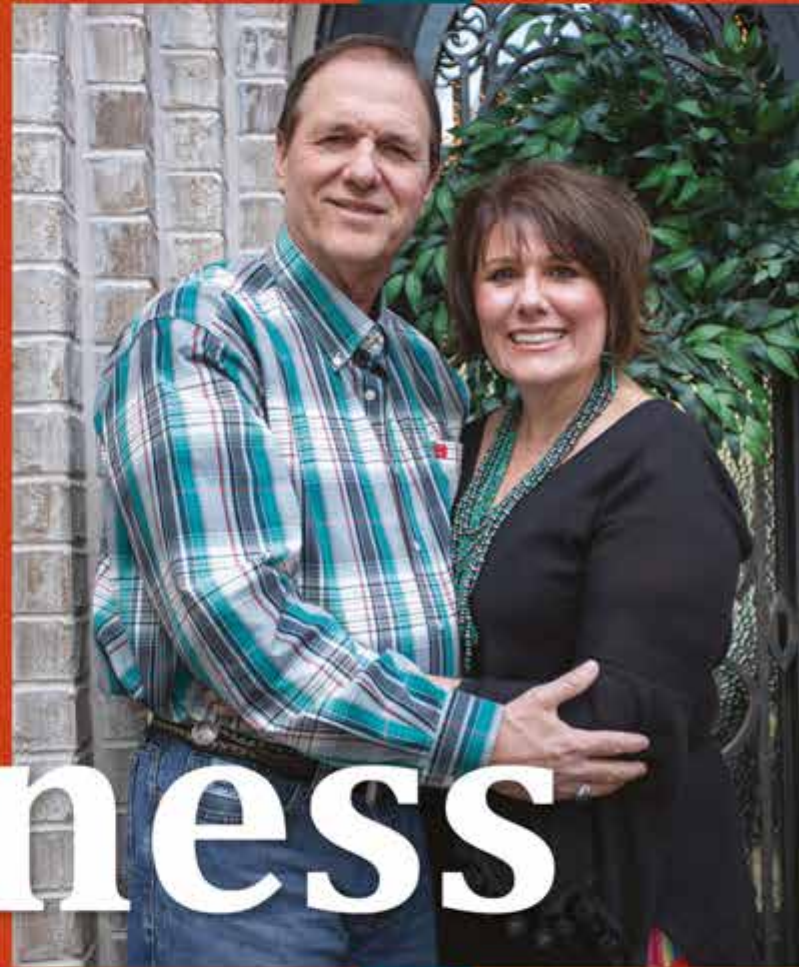
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At Home With Bobby and Darla Martindale

Even before entering the home of Bobby and Darla Martindale, visitors are greeted with something special. The small courtyard, which features entrances to three different parts of the house, is an instant invitation to relax. "We love the courtyard. We have our little fountain, and some Southwest plants that fit the house," Darla said. "This is shaded in the morning, and the back patio is shaded in the afternoon. It's nice to come out here and have coffee in the morning and dinner out back."

Bobby and Darla moved into the 2,600-square-foot home in August 2016, after getting married December 13, 2014. It features three bedrooms and three baths. It won first place in the 2016 Granbury Showcase of



Nostalgic Newness

— By Rick Mauch



Homes (their daughter, Ashton's, home was second), and it was showcased on the Pecan Plantation Christmas Tour of Homes last year. "They sold more than 600 tickets. The thought of that many people coming through your home is overwhelming, but we had a lot of nice comments," Darla said.

The living and dining areas are very open. The vaulted ceiling in the living area adds even more openness to the setting, which includes a pair of sofas and chairs. One of the sofas, made of cowhide, was refurbished by Darla's friend, Christi Proctor Hurst, formerly a designer on the TV show, *Trading Spaces*. The second is a black distressed Chesterfield sofa.

"Christi is the queen of refurbishing," Darla said. "We had it in the office a while, but she said, 'Why don't you bring it out so people can see it?'"

The living room also features some other novel furniture pieces, such as a center table made from a trunk. Another serves as a table adjacent to the chairs. "It's an old treasure chest," Bobby said. "Things like that give the room personality."

The huge fireplace is 15 feet across and 20 feet tall. Above it is a bright red modern art painting by a friend, Linda Shroyer. "I wanted something colorful. This room needs color," Darla said. "And on that wall, that just pops out."

The only hint of separation between the living room and kitchen/dining area is an eyebrow arch. This allows easy inclusion, no matter which room folks are in. "I'm the cook in the family. I do all the meals," Darla said. "This allows me to still be very much involved. There's nobody I can't talk to. It also works great for entertaining. We've had 30 in here easily."

For example, they hosted a church Christmas party, and family gatherings are always a big event. Between them the couple has four daughters and 10 grandchildren.



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All occasions are a chance for Bobby and his grandson, Dylan, to pull out their guitars and entertain. Bobby spent 10 years playing with his two older brothers, Donny and Bill, in their country band, Ramblin Rhythm (The Martindales). Dylan recently released a single entitled "Home" with his band, The

Restless Kind. Bobby is now music director at Parker Church of Christ in Parker, outside of Cleburne. "At Christmastime, Dylan will be playing his guitar, Bobby will be playing his, and the girls (daughters Laurie, Lisa and Chrystal) will be singing," Darla said.

Christi had more of a hand in

designing of the home than just the aforementioned sofa. For example, the headboard of their bed is made of steel, Christi's design idea. "Christi and I have known each other since Ashton was about 5 (she's 31 now)," Darla said. "The bedding she created makes the room. Now, people in Pecan are calling her to help with *their* homes."

Also, in the master bedroom is a bench made from an old church pew. It's one of two in the home, the other in the dining room. "It's one Bobby sat on and his dad sat on. It's been sat on for many years by his family," Darla admitted.

Like some of the bedding in the guest room, the curtains are made of drop cloths from a paint store; another one of Darla's unique ideas. "You don't have to sew a single thing," she said.

Bobby's office is a trip down memory lane. Three guitars hang

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on the wall. "That's my favorite," he said, pointing to one. "It's got a good tone to it." Bobby's memorabilia and photos of him and his band, awards and a framed CD he recorded, entitled *Pure Country Gold*, highlight the office. On the wall is a photo of him with his daughters at his and Darla's wedding.

Also, on the wall are two unique paintings. One features a giant green cactus with a bright blue background. The other is four silhouettes on horses with a fiery red background. "I call them the Four Amigos," he said.

Throughout the home are tile floors with the look of distressed wood, except in the bedrooms. "We have dogs, so this is great," Darla said.

The guest bedroom is something of a showcase itself, dedicated to their parents. The room is a proud reminder that both of their fathers served in the military. "This case was my dad's," Darla said, opening the

door to a case filled with miniature cars and a bright *Oldsmobile Service* gas pump sign on top. "He was an Oldsmobile man."

"He was a very humble man, too," Bobby said, laughing and pointing to a sign on the wall that reads *Humble*.

A bulletin board is made of an old screen window from the church Bobby grew up in. It is filled with photos from both sides of the family, including one of Bobby's dad standing in front of his gas station. Darla's dad, ironically, also owned a gas station.

There's also a photo of Hollywood western star Rory Calhoun visiting a hospital in Vincennes, Indiana, where Darla's mother worked. "I'm not sure why he was there, but she sure enjoyed meeting him," Darla said. Above the bed is a tattered canvas fabric U.S. flag. A pillow also has a flag design. She said, "We just had to be patriotic." **NOW**



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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."

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MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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Artistic Service

— By Lisa Bell

Just over two years ago, April 2016, *GranburyNOW Magazine* featured Sharon Grindstaff and Linda Silver when the two women co-chaired a sesquicentennial style show. They proudly coordinated the Lake Granbury Newcomers Club event and featured historic costumes before transforming the models into current clothing.

Recently, we caught up with Sharon, inspired by this giving lady. Although still involved with the Newcomers, she currently spends more time with her other love, the Salvation Army Women's Service League. "We're the only Women's Service League in the whole world of Salvation Army," she shared. Ten years ago, they started the group with nine members in a living room. Today, they boast about 140 members and take great pride in volunteer work. Although they are part of The Salvation Army, this group's funds come from direct donations, not the national organization.

Locally, Sharon and the League work with GISD to identify those who need help and then provide clothes, shoes, socks, underwear and school supplies. At Christmastime, they put together personal care kits and deliver them to five nursing homes in the area. The ladies also help purchase and distribute beds during the Christmas season. This annual program fills the volunteers with humility as children come forward wanting a bed as their most important gift request.

One of the greatest moments of pride came when the women raised enough money to help purchase a Rapid Response Vehicle. Sharon is part of one of the teams who man the truck, where they serve meals or snacks during emergencies. At a local level, they respond any time the fire marshal calls them. Whether a grass or structure fire, gas spill or other emergency, they provide much needed cold water and/or hot drinks. Even during the monthly food bank distribution, hosted by First United Methodist Church, they supply drinks and snacks.

After a hurricane and flooding, Sharon spent two weeks in Victoria as part of the Rapid Response Truck team. They served more than 4,500 hot meals to residents

and workers during those weeks. "I've never seen such gracious people under the circumstances," Sharon said, reminiscing about the smiles and concerns shown for others. "It's life changing, and I'd do it again." Later, she went to Houston and helped sort food.

Sharon has been a long-time member of this group, but with the truck, they can reach even further and truly help when people need it most. "This isn't a social organization," she said. "We're a 'get it done' organization."

She's also excited about a new GAP program, designed for foster kids. In PreGAP, they hope to reach younger kids by assisting with scholarships for sports and extracurricular activities. As the children grow older, they hope to provide mentors who can guide the teens, better preparing them for the time when they age out of the foster care system. For the kids, these programs mean someone cares without being paid to do so. Sharon mentioned the need for a building to facilitate this program, but until they find one, the group will make a way to get this new program up and running.

Sharon stays busy with volunteer work. In her spare time, she turns to artwork for relaxation. A crafter in her 30s and 40s, she always wanted to try painting. Retiring to Granbury gave Sharon the time and a home studio. She started taking classes at Shanley House Gallery on Wednesday afternoons. "It's like going to the spa," she said. "I love it. I have a real passion for painting."

Although she started with Texas landscapes and still-life, Sharon took a workshop and lately paints horses. "The eye has to be right. That's what draws you in." Whether through her paintings or with a heart of service, Sharon has a knack for drawing people in and bringing them with her. **NOW**

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CookingNOW

In the Kitchen With

REIMOND YOUNG

— By Lindsay L. Allen



“I can’t sing, and I don’t draw, so I make my art on a plate,” Reimond Young said. With a love for cooking and creating, he certainly makes art. And he grows his own produce for his creations. Reimond owns a hot sauce and jelly/jam business using produce he and his business partner grow.

He believes food is a universal language and loves to watch the Cooking Channel. Growing up with a best friend who is Korean shaped the style and flavor of cooking Reimond prefers. “I was introduced to so many flavors at his house and find myself using that as the inspiration for many of my dishes,” he said. With a love for cooking outdoors and gourmet dishes, Reimond hopes to open a teriyaki restaurant someday soon. **NOW**

Scamper’s Fish Tacos

- 1 8-oz. fillet of any firm-fleshed white fish**
- 1 Tbsp. Chef Paul’s Blackened Redfish Magic Seasoning**
- 2 Tbsp. cooking oil**
- 1/2 cup fresh pineapple, diced**
- 4 flour tortillas (or 8 corn tortillas)**
- 4 Tbsp. chipotle or regular mayonnaise**
- 1 cup matchstick/shredded cucumber**
- 1 cup pickled red onion**
- 1 large jalapeño, very thinly sliced**
- 1/2 cup cilantro**
- 1 lime cut into 8 wedges**

- 1.** Season both sides of the fish with Chef Paul’s seasoning.
- 2.** Add oil to a very hot skillet; add fish. Cook approximately 3 minutes to develop a blackened crust; flip the fish.
- 3.** Add pineapple to the skillet; cook, stirring occasionally for another 3-5 minutes, depending on the fish used. Chop the cooked fish and pineapple together in the skillet.

- 4.** Heat tortillas however you prefer. Dress with 1 Tbsp. mayonnaise on each tortilla.
- 5.** Evenly divide fish and pineapple mixture amongst tortillas; divide cucumber, red onion, jalapeño and cilantro across the tacos.
- 6.** Garnish each taco with a lime wedge.

Aztec Truffles

- 4 oz. semi-sweet baking chocolate**
- 1 tsp. minced fresh ghost pepper**
- 1 pinch kosher or sea salt (Do not use table salt.)**
- 3 oz. heavy cream**
- 1 disposable piping bag**
- 24 premade truffle shells**

- 1.** Chop chocolate into small pieces; put them in a glass or metal bowl.
- 2.** Add ghost pepper and salt to the chocolate.
- 3.** Bring the heavy cream to a boil; immediately pour cream over the chocolate mixture in the bowl. Let stand undisturbed for 5 minutes.

- 4.** Using a whisk or spatula, stir the chocolate mixture until completely emulsified and smooth, about 2-3 minutes.
- 5.** Allow mixture to cool slightly before transferring the ganache to the piping bag.
- 6.** Carefully snip the end of the piping bag as close to the tip as possible; fill each truffle shell with approximately 1/2 Tbsp. of the ganache or whatever amount your shells will hold.
- 7.** Carefully wrap or cover the truffles; allow them to set completely in the icebox, at least 1 hour.

Cuban Sandwich With Lemon Dill Sauce

Lemon Dill Sauce:

- 1/4 small onion, minced**
- 2 Tbsp. butter**
- 2 garlic cloves, minced**
- Pinch ground mustard**
- 2 Tbsp. fresh lemon juice**
- 3/4 cup heavy whipping cream**
- 1 Tbsp. fresh dill, chopped**
- Zest of 1 lemon**
- Salt and pepper, to taste**

Sandwich:

- 1 French baguette, buttered**
- Mustard, to taste**
- 1 pickle, very thinly sliced**
- 6 oz. roasted pork, thinly cut**
- 6 oz. ham, thinly sliced**
- 4 oz. Swiss cheese**

1. *For sauce:* Sweat the onions in the butter over medium-low heat until translucent. Add the garlic; stir frequently until fragrant. Do not brown the garlic; this makes it bitter. Add ground mustard, lemon juice and cream. Bring to a heavy simmer, being careful not to scald the cream. Add the dill, lemon zest, salt and pepper. Lower the heat; let reduce to desired thickness, about 6 minutes.
2. *For sandwich:* After the sauce is done, set aside and begin toasting the baguette on the inside until slightly crispy.
3. Dress the bottom of the sandwich with mustard and thinly sliced pickles to your taste.
4. Layer the roasted pork and ham on top of the pickles. Lay the Swiss cheese evenly over the meats.
5. Brush the inside of the top of the baguette liberally with the lemon dill sauce.
6. Press and grill the whole sandwich with either a Panini press or similar method.
7. When the cheese melts and the outside is crispy, your sandwich is ready to eat.

Roasted Game Hens With Lemon, Pear and Serrano Peppers

2 game hens, defrosted and free of gizzards

1 large lemon

2 serrano peppers

1 Asian pear

2 Tbsp. olive oil

Salt and pepper, to taste

1. Place the rack of the oven into the center slot; preheat oven to 350 F. Thoroughly rinse the hens; pat dry.
2. Cut the lemon in half lengthwise. Rub a lemon half on the skin of each bird; place in the cavity of the hen.
3. Repeat the process with the serrano pepper, if desired, or just split the peppers lengthwise and place inside the hens.
4. Peel and core the pear; slice into thin wedges. Divide the pear slices equally between the hens.
5. Rub 1 Tbsp. olive oil onto the skin of each hen; season liberally with salt and pepper.
6. Place the hens into a roasting pan; place them, uncovered, into the preheated oven. Roast for 45-65 minutes, or until internal temperature reaches 165 F.

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



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BusinessNOW

Tuscan Vein Clinic

— By Lisa Bell

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Selected by his peers as a Texas super doctor since 2005, Dr. Douglas Overbeck has been an invasive cardiologist for 27 years. The diversity in interventional cardiology captured his attention with a blend of internal medicine and surgery. Seeing patients affected by venous insufficiency and varicose veins led him to explore and learn more about treating them. In 2009 Tuscan Vein Clinic was established.

Though the primary clinic is located in Irving, he has

two satellite offices. The Granbury and Stephenville offices were established as Dr. Overbeck became aware of the need for local treatment options, as patients had previously been forced to drive more than an hour to receive treatment. He has been seeing patients in these underserved areas since 2010.

Tuscan Vein Clinics do not treat patients bothered only by the appearance of spider veins. “We’ll be happy to refer you to a good dermatologist for those,” Dr. Overbeck said. He only sees patients with symptoms and physical findings caused by damaged veins. Bulging varicose veins aren’t simply a cosmetic issue. They indicate an underlying condition called venous insufficiency. At times, symptoms occur without external signs of varicose veins. Painful or swollen feet or legs along with other symptoms may indicate venous insufficiency.

Tuscan Vein Clinics often receive referrals from primary physicians, but they are certainly not required to make an

appointment. The most common patients include teachers, coaches, pharmacists, factory workers and hairdressers. Approximately 25 percent of women and 15 percent of men in the United States suffer from varicose veins. Women are especially prone because of pregnancy.

Heredity, as well as certain occupations with prolonged sitting or standing, can contribute to developing the condition.

In the past, treatment for varicose veins included stripping, which involved a long, painful recovery. Over 15 years ago, doctors began using new technology to perform minimally invasive procedures, which are done in the office, as an effective alternative to stripping. Using innovative technology, Dr. Overbeck chooses radiofrequency ablation. "It is kinder and gentler than laser surgery," he said. Performed as an office procedure, a patient is up walking immediately after the procedure with little to no discomfort. "I've seen coaches come in on a Friday morning and be on the field that evening coaching a football game," he shared.

Although avoiding varicose veins may not be possible, Dr. Overbeck offers a few tips. First, he encourages patients to be their own best health advocates. Ask questions and take initiatives. Next, be proactive and request a second opinion. Changes to the appearance of the skin around the feet and legs, including ulcerations along with aching, cramping, itching, burning and restless leg may indicate chronic venous insufficiency.

Dr. Overbeck has specific goals in mind. He and his staff treat one patient at a time, working toward good outcomes and the prevention of future problems. The cosmetic benefit is a bonus. He gives credit for success to Donna and his other staff members. Customer service, TLC from A to Z and a wonderful staff set them apart. They strive to nurture the whole patient. "We're small enough to get it right," he said. That objective is most important for the Tuscan team. **NOW**



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SUPERDOCTORS
 2005 - 2017

Legends and Landmarks

Pieces of the past wait to be explored in Southwestern Oklahoma.

The beauty of Oklahoma comes in many forms: vast stretches of open plains, soaring mountain ranges and sunsets that set the sky ablaze with color. The state's southwestern corner, known as Great Plains Country, puts that diversity on display. The alluring and rugged terrain makes it an incredible spot for outdoor adventure, while the unique history of the area gives visitors another rich layer to explore.

Among Great Plains Country's best-known features are the granite-capped Wichita Mountains and the 59,020-acre Wichita Mountains Wildlife Refuge. The gorgeous refuge offers myriad activities. Visitors will find hiking trails and climbing routes for all skill levels, and the views are breathtaking for those who reach the summits on foot or take a drive to the top of Mount Scott, one of the state's tallest mountains.

Nestled at the entry of the refuge is the 100-year-old resort town of Medicine Park. It is filled with historic buildings housing eclectic shops, art galleries and fantastic bed-and-breakfasts. Visitors can amble along the scenic trails, fish for trout in the well-stocked creek and enjoy classic comfort food at one of several delicious restaurants — all while soaking in the history of an area that was once a playground for celebrities, politicians and outlaws.

Quartz Mountain Nature Park in Lone Wolf is a hot spot for bird-watching, rock climbing, hiking and fishing. For those wanting overnight accommodations, the rustic cabins and lodge-style rooms at the remote Quartz Mountain Resort, Arts & Conference Center offer stunning views of the Wichita Mountains and Lake Altus-Lugert.

In Carnegie, the Kiowa Tribal Museum features 10 vibrant murals chronicling the history of the Kiowa Tribe, and singing sessions and beadwork classes help introduce visitors to tribal traditions. The Comanche National Museum and Cultural Center in Lawton offers an extensive collection of artifacts, including painted buffalo skulls, intricate beadwork and elaborate war bonnets. The Southern Plains Indian Museum in Anadarko focuses on the arts and crafts of the

Southern Plains Indians, including the Caddo and Delaware nations. Popular summer events include the Kiowa Gourd Clan Celebration in Carnegie, the Comanche Nation Homecoming Powwow in Walters and the Wichita Tribal Dance in Anadarko.

Throughout Great Plains Country, the history of conflict between the tribes and the United States government is also preserved. In Cheyenne, is the Washita Battlefield National Historic Site, where visitors can take a self-guided tour of the 1 1/2-mile trail, and the visitor center has exhibits and a film that tells the story of Lt. Col. George A. Custer's 1868 surprise attack on Peace Chief Black Kettle's Southern Cheyenne village. Farther south sits Fort Sill, best known as the home of Apache leader Geronimo during his latter years. Today, the Fort Sill National Historic Landmark and Museum offers exhibits on military and Native American history.

Two of the most famous pathways in United States history ran through Great Plains Country: the Chisholm Trail and Route 66. Used to drive cattle from Texas to Kansas in the post-Civil War era, the Chisholm Trail is the stuff of American legend. The Chisholm Trail Heritage Center in Duncan celebrates its rich history. Long after the Chisholm Trail cattle drives, another thoroughfare captured America's imagination. Built in the 1920s, Route 66 took travelers through American small towns across the country. The Oklahoma Route 66 Museum in Clinton and National Route 66 & Transportation Museum in Elk City showcase the classic cars and vivid neon signs that helped make the route so memorable, while providing interactive exhibits to introduce the road to a new generation.

With its beautiful scenery and colorful history, there's much to see and do in Southwestern Oklahoma. For more information or to plan a trip to Great Plains Country, visit travelok.com. **NOW**

By Hayley Riggs McGhee. Photos courtesy of Oklahoma Tourism.



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Your Style, Your Palette

— By Zachary R. Urquhart

Home improvement can be an unavoidable hassle. When a garbage disposal goes out or you have a leaky faucet costing you money, you take action. Sometimes, though, home improvement can mean fixing up an old piece of furniture or giving a decorative coat of paint to your accent pieces. Here are some tips for sprucing up your house this summer.

Finding Your Canvas

• *Use your own furniture.* Fixing up your house does not have to mean buying all new things. Your old couch can get new padding or a new cover, either from a professional or as a do-it-yourself project. A worn tabletop might be sitting on a solid foundation or vice versa. You can incorporate some of the parts of an old piece to make something unique and new.

• *There are simple bathroom solutions.* Replacing faucets and towel hangers is a relatively inexpensive way to give your bathroom a facelift. And if your marble tub is starting to seem outdated, consider replacing only the sides with sleek wood painted to match your cabinets. It is an easy way to get a very different look without too much effort.

Looking Outside Your Home

• *Drive slowly and look both ways.* One of the best ways to find furniture ripe for redoing is just by driving through neighborhoods the day before trash collection. People often have old furniture they just need to get rid of, and they will stick it by the curb to be taken by their garbage service. If you want a piece for aesthetics alone, a cursory once-over can determine if someone else's trash really could be your treasure. If you are using something that needs to bear weight, like a dining table, check all joints and tighten all screws before you even load it in your car.

• *Be safe, not scared.* Getting things online might make you a little anxious, but it can be a great way to start a project. If a seller is too vague with details, or they will not send ample photos, beware. Try to have someone go with you for added safety and avoid making plans to pick something up at night in a remote location. When things are free or too cheap, it might be a sign that the item needs more work than you want to put into it.



Painting Like a Pro

• *Pick the right paint.* Once you have cut, remade and sanded the perfect piece, a good coat of paint is the perfect final touch. Based on what you are covering, you might need a nicer paint to ensure a good, smooth finish. The paint experts at your local store can be invaluable when selecting the right paint for your project.

• *Chalk it up.* If you want to give a piece the fresh but distressed look that is so popular right now, there are a few things to keep in mind. Chalk paint is versatile. You can thin it or thicken it to change the look a bit. Distress the wood after painting, but before waxing, which is a step you cannot skip. One benefit is that you cannot really mess it up, since nicks and scrapes are a part of this style.

Whatever you decide to tackle this summer, take your time and be creative. Remember, these projects should be a fun way to spruce up the most important space you have — your home. **NOW**



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Zoomed In: Dean Proctor

By Lisa Bell

Dean Proctor, pastor of Lake Granbury Christian Temple, started Resale Heaven mostly to liquidate his book collection. “My wife said 700 was too many,” he said. Before he knew it, the small resale shop located at the church grew. People donated and bought items. The church sent clothes and household items to people after Hurricane Harvey and clothing to other countries.

The funds from the resale shop benefit local ministries, as well. “My heart has always been to provide a place saturated with love,” Dean shared. That remains the goal of the nondenominational, Bible-based church he pastors, and the resale shop has been a way to help show love.



Lacey Camp and Andrea Taylor “go live” from Against the Grain during an Imagination Celebration group event.



Clay and Sasha greet customers at the local Grumps Burgers.



Congratulations to Granbury High School law and public safety students for excelling at the 11th Annual Texas Public Service Association State Competition.



Wayne Jenkins and Jack Whitman from Granbury visit Tequilas in Weatherford for good food and some karaoke.



Granbury's Stonaways win National-International drill team competition. Congratulations, ladies!



Edna, Jeannie and Margaret gather at Quail Park of Granbury.



The Chamber's Women in Business events provide the perfect atmosphere for networking.



Cyndi and Scott Pace enjoy great food at Joe's while supporting the Brazos Pregnancy Center.

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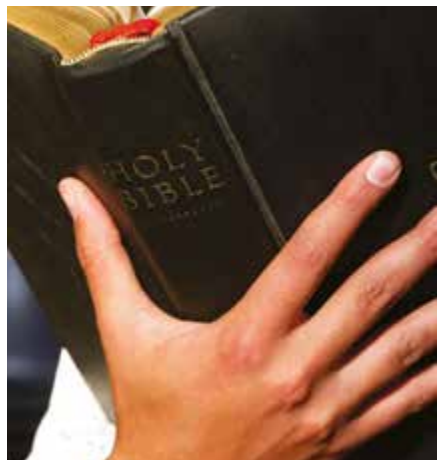
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1

Opera Guild of Granbury: 11:00 a.m., DeCordova Bend County Club, 5300 Country Club Dr. Melody Belles providing entertainment. Meeting at 11:30 with optional lunch (\$14) following at noon. Reservations required, RSVP to granburyog@gmail.com or (682) 936-9572.

1 — 3

Bible-Reading Marathon: **Tuesday-Wednesday**, 7:00 a.m.-9:00 p.m., **Thursday**, 7:00 a.m.-noon. Anyone is welcome to read. For details or to sign up for specific times, visit www.biblereadingmarathon-granbury.org.



3

10th Annual National Day of Prayer Breakfast: 6:00-7:30 a.m., Lake Granbury Conference Center. Doors open at 5:30 a.m. Free worship and prayer breakfast gathering.

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

Worship and Prayer Gathering Luncheon: 12:15-12:45 p.m., multiple locations in and near Granbury. Bring your lunch and share a time of

prayer with others. For details, visit www.granburyministries.org/2018-national-day-of-prayer.

Come on 'round the Wagon: 6:00-9:00 p.m., Warren's Backyard, 2901 Weatherford Hwy. Chuck wagon dinner, live music and auction benefit Hood County United Way. Details at www.unitedwayhoodcounty.com.

4

Melody Belles Spring Concert: 7:00 p.m., Langdon Center Concert Hall, 308 E. Bridge St. Presenting "An American Songbook." Free to the public. Donations welcome. Call (817) 326-2687 for information.

5

4th Annual Reptile Day: 10:00 a.m.-4:00 p.m., Acton Nature Center, 6430 Smoky Hill Ct. Lots of reptiles on display and many available to touch. Free and open to the public.



7

Granbury Civic Chorus Spring Concert: 7:00 p.m., Acton Methodist Church, 3433 Fall Creek Hwy. "Hymns of Faith" free concert. Donations accepted.

9

Women's Service League of The Salvation Army: 10:00 a.m., DeCordova Bend Country Club. New

officers installed and Sharon Wilson to share beginning of The Salvation Army in England and America. Optional lunch at 11:30 a.m.

11

Melody Belles Spring Concert: 6:30 p.m., DeCordova Bend Country Club, "An American Songbook" concert and dinner. \$15. Public invited. For reservations, call (817) 326-2381.

14

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy. 377. Historian, Dale Phillips, presenting "The Federal Capture of New Orleans." Visitors welcome. Visit www.ncentexcwrt.com.



17

Sr. Circle Masquerade Ball: 5:00-8:00 p.m., Lake Granbury Conference Center. Evening of food, music, dancing and prizes for his and hers best masks. \$10. Tickets must be purchased in advance. For more information or to purchase your ticket, call (817) 579-2979.

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



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