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March/April 2020

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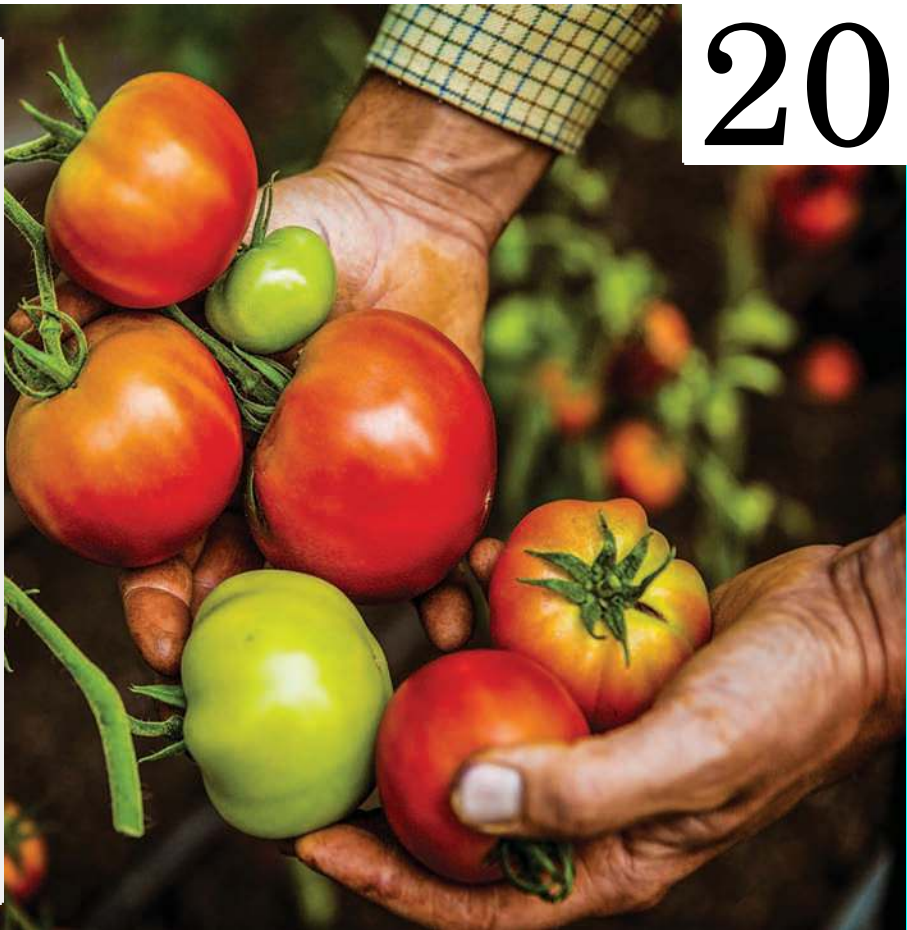
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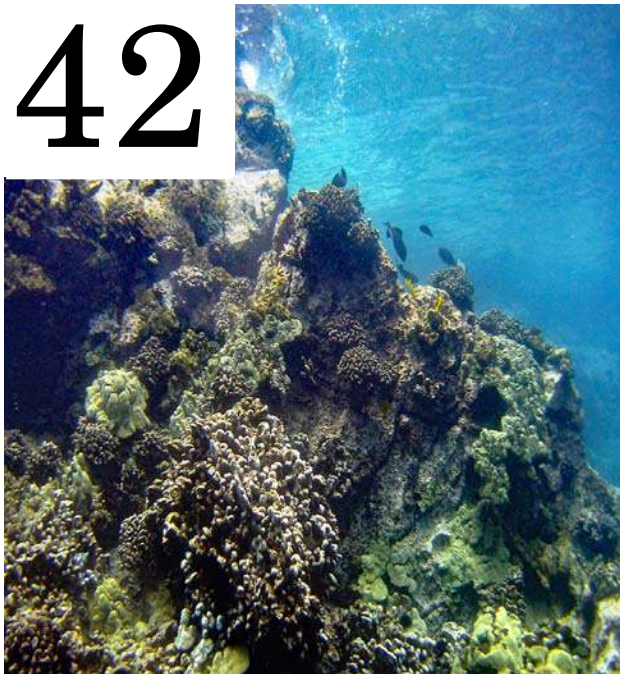
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Handing down knowledge

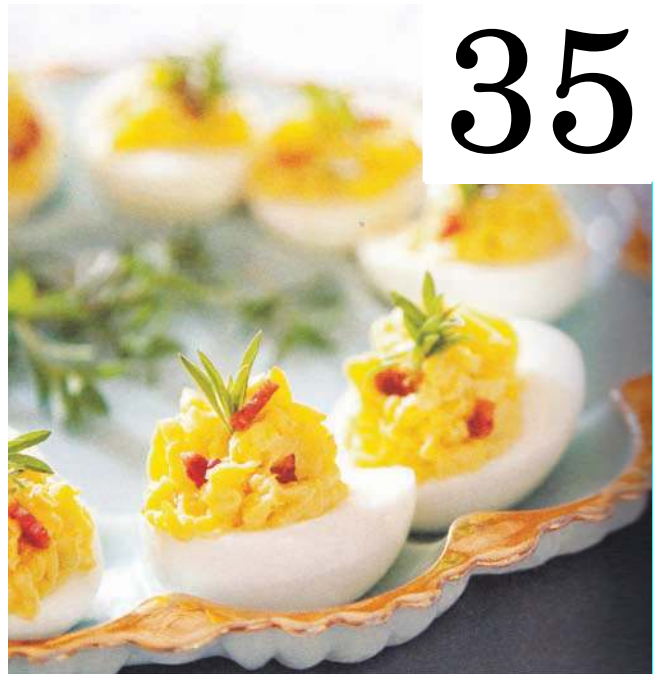


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 livetexas Today Fish the restaurant is named after Today Fish the article at [livetexas.com/?p=3885](http://www.livetexas.com/?p=3885)



livetexas
 livetexas Last August, Tommie Appalache lived in dire conditions. Living in a small wet house with no electricity except for what he could get from a neighboring property using extension cords, Tommie also was very under fed. <http://www.livetexas.com/?p=3727>



mememememegarys · Following
 These in a Spanish traditional and the first in a PDM Cleaned Oil



Simple Spring Home Tour - Bless'er House
 Sharing is caring! [ShareLiveit#12717](http://www.livetexas.com) [ShareSimple](http://www.livetexas.com) ideas for decorating home for spring by using artificial greenery and flowers, decor capsule staples, and neutrals for room styling year-round... [More](#)

Lauren Bless'er House Follow

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Happy 2020 everyone. A new year is upon us and it's that time again when people make their annual resolutions like to lose weight and other sweeping changes that are usually short lived. I have some ideas for all the golfers out there so take a look at the list to see if you can attain any of these this year. <http://www.livetexas.com/?p=5752>



liveit Livelt Magazine





STAFF & CONTRIBUTORS

PUBLISHER

JM Winter

EDITOR

Dani Blackburn

dani@postokmedia.net

CREATIVE DESIGNER

Rosie Cole

rosie@postokmedia.net

PRODUCTION MANAGER

Kayla Jean Woolf

kayla@postokmedia.net

ADVERTISING EXECUTIVES

Shemie Nelson

shemie@postokmedia.net

Kathy Miller

kathy@postokmedia.net

BUSINESS MANAGER

Brenda Bingham

accounting@postokmedia.net

CIRCULATION MANAGER

Pam Black

subscriptions@postokmedia.net

CONTRIBUTING WRITERS

Donna Long

Jennifer Sidlauskas

Joshua Campbell

Jon Nunneley

Kassie Pounds

J. Kimberly Cantwell

Brent Shaw

Norman Winter

Patrick Darr

Tom Marquardt

Tom Ward

Michelle Ames



Live It Magazine

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hello readers,

Welcome to the March/April issue of Live It magazine. As temperatures rise and spring arrives across North Texas, we celebrate with this Home and Garden issue. As S. Brown so eloquently said, "The first blooms of spring always make my heart sing."

It is time to crack those windows and do some spring cleaning, and maybe even take the opportunity to touch up your home decor. Kassie Pounds with Victory Cottage is full of great ideas, and check out the Live It list for a few spring-inspired pieces. Then get outdoors and soak up the fresh air by starting the garden you've always wanted. If you follow along with The Garden Guy, you'll have all the tools you need to either begin or add some color to your already blooming beds.

If you love gardening and want to help others, consider volunteering at Shiloh Field Community Garden. Located in Denton, Texas, it is the largest community garden in the United States and every single fruit and vegetable pulled from the grounds is given to others. Learn more about this gem inside this issue.

Another nonprofit featured comes from Josh Campbell in Good Works. He discusses the Red River Valley Museum and the history of our great area.

If you're yearning to take a trip, I am ecstatic about this issue's travel article from Donna Long. She gives us some inside information on Hawaii and everything you need to know for a fantastic trip.

This month we welcome Brent Shaw, who will be providing some financial knowledge for our readers, as well as Jon Nunneley, who shares his stunning photography skills in each issue's parting shot.

Visit our website at www.liveittxa.com where you can subscribe to an online edition. Don't forget to submit photos of your beloved pets, your favorite recipe, photos from your favorite community activities or an upcoming event for our calendar. Follow us on Facebook, Instagram and Twitter for more from Live It magazine. May you have a happy and blessed spring.

Best wishes,

Dani Blackburn

ON THE COVER

Texas Tulips offers the perfect way to welcome spring by strolling through thousands of stunning tulips. Pick tulips and create your own bouquet, or come for the perfect photo op at this unique North Texas attraction in late February or early March. Visit www.texas-tulips.com for the official opening date or follow the m on Facebook and Instagram. Entry is \$5 per person. U-pick is \$2.50 a stem. Picking baskets available on the field. Free parking. Concession, picnic tables and restrooms are available. Texas Tulips is open seven days a week from 10 a.m. to 8 p.m. Located at 10656 FM 2931, Pilot Point, Texas.



A nutritious drug can help lower the risk for diabetes. (Photo courtesy Metro Creative)

American Diabetes Alert Day, March 24

The growing threat of diabetes


By Metro Creative

Diabetes diagnoses are on the rise, and the numbers are jaw-dropping. According to the World Health Organization, the number of people with diabetes totaled 108 million in 1980. By 2017, the International Diabetes Federation was reporting that figure had risen to 425 million adults, with estimates that it may be as high as 629 million by 2045.

Diabetes is not just a global health issue, but a financial concern as well. The IDF reported diabetes caused at least \$727 billion in health expenditures in 2017. Despite its prevalence and the financial toll it takes on families across the globe, many people, including parents, admit they are in the dark about warning signs of diabetes.

In fact, in 2018 researchers with the IDF released a report indicating four in five parents have trouble recognizing the warning signs of diabetes. That can be detrimental to their own health as well as the health of their children. The National Institute of Diabetes and Digestive and Kidney Diseases notes that symptoms of type 2 diabetes, which is the most com-

mon form of the disease, often develop slowly and can be so mild that people do not notice them. However, people who notice any of the following symptoms should discuss them with their physicians immediately: increased thirst and urination, increased hunger, fatigue, blurred vision, numbness or tingling in the feet or hands, sores that do not heal, and unexplained weight loss.

Research as to the potential causes of type 1 diabetes is ongoing. Lifestyle factors and genes play a role in the formation of type 2 diabetes. For example, being overweight, obese and physically inactive are factors that increase a person's likelihood of being diagnosed with type 2 diabetes. Therefore, a healthy diet and routine exercise can be great ways for people to reduce their risk for type 2 diabetes. Insulin resistance, genes and family history are some additional factors that scientists have linked to type 2 diabetes. Diabetes diagnoses are on the rise across the globe. More information is available at www.niddk.nih.gov. 

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Healthy looks good on you.



When constructing their home gyms, homeowners should keep CDC recommendations in mind so they can enjoy as complete a workout as possible. (Photo courtesy Metro Creative)

Home fitness

Items to consider when outfitting a gym

By Metro Creative

Home gyms can make working out more efficient, saving time driving to a fitness facility and enabling people to stick to a workout regimen during inclement weather. Having a gym at home also may motivate people to work out more frequently and more effectively, as they can exercise at any time of day they choose and won't need to share equipment with fellow fitness enthusiasts.

While workouts will vary from individual to individual, the Centers for Disease Control and Prevention recommend adults should combine both aerobic and strength training to achieve optimal health. The

CDC recommends adults do at least 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity. In addition, the CDC advises adults to include moderate- or high-intensity muscle-strengthening activities, involving all major muscle groups, in their workout regimens two or more days per week. When constructing their home gyms, homeowners should keep CDC recommendations in mind so they can enjoy as complete a workout as possible. The following are some items homeowners can consider when outfitting their home gyms.

Barbells: Barbells aren't just for biceps. Barbells can be used to work all the major muscle groups, including arms, chest, shoulders, legs, and back. Purchase a set of barbells of various weights so workouts can be varied depending on the muscle group being targeted.

Bench, bar and plates: A bench, bar and plates also can be invaluable to people who want a fitness facility-quality workout at home. Purchase plates of various weights but remember to be cautious with the amount of weight you lift when no partner or spotter is present. When shopping for a bench, look for one that can incline and decline, which increases the range of exercises you can perform at home.


Landline: If the gym will be in a basement or another area of the home where access to a mobile network is unreliable, the presence of a landline in the room can help in the case of emergencies. Those who workout at home will be doing so without gym staff or other fitness enthusiasts nearby, so the landline can be invaluable should someone suffer an injury when exercising alone. If possible, place the landline in the middle of the room so it's not too far away from any particular area.

Flooring: Homeowners have various flooring options when outfitting their home gyms. Carpet tiles, rubber flooring, foam flooring, and vinyl tiles are popular options. Each has its advantages and disadvantages, and the right choice may depend on how the gym will be used.

For example, foam flooring may be compressed under heavy equipment, which may be problematic for homeowners who want to include lots of equipment in their home gyms. Before considering which flooring material to lay down, write down your likely workout routine before taking that write-up with you to a flooring contractor who can recommend the best material for you.

Cardiovascular equipment: Homeowners don't have to reinvent the wheel when purchasing cardiovascular equipment for their home gyms. If a treadmill worked for you at the gym, purchase one for your home gym as well.

Cardio equipment can be expensive, but savvy homeowners may be able to find fully functional secondhand equipment online. If you currently have a gym membership, speak with the owner about purchasing a used item directly from the facility.

Outfitting a home gym requires homeowners to give careful consideration to their workout preferences so they can tailor their gyms to their specific needs. 

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Once spring arrives, the following make for some great activities. (Photo by Metro Creative)

Fun in the Sun

Great activities to embrace this spring

By Metro Creative

Spring arrives in the Northern Hemisphere on March 19, bringing with it visions of more hours of sunshine, warmer temperatures and ample opportunities to embrace the great outdoors.

Come mid-March, people who live in climates marked by cold winters have no doubt been anticipating spring fun in the sun for some time.

Once spring arrives, the following make for some great activities.

Sports

Come spring, various sports fill up afternoon and weekend schedules. Whether these are professional sports or youth sports leagues, the games can be a great way to spend time outdoors in the fresh, suddenly warmer air.

Visit an orchard

Spring is a season when many berries, such as strawberries, blackberries, and blueberries, begin

to ripen. Find your local pick-your-own establishment to spend a day having fun, and getting a little messy, while grabbing sweet berries for salads, jams and pies.

Hit the links

It's time to dust off the clubs and play the greens at any of the thousands of golf courses in North America. The National Golf Federation says the United States is home to around 15,000 courses. The warmer temperatures are ideal for practicing your short game on the putting green or for playing all 18 holes.

Get the patio ready for entertaining

Clean off patio furniture or start shopping for new items if you didn't partake in end-of-season sales. This is just the start of the outdoor entertaining season, and it pays to refresh the deck or patio and invest in some quality furniture to keep guests comfortable.

Plan a vacation

Many schools go on a hiatus for a week or two during the spring, prompting otherwise busy families to get away for some R&R. Book early to score the best deals on hotel rooms and flights.

Prepare gardening equipment

Before long, the grass will need mowing and the

shrubbery will have to be pruned. Ensure that lawn and garden tools and equipment are in top form before they are called into action. Stock up on fuel for gas mowers and sharpen those pruning shears.

Visit a local garden

Enjoy the sights at a garden when the first spring blooms start to peek out of the soil. Spring is known for tulips, daffodils, crocuses, and snowdrops.


Give your bike a tune-up

Take your bike out of storage and give it a once-over. Now is the time to put air in the tires, grease the chain and make sure that the brakes and other equipment are working properly.

Most bike helmet manufacturers recommend replacing helmets every three years, even if you haven't been in a crash. That's because the polystyrene foam can degrade overtime from environmental exposure.

Visit a farm

Many farm animals give birth in the spring. Children may be excited to see piglets, foals, kids, and all the other adorable young animals draw their first breaths.

Spring's arrival presents the perfect opportunity to reacquaint oneself with the great benefits of the outdoors. 



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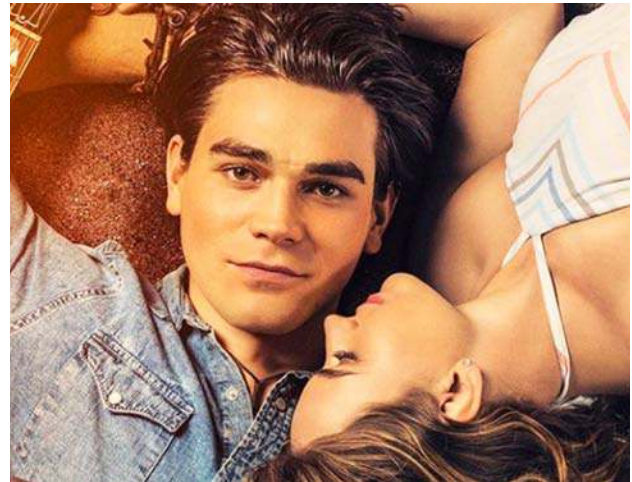
Television



Country Music Awards

While many television shows are wrapping up their Spring series, music awards gear up for 2020. On April 5 viewers can enjoy the 55th Annual Academy of Country Music Awards, a three-hour special on CBS starting at 8 p.m.

Theaters



I Still Believe

The true-life story of Christian music star Jeremy Camp is expected in theaters March 2020. This story will take moviegoers through his journey of love and loss, in the end proving there is always hope. Directed by Andrew Erwin and Jon Erwin, starring Britt Robertson, K.J. Apa and Melissa Roxburgh.

Streaming



Money Heist

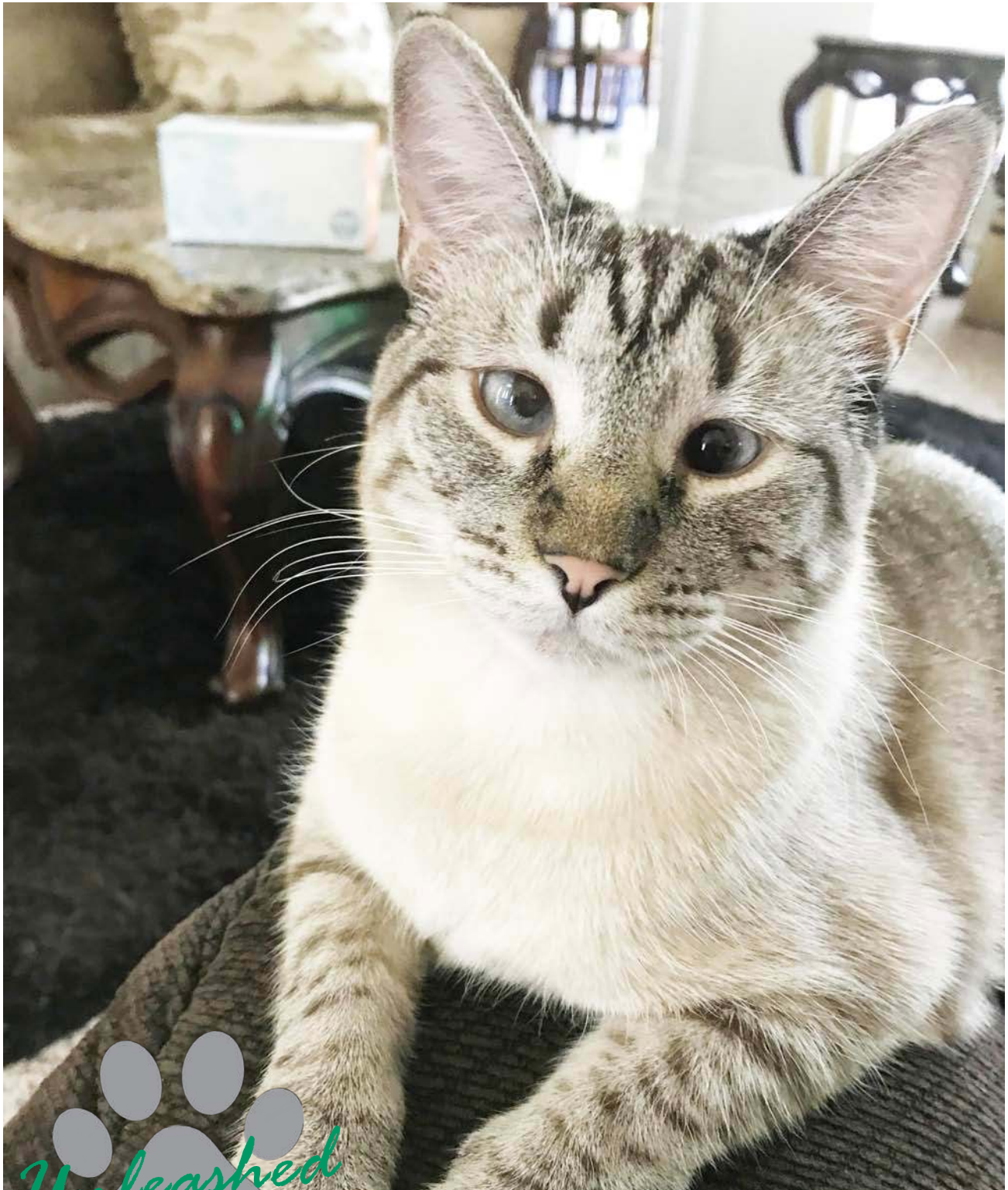
A group of eight peculiar robbers have assaulted the Factory of Moneda and Timbre to carry out the perfect robbery in Spain, taking home 2,400 million euros. Starring Úrsula Corberó, Álvaro Morón and Pedro Alonso. Created by Álex Pina. The release date is scheduled for April 3, 2020 on Netflix.

Streaming




Mrs. America

In March 2020 FX will present Mrs. America on Hulu. The series takes viewers inside the life of conservative activist Phyllis Schlafly as she leads an unexpected fight against the Equal Rights Amendment movement in the 1970s. Starring Uzo Aduba, Elizabeth Banks and Cate Blanchett.



ABBY

Don't forget to submit your companion by emailing dani@postakmedia.net.

Abby the cat loves playing with tinfoil and hair bands. Her owner, Karen Stuhldreher, says Abby is the sweetest girl. 

the live it list




1. **White Leaf Wreath Metal Wall Decor**, \$34.99, www.hobbylobby.com
2. **ED Ellen DeGeneres Crafted by royal Doulton grey Lines 8-in. Plate Set**, \$28.99, www.bedbathandbeyond.com
3. **Round Mango Wood Wall Shelf by Drew Banymore Flower Home**, \$51, www.walmart.com
4. **Blush Blakely Pillow**, \$49, www.magnoliahome.com
5. **Home Sweet Home Stamped Books**, \$24, www.etsy.com



Spring wardrobe

By Jennifer Sidluskas

Spring is in the air, but the chill hasn't quite left us here in North Texas. You can still be fashionable and stay warm in this lightweight sweater and slacks combination. This outfit is perfect for work, school or going out with the girls. The double pearl earrings add a touch of fancy while still being casual enough to dress up or down. Circle Up Clothing is a chic boutique offering a comfortable atmosphere with stylish and affordable clothing for all ages. Next time you are in Bowie, stop by and check them out. 

Top: Ready to Bloom sweater in cream, \$35.00

Pants: She's Fancy slacks in mulberry, \$29.00

Earrings: Double pearl studs, \$8.00

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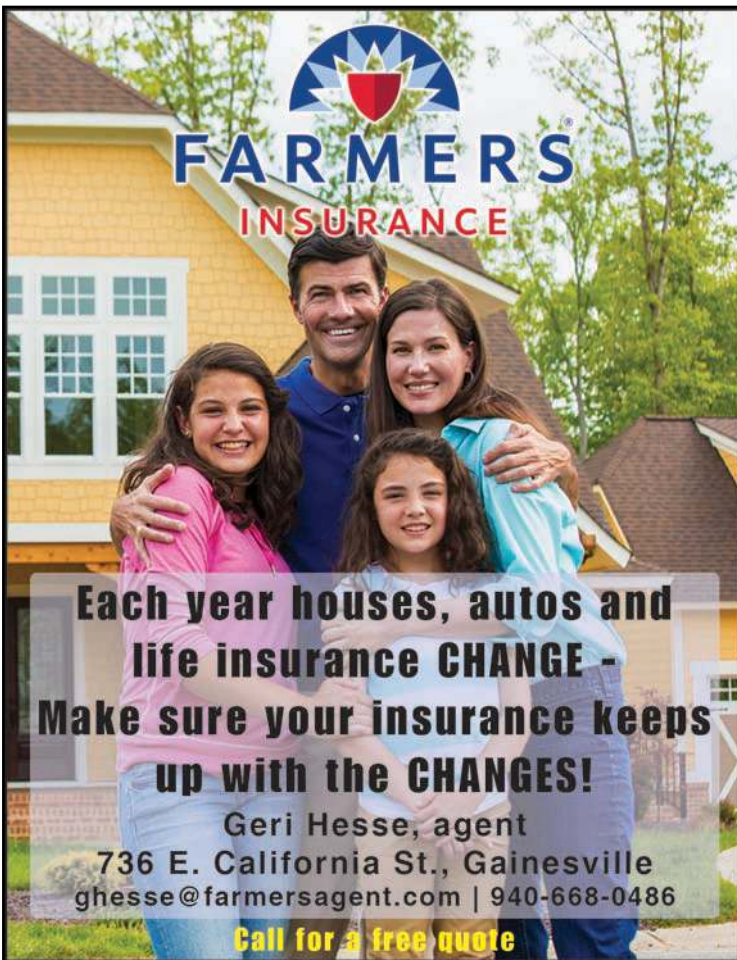
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Wandering Man

The McCabes, Book 9

By Ken Farmer, author

Brad Dennison never disappoints. As a western author myself, I'm really picky about historical realism, character development or arc, dialogue, period weapons and correct horsemanship.

Brad Dennison is on my short list of always read western authors.

There are so many that don't know their backsides from a gin whistle about the period and it baffles me why they think they can write about it.

He follows the Edgar Rice Burroughs dictum of writing interesting stories entertainingly and lets the characters tell the story.

Some authors believe they are writing proper dialogue, with 'shore', 'ya' for you, 'ta' for to, 'git', and so on.

Now don't get me wrong, there's nothing wrong with writing phonetically, I do it myself, but when it's overdone to the point you have to stop to figure out what they're saying, well, that's too much.

Brad does it just right with just enough phonetic sounding words to give the impression of the period. Plus each and every character has a different voice, as they should.

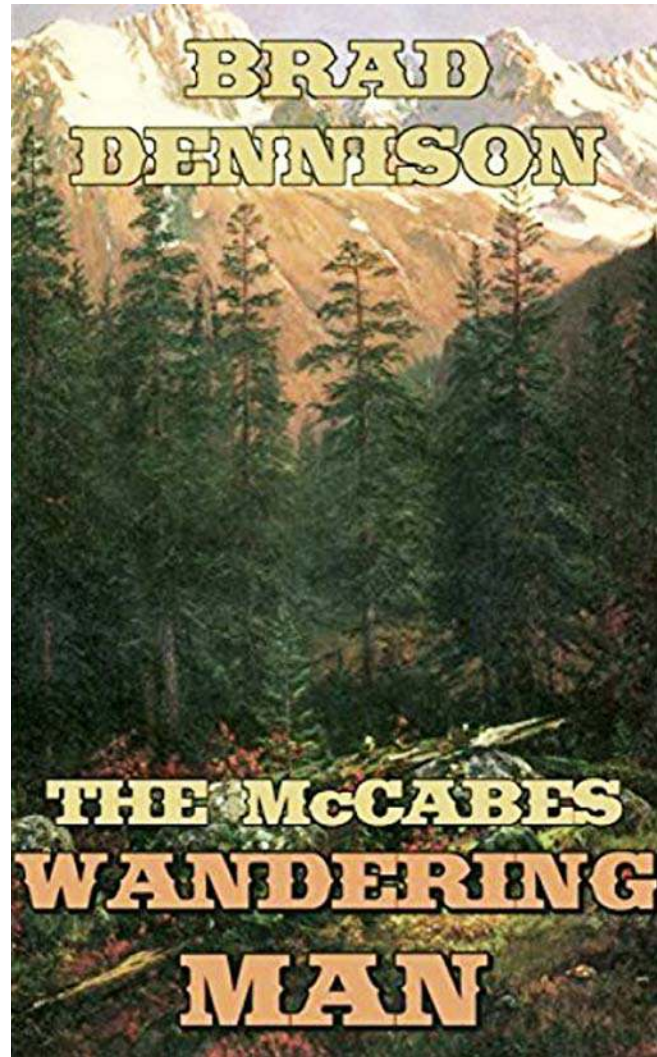
A big percentage of writers, not just western either, the characters all sound the same and the writer has to almost put a 'tag' with every line. (A tag is an indication of who's speaking: 'said', 'asked', 'commented', 'whispered', and the like.)

If the writing is good, and Brad Dennison is, you can tell who's talking just by the style of their speech.

Again, one of my favorite authors of any genre doesn't disappoint. Brad Dennison is a master at character creation and never fails to suck you into the story. I am always sorry to come to the end of the story.

Brad has created a series (love series, this one is 10 novels and counting) revolving around a famous fictional gunman known as a 'gunhawk,' former Texas Ranger and over-all good guy, Johnny McCabe and his family. I think you'd have to term it an Epic since the series takes place over a number of years following him and his family.

There's no shortage of action in Dennison's stories, drama, pathos, conflict or love interests, but one thing I do especially like, and one of the reasons I highly recommend Brad's novels, is they are



Brad Dennison has created a series revolving around a famous fictional gunman known as a 'gunhawk' former Texas Ranger and over-all good guy, Johnny McCabe and his family. (Courtesy photo)


clean. Meaning there's no gratuitous language or sex scenes.

Any love scenes are what I call, 'behind the door'. I have a philosophy about vulgarity from my Pondering quotes:

'Pondering - Many writers, and people in general, use vulgarity when they aren't capable of wit.'

In Wandering Man, Brad makes Joe McCabe, Johnny's younger brother, the lead protagonist, but make no mistake, he's still a McCabe. Keep 'em coming.

Brad Dennison is a master wordsmith and an inspiration to all western writers.

His novels are ones you'll keep and reread them many times. I know I do. 

An ‘Invincible’ family on the Links

By Tom Ward

In 2006 Disney Studios released the film *Invincible*, a sports drama inspired by the true life story of Vince Papale, a man with nothing to lose who ignored the staggering odds and made his dream become a reality.

The film takes place in 1976 when Dick Vermeil, head coach of Vince’s beloved hometown football team, the Philadelphia Eagles, hosted an unprecedented open tryout, the public consensus was that it was a waste of time — no one good enough to play professional football was going to be found in this way. Certainly no one like Vince, a down-on-his-luck, 30-year-old substitute teacher and part-time bartender who never even played college football.

Against these odds, Vince made the team and soon found himself living every fan’s fantasy — moving from those cheap seats in the upper deck to standing on the field as a professional football player.

During this time period Papale earned the nickname “Rocky” (after the Sylvester Stallone character) while playing with the Eagles.

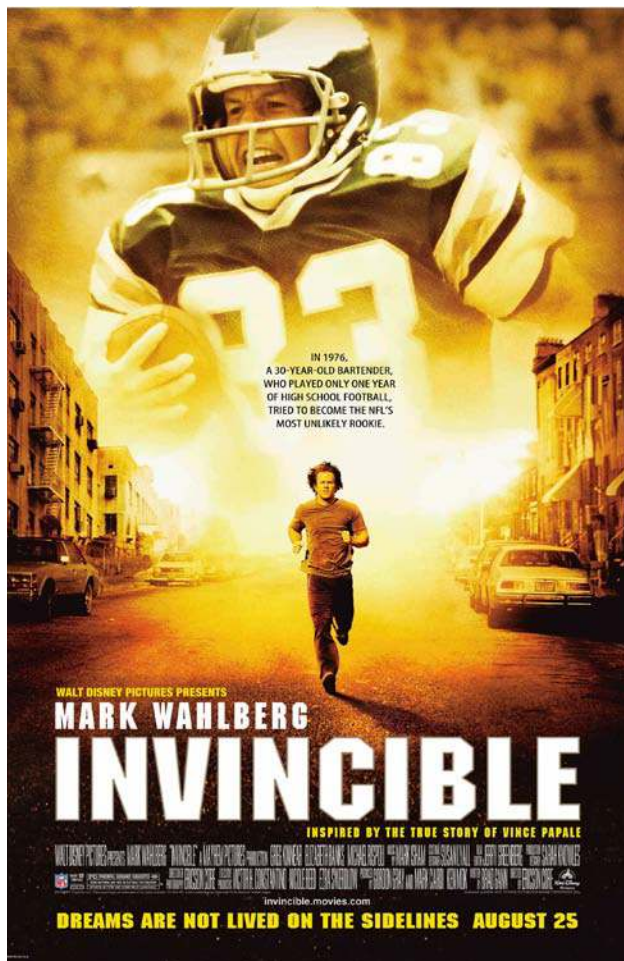
Vince went on to play wide receiver and special teams for the Eagles from 1976 through 1978. He was voted Special Teams Captain by his teammates and “Man of the Year” by the Eagles in 1978 for his many charitable activities.

A shoulder injury ended his career in 1979. In the film, actor Mark Wahlberg played Vince and actress Elizabeth Banks played Janet Cantwell who would go on to marry Vince in real life.

These days both Vince and Janet remain busier than ever. Vince is a highly sought-after motivational speaker wowing audiences around the globe with his energy, enthusiasm and charming wit. Janet is a successful realtor based in New Jersey who was a former United States World Team Gymnast back in the 1970s.

A couple of weeks ago I had the opportunity to visit with Vince when he was in town for a private sports autograph signing.

I first met the Papales a few years back and they are terrific people who have a close-knit bond with



In 2006 Disney Studios released the film *Invincible*, a sports drama inspired by the true life story of Vince Papale. (Courtesy photo)

their children Gabriella and their son Vinny. They also are passionate sports fans and golf is something they like to play together, making it a real family affair.

When did you and Janet first start playing golf?

VP: It’s when I started playing in the NFL with the Eagles. Our head coach Dick Vermeil asked me if I played and I told him not really. Growing up in the projects my dad played a little.

There was a big field near our place and I would go down there and try to hit balls. I was a hacker and Vermeil told me, “You had better learn how to play because everyone is going to want you to play in their charity golf outings.”

I never took the game all that serious, but I can get it out there pretty good. I’m good around the greens and I putt well.

I tell everyone I’m the perfect scramble golfer. Every once in a while, they’ll count on my shot. I’ll line up their putts for them and I drink a real cold

beer and smoke a fine cigar.

I'm a lot of fun to be around because I've got stories galore from the movie about Wahlberg and many others.

Now Janet is just a beautiful golfer. She had a pretty good handicap back in the day. When I met Janet in 1992 she was living at a place called Hunters Run in Boynton Beach. One of the first things we did as a couple was play golf.

When our daughter Gabriella was just an infant we would take her around in the golf cart with us. Later on Gabby wound up with a love for golf. Same thing happened to our son Vinny who plays lefty. They just took it up and we never forced it on them. Also, we got married on former Eagles Quarterback Ron Jaworski's golf course.

Do you have a favorite course you've played?

VP: I played Pebble Beach and without a doubt that was one of the most spectacular courses I've ever played. I played TPC in Phoenix which was pretty cool.

The TPC course in Jacksonville, Fla. where they have the Players Championship was great too. Our family dream is to go to England, Scotland or Ireland and spend a week just playing golf and maybe do a cruise while we are there too.

What was your career best score?

VP: It was an 83 same as my number on my jersey. I'm your perfect bogey golfer. I judge how well I played that day by how many golf balls I didn't lose. Janet had a 92.


Tell us about the Papale Cup?

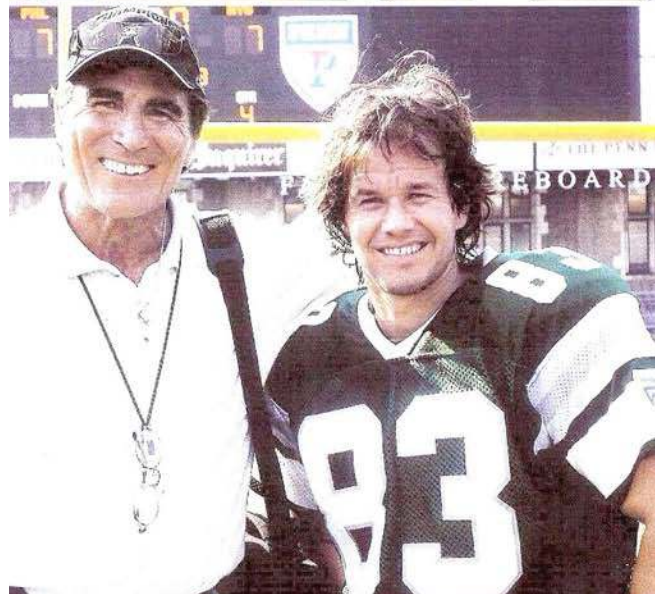
VP: All Janet wants to do on Mother's Day is to play golf as a family. Then on Father's Day everyone agreed to play golf. I told everyone we are going to start playing for a cup.

I found this trophy I won years ago at a golf event and I ripped off the label and put Papale Cup on there and it just became the thing at our club. We've been doing it for four years. Whoever the winner is gets to decide the format for the next year. We play a scramble as a team so it was the kids against Janet and me.

One year it was match play and all of us seemed to like that the best. We talk smack the whole time we are out there on the course. It's a really wonderful competitive experience and afterwards we'll have lunch at the club. All of our friends and people on social media where I post love it.

Golf is a family sport and it's a lifetime sport. It's just something that has evolved over the years. Janet and Gabby go out all the time to play. Vinny is always out playing too. It's a great family sport and I can't think of one any better than that.

Tom Ward can be contacted at: www.teetimetowithtom.com. 



(Top) Vince Papale and his wife, Janet, with their kids. (Bottom) Vince with actor Mark Wahlberg, who played him in the movie. (Courtesy photos)

Shiloh Field Co.

By Dani Blackburn, editor



Community Garden

In the middle of the hustle and bustle of Denton, Texas, lies a quiet 14 1/2 acres at the corner of Nottingham Drive and Mingo Road. At first glance, the land might seem simple, but those few acres known as Shiloh Field make up the largest community garden in the country.

Shiloh Field Community Garden was founded more than a decade ago when restaurant owner Gene Gumfory, who had made a career of feeding others, sat in a Sunday service at Denton Bible Church in July 2009 listening to a sermon on Matthew 14:16. It was in that moment feeding the people took on a whole different meaning.

"Jesus had been teaching and it had been a long, hot day. Finally, the disciples went to him and said, 'Master, send them home and let's go get us something to eat.' Jesus responded by telling the disciples to feed the people instead. That just meant something, I can't explain it to you," Gumfory said. "In my quiet time the following Monday morning, I didn't know what it meant, but I realized Jesus is just as interested in our physical well-being as our spiritual well-being. I was studying in Genesis, and in Genesis 2:8 the Lord planted a garden in the east and put a man in charge of it. I said, 'Wow, that's something I can do.'"

Gumfory had dabbled in gardening prior to the beginnings of Shiloh Field. At the age of 12, his aging grandmother asked her grandson to till her a spot in her backyard, and he did just that. His father also had a small garden as he enjoyed growing tomatoes, onions and radishes. Gumfory took a Master Gardener class in the early '90s, and in 2001 he

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seized the opportunity to take additional classes at Texas A&M.

“Early on I just had a love to plant stuff and see it growing. I have been a gardener all my life and always had a garden. I thought about that in my quiet time that Monday morning. Jesus said, ‘Feed my people,’ and this is what we, in our small way, attempt to do,” Gumfory explained.

However, even Gumfory didn’t dream Shiloh Field would become quite so large. In his mind, he was seeking an acre or two, preferably inside the city limits so those who needed could ride the bus to the garden.

“It is kind of like the Prayer of Jabez, ‘Best be careful what you ask for, the Lord will give it to you in abundance.’ An elder of the church approached me and explained a gentleman was wanting to give us almost 15 acres right across and behind the church, and asked if I thought it would work,” Gumfory recalled.

The gardener headed out with his shovel to investigate the piece of land and see if it was suitable for growing plants.

“Shovel in hand, I crawled over the fence and I dug out here in six different places. Most of the soil around here is Blackland Prairie soil, difficult to grow in, and this here is all sandy clay loam soil. I said ‘Wow.’ I just sat down in the middle and said, ‘Lord, with your help I will make this a garden,’” Gumfory recalled.

In the past decade, the garden has grown to the country’s largest community garden according to the American Community Garden Association.

“I think that is just nothing we really brag about, but it makes us feel good that Denton County has the largest community garden in the United States. We have just been blessed. We actually work with a little more than five acres, but we have more acreage available, but we need more volunteers to do that,” Gumfory said.

The five acres currently in use include 152 plots at the front portion of the garden reserved for those wishing to grow their own food.

“There are garden plots and there is no charge for the plot, and no charge for the water. People can come in and garden. A mixture of people choose to garden, like those in apartment houses who don’t have access to any yards, or those with backyards covered in trees. They can come here and are given full access for a place to raise vegetables,” Gumfory said.

Those wishing to adopt one of the 15 by 15 foot plots to grow their own vegetables and fruit are only asked to renew their plot each year in order to keep track of who is taking care of each one. The middle section is gardened by Gumfory and a slew of



Gene Gumfory stands in the garden, a project he is just as excited about today as he was 11 years ago.

dedicated and hard-working volunteers. Half of an orchard across from the garden plots was unfortunately wiped out by the spread of cotton root rot, but Texas A&M stepped in and helped create a plan to stop the spread.

Three garden houses can be found, filled with an array of vegetables growing, and a third with supplies and tools which will soon be converted into another area for growing. Behind a pair of green houses, chickens can be heard clucking away, producing up to 25 dozen eggs a week. Compost beds can be found throughout the garden, providing rich soil for future plants. Raised beds were covered during the cold winter months but will be ripe for the picking as the warmer spring season arrives. In the distance, an orchard can be seen where asparagus were still hiding for the winter beside a blackberry vineyard. The plan the next weekend was to plant English peas, and the Saturday after that 10,000 onion plants were to be planted. The back portion will be taken over by the Salvation Army in the coming years.

It is a year-round process to keep Shiloh Field producing fresh fruits and vegetables. In the winter, greenhouses are used, trees are trimmed, and cleanup is done as volunteers prepare the soil. In February, English peas are planted, the next weekend is onions, and the next weekend, potatoes. Volunteers then take a break from planting and work on weeding, but the last Saturday in March



This sign welcomes guests to Shiloh Field Community Garden at the corner of Nottingham Drive and Mingo Road.

it is back to planting green beans and corn. The year continues from there as volunteers remain busy. If not planting, there is weeding, picking up trash and cleaning chicken coups in a never-ending cycle. Harvest days are Monday, Thursday and Saturday.

Onions, cabbage, collards, carrots, blackberries, mustard greens, asparagus, peaches, watermelon, squash, and so much more are grown with love by the volunteers. In 2019, just shy of 24,000 pounds were harvested and in January 2020 the garden was well on its way to matching, if not surpassing that number. In January 2019, 109 pounds were harvested, but from Jan. 1 to Jan. 24, 2020, a whopping 619 pounds had already been pulled from the grounds of Shiloh Field, and every single vegetable or fruit grown on the property is given to those in need.

“It is rewarding for me personally. I know when we harvest, we take it to Our Daily Bread, and they are going to cook some and serve a lunch to the homeless. Anyone who comes in that is hungry, they don’t ask any questions, you go through the line and get your plate. Salvation Army does the same thing in the evening, and it is just a good thing to be a part of that. Another is Fred Moore Daycare Center because there are children there who sometimes don’t get a meal,” Gumfory said.

Shiloh Field Community Garden partners with local organizations to provide food to those in need. **Continued on page 24**



Chickens can be found at Shiloh Field Community Garden, providing much needed eggs. (Photos by Dani Blackburn)



The temperatures were frigid outside, but inside one of the greenhouses, collards and other plants could be found thriving. (Photo by Dani Blackburn)

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cal nonprofit organizations, including Salvation Army, Our Daily Bread, Vision Ministry, Fred Moore Day Care Center, Friends of The Family, Sheppard's Hands, Freedom House and Denton County Food Bank. When the garden has an abundance, it also shares with Solutions of North Texas, Denton Senior Center, Krum Food Bank, Sanger Food Bank, Aubrey Food Bank and Pilot Point Food Bank.

"It's all done by volunteers who come out to help, and they don't get anything for it. I tell them when they first come out, 'You come out to help today, and you think it is a manual task, when really what you are accomplishing is feeding the hungry. We don't take money for any of the food,'" Gumfory said.

During the week, six to 12 volunteers can be found, and on Saturdays, up to 50, but more are always needed. Volunteers come from local organizations, the University of North Texas, Texas Woman's University and North Central Texas College, as well as younger children. Rain or shine, two volunteers who can almost always be found in the garden are Doug Herzog and Dean Urbaneck.

Herzog serves as a garden administrator, taking care of the day-to-day needs and volunteering up to 40 hours of his time a week at Shiloh Field Community Garden. He learned the importance of gardening as

a young child from his grandparents and is working to pass that down to his own grandchildren.

"When I was a wee little boy, my grandparents had to garden, and they had big gardens. My dad's dad provided all the veggies for the whole side of the family, except us, they were up in Missouri and we were down in Texas. My mom's mom and dad also canned a ton, so I grew up in my grandparents' garden," Herzog recalled.

Two and a half years ago, Herzog retired and started his own garden.

"I'm a grandparent, so I'm going to garden. I have been wanting to do it all my life, I just never had the time to do it, professionally speaking. I created a garden at my house. Well, I go to Denton Bible and this is a ministry of the church. Why not come out to the garden and learn and participate? I've got time, I have all kinds of time now, so that is why I am here. I am supposed to be here. I think the Lord has put me here," Herzog said.

As for Urbaneck, he has been with Shiloh Field since the very beginning. He came across the garden after his brother decided he wanted to grow tomatoes. He checked into a local community garden supported by Texas Parks and Wildlife, but the director told him about a new garden starting up.

"I called up Mr. Gumfory, that is when there was

no water out here,” Urbane k recalled. “I told my brother I would help him set up his garden and take care of it. I would come out here, this was back in the day in the horrible heat and Mr. Gumfory would be here all by himself. I started helping him. When you take the food to different organizations, and help feed people, it is worthwhile.”

His favorite place to take food is Fred Moore Day care, which includes children from six months up to five years old. A cook takes the fresh fruit and vegetables and prepares them for the children.


“Usually within three hours of when we harvest the food it is at the locations, and it doesn’t get any fresher,” Urbane k explained. “Everybody likes it. I like the people. I like it out here. It is pleasant. It is like you’re in the country in the middle of the city, kind of like getting lost in Central Park.”

A 501(c)3 also has recently been formed in order to raise funds for the needs of the garden. The garden relies solely on the donations of others.

“We are concerned about the longevity of the garden, I’m not as young as I used to be and I am getting older every day, which is good because I am healthy, I am 81 and still able to work in the garden by God’s grace. We formed the 501(c)3 to give folks that would like an opportunity to donate to this. For example, a company will give us a 4,000-square foot building and erect it for us, if we will provide the foundation. Right at the moment we are seeking \$30,000 so we can put the building up. We need a place to meet when the weather is good or bad, we need a kitchen so we can train people on ways to cook and we need inside restrooms instead of porta potties. We want to continue to grow and we are looking forward to getting that building up here as part of the continual growing of our garden,” Gumfory said.

Gumfory is thankful to have done his part for the garden and hopes to see it continue for years to come. His part now includes securing volunteers, publicity and fundraising, but you can still find him in the garden and volunteering on the weekends.

“This is our 11th year and I am just as excited today as I was 11 years ago. When you come out there is a peaceful feeling, and it has really taught me a lot of patience. Things don’t always go the way I like, but we do good and we learn patience. It is just always amazing to plant a little tiny seed, and see it become a six-foot stalk and producing like it does,” Gumfory said.

To learn more about Shiloh Field and volunteer opportunities, visit www.FriendsofShilohGarden.com. Volunteer hours are 8 a.m. Monday, Tuesday, Thursday, Friday and Saturday. Everyone is welcome, whether they have an hour or whole day, and there are no age restrictions. 



De an Urbane k and Doug Herzog busy trimming the trees at Shiloh Field. (Photo by Dani Blackburn)



Every ounce of produce from Shiloh Field goes to help the hungry of Denton County. (Courtesy photo)



Handing down financial knowledge

Teaching your kids to make a plan and save

By Brent Shaw, *Modern Woodmen of America*

The largest living generational age group, the Baby Boomers, are those currently living in retirement or planning to hit full retirement in the next few years. They also are currently the wealthiest generation. With an estimated \$68 trillion, the title of the wealthiest generation comes from a lifetime of saving and careful budgeting.

That same financial literacy does not seem to have transferred over to the following generation. Roughly 30 percent of working age United States adults have little or no savings to cover unexpected emergency expenses such as auto repairs or medical bills. So, what is missing? What do you need to teach your adult children about money management? With just a few suggestions you can pass along more than just inheritance but actual financial security.

Making a plan

Every house is built with a solid foundation otherwise it won't last. The same can be said for your child's money. Without a budget and a plan for your

dollars, they will never add up to much. The first step is setting up even a simple budget that includes all regular monthly expenses, i.e. car payment, cell phone bill, utilities.

Once they have outlined all expenses, they should then consider what to do with the remaining money. Remember it is okay to have a "fun money" line in your budget to go out and have a good time, but the "fun money" line shouldn't be the rest of the paycheck after bills. Making money last is built on the foundation of saving, saving and saving. The simplified approach I like to use is the three types of savings.

Save for now

As I mentioned earlier, almost a third of Americans have no easily accessible money set aside for emergencies. Encouraging your child to focus on building an emergency fund of at least \$1,000 could mean you won't be getting the call for a loan when the unexpected hits.

This fund is the first priority for every household. It may take a year or maybe just a few weeks for some to save to this level, but it is important to reach this point before moving on.

Save for future

I'm sure every parent has preached to their child about preparing for the future. Unfortunately, those warnings often fall on young, deaf ears. I am guilty myself.

As a parent, I also know you will continue to tell your child to think about the future whether they are listening or not. Saving for the future involves preparing for things you know are coming such as retirement, college, and final expenses. Retirement savings are more important than ever as we live longer and life costs more.

If your child has an employer that matches contribution to a plan like a 401K, make sure your child is maximizing those contributions on the front end. Second is to consider investing in a systematic way into their own Roth IRA.

Making this an automatic transaction that happens every month takes the human error out of remembering to save. The same goes for planning for college savings. Encourage your child to visit with a financial professional like myself to see if investing in

the market makes sense for them.

Save for the goal

Saving for a goal or a dream also is an important one. What's the dream trip or house or insert dream here? This is the savings category that is for the dream vacation to Hawaii or the classic car you've always wanted. It is okay to live a rewarding life and still be a diligent saver. Your child can be setting this money aside, if it is in the budget, at the same time as the future savings.

This savings might be the smallest contribution but over time your child can see the fruits of their labor. For those big-ticket dreams, investing that saving may be an option for your child to see that savings grow faster over time.

The key to all of this for your child is planning. Working with a Modern Woodmen Financial Representative can make this an easy conversation that lays out a plan for you or your child to help secure the financial future.

Creating an individualized plan with a professional to save, invest, and protect your child's future is the best inheritance of knowledge you could give. ®

M. Brent Shaw - 116 W. Wise, Bowie, TX 76230

Modern Woodmen of America

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Estate planning: Is yours up to date?

By C. Dan Campbell, attorney

As I write this article, the Boy Scout motto “be prepared” comes to mind. These “gifts” while they might not give you a warm, fuzzy feeling, can make a huge difference in the lives of your loved ones. Make sure that your will (or revocable “living” trust) is up-to-date.

How often should one review his or her will (or revocable trust)? I recommend every three years, but more often if there is a significant life change: a marriage, a birth, a divorce, a death, or a beneficiary who potentially needs extra consideration.

What am I living at? Perhaps there is a prospective beneficiary that has health problems that would permit him or her to qualify for government benefits (such as Medicaid or social security disability).

Since there is a very small amount of assets that this person can have and still qualify for government benefits, it would make sense to leave that person's share of the estate in a “supplemental needs trust” rather than leaving it to him or her outright.

A variation of this concept for a married couple is for each spouse to establish a “spousal care protection trust” for the other spouse rather than leaving the estate of the “first spouse to die” outright to the “surviving spouse” in case long term care became necessary for the surviving spouse. Or perhaps there is a beneficiary who might not be very prudent in managing his or her financial affairs. Or maybe the beneficiary is in a precarious financial position or maybe he or she is exposed to liability from potential lawsuits such as a physician.


Instead of leaving his or her share outright, leave it in a “spendthrift trust” (the trust being incorporated

into your will or revocable trust) for his or her lifetime—their by protecting his or her inheritance. Quite frankly, given our litigious society, I routinely recommend clients not to leave assets outright to their children but instead leave each child's portion in a lifetime “spendthrift” trust.

The child (I am assuming an adult child who is financially responsible) can be trustee of his or her own trust. It's like the child “having his cake and eating it too.”

Make sure your statutory “financial” durable power of attorney is up-to-date. Consider having “unlimited gifting language” incorporated into the POA if you think long term care might be needed at some time in the future. Make sure your “medical” durable power of attorney is up-to-date.

Also, be sure you have a HIPAA (medical privacy) release in place (to allow your loved ones to be able to talk to your doctors, pharmacists, and other health care providers should that be necessary). Sign a “directive to physicians” (also known as a “living will”).

Make a current list of all of your assets and liabilities, as well as, the names, addresses and phone numbers of your professional advisors: attorney, accountant, and financial planner. Let your family know where to find this list. 

C. Dan Campbell

- Board Certified by the Texas Board of Legal Specialization. In Both Estate Planning & Probate Law and Civil Trial Law
- Certified Public Accountant
- Accredited Attorney – Veteran's Administration

Feels like home

A refuge from the world

By Kassie Pounds, Interior Design Lover and Blogger

I was invited a while ago to an acquaintance's house for afternoon tea and dessert. Just the thought of that sounds fancy, right? I didn't really know what to expect, but I was excited to see her house because the outside is super cute. I'm one of those people who coerces my husband into asking people if I can see their house when I think they're really cute, but lucky for him, I worked this one out on my own and got an invitation.

I arrived on time, and when she opened the door and I stepped inside, I immediately felt at home. The house was clean, but not spotless so that I felt uncomfortable; beautifully decorated, but not "stuffy;" it smelled of freshly baked goodies and soft music was playing in the background. It could be described as "cozy," even though it was sweltering outside.

I'm going to go out on a limb and assume she didn't go spend a lot of money just before I came over to make sure I felt comfortable in her home. I'm imagining her house always looks like it did that day. Don't take me wrong – I don't mean it was perfect, but rather it just felt like home.

Hopefully, that's the feeling visitors get when they come into my house. It's definitely not perfect (because, kids and we actually live there), it's nowhere near spotless all the time, but I do try to add touches here and there that make me happy to be there, and make it feel like home.

If you have no idea where to start with your house, and decorating isn't your thing, have no fear. Just a few simple things will change your dwelling place from "house" to "home."

1. **Clean it.** No one wants to visit a dirty home, but don't stress thinking it has to be perfect. Put things away, clear your counter tops and make sure the toilet is clean. I can deal with a lot, but a dirty toilet is not one of them.

2. **Make sure it smells good.** Bum a good, but not overwhelming, candle. I always recommend a scent similar to something baking in the oven. That usually pleases everyone and doesn't typically bother those with allergies.

3. **Music.** I am a music junkie and we most always have some kind of music playing in our home, even if it's just in the background. You'd be surprised the calming effect soft jazz can have on your nerves, or how bearable doing the dishes can be with some-




If you have no idea where to start with your house, and decorating isn't your thing, have no fear. A few simple things will change your dwelling place from house to home. (Photo courtesy Kassie Pounds)

thing fun playing.

4. **Add a few cute plants around the house.** They don't just make it prettier, but there are health benefits as well.

5. **Lastly, though I could list many more, throws and pillows scattered about will give a cozy, lived-in feeling. I can't get enough.**

At the end of the day, there isn't anything quite like coming to a place that is a refuge from the world; a place that just feels like home. 



(Left) Lantanas will bring in butterflies like the Zebra Swallowtail. (Photo by Norman Winter) (Right) The Luscious series of lantana from Proven Winners has won 231 awards. This Berry Blend is one of 10 colors. (Photo courtesy of Proven Winners)

2020 the year of the Lantana

Luscious group of colors

By Norman Winter, Horticulturist, Author and Garden Speaker

Hats off to the National Garden Bureau for designating 2020 as the Year of the Lantana. If North Texas gardeners are looking for a flower that gives vibrant color from late spring through frost then the lantana is probably the plant for you. This does come with a warning. You will mostly likely have tigers, zebras and some flashy ladies hanging around your garden all growing season.

The passion for pollinators is skyrocketing in North Texas as it is across the country and you could hardly do better than lantana. My suggestion would be to pair it with salvia, the 2019 Plant of the Year, and you'll want to invite the neighbors over to not just see the beauty but to experience the Serengeti like

activity in the garden.

The lantana is related to the verbena and in fact has a common name of shrub verbena and in the last decade the number of varieties has exploded, making you scratch your head when choosing yours for the home. The Garden Guy likes bold colors but you may want those a little more subdued.

The Garden Guy likes those 24 to 30-inch height with an equal width, especially since I will be combining with Rockin salvias, Blue Boa agastache and Vermillionaire cuphea. My son, on the other hand, works with varieties that require a small chainsaw or hedge trimmer and that's okay too.

Today's newer varieties have been selected for

non-stop blooming vibrant colors that will make your landscape look like Carnival in Rio. I haven't planted lantanas at my home and I can hardly wait for spring. There is no telling what varieties your favorite garden center will have on the shelf.

Most of the country grows lantana as annuals while zones 9 and warmer may choose to let them perennialize. Their incredibly long season of bloom makes them at the top of the list of value for your garden dollar.

Keep your eyes open for the Luscious series coming from Proven Winners. This group that boasts 10 colors has garnered an unbelievable 231 awards from trial gardens throughout the country, east to west and north to south. Included is this year's new Luscious Goldengate that has already won 22 awards.

The Garden Guy is going bold and can hardly wait to get the iridescent orange Marmalade, the Berry Blend featuring shades of fuchsia with red and yellow, and Citrus Blend, a shocking red, orange and yellow. These will go in the backyard with an assortment of salvias including this year's new Rockin Blue Suede Shoes.

Besides the ability to withstand to mid heat and a wide variety of soil conditions, the lantana seems

to be a real favorite of both butterflies and hummingbirds. It's not uncommon to go to a garden center that has several lantanas and get the feeling you are on a National Geographic photographic shoot.


Remember sunlight is a key ingredient for the real blooming to occur. While they aren't finicky on soil, I seem to always have clay.

Therefore, I like to incorporate a little organic matter to help with not only drainage, but good root expansion for the new plants. Plan on spacing your plants two to three feet apart depending on your variety.

Throughout the season don't be afraid to prune a little as needed to maintain size or shape or to stimulate new growth and more blooms, especially during the August blitz of heat.

Fertilizing is no big deal with lantanas but they do respond with a light application as a little pick me up in mid-summer. Those in containers being watered daily need regular fertilization.

As a pollinator lover here is a hearty thank you to the National Garden Bureau for making 2020 The Year of the Lantana and from this growing season onward may we always include them in the landscape.

Follow me on Facebook @NormanWinterTheGardenGuy. 

Save the date

- Sip & Stroll May 1, Oct. 2, Dec. 4, 2020
- Outdoor Movie Nights June 5, July 10, Aug. 7, 2020
- Reds, Whites, & Brews and food trucks too! July 18, 2020
- July Jam July 25, 2020
- Chicken & Bread Days Heritage Festival Oct. 3, 2020
- Hanging of the Greens Nov. 21, 2020
- Blue Saturday Shop Small Nov. 28, 2020
- Fantasy of Lights Christmas Festival and Lighted Parade Dec. 5, 2020



Scan me



Remodel:

Surviving a home renovation

By Metro Creative

Homeowners invest large sums into improving their homes to make them more comfortable living spaces or to increase their odds of selling quickly.

The Remodeling Futures Program at the Joint Center for Housing Studies of Harvard University predicted U.S. spending on home renovations and repairs to peak at \$327 billion in 2017. Whether one is doing a large renovation or a small remodel, life may be turned upside down during the project.

Furniture may be moved out of the room, walls may be demolished, water or electricity may be turned off, and appliances may be missing or not hooked up. Home improvements often drum up dust and dismay. Such projects can try the patience of any homeowner, and things may get worse before they get better. Even though remodeling can be taxing, the end result is often worth it. Here's how to look forward to the silver lining and come out unscathed.

Discuss the project before it starts. All family members should be in agreement before the first hammer is swung. Decide on as many details as you can ahead of time and have a firm plan in place. Establish back-up choices for tiles or color schemes in case the items you want are out of stock. Trying to make decisions under duress may result in bad choices.

Do one project at a time. It's tempting to want to improve as much as possible at once to maximize motivation and renovation materials. However, having no place in which to escape the mess can elevate stress levels. Do not think about renovating kitchens and bathrooms all at once, or you will not have any working fixtures for tasks like washing up.


Have everything in place. Before demolition even begins, have building materials bought and stored, contractors and subcontractors lined up, and see what you can do to minimize the time workers need to spend in your home.

Expect delays. In a world where things move at lightning speeds, renovations have not gotten the memo. Home projects take lots of time and will likely take longer if you are doing the work yourself in your free time. Build lots of extra time into the project so you are not disappointed when delays happen, even when you've done your best to avoid them.

Plan an escape zone. Construction environments can be messy, loud, smelly, and a host of other unsavory adjectives. The chaos that ensues when life



Planning, patience and an understanding of what the project entails can make home improvements easier to survive. (Photo courtesy Metro Creative)

is turned upside down can be overwhelming, particularly for the person who spends the most time in the home while work is being done. Build escape moments into the plan and make sure everyone else at home is on board. During the real grind of the project, a night or two at a hotel may be a welcome respite. 

Red River Valley Museum

Offering visitors a unique experience

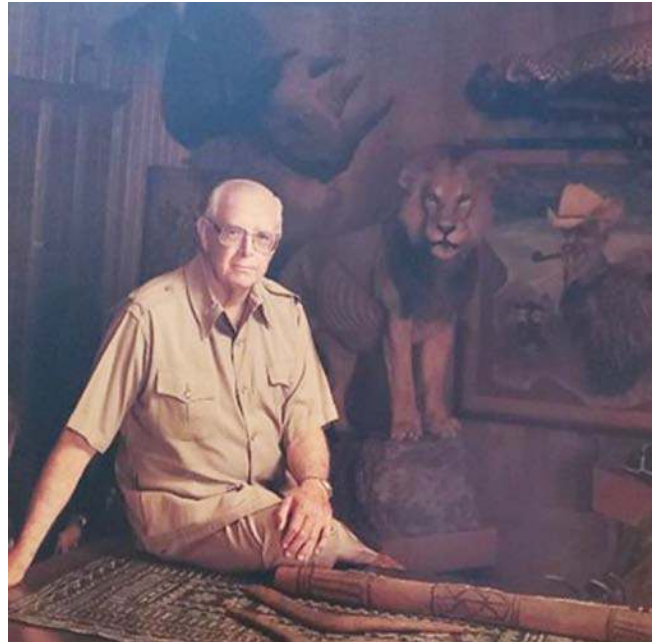
By Joshua Campbell

Have you ever wondered what North Central Texas might have been like during the days of the dinosaur? Perhaps you've always wanted to know what lies beyond the fences of the 530,000-acre Waggoner Ranch. Maybe you are more interested in exotic wild life found all over the world. If any of these, or even all three, resonant with you in any way, Red River Valley Museum can satiate your curiosity.

The Red River Valley Museum, currently located on the campus of Vernon College, has been around since 1961. According to Museum Director Sherrilyn Yoakum, that's the year J. Henry and Ethel Ray donated the collection, amassed during a 40-year span, to the city of Vernon on the stipulation the city find a home for it. The collection bounced around for a couple of decades before landing at its current location, 4600 College Drive, in the early 1980s. Since the museum's inception, its artifacts and specimens collection have grown beyond the scope of the original donation, so large in fact the museum now boasts of three exhibits: The Waggoner Room, The Berry History and Science Room, and the William A. Bond Trophy and Game Room.

The museum's website calls the Waggoner Room a display of "History of Ranching in North Texas." Presided over by an animatronic "talking" cowboy, the exhibit contains items associated with ranching. According to the website, the display includes "fine paintings and the sculpture of Electra Waggoner Biggs, hand crafted parade saddles, weapons of the plains and gifts presented to Mr. Waggoner by his longtime friend, Quanah Parker." The exhibit also presents information about the Waggoner family itself, including a reproduction of Electra's art studio.

The Berry History and Science Room showcases artifacts native to the Wilbarger County area. This exhibit primarily consists of the collection originally donated by the Rays. The oldest artifact in the collection dates back 200 million years. Sherry explains a picture of this artifact was once sent to the Smithsonian. The national museum requested it to be added to its collection. Thankfully, the artifact is still on display at the Red River Valley Museum. The




Bill Bond, a champion for conservation whose efforts contributed to the return from borderline extinction for species like the saiga. (Photo courtesy Red River Valley Museum)

Berry Gallery recently was converted into an interactive environment, with videos and items that can be handled alongside the other displays.

The William A. Bond Trophy and Game Room is the next exhibit to get an overall construction, beginning in March, is expected to be completed in May. Currently, the room brags of 135 specimens, including a rare saiga. Sherry explains Mr. Bond harvested this particular animal in Siberia. Sherry also said Mr. Bond was a champion for conservation, and his efforts contributed to the return from borderline extinction for species like the saiga. The museum plans to make the exhibit interactive, much like the Berry Gallery.

When asked how people might get involved with the museum, Sherry mentions that, since the Red River Valley Museum is a nonprofit organization, monetary donations are always welcome. She points out volunteers also are welcome. The museum has a docent program, chaired by Molly Baldwin, which allows for volunteers to welcome guests, or even participate as tour guides.

The museum's hours are 10:30 a.m. to 5 p.m. Tuesday through Friday, Saturdays from 10:30 a.m. to 2:30 p.m. Admission is \$5 for adults, \$3 for children. The museum does offer group rates for school field trips. For more information about the museum, or to contact Sherry to see how you can get involved, visit the website at www.rvm.net, or call 940-553-1849 during museum hours. 

Positive Highlights

around

North Texas

To submit positive highlights of your community,
e-mail: dani@postoakmedia.net.



Bowie, TX - Dusty Deaton, a George Strait Tribute Band, played all night long as guests danced their way into 2020 at the Bowie Community Center.



Wichita Falls, TX – A large crowd gathered New Year's Eve to enjoy "A Very Sherry New Year" at the Backdoor Theatre in Wichita Falls. Guests enjoyed dinner before an encore performance of "Miracle on South Division Street" followed by a musical variety act filled with selections from the American Songbook of Standards. The evening was concluded with black-eyed peas, cornbread and a toast to ring in 2020.



Would you like to see one of your community events featured in an upcoming issue of Livelt magazine?

Email: dani@postoakmedia.net



Tasty bites for Easter meals

Deviled eggs make good use of hard-boiled eggs that may not have been colored, or even those that have been dyed and can now be safely repurposed as food. (Courtesy photo)

By Denise Gee, *Southern Appetizers*

Easter dinner is a special occasion, presenting an opportunity for family and friends to gather, celebrate their faith and give thanks for their blessings.

Traditional dishes tend to find their way to the Easter dinner table, but no meal would be complete without some sort of deviled eggs appetizer.

Deviled eggs make good use of hard-boiled eggs that may not have been colored, or even those that have been dyed and can now be safely repurposed as food.

Debonaire Deviled Eggs from “Southern Appetizers” by Denise Gee (Chronicle Books) teaches home chefs how to craft tasty, aesthetically pleasing eggs. Debonaire Deviled Eggs Serves 8 to 12.

Ingredients:

12 large eggs
1/4 cup mayonnaise
4 slices bacon, cooked and crumbled (optional)
3 tablespoons sweet pickle relish
2 teaspoons prepared mustard
1/4 teaspoon salt
1/8 teaspoon ground black pepper
Sprigs of fresh savory or another herb for garnish


Instructions:

Turn the eggs bottom- (wider-) side up in the carton. Use a pushpin to delicately poke one hole squarely in each center. Fill a large saucepan or small Dutch oven with 2 to 2 1/2 quarts of water (enough to cover the eggs; use two pans if cooking all the eggs at once).

Bring the water to a rolling boil. Use a slotted spoon to add six eggs to the pan (working quickly but carefully to get them in at the same time); boil the eggs for 6 minutes. Remove the pan from the heat. Let the eggs sit for six minutes for slightly soft yolks; add about 40 seconds for firmer yolks.

Remove each egg with a slotted spoon and place it on a kitchen towel. Repeat with the remaining six eggs. Let the eggs cool to room temperature, about 20 minutes, before peeling. (Store in the refrigerator, unpeeled, for up to one week; peeled for up to four days). Peel the eggs under cool running water. Slice the eggs in half lengthwise, gently scooping out the yolks into a medium bowl.

Add the mayonnaise, three-fourths of the crumbled bacon (if using), pickle relish, mustard, salt, and pepper. Stir to combine (and adjust seasonings as desired). Use a small spoon (or better yet, a piping bag) to insert the filling into the egg halves.

Garnish with the remaining chopped bacon and savory, if desired, before serving. 

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Better than Sex Plano

Hottest new dessert-only restaurant

By Donna Long

What's in a name? For Better Than Sex (BTS), the hottest new dessert-only restaurant in Plano's historic downtown - everything. The name is catchy, provocative, and I dare say tempting - that is, tempting people to try their se-

ductive menu selections.

Better Than Sex Plano is not a standard "run of the mill" restaurant. The moment you walk through their doors you instantly know that you are in for a sweet culinary treat of extraordinary proportions. The ambi-

ance inside the restaurant is idyllic ally romantic with a 1920s feel to it. Partially exposed sections of red brick are scattered across the walls. Some places, the sections resemble the simple loss of plaster with age, in other places, they are in the shape of hearts clearly accentuating the theme of love. Dim lights, red (to invoke passion) velvet curtains and semi-private booth-sitting areas create a cozy and intimate dining experience to celebrate a milestone event or to just say, "I love you."

As Isa id, this is a dessert-only restaurant. So, plan a romantic evening, have dinner at one of the neighboring restaurants on the street and then stroll down the historic cobblestone street to this swanky sweet retreat. They do accept walk-ins, but after my visit, I would highly recommend you make a reservation. Staying true to the "cozy and intimate" nature of the restaurant, there are only a handful of tables - the largest table seats four.

The restaurant was created for an adults-only crowd. From the tastefully suggestive artwork to the menu laced with innuendos, Better Than Sex effectively delivers the nuances of their name. Let's admit it, when it is date night we need a break from adult responsibilities to celebrate our love. As the founders like to say, "We valentine all the time."

So, just what can you expect from the menu when

you dine at BIS? You can expect to be wowed with adult beverages in wine and martini glasses rimmed with either dark, white, or milk chocolate, or buttery caramel and then dusted with candy sprinkles or flavored sugars. The Berry Naughty is one particular sweet sip that comes to mind. A glass of malbec gently poured into a glass rimmed with semi-sweet chocolate and then dipped in raspberry sugar. Or the Late Night Rendezvous which is a coffee drink served in a glass rimmed in caramel or chocolate with a side-shot of chef-crafted Amaretto.

All the saucy, tongue-in-cheek decadent works of art are made on-site in BIS' kitchen and include such dishes as Between My Red Velvet Sheets Cheesecake which is a red velvet cheesecake with double chocolate cookie dough bottom topped with cream cheese frosting. Or the Tongue Bath Truffle, a gluten-free tower of raspberry sorbet decorated with rich Belgian chocolate truffle wedges.

Sheila Phalen-Miller and her husband, owners of Better Than Sex, had a culinary dream to bring something unique and fun to the evening dining scene. They invite you to come and check them out, as Sheila says, "We're not for everyone, but those who have dined with us have had a good evening." BIS is open from 6 p.m. until midnight Wednesday through Sunday. ☺

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April is a transition month for many people in northern states



By Tom Marquardt and Patrick Darr

April is a transition month for many people. If you're in a northern state, you start to see robins and green grass. For those of us in southern states, such as Florida and Texas, April is the last month for brisk mornings and low humidity.

You can have your wines both ways – port to ward off the cooler nights and white wine to cool off the warmer days. This week, we explore both.

Port

Port has a fascinating history. It was created in the 18th century when the Brits were warring with the French and turned to Portugal for wine. Alas, the Portuguese wine had a hard time surviving the voyage to Great Britain, so some brandy was added to fortify it. The brandy increased the alcohol content of the wine but it also halted its fermentation.

The sugar that was left made the wine significantly sweeter. No one, particularly the Brits, seemed to mind a sweeter, alcoholic wine, so port found a permanent niche in a world wine market.

Named after the coastal city of Porto, port uses indigenous grape varieties, such as tourega nacional, tourega franca and tinta roiz.

It comes in different styles that relate to the time the port spends in oak and how many vintages from which it draws.

We have vintage ports in our cellar dating back to 1977, but the ones we enjoy drinking now are the tawny ports. These ports are blends from different vintages.

For example, a 20-year-old tawny indicates the

average age of the wines used in the bottle is 20 years. Until the wine goes into the bottle, it rests in oak barrels – this extended aging gives the wine its tawny color. Because of this aging process, the port is ready to drink.

You also can find some single-harvest tawny ports that will cost you a lot of money.

Graham's 1994 Single Harvest Tawny Port for instance is \$145, a "steal" compared to a 1940 version for \$1,200.

These wines have been set aside for long-term aging in oak casks.


Because tawny ports are sweet, it is a challenge to match them to food. The best approach is to serve them after dinner with chocolate, sharp cheese, walnuts or apple pie.

Usually a small glass is enough for most people. You'll need a crowd to open a full bottle, although an opened bottle of port can last a week or more.

Here are tawny ports we have recently tried

- **Dow's 10-year Tawny Port (\$37).** Bright red cherry and walnut aromas with ripe red berry flavors, and hints of vanilla and black pepper.

- **Dow's 20-year Tawny Port (\$65).** Showing some brown color on the rim, this exquisite port has good concentration with notes of red cherries and raspberries. Hint of tobacco and toffee. Dry finish.

- **Graham's 40-year Tawny Port (\$180).** At this age, the port shows a more amber color and greater richness. It is very intense and concentrated with raisin and fig notes, toffee, and a hint of orange marmalade. 



The Big Island of Hawaii

Three distinctly different environments

A stunning portrait of Hawaii, the 50th state of the Union and once known as the Sandwich Islands, along with a colorful coral in Hawaii. (Photos by Donna Long)

By Donna Long

Hawaii, the 50th state of the Union and once known as the Sandwich Islands, is an archipelago comprised of eight major islands, each island has a distinct vibe.

The Big Island of Hawaii is unique because Mauna

Kea divides the island into three distinctly different environments - the Kona side, the Hilo side and Mauna Kea.

Kona side

The Kona side of the island is warm and dry with

temperatures in the mid-80s year-round and an annual rainfall averaging 18.” There are many beaches suitable for sunbathing, snorkeling, and golfing. Kona is popular with both locals and tourists.

On this side of the island, you will find the majority of resorts, casual and high end as well as many AirBNBs, long term rentals, and golfing communities (my inlaws are particularly fond of Waikoloa Village). Many of the resorts on the Kona side host cultural events such as luaus and non-denominational church services on the beach.

Kona has a “main street” that follows the beach and is lined with shops, art galleries, restaurants, and last-minute tour booking locations (plan and pre-book tours here). There are many tours that do a splendid job showcasing the beauty and diversity of Hawaii. A couple of my favorites are moonlight snorkeling with Manta Rays, Kealahou Bay snorkel with barbecue lunch cruise and the Atlantis Kona Submarine.

Hilo side

The Hilo side is much cooler with average summer temperatures ranging in the mid-60s and substantially higher rainfall amounts averaging more than 250” a year. The Hilo side is known for towering prehistoric fern forests, Volcano National Park, and one of the largest farmers markets on the island.

If hiking through a lava field is on your bucket list, here is a word of caution — Be prepared. The Kalapana Lava Field is one of the best hiking locations.

You can hire a guide or go on your own. Wear a backpack with several bottles of water for each person, lunch, good sturdy shoes with thick soles (you will be walking over very sharp lava rocks with steam vents of molten lava beneath), and pack a bright flashlight with a wide beam (this is a must).

Consider the hike an all-day event as it is several miles long round trip. The hike is best started in the morning and finishing after dark to view any underground lava flows. Being semi-near slow-moving lava is mesmerizing like staring into a campfire. You can feel the heat from several feet away and hear snaps, pops and crackles from the cold lava as it comes in contact with the molten lava as it slowly bubbles up from the ground like molasses.

The Hilo side is also home to Hawaii’s only winery on all of the islands. Volcano Winery creates its fruit-forward wine from guava combined with grapes as well as a tea-infused sweet wine.

The wine has a very unique and distinct flavor that I have not found in other wines. If you are a wine-lover then this winery should definitely be on your list to not miss.

Mauna Kea

Mauna Kea divides the two sides and offers frigid high-altitude temperatures with spectacular star-




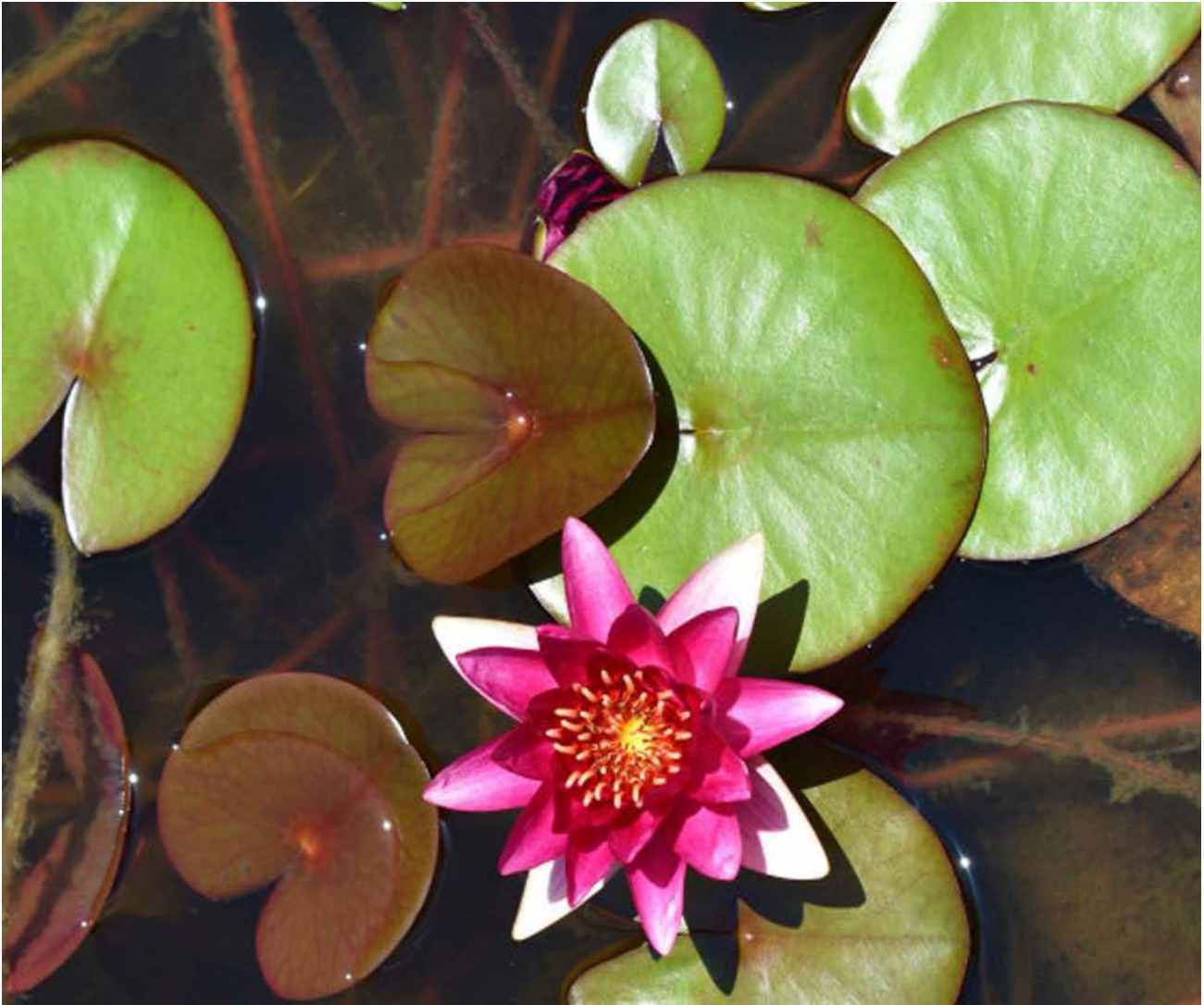
Volcano Winery creates its fruitforward wine from guava combined with grapes, as well as a tea-infused sweet wine. (Photo by Donna Long)

gazing at the Mauna Kea observatory. I have been to several observatories and they all offer wonderful views of celestial worlds that can start a person to wonder if there really is “other life” out there. The night view from the Mauna Kea Observatory is nothing less than absolutely stunning. The stars looked so close I truly felt that I could reach out and pluck one from the inky-black sky. Most tropical destinations all have sand and ocean to offer visitors, but none can also offer an observatory.

Stargazing is not open to the public every night, so be sure to check their website for availability. You can drive to the observatory or book a tour. A word of caution about the altitude, the observatory is located at more than 13,000 feet above sea level, so if you have physical issues with high altitude you will want to take this into consideration. Also, people have been known to bum their breaks on the trip down. Drive with caution.

Whichever part of the island you choose to visit or if you decide to split your time between the two sides, you will not be at a loss of things to do. Sit on the beach and read a book or schedule a tour or two, just keep in mind that Hawaii has its own time-island time. The pace is slow, relaxed, and comfortable encouraging you to sit a spell with a cold drink while you watch the waves lap at the shore.

When it is time to get on the plane and go home, it is never goodbye. It is A Hui Hou (ah-hoo-wee-hoo-uu) - “until we meet again.” 



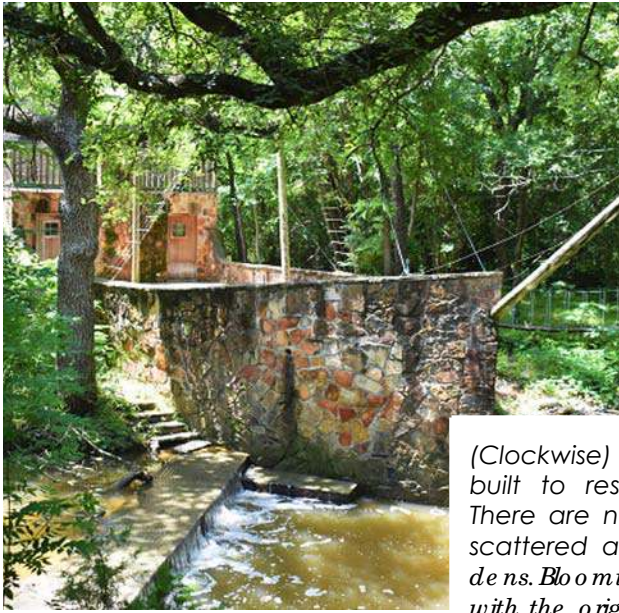
A trip to Fort Worth: The historic secret garden you have to see

By Michelle Ames

Gardens bring out the best of our imaginations, and in this beautiful English garden in South Fort Worth you can spend an afternoon exploring, pretending and just taking in the sights, sounds and smells.

Weston Gardens was built in the 1930's and 1940's and has been a place to spend quiet time in nature ever since. Part of the Weston Garden Center, the gardens are open to the public during store hours and free for those visiting to have a picnic or just stroll through the historic grounds. The gardens can be rented for gardens and parties, and while the historic buildings are not open to the public, they can be reserved as well.

We visited on a late Spring day during the week and had the gardens to ourselves. The blooming flowers are just amazing. There are numerous tables scattered around the gardens, or you could bring a picnic basket for the perfect picnic setting.



(Clockwise) An old house built to resemble a ship. There are numerous tables scattered around the gardens. Blooming native plants with the original horse barn in the background. The garden includes a creek, plants and possible wild animals. (Photos courtesy Michelle Ames)



There is a fee for professional photographers, but can you imagine a better place for those special photos?

Built as a weekend house when Fort Worth was still a small town in the distance, can't you imagine the parties held here, or that could be?


I loved an old house on the grounds, built to resemble a ship. From it you can see the footbridge that crosses the creek to the house. It's just incredible.

A concrete retention pond holds koi fish, tadpoles and there is a little waterfall to the left that you can hear throughout the gardens. It was Audrey Hepburn that once said, "To plant a garden is to believe in tomorrow."

Needless to say, you should watch your children at the gardens, as there is a creek, plants, possible wild animals and teach them to respect the plants, one of the great lessons to be learned in a garden. Instead of creating child-proof spaces we need to teach them to get along in the space they are in.

Don't miss a visit across the road to the incredible garden center, which has plants, fresh honey, and always a pitcher of a unique, flavorful tea ready. They have some fun special events, too.

Looking for a fun girl's night? BYOB for a fun potting party.

Weston Gardens, 8101 Anglin Drive, Fort Worth, is open seven days a week from 10 a.m. to 6 p.m., and 12 p.m. to 5 p.m. on Sunday. 

Event Lineup

CowTown Marathon

FEB. 29 - MARCH 1 • FW

All races start and finish at the Will Rogers Coliseum on Gendy Street, Fort Worth. The largest multi-event race in North Texas with distances for everyone including ultra, marathon, half marathon, four-person relay, 10K, adult 5k and kids 5k races. This race celebrates the 42nd year. Proceeds from every race entry go towards helping low-income children in North Texas receive a free pair of running shoes. www.cowtownmarathon.org.

First Monday

FEB. 28 - MARCH 1 • WFORD

Fort Worth Hwy and Santa Fe Dr., Weatherford. Event will be Feb. 28 - March 1. The 155-year-old tradition is one of the oldest open-air markets in the state of Texas. Hours are 9 a.m. to 4 p.m. all days. To learn more about this historic monthly event, visit <https://ci.weatherford.tx.us/883/First-Monday-Trade-Days>.

Second Monday

MARCH 6-8 • BOWIE

Business Hwy. 287 and Hwy. 81 (Pelham Rd.), Bowie, Texas. Events will be Jan. 10-Jan. 12. It is one of the largest flea markets featuring about 450 large lots located on five acres. You will find clothing and apparel, candles and crafts, video games and movies, cell phone accessories, antiques of every kind, specialty items, handcrafted furniture, jewelry, and great foods and drinks. Free admission. Hours are 8 a.m. to 5 p.m. Saturday and Sunday. Visit www.cityofbowietx.com/241/Event-Schedule.

Vintage Market Days of Denton/Fort Worth

MARCH 27-29 • DECATUR

NRS Events Center, 309 Co. Rd. 4228, Decatur. Vintage Market Days is an upscale vintage-inspired market featuring original art, antiques, clothing, jewelry, handmade treasures, home decor, outdoor furnishing, consumable yummys, seasonal plantings and a little more. The Market is a three-day event held several times a year in various communities. Each Vintage Market Days event is a unique opportunity for vendors to display their talents and passions in different venues. Visit <https://vintagemarketdays.com/market/denton/ft.-worth/> for more information.

Dallas Arboretum Food & Wine Festival

MARCH 26-29 • DALLAS

The Dallas Arboretum, 8525 Garland Rd., Dallas. The Fourth Annual Food and Wine Festival returns during the spring's most picturesque season, Dallas Blooms, with the theme "Sounds of Spring." Enjoy an array of delightful wines and mouthwatering bites. Learn and enjoy everything from growing, harvesting, raising, preparing, serving, sipping and eating food. The festival kicks off with the main tasting event on Thursday evening with a VIP experience that includes valet, special cocktails, a curated walk and early admission to the main festival. On Saturday and Sunday, guests can sip and shop various food, market, beer and wine vendors throughout the lush 66 acres. Visit www.dallasarboretum.org/events-activities/food-and-wine-festival.

Chisholm Trail Heritage Festival Cowboy Ball

APRIL 4 • BOWIE

413 Pelham St., Bowie, Texas. Save the date for the Chisholm Trail Heritage Festival Cowboy Ball at the Bowie Community Center from 6 p.m. to 10 p.m. on April 4. Includes KR Woods Productions, Camp Cookie Band and Sanders Costumes available Tuesday through Saturday. Visit <https://www.cityofbowietx.com/107/Bowie-Community-Center> or call 940-872-1173.

Mutual of Omaha's Wild Kingdom

APRIL 18 • BOWIE

413 Pelham St., Bowie, Texas. Featuring Peter Gros from the original Mutual of Omaha's Wild Kingdom, wildlife expert and environmental conservationist. In his popular live presentations, Peter shares his exciting animal world, travel experiences and timeless tales. Two show times, 1 p.m. and 4 p.m., doors open at 12:30 p.m. and 3:30 p.m. Five and under free, 6 to 12, \$7, 13 and up, \$12. For information regarding events, visit www.cityofbowietx.com, email communitycenter@cityof-bowietx.com or call 940-872-4861.

Tony Bennett

APRIL 18 • GAINESVILLE

777 Casino Ave. Thackerville, OK 73459. This is your chance to see the one and only Tony Bennett and his exceptional guest, Antonia Bennett, at the WinStar World Casino & Resort Global Event Center at 8 p.m. on April 18. Visit <https://www.winstar.com/event/tony-bennett>.

45th Anniversary Germanfest

APRIL 24-26 • MUENSTER

Muenster, Texas. Music, food, vendors, dancing and much more at the 45th anniversary Germanfest in Muenster, Texas. Visit www.muenstergermanfest.com for more information and a full schedule of events.

Midsummer Nights Dream

MAY 1 • WICHITA FALLS

MPEC, 1000 5th Street, Wichita Falls. Join us for our final show of the season and journey into an enchanted forest with mischievous fairies and criss-crossed lovers. With players from Backdoor Theatre, this performance masterfully weaves the grace and beauty of ballet in with the comedy and energy of live acting. A perfect collaborative work of performing artistry. Visit www.wichitafallsballettheatre.org or wfmpec.com/event/midsummer-nights-dream for more information.


Second Monday

MARCH 6-8 • BOWIE

Business Hwy. 287 and Hwy. 81 (Pelham Rd.), Bowie, Texas. Events will be Jan. 10-Jan. 12. It is one of the largest flea markets featuring about 450 large lots located on five acres. You will find clothing and apparel, cell phone accessories, antiques, specialty items, furniture, jewelry, and great foods and drinks. Free admission. Hours are 8 a.m. to 5 p.m. Saturday and Sunday. Visit www.cityofbowietx.com/241/Event-Schedule.



The green of spring

The blue salvia with the green of spring at sunset is hard to pass up. Located just south of 82 in between Saint Jo and Nocaona at my old homestead. (Photo and description by Jon Nunneley )



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