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COVER FEATURE

24 AT HOME

When their builder found the location, these homeowners found their place in the world. This custom home on 13 private acres just beyond the Warren County line, is a reflection of the father-daughter partnership of Tim and daughter Kristen Graham.

DEPARTMENTS

10 PETS

Advice on keeping your pets safe and healthy this holiday season.

12 HOLIDAY

Tips for setting a beautiful holiday table to delight friends and family.

16 BEHIND THE SCENES

When Glen Uranis goes shopping, he has to be careful not to return home with too much stuff. But if he does, he knows exactly what to do with it. His class offered by WKU's Society for Lifelong Learning offers tips on selling those "collectibles" online.

20 LIFE

For more than four decades, Barbara Stewart offered her advice on everything decorative. From her beginnings as a custom framer, to her legacy as a downtown businesswoman, she leaves a legacy that her daughters will cherish.

36 VIEWPOINT

Taking the stress out of a building project and enjoying the process of fulfilling your dreams.

38 COMMUNITY

Gingerbread Houses support the community of artists in and around Bowling Green. The second annual fundraiser will help school children stay connected to the arts.

40 DISH

Chef Granville Wood shares some of his favorite, time-honored recipes to warm your holidays.

46 REFLECTIONS

Celebrate the season with an advent calendar that gives back to the community.



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EDITOR'S
NOTE



One Fish ~ Two Fish

It is the end of the year and let's be honest; this feels like a good one to put behind us.

In November, an election that seemed to last an eon, caused a lot of anxiety. Half of the people in the United States voted for the first woman to ever head a major party, and the other half voted for a man who ran a historic campaign of his own.

The country seemed a puzzle of red and blue.

Those divisions sometimes made strange bedfellows. Facebook "friends" were suddenly vicious in their attacks or smug in their perceived victories. Red and blue didn't fit nicely into state lines either. Neighborhoods and even some families were divided over these two candidates. Many people spent Thanksgiving holding their comments in check.

And often, it seems like those divisions are what defines us. Politics, religion, economics, and gender can cause people to stay in their lanes and look at others as a threat to their personal goal of winning this so-called human race.

But, what if it's really the intersection of red and blue that holds us together.

Think of it like this: We make our predictions about the future based on things we understand about the past. We expect winter to be cold and dark and we plant seeds in the spring because we know that summer is coming next. We know the young people will change the world and older people will use their wisdom to keep those changes from becoming chaos. It's a balance.

As we unwrap the gifts and prepare for a new year, let's remember who our friends are, who our neighbors are, and that our country is a living contradiction between innovation and tradition.

And those neighbors that may not like your candidate; they still like you. They still want to visit and talk about family and find out about your dad, or your mom, or how your kids are doing. Because the things that bring us together have always been more powerful than the things that set us apart.

Remember: It's the end of the year, not the end of the world.

January 1, 2017 comes exactly 17 years after Y2K was supposed to crash all the computers and catapult us back to the Stone Age (or at least the 70's). It comes five years after Twelve Twenty 2012—recorded in the pyramids of Mayan Indians and prophesized as the end of time. In 1910, Halley's Comet blazed past and people believed its accompanying cyanogen gas would spell their doom.

But here we are still standing. Watching the skies for Santa Claus! Decorating our homes. Lighting candles. Shopping for gifts, preparing for special gatherings. Whether Christian, Jewish, Muslim, or any other faith—we share in the season of light as we have ever since our ancient ancestors realized that December 21st may be the shortest day, but after that, each day shines brighter than the one before.

Clearly, we humans are better at creating the futures we dream about than hiding from the futures we fear!

Happy New Year! ✨



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Keep holidays happy with these safety tips for pets.

BY **ASHLEY FERRAGUT JOHNSON**

Oh by gosh by golly, it's time for mistletoe and holly... But make sure you keep them away from your furry family members, because they are harmful if ingested.

It's that time of year where bowls of sweets sit out on the table all day, trees are decorated with tinsel and popcorn strings, and the low light of burning candles warms homes and our hearts. To us humans, these things create ambiance and a sense of coziness, but they may pose a health risk to cats, dogs or other family pets.

Dr. Amy Anderson is always happy to share important pet safety tips. The holidays keep her office busy with pets and festivity mishaps. "The most common thing we see are sick pets with vomiting and diarrhea due to eating things they should not, such as human foods that are rich and high in fat," she says. She once treated a dog that had eaten an entire popcorn string, including the needle used to string it.

You may want to avoid using edible ornaments so your pet isn't tempted to gobble up the Christmas décor. Dr. Anderson recommends buying



shatterproof tree ornaments so when the dog or cat bats at the dangling sparkly adornments, there's no risk of stepping on the broken bits of glass, causing harm to the paw or face. If you're having a lot of holiday guests, it's easy to overlook your four-legged friends, so they might be safest in their kennel if they happen to be crate trained.

Dr. Anderson has also treated pets for injuries directly related to the Christmas tree itself, so sometimes a watchful eye is the best way to keep your animal safe. Dr. Anderson adds, "Pets commonly get corneal injuries from getting poked in the eye with pine needles. If it's a real tree, the substance in the needles is extremely irritating to the eye, which can lead to a more serious eye injury. Both cats and dogs will sometimes try to drink water from the tree stand, which can also make them quite sick." In addition, popular holiday plants like the Christmas cactus, amaryllis and lilies are toxic to pets if ingested. If you suspect that your pet has consumed any of these, call your veterinarian immediately.

Another great tip she offers is to eliminate real wax candles and tea lights in favor of the newer battery-powered ones. They are a great way to enjoy the ambiance of the season without worrying about harm to pets or children. Pets can burn themselves, knock the candles over and start a fire, or become injured from the hot liquid wax.

If your dog gets into the bowl of delicious dark chocolate or your cat gets into a tussle with the tinsel, it's important to know where to turn for help, especially late at night or on a holiday. Dr. Anderson says that larger cities have 24-hour veterinary emergency care, so find one near you, and put it on speed dial. Be thankful for the dedicated veterinarians who spend their holidays caring for any emergency that may arise.

Put on some fuzzy slippers, flip the switch on your new battery-powered candelabra, hang a shatterproof ornament on your tree, and enjoy your friends, family and your pets this winter.

Cheers to a safe and memorable holiday season! *



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HOLIDAY

TABLE GRACE

Holiday tablescapes that define your dining experience.

BY GRACE ESTES

This beautiful silver snowflake cupcake—both decor and dessert—is complemented by a neutral array of fresh flowers and greens. Add edible silver sparkle dust to confections for a stunning effect.

SETTING THE TABLE isn't just about what side the fork goes on but more importantly, what mood it creates for your guests.

It is that time of year again. Leaves cover the ground like a blanket, crisp winds have you hurrying home for warmth, and the holidays bring your thoughts to what's truly important—family.

Hosting during the holidays does not have to be overwhelming. If you are thinking, "I don't know the first thing about formal dining settings," no need to worry! Once you take your focus off formality, you will find freedom to let your creative spirit run wild. And trust me—it can be a lot of fun.

This season, inspiration embraces neutral colors, metals, floral and natural additions. To help you decide what theme you want to create for your guests, let's take a closer look at creative options.



Spray-paint pine cones with gold or silver to create a shimmering elegance for you table. Simplicity and modern design create elegance at this table.



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Candles and fresh, soft pink roses complement each other, adding warmth and beauty to dinner. Warm neutrals grace the backdrop for this inviting table scene.



Bring on the bold! Gold and bronze make a dramatic metallic statement when incorporated with neutrals. Simply placing a unique Christmas ball ornament on the dessert plate adds interest.



Soft grays and polka dots add whimsy while keeping the table looking fresh and clean. Mother Nature takes a bow with ceramic owl votive holders, candles and fresh flowers.

When faced with the loss of a loved one, making funeral decisions is an extremely painful experience.

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NEUTRAL COLORS

Soft creams, cozy grays, warm tans and white are all great colors to consider when designing the theme of your table. The earthiness of these tones brings a sense of simplicity and elegance while creating warmth for the entire room. If you love color and feel your table is missing something, try adding pops of natural greens or reds. A table runner, candleholders or an accent salad plate can easily accomplish your goal.

METALS

Bring on the glitz and glamor, or embrace your rustic side for your table. Metallic accents come in every shape, color and size you can imagine. Choose from silver, gold, bronze, matte, shiny or sparkly additions. Incorporating metals with neutral colors will balance and integrate the table. For a fun DIY project, collect a variety of pinecones and spray-paint them gold. After drying, the golden cones could serve as place card holders, or set them in a large clear bowl as a table centerpiece.

NATURAL ADDITIONS

These final touches will give your table extra personality and panache. Adding natural fragrances, fresh greens or edible treats is a must this holiday season. Cinnamon sticks, pine needles, rosemary, gingerbread cookies, cupcakes and flowers can all add to the dining experience. To create an aroma that exclaims, "Happy holidays!" wrap cinnamon sticks and fresh pine with twine around each napkin. If baking is your creative style, add whimsy with cutout gingerbread cookies, decorate with icing, and affix to your favorite dinner napkin with ribbon or raffia.

Setting the table isn't just about what side the fork goes on but more importantly what mood it creates for your guests. The artful approach to a table setting inspires, invites and personalizes each dining experience. Implementing a few or all of these inspirations will be sure to make for a memorable holiday season. ✿

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Turning Collectibles into Cash

BY GLEN URANIS



Author Glen Uranis teaches "Learning to Sell Online" at WKU's Society For Lifelong Learning and calls himself a "guy who would rather sell it than throw it away."

I am a reformed pack rat.

It took more than 20 years, but I went from being a borderline hoarder to a lean, mean, online selling machine and my class at WKU's Society for Lifelong Learning can help you transform your trunk full of trinkets into cold hard cash.

It started as soon as I could walk. My father began taking me along with him to flea markets and estate sales. Dad was a collector of coins, stamps, carvings, books, pocketknives, watches—you name it. He taught me how to identify things that were undervalued and he taught me to haggle. As the old saying goes, "You miss 100 percent of the shots you don't

take." So I learned from him to barter for the best deal on things I wanted.

In addition, I have worked a few jobs that fueled my life as a pack rat. I owned a record store. I managed an antique mall, and a bookstore. But it was the five years I spent running a storage facility that really opened my eyes to the colossal problem of Americans who have way too much stuff.

Watching nice people fill storage unit after storage unit with things that they should have been either selling or donating was a real eye opener.

We had a saying in the self-storage business: We make our money on the physics of inertia.

Objects at rest tend to remain at rest.

In the case of storage, once you put your items in the unit and drive away, it becomes easier to keep paying the bill every month than to actually decide once and for all what to do with the stuff. Hundreds of times, I watched as people filled a unit, paid the bill every month for years, and then just stopped paying only to let their stuff be sold at auction.

I had one woman who paid for two separate units for eight years and finally couldn't afford to make the payments. When she lost them, we did the math. She had paid about 14,000 dollars in storage fees over the years.

The saddest thing: The contents of the units sold for 115 dollars and 95 dollars, respectively. And the people who bought her stuff told me that they barely made 250 dollars when they were finished liquidating the contents.

Let that sink in for a minute and consider this advice.

Using a storage unit is rarely your best course of action from a financial standpoint, unless you are disciplined enough to use it as a short term solution (or if you have some extra money to burn and you don't want your spouse to see all of your junk!)

But what if it's too late? What if you already have a hidden cache of random items hoarded somewhere and you need to get out from under the weight of the things you'll never use?

My best advice is to take baby steps.

Initially, you might consider applying the "One Year Rule" which is to say that anything you have not used or even touched in the past year isn't something you need or enjoy; rather it is merely another thing you own.

This "hanger trick" works well for getting rid of unused clothing: Flip all your hangers so they face the opposite direction and then as you wear something during the year, place it back in the closet the normal way. You will see very clearly that a lot of clothes are never being worn and are just taking up space. (You can thank my wife for that novel solution.)

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It can be thrilling to realize that your old collection of silver coins is worth a grand or that your junk drawer is hiding hundreds of dollars.



Donating items is always an option and you get the added bonus of a tax write off for the value of the item. (Remember that this value includes depreciation.)

But sometimes it can be difficult to give things away because you spent your hard earned cash on these precious items, so the question becomes: How can reduce your clutter and make some money at the same time?

And more importantly: How do you even know the cash value of the things you used to cherish?

Many people will start with a yard or garage sale. But suppose you have a coin collection, rare books, vintage jewelry, or antiques. As a lifelong haggler, I learned first hand there are some items that people let go of at yard sales and garage sales far too cheaply because they don't know the true value.

This is where selling your items online begins to really shine, because when you put your stuff in front of a global market of collectors you get true market value for your items. In practical terms this means selling a book for 20 dollars instead of a buck or selling an old yardstick for 15 dollars instead of 2.

Sounds fun, doesn't it?

And don't be scared off by the "hassle of shipping" because buyers pay the shipping costs and it takes very little time to package the item. (Besides, you are being paid.) A word of caution though, it can be a sobering experience to realize that those plates you dutifully

purchased every year because you believed they would increase in value aren't actually worth as much as you had hoped.

Think about it. Some things were produced to be collected and that is what millions of people just like you did. So it stands to reason that there are still millions of them out there.

Conversely, it can be thrilling to realize that your old collection of silver coins is worth a grand or that your junk drawer is hiding hundreds of dollars.

From my experience as a reformed hoarder, I have learned a lot and am anxious to share my knowledge. My SLL class, "Learning to Sell Online" is a great opportunity to have fun and make some extra money. If you don't know what something is worth, I show you how a few minutes of online research will help answer that question.

Remember: Knowledge is power.

Sites like Ebay, Amazon and Etsy, have already helped millions of people dip their toes in the online selling water and in my class I take the fear of the unknown out of the equation and replace it with cash in your pocket! ✨



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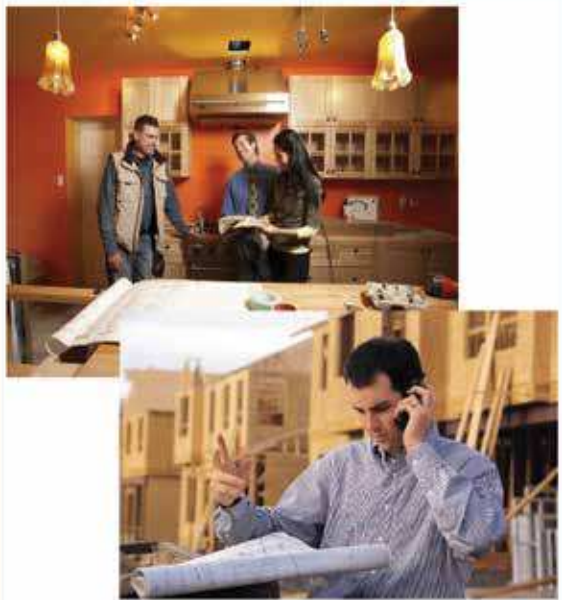
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She insisted on a “flocked” snowy Christmas tree long before they became trendy. Pictured above, with her second husband, Charles Stewart at their home on College Street, where she entertained dignitaries right alongside down home folks. Her only requirement: Bring your fun!

Trailblazer and Business Woman Who Knew How to Have Fun

BY MARY NESTOR



On a warm November evening, Susan Hoechner and Carol Owen Supplee sat outside what had been their mother's favorite restaurant, toasting her achievements and sharing memories of a Bowling Green style icon who knew how to celebrate life through good times and hard times

Barbara Stewart's passing two months ago, leaves a space that won't be easily filled.

Barbara was a businesswoman, a bon vivant, and a fixture of the downtown landscape even before she opened Barbara Stewart Interiors on Main Street almost 40 years ago. Many people knew her from her retail business, but for those who didn't know her, they had to notice a stylish, white-haired woman and her tiny teacup poodle holding court and sharing martini's—her signature drink—with whomever stopped in to join the fun on the patio of 440 Main.

She was 94 when she passed. In addition to her two daughters, she left behind a

son, Steve Owen, eight grandchildren, and five great grandchildren.

Told by her daughters, Barbara's adventures are a reflection of her joy of life and her determination to overcome any obstacle. These stories are inspirational but also a realization that the cliché is true: They just don't make 'em like that anymore.



Barbara Stewart

Ms. Stewart was not originally from Bowling Green. She grew up a daddy's girl—the only child of an adventurous father and a more traditional mother who wasn't thrilled to see her young daughter working the fields, breaking ponies, and driving farm equipment right alongside the men.

“Nothing scared mom. She

was fearless,” says Susan years later.

But then, her father died suddenly of an aneurism. Roles were reversed. Barbara found herself consoling her mother—whom to hear Susan and Carol describe it—took to the bed; or tried to. Apparently sleeping it off wasn't really an option.

Susan explains, “My grandmother had always been taken care and taken care of well.” When her husband died, she was forced to find employment but she didn't know how. Susan recounts the history of her grandmother's predicament. “This was back in the late thirties and they had no money left.”

Rousing her mother from this daze required that she play hardball. At 18 years old, Barbara suspended her studies, took what little money she had left, packed her mother into the car and drove to the local dress shop in Franklin, Tennessee. There, she insisted that her mom buy a suit of clothes—a hat, gloves, purse, and shoes. She dressed her up, dusted her off and directed their course.

“I'm gonna take you to Ward-Belmont (School for Women—which is now Belmont College in Nashville) and you're

gonna go in there and ask them for a job' and she did,” says Susan. “She drove her up there, sat in the car and waited. Two hours later, (Barbara's mother) walked out of the school with a job recruiting girls to come to the school and she was PERFECT for it,” emphasizes her granddaughter all these years later. Susan says her grandmother, whom both Susan and Carol simply call “Dah,” took employment to heart. Over the years, she widened her circle, made the circuit around the south, visiting with debutantes and social clubs and encouraging the young ladies of means to attend Belmont. She later did the same work for other regional colleges and was to her own surprise, quite good at recruiting.

Once she put her mother on firmer footing, Barbara was able to finish her own degree. She majored in art at UK after falling in love with Carol's father and relocating to Kentucky. Carol says it was love at first sight. “They only had ten dates,” she remembers.

“Ten dates.” She smiles at the memory of those days before she was even born. Carol says part of the rush was that her father was facing the prospect of going to war.

But she also says the conviction of their decision didn't come as any surprise.

“That didn't surprise me about mom,” Carol says. And as for her father, Carol and Susan both agree he was, “good looking.” They draw out the word “good” as if it has four syllables. Carol cherishes a box of beautifully composed old letters that were saved for her and she says they have given her great insight into the kind of marriage her mom and dad had. “He went home from her first date and told his mother, ‘I've met the girl I'm gonna marry,’” Carol explains.

Those married years were not exactly smooth sailing because of the war and because Carol's father developed Hodgkin's disease. Barbara was left a widow at age 30. The family had been living in Florida where Carol's father worked as a golf-pro and after his death, the young family settled in Bowling Green.

Once again, Barbara found herself having to make ends meet. She leveraged her art degree and began work in the field of portraiture and art restoration before taking on framing projects for a Louisville gallery. Susan says their mom,

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“...could do anything.”

“When she started framing, that was the start of the business (that eventually became Barbara Stewart Interiors). She was doing their restoration work and they asked her if she would be interested in framing and by that time she had two kids and she was interested in anything. She needed money,” Carol says.

She bought a miter box and a saw and set up shop in their little house on 13th Street.

When she met Charlie Stewart, whom

was to become her second husband, she was working diligently to build that framing and art restoration business so that she could take care of her children. Susan recounts the story of a gift that her father gave to her mom when they first began dating. “Mom did all the framing in the attic. Of course, there was no air conditioning and when my dad started dating her, he bought her an electric fan because he felt sorry for her. It was so hot up there.”

The couple married and in 1956, they

purchased an old Colonial on College Street, which Barbara quickly transformed into a place where people came for all things art. She kept framing. She kept doing portrait restoration. She began to sell art and antiques. She bought bolts of fabric to make window treatments for her clients who had come to value not only her style, but also her work ethic and her approach to life.

“The customer was always first,” says Susan. But her mom also knew how to have fun. “She was a lot of fun. She was tons of fun.” The women agree that growing up, they never knew who would be at the kitchen table, or sharing drinks in the living room. Charlie Stewart’s work meant he had clients all around the world, but fun was always the same in any language.

Eventually even that big Colonial seemed small since Barbara always had a project going. “As each child left the home she would take over a room,” remembers Susan.

“You never knew when somebody was gonna come to the house because she was an antique dealer, so somebody could walk in the side door at anytime of the day for a framing project, or looking at antiques. She even had gifts that she sold out of the living room.”

One evening, Charlie came home, and apparently there was a rather involved sewing project. Bolts of fabric were leaning up against the walls of the living room. Barbara’s retail business was technically born of that particular enterprise.

“Daddy said, ‘I can’t get in the front door,’” Susan remembers.

She says, “We were doing a design and we had bolts of wall coverings in the front room and he couldn’t get in the door so he said, ‘Barbara—it is time for you to get a business.’ So that’s when she moved down here.”

Barbara was self-taught and she also taught her daughters well. Susan especially has taken on the role of business partner because while all three women enjoyed the purchasing trips at market, for many years Carole lived out of state and wasn’t close enough to help with day to day operations.

Susan however was her mother’s right



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hand woman for 22 years. She said she learned a lot about the value of things, but more importantly about the value of relationships.

The holidays won't be the same without their mother insisting on a white tree, or sharing the hand-made Christmas stockings detailed to look like ladies' shoes, and men's boots. The jeweled ornaments made from real glass are long ago broken, but the memory of them lives on in the lives of the people Ms. Stewart impacted the most; her daughters.

Susan still laughs about what she calls the angel hair, which for all intents and purposes was nothing more than fiberglass. Apparently nobody back then had a problem with allowing their children to drape this so-called "angel hair" across the Christmas tree despite the fact that, according to Susan, "...it would eat your hands alive."

And the shopping trips that Barbara would mount the day after Christmas to what the women refer to as, "the good shops in Nashville," are a thing of the past. But the memories are stronger than ever.

Asked if they felt their mother's presence as they went about maintaining the business and serving their customers at the shop, they both said, absolutely.

On her birthday in November, Carol says she thinks her mom may have even sent her a birthday message via her iPhone. "I gotta tell you this," Carol says. "Thursday was my birthday. I was in the shop. My phone was locked (on a black screen). I had it like that because I had been accidentally "butt dialing."

She says she was standing there talking to an employee and her phone was on the desk, but it called out to her in the voice of Siri. "My phone goes, 'beep' and it goes, "These are the contact numbers for your mom," Carol recalls.

It was out of the blue. It was out of the black of the screen. It was her birthday. Carol shrugs and looks at her sister.

From each of their expressions, it's clear—that birthday message from mom was just another of the many gifts Barbara Stewart gave to her daughters. The rest of Bowling Green simply got to come along for the ride. *

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TOP OF PAGE: A farm sink was perfect for the space in the kitchen of this beautiful custom home. And a granite-capped working island is ideal for entertaining.

RIGHT: Alaskan white granite on the kitchen island has a gently curved bow front for a more inviting appeal.

FAR RIGHT: The open floor plan features hardwood floors in Jacobean. White Dove interior trim and Nantucket Gray on the walls give a refined feel to this farmhouse tucked into 13 acres near Smith's Grove.





Full overlay custom cabinets finished in antique white with a mocha glaze help make the kitchen warm and bright

A Country Home Built to Last

BY MARY NESTOR

Beautiful trees and rolling hills surround this custom home on 13 acres just north of the county line. The homeowners chose builder Tim Graham of Design Builders Inc., who located the ideal parcel and worked through several revisions to help them build their dream home.

To complicate the situation, Graham's clients were living out of state when the project began. They were looking toward retirement and building their "forever" home and often required remote viewing during the process.

Graham says that working through several revisions is common in custom building whether the client is nearby or far away. "We start with the design phase and, as you might imagine, that evolves over time."

The goal was to create a low-maintenance infrastructure as the foundation and then build it out with unique architectural details. He points out that few people want to spend their retirement years working on home repairs or paying high utility bills.

Graham offers some examples of the hidden features that make the home functional. For example, he says there is very little real wood on the façade. Brick serves as the primary building element, and even the support columns that appear to be wood are made from a highly durable, low-maintenance fiberglass product. Above the porch is a standing-seam copper roof that Graham says could last 50 to 75 years.

He also designed the home using what he calls a double-stud exterior wall. He





LEFT: The master bathroom features Historic Morning Dew wall paint and custom tile work by Tile Trends. The shower space was designed to be low maintenance and offer easy access.

TOP RIGHT: Reflected in the oval mirror, the living room glows. The custom bookcases are finished in Antique white.

BOTTOM RIGHT: Rocking on the front porch is just one of the perks of country life.

FAR RIGHT: Just inside the large front doors, a barrel vault in the foyer was a must-have for these homeowners. The walls are Revere Pewter and the ceiling in Roosevelt Taupe contrasts perfectly. There is a formal dining room and a study on either side of the foyer.



LEFT: After several revisions, the homeowners decided on a pair of sinks in the master bath. Here, Raggio De Luna granite gives a polished finish to the vanity.

ABOVE: Oil-rubbed bronze from Delta Faucets Victorian Collection pairs perfectly with the granite in the master bath.



says these nearly 12-inch thick exterior walls help give the home an R-value (a measure of heat retention) almost three times higher than a conventional build and make for very low energy bills.

The home also has a geothermal system that uses smart technology to allow various temperature zones throughout. The ability to control micro-climates means the bedroom can be cool for sleeping even as common areas are kept at higher temperatures.

The clients also wanted a home where they could age in place. Graham included aspects of universal living such as wide passageways and easy access. In the garage, for example, the construction crew

built up the foundation with a level of base rock, which allowed Graham to design a single step up from the garage into the home, rather than the three or four steps many garages require.

Beyond the functionality of the home, Graham's first goal is to find out what the client feels is aesthetically pleasing. To do so, he shares visual images gleaned from various magazines and websites. Then his job becomes making sure the elements the clients choose are fully functional and fully integrated.

Graham uses 3-D software to help clients get a better idea of a home's circulation and functionality before ground is broken. "Once they see it in 3-D,

very often their plan evolves," he says. "We put everything together. They can spin it around, take the top off — even put their furniture in it if they like."

These virtual revisions were essential for the homeowners to sort through the myriad of decisions required when building a custom home. After several back-and-forth conversations, sketches and plans, today, the 4,200-square-foot home features two levels and lots of room to relax.

A Tour Through the Dream Home
Visitors walk through a pair of leaded glass doors detailed with worked iron into a tall foyer with a beautifully constructed barrel ceiling. On one side of the foyer is a



TOP OF PAGE: The exterior is Mount Laurel brick. Carriage doors on the garage are finished in Mahogany.

ABOVE: The doors with iron accents were finished in Charcoal by Zar Stain.

home office; on the other a formal dining room. The open concept kitchen and living area is the heart of the home. For privacy, the homeowners' master suite is at the opposite end.

In the main living room, bookcases line one wall, and a fireplace is the focal point of another. The fireplace has French doors on either side, which open to a beautiful park-like setting where a large covered patio offers a restful place to build a fire or enjoy the solitude of county living.

The basement holds two guest bedrooms, a full bath and a large living area. A wide hallway leads to a pair of doors. Beyond those doors, the homeowners plan to add a patio where guests can relax and enjoy a cup of coffee or a glass of wine while listening to the water ripple in the nearby pond.

Graham's daughter, Kristen Graham, helped the homeowners choose paint colors and coordinate the home's palette.

Kristen's strategy was the same as her father's. First, she figured out what the homeowners found aesthetically pleasing, and then she worked to create a unified whole.

She says the main point of reference for her suggestions was the Alaskan White granite slab the homeowners had sourced locally from the Rock Shop.

From there, Kristen guided the clients toward a refined selection of pewters paired with crisp white molding and trim.

She enlisted help from faux painter Tim Minor to customize the powder room and worked with Tile Trends and Winn Electric for certain architectural details.

"We would have been lost without Kristen's help," the homeowner says. "She spent more hours than I did looking at colors and picking designs to lead me in this direction."

In addition to the home, the builder also created a working barn for the homeowners.

Graham says he doesn't usually spend so much focus on a workshop, but because of its location and its purpose, the shop was an essential part of the overall design and had to complement the home.

"This had to be the best shop we've ever built," Graham says. "It's aesthetically pleasing but also extremely functional for the homeowners."

While designing the shop, Graham used the 3-D software. Everything from the cupolas to the trim pieces to the industrial shelving on the interior was placed in the virtual world before it ever took shape in the real one.

In the end, Design Builders Inc. gave the clients everything they were looking for and more. As they continue to enjoy retirement, they are happy to say they couldn't have picked a better place to age in place, and they credit their builder and his daughter with making their dream home a reality. ✨



TOP OF PAGE: County living is better with a big shop space! Here, the builder used Polar White exterior paint with Old Town Gray trim and a Burnished Slate roof.

ABOVE: From the covered patio, the homeowners can enjoy the peaceful solitude of county life.

TOP RIGHT: Faux Painter, Tim Minor finished this powder room just off the main living area.

MIDDLE RIGHT: Pull out drawers make the laundry room much more compact and much more functional.

BOTTOM RIGHT: The laundry room walls are finished in Westin Flax and the laminate countertops are Smoke Quarstone.

For more pictures of this beautiful home, please visit the Bowling Green Daily News website at www.bgdailynews.com/community

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BOWLING GREEN DAILY NEWS



Sweet Dreams

Taking the stress out of building a new home

Q: Tim, now that the economy is improving, we would like to build our retirement home, but we have heard many stories about stressful building projects. How can we minimize stress and maximize sanity during our project?

A: While it is true that building a home can be stressful, savvy homeowners choose a builder who will make it significantly less so. In fact, choosing the right builder can make the process fun while minimizing the stresses.

So beyond making certain the company is licensed and insured (don't they all say that?) and has provided a fair proposal and a professional contract, how do owners determine whether a company will deliver on its promises and not tax their sanity? The answers lie in good systems. Companies with clearly defined management systems consistently deliver superior quality homes and customers who rave about their building experience. But make no mistake – none of this happens by accident. These builders are always better organized, communicate more effectively and minimize unwanted surprises.

Three key systems that are crucial to a comfortable building process have to do with communication, schedules and responsibility.

Communication. A recent *Consumer Reports* survey of more than 900 homeowners confirmed that when it comes to building projects, miscommunication is the root of most ills. That's why the top professional builders have solid processes in place to keep homeowners informed at all times. Signs of a company that communicates well include detailed project descriptions (leaving no question about what the finished product will include), the ability to explain financial concepts (where, exactly, the dollars are going) and meetings.

Meetings eliminate problems by allowing everyone to think through the job. A good example is the preconstruction



meeting, where the homeowner meets with the builder's team to review plans, schedules and job rules. This is also a time for the homeowner to ask questions and make requests (for example, that certain trees be protected during construction).

Ongoing meetings, at a schedule agreed on by the builder and homeowner, tend to be shorter and less formal but keep everyone updated on job progress and let the homeowner voice concerns and questions.

Schedules and Payment. The old adage "fail to plan, plan to fail" may have been penned by a professional builder; a schedule that details the job from start to finish is crucial to getting things done on time and within budget. Of course weather delays, delivery problems, change orders and other unforeseen events can shift production schedules over time, but a well-managed company starts with a plan and updates everyone should dates change.

Payment schedules are just as important. The builder receives a percentage of the job cost as a down payment and subsequent payments on completion of certain milestones: the finish of framing, the completion of mechanical and insulation inspections, etc. Well-planned payment schedules allow owners to clearly understand what is expected of them and helps the builder manage his resources over the course of construction.

Responsibility: Who, what, when. The top professional builders invest time to help clients understand how their team is organized and how to interact with team members. They let their clients know who will be responsible for the job at each stage and whom to contact with questions or concerns. They also make sure the client knows the best way to make contact and how long it will take the team to respond.

How the builder handles these kinds of issues has real



payoffs. The answers will indicate how effectively a builder communicates, pays attention to details and has systems in place for getting things done on time and according to plan.

In any profession, from sports to business, there are always some who consistently have results far better than the rest of the field. Home builders are no different in this regard. By selecting a professional who has systems in place to produce top-quality results, you will make the rest of the building process the fun, positive experience it was always intended to be. *



Tim Graham has been building homes in South Central, KY for over 25 years. He is a Master Builder, a Registered Builder and a Certified Green Professional.

Tim Graham, President, Design Builders, Inc.
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Here's my to-do list for the year!

- Put new lighting in the Living Room
- Remodel Kitchen
- Find out what's wrong with the ceiling fan
- Hook up the new pool
- Move the hot tub to the side deck - don't forget to hook it up!

Love, Mom

Dad's To-Do List:

- Call Buck Electric



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GINGERBREAD HOMES FOR THE ARTS

PHOTOS BY **MIRANDA PEDERSON**

Children and adults from in and around Bowling Green celebrated the holiday season at SKyPAC, during the second annual Gingerbread Homes for the Arts fund-raiser.

Jessica Snodgrass, Marketing and Gallery Director at SKyPAC, said around 1,200 people enjoyed the 3-day program, which included a dinner, a chef cook-off, and the gingerbread display.

Proceeds will help place artists in residence at schools in a 10-county region. It will also provide funding for interactive workshops for children as well as school day performances during the upcoming season. ✨





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A photograph of a bedroom furniture set, including a bed, nightstands, and a dresser, displayed in a room with stone walls.

Celebrating

the Reason for
the Season

As we revel in the joy and festivities of the Christmas season, we are moved to remember the greatest gift of all: the birth of our Savior. His eternal love for us brings peace and contentment to our hearts at this holy time and all year.

Merry Christmas and Blessings to You and Yours!



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Chase off the chill

Warm your holidays with family, friends and treasured time-honored recipes.

BY CHEF GRANVILLE WOOD

When I think of the approaching holidays, one word comes to mind that best captures the essence of the season. That word is “warmth.” The north wind sharpens its teeth to take a bite out of the last of the fading warmth of the short autumn days, yet there is still a coziness in the colorful fall leaves and the wisps of smoke from chimneys as evening fires are lit to chase off the chill.

Gathering by the fire with family and friends with a warming glass of fine single-batch bourbon, a platter of cheese beignets hot from the oven and an assortment of cheeses makes for a perfect end to a day as it falls into darkness much too early. Even though colder winds are blowing, it is the approach of our favorite holiday season that engulfs us. It is the warmth as families come together, and the joy that comes with sharing the holiday season gathered around the tree that wards off the chill.

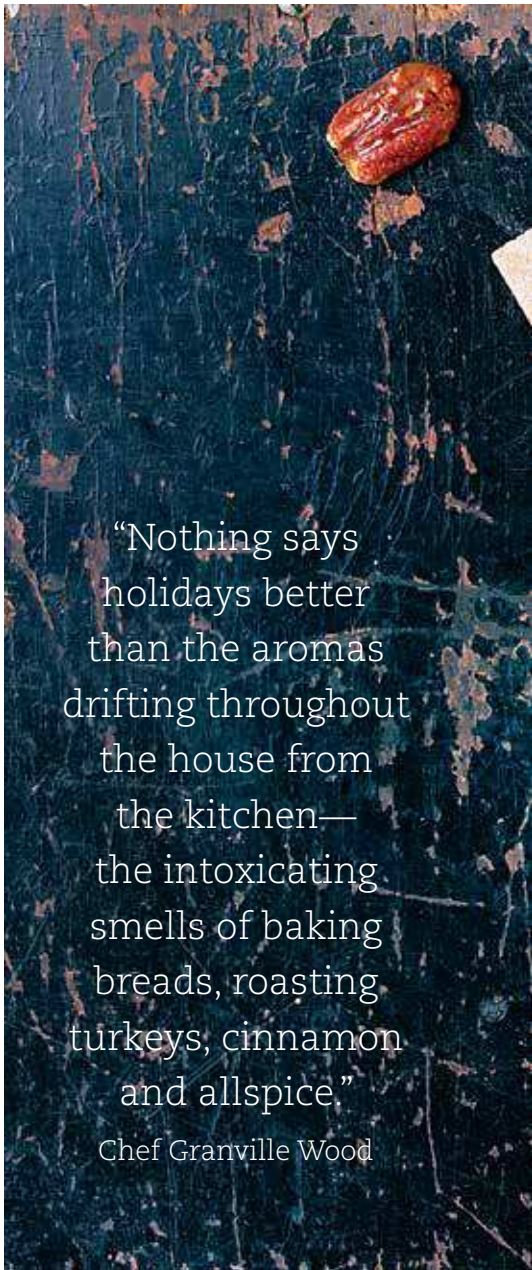
And nothing says holidays better than the aromas drifting throughout the house from the kitchen—the intoxicating smells of baking breads, roasting turkeys, cinnamon and allspice, savory casseroles and pies. The groaning board that will soon

render everyone comatose will be laden with the season’s best—bronzed roast turkey, creamy sweet potato casserole, smothered green beans, flaky biscuits and at least two—maybe three—pies, pumpkin for sure.

There are a few dishes that are mainstays on our holiday table—traditions, so to speak—whether it is Thanksgiving or Christmas. These dishes ooze warmth and home. Turkey goes without saying, and there is butternut squash soup, a decadent sweet potato casserole and a chocolate pecan tart to sidle in next to that silky, spicy pumpkin pie.

I find the best way to ward off the autumn chill is with a warming bowl of soup. Utilizing the best of autumn produce, we roast butternut and acorn squash, shallots and myriad warming spices, all tempered by the natural sweetness of pure maple syrup. This can be made as follows or for vegetarians by simply substituting vegetable stock. This is a rich potage that makes for a satisfying lunch with a chunk of warm, fresh-baked bread and sweet butter.

While soup is simmering, settle down by the fire and listen to the cracking ice—in your bourbon. Enjoy the warmth and the season! *



“Nothing says holidays better than the aromas drifting throughout the house from the kitchen—the intoxicating smells of baking breads, roasting turkeys, cinnamon and allspice.”

Chef Granville Wood

Smoked paprika, slowly sun dried and smoked over an open fire adds warm and complex flavors.



CHOCOLATE PECAN PIE

Ingredients:

Your favorite pie pastry to fill a 9-inch glass pie dish with overhang

Filling:

- 3 large eggs**
- $\frac{3}{4}$ cup light brown sugar**
- $\frac{2}{3}$ cup light corn syrup**
- 2 tablespoons unsalted butter, melted**
- $\frac{1}{2}$ teaspoons salt**
- 3 tablespoons bourbon**
- 2 cups chopped pecans, toasted**
- $\frac{1}{2}$ cup Ghirardelli bittersweet chocolate, chopped**
- $\frac{1}{4}$ cup Ghirardelli semi-Sweet chocolate, chopped**

Method:

Roll out pastry and line a greased and floured glass pie dish; refrigerate. Preheat oven to 375. Whisk the eggs, sugar, corn syrup, butter, salt and bourbon together. Sprinkle pecans and chocolate in the bottom of the pastry-lined pie dish. Pour in egg mixture. Bake for 45 minutes; then lower temperature to 350 and bake for another 15 minutes or until center is set. Cool on a rack for an hour before cutting. Serve with whipped cream.



What is more satisfying for your holiday guests than a hot bowl of a hearty soup made by the bounties of the fall season? Squash and warm spices such as ginger, cinnamon and nutmeg to name a few, are the winners in this holiday favorite.



Ginger cream and freshly roasted croutons are the crowning glory to this flavorful squash soup.

ROASTED BUTTERNUT SQUASH SOUP WITH GINGER CREAM

Ingredients:

- 2 medium butternut squashes, split in half lengthwise, seeds removed (reserve and toast for a snack)**
- 2 acorn squashes, split in half, seeds removed**
- 4 shallots, diced**
- 4 tablespoons powdered ginger**
- 1 teaspoon cinnamon**
- 1 teaspoon allspice**
- 1 teaspoon grated nutmeg**
- 1 quart stock**
- 4 tablespoons pure maple syrup, no substitutes**
- Kosher salt and white pepper to taste**
- 1 cup plus 1 tablespoon heavy whipping cream**
- Fresh-toasted small croutons to garnish**

Method:

Brush all squashes lightly with melted butter. Place on a baking sheet and bake in a 350-degree oven until tender. Cover with foil, if necessary, to prevent browning. When soft and cool enough to handle, scoop out the flesh and discard the skins. Sauté shallots with butter in a heavy stock until soft. Add flesh of squashes. Season with 3 tablespoons powdered ginger, cinnamon, allspice and nutmeg. Stir well to combine. Cover with stock. Bring to a simmer and cook uncovered for one hour; add more stock if necessary. In small batches, puree soup in a blender and place in another pot. Stir in pure maple syrup. Adjust seasoning with kosher salt and white pepper. To serve, whisk together 1 cup heavy whipping cream and 1 tablespoon powdered ginger until thickened but still slightly runny. Place soup in bowls, swirl in a tablespoon of cream, and serve with fresh-toasted small croutons on the side.



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PUMPKIN MUFFINS BREAKFAST TREATS—SERVE WARM WITH SWEET BUTTER

Ingredients:

- 2½ cups all-purpose flour
 - 2 teaspoons pumpkin pie spice
 - 1½ teaspoons baking soda
 - 1 teaspoon ground ginger
 - ¼ teaspoon salt
 - 1 cup light brown sugar
 - 1 cup canned pumpkin
 - ⅓ cup buttermilk
 - ¼ cup molasses
 - ⅓ cup canola oil
 - 1 teaspoon vanilla extract
 - 2 large eggs
- Demerara sugar for finishing

Method:

Preheat oven to 400 degrees. Combine first five ingredients in a large bowl. In another bowl, mix remaining ingredients together. Mix well. Add sugar mixture to flour mixture. Stir gently until moist. Spoon mixture in muffin cups (12 large or 18 medium). Sprinkle with demerara sugar and bake in 400-degree oven for 15 minutes or until toothpick comes out clean. Cool on wire rack.

SWEET POTATO DAUPHINOISE

Ingredients:

- 4 Idaho potatoes peeled and sliced ¼-inch thick
- 1 large yellow onion, peeled and sliced thinly, sautéed in butter until soft
- 6 slices good-quality smoked bacon, cooked and drained; reserve fat and crumble bacon
- 3 large sweet potatoes peeled and sliced ¼-inch thick
- ½ cup shredded sharp yellow cheddar, grated
- 1 cup panko bread crumbs mixed with ¼ cup melted unsalted butter
- ½ cup minced chives or the green part of scallions

Method:

Preheat oven to 350 degrees. Butter a 9-by-13 glass baking dish. Place a layer of Idaho potatoes, top with some onions, sprinkle with kosher salt and some bacon. Drizzle with some cream. Add a layer of sweet potatoes and sprinkle cheese and some cream. Repeat until all the potatoes are done. Pour extra cream over top; potatoes should be covered with cream. Cover with foil and poke 2 or 3 holes through foil. Place on sheet pan and bake at 350 degrees for 45 minutes or until potatoes are tender to a skewer.

Remove from oven and remove foil. Sprinkle all over with buttered breadcrumbs and return to oven until breadcrumbs are golden brown. To serve, sprinkle with chopped chives or green scallions. *



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REFLECTIONS



Advent in Reverse?

BY DAYNA DEL VAL

When I was little, my grandma often sent my brothers and me Advent calendars to celebrate the season. They were beautifully painted Dickensian cityscapes with groups of carolers singing on street corners and garland strewn over all the door frames. Twenty-four little windows opened to reveal chocolates shaped like Christmas ornaments. I remember searching for the number and perforating that day's window to eat that little bite of milk chocolate.

When my son was little, I purchased a large wooden reindeer Advent calendar that is Scandinavian-themed: bright red with white piping and 24 little drawers that open to reveal whatever gifts I want to include.

There's something wonderful about a small daily "task" that has a limited time commitment and leads up to something celebratory, in this case Christmas. But there's also something a bit excessive about it.

The holidays are already filled with so much: parties, presents, decorating and the like. Do we really need one more element that is all about receiving?

What if Advent became about giving? I recently came across the idea of a reverse Advent calendar. The first one I saw used two wine boxes because they each have 12 slots, but you wouldn't have to get so specific—you could use any box you wanted.

The idea is that every day of Advent,

you put in something that your local food bank or homeless shelter needs: socks, shampoo, canned goods, mittens, toothpaste, etc. I would encourage one item that is more of a gift than a necessity. When you've reached the end of Advent, December 24, you drop off your filled boxes.

I really love this idea because, again, I'm not totally comfortable with an additional, expected daily present, however small, at this time of year. Particularly for young children, I think it's important to get them thinking about how they can be of service to others.

If my son were still little, I would purchase all the supplies needed to fill the 24 days and then let him pick which one he wanted to put into the box every day.

You could decorate the boxes together so that there is an added element of festivity around the whole project; think of the important conversations you could have about giving and not just receiving.

It's so easy to get caught up in the materialism of the season; this is such a wonderfully simple way to help children remember to think about others and to be enthusiastic in their giving.

I already have my box ready and am thinking about the kinds of items I am going to put into it every day starting December 1. I hope you will join me and that we will bring a collective and joyful holiday spirit to those who need it most. *

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