

Barbecue sauce headed to Afghanistan

By Mike Averill
World Staff Writer

Ask George Groenewold the secret to his barbecue sauce, and he's likely to tell you it's the mysterious ingredient "unobtainium."

"You can't get it from anywhere else but right here," he said. Groenewold, owner and operator of Box Car Barbecue in Sapulpa, has been producing his signature sauce for nearly 20 years.

Recently, the sauce has struck popularity in a strange place: the United Nations compound in Afghanistan.

A longtime friend and customer, Jack Denham, is in Afghanistan, implementing an air traffic control system, and he felt the urge for some of Groenewold's special sauce.

"He left for Afghanistan on a Saturday; a week later, my phone rang. It was Jack. He said he had a problem. I was concerned it was something about his family, but he said, 'I need some of your barbecue sauce,'" Groenewold said.

Denham has since shared the sauce with everyone there, and Groenewold sends a gallon or two overseas about every three weeks.

"He says the Aussies just drink it," Groenewold said. "Evidently, there's nothing else like it over there."

Groenewold is pleased with his newfound popularity.

"I'm flabbergasted. The only reason I sent it over there was because a really good friend needed it. Little did I know he'd share it with everyone," he said. "He just needed a little touch of home, and I am trying to make it a little easier for him while he's there."

Despite the popularity of the sauce, Groenewold isn't going to start bottling and selling it.

"If you want it, you can come here and buy it," he said. "I've got people who enjoy the sauce, and I ship it to them. But to me, bottling and selling it, it's just not worth it."

Groenewold makes 60 gallons of his sweet and spicy sauce every three weeks.

"It's got a personality of its own," Groenewold said. "Anybody can smoke a product. You choose a place to go eat because you like the sauce."

Mike Averill 665-8093
mike.averill@tulsaworld.com

Box Car Barbecue, 918 W. Dewey Ave., Sapulpa, is open Thursdays through Sundays, 11 a.m. to 7 p.m. For more information, call 227-1009.

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Bixby fitness center offering private attention

By MAISHAH ENGLISH
World Staff Writer

Clint Howard knows that for some, exercising in front of others can be intimidating.

So his new business, Fitness Together, offers a private solution for those who want to work out without the distractions of a busy gym.

The fitness center, 12345 S. Memorial Drive, Suite 106, focuses on individualized attention in a secluded setting.

While most gyms have windows, allowing outsiders to peer in and vice versa, front windows at Fitness Together are covered.

The center also has three separate exercise rooms, each used by one client and trainer at a time.

Howard, 29, has a bachelor's degree in health and exercise science and a master's degree in exercise physiology, both from the University of Oklahoma.

He used his knowledge to open his first franchise of Fitness Together in Norman a year ago, just four months after completing his master's thesis.

"The business took off really well, and the franchise was a proven model. Since my background was in exercise, I wanted a business model that was already successful," he said.

"I wanted to open a business that focused individual attention on the client. I didn't like the health club setting. We want to offer more than just personal trainers, but a lifestyle change."

Fitness Together was founded in Scottsdale, Ariz., in 1983.

It is now based in Colorado and has branches across the country and in Canada.

Howard spent one week training at the corporate headquarters before opening his first franchise in Norman.

He expanded to Bixby in September and plans to open another franchise in Jenks in the future.

He is certified through the National



Clint Howard, owner of Fitness Together in Bixby, spots client Kendra Davison on a functional training machine.

Strength & Conditioning Association and the American College of Sports Medicine.

"My research and post-graduate studies have been related to fitness and exercise and its effects on the body," he said.

Hours are 5 a.m. to 9 a.m. Monday through Friday and 6 a.m. to 3 p.m. Saturday. For more information, call 369-6090 or visit the Web site at www.ftnorman.com.

Kendra Davison's exercise plan at Fitness Together has helped her gain muscle and lose 23 pounds, she said.

Her workouts include dumbbell chest presses on a functional training machine, which can facilitate several exercise routines.

Howard and two certified personal trainers run the center. He has hired a full-time manager to run the Norman center, but he spends time at both locations.

"We work our clients. It is pretty intense. Our workouts are tough. We will push people harder than they push themselves," he said.

"It is not a social hour like in a big gym, since we offer one-on-one training. But we make our exercises fun. They need to come in three to four times a week to see results."

Routines are based on individual goals and begin at \$45 for a 50-minute session, which also includes a nutritional assessment. Potential clients are offered a free training session.

There are no long-term contracts and no registration fees. Christmas packages are also available.

"We like people to come see how we are before they commit. We like to keep things upscale, and they don't have to worry about a noisy gym or sweaty equipment," Howard said.

The center also offers a golf-conditioning program, focusing on muscle isolation exercises, balance, flexibility, strength and coordinate movements.

Hillcrest Medical Center offering healthier lifestyle classes

Hillcrest Exercise & Lifestyle Programs at Hillcrest Medical Center is offering classes to encourage a healthier lifestyle, especially during the holiday season.

"The ABC's of Metabolic Syndrome" will include a detailed explanation and discussion of what metabolic syndrome is, its five risk factors, how it develops and how to treat it by losing weight with a healthy diet, exercise and behavior modification tips.

The class is offered every Tuesday from

3 to 4 p.m. No preregistration is required. Cost is \$7 per person or per couple.

"Heart Healthy Eating" will cover the basics of creating a heart-healthy eating plan, food label reading and comprehension, food products, recipes and modifications, and more.

The class is offered from 3 to 4:30 p.m. Thursday and Dec. 15. No preregistration is required. Cost is \$10 per person.

"Bringing Down High Blood Pressure"

will cover the basics of blood pressure, lifestyle modifications, DASH diet guidelines and salt substitutes.

The class will be offered from 3 to 4 p.m. Dec. 8. No preregistration is required. Cost is \$7 per person.

"A Healthier You" is a four-week weight-control course for adults.

The class covers topics such as exercise, stress management, healthy behavioral habits, assessing individual metabolism needs, improving eating habits,

recipe modifications, fast-food choices, and more.

Classes will be held from noon to 1 p.m. Friday and Dec. 9, 16 and 23.

Preregistration is required. Cost is \$30 per person.

Classes are offered on the second floor of the Bell II building on the Hillcrest Medical Center campus, 1265 S. Utica Ave., Suite 200.

For more information or to register for "A Healthier You," call 579-4959.

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