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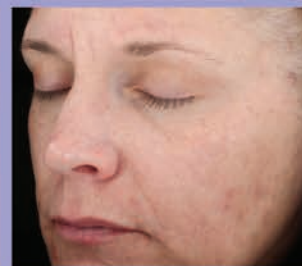
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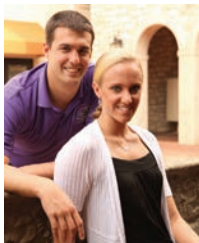
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ON THE COVER



When the Vollmer siblings moved to town, they immediately joined the Granbury Seals.

Photo by SRC Photography.

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Editor's Note

Hello, Granbury!

You are holding in your hands the premier issue of *GranburyNOW Magazine*, the newest addition to the NOW Magazines publication group. In 2004, NOW Magazines published its first community magazine, *CorsicanaNOW*. Since that time, we have grown to include nine additional magazines — Waxahachie, Ennis, Midlothian, Red Oak, Southwest (which includes Cedar Hill, DeSoto and Duncanville), Mansfield, Burleson, Weatherford and now Granbury. We distribute over 240,000 magazines each month and have a readership of over 600,000 across the 10 markets.

GranburyNOW Magazine will be direct mailed, free of charge, to every physical home and business address in the Granbury ZIP codes. Within its pages, you will find uplifting stories about fascinating people in your community — your neighbors and your friends. We tell good stories about good people, who make Granbury what it is — a wonderful place to live, work and play. We are 100 percent supported by our advertisers, and we, in turn, encourage our readers to support our advertisers.

As I work on stories to share with you throughout the year, I welcome your story ideas and feedback. Feel free to e-mail or call me, and I look forward to seeing you out and about in the community!

Melissa

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THEIR SPECIAL BOND

—By Sarah Anderson



Intent and perfectly poised, they listened for the sound of the starting signal. When they heard it blare over the noise of the crowd, they bounded off the block and briefly soared through the air before effortlessly gliding through the calm, cold water and speeding off down the lane. Rarely could anyone catch them before they returned to touch the wall in what was often record-breaking time.

Nick and Dana Vollmer's competitive swimming careers started before either one of them can remember. They contended in swim meets before they were old enough to start school. When they moved to Granbury from Washington State in 1992, at ages 7 and 5, they both had been competing for at least a year. Their mother, Cathy Vollmer, was a former competitive swimmer from New England and, as a swim coach, had her children in the pool as infants. Now an Olympic swimmer, Dana doesn't even remember learning how to swim. "I've just always swam," she laughed.

The first swim team Dana remembers being a part of is the Granbury Seals, but she and her brother, Nick, both competed in Washington before they moved to Texas. Dana even competed before she was technically old enough. At the age of 4, she was big enough to pass as a 5-year-old, so they humored her and let her race in the youngest age bracket, but they never expected her to win. To their surprise, she did, and she's been competing ever since. Being two years older, Nick remembers a little more about their early years swimming and said it was only natural that they joined the

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Granbury Seals. "We had been in swim programs our whole life, so when we moved to Granbury, our mom got us involved with the Seals right away," he said.

Janet Steenberge was their coach at the time. "She was tremendous. She really made an impact on me," Dana said. "Even when I struggle now, I think back to when we were with the Seals and how much fun it was and how much I loved swimming."

By middle school, Dana started swimming for the Fort Worth Area Swim Team. By the time she was 12 years old, after one year with FAST under Head Coach Ron Forrest, she had earned a spot in the Olympic Trials. While Dana focused strictly on swimming, Nick had shifted his focus to American karate. By the time he was 12, he had earned a black belt and the opportunity to run the entire youth program in his karate school. From there, they only trained harder. By high school, Nick, who is now a fifth-degree black belt and master instructor, had taken over the karate school, and Dana had earned a gold medal in the 4x200 freestyle relay in the 2004 Olympics.

In high school, despite his extensive martial arts training, Nick still found time to swim and swim well. He and Dana were making the trip to FAST practice together twice a day. Bleary-eyed and exhausted, they would crawl out of bed before sunrise, grab their swim gear and a breakfast bar and jump in the car for the 45-minute trek to Fort Worth. Every



morning they made the trip and then again after a day full of AP classes. They ate in the car. They did their homework in the car, and most importantly, they bonded in the car. They bonded like few siblings do.

"Dana and I had always been close, but we got even closer then, because we would talk on all of our drives," Nick said. "We would rely on each other and encourage each other. We were the only ones who really understood what we were facing at the time. She understands that extreme desire to push yourself to be better."

Dana conveyed the same regard toward Nick: "He was always the one person whom I felt really understood me and understood what I was trying to do," she said. "He was my big brother. He was my best friend. He listened to all of my struggles. I leaned on him."

Nick and Dana's father, Les Vollmer, said it would be hard for his children not to be close. "With everything they've been through and everything they shared, they can't help but have a special bond," he said. "Even as little kids, they wanted to do everything together. If Nick and I were doing something with Boy Scouts, Dana wanted to do it with us, too."

The two agree their parents played a huge role in who they are today. "We are a really close-knit family," Dana said. "Our parents have always been there to help us set goals and to work toward them." Their community has been a huge part of their lives, too. "Granbury is an

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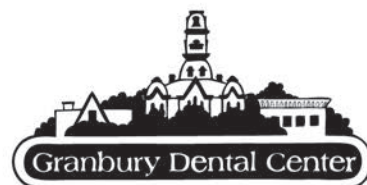
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incredible place with incredible people," Dana remarked. "Like Nick and my parents, they have always been there to love me and support me no matter what."

Now at 27 and 25 years old, the pair is closer than ever. Nick still lives in Granbury and coaches the high school swim team — the same team they both used to swim for. He also teaches AP English III and humanities and works with the Granbury Seals during the summer. Dana, now a four-time gold



medalist and world record holder after the 2012 Olympics, graduated from the University of California, Berkeley and lives with her husband, Andy Grant, in California, where she will continue training for Rio in 2016.

"It's been so cool to watch her actually achieve her dream," Nick said. "I'm always talking to my students about goals and working toward something, and Dana's actually done it. She's the only person I know who has achieved everything she's ever set out to do. I firmly believe if you work enough at anything, you can be good at it. We, as people, are more capable of amazing things than we know."

According to Dana, Nick is just the person to help people realize how capable they are. "Nick has a way of motivating people," she said. "It's amazing to watch. Just hearing how he speaks to kids as an English teacher and coaching the swim team — I've always wanted to be able to do that. Teenagers are not an easy age group to motivate, but he absolutely loves it, and they love him. I am so proud to be his sister. He's a great role model."

While Dana prepares to set her new goals for summer 2016, Nick is ready to achieve his. An aspiring writer, Nick has his sights set on being a best-selling author. "He's a great writer," Dana said. "I can't wait to read his first book." **NOW**



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— By Melissa Rawlins

At Home With LYNDA DURANT

Attention to subtle details creates serenity. Having evolved through her life's journey, Lynda Durant makes her home a place where everyone is taken care of. "You can come to this home and know that family, friends and God all coexist," Lynda said, with a big brown-eyed smile. The feeling here is cool tranquility — from the bronze- and blue-grey-slate entranceway, where a cushioned loveseat encourages quiet bird watching, to the soothing massage room, where a large, multicolored batik of an Indian lady administering a foot massage encourages Lynda and her friends to take care of themselves.

That batik was a gift from friends, and hung in Lynda's waiting room at Attitudes, the salon and day spa she owned for 14 years before retiring four years ago. Lynda has since brought a few of her clients-turned-friends into her home to continue serving

them. "After you've been in the service business, you just can't quit," Lynda said. "I feel God gave me a gift of healing through massage."

Lynda's daughter, Rachelle Hadaway, does not take

advantage of her mother's gift, however. "I am the kind of girl who can't sit still long enough to get a massage," said Rachelle, who lives here with Lynda and works for a pediatric dentist in Fort Worth. "My friends all love my mother. When we do anything, she's always included. Likewise, when she and her friends do anything, I am included as well." They live together not because they have to, but because they choose to.

Well-chosen friends appreciate the calm in Lynda's home, accentuated by furniture, rugs and art in oranges, browns, bronzes and sage greens that are more somber than Lynda's vibrant personality. Yet she has carefully added to the mix the oriental flavor decorators say represents tranquility. More





importantly for Lynda, the oriental ivory figurines above the living room fireplace bring a touch of her mother, Billie Durant, into her home.

"One of these days, I'll find time to slow down and learn the stories behind these collectibles I inherited from my mother," Lynda said, pointing to yet another example — several Asian mud men in her cabinet of family heirlooms. "I thought they were little trinkets, and come to find out, my mother knew what she was doing. I treasure them and see the art in them now." Lynda's sense of humor, also inherited from her mother, shines through the sentimentality found in this display cabinet. On the bottom shelf, beneath all the oriental stuff, is a very Western

puppy-dog cookie jar from which she and her brother used to sneak cookies.

Reared in Granbury, Lynda has seen many changes here. "I'm proud of the growth of Granbury and all the prosperity it has blessed our community with, but I have to admit I sometimes long for the uncomplicated innocence and way of life of earlier times," Lynda said.

Her grandfather was the sheriff of Hood County. "The other side of my family, the Durants, was a large family. I had lots of aunts, uncles and cousins," Lynda remembered. "It was really little *Mayberry* R.F.D. here when I grew up. My grandfather had that same, laid-back attitude as they did on that old television



show. There was even the town drunk who made sure to be arrested frequently to ensure a breakfast of my grandmother's biscuits and gravy the next morning!" After school, Lynda would walk to the courthouse and visit her grandfather, who would give her money for a drink across the street at her uncle's grocery store, which later was home to Rinky Tinks. Her granddad Durant would be sitting on the curb in front of the store.

"Well, here comes that do-nothing Durant," he'd say.



"I'd frown and say, 'I'm not a do-nothing.'"

"Well, what are you doing?" he'd ask.

"I'd say, 'Nothing!' and we would all laugh."

Always busy at home, Lynda has a green thumb. "Over 40 years ago, when I started making a home, my mother-in-law had plants. She'd break pieces off,

and I learned to shape and grow them into prettier, healthier plants than hers," Lynda recalled. The ponytail plants on her back porch are 32 years old. Lynda takes care of her plants, as well as her people. She keeps a big ficus in the dining room, where she'll host family and friends for Thanksgiving. "Sometimes, that day is about finding those who don't

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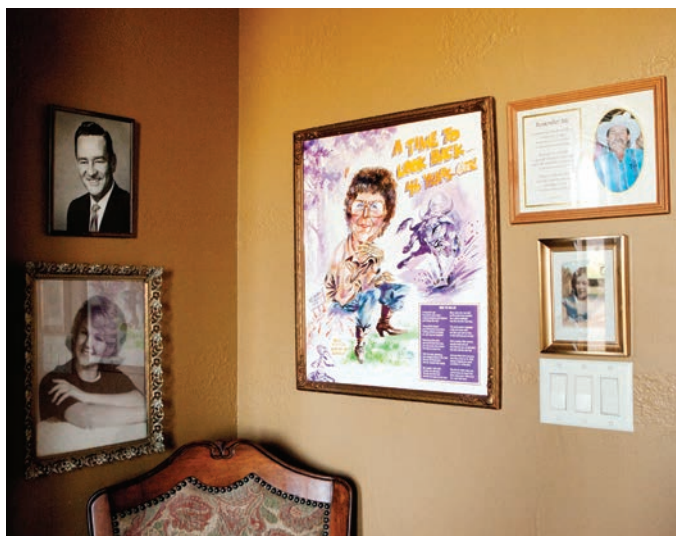
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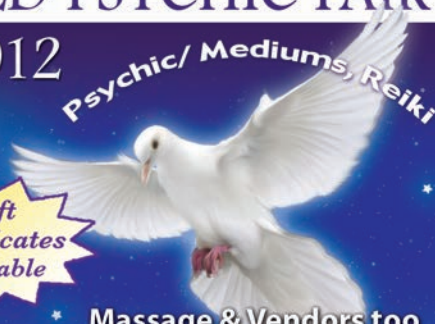
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have a place to go and making them feel part of a family.”

Reminders of her family grace every room in Lynda's home. On the dining room buffet she keeps a box carved from rosewood by her Uncle Fidier, who was a master carver from Germany. In the living room, her father's beautifully carved marble chest adorns a side table. In her workout room, Lynda displays an original and unframed oil painting by Jack Bryant of Lyndon Baines Johnson waving from his horse while riding along a river on his Hill Country ranch. “Jack asked my mother for the painting back, but she declined,” Lynda said. Other memories of her mother peek from strategic locations in the laundry room, including a long-haired teddy bear that Rachelle gave her grandmother when she was in the hospital, and two paintings by Billie: a still life of a sunflower and a vision of the home place out near Squaw Creek. “My mother was a wannabe artist, like me,” Lynda shared.



Lynda has taken sculpting classes. Working with clay is a pleasure for her caring hands, and she has nearly finished a bust of her first daughter, Ralynn Hadaway. Lynda was Billie's first child, and their close relationship inspires her to this day. Lynda can look up from her office desk, under a fabulous recessed dome ceiling, and smile at a pastel-pencil caricature of Billie.

Lynda's bedroom also features a double-recessed ceiling, and the adjoining master bathroom beckons her to stay awhile with its beautiful barrel ceilings and Tuscan murals that even accentuate the well-organized, walk-in closet! Lynda has a poster on one of the bathroom walls with a quotation by Stephen Grellet, which has become the motto that guides her days: "I expect to pass through this world but



once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again."

"The older we get, [we should] realize it's not about pretty things acquired or all about ourselves," Lynda commented. "It's about what you've done and how you've done it and how it's touched those along the way." And this home reflects the philosophy that life is all about how you've helped others. **NOW**



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A GOOD MATCH

— By Erin McEndree

Lester Cox listened first to his wife, Linda, and then spread the word about the Citizens Police academy to his neighbor, Paul Parker. Now the two men want the public in Granbury to have a working knowledge of the police department and their policies. They serve as two of the leaders of the Granbury Citizens Police Academy Alumni (CPAA). With a goal of supporting the police department by raising funds for non-budgeted equipment needed, the organization's motto is: Back the





Badge. Members volunteer their time to assist police officers at events. Lester is the current president and Paul is the vice-president and webmaster for the organization. The CPAA currently has about 70 active members, both men and women, most of whom are retired and want to give back to the community.

The CPAA recognizes the benefits of positive interaction between the community and the police department. Helping the community identify with those who serve and protect them is important and builds trust between the two. Having police personnel seen as the "good guys" is an important goal for CPAA.

Anyone may apply to attend CPA class. The 30-hour class is held once a year,

March through May, and meets once a week for 10 weeks. Attendees "learn how the police department functions," Lester said. "They learn the science of a car wreck, how the K-9 unit works and the day-to-day basics of what police have to know in their job." The students also role play challenges in the field by participating in reenactments for traffic stops and K-9 searches. Other sessions include drug information and bicycle patrol. "The class tours the jail and [attendees] realize that they don't want to spend their time in that hotel," Lester laughed.




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After graduation, class members have the opportunity to join the CPAA. The alumni meet once a month and have a business meeting, a program or speaker, fun and fellowship. The most popular speakers have been those from the Secret Service and other law enforcement agencies. Some other programs have included demonstrations and hands-on training by Granbury police officers.

The CPA started in 2003, and about 200 people have graduated from the class. Lester's wife, Linda, took the course and graduated in 2005. "She talked my ear off every night she came home," Lester said. "She wanted me to know all the new stuff she was learning." Lester decided to take the course, too, and he graduated in 2007.

When Paul moved into the community, he and Lester became friends, and Lester persuaded Paul to take the class. "Lester twisted my arm to do the class. I had just moved from Grapevine and wanted to meet people and help the community by getting involved," Paul explained. He graduated from the CPA in 2009.

"Each year the class asks the

department what is most needed," Paul said. The funds raised for the year go toward the current need of the department. In 2006, the CPAA finally raised enough money to buy a drug dog. Bicycles were purchased for the bicycle patrol. Last year, CPAA replaced the old flashlights with a newer, brighter model.

"We have supplied bandoliers to hold shotgun shells," Lester said. "We also helped rework the squad room. We added some shelves to separate the gun cleaning area from the work area, because gun oil was getting all over paperwork." Officers also enjoy a new ice machine and microwave provided by the CPAA.

One year, a CPAA member requested flags from our nation's Capitol and state capital. U.S. Congressman Bill Flores provided the American flag, and Senator Brian Birdwell provided the Texas flag for the CPAA. The flags are currently displayed,

properly folded and framed, in the lobby of the police department.

The two largest fundraisers for CPAA are Tip-A-Cop and the annual garage sale. Tip-A-Cop is held at Grumps Burgers, where the cops are the wait staff for the evening, and the tips go to the CPA alumni. The annual garage sale, organized by Dee Crow, Martha Pyron and Sue Macon, is held in the spring. "We have some great women behind these events," Lester added. "They help organize these fundraisers."

The CPAA members get involved outside work hours, on a personal level, with the police department, as well. "We organize a Christmas party for the police officers and their families. Santa shows up for the kids and brings gifts," Lester said. Also, the female members of the CPAA take the ladies who work for the police department out to lunch twice a year. "It is more like an appreciation lunch for putting up with all these men," Lester laughed.

The police department appreciates the CPAA's willingness to volunteer to

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direct traffic for the four major parades in Granbury. "This is our No. 1 duty," Paul said. "We have to have many volunteers." The volunteers don yellow shirts and black pants and help with traffic not only at parades, but also at health fairs, annual 5k and 10k races, bicycle rallies and the Operation School Supply event. The CPAA is also visible in schools helping officers hand out safety information, fingerprinting children for the Ident-A-Kid program, and helping the Drug Abuse Resistance Education (D.A.R.E.) officer.

Lester is retired and has other interests outside the CPAA. Besides an occasional golf game, he and Linda have season tickets to the Texas A&M University basketball and football games. They also volunteer for A&M's indoor track team. "We seem to live there six months out of the year," Lester admitted.

Paul grew up in North Richland Hills and lived in Grapevine until 2008. He is currently self-employed. "I own and manage my own properties. I thought I could take it easy, but I'm pretty busy," he said. Paul lives on Lake Granbury and would love to "fish for life." His motto is: Any day is a good day to fish, even in the rain.

Lester and Paul both identify their favorite part of the CPAA as the camaraderie and interaction between members and the police department. There is always a need for community support toward the police department. Lester and Paul are active spreading support in the community where they live. They muster the alumni for service when the department is in need and take some of the burden off personnel and their budget. "We try to help the community build a relationship with the men in blue," Lester said, "while getting to know them better." **NOW**

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Animal *Affection*

— By Sarah Anderson

He was a tiny mess of matted black fur, pitiful, whining and so sick from vomiting he was nearly dead when Kay Collerain discovered her Labrador mix, now 4 years old. The puppy, later named Moose, was just 5 weeks old when Kay found him sitting on her woodpile surrounded by fierce Dobermans ready to pounce. "It's a miracle he lived," Kay said. "He couldn't eat anything, nothing would stay down. It was coming out both ends, poor thing." But she didn't give up. She slowly but surely nursed him back to health until he could eat again. Now, he lies comfortably at her feet, sprawled out and relaxed on her living room floor as she sits in her stately home nestled between Granbury's town square and the shore of Lake Granbury. "It hurts me to see animals suffer. I just cannot stand it," Kay said. "I'm one of those crazy people who would have as many animals as possible. My house would be filled with them if it was feasible, but you just can't do that."

Instead, Kay does her utmost to rescue and help as many animals as she can. From deserted kittens to abandoned horses and even birds, Kay will stop at nothing to find a home for an orphaned pet. She works closely with local animal shelters, and picks up any lost or wounded animals she finds to be sure they get help. "Kay is excellent with animals," said Cathy Hoxie, a friend and loving recipient of a Border Collie mix Kay found in a pasture. "The way she works to help





**"For as long as
I can remember,
I've been an
animal lover."**



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so many is incredible. If she finds an animal or knows of an animal that needs a home, she will get them spayed or neutered for people and be sure it has everything it needs, so a family can adopt



it without having to worry about it.”

Cathy first met Kay in her bakery, the Nutshell Eatery & Bakery in downtown Granbury, where Kay often posts pictures of animals that need a home. A jar also sits on the counter to collect donations for animals in need. “We take that money every three to four weeks

**“I’ve had
animals my
entire life.”**

and use it to do things like buy dog food for an elderly person’s pet or pay to help someone get their pet spayed or neutered,” Kay said. In her 33 years on the square, Kay has discovered countless animals either running stray nearby or simply dumped behind her building. She most recently discovered a litter of kittens. “I could hear this pitiful mewing. I don’t know how they got there or what happened to their mother, but they were so young I had to bottle-feed them,” she said. “I brought them home and took care of them here.”

The kittens never left. Still living with

Kay, they are now healthy and happy. They are a little older and quite a bit bigger, but they roam free through her lawn and patio, which look out over her well-manicured landscape as it slopes



toward her dock along the lake. "I usually keep the cats I find, because they can live outside. They help keep the snakes down," Kay admitted. But she can't bring any more dogs home. Moose and her 10-year-old Doberman rescue, Leroy, are enough. "When I found Leroy, he was skin and bones and could barely eat," Kay said. She rescued him through a Doberman rescue group in Irving when he was 12 months old. "I know better than to have any more dogs. It would be too much. I wish I could keep many more, but it's not practical."

So when she finds other dogs, like Truck Stop, frantically running around a gas station, she scoops them up, gets them healthy and finds them a place to call their own. Anytime an area animal shelter calls desperate about a dog like Rusty, a yellow Labrador with only one day left to live, she stops at nothing to save him. Kay's business partner, Barbara Stevenson, adopted a Blue Heeler they found in January that had been deserted with a small Pomeranian along Highway 377. "They were pitiful, cold and shivering just lying there, and it was muddy, wet and rainy," Kay said. "They were just miserable."

So Barbara took the big dog, and after they nursed the Pomeranian back to health, it went to a woman in Pecan Plantation. "We have such empathy for these poor guys who find themselves in such a bad spot," Barbara said. "It's tragic, absolutely tragic. We don't set out to find these animals, but when we do, we try everything we can to help them."

Both Barbara and Kay work with the Animal Activists of Hood County, the Glen Rose Animal Control, the Granbury Animal Shelter and several other organizations. "People need to be aware of this problem. There are so many animals out there that need a home. In this economy more and more animals are

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getting dumped,” Barbara said. “Kay is wonderful about doing her part. She does far more than her part.”

Kay’s love for animals blossomed when she was a little girl growing up with her two brothers on their family farm in Amarillo. “For as long as I can remember, I’ve been an animal lover,” she said. “I’ve had animals my entire life.” When Kay left the farm for college and ventured out on her own, she earned a degree in chemistry at Texas Woman’s University. After working as a registered dietitian and nutritionist, she branched out on her own formulating recipes, which eventually led to opening the restaurant with Barbara in Granbury. “Kay uses her ability to bake and cook to help people, too,” Cathy said. “She will invite friends in to have a meal or take meals to the elderly in town or just take something she’s made to someone she knows would enjoy something good to eat.”

When Kay isn’t at work or saving animals, she’s likely to be found at any number of area golf courses with her group of four ladies who like to play. “We go everywhere,” she said. “We love it. On October 7, we are playing in the Rally for the Cure at Harbor Lakes.” Kay can also be found at Granbury City Council meetings. She is not only passionate about making a difference for her four-legged friends, but she also wants to improve life for her two-legged friends. Between registering voters and actively participating in local politics, Kay is a firm believer in taking action. “We take every opportunity to make lasting changes for the citizens of Granbury.” **NOW**

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The DeLeon family — Joel, April and Jory — proudly bring Alltech's Mobile Care unit to Granbury. Their office features gait-training bars, for helping people learn to walk, and prosthetic and orthotic devices designed by Alltech.

Achieving Potential

Alltech clinicians understand people's needs and place patients with the technology most appropriate for their lifestyle.

— By Melissa Rawlins

Granbury is full of people ready to help you when you need help most. One of those treasures is a group of professionals focused on bringing independence back to men and women who are missing something — maybe a foot, a leg or a breast. Jory and Joel DeLeon established Alltech Orthotics and Prosthetics in a small, cozy office west of the square, between Pearl and 377 on South Morgan, to provide full-service care to patients whose doctors have prescribed either assistive devices or replacement body parts.

Here, April DeLeon, a certified fitter-mastectomy, will meet with women affected by breast cancer. After her own personal breast cancer scare when she was in her early 20s, April gained empathy for women who need assistance finding breast

replacement options that are right for their body. "It's wonderful to be a small part of a woman's journey back to health and happiness and help them regain their sense of womanhood. Being able to give them their shape back is very rewarding," April said.

April also acts as this business's marketing representative. As such, she travels throughout Granbury and the Metroplex, educating physicians on the capabilities and commitment that Alltech has to developing long-term relationships with their patients. Since 1999, this family-owned and -operated company has fabricated limb replacements and assistive devices. It also serves patients out of a mobile care unit in the greater Dallas-Fort Worth area and offices in Burleson and Granbury. The mobile unit offers Alltech flexibility to bring clinicians to a patient's home.

“We do a lot of bracing as a result of post-stroke situations, where patients lose control of one side of their body as a result of their stroke,” April said. Alltech also provides sports bracing, lumbar, spinal or cervical bracing.

Working closely with family members, caregivers and other health care professionals who are helping Alltech’s patients transition into their new lives, April and Alltech’s certified pedorthists, prosthetists and orthotists set their patients’ needs as priority. “When we see a patient, it’s our goal to make that person a lifelong patient,” April explained, “because they are going to need frequent adjustments to their device.” Diabetic patients, for example, deal with concerning health problems, whether renal failure or edema or simply weight gain or loss. These secondary health considerations do not come into play as frequently for people wearing prosthetics as a result of traumatic situations, like vehicular accidents.

Two days each week, patients can meet with staff in the Granbury office to receive minor adjustments to their devices. But first, every patient receives an independent evaluation to determine what Alltech can do to help them achieve as much independence as possible. “The push in this industry right now is technology,” April said. “While technology is wonderful, it doesn’t separate the necessity for us to determine each patient’s needs and place them with the technology appropriate for their lifestyle. That includes making sure they know how to use their device — what its limitations are and what it can do.”

Nothing is harder on the folks at Alltech than to learn that a patient has left their prosthesis in the closet. So the clinicians teach their patients how to use their remaining body in a way that makes their prosthesis work. “You can put a bionic prosthesis on anyone, but if they don’t have muscle control, coordination, mental faculties and training to know how to use it, it’s of no value.” Granbury residents benefit from Alltech’s trained and experienced clinicians, who choose solutions which will give each patient the best potential for success. **NOW**



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Brawner Intermediate School hold a ribbon cutting for the school's new walking and running track, where students are challenged to run or walk miles and then are recognized when they complete certain distance benchmarks.



Marine Corps JROTC students from Granbury High School and Crossland Ninth Grade Center take center stage at the annual fundraiser of the United Way of Hood County.



Waiting for the Eddie B and Bush Tribe concert during the Biker Bash on the Square, Allan and Brenda Caviness chit chat while T.J. Hemphill relaxes with his daughter, Meadon.



Tyler Bandy, Granbury's #242, is ready to be turned loose at the Twenty Plus One race at Granbury Arena.



John Cherryhomes, Roger Gaines and Robert Stringer relax at the Whataburger in Granbury.



Mambrino School students elect a student council that consists of all fifth graders for the 2012-13 school year.



Second graders in Suzanne Back's class at Nettie Baccus Elementary School enjoy a Clifford book during the 50th birthday of Clifford the Big Red Dog.



City employee Patricia Mills dusts the Stamford Cowboys oil painting by Jerry Shidal, on display at Granbury City Hall.



Doyle and Jane Seley celebrate their 55th wedding anniversary with friends, food and champagne at Buffalo Gap Steakhouse.



Katie Sharkey, stylist at Grace's, celebrates her success for purple hair with Melissa Rawlins, GranburyNOW community editor.



Johnny Gauntt, whose roots run so deep in this area that his house is on Gauntt Road, waits outside of Artefactz for his wife, Betty.



Sophomore, Trace Chiappe, helps GHS tennis players score a 15-4 victory over Fort Worth Arlington Heights in their first District 7-4A match of the fall team tennis season.



Martha Berglund and Carolyn Tanquary enjoy lunch and conversation at the Nutsell Eatery & Bakery on Granbury's historic square.



Singers from Granbury High School and Crossland Ninth Grade Center perform for parents during a booster club kickoff.



Granbury High School cheerleaders boost everyone's spirits during pep rallies and sporting events.



Cathy Lowry and Gabriela Gamez greet visitors at Ruth's Place Resource Fair.



When Hearing Hurts

— By Betty Tryon, BSN

Babies cannot speak our language yet, but their actions speak volumes. Grabbing or tugging at the ear with accompanying symptoms of general fussiness and a fever may indicate an ear infection. Ear infections are common in children. According to the National Institute on Deafness and Other Communication Disorders, three out of four children will have an ear infection during their first three years of life. It is the most common reason mothers take their children to the doctor.

Most ear infections (*acute otitis media*) will heal on their own without medical intervention, but some will require antibiotics. Frequent infections in the ear can interfere with hearing. Persistent fluid in the ear (*otitis media with effusion*) can also cause hearing loss. Not being able to hear correctly can cause speech problems. The ear needs a way to drain the persistent and excess fluid and also to allow ventilation of the middle ear. If medication does not solve the problem, tiny, cylindrical ear tubes surgically inserted through the ear drum can accomplish this process.

Ear tubes become necessary when the Eustachian tube loses the ability to drain properly. The Eustachian tube is nature's natural drainage canal that connects the middle ear to the nasal passageway. When it is blocked or swollen from an ear infection, whatever fluid or mucus has accumulated in the middle ear has no way to escape. Fluid in the ear interferes with hearing

because the eardrum cannot function as it was designed. The buildup of pressure in the ear causes pain. Once ear tubes are inserted, the middle ear can drain and be ventilated once again.

Hundreds of thousands of ear tube surgeries are done every year with the goal of decreasing ear infections, restoring or improving hearing and decreasing painful pressure in the middle ear. It is rated as the second most common surgery for children. Since the insertion of ear tubes is a surgical procedure, the decision to do so is not made lightly. Your practitioner will examine your child to determine the need for tubes and the child's general health. They will look at the frequency of ear infections and the length of time fluid remains in the middle ear among other conditions.

Insertion of ear tubes is day surgery, and the actual procedure takes minutes. Children usually recover quickly from the anesthesia and are able to leave the hospital within a few hours, able to look forward to less pain, fewer complications with ear infections and better hearing. **NOW**

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

October 3

Rachel's Challenge Community Event: 6:30 p.m., Granbury High School Bagby-McMahan Performing Arts Center. Guest Speaker and former Texas Tech University football player, Cody Hodges, endorses Rachel Scott's message of kindness and compassion. For more information, contact Jeff Meador, public information officer for Granbury ISD at (817) 408-4006.

October 4

Lake Granbury Newcomers' Club luncheon: 10:00 a.m.-1:00 p.m., DeCordova Bend Country Club. Members have fun and contribute to Hood County needs by raising money for charity through sales of \$1 door-prize tickets and raffles. RSVP to (817) 243-9831.

October 5

16th Annual Chamber Golf Classic: 1:00 p.m., shotgun start, Harbor Lakes Golf & Swim Club. Raffle items are still being accepted. Introduce your business to chamber members and key individuals in Granbury. Contact Granbury Chamber of Commerce at (817) 573-1622.

October 7

Rally For The Cure: 11:30 a.m., Harbor Lakes Pro Shop, 2100 Clubhouse Dr. Raising funds for the Susan G. Komen Foundation, this tournament begins with lunch followed at 1:00 p.m. by the 18-hole scramble shotgun start. Contact Kim Fancher, (970) 389-4017. Rain date is **October 14**.

October 8

Metro Beekeepers Meeting: 6:30-8:30 p.m., United Cooperative Services Building, 3309 I-35 West, Burleson. Tom Atwood will speak about re-queening and getting bees ready for winter and spring. Contact Stan Key at (817) 888-0470 or visit www.metrobeekeepers.net.

October 12

Boys & Girls Club Benefit Golf Tournament: 8:00 a.m., Squaw Valley Golf Course, 2439 W. Hwy 67, Glen Rose. Funds raised will support life-enhancing programs and activities for children in Hood County. Teams of four are \$450. For more information, call (817) 888-1318 or visit www.bgchoodcounty.org.

October 13

Brazos River Corvette Club Annual Car Show: 8:00 a.m.-4:00 p.m., historic courthouse square. Over 100 classic cars spanning the history of the American Corvette are being judged. Each car owner pays an entry fee,

which goes to the charities that Brazos River Corvette Club is proud to fund in Granbury. During the car show, over 150 items will be auctioned to support the Salvation Army Women's Service League of Hood County. For information, visit www.brazosrivercc.com.

October 16

Breast Cancer & the Environment: Noon-2:00 p.m., Granbury Resort Conference Center, 621 E. Pearl St. Join Healthy Woman for guest speaker Ann Ochs, D.O., medical oncologist. Register at www.granburyhealthywoman.com. Call Shannon Kostecka, Lake Granbury Medical Center at (817) 579-2955 for more information.

October 19

Granbury Chamber Luncheon: 11:30 a.m.-1:00 p.m., Pecan Plantation. Community members interested in becoming a member of the chamber are welcome, \$15. For more information, call Mary Booth at (817) 573-1622.

Through October 20

The Secret Garden: **Thursday, Friday and Saturday**, 7:30-9:00 p.m.; **Saturday** matinees, 3:00-5:30 p.m., Granbury Live, 110 N. Crockett St. Musical about a young British orphan who loses her parents in India and then goes to England to stay with her uncle. Ticket prices: \$20 adults; \$17 students and seniors; \$15 children. For more information, contact the box office at (817) 579-0952 or visit www.granburytheatrecompany.org.

October 27-28

Harvest Moon Festival: 9:00 a.m.-5:00 p.m., historic downtown Granbury. The Historic Downtown Merchants Association celebrates the season with a gathering of artists, craftspeople, chefs and entertainers. For more information, visit www.granburysquare.com.

November 3

6th Annual Healthy Woman Anniversary Event & Expo: 10:00 a.m.-2:00 p.m., Granbury High School, 2000 W. Pearl St., \$15 for luncheon and speaker or \$10 for speaker only. Guest speaker Abby Rike discusses how health and wellness promotes spiritual, emotional and physical healing. For more information, contact Shannon Kostecka at (817) 579-2955.

Weekends

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

Granbury Trolley: **Fridays and Saturdays**, 10:00 a.m.-10:00 p.m.; **Sundays**, 10:00 a.m.-5:00 p.m. For more information, call Granbury Convention & Visitors Bureau, (817) 573-5548.

Second and Fourth Saturdays

HALO Pet Adoption Days: **2nd Saturday**, 10:00 a.m.-1:00 p.m., Tractor Supply; **4th Saturday**, 10:00 a.m.-1:00 p.m., Arrow Feed & Ranch, 2031 E. Hwy 377. For more information, contact Pam Fine, executive director of HALO (Hood County Animal Lovers Organization). For more information, call (817) 559-7309.

Second Sundays

Low-Cost Vaccination Clinic: 11:00 a.m.-4:00 p.m., Arrow Feed & Ranch, 2031 E. Hwy 377. Call (817) 573-8808 for more information.

Second Mondays

Granbury Showcase meetings: 6:30 p.m., Big Cup in Acton. Volunteers keep the community healthy by helping museums, festivals and events. Call Donna at (817) 219-3246 for details.

Second Tuesdays

Salvation Army Women's Service League meetings: 10:30 a.m.-1:30 p.m., DeCordova Bend Country Club. Join other women interested in helping with the many projects undertaken by the Salvation Army Women's Service League of Hood County. Projects include new shoes, new clothing, hygiene kits, summer camp programs for children, assistance for those in most need in Hood County and more. For further information, please contact Donna Noyes at (817) 736-2999.

Wednesdays

Church on the Rock: 6:00 p.m., 322 S. Morgan St. Dinner and Bible study. Learn more at www.cotrgranbury.com.

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



In The Kitchen With Stefani Kroschel

— By Melissa Rawlins

One summer in 1966, Stefani Kroschel and her friend, Stacey, redeemed an offer printed on a 5-pound bag of Pure Cane Sugar. Within two weeks they each received *My First Cookbook*, and Stefani still has hers. Much mentoring by her grandmother — for whom Stefani would gather fresh eggs from the henhouse before the two made chicken fried steak, biscuits, fried pies and pound cakes — prepared her to cook for her husband and two sons, who are now grown. She recently joined a group studying the Hebrew roots of Christianity. “I have had great fun tasting the wonderful variety of meats, salads, desserts and breads from the Jewish and Middle Eastern culture,” Stefani said. Her friends especially enjoy her Chicken Shawarma, Israeli Hummus and Apple Crisp. **NOW**

Homemade Israeli Hummus

1 cup dried chickpeas
1 Tbsp. plus 1/8 to 1/4 tsp. baking soda
1/2 cup tahini
Juice of 1 lemon
1-2 garlic cloves
1/2 tsp. cumin
1/2 tsp. salt
1/2 cup olive oil
1/2 cup parsley, freshly chopped

- 1.** Cull out damaged grains and small stones. Wash chickpeas several times, until the water is transparent. Soak in clean water overnight with 1 Tbsp. baking soda.
- 2.** Wash; soak again in tap water for a few more hours. The grains should absorb most of the water and almost double their volume.
- 3.** Wash the chickpeas well and place in a large pot. Cover with water and remaining baking soda. Cook until grains are very easily smashed when pressed between two fingers, about 1 to 1 1/2 hours. During cook time,

switch the water once again; remove peels and foam. When done, sieve chickpeas; keep the cooking water.

4. Place in food processor and grind well. Allow to chill a little while before continuing.

5. Add remaining ingredients and continue processing until you get the desired texture. If the hummus is too thick, add some of the cooking water.

6. Garnish with additional good olive oil and chopped parsley. Serve with sliced vegetables, challah bread or pita chips for dipping.

Chicken Shawarma

2 lbs. boneless skinless chicken breasts

Marinade:

10 cloves garlic, chopped
2 lemons, juiced
1/2 cup olive oil
2 tsp. curry powder
1 tsp. salt
2 tsp. ground pepper

Shawarma Sauce:

3 cloves garlic
1 cup tahini
3 cups cold water
1/2 cup lemon juice
Salt, to taste

Serve With:

4 pieces pita bread
1 tomato, chopped

- 1.** Wash chicken; set aside.
- 2.** Prepare marinade by whisking together garlic, lemon juice and oil in a medium bowl. Add curry powder, salt and pepper; whisk to combine.
- 3.** Add chicken and coat with marinade; chill overnight in the refrigerator.
- 4.** Preheat grill to medium heat. Remove chicken from marinade. Grill about 10 minutes on each side or until fully cooked through.
- 5.** Prepare Shawarma sauce by chopping garlic in a food processor. Add tahini; pulse to combine. With the machine running, slowly add cold water until frothy. Add lemon juice; mix until creamy. Season with salt, to taste.
- 6.** Serve chicken on pita bread and top with tomatoes and Shawarma Sauce.

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



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