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Publisher, Connie Poirier

General Manager, Rick Hensley

#### EDITORIAL

Managing Editor, Becky Walker

Granbury Editor, Lisa Bell

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Erin McEndree . Betty Tryon

Zachary R. Urquhart

Editors/Proofreaders, Pat Anthony

#### GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Shannon Pfaff . Anthony Sarmienta

#### PHOTOGRAPHY

Photography Director, Jill Rose

Photography Coordinator, Amy Ramirez

Photographers, Bill Goldsborough

PJ Mullen . Vanessa Polozola

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Advertising Representatives,

Mark Fox . Shilo Treille . Linda Dean-Miley

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*Photo by PJ Mullen.*

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## Editor's Note

*Hello, Granbury Family and Friends!*

It's my birthday, and I look forward to celebrating it. Life is worth celebrating. I am valuable, but then again, so are every one of you. Sometimes, we don't feel that way, but we are all fearfully and wonderfully made. I like knowing that. Sometimes life beats us down, and our choices or circumstances make us feel anything but treasured. It doesn't change the truth. We all have value.

As a writer of fiction, I learned that even the nastiest character you can imagine must have a redeeming quality — even if it is something as simple as loving animals. And every perfect character needs at least one flaw. Otherwise, they come across as unbelievable characters. That says something about people, doesn't it? We so quickly hone in on the negative, but imagine if we all look at the good in others and speak value to every one we meet. Sometimes, we just need one person who believes in us to change our future.

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*Lisa*

Lisa Bell  
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# Peaceful Hideaway

— By Lisa Bell



Elizabeth Crockett

Memorial

Butterfly Garden

## Native Prairies

### About Native Prairies

Over 200 years ago, a vast herd of Spanish American Bison could have been standing in this spot grazing freely in prairie. This area is considered as a tall grass prairie ecosystem. The prairie is a natural resource that provides many benefits to the community.

Since 2004 when the Arroyo National Preserve was established, much has been done to bring these native prairie grasslands back. The United States Forest Service and the prairie and native grasslands and many more and to be better informed.

Native grasslands are a vital part of the prairie ecosystem. They provide habitat for many native plants and animals. They also provide a natural resource that can be used for many purposes.

### Why Are Native Prairies Important?

- 1) For soil enrichment: Native grasses help to build up the soil and prevent erosion. They also help to store carbon in the soil.
- 2) For water conservation: Native grasses have deep roots that help to draw water down into the soil, making it available for future use.
- 3) For biodiversity: Native grasslands support a wide variety of native plants and animals, including many rare and endangered species.
- 4) For a healthy ecosystem: Native grasslands are a vital part of the prairie ecosystem. They provide habitat for many native plants and animals. They also provide a natural resource that can be used for many purposes.



### What Can You Do?

- 1) If you are a land manager, become a good steward of the land and restore the prairie. This can be done by removing non-native plants and animals, and by restoring the native grasslands.
- 2) In your community encourage natural areas containing prairie grass ecosystems.
- 3) Educate yourself about native grassland prairies.



*One of Acton's best-kept secrets sits back from Acton's main road at the end of Smoky Hill Ct. In 2003, Mel Schrader discovered the Hood County Development District and learned of their vision for Acton Nature Center. HCDD needed a part-time administrative assistant — she needed a job. In her position, she works with ANC, but for Mel, it is more joy than labor. Although she works in a nearby office, she enjoys visiting as frequently as possible.*

Acton Nature Center covers almost 74 acres of land and opened nine years ago this month. Mel loves it. "There's something about the peace and serenity at the center," she said. After a crazy day, she sometimes drops off supplies. The minute she steps from the car, peace surrounds her. It's her favorite thing about ANC, although she is quick to acknowledge that choosing only one thing is difficult.

Mel isn't the only one who loves ANC. Rio Brazos Chapter of Texas' Master Naturalists, Wendy and Dave Moore, Dayna and Chris Inbody, biologist Billy Teels, and other MN volunteers all enjoy visiting, working on maintenance projects, improvements and educational events. It takes many volunteers, but people enjoy coming out even to work. The Friends of Acton Nature Center, a 501(c)(3) organization, wants to involve the community. As Acton and Granbury grow, ANC expands, as well.

Nine years ago, the area only offered over-grazed prairie land with few native plants. Later, the Farm House was relocated to ANC, bathrooms were built and Windmill Farms donated a

windmill. Master Naturalists reseeded plants and grasses, bringing back the original condition of the prairie, and Master Naturalists and volunteers hand-cut trails.

In 2013, they added a pavilion and picnic tables. Recently, the bird blind opened, bringing with it a great spot for bird watching, regardless of weather. Mel likes going in the bird blind. Relaxing in the small, comfortable building, with its blue walls and silhouette-style pictures painted on the walls, triggers an instantaneous calming effect. Varieties of birds go about business in a secluded area outside, while visitors watch through large windows. Birding and the monthly bird walk have become beloved events for individuals and families. All ANC bird information can be found on [ebird.org](http://ebird.org).

Mel has the privilege of working with several groups who support ANC, such as Rio Brazos Master Naturalists, Lake Granbury Master Gardeners, Prairie Rose NPSOT, as well as Friends of Acton Nature Center and Acton Home School Group. These groups work closely with her to provide major events, education and information for the community, as well as field trips for students. Of all they do, Mel loves student visits most. "I always try to be there when the kids visit," she said. As the children become engrossed in nature, she relishes their reactions. With a generation that seldom plays outdoors, she likes getting them to put down "iGadgets" and move outside.

As the students return each year, she sees their excitement about what they remember and bragging to others who are experiencing their first trip. As children develop a love of nature, they draw their parents to ANC, as well. That makes Mel happy.

One ANC homeschooled student, Jake Balmuth, first visited when he was 8. Now at 17, he returns frequently with a professional camera. He loves nature, but Jake also treasures having a great place to capture nature's action photos. Mel

***"This place cultivates people who love it.  
Really, it attracts the people it needs."***





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appreciates his work and often uses the photos on ANC's Facebook page.

Star Parties have become an annual event, and September marked the fifth annual Star Party. Having a speaker to begin the evening at twilight gets attendees ready for stargazing. ANC welcomes anyone who wants to share knowledge and telescopes, as well as those who know little about the stars. It is a memorable event, perfect for an extraordinary evening of fun.

ANC benefits from the Annual Acton Nature Run hosted by Revolver Brewing. The 2016 eighth-annual event raised \$11,000, which supports educational programs at the center, so they can offer them free to the community. This money helps pay for not only the annual Monarch events but, also, for annual programs of interest including Feather Fest, Reptile Days, Wildflower Walks and monthly birding events.

The biggest event by far is the annual Monarch tagging. On October 15, from 9:00 a.m. to noon, hundreds of people will come to participate in capturing, tagging and releasing Monarch butterflies. Local community members as well as enthusiasts from all over Texas attend, mesmerized by the beauty of these magnificent creatures. Using current technology, many people track the butterflies online. After applying a small Mylar sticker, they've tracked at least three butterflies that completed the journey from Acton to Mexico.

When this event began, 68 people attended, but thanks to social media and the like, in 2015, 826 people showed up for the event. People throughout the nation track the Monarch migration each year, fascinated by the tenacity of these insects, who grow from a pinhead-sized egg to a caterpillar and change to a butterfly. Then they cross-pollinate plants

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before fluttering south. Attending the event isn't only a fun family outing, it is also a great educational opportunity loved by children and adults.

As the center grows, more people want to visit. With a big smile and filled with pride, Mel shared exciting news. Although Acton isn't a large community and the nature center isn't massive, author Mary O. Parker chose to include this special spot in her book, *Explore Texas: A Nature Travel Guide*. This great honor may also help bring nature enthusiasts from everywhere to Granbury.

Acton Nature Center is open 365 days a year and has no admission fee, even for special events. In December, they are planning S'mores with Santa. Many hikers, runners and bicyclists enjoy the trails already, but there is always room for more. The longest trail is 2.3 miles, but several shorter ones stem off it. They have hosted private events, including small weddings and photo shoots. "As long as they clean up after themselves, I don't raise a stink," Mel said. The last thing she wants to do is post a reprimand on Facebook.

At one time, the Development District considered turning the donated land into a mini-Alamo since Acton and Granbury have so much history. Mel said, "I'm glad they didn't. This is so much better. It has become more than they ever imagined it would be."

New bathrooms top the list of next projects. As for programs, no one knows. People keep coming up with new ideas, and those involved with ANC love that. "This place cultivates people who love it. Really, it attracts the people it needs," Mel shared. And she hopes that grows. **NOW**

*Editorial Note: For more information and dates of upcoming events, visit [www.actonnaturecenter.org](http://www.actonnaturecenter.org) or become friends with Mel and ANC on Facebook.*

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# EYE FOR STYLE

— By Erin McEndree

*When BB and Homer French turned on the street where their house presently sits, they were in awe of the beautiful surroundings. BB admits she was not at all excited about moving so far from Highland Park in 1999. The farther Homer drove, the more tears gathered in her eyes. The tears all dried up when she saw the community in Granbury on the water's edge. "We picked out a lot on the lake, and for some time, ours was the only house on this side of the canal," she said. Now, there are many houses, but BB wouldn't want to live anywhere else. Homer passed nine months after they moved in, and ever since, BB's eye for style has created a unique space for her passion of making teddy bears.*

"I would love to write a manual on building a new house," BB said. "It was quite an experience." She would stress to check every detail over and over. BB explained she had her hands on every aspect. "Every color, style and size had to be picked out, and Homer was gone a lot because he was flying for Southwest Airlines," she said. She put her creative style in every element and hand-

AT HOME WITH BB FRENCH







picked the granite countertops in the kitchen and on the bar next to the white stone fireplace. A problem was created because the builder did not coordinate the color in the granite with the color of the cabinetry. Since the granite was staying, the cabinets had to be stripped and stained to match. Now, clear pendant light fixtures hang over the island and bring out the flecks of turquoise in the mostly black and tan stone. Turquoise accent pieces also bring out the unique color.

"While building, they asked me if I wanted two drawers under the oven and microwave. Of course, I said yes," BB laughed. "They didn't mention that would make the microwave almost above my head. I'm used to reaching now." Asking many questions is another good idea BB would agree with. All the appliances have



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panels that match the cabinetry and give a seamless flow around the kitchen. The upper cabinets have glass doors that show a rainbow of colors and too many coffee mugs to count. Teapots, bears and dogs sit behind the doors, as well. Many colorful roosters sit on the counter and close to the ceiling nestled in greenery. "I enjoy the kitchen. I enjoy grilling and took two years of cooking classes with a friend," she explained. "I remember my mom being a wonderful, Southern cook who made fried chicken, gravy, mashed potatoes and banana pudding every Sunday."

Two dining areas display roosters, bears, antiques and unique pieces. BB found a unique, dark, wood-stained hot chocolate server with beveled glass

panels all the way around the oval shape. The server, in the formal dining area, has a Victorian style that was made famous by the English in the 1800s. The large top detaches as a tray. Three large, crystal bowls sit atop the dining table. A crystal chandelier, a family heirloom brought with them from Highland Park, hangs over the table. Two matching wooden medicine cabinets flank a secretary. All of them are used to display some of BB's favorite glassware.

"I like to collect a mix of antiques and reproduction," BB said.

The informal dining area off the kitchen has a long wooden table with six iron chairs and an iron chandelier above. A runner on the table displays more roosters, as do the cushions on the chairs.





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
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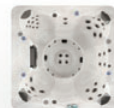
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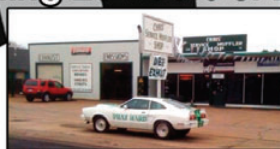
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A mix of different cultures is present throughout the home. BB traveled many places while working for an airline over 20 years. She has souvenirs from South America, Asia and Thailand.

After retiring from the airline, she learned how to sew, knit, crochet, dry needle felt and rug hook, and she acquired a passion for making teddy bears. BB's Memory Bears transform special treasured clothing full of memories into beautiful handcrafted keepsakes that can be held and cuddled. She has dedicated a whole room for her creations, which spill over into the



sunroom. "This is my getaway room. I can make bears out of whatever people give me," BB explained. "I crafted my own bear pattern and make bears out of fur, silk, satin, wedding dresses, uniforms or sweaters." Boxes of material are stacked to the ceiling waiting to be molded into one of BB's creations. Bright yellow curtains let in the right amount of light, and when they are drawn back, the







lake and birds fluttering in the trees are visible. "It is happy back here," BB said. "I can look at the water as I sew in my cozy place."

Another cozy place for BB and the two Schnauzers she rescued, named KC and Isabella, is her master bedroom. Bears overflow on the chair and ottoman and on her sleigh bed. "I have even rescued bears," she said. "One came from India, and one had the eyes in the wrong place and other problems that, after I rescued it, I fixed." A huge armoire houses the television and movies. She found it many years ago next to the pizza place she and Homer used to dine in. Matching Tiffany-style lamps sit on a dresser and next to the bed. The master bathroom is seafoam green. Plants surround the tub, and square glass blocks surround the shower.

Ferns, hibiscus and other plants make the outdoor patio another pleasant place for BB when it's not too hot. Three large green rockers face the lake. "I like to sit outside, eat breakfast and drink my coffee in the morning and look at the water," BB said. Hummingbirds and other types of birds eat at the feeder and swoop around the yard. A door on the patio leads into a bathroom that is still decorated with Homer's hobby. "Homer loved to fish, and I've kept the bathroom just the way it was," she shared. White trim offsets dark green bead board. Lantern-style light fixtures hang on the wall. There's an antique *Field and Stream* magazine in the display case next to a bear fishing. Lures and fishing knots and wooden fish hang on the walls.

Many elements of the outdoors are inside. Lamps are made out of twigs and small sticks. Statues carved out of logs are displayed in the entertainment center, along with many Christian movies, which BB likes to watch while she works on her crafts. BB's eye for style mixes many elements together to create inspiring surroundings that help her plan and create the bears she loves. **NOW**

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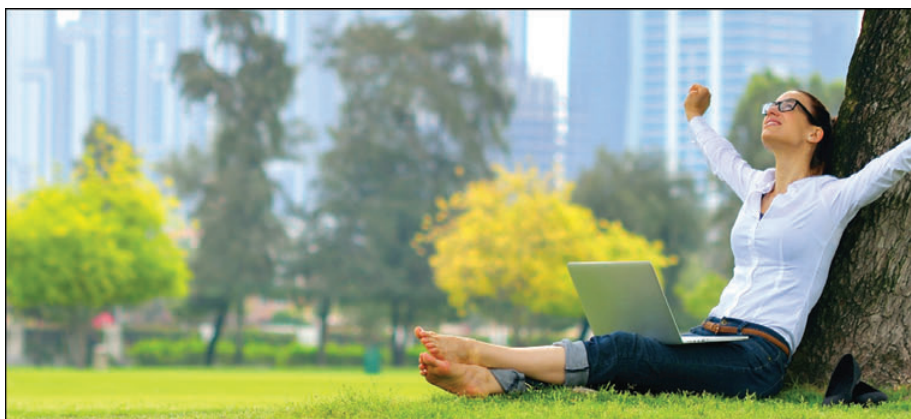
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# SPARE A WATT, SAVE A LOT

— By Zachary R. Urquhart

*What seemed like it might be a passing fad 10 years ago, appears to be here to stay — energy-efficient upgrades to new and existing homes. With oil prices constantly in flux, homebuilders have started adding key improvements to energy efficiency in their construction process, and many appliance manufacturers offer models that can cut bills in half. Here are some things to consider including as you build a home, as well as simple upgrades you can take advantage of in a home that has already been built.*



## New Appliances

• *Do the math.* When appliances, such as refrigerators, washers, dryers or ovens start having problems, think about the potential monthly energy savings of a new model before pouring money into repairing an older, less efficient unit. If you are buying replacements, or completing a new build, make sure you know the monthly energy costs before simply picking the cheapest model. You can easily find the energy use specifications on manufacturer or retail websites.

• *Look for the logo.* For two decades, the government has sponsored Energy Star, an agency that tests products and reports on their energy efficiency. Products that meet the highest standards will have a small blue sticker with the word, "energy" followed by a star. When buying new appliances, it is usually worth spending a few dollars upfront for the savings over the life of your machine.

• *Remember the "Big Two."* Draining your water heater allows you to get sediment out. This allows your heating elements to last longer and work better. For your air conditioning system, you can change your filters yourself, but it might be worth calling a professional for a yearly air duct cleaning to help the unit, and to give your family cleaner air. Preventative maintenance on your unit is important. When it comes to repairs, though they can be costly, many issues may lead to larger, more expensive problems if left unchecked. Contact your local plumber or HVAC serviceman to keep your equipment running smoothly.

## Keep the Air In

• *Do not cool the outside.* The average Texas home uses more electricity on the cooling system than it does on anything else, and letting air out through cracks makes it worse. You can probably solve the issue with weather stripping, which is available at any hardware store or superstore. If that is not enough, you might need to adjust the door to square it in the frame and minimize air drafting to the outside.

• *Check your windows.* Air can also escape through cracks near your windows, and weather stripping and caulk should be all you need to correct this problem. If





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you have older, single-pane windows, getting an estimate from a local window replacement company may be worth your while.

## Shield It Inside and Out

• *Think about shade.* While they are great for offering views of the yard and can be made to be very attractive from the outside, windows have a notable downside. During the hot summer months, heat comes in through the windows. If you are building a new home, try to include some trees or shrubbery close enough to shade some of the direct sunlight coming in through your windows. And if you need a quick fix or cannot add vegetation, consider solar screens instead.

• *Insulation is key.* Hot air comes into the house in the summer and flows out during the winter, and your main defense against that unwanted and expensive heat transfer is insulation. If you do not have adequate insulation in your walls and attic, you need to add it as soon as possible. There are pros and cons to options, such as batting, spray foam and radiant barriers, but the key is to have it installed properly, so be ready to hire a professional.



## Make Small Changes

• *Insulate your pipes.* Your attic and walls are not the only things that need insulating — your pipes do, too. The copper pipes for your central air unit undoubtedly have insulation already, but some people neglect to cover their hot water pipes. Insulation there will keep your hot water from cooling down as quickly, which means your hot water heater won't have to work overtime to do its job.

• *Invest in new bulbs.* You might have noticed that the light bulb section at the store has changed more and more over



the last 10 years. Compact fluorescent lamps (CFL) and light-emitting diodes (LED) are replacing what used to be standard incandescent light bulbs, and for good reason. There is some fluctuation, but CFL and LED lights typically cut electricity by more than half, with some LEDs cutting cost by as much as 90 percent. While there is a bit of an upfront cost difference, the bulbs last much longer, and emit less heat, leading to less electricity being used in the home's cooling process.

## More Incentives

• **Consider tax credits.** If saving money over the life of an appliance and conserving energy and electricity use is not enough, the government offers tax credits for making many efficiency upgrades to your home. When you are looking at windows, central air units and even simple appliances, you can often get a credit on your taxes the following year just for buying the units that save you money in the long run.



• **Go big on your home.** If you are ready to take a major step in efficiency and lowering costs, you can consider solar panels or wind turbines. With deals from installers and hefty government credits, many homeowners today are finding that their energy savings pay off the upfront costs of the long-term expenditures within just a few years. While the investment and look may not be for you, this is just one of the many ways you can improve the energy efficiency in a new home, or one you have lived in for decades. And remember, even small improvements can lower your energy use and save you money. **NOW**

*Editor's Note: For more information about energy efficiency, tax credits and the Energy Star program, visit [www.energystar.gov/](http://www.energystar.gov/).*

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## Hidden Treasure

*It wouldn't be as special if it were easy to find. — By Lisa Bell*

Tucked away, far from the town square and off the main thoroughfare, New2U holds some of the best treasures in Granbury. The consignment store started in 2011, in a different location, with only 500 square feet. Born from the vision of a professional organizer, New2U was supposed to be open three days a week — a place for people who clung to old items, intending to have a garage sale, but who never found the necessary time or energy.

After opening, initially, the business grew quickly. Adding U-Haul services and packing supplies brought in new customers. As people discovered gems in the little shop, they told friends, who told their friends, who told everyone. Before long, the building couldn't hold all of the merchandise. In 2013, New2U moved to their current location.

Although some items are new, the majority of the selection comes from individuals. The inventory changes daily, so shoppers tend to return frequently so they don't miss anything. At New2U, vendors occupy 2,500 square feet of space, offering a variety of goods. Among the vendors, Décor and More features a great selection of gifts and home decor. Hughlett House carries fine jewelry and antiques, giving the store one of the biggest jewelry selections in Granbury. The newest vendor, The Wild Roan, carries plus size clothes.

Another 2,500 square feet holds consignment items ranging from furniture to decorations — sometimes even toys and books. When an individual brings in an item, it starts at a specified price, which drops every 10 days. Furniture can be re-consigned, but all other items have a 60-day window to sell. Most of the stock doesn't



stay that long. People quickly learn that waiting for a price drop means losing the opportunity to someone who won't wait.

Miscellaneous items occupy the last 2,300 square feet of indoor and outdoor space. While most spaces operate on a six-month lease, four booths were designed with month-to-month leases for people who have a lot of merchandise to sell in a short time. Once they occupy the space, people seem to stay around.

*New2U holds some of the best treasures in Granbury.*

The store isn't just about buying and selling things, though. The atmosphere makes customers want to come back. New2U offers free coffee and cookies to everyone, but they especially want police officers and firefighters to drop by and help themselves. A community shelf provides the perfect place for networking. It holds business cards, local magazines and rack cards for upcoming events — a valuable info center for customers, many of whom are new to Granbury. They put up event posters when requested and share connections for those who offer what others need.

Every month, some type of event happens at New2U. They donate to many organizations and like to support causes. In addition, they have a treasure chest for well-behaved children who visit the store. "We want people to come and stay." Anyone is welcome to have a seat and relax, drop by between appointments or spend time with their child or grandchild.

While most people don't think of buying "used" gifts, New2U is a great place to find a unique gift for birthdays and holidays, especially for those who have limited income. They also have layaway.

As New2U celebrates their fifth anniversary in November, they welcome everyone to come visit. Sit and chat for a while in this treasure house of old and new items. You won't regret stopping in. **NOW**

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*The Lee and Johnson families browse during the library book sale.*



*Tom Payne takes care of the U-Haul customers inside the New 2 U location.*



*Curtis Slade always finds a way to have some fun in life.*



*Constable Chad Jordan welcomes visitors to the county courthouse.*



*Tony and Pam from TDs Transmissions show off a 1932 Ford Roadster.*



*Taylor Flatbush smiles while selling candy on the square.*



*The Stephensons from Irving join new Granbury residents, Hubert and Jana Peek, for a late breakfast at the Nuttshell.*



*The ladies at Doggy Do's make the canines look great.*



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# A Breath of Fresh Air

— By Betty Tryon, BSN

For a group of empty air sacs, the sinuses can cause a lot of problems. They take their name from the bone in which they exist: frontal sinuses located in the forehead, maxillary sinuses behind the cheekbones, ethmoid sinuses in the area that separates the nasal cavity from the brain and sphenoid sinuses are found in the back of the skull.

Anything that interferes with air flowing into the sinuses and the ability of mucus to drain from the sinuses can cause inflammation or sinusitis. The sinuses may become swollen and filled with fluid contaminated with viruses, bacteria and fungi, which lead to the development of a sinus infection. Allergic rhinitis could also create the swelling and inflammation. Other conditions that block the pathway for proper drainage from the sinuses are having nasal polyps and a deviated septum. Polyps are growths within the lining of the sinus cavity, and the septum, if deviated at all, can make one side larger than the other, giving the smaller side a disadvantage in performing its function properly. Having immune system deficiencies also leads to an increased susceptibility to sinusitis and infections.


There are basically three types of sinusitis: acute, subacute and chronic. Acute sinusitis starts suddenly and may last a couple of weeks, unless a secondary bacterial infection develops. Acute sinusitis is most often caused by the common cold and results in

a stuffy nose and headaches. The sinus areas around your face may be tender to the touch and feel as if they are full. Subacute sinusitis may last up to three months. Chronic sinusitis has less to do with bacterial growth and more to do with structural problems, such as polyps and deviated septum and with allergic rhinitis. This type may last three months or even longer.

Treating sinusitis could mean using something as simple as a warm compress on your face or a humidifier in your room, or it could mean something more serious, such as surgery. Of course, much of it depends upon what type of sinus problem you have, what's causing it and the general state of your health. To target specific symptoms of a runny nose, thick mucus, stuffiness, headaches and face pain, over-the-counter medications, such as antihistamines, guaifenesin, decongestants, pain relievers and nasal steroids are beneficial. Your doctor may want to order prescription medication that may be more effective. If you have developed an infection, then you will probably be on antibiotics. If your symptoms continue, you might want to seek help from an otolaryngologist for more specialized care. **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.*

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### October 1

Fifth Annual Granbury Paranormal Expo: 10:00 a.m.-5:00 p.m., Historic Granbury Square. Free street festival featuring ghost hunters, psychics, horror, sci-fi, fantasy, cosplay and more. Special celebrity guest Alex Vincent, aka "Andy Barclay" from Child's Play. Call (817) 559-0849 or visit [www.GranburyParanormalExpo.com](http://www.GranburyParanormalExpo.com)

Party on the Peak 2016: 5:00-10:00 p.m., Comanche Peak, Glen Rose. Tickets \$100/person. Contact Preserve Granbury (817) 219-5051 or visit [www.preservegranbury.org](http://www.preservegranbury.org) for more information.

### October 1 — 30

Live performance of *Oliver*: **Fridays**, 7:30 p.m.; **Saturdays**, 2:00 and 7:30 p.m.; **Sundays**, 2:00 p.m., Granbury Opera House, 133 E. Pearl St. Based on the novel *Oliver Twist* by Charles Dickens. Tickets available through GTC box office at (817) 579-0952 or online at [www.granburytheatrecompany.org](http://www.granburytheatrecompany.org).

### October 6

Lake Granbury Newcomers Club Luncheon: 9:30 a.m.-1:00 p.m., Decordova Bend County Club. Enjoy Granbury visual arts with Jeanette Alexander. \$14 for lunch; make reservations

at (817) 243-9831. For more information, visit [www.granburynewcomers.org](http://www.granburynewcomers.org) or call Pat Hendricks at (817) 579-2637.

### October 8

The Mammoth Race: 8:00 a.m.-1:00 p.m., Dinosaur Valley State Park, 1629 Park Rd. 59, Glen Rose. Sanctioned trail run 1K to 15K. All proceeds benefit Lake Pointe Academy. Visit [www.lakepointegrnburry.org](http://www.lakepointegrnburry.org).

11th annual Vettes on the Square: 8:00 a.m.-4:00 p.m., Historic Granbury Square. For more information, visit [www.brazosrivercc.com](http://www.brazosrivercc.com).

Native Arts Day: 9:00 a.m.-12:30 p.m., trailhead at Comanche Peak Nature Trail, Glen Rose. Historical presentation of Comanche and early Texas daily life with hands on experience. Email Maryann at [notana1999@yahoo.com](mailto:notana1999@yahoo.com) for more information.

### October 10

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy. Dr. Donald Frazier, professor of history, McMurray University, presents "Baylor, Sibley and Green: The Prelude to the Battle of Glorietta Pass." Visitors welcome. Visit

[www.ncntexcwrt.com](http://www.ncntexcwrt.com) or call any officer listed for more information.

### October 15

Monarach Tagging: 9 a.m.-noon, Acton Nature Center, 6900 Smoky Hill Ct. See [www.actonnaturecenter.org](http://www.actonnaturecenter.org)

### October 29

21st Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips for a day of arts and music. Enjoy a free concert by Restless Heart as they take the main stage. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

### November 3

Newcomers monthly luncheon: 9:30 a.m.-1:00 p.m., Pecan Plantation Country Club. Classic fiddle music featuring Ridge Roberts. \$14 (by check) for lunch. Make reservations by noon, **October 31** at (817) 243-9831.

*Submissions are welcome and published as space allows. Send your event details to [lisa.bell@nowmagazines.com](mailto:lisa.bell@nowmagazines.com).*



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## In the Kitchen With Diana Strub

— By Lisa Bell

In her early teens, Diana Strub began cooking when her mom went to work. As far back as 5 years old, she remembers trying new things. During childhood, her concoction of mayo and jelly on toast proved disastrous. She and her dad played with new recipes, but her mother experimented as well, substituting what she had on hand.

Now Diana is a homemaker who loves to learn and try new things. Removing sugar, avoiding dairy, flour and cheese but still having fun foods inspires her. “I wanted to learn more about foods that help your body,” she confessed. She loves salmon and whips coconut milk for topping fruit. Diana enjoys sewing, cooking, spinning, knitting, crochet and tatting. She also plays and repairs violins, tinkers with her cello and paints, as well. **NOW**

### Salmon Salad

*Serves 1 – (Adjust amounts based on taste and number of servings desired.)*

- 1-2 pink Alaska, fresh-caught salmon filets**
- 2 Tbsp. olive oil**
- Herbamare Seasoning, to taste (available at Bee Healthy)**
- Baby spinach, to taste**
- 2-3 strawberries, sliced**
- 5-6 pecan halves**
- 1 Tbsp. dried cranberries (organic, no sugar added preferred)**
- 2-3 Tbsp. H-E-B Tomatillo Guacamole (optional)**
- 2-3 Tbsp. sour cream (optional)**

- 1.** Partially thaw salmon in cold water while preheating electric skillet to 250 F.
- 2.** Pour olive oil in bottom of skillet; add Herbamare Seasoning to oil.
- 3.** Rinse salmon and put in skillet; sprinkle with additional Herbamare.
- 4.** Cook for 2-3 minutes or to desired doneness.

- 5.** While salmon cooks, lay out desired amount of baby spinach, add strawberries, pecans and cranberries.
- 6.** Place hot salmon on top and add guacamole and sour cream, if desired.

### Avocado Green Tea Smoothie

- 8 oz. Harmless Harvest Coconut Water (available at Kroger)**
- 2 tsp. Matcha Green Tea powder**
- 4 Tbsp. So Delicious Coconut Culinary Milk (available at Wal-Mart)**
- 1 small avocado**
- 1 small kiwi**

- 1.** Place all ingredients in a blender or Bullet.
- 2.** Blend for 30 seconds and enjoy. Note: Freeze the smoothie overnight and take with you the next morning. By lunchtime, it is thawed and ready to drink.

### Fruit Green Tea Smoothie

- 8 oz. Harmless Harvest Coconut Water (available at Kroger)**

- 2 tsp. Matcha Green Tea powder**
- 4 Tbsp. So Delicious Coconut Culinary Milk (available at Wal-Mart)**
- 1 small avocado**
- Any fruit, to taste (I suggest blueberries, pineapple, blackberries or raspberries.)**

- 1.** Add all ingredients to blender or Bullet.
  - 2.** Blend for about 30 seconds and enjoy.
- Note: This smoothie freezes well and can be prepared ahead of time, taken along and enjoyed on the go.*

### Whipped Topping

- 1 carton So Delicious Coconut Culinary Milk (available at Wal-Mart)**
- 1 pkg. Stevia**

- 1.** Cut carton in half and scrap all contents into a large bowl. Add Stevia.
- 2.** Beat until thick and the consistency of whipped cream, approximately 6 minutes.
- 3.** Serve on top of fruit for a simple, healthy dessert.

### Buffalo Burgers

*Makes 4 patties and works well for a George Foreman grill. Adjust cooking times to reach desired doneness.*

- 1 lb. ground buffalo, divided in fourths**
- Herbamare Seasoning, to taste (available at Bee Healthy)**
- 2 Tbsp. butter (optional)**
- Mushrooms, to taste (optional)**
- Sliced onions, to taste (optional)**
- Sea salt, to taste (optional)**

- 1.** Shape buffalo into four patties.
- 2.** Heat grill to 300 F. Place patties on grill and sprinkle with Herbamare Seasoning.
- 3.** Grill for 3 minutes. Turn patties and sprinkle with additional Herbamare Seasoning. Grill for 3 more minutes.
- 4.** Melt butter in sauté pan; add mushrooms, onions and sea salt. Sauté until onions are transparent and mushrooms are well-cooked.
- 5.** Spoon on top of burger. Serve with or without a bun and any veggies or condiments desired.

**To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).**





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