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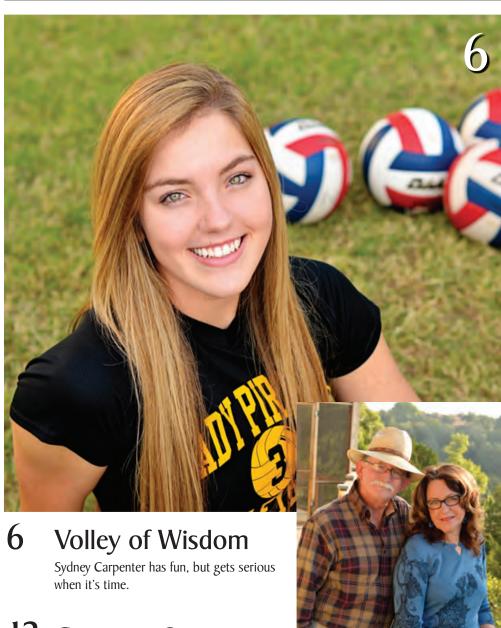
ON THE COVER



From last month's Harvest Moon Festival to this month's healthy Thanksgiving tables, Granbury celebrates abundant life.

Photo by Michelle Winters.

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Editor's Note

Hello Friends,

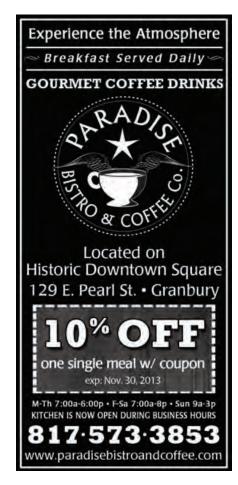
Preparing to celebrate Thanksgiving brings out my best. First, I make cranberry sauce. Blending the berries with oranges, pecans and honey makes me happy. While that sets up in the fridge, I consider decorations for the picnic table I'll share with my family during our holiday camping trip. I don't bother bringing the bird, since the last time I invested in a plump, organic turkey the raccoons got to it the night before we were to fry it. We were fortunate to be able to drive to a nearby Wal-Mart for a replacement Butterball. Memories like that bring laughter each year our family gathers to enjoy our abundance of favorite foods and memories. We count and recount all our blessings. If you are one of those I've had the

privilege to meet, you can bet I'll be giving thanks for you.

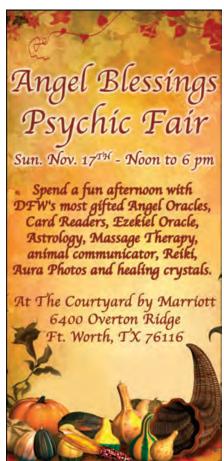
Happy Thanksgiving!

Melissa

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— By Lisa Bell

Game day for the Granbury Lady Pirates challenges players. Sydney Carpenter tries to pay attention in class, but her eyes drift to the clock frequently. Concentration comes hard as she watches the minutes tick away, waiting for time to leave class and get ready to play. A sense of excitement tingles through her all day. When she finally joins her teammates in the locker room, the exhilaration mounts into dancing. After a day of sitting in class, the girls need a few minutes to energize themselves.

Sydney studies the game plan on the board at least three times, familiarizing herself with it, memorizing what she needs to know. Mentally prepared, she finds a semiquiet spot and pulls out her phone. "A big thing for me — I have to read a Bible verse before every game," she said. She draws perspective from those moments, releasing pressure to be the best player on the court. "I have to play for my audience of one up there," she added. "I really want to be focused on doing the best I can do to bring glory to God always."

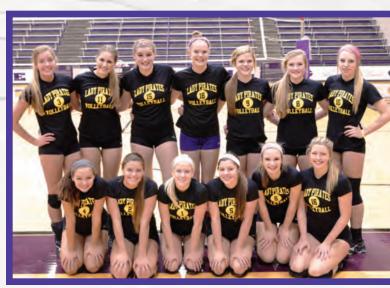
She has favorite verses like Jeremiah 29:11 about God's plans being good, and Colossians 3:23 where the Apostle Paul instructs believers to work as if working for God and not man. "That one's really good, especially on two-a-days," she said, smiling. But on game day, she prefers pulling up a phone app, randomly selecting a book of the Bible, choosing a random chapter and verse and then reading it. Most of the time, the words apply to something going on in her life that day. Now ready, she goes out on the court and plays her best.

Sydney began playing sports in first grade. Her initial

experiences happened on a different kind of court — basketball. In fifth grade, she played recreational soccer, and she finally started playing volleyball in her seventh-grade year. During middle school years, she played both basketball and volleyball. Then as a freshman, she injured her ankle. Tearing all the ligaments benched her from basketball most of the year.

While her ankle healed, she spent time thinking about sports and came to an important decision. Basketball felt more like a chore to Sydney, but she always had fun playing volleyball. Focusing on one sport, she won Most Improved Player during both her sophomore and junior years. As a junior, she also received Academic All-District Team and Honorable Mention to All-District.

Sydney views volleyball as a true team sport. "You have teammates to rely on," she said. "You can't do anything completely alone. High speed, high energy — it's so much fun."





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With triplet siblings one year older than her, Sydney grew up in somewhat of a team environment. The transition to a team sport didn't require much of a jump for the energetic young lady. Growing up, the children supported each other in sports, choir concerts and other endeavors. Sydney's senior year marked a major change as her sisters and brother all left for college — not so much scary, but different than most of her life. As a family, they made sacrifices for each other, sometimes choosing to hang out together instead of going somewhere with friends.

Sydney's parents encourage her and always attend games, yet make sure she doesn't neglect homework. Grandmothers also get in on the fun. During an August trip to Hawaii for a volleyball tournament, Grammy went along with Sydney, both of them carrying high expectations of a fun trip.

The strong family bond pushes Sydney farther in her achievements on and off the court. "I wouldn't be able to do half of what I do without them behind me, supporting me all the time," she said. "My siblings are like my best friends." Kelci, her friend since kindergarten, and her teammates make up Sydney's support group and are responsible for helping her achieve all she does.

"You have teammates to rely on. You can't do anything completely alone. High speed, high energy — it's so much fun."

Practicing for volleyball requires about two hours each day. During the summer, she works on jumping, agility, shoulder strengthening, increasing vertical height and cardio. During the school year, most of the preparation and workouts come from practice sessions. In addition to playing for the Lady Pirates, Sydney also participates in club volleyball from November to May.

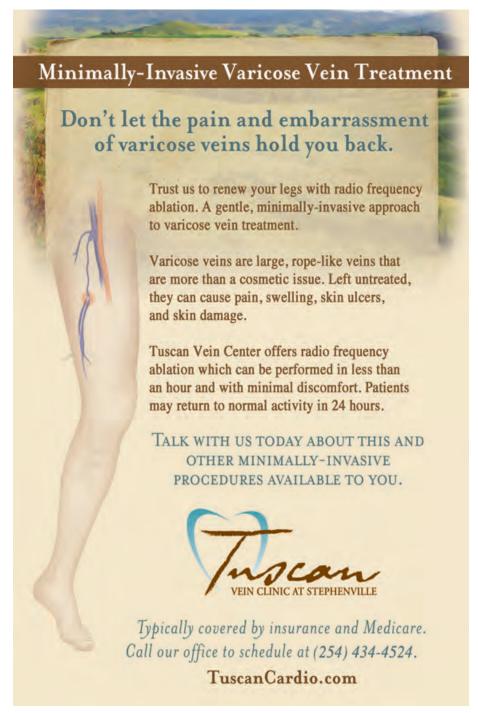
Besides playing volleyball, Sydney takes part in church activities as an altar server and active participant of the youth group. She is also president of GHS Student Council. The Brazos runs behind her family's house, so she enjoys canoeing on the river every chance possible. She loves reading all kinds of books and taking naps. Keeping up with so many activities takes discipline. She's learned not to spend too long on any one thing, but balances time between everything she must accomplish in a day.

Volleyball impacts Sydney's life in more ways than having fun and learning to be part of a team. "It made me a more forgetful person," she said, "in a good way. When you mess up, you can't hang on to it. You have to let it go." Applying that important lesson to life, she added, "When I make a mistake, OK, Guess it's time to move on now. There's a whole lot of moving forward." Because of the











team aspect of the game, she always strives to do her best so she doesn't let anyone down. The attitude transfers to every part of life.

For the 2013-14 school year, like any athlete, Sydney longs for a trip deeper into playoffs than the Lady Pirates have gone before. "My senior year would be made perfect if we get past the third round," she said. "That's where we seemed to have trouble the last few years. With this team, I believe it's in reach."

Sydney works to maintain grades and remain in the top 10 of her class. She also works hard at the game, hoping for a scholarship to help cover the costs of college when she chooses one. She plans to major in broadcast journalism. "The dream job would be working as a sideline reporter analyzing football games. It's such a complex and beautiful sport," she said wistfully.

To younger girls she offers these words of wisdom: "Ultimately, if you're not having fun and putting all of your heart into whatever you're doing, it's not worth your time at all. Along with the fun, you have to work hard.

"There will always be someone who wants to be better than you, and those who are better. Play for fun and get serious when it's time. Try everything and don't focus on one sport. You have time to decide which you like best," she said. As she wraps up her senior year, Sydney will no doubt apply that wisdom to life and achieve amazing things. NOW



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Camping O By Melissa Rawlins







After sweaty work sessions, either creating paths to enhance the xeriscape to her front door or building cabinets in his barn workshop, Sherri and Michael Marchant like to clean up in the cedar-wrapped outdoor shower he created at the southern corner of their deck. Surveying the expanse of green trees, rocky hills and gentle valleys where the waters of Lake

Granbury used to glisten, the couple can't help but grin at their good fortune. Getting here took planning, hard work and determination. Now, they sleep satisfied in a bed covered with a creamy-white, fence-pattern quilt Sherri made for Michael years ago.

Peaceful dawns beckon these two retired teachers. Taking their pick of coffee mugs, from shelves Michael designed and built for

ut

At Home With

Michael and Sherri Marchant



Sherri's collection of stoneware, the couple welcomes each new day from a green chenille couch made for two. "Our great room is mostly glass to enjoy not only those *fabuloso* Texas sunrises, but also a totally unobstructed view of our mighty, historic Brazos River Valley," Michael said.

Sliding glass doors can be opened to welcome southeastern winds, which flow through the house and carry hot air out dormer windows above the great room's cathedral-like ceiling. Michael's brother, architect Gordon Marchant, designed the cabin-like house perched atop a 200-foot cliff

with science relying on the Bernoulli Principle proposed in 1738. "Much like wind passing over an airplane's wing, our wind increases speed going over our roof," Michael said. "The fundamental concept is a knock-off of a 1974 Florida Power and Light study to find designs and techniques to reduce our reliance on air conditioning."

"We open our master bedroom screen doors and when there is a breeze it gushes down the hallway," said Sherri, who loves the extreme ventilation on days below 80 degrees. "It is wonderful, how the wind comes through the house, and we



don't worry about bugs because of the wraparound screened porch." And in the winter, their wood-burning stove heats air that is then circulated through the house by the central air fan.

Their wide open, 30x30-foot great room contains a living room, conversation pit, entry hall, dining room and kitchen joined by glowing East Texas knotty pine floors. Morning sun lights these areas and every other major room while the western walls contain only a few small, decorative windows. "We like

to stop at cute stores where we can find cute things," Sherri said. "We found our collection of six small stained-glass windows from an old English church in an antique store in Glen Rose." The ambiance produced by those windows, as well as Sherri's grandmother's quilts and the hourly chime of Michael's regulator clock, enhances the calm of the Marchant home. Michael wanted to enjoy privacy, and Sherri wanted to live in a subdivision with good neighbors. They got the best of both worlds. Their grown boys always feel welcome to come back, and people feel comfortable visiting.

Throughout Michael and Sherri's 30 years of marriage, their family fun always included camping. A vision for their future very naturally formed during those trips. "We'd sit in a great camp spot and talk," Michael said, "about how our ideal home site would have an emotional connection that felt like a great place to park the trailer."

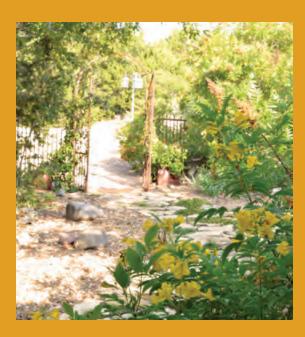
"It is a *little* bigger than our trailer," Sherri said, explaining that it started with an outdoor patio that became their screened porch, and grew to include an outdoor kitchen before the indoor kitchen was completed. In winter, they take blankets and sit in front of the fireplace Michael built early on. "In 2007,

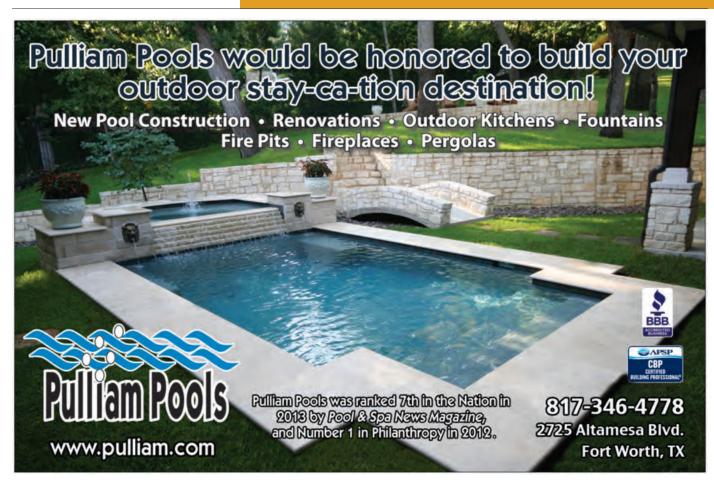




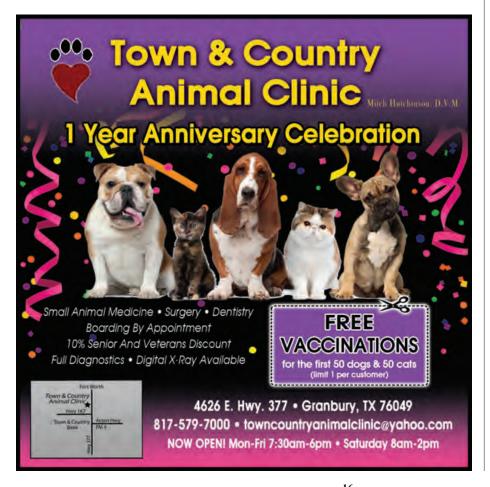
"We'd sit in a great camp spot and talk about how our ideal home site would have an emotional connection that felt like a great place to park the trailer."













there was only a barn and the overhead deck, and they had scraped the earth where our house now sits. Everything else was trees and even more rocks."

They had plenty of time to both dream and work, as they were still teaching in the Irving school district — Sherri taught science, and Michael, criminal justice. They would leave Irving to spend weekends and holidays living in the barn, which had a kitchen and a bathroom. Now Michael's workshop, the barn will eventually contain guest quarters and a room filled with Michael's classic Lionel trains. His 130 engines and cars and 500 pieces of track will be arranged in a 13x19-foot, O-gauge, high-rail layout.

For now, Michael jokes he is on page four of an 11-page punch list. He and Sherri actually did much of the construction of their home. Having years of experience remodeling two homes in Irving, the two work well together and assembled the massive ceiling trusses in their parking lot while contractors framed the house.

An industrious lady, Sherri laid the brick walkways along the front and side of the house, inlaying two heirloom bricks from her father's farm that burned, and Michael's brother Gordon's Fort Worth house, where he's lived for over 30 years. Her hobby is flowers, and she has landscaped the flatter areas of their 5 acres with tender loving care and help from Michael, who tends to her irrigation system.

They still remember their weekend in 2009 trenching the rocky dirt for her well-planned landscaping. "We covered



it up and put rocks on top of it so we'd know where our trench was. It took five years to complete this project, which I sometimes labeled ambitious while I was banging away during that summer heat," Michael said. They also used the rented trencher to create a grade behind the house, so Michael could erect the wraparound deck foundation. Sherri drove the trencher along the edge of their cliff, while Michael directed her. "I was saying, 'This is what they call trust in love, baby. Just keep on driving."

They even trenched the ditch carrying electrical wire to the lights Sherri relies upon each of the mornings when she goes to work for her son's staffing agency. Michael also works part time. "I drive Miss Daisy, the bus, for Waterview. I love it," said Michael, who drove a school bus for 15 years. The Marchants designed this home with aging in mind. The entrance area is flush with the surface of the ground to accommodate the possibility of one of them ever being confined to a wheelchair. "We've brought the old folks out here for tea, for a chance to get out of the retirement area. They have a blast."

So do Sherri and Michael, who enjoy entertaining neighbors and family and plan for the fun to never stop. "I'm looking forward to the next part, building the guest suite and the train room," Michael said. "I think I would rather build the guest suite first in case Sherri wants a nap." Perched on this cliff, surrounded by cactus and oak, Michael and Sherri definitely found the perfect camping spot. NOW









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The Granbury Living Christmas Cards™ is an outdoor, interactive family event on the historic square in Granbury, Texas. This holiday extravaganza takes place on the second weekend in December and is Lakeside Baptist Church's gift to the community.

Mitchell George, Director of Tourism for the city of Granbury, states "This is a partnership between Lakeside Baptist Church, Hood County and the city of Granbury. The city merchants are truly excited about this. They're hoping that it becomes an annual event."

Well, what exactly is it? Carey Dyer, minister of music and worship at Lakeside Baptist Church: "The Granbury Living Christmas Cards™ is a multi-faceted, multi-sensory holiday event. It will include art, music and inspiration – and will take participants on a whirlwind tour from sleigh bells and candy canes to the Bethlehem manger, where the true hope of Christmas can be found."

The event includes three main areas:

- 1) Several hand-constructed, hand-painted, larger-than-life Christmas cards. These cards are huge (up to 24' wide and 10' tall)! Each card depicts a different thematic scene from Christmas. They will each come to life with actors, dancers and singers who seem to have stepped right out of the card as they interact with the audience. Dyer explains, "The best way to describe it is a musical/theatrical production in which the audience moves through and interacts with the action. This is a really unique artistic experience."
- 2) A Christmas Artisans Village where people can see live demonstrations from some of the area's finest craftsmen. Artists, wood workers, candle makers and more will come together to delight. Also included is a special "Christmas Kidz Zone" where little ones can play and create their own masterpieces.
- 3) The "bow on top" of the evening is an outdoor pavilion concert presented by the Lakeside Baptist Church music and worship ministry. This 30-minute mini-musical is sure to spread joy and inspire all who attend.

All of these exciting, memorable experiences will be rolled into one amazing holiday event. So please mark your calendars and don't miss the beginning of a new Hood County tradition. Merry Christmas!



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2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



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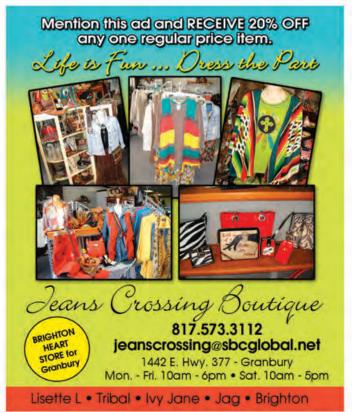




2013 Holiday Shopping Guide

A quick look at the gift items and discounts available locally.



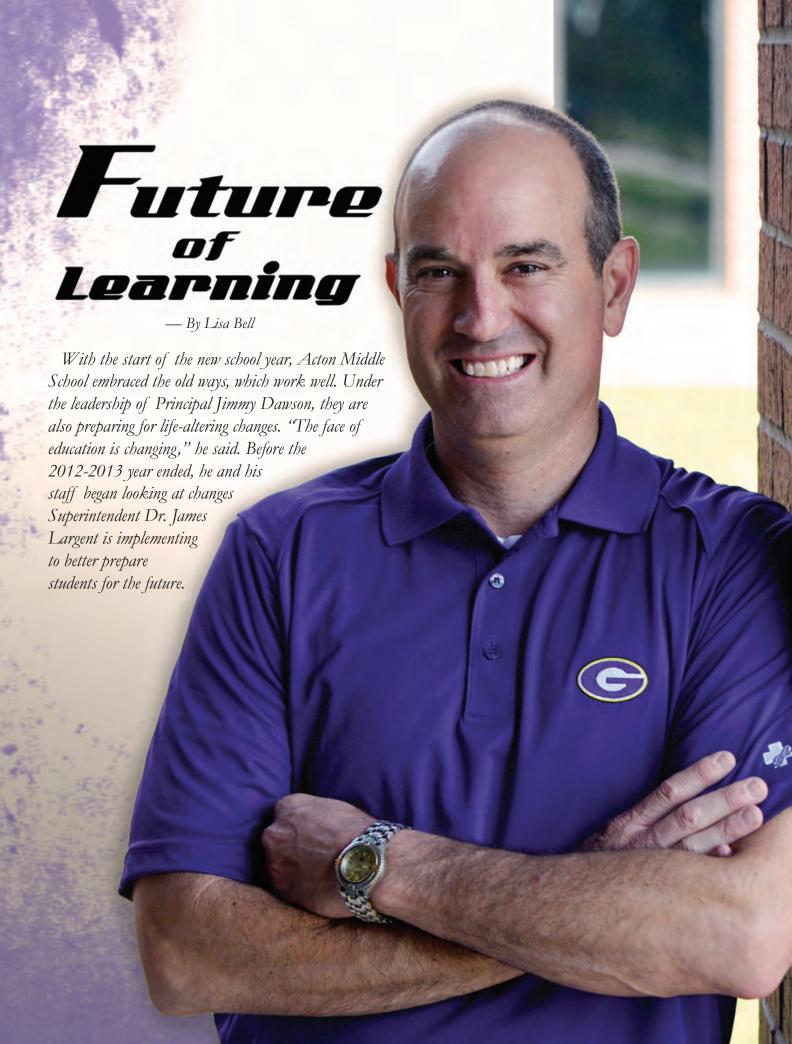














Five years ago, a campus site-based team worked during the summer to develop mission and belief statements. A permanent sign decorates the exterior wall: "The mission of Acton Middle School is to offer all students the opportunity to be successful at school and become self-motivated, resourceful learners who can make informed decisions."

The belief statements, however, became the life and breath of Acton Middle School (AMS). Four bulletpoints, posted throughout the school, remind staff and students of these principles. Students also recite them during announcements each morning. AMS believes in positive contributions, relationship building, a safe and caring environment and quality education for all students. These beliefs coupled with leadership development promote an environment where students thrive in preparation for life beyond middle school.

Jimmy grew up with a background of strong education. His mother taught school, and his dad was a coach. As a young boy, he left school and headed straight for the field house. He loved being around the team at West Texas State University (now West Texas A&M University) where his dad coached, looking up to the older students and playing ball with them.

His dad's decision to move into business devastated him as an 8-yearold, although he recovered and was able to experience the successful business world. Nevertheless, during high school and college years, he enjoyed being around kids, working at summer camps as a counselor. When he left college, he wanted to coach and teach — the perfect job to continue playing sports as a career.

Later, a friend asked him to take night classes working toward administrator certification. He quickly moved into an assistant principal position where he was



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coaching at the time. In 2000, Jimmy received superintendent certification. His plan was to become a superintendent by his 40th birthday. When he accepted a job as principal at Granbury Middle School, his goal changed. "We fell in love with Granbury and wanted to continue raising our kids here," he said. "I stopped chasing my dreams, content to raise our children in Granbury."

After four years at Granbury Middle School, Jimmy pursued a career as an insurance and financial services agent, but he missed education and missed the kids and relationships with them. After a year in the business world, he returned as principal of Acton Middle School six years ago. He prefers middle school. "They still have an element of innocence, especially in sixth grade," he said. "They

come in wide-eyed and excited. You can make a difference as they transition from elementary into the secondary world."

While middle school often presents many difficult and trying times for students, Jimmy understands students are searching for their identity. He enjoys influencing and building relationships in a safe environment with an age he terms fun. Most people have no desire to grow up and be a middle school principal.

responsibility and expect God's great reward. He looks for these same qualities in his faculty, searching for those who will take initiative and boldly step forward with new ideas. Teachers and staff must be relational and system thinkers. Successful teachers and administrators must be able to organize, develop and implement plans. When a student walks through the door, the system must be



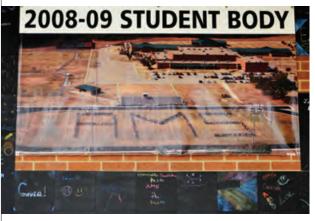
in place. Watching a masterful teacher operate this way challenges any negative statements about education.

Jimmy encourages teachers to develop in these areas, using monthly CARA (Collect, Analyze, Reflect, Act) meetings. They collect data about how the students are doing, analyze it, reflect on the findings and finally create an action plan for improvement. He brings teachers together for collaboration opportunities

to share what they have found that works well. He encourages strong leaders to pursue higher goals and influence more people. As a staff, they provide opportunities for students to develop leadership skills through clubs, National Junior Honor Society and Student Council.

Staff members also take on the role of mentor for some students. One child came to AMS lacking basic

skills, laden with discipline referrals, poor social interaction and not much at home. The librarian became his mentor, giving him extra attention and encouragement. The student began working in the library, helping teachers and made the A-B honor role for the first time. His family



"You have to have a burning desire, a passion or mission, to serve these kids and their families," he remarked. Embracing the school's belief statement helps the staff find that passion.

In his role as a leader, Jimmy strives to lead courageously, reject passivity, accept

celebrated with him as the relationship spurred him to become a model student instead of a discipline problem.

Another student came forward with a project request. The school embraced Rachel's Challenge and developed a FOR (Friends of Rachel) Club. Rachel Joy Scott, the first student killed at Columbine, left a legacy — the desire to show compassion to others through random acts of kindness. This particular AMS student had a little sister with cancer, and she wanted to collect Coke tabs for the Ronald McDonald house. Her desire stemmed from help the organization provided for her family, but included benefits for other families like hers. She addressed the entire student body, and they joined efforts to save a literal bathtub full of the tabs, which they donated to fund the charity.

This attitude paves the way for the 2013-2014 school year. Now as the district implements project-based teaching, classes are looking different. In the real world, teams of workers join efforts to complete projects, often learning in the process. Colleges use this same mindset. To prepare students for the future, AMS is embracing this teaching philosophy where kids collaborate, working together and using technology to reach a common goal. Far beyond sending unimportant text messages or playing on an iPad, this year teachers will focus on guiding students to take advantage of technology for research, learning and communicating effectively when necessary.

Launching the nontraditional method of learning brings with it a greater need for community involvement. While Granbury ISD already uses community volunteers through their speakers' bureau, the need for business people to share reallife experiences becomes even greater. Jimmy appreciates the many volunteers. "We always need more," he said.

Changes excite this principal, who sees great value in the new approach. It won't detract from continued improvement in practicing the belief statement and developing leadership. NOW

Editor's Note: For more information on volunteering, visit www.granburyisd.org and www.rachelschallenge.org.





Business NOW







St. Clair Dental, PLLC

2911 Fall Creek Hwy. Next to First Financial Bank Granbury, TX 76049 (817) 910-2880 stclairdental@yahoo.com www.granburydental.com

Hours:

Monday-Wednesday: 9:00 a.m.-5:00 p.m. Thursday: 7:00 a.m.-3:00 p.m.



Cereena, Julie, Dr. Karl amd Dawn make people comfortable while helping them maintain healthy gums and teeth.

Happy Mouths

St. Clair Dental maintains polished oral hygiene for your entire family.

— By Melissa Rawlins

Dr. Maureen Karl welcomes new patients, and she especially likes meeting with people who value their health and want to know what is going on in their mouths. Set your consultations for the first four days of the work week, however, since the dentist reserves Fridays for her 6-month-old daughter.

Family is very important to Dr. Karl, who moved to Granbury to be with her sisters. Originally from northern New York, Maureen shadowed a dentist for a day during her sophomore year and found her calling. She graduated with her doctorate in dental surgery from State University of New York at Buffalo in 2004. "Since moving here in 2006, I purchased this practice,

married, made a baby and have made a lot of nice friends," Dr. Karl said.

One year ago, she opened the doors of St. Clair Dental's new building, designed to be soothing for patients while exemplifying the Craftsman aesthetic reminiscent of Dr. Karl's home state. Easy-to-disinfect concrete floors and hallways separating the hygienist's office from Dr. Karl's reinforce tranquility.

St. Clair Dental serves all ages, providing all phases of dentistry for entire families. As a new mother, Dr. Karl is watching for her daughter's teeth to erupt any day now. When they do, she'll clean the teeth with a cool washcloth or a little

Business NOW

brush that fits an adult finger. St. Clair Dental provides those tiny toothbrushes to new parents who bring their child for a happy visit, which accustoms the child to the dentist's office.

Families need routine preventative care appointments. "If you don't have a clean mouth, then it doesn't matter if you have a mouth full of beautiful veneers," Dr. Karl said. "Gingivitis or periodontal disease can damage your mouth, probably bring you pain and make it hard to live your life with a happy mouth in the manner you should. That's the core of dentistry."

Maintaining a happy mouth can be very simple. Beyond brushing and flossing, some people need a little something else. "You naturally have flora in your mouth. Sometimes those bacteria, just like in your gut, can get out of whack and, that's why we can have halitosis and the beginnings of gingivitis," Dr. Karl explained. Oral probiotics, which St. Clair Dental supplies, can help get those people healthy again.

"I like to surround myself with friendly, happy people. The staff I have now makes the difference," she said. Her assistant, Dawn, has been with her for six months, and her hygienist, Julie, for three years.

Cereena, St. Clair Dental's office manager, has been with Dr. Karl since the beginning and will file any insurance for you. The practice also accepts all major credit cards, as well as Care Credit and offers a discount for cash payments.

The warm and helpful ladies at St. Clair Dental make people feel comfortable, and do not judge or scold while helping people through processes like learning to use water piks to flush extra food debris from between teeth. Going into the fall and winter holiday season, people get so busy that brushing or flossing can go by the wayside.

"I even do it, too," Dr. Karl admitted. "I love chocolate!" She suggests that when the sweets come out, simply rinsing your mouth and flushing the sugar out will cleanse your mouth. Later, you can brush and floss. But please don't postpone your visits to the dentist.

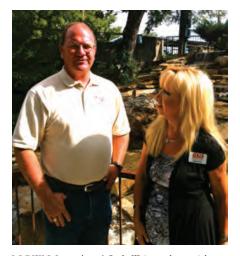




Around Town NOW



Helen Shorter, former president and founder of Lake Granbury Newcomers Club, celebrates 35 years of friendship with her daughter, Jill Davis.



NOW Magazines' Judy Trivett chats with Jackie Smith of Absolute Accents, which helped design and build the new waterfall fountain in Shanley Park, just south of the Rucker Street bridge.



Autumn McPeters serves Dr. Libby Vernon and her daughter-in-law, Vicki Vernon, at Farina's.



Bob King drills holes for a bio filter he is building for his aquaponics system.



John and Lois Neely wait in the lobby of their home at Waterview for friends visiting from Weatherford.



At a recent Healthy Woman luncheon, Verdine Hindman and Rozelle Cavin celebrate 40 years of friendship.



Praying that it rains, Belinda, Gabriel and Oralia Montemayor enjoy the water of Lake Granbury and hope for more.



Twins Cameron and Caitlin enjoy Taco Tuesday at Stumpy's with their mom, Trisha Bagby.



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Invest Child Care Money in Your Child's Future



Is your child one of more than 11 million U.S. children under the age of 5 in child care? If so, the cost is likely a significant line item in your budget. Reliable child care can be difficult to afford. Full-time center care for an infant ranges from \$4,000 to \$18,000 annually; for a 4-year-old, \$3,900 to \$11,000, according to the National Association of Child Care Resource and Referral Agencies.

Saving Is Not an Impossible Task

Saving for college may seem impossible while paying for child care along with other fixed expenses, such as housing, utilities and food. You can take solace in the fact that there is light at the end of the tunnel. When your child begins elementary school and no longer requires full-time child care, you'll see a significant increase in your discretionary income each month.

But before you convert those child care dollars into disposable income, consider investing in your child's college education. After all, you're already accustomed to living without that income.

Investment Options

A number of investment opportunities are available that offer tax advantages while you accumulate funds to help pay for future education expenses. One is the Coverdell Education Savings Account (ESA), a trust or custodial account with a \$2,000 annual contribution limit that can be used for your child's elementary and secondary education, as well as post-secondary education, such as college, graduate school or vocational school. You can invest in a Coverdell ESA account regularly, if your income is under a certain amount, with current-year contributions accepted until that year's tax-filing deadline.

If you'd like to invest more toward your child's education, consider a 529 college savings plan for qualified higher education expenses. An individual can contribute as much as \$70,000 to a 529 plan and treat the contribution as made ratably over a five-year period. For federal gift tax purposes, a \$70,000 contribution is treated as having contributed \$14,000 (the amount of the federal gift tax annual exclusion) per year for five years. Also, a husband and wife could each make a \$70,000 contribution.

A quality education may be one of the most important factors in determining your child's future. It's never too early to begin saving, and dedicating funds you previously used for child care may be a great way to start.

Before investing in a 529 plan, consider the plan's investment objectives, risks, charges and expenses. Contact the plan issuer for an official statement containing this and other information. Read it carefully.

An investor should consider, before investing, whether the investor's or designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program. Securities are not FDIC insured, are not bank guaranteed and are subject to investment risk, including possible loss of principal.

A \$70,000 gift is viewed as an accelerated gift over five years. Any other gifts to the same beneficiary by the contributor in that tax year or in any of the succeeding four years may result in a federal gift-tax liability. If the contributor dies within the five-year period, a prorated portion of the contribution may be included in his or her taxable estate.

Neither State Farm nor its agents provide investment, tax or legal advice. Jace Foreman is a State Farm agent based in Granbury.

A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

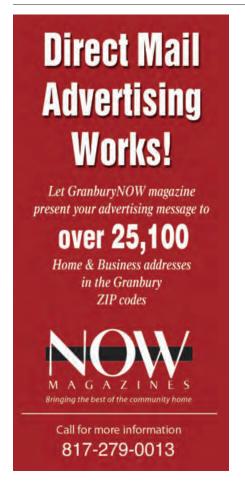
To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

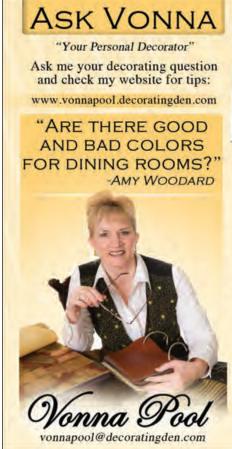
Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with

antibiotics. Treatment will lessen the symptoms fairly quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon!

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







Research clearly shows color psychology takes on added significance in the dining room because color profoundly influences appetite. Did you know that changing a restaurant's color scheme has been known to make a failing restaurant a success?

Color has the same stimulating effect on appetites as they do on atmosphere. Blue is particularly restful, encouraging leisurely meals. Full-strength red is exciting and to be used with discretion, but lighter shades, such as rose, or pinkish hues also create a pleasant place to eat. Yellow is its usual cheerful and sunny self. Neutrals tend to liven up dining rooms with positive and effective color splashes.

When choosing a color in which to present food, stick to lighter shades of green. I also recommend avoiding shades of purple, such as lavender and violet, as they tend to be appetite suppressants. Likewise, using drab colors for your dining room decor is rarely successful.

Since most dining is done at night, it's important to test colors under artificial light. This type of lighting turns some colors muddy and could ultimately make food look less appealing.

Lighting should be flexible to allow different levels of light to accommodate many activities. Choose a central chandelier, which can be controlled with a dimmer switch.

Call to schedule a free in-home consultation.

817.447.1185

Calendar

November 5

Opera Guild of Granbury Meeting: 10:30 a.m.-1:00 p.m., DeCordova Country Club. RSVP for lunch, \$13, to Faye Landon, (817) 360-6228.

November 7

Granbury Newcomers ladies luncheon: 9:30 a.m.-1:00 p.m., DeCordova Country Club. Dave Eagle discusses artisan cheese making. RSVP at www.granburynewcomers.org by Nov. 4.

November 9

FBC 14th Annual Quilt Show: 9:00 a.m.-2:00 p.m., First Baptist Church, 400 S. Eagle Dr., Crowley. Admission is free. For more information, call (817) 297-2189 or (817) 297-4347.

Veteran's Day Observance: 10:00-11:30 a.m., GISD Administration Building. Motorcade to City Beach along Pearl Street. At 10:30 a.m. the Flag Ceremony begins this solemn recognition of all men and women who have served in the United States' armed forces. For more information, visit www.usveteransmuseum.com or contact Tom Green, (817) 683-4513.

Winter Wonderland Jewell Ball: 6:00 p.m., Granbury Resort Conference Center. Supporting the Lake Granbury Beautification Council, funds from last year's ball made possible the installation of the brand new Tom and Nancy Brady Fountain in Shanley Park. For more information, call Brenda Hyde, Historic Granbury Merchants Association, (817) 573-5299.

November 9, 16

3-Man Antique Tool Exhibit: 9:00 a.m.-4:00 p.m., Mansfield Historical Society & Museum, 102 N. Main St., Mansfield. Admission is free. For more information, call (817) 473-4250.

November 12

The Art of Rose Propagation: 6:30 p.m., Hood County Extension Office. During this Community Education class, \$15 per person, Lake Granbury Master Gardeners teach how to propagate roses for your garden. Reserve your place through the Extension office, (817) 579-3280.

November 20

3rd annual Holiday Market: 5:00-8:00 p.m., Harbor Lakes Golf Club. This is part of the monthly HLGC Ladies Social, when local vendors display their goods for the holiday season and let the community know what they have for the season and beyond. For more information, contact Nancy Hetzel, rthetzel@charter.net.

November 29

Night of Lights Parade: 7:00 p.m., Historic Downtown District. Following the theme *Christ, Mighty Savior – Walking in the Light*, this year's parade travels east on Pearl Street, goes around the Square and back down Bridge Street. For more information, call Historic Granbury Merchants Association, (817) 573-5299, or visit www.granburysquare.com.

December 6 — 8

Granbury – A Candlelight Tour: **Friday**, 6:00-10:00 p.m.; **Saturday**, 10:00 a.m.-9:00 p.m.; **Sunday**, 12:30-6:00 p.m. Nutt House Hotel. Pick up tickets along with a map of events. \$20 if reserved prior to **Nov. 29**. Reserve tickets on-line, www. granburysquare.com, or call Brenda Hyde at (817) 573-5299.

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









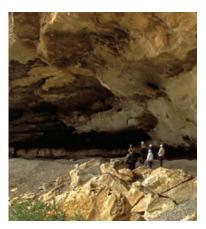


Travel NOW









Ancient Southern Rock Seminole Canyon State Park — Worth the Trip

Literally thousands of years before it was designated a state park and historic site by the citizenry of Texas, the rugged limestone hills, flowing waters of the Rio Grande and Pecos Rivers and wildlife-laden thorn scrub outside of present day Del Rio were a popular gathering place. In fact, this region remains one of the few places where factual documentation of prehistoric settlement is preserved, providing evidence testifying to their lives. Ancient peoples created mural-like paintings on the arching rock walls of this near desert-like canyon country, producing some of North America's most renowned examples of Native American pictographs and preserving one of the continent's oldest cave dwellings.

The first human settlers here date back at least 12,000 years to the Pleistocene ice age, when prehistoric mankind hunted large game with stone-tipped spears across a lush landscape. But rapid climate change made for a new environment and a culture that likely struggled to scratch out survival. By approximately 5,000 B.C., the landscape resembled much of what can be seen today.

These inhabitants settled in the dry, lofty caverns, and despite their subsistence-level struggles, managed to paint remarkable pictographs that can be found in the park's Fate Bell Shelter, as well as other rock shelters throughout the Lower Pecos River region. These paintings have a distinct style that can only be found in portions of the Rio Grande, Pecos and Devils River areas, all located in Southwest Texas. More than 200 pictograph sites are known to exist and range from smaller, single

paintings to caves with panels of art hundreds of feet long. Although numerous figures or motifs are repeated in various locations, the exact meaning of these paintings is unknown.

Seminole Canyon first opened to the public as a state park in 1980, and is named in honor of the U.S. Army's Seminole-Negro Indian Scouts, garrisoned at Fort Clark, who protected the West Texas frontier from marauding Apache and Comanche bands between 1872 and 1914. These scouts were known for exceptional cunning and toughness, and it was deemed a befitting tribute to have a park bearing their namesake.

Seminole Canyon State Park is 2,172 acres with miles of hike and bike trails and 46 campsites, including 23 sites with water and electricity hookups compatible for RVs. The park also has restrooms with showers, a visitor center and state park store. Because of the sensitive nature of the park's rock art history, hikes into areas with rock art are only accessible through guided interpretive hikes with park staff and volunteers. Seminole Canyon State Park is worth the trip when you and your family need a respite from modern life.

Editor's Note: For more information, contact Seminole Canyon State Park and Historic Site staff at (432) 292-4464 or visit www.texasstateparks.org.

Bryan Frazier
Public Affairs, Promotions and Marketing - Texas State Parks



In The Kitchen With Pat George

— By Melissa Rawlins

In West, Texas, Pat George, MS, RD, LD, CDE, grew up surrounded by Czech heritage. She and her husband moved to Granbury 25 years ago, rearing their two children here. While preparing for Thanksgiving, Pat shares recipes from the American Association of Diabetes Educators for easy and healthy holiday favorites. As a registered licensed dietitian for 30 years, and a diabetes educator for the past 10, she has observed tremendous growth in the understanding of the role food and nutrients play in health and wellness.

"It is fulfilling to see individuals make lifestyle changes which improve their quality of life," said Pat, who works with programs at Lake Granbury Medical Center, such as Healthy Woman, Senior Circle, Cardiac Rehab and diabetes education. "Small changes make a big difference!" XXX

Green Beans Amandine

Serves 6.

- I lb. fresh or frozen French-style green beans, trimmed
 I Tbsp. extra-virgin olive oil
 I/4 cup almonds, sliced
 I clove garlic, chopped
 I tsp. fresh lemon juice
 I/4 tsp. kosher salt
- **I.** Bring 3 quarts of water to a boil in a large saucepot. Add the green beans to the boiling water; cook until bright green and tender, 3-4 minutes. Remove to a bowl of ice water, then drain.
- **2.** Heat the olive oil in a skillet over medium heat, about 1 minute. Add the sliced almonds and cook until lightly toasted, about

- 4 minutes. Add the chopped garlic and cook until light golden brown, about 1 minute. Stir in the lemon juice.
- **3.** Add green beans to the skillet and toss until coated. Season with salt. Toss until green beans are heated through, about 2 minutes. Remove to a warm plate. Serve immediately.

Maple-orange Sweet Potato Mash

Serves 6.

2 1/2 lbs. sweet potatoes (about 4 medium-sized)1/4 cup walnuts, coarsely chopped2 tsp. sugar-free maple syrup (divided

- 2 tsp. grated fresh orange zest 1/4 tsp. ground cinnamon 1/4 tsp. kosher salt 1 Tbsp. margarine 2 Tbsp. fresh orange juice
- **1.** Peel and cut sweet potatoes into 1/2-inch cubes. Place them in a saucepot with enough cold water to cover. Bring to a boil, reduce the heat and cook until tender, 10-13 minutes.
- **2.** Add chopped walnuts to a skillet over medium-high heat. Toss until the nuts are slightly toasted and fragrant, about 3 minutes. Remove skillet from heat. Drizzle 1 tsp. maple syrup over the nuts and toss to evenly coat. Remove the nuts from the skillet; set aside.
- **3.** Drain the sweet potatoes and place them back in the saucepot on the hot burner with no heat. Let the sweet potatoes sit for 1 minute to let the excess water evaporate. Add the orange zest, cinnamon, salt, margarine, orange juice and remaining maple syrup. Mash the potatoes until smooth, using a potato masher or fork.
- **4.** Remove to a warm serving bowl; garnish with the reserved nuts.

Tangerine Cranberry Relish

Makes 12 1/4-cup servings.

- 1 12-oz. pkg. fresh cranberries2 medium tangerines1/4 to 1/3 cup sugar
- **1.** Rinse cranberries under running water, discarding any soft or old berries; set aside. Slice each unpeeled tangerine into fifths; remove seeds. Place tangerine slices in a food processor; cover and process until coarsely chopped. Transfer to a medium bowl.
- **2.** Add all but 1 cup of the cranberries to the food processor; cover and process until coarsely chopped. Add to tangerines in bowl; stir in the remaining 1 cup cranberries. Stir in enough of the sugar to sweeten to taste; cover and chill for 1 hour. Stir before serving. **3.** May prepare up to 2 days in advance. Cover, chill, and then stir before serving.

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





CELEBRATE THE SEASON.

Celebrate the season with a fun festival, stroll through the unique shops on the historic square or simply relax in one of our many cozy B&Bs. Start planning now, the adventures in Granbury are endless!

Night of Lights Country Christmas Parade

Nov. 29th 7pm-10pm Granbury -A Candlelight Tour Dec. 6th -8th Granbury Opera House Premier Gala - Dec. 5th Grand Opening - Dec. 6th Granbury Living Christmas Cards Dec. 13th -14th 6pm-9pm









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