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NOVEMBER 2015



## Just Keep Running

Amber Ward's cross-country team learns rewards of endurance

Dealing With Problem Pets

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In the Kitchen With Samantha Bates

2015  
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## Porch Sitting

At Home With Harold and Sandra Price



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Granbury Editor, Melissa Rawlins

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Lisa Bell . Betty Tryon

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 Assistant, Amy Ramirez

Photographer, Jen Thompson

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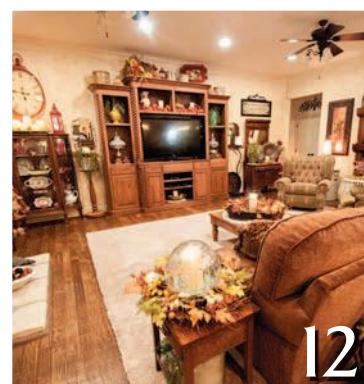
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## ON THE COVER



*The holiday season is filled with old-fashioned love in the home of Harold and Sandra Price.*

*Photo by Jen Thompson.*

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 279-0013 or visit [www.nowmagazines.com](http://www.nowmagazines.com).





## Editor's Note

*Hello, Friends!*

What a perfect time of year! Every mile I walk, every breath I take, my soul is being fed more than any turkey feast could ever do. The blended colors in every tree's leaves remind me every perspective has a flip side.

I just learned November is a month of spring in the Southern Hemisphere and autumn in the Northern Hemisphere. That means November in Rio de Janeiro is the seasonal equivalent of May in Granbury, and vice versa. Now as I go about this month reveling in new beginnings, I'm musing how before there will be brown leaves we're enjoying red ones! Before these dark tones came paler hues. And before the gold, we had green leaves.

Ah, the joy of change! May you and your family rejoice as you remember the blessings of a year that is leading into your future!

Happy November!

*Melissa*

Melissa Rawlins  
GranburyNOW Editor  
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# JUST KEEP RUNNING

— By Melissa Rawlins







*Like every Granbury High School varsity athletic team, the Cross Country Pirates practice hard. The uniqueness of their program is that girls and boys practice and compete together. Their male-female coaching team models core values of supportive, strategic partnership. Head Coach Amber Ward has worked with Assistant Coach Steve Weeks for three years. His ideas are as helpful to the team as his tendency to make Miss Ward and their runners laugh. His ability to relate to the boys is as great as her rapport with the girls.*

The two coaches divide the team into two groups yet take advantage of the natural speed in the boys to train the girls to run faster. Sending the boys after the girls have already started the run, the boys are challenged to catch up with the girls and the girls are challenged to keep their lead. This promotes a healthy competitiveness.

Built into the sport of cross-country is time to befriend each other, whether during a long run or before practice, while

stretching. "I have a *Chicken Soup for the Soul* book for runners, and we'll have discussions based on that," Miss Ward said. At cross-country meets, the team may wait one or two hours for the smaller teams to run before they can compete. "At times like that, we're almost camping out. We take a big tarp and a tent and get to know each other while we wait."

Miss Ward's focus is to help kids appreciate running for the rest of their lives. "I want them to see running as a way to stay fit lifelong," she said. She promotes a strong work ethic, and shows them that if they keep working at it, they will eventually improve their run. "I'm competitive. I love to win," she admitted. "But that's not my main goal. I want to see them improve and keep it going, even when they leave my program."





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This is Miss Ward's 13th year as head coach for both cross-country and track at Granbury High School. She grew up in Comanche, playing basketball in high school and then at Hardin-Simmons University. From there, she transferred to Tarleton State University in Stephenville, where she earned her bachelor's degree and teaching certificate. "My mom loved to come shop on Granbury's Square. When I did my student teaching here at Oak Woods School, I loved it! The community is just so supportive," said Miss Ward, who found a church family at Lakeside Baptist and now calls Granbury home.

Having always participated in outdoor activities, she found she did not enjoy being inside her original elementary classroom all day, every day. She decided to pursue coaching. When she was hired as the freshman basketball coach, the head coach told her she would coach cross-country, as well as track. She thought, *I don't know how to coach runners*. Miss Ward researched proven methodologies and jumped in. Six girls and 10 boys showed up for her first year, and she caught a passion for coaching runners.

"I loved the kids, the program and what I felt like I could do with it," Miss Ward said. After her second year at GHS, the athletic director supported her choice to give up basketball, since its season overlapped with both cross-country and track seasons. Now, after early-morning cross-country practices followed by first period at the high school, Miss Ward teaches physical education for sixth-, seventh- and eighth-grade girls at Granbury Middle School.

"A lot of times in lower grades, running is a punishment. So, I've encouraged the middle school kids to

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run,” Miss Ward said. “I sponsor middle school cross-country meets to expose the girls and boys to the fun of running around the grass. Then, they’re more comfortable coming into our cross-country program in high school.”

When her day at GMS ends, Miss Ward returns to the high school for last period. The week is geared to prepare for meets on Fridays. On Mondays, from 4:30-5:45 p.m., the boys and girls run hills to get their heart rate up and learn to endure the heat of the day.

“The first couple weeks of the school year, they hated 6:00 a.m. morning practices and couldn’t wait until afternoon practices,” she said. “But after two Monday afternoon practices, they learned to appreciate mornings, because when we run hills, they’re exhausted when they get to the top and have to keep going, and then go downhill.”

Tuesday mornings, the team does a long run. In August, it was only about three miles, and Miss Ward let them stop and walk, if necessary. Now with cross-country season is in full swing, the kids run up to four or five miles.

Because of Granbury’s traffic patterns, Miss Ward and Mr. Weeks coach their students to run defensively. “We want our kids to run on grassy areas, since at meets there is hardly ever any concrete. Here, it is challenging. The high school has land around it,” she said, “but you





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This can cause the vein to distend, resulting in the “rope-like” appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation. Many individuals exhibit symptoms of venous insufficiency that includes swelling, throbbing, cramping and restless legs.

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don't want them to get bored by running loops." So the cross-country Pirates mostly run in the grass along hike/bike trails. Sometimes they run four round-trip miles of hills along Meadow Wood. They'll also run hill repeats at Lakeside Baptist Church. Since it's dark during most of their morning runs, Miss Ward encourages them to stop at intersections.

Wednesdays are the team's track days, when they sprint 100 or 400 yards in between walking the 400. "As the season progressed, we made them sprint 400 and then keep jogging 400, repetitively for 3 miles," Miss Ward said. "So, it was a continuous interval training for them." The sprint training was implemented when Mr. Weeks joined the program, and Miss Ward believes this improved the speed in the cross-country program.

Another long, dark run of four or five miles starts Thursday mornings for Miss Ward's runners. "If it's the day before a meet, I say, 'Run at a pace where you can talk to your teammates for 20 minutes.' They'll run from the high school to City Park and back."

Throughout the fall, their Friday meets were often outside of Granbury. "Lots of fitness people from our city come and help out with meets," Miss Ward said. "We really appreciate them."

People on the track, in the field and in the stands take note of their shirts. With "Trample the Weak; Hurdle the Wounded" emblazoned on each runner's shirt, Granbury Pirate humor eases the tension at the beginning of every race. "Cross-country races start in a big old mob, and some kids fall down at the start," Miss Ward said. "My kids really don't run over people. They simply say, 'Just keep running!'" **NOW**

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# Porch Sitting

— By Lisa Bell

## At Home With Harold & Sandra Price



*The front porch sprawls across the expanse of the house — a porch with baby footprints and a date of 1944. Old doors, screens and antique artifacts beckon guests and family to sit, recapturing a sense of days when people gathered on the porch, where life centered on the stories and concerns they shared and neighbors looked after and welcomed each other.*

When Harold and Sandra Price bought the almost 100-year-old house on 52 acres, she wanted to tear it down and start over, but he didn't. He finally conceded, but insisted on keeping the porch. "I'm not a history buff, but I believe in taking care of what someone else did," he said.







The house itself was originally built in 1910. The old dairy barn has 1922 inscribed in the mortar that holds rocks together, and the rock watering trough claims 1920 as its birth year. A storm cellar, complete with original rock walls, stairs and a door provides shelter during violent weather seasons.

Although the original hen house still stands on the property, they don't use it. A smaller barn, now covered with some of Harold's old signs, serves as a garden shed on one side and a chicken house on the other. "I have a fetish for old signs," he said. In addition to a few in the house, including Elsie the Borden cow, and the various ones on the shed, Harold has many others stored in the barn. Sandra prefers collecting other antiques, especially crockery ranging from 60-gallon drums, down to one-gallon jars.

While Sandra grew up in Tolar, Harold came from Granbury. Both of them belong to families who have lived in the area for generations. "Our 14 grandkids are sixth-generation here," Harold said.

"We've known each other forever," Sandra said. In earlier years, they didn't date, but often saw each other in Granbury. Both towns were small, but Granbury had a drive-in.







"I'd be at the drive-in and she'd walk by me with her nose up. I never did like her," Harold said with a playful twinkle in his eyes. "She made me marry her." Sitting at the kitchen bar, he doesn't seem sad about the decision.

After both had previous marriages, they reconnected at a local bar. Friends prodded him until he asked her to dance. "When we walked off the dance floor, he kissed me on the forehead. We've been together ever since," she said.

In February 2016, they will celebrate their fourth year of living in this house. Harold saw the "for sale" sign when he went to check on nearby property he owned at the time. He called the Realtor and learned someone had just signed a contract. He and Sandra were going out of town, so he offered a backup contract in case the first one failed. And it did. They both had connections to the worn out house. As a child, Sandra joined her mother, visiting the old woman who lived there. Harold delivered bricks to the husband, often sitting on the porch chatting and waiting for payment.

The entire house fit into what now

makes up their living, dining and kitchen area. They added three bedrooms, two-and-a-half baths, a utility room, garage and closets. Sandra and Harold wrecked flooring and walls before hiring subcontractors to rebuild. The pier and beam-style home still sits on original joists and has the complete roof. Parts of the walls remain, too, while original wood flooring now lines the barn.

In an open design, the kitchen feels like the heart of the home. Six stools belly up to the wraparound bar. When Sandra works in the kitchen, Harold usually sits at the end of the bar. They chose Formica for countertops and to line the walls between vast numbers of cabinets, painted antique white. The kitchen also features an island, where Sandra does what she loves most. They selected Formica for several reasons. It is easy to clean, durable and it matched the vintage country atmosphere they wanted.

"This whole house was made to use, not for status," he said. They relish opening their doors to people, hosting parties and welcoming drop-in guests. Harold reminisced that Sandra delights

to cook and feed people, much as her mother did when someone dropped by. "She'd jump up and start rattling pots and pans," he said.

Throughout the house, the couple displays many antiques. "The crock is what catches everyone's eye," she said. She started collecting them after a friend used a 50-gallon container as an island base. The larger ones have tops, becoming unconventional tables with hidden storage. A high nook in the kitchen corner holds a coffee box, rooster and other antique objects. Sandra overruled putting a television in the kitchen, especially with a large one in the living room.

Harold insisted on a wood-burning stove instead of a fireplace. He likes lots of heat while she likes cold. "The stove is the sole source of heat in the wintertime," he said. More efficient, smaller and cleaner, Harold claimed the stove heats the entire house. "We've got a lot of wood," he added with a laugh.

The utility room has a distinctive L-shape, but the decor in this room makes it fascinating. Decorative old-





# They both take joy and pride *in their simple lifestyle.*

fashioned kitchen towels hang on one wall. A pie safe, an old screen door on the wall and an antique bathroom stove-turned nightlight complete the comforting look. Cabinets make it functional.

Lace curtains throughout the house bring back the simplicity of old farmhouses. The master bedroom carries the same simple comfort of the other rooms. A sitting area looks out to the back of the house, bringing the beauty of nature inside.

In one extra room, timeworn benches, wooden wagons and trunks complement a daybed. The bed belonged to Harold's maternal great-uncle. When the parents died, his mother's uncle and aunt were both single and decided to stay in their

home. He used the daybed to sleep on the porch.

Pictures of family line the hall walls on the way to the guestroom. This third bedroom looks like they meant it for a little girl, complete with pink bedding and lace. On one wall, framed pictures of an oversized paper doll and her tabbed dresses form a grouping. For women who spent hours playing with paper dolls, the room invites them back to childhood memories.

"It's home," Harold said. Sandra loves the kitchen more than any other room. He sits nearby, keeping her happy. "That's what I live for," he said.

They both take joy and pride in their simple lifestyle. A gentle breeze graced



by cicadas singing, the front porch is the place to relax and breathe life. The Price home is perfect for porch sitting — a lost pastime everyone could use. **NOW**



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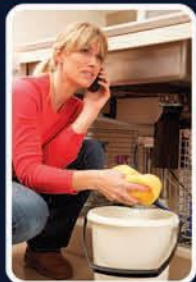
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A quick look at the gift items and discounts available locally.



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# Dealing With Problem Pets

— By Melissa Rawlins

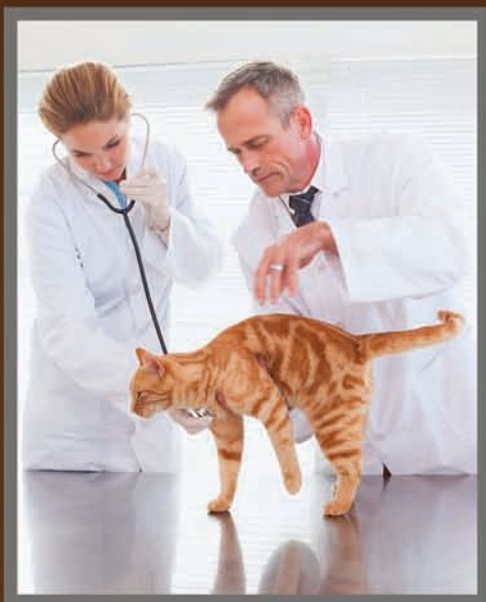
*Whether dog or cat, a pet depends on its human for more than just food, water and love. They also require structure, which will prevent many problems faced by parents of four-legged children.*

Even though different animals react differently to circumstances and training, common amongst both felines and canines are separation anxiety and food aggression. Both



problems inspire some very nasty behaviors that are enough to make you feel like withdrawing your love and, sometimes, your food! Instead, remember that vast resources are available to help resolve your pet problems and restore peace at home.

Veterinarians are a wealth of knowledge about your pet's health. Since your animal's behavior is often the vet's best clue to what's going on inside your pet's body, you'll find conversation



with your vet an informal source of pet training information. For instance, you will want to have your cat tested for a urinary tract infection if you notice them spraying urine. While there, your vet will discuss with you the fact that when cats spray urine, they are either marking territory or indicating stress.



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Your job is to manage your cat's behavior, since you can't train this instinctive reaction out of them. First, look for environmental triggers like your own schedule or other cats. Some cats are agitated by the slightest changes in routine. Many felines feud, and urine spraying is part of their arsenal. All you can do as a steward is keep the fighters separated. Most importantly, feed them in distinctly different locations where they cannot see each other.

Similar mitigation is necessary when dogs exhibit food aggression, which the American Society for the Prevention of Cruelty to Animals simply calls food guarding. Their research says that unless you fear your canine will bite you, you can employ desensitization and counter-conditioning techniques to change the way your dog feels about people approaching him when he has food. The ASPCA website warns never to punish or intimidate the dog that guards food. This could be dangerous and, possibly, derail the relationship you're building with your dog.

A variety of reasonable precautions ensure safety for people and other dogs. Simple procedures to prevent drama include:

- Leave dogs alone while they're eating.
- Feed dogs in a separate room, in a crate or behind a barrier.
- Provide dogs with adequate amounts of food so the canines feel less motivated to guard.
- Do not attempt to take away stolen or scavenged food from dogs.
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the food bowl at your feet or requiring the dog to eat directly from your hand.

One key to dwelling in a peaceful kingdom is empathy. According to Emily Gilliland, a young mother who has also trained her own cats and dogs for over six years, it makes all the difference when you understand how your animal is feeling about the task or behavior at hand. Commonly, cats jump up on counters and tables reserved for human use. Emily patiently uses a spray bottle of water or an air can to chase them off surfaces, and then sets it on the counter where the cat was. This teaches the cat they will not be comfortable where they once felt welcome.

Repetition is another key. "As a 2-year-old child, a dog has the ability to grasp simple commands only after many repetitions," Emily said. "They also can problem-solve simple tasks. Our communication is skewed, though. Animals can be misunderstood because they communicate not with words, but with subtle cues. Remembering this when training and behavior shaping can have a significant impact on the end result and reduce overall stress levels for all involved — canine and child included."

Emily experienced the joy of a strong trust and loving bond with all her animals after investing patience and energy. "Training my pets is beneficial to both my pets and me," she said. "They are expected to behave in a particular way, and they have learned to expect the same from me."

Whether taking in a new dog or changing your schedule, Emily suggests watching for symptoms of separation

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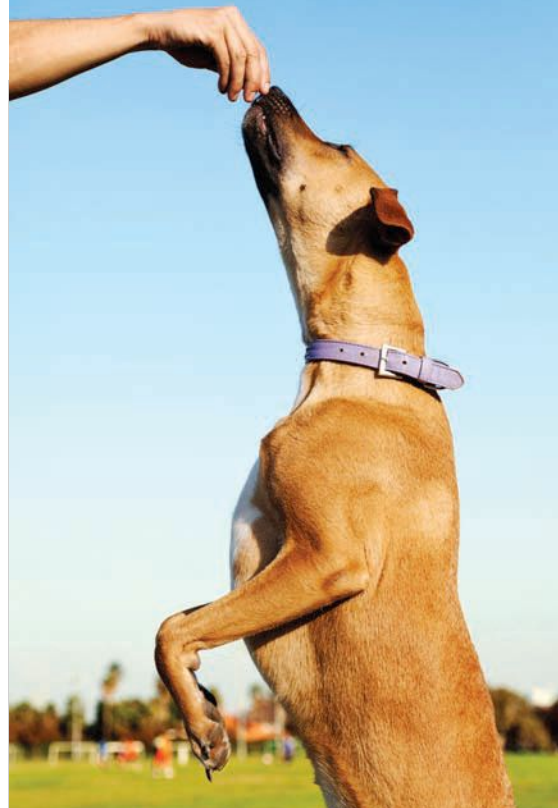
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anxiety that include, but are not limited to: excessive chewing, destruction of doors when keeping the dog inside, pacing, whining, barking and window surfing. There is a simple solution. Have the dog lie or sit in a room, and then leave, closing the door and waiting five seconds before returning. Repeat this procedure, stretching the wait time progressively to 10 seconds, then 45, then a minute-and-a-half and so on. "As you do this, the dog will start to realize you will come back," Emily said. "Adding in a treat or a little play time on your returns will certainly make this a positive experience in the dog's mind."

Promoting positive experiences is part of being what the American Kennel Club calls a responsible owner. Responsible owners have well-mannered dogs and cats. If you discern that you need a little help, you can find local clubs and classes for training your dog to be a good citizen. Visit [www.akc.org/dog-owners/training/](http://www.akc.org/dog-owners/training/) or ask around at boarders and groomers in your community. Although it's rare to find professional cat trainers, there are excellent books on the topic available in bookstores, and tips abound online.

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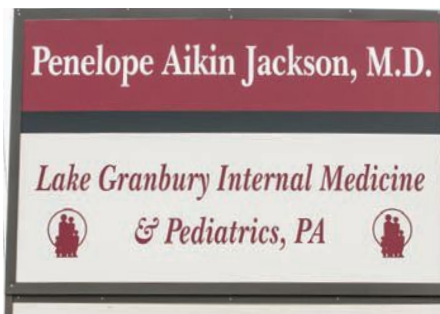
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2005 Rockview Dr.  
Granbury, TX 76049  
(817) 579-1005

### Hours:

Monday-Thursday: 8:00 a.m.-5:00 p.m.  
Friday: 8:00 a.m.-1:00 p.m.



Dr. Jackson can treat the entire family, from infants to great-grandparents.



# A Shot of Positivity

*Friendly care is the hallmark of Lake Granbury Internal Medicine and Pediatrics. — By Melissa Rawlins*

Tenderness and humor go hand-in-hand with good sense in the office of physician Penelope Aikin Jackson, M.D. Since 2001, Dr. Jackson has practiced internal medicine and pediatrics. “It was always in my spirit, from elementary school on, to help people,” she said. She’s fulfilling her calling at Lake Granbury Internal Medicine and Pediatrics, PA, which she founded in 2007. “We care for whole families, from little baby to great-grandma and -grandpa, and treat them for all the many different problems that come with life.”

Dr. Jackson leads a team that makes coming to the doctor fun. Five years ago, Office Manager Jamie Riley was a patient. She saw that her doctor, who had become a good friend, would be an awesome boss and asked for the job. She now works with two medical assistants: Brandy Jones, phlebotomist;

and Trina Riels. Both administer injections and conduct vitals before the doctor visits with patients. Receptionist Cindy Coan performs insurance preauthorization and lines up referrals, if one of Dr. Jackson’s patients needs to see a specialist.

Patients have fun here, because the team jokes with patients while taking good care of them. Jamie even gives weight-loss patients her personal number, so she can keep them on track during their challenging diet and lifestyle changes.

Years ago, Dr. Jackson noticed obesity was a problem in a large part of her patient population, and many individuals asked for help with their weight. “Their obesity was affecting everything, from blood pressure to joints. If that wasn’t impacted in a positive way, then the other areas weren’t going to be fixed well,” Dr. Jackson said.



Some people need a structured plan, so about three years ago, Dr. Jackson investigated options that would be safe and found several effective, physician-monitored methods for helping people look good and feel good. Dr. Jackson's patients have been successful in losing weight quickly with the HCG plan. She also offers a skinny shot, which helps boost metabolism and motivate dedication to losing weight. "Patients sit down with me, and we work out a plan. Jamie and I work together to help guide patients on which plan works best and support and encourage them in that plan."

*"It was always in my spirit, from elementary school on, to help people."*

Overall, Lake Granbury Internal Medicine and Pediatrics is moving toward a more natural way of dealing with medical problems. "It is important to me to figure out ways to treat my patients that won't cause more pain or problematic side effects than what we were trying to treat," Dr. Jackson said. "With BioTE to support and replace hormones, we do not worry about side effects, risks and scares that come with synthetic hormones, and our patients get all the benefits of no hot flashes, improved sexual function and overall well-being."

This month, people in their mid-20s to their 90s, as well as children, will be swinging open the front door of Lake Granbury Internal Medicine and Pediatrics quite frequently, because it's the season for upper respiratory infections. It's also time to prepare the body to fight against allergies. Before mountain cedar starts pollinating in December, Dr. Jackson will administer immunotherapy, allergy shots that help immunize patients to the severe and chronic side effects of allergies.

Whatever procedure you need, Dr. Jackson and her team will make you feel relaxed and comfortable. In fact, you'll get a shot of positivity every time you visit Lake Granbury Internal Medicine and Pediatrics. **NOW**



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*Jean Pilling rearranges the flowers her husband, Robert, sends to encourage her smile at Granbury City Hall's reception desk.*



*Ladies and gentlemen enjoy a presentation by Lakeside Physician's Radha Narayanan, M.D., during the Healthy Woman luncheon.*



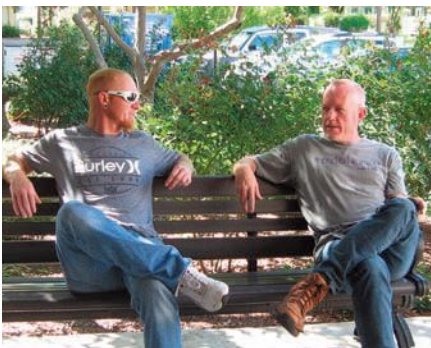
*Merchants enjoy helping Granbury's economy as they participate in the 5th Annual "No First Day of School" event.*



*Jeremy and Sarah Beagle try stealing a kiss from Dazzle, the Arrow Feed shop cat.*



*FOL First Vice President Marita Crowder presents a partial tuition scholarship for advanced studies to Acton Middle School Librarian Charity Hatley, fully supported by AMS principal Jimmy Dawson and GISD superintendent Dr. James Largent.*



*Mark Adwell discusses the business of Kyani with Kevin Hewitt outside the Hood County Library.*



*Sweethearts Matthew and Brandy Herr enjoy an afternoon on the patio at Farina's, where Brandy believes ghosts still live.*



*Lake Pointe Academy students Jaryn, Sebastian and Steven have some bubble fun with their teacher, Ariel Porter.*



*Oak Woods School Assistant Principal Chelsey Gibson explains the rules on how to find the storybook character, Gingerbread Man, to Kindergarten students.*



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### November 4

Fresh Start Divorce Recovery: 6:30-8:00 p.m., Granbury First United Methodist Church, 301 Loop 567, Room #119. (817) 573-5573.

### November 7

Healthy Woman 9th Anniversary Luncheon: 10:00 a.m.-2:00 p.m., Acton Middle School, 1300 James Rd. (817) 579-2979.

Jewell Ball: 6:00-11:00 p.m., Granbury Resort Conference Center, 621 E. Pearl St. 31st annual fundraiser benefiting projects of the Lake Granbury Area Beautification Council. (817) 326-4277.

### November 10

North Central Texas Civil War Roundtable meeting: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy 377. Call Charlie Peoples, (817) 578-5965.

### November 14

Girls Night Out: 5:00-7:30 p.m., Historic Downtown Square. Drawing for \$100 Square Dollars. [www.granburysquare.com](http://www.granburysquare.com).

### November 16

Elizabeth Crockett Chapter D.A.R. meeting:

9:30 a.m.-noon, First Presbyterian Church Fellowship Hall, 300 W. Bridge St. (817) 326-5009.

### November 17

Women In Business luncheon: 11:30 a.m.-1:00 p.m., Harbor Lakes Golf & Swim Club, 2100 Club House Dr. \$10. RSVP (817) 573-1622.

### November 19

Hood County Teen Court: 6:00 p.m., Hood County Justice Center, 1200 W. Pearl St. (west entrance). See Granbury and Tolar high school kids in action. Contact Rodney Casey, Teen Court Coordinator, (817) 219-1453.

Wine, Song & Friends: 6:00-8:00 p.m., Barking Rocks Winery. Support Friends of the Library for Hood County. Bring friends and family for music by Janice Horak, poetry and great food. \$35. [www.hoodfol.com](http://www.hoodfol.com).

### November 27

Country Christmas and Night of Lights Parade: 6:00-8:00 p.m., Historic Granbury Square. Granbury Ministerial Alliance, with Historic Granbury Merchants Association, hosts the parade. Bring lawn chairs and dress warm!

### November 28

Reindeer Run & Jingle Jog: 7:00 a.m.-noon, Hewlett Park. Support the Granbury High School Pirate Band! \$25-\$40. T-shirts guaranteed with advance registrations. (817) 408-5273. [www.granburyisd.org/ghsband](http://www.granburyisd.org/ghsband).

Last Saturday Gallery Night Art Walk: 5:00-8:00 p.m., Historic Granbury Square. Walk or take a tram to visit galleries of Granbury. Artists on hand, some giving demonstrations! Contact (817) 573-9446.

### December 4 — 5

Granbury — A Candlelight Tour: 5:00-9:00 p.m., **Friday**; Noon-9:00 p.m., **Saturday**, Historic Granbury Square. No charge for children under 8! Call (682) 936-4550 or visit [www.granburycandlelighttour.com](http://www.granburycandlelighttour.com).

*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 Samantha Bates

— By Melissa Rawlins

An Easy-Bake Oven was one of Samantha Bates' favorite toys. "My earliest memory of cooking was the first day I met my adoptive parents, at the age of 4," Samantha said, recalling standing on a high stool over a stove top helping her mom cook "bacanoni and cheese," otherwise known as macaroni and cheese.

Learning resourcefulness and creativity from her mom, she now teaches cooking to children at the Boys & Girls Club of Hood County. "We don't have an oven at the club, so it's always fun to find different no-bake recipes and see what we can do. It's an awesome feeling working for an organization like this, knowing that each day is a chance to change a kid's life!" **NOW**

### Crock-Pot Style Chicken Tacos

*This recipe is very versatile and can be used for enchiladas, nachos, tostadas, quesadillas, etc.*

- 6 chicken breasts, uncooked**
- 1 1-oz. pkg. taco seasoning**
- 1 16-oz. jar salsa**
- 12 soft flour tortillas**
- 1 cup cheddar cheese, shredded**
- 1 8-oz. tub sour cream**
- 1 avocado, peeled, deseeded and diced**

- 1.** Dump first 3 ingredients into a Crock-Pot. Stir to blend the seasoning with the salsa. You do not need to add any water to the seasoning.
- 2.** Cook on high for 4-6 hours, or on low for 6-8 hours. Shred chicken with two forks if it has not already fallen apart; stir.
- 3.** Serve chicken inside soft flour tortillas, and garnish with shredded cheese, sour

cream and avocado. (Additional toppings of your choice may be added. I occasionally add fresh guacamole.)

### Homemade Granola Bars (No Bake)

- 2 cups quick-cooking oats**
- 1 cup Rice Krispies cereal**
- 1/4 cup coconut, shredded**
- 1/4 cup butter**
- 1/4 cup honey or agave**
- 1/2 cup brown sugar**
- 1/2 tsp. salt**
- 1/2 tsp. vanilla**
- 2 granola bars or candy bars, your favorites, crumbled**

- 1.** In a large bowl, mix together the oats, cereal and coconut.

**2.** Set a small saucepan over medium heat, and melt the butter with the honey, brown sugar and salt. Stir together and then let it boil. Once the boil reaches the edge of the pan, let it continue to boil for 2 minutes and 15 seconds.

**3.** Add the vanilla, and then pour mixture over the oats. Mix the ingredients together until the oats are completely coated.

**4.** Choose your favorite granola bar "mix-in," and add it to the bowl. My personal favorites are Peanut Butter and Chocolate Chip or white Chocolate Chips and Craisins. You can also add bits of your favorite candy bar such as HEATH Bar or even Mini M&Ms. Get creative!

**5.** After adding the mix-ins, press mixture firmly into a greased pan. Be sure to press firmly, or the bars will fall apart when removed from the pan. (I use a 9x13-inch pan, but a smaller or larger pan may be used, depending on how thick you like your bars to be.)

**6.** Place the bars in the refrigerator for 20 minutes; cut to size and enjoy!

### Homemade Ice Cream Sandwiches

*Makes 12.*

- 24 premade cookies**
- 3 cups vanilla ice cream**
- 3/4 cup sprinkles**
- 3/4 cup mini chocolate chips**

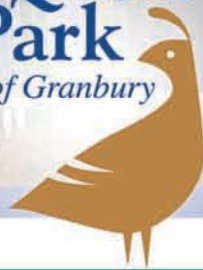
- 1.** Spread waxed paper on the countertop.
- 2.** Line cookies out and put a generous scoop of ice cream in the center of each cookie. Top with a second cookie to get the "sandwich effect." Smooth out the edges.
- 3.** Spread sprinkles and/or chocolate chips out and gently roll the edges of each sandwich across them so the decorations stick to the ice cream.
- 4.** Serve immediately and enjoy!

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



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