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"you need to stretch more" and you want REAL answers? Then read on...

The key to finding out why you're waking up at night with intense and painful cramps in your legs is having the appropriate diagnostic tests.

Very often the typical tests don't pick up the problem that's causing this to happen, and in those cases all you're left with is weak advice like "you're just not stretching enough" or "you're not drinking enough water."

Seriously, if it was an issue of not drinking enough water, every muscle in your body would be cramping all at once since they all get the same amount of water. Right?

As for stretching, it does give temporary relief in the daytime, but do you want to lay in bed stretching at 3am? And if it's worse you have to get up and stretch, walk around and your sleep is completely disrupted. Who wants that?

You might get lots of other advice as well, all of which is just as deeply flawed, and you're likely to get something different from every healthcare provider that you speak to. They all have their own opinions.

But opinions won't help you stop the cramping. The solution to this problem comes from finding out what's really going on...

So what's the answer?

It's essential to understand that a muscle cannot cramp (contract painfully, uncontrollably and spontaneously) by itself.

Muscles need nerves to tell them to contract, if you cut the nerve there will be no contraction and long-term there will even be muscle wasting - you would

have seen this if you know someone who's been paralysed or suffered some other type of nerve damage in an accident. Nerves are the source of muscular activity in the body - FULL STOP.

When someone suffers from frequent and painful cramping problems, the first logical place to look should be nerve activity - but this is often completely overlooked and nerve misfires are usually never the suspected cause.

Nerve misfires are a cause of cramping.

When a nerve is chronically mechanically disturbed (twisted, compressed or stretched) it starts to misfire. Usually it will cause the muscle to get tighter and more likely to cramp. Very often there are no obvious signs or symptoms that this is happening and it quietly creeps up on you. Cramps can be the first obvious sign that something is wrong.

Recent advances in the technology used to measure nerve misfires have led to improved diagnostic methods, which can remove the "mystery" of what is causing you to have the painful cramps.

These tests are not about looking at markers that tell you WHEN the machinery's gone wrong (like blood tests and cholesterol etc), this is about telling you WHY things have gone wrong.

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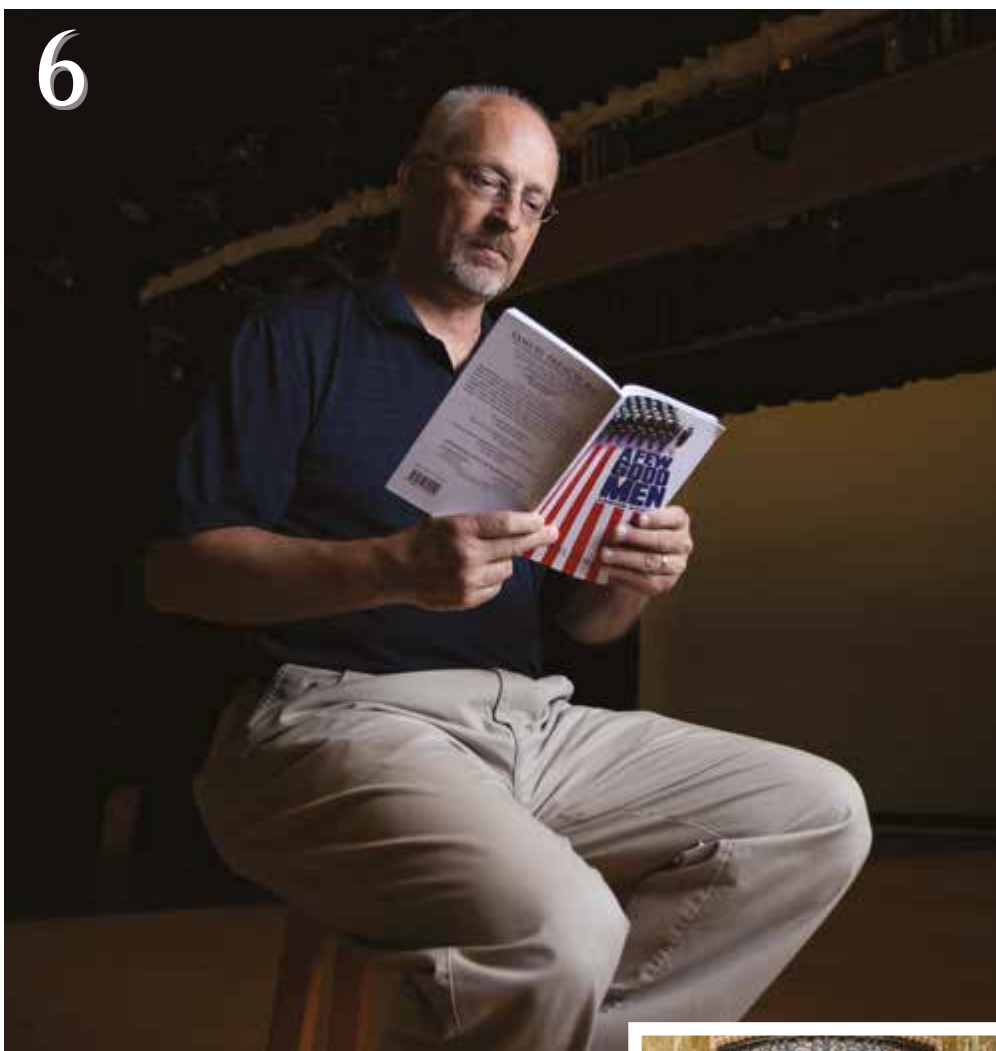
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CONTENTS

November 2017 • Volume 6, Issue 11



ON THE COVER



Micky Shearon leads the Granbury Theatre Company to great levels of performance.

Photo by SRC Photography.

6 Mr. Theater

After two decades away from drama, Micky Shearon is more active than ever.

10 Room for All

At Home With Bruce and Sally Allen.

18 Art in Motion

For Taylor Bray, creativity and athleticism blend.



22 BusinessNOW

24 Around TownNOW

28 CookingNOW

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Editor's Note

Hello, Granbury Family and Friends!

Last November, I intentionally decided to keep thanksgiving in every day — not relegated to only one day a year. Life sometimes brings harsh days and difficult times. A true heart of gratitude looks past circumstances and finds something good, no matter what else comes along. In all honesty, I had days when I grumbled and complained — maybe not in public or even to family and friends — and I grew ungrateful, failing miserably for a time.

But that's when the decision of intentional gratitude kicked in. As I started my day, I looked for something in my life worthy of thankfulness. You know what? When I refocused my attention, I always found a reason to say thank you. I usually didn't need to look far. If I have the basics of life — a place to live, food to eat and clothes to wear — I have reasons to feel grateful. I have so much more than the basics. How about you?

Have the happiest of Thanksgivings this year!

Lisa

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A man with glasses and a beard, wearing a dark blue polo shirt and light-colored trousers, is sitting on a wooden stool in a large, dimly lit stadium. He is holding and reading a book titled "A FEW GOOD MEN" by SAMUEL JOHNSON. The book cover features a stylized American flag. The background shows the tiered seating of the stadium, mostly empty, with some lights visible in the distance.

MR

— *By Rick Mauch*

"The adrenaline rush you get right before
you go on never gets old."

THEATER

Micky Shearon fell in love in high school. But, like many young loves, they drifted apart. Two decades later, they were reunited. Now, nothing can separate them. "I got out of it. I got married, started having kids, and didn't do anything at all with theater for 20 years," Micky recalled. "Then I joined Lakeside Baptist Church in the mid-1990s. Carey and Dena Dyer, youth minister and drama team director respectively, got me involved again. We started traveling and doing things regionally, and I got the theater bug back."

Now, at age 55, Micky is working harder than ever at his precious craft. Not only does he sing and act, he's the president of the Granbury Theatre Company (GTC), which performs up to eight shows annually at the historic Granbury Opera House. Micky, himself, performs in about four shows a year. His days are longer when combined with his day job as a court administrator and being a loving family man, but he finds it all to be very rewarding. "I have a very supportive and understanding wife," he said of his longtime spouse, Beth. "I work 8-5, check on things at the theater at lunch, and most evenings when I get off work, I run by and check on the theater again. Then, when I'm in a show, you add in rehearsals from 7-10 each Monday through Thursday evening. Once the show opens, weekends are taken up for three to five weeks, depending on the show."

Micky first got involved in theater at Euless Trinity High School. He later transferred and graduated from Bethel Baptist High School in Arlington in 1980. He performed at Tarrant County Junior College and The University of Texas at Arlington before stepping away from drama.

Not only has he revived his own acting career, he's played a big role in bringing the Opera House back to a thriving success. Micky joined the board of directors in March 2015 and found himself named president in May of that same year.

When he took over as president, the Opera House was selling about 35 to 40 percent of its seating capacity of 269 for each show. This year, they are running at about 85- to 90-percent capacity and will go over \$1 million in ticket sales for the first time. "We're doing better productions. People are blown away by what they see in a little town like Granbury," he said. "We ramped up marketing, especially social media. And we started paying certain actors small stipends for roles, enticing more talent to join us. Granbury Theatre Company is always going to be a community theater. We're going to be a place that combines an avenue for locals to plug in along with non-equity professionals. Whether it's a retiree who wants to have fun or a professional who does 15 shows a year and is looking to hone their skills, we're giving the community something to be proud of."

Longtime friend Doug Long credited Micky with steering the GTC through a storm. "The GTC came out stronger and better able to benefit the Granbury community," Doug said. "Micky continues to lead the GTC in a way that best serves the members of the company, as well as the patrons who come to the shows."

Micky's community involvement goes beyond theater. He's long served on the Granbury School Board and is one of the leaders of the annual Operation School Supplies. "Micky doesn't do anything halfway," former school board member Charlie Cloud said. "He is a driving force. Hood County is lucky to have him,

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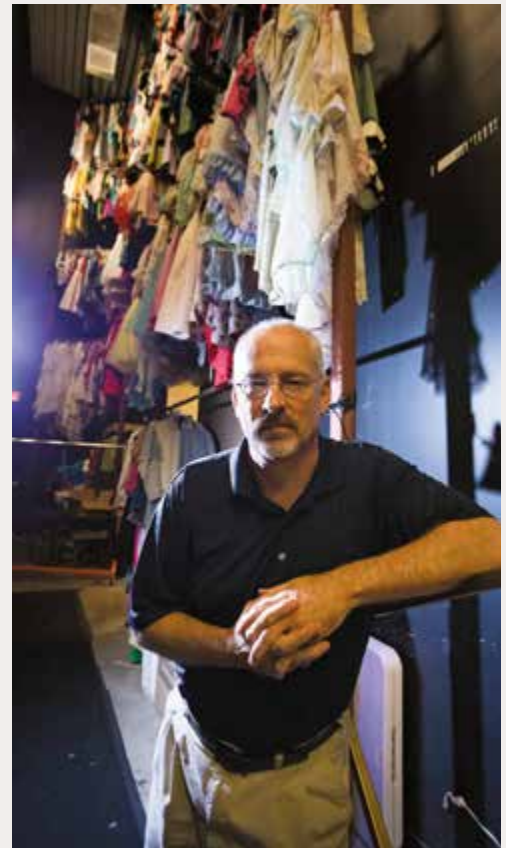
MAGAZINES

Bringing the best of the community home

and I consider it a great privilege and honor to call him my friend.”

Micky was one of the last onstage when the old Opera House was closed and one of the first onstage when the new one opened. He and his friend, Angela Burkey, performed *The Gift of the Magi* on the old stage, and he was one of the standout singers in *A Christmas Carol* when the new theater debuted in January 2013.

He is going to direct a revival of *A Christmas Carol* for the 2018 Christmas show. Though he's directed before, it will be his first time to do so at the Opera House. “I guess it's kind of come full circle,” he added.



The thing Micky loves most about theater is the collaboration that goes into a great production. The combination of the different skill sets for one main purpose is what makes the long hours and hard work worthwhile. “It's like you're sitting on the floor with hundreds of parts around you, like a clock,” he said. “You put them together and you create this beautiful clock. And one part is not more important in a clock than another. You take one part out, and the whole thing just doesn't work.”



He also loves the challenge of working without a safety net. In live theater, a lot of things can go wrong, but somehow it always works out. "The adrenaline rush you get right before you go on never gets old," he said. "Any number of a hundred things could go wrong, but that's part of the appeal."

Micky's daughter, Whitney, is also involved in drama. The Texas Christian University sophomore theater major does, in fact, work with her father sometimes at the Opera House. "She loves the production side of theater," Micky said. "It gives us something to share. It's very special."

Aside from his own daughter, Micky loves seeing young people involved in drama. The GTC offers spring break and summer camps to youngsters. "It's amazing to see what theater does for young people and how it helps them develop life skills," he said. "One of our kids just got a call-back in New York to play Ralphie in *A Christmas Story*."

Fellow thespian Phil Groeschel said of Micky, "He's committed to growing the Granbury theater community to create learning opportunities for everyone who's interested. Many talented theater artists have gotten their start in the Granbury Theatre Company."

Micky plans to stay involved in theater as long as he is physically and mentally able. He said the craft keeps a person young. In fact, he's preparing for his next challenge. "I just started learning tap dancing," he said. "My goal is next season to be in a show where I can tap dance. And I have to be good because our staff doesn't cut us any slack!" **NOW**



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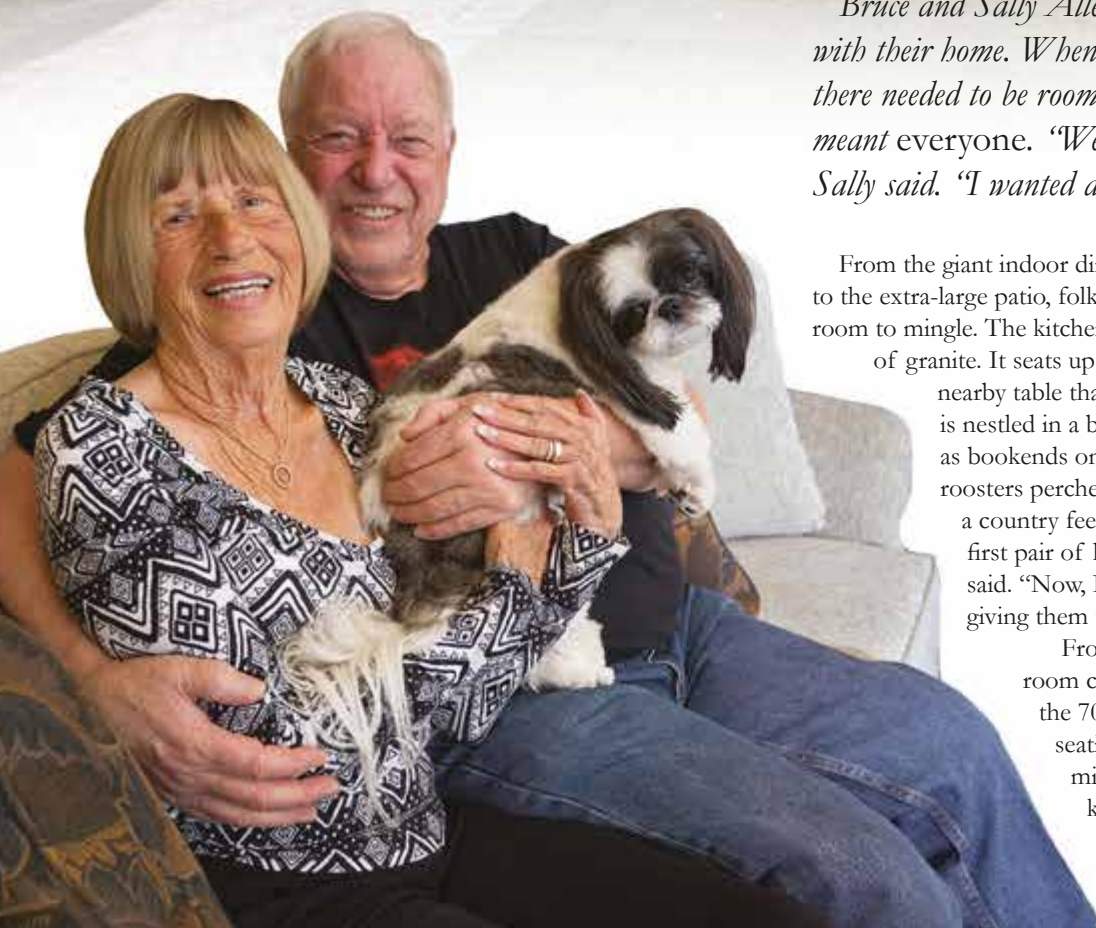
— By Rick Mauch

At Home With Bruce & Sally Allen

Bruce and Sally Allen had one main objective with their home. When it came to entertaining, there needed to be room for everyone — and they meant everyone. “We’re very family-oriented,” Sally said. “I wanted a real enjoyable space.”

From the giant indoor dining and entertainment area to the extra-large patio, folks who stop by have plenty of room to mingle. The kitchen features a giant island made of granite. It seats up to a dozen people. There’s a nearby table that seats several more. The stove is nestled in a brick cove with shelves serving as bookends on each side. The four ceramic roosters perched on the island give the kitchen a country feel. “I was in Italy and bought my first pair of hand-painted roosters,” Sally said. “Now, I’ve got over 30. People keep giving them to me.”

From the kitchen, the large living room can be clearly seen. This includes the 70-plus inch television and all the seating area. “A mother should not miss anything while she’s in the kitchen,” Sally said with a chuckle.





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Just outside is an equally large patio and outdoor dining and entertainment area. It includes a small pool and lots of chairs. “I wanted a place for parents to watch kids swimming,” Sally explained.

The patio seats around 50 people. There is no reason for anyone to have to stay inside because things may get crowded, which was Sally’s plan. “You know how most times you have to bring out chairs from the house when you have large gatherings because there’s not enough seating? Well, we don’t have that problem,” she stated.

In the corner is another TV, about 42 inches in screen size. Above the fireplace is a giant clock made of wrought iron with large Roman numerals. Of course, there’s a grill, an ice machine and a refrigerator on the patio. And above



are not your typical ceiling fans. They resemble oscillating fans attached to the ceiling, and they do indeed rotate. It’s one of many ideas Sally got from a magazine. “I’m always in a magazine. I pay attention to everything. I used to decorate all of our stores,” she said, referring to the McDonald’s restaurants they used to own in El Paso before moving to Granbury. They owned 11, in fact.

And weather is never a problem on the patio, not even a blowing rain. Not only is it covered, but with the push of a button, screens come down to enclose

it completely. “The wonderful part is you can see out, but others can’t see in,” Bruce said.

“We wanted enough room for everyone — family and friends. I think we’ve got it covered,” Sally added, grinning at her pun.

In all, the home is around 4,800 square feet, and Bruce and Sally are making the most of every inch. For example, the pantry doubles as a storm shelter, complete with a thick steel door. Once they realized how much storage space was upstairs after construction, they decided to turn part of it into a relaxation/



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entertainment room with a large TV and room enough for about 15 people to sit. "I didn't want an upstairs, but it would have otherwise been just a waste of space," Sally added with a laugh. "When you ask for storage space upstairs, be careful what you ask for!"

If her memory serves her correctly, the bedrooms feature a collection of paintings she picked up in Germany. They have a consistent theme of people enjoying themselves in a Colonial, Old-World setting. One is of some ladies picking berries. Another is of neighbors out for a Sunday stroll. Yet one more showcases two little girls having tea with a Teddy bear in between them. "I've never had a decorator. I've always done my own thing," Sally said. "I've always felt it was my home." Sally also loves pillows and lamps. There are plenty of both throughout the home, especially in the bedrooms.



In the entrance to one of the guest bedrooms is another painting in the series. This one shows a single swing surrounded by foliage with no one in the painting. Across from it is a painting of a little boy alone in a giant yard of foliage, and he's picking flowers. "They really are peaceful," Sally shared. "I love children and the peaceful feeling it gives you when you look at them. The bedrooms seemed to be the perfect place to put the paintings."



At the foot of each of the beds in the guest bedrooms are serving trays. One has a teapot setting and another is decorated with delicious-looking chocolate strawberries — albeit not real, just like the beautiful silk rose lying next to them.

Bruce's office is a trip into the past, with photos depicting some of El Paso's history. He spent 20 years in the Air Force, and they lived in El Paso for 22 years. The photos on the wall show the city as it was growing, with some going as far back as 1950. "They tell a big story," Bruce said. "Notice no houses [in several of them]. You can see the growth. I loved El Paso. I could have lived there the rest of my life, but we love it here, also."

The Allens moved to Granbury a dozen years ago when they were asked to take over the local McDonald's stores. They turned down the store offer, instead retiring, but they did decide to move onto the lake.

Two years ago, they moved into their current home, about a half-mile from their former residence. As Sally said, the kids were all grown up, and she and Bruce were left with a boat and no more than six jet skis.

Bruce and Sally have been married 56 years. They met when she was the maid of honor and he was the best man at a combined family wedding. They have two daughters, Kathy Moore and Pam Cook, both of whom live in Granbury. Between the two daughters, they enjoy seven grandchildren.

With summer long gone, Sally turns her attention to decorating the yard for the fall and subsequent holiday season. She loves mixing up her designs to keep folks interested. "I have people drive by just to see what I'm doing out front," she said. "To me, a home is a place to be lived in. Make it what you want, as long as it's comfortable." **NOW**



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Is skateboarding an art or a sport? Even among avid skateboarders, this question remains unanswered. On one hand, learning and performing tricks requires an extreme athleticism found in the toughest sports. But to Taylor Bray, skating requires creativity that is nothing less than art in motion.

Watching a skater soar through the air with body twists and flips of the skateboard, gliding along a rail or flying over steps doesn't help with deciding, either. The fluidity of movement and unique combinations of different tricks definitely requires a creative side, but no one can deny the physical effort included in those moves.

Taylor got his first skateboard around the age of 7 or 8. Back in those days, not so long ago, he learned through videos and watching other people skate. "I'd fall asleep watching the same video over and over," he said. One of his biggest influences came through Tony Hawk, along with the popular video games of his childhood. In the beginning, he spent hours in his garage repeatedly trying to nail his first ollie — a move using your back foot to smack the tail of your board against the ground, while your front foot pulls the board up into the air. Because most other tricks use the ollie as a basis, learning and perfecting the move is extremely important. Nailing any trick for the first time creates an exhilarating feeling of accomplishment.

At 24, Taylor continues skating. "I can't stop," he shared. Growing up in Weatherford, he frequently visited the local skate park. Like many avid riders, he kept looking for places to perfect new tricks. The harder the move, the better. While he still loves the park

— By Lisa Bell

ON

in Weatherford, he would like to see new elements added, making it more enjoyable and inviting to new skaters who want to learn. “Learning is the best part,” he expressed.

When Granbury built a new skate park, it became one of their favorite places to go. With adequate challenges, they happily stayed in the park. Realistically, skateboarding started on streets, and that was the only place to ride. Today, almost every city has some kind of skate park — some better than others. According to Taylor, the better parks draw avid skaters, both newbies and experienced. He loves going to a skate park and seeing parents

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there with their younger children, and this young man appreciates a police presence.

Taylor enjoys teaching younger kids new tricks, but he cautions them that a new move takes lots of practice. "You can't learn a trick in one day," he said. "You have to keep practicing until you can do it well." Nevertheless, he encourages them and gets a kick out of watching someone nail a move for the first time. The accomplishment beaming through the other skater's face inspires him, too.

Because of his love for and skill in the sport/art, Taylor landed a job in California, where he lived for about six years before returning home. During that time, the company sponsored him at competitions, where he did well. Now he works for Gemini, and sometimes in addition to his regular pay, he gets paid for what he loves. Having given up the dream of becoming a pro skater, his new dream is to continue skating for as long as possible. He has friends in their 40s who are still skating, and recently he met a man in his 50s. "He's in better shape than I am," Taylor admitted, chuckling. While skateboarding is hard on the body, in many ways it is good because of the athletics involved.

In addition, skating keeps him young at heart. When he's on his board, he often feels like a 16-year-old, a fact that exasperates yet endears him to his girlfriend, Miranda Auger. They are expecting a son at the end of December. Taylor is excited about the future, and although he won't force his child to ride, he'll certainly introduce the concepts and be ready to teach. "I've seen videos of



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1-year-olds going off a curb,” he said. “There is no age limit on either end.”

He also loves being able to skate year-round. He doesn’t have to wait for snow or any other particular type of weather. Except for ice, nothing much stops him from pulling out a skateboard. Rain makes surfaces slippery, but even then, competitions continue. While he doesn’t always wear pads and a helmet, Taylor will put them on if he tries something dangerous. He firmly believes every beginner and younger child should always wear kneepads and a helmet for safety. Getting a good board and the right size is imperative, especially starting out. He recommends going to a skate store instead of trying to pull one off the shelf at a big box store. Inexpensive skateboards can be more dangerous if they don’t move well. A specialty store, available in both Weatherford and Granbury, can provide expertise from experienced skaters when choosing your first one.

For new skaters, learning comes from so many places. The Internet provides constantly changing videos to watch, along with step-by-step instructions in some cases. But older skaters can give younger ones more than the how-to of skating. For the ones who truly love skating, they may enter competitions and even win. But the real joy comes from friendships developed along the way. “I can go to a park and not know anyone there, but by the end of the time, I’ll walk away with new friends,” Taylor said. Perhaps the artist in these people allows for celebration of achievements over a competitive attitude.

Taylor never wanted involvement in a lifestyle that included drug and alcohol use, and for the most part, chose friends who felt the same. With this mindset, he became a role model for the younger riders.

A diverse reaction exists from the announcement of skateboarding in the 2020 Olympics. Taylor shared, “I’m not sure how they’ll judge it.” Currently, skateboarding has no rules. Each person does what he or she wants to do. Every skater has a different style. Taking away the freedom may reduce the passion in the heart of those who enjoy hitting the street or a park with their skateboard. Not for Taylor. As long as he can, he’ll keep riding, learning and perfecting his own style — and teaching others. **NOW**

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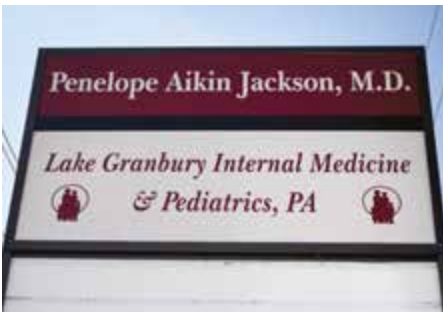
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WHOLE FAMILY

Dr. Penelope Jackson focuses on treating every family member.

— By Lisa Bell

Even as a little girl, Dr. Penelope Jackson dreamed of becoming a doctor. As an adult, only two things changed — she fulfilled her dream and realized it felt more like a calling than an ordinary desire.

Dr. Jackson began her practice in Port Arthur, Texas, in 2001. Her husband is a pastor, which led them to move to this area in 2007. At the time, Lake Granbury was actively recruiting doctors. “It just worked out,” she said. Moving into their current building four to five years ago proved to be a great decision.

While her main specialty lies in treating diabetes and high blood pressure, Dr. Jackson also earned her certification in pediatrics. “I wanted to take care of the whole family,” she shared. In her practice, she includes pediatrics; all-natural

hormone therapy; and weight loss, which includes anything from counseling to some medications.

Jamie Riley, the office manager for Lake Granbury Internal Medicine & Pediatrics, said, “The staff is our biggest asset. Customers say, ‘I love coming here.’” As a staff member, Jamie shared that they have fun in the office, yet they strive for honesty with the patients. They allow at least 10 minutes for each patient, although the doctor may spend up to 30 minutes with someone. Leslie is the receptionist and, according to Jamie, their referral specialist.

“The staff does a good job of making patients feel comfortable,” Dr. Jackson added. The office atmosphere is one of family for the staff and patients. While some patients may

want to get in and out, others long for a little extra attention, and they aren't disappointed. Each one receives special attention from the receptionist all the way to the time spent with the doctor. And that is exactly what Dr. Jackson wants in the practice.

Lake Granbury Internal Medicine & Pediatrics also gives back to the community, especially during the holiday season. Last Thanksgiving, they sponsored a dinner for all patients. It meant a great deal, especially for the older patients without family nearby and who otherwise might have spent the holiday alone.

"The staff does a good job of making patients feel comfortable."

Dr. Jackson offers several suggestions for overall health. The basics are important, starting with adequate sleep. Most people require seven to eight hours of sleep each night. Of course, maintain a healthy diet, but also try to stay active by getting exercise three or four times a week.

Finally, keep stress levels down. Everyone experiences stress to some degree. Finding healthy ways to deal with it contribute to better health. Exercise is doubly beneficial, providing stress relief and helping manage weight. In addition, do things you enjoy, especially those activities you feel passionate about. Spend time with others, and travel when you can.

Dr. Jackson said, "Here at our practice, we focus on helping patients with well-being." While she can't make a patient do all the right things, having a supportive staff certainly makes it easier for each patient to improve or maintain his or her health. **NOW**

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Paul McKinney cooks up some hot dogs.



Randa McMahon celebrates her birthday with 6-month-old granddaughter, Korbyn Hicks.



Blake and Jaclyn Throne and their daughters, Jeorgia, Greenleigh, Vivienne and Lauryl, are winners of the family pack of tickets to the State Fair of Texas!



Retired teachers celebrate No First Day of School on the Granbury square with food and shopping.



Trio Grande, a ZZTop Tribute Band, plays for Labor Fest Weekend.



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November 1

Among Heroes: Langdon Center. Weatherford artist Marsha McDonald features her paintings of hero animals in service to humans. The show runs until the second week of December.

November 2

Newcomers Club: 9:30 a.m.-1:00 p.m., Pecan Plantation Country Club. Granbury Cloggers performing. Lunch is \$14 (checks preferred). Reservations required, (817) 243-9831.

November 4

Granbury Live Follies: 2:00 and 7:00 p.m., Granbury Live. The best of country. For details and tickets, visit www.thenewgranburylive.com.

November 5

Romancing the Monarch Butterfly Festival: 1:30-4:00 p.m., Demo Garden, Behind Hood County Annex, 1410 W. Pearl St. Hosted by Hood Count Master Gardeners. Featuring migration, Monarch ID, butterfly plants and tips. For details, visit www.hoodcountymastergardeners.org.

November 8

Harbor Lakes Holiday Market: 4:30-7:30 p.m., Harbor Lakes Golf Club, 2100 Club House Dr. Open to the public. Support local shops and vendors. /Holiday/Christmas gifting, happy hour priced drinks. Italian dinner buffet. Make reservations by calling (817) 578-5600.

November 9

Designer Purse Bingo: 5:00 p.m., buffet; 6:00 p.m., bingo, Salon El Ranchito, 5704 W. Hwy. 377. Benefits Children's Advocacy Center. \$50 includes 20 games, dinner and fun. Purchase tickets at (817) 573-0292 or online at www.paluxyrivercac.org.

November 11

Veterans Day at Memorial Lane: 7:00 a.m.-7:00 p.m., Memorial Lane/Military Site, 561 N. Travis. Special visual presentation and a box to place cards with the name and address of a veteran. A task force will send a remembrance card to each person.

Open Hangar: 11:00 a.m.-2:00 p.m., Coyote Hangar, Campbell Field, Corsicana Municipal Airport. Free hot dogs and drinks. Bring photos and testimonials of your honored veteran. There will be an airplane ride drawing for the veterans. The Coyote Squadron, a unit of the Commemorative Air Force, sponsors the event.

33rd Annual Jewel Ball: 6:00 p.m., Granbury Resort and Conference Center. Champagne reception, seated dinner, casino action and a great live band, No Questions Asked. Benefits beautification projects in the Lake Granbury area. Contact Jan Caldwell Hulett, jcaldwell1961@gmail.com (254) 967-5674.

November 13

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy. 377. Dr. Allen Mesch, author and lecturer, presenting "General C.F. Smith - Teacher of Civil War Generals." Visitors welcome. For details visit www.ncntexcwrt.com or call any officer.

November 14

Salvation Army Women's Service League: 10:00 a.m., DeCordova Bend Country Club. Guest speaker Blair Ritchie with the International Student Foundation. Optional Lunch available.

November 25

Rio Brazos Star Party: 7:30-10:30 p.m., Acton Nature Center, 6900 Smokey Hill Ct. For more information, email riobrazos.starparty@gmail.com or visit www.actonnaturecenter.org.

December 1

Melody Belles Christmas Concert "A Joyous Noel": 6:00 p.m., First Presbyterian Church, 303 Bridge St. Part of Granbury Candlelight Tour. Free to the public. Donations welcome. Call 817-326-2687 for information.

A Christmas Mission: 6:00-9:00 p.m., Pecan Plantation Country Club. Benefits Mission Granbury. Cocktails, dinner, live auction and entertainment. For tickets, tables, sponsorships or details, call (817) 579-6866 or visit www.missiongranbury.org/gala.

December 1, 2

34th Annual Granbury - A Candlelight Tour: **Friday**, 5:00-9:00 p.m.; **Saturday**, Noon-9:00 p.m., near the Historic Granbury Town Square. Purchase prior to **Nov. 30** for a 20 percent discount. Tickets and information available at www.granburyacandlelighttour.com or www.facebook.com/granburyacandlelighttour.

December 7

Lake Granbury Newcomers Club Luncheon: 9:30 a.m.-1:00 p.m. Granbury High School Choir will sing holiday selections. Lunch, \$14 (checks preferred). Reservations required by noon **December 4**. (817) 243-9831

S'mores with Santa: 5:30-7:30 p.m., Acton Nature Center, 6900 Smokey Hill Ct. Santa arrives by fire truck at approximately 5:45 p.m. For more information, visit www.actonnaturecenter.org.

December 8

Melody Belles "A Joyous Noel" Luncheon concert. 11:00 a.m., DeCordova Bend Country Club. Concert followed by lunch. Public invited. Lunch \$15. Call DCBE Club at (817) 326-2381 for reservations.

Ongoing:

Second Mondays

Lake Granbury Art Association meeting: 7:00 p.m., Shanley House. Program followed by Q&A time. Refreshments served. Free for citizens supporting art and artists. Jeanette Alexander at (817) 578-3090.

Second Tuesdays

Granbury Knitting Guild: 9:30 a.m.-noon, Presbyterian Church fellowship hall, 303 W. Bridge St. For more information, contact Cosette Falter at humhound@yahoo.com.

Third Tuesdays

Greater Granbury Chapter of the Military Officers Association of America meetings: 6:00-9:00 p.m., Pecan Plantation Country Club. Contact Colonel Mike Brake, USAF (Ret), (702) 612-9317, or speedobrake@gmail.com.

Third Wednesdays

Master Gardeners meeting: 1:00-2:00 p.m., Hood County Annex 1 Meeting Room, 1410 W. Pearl St. For information, contact (817) 579-3280.

First Thursdays

Granbury Extension Education Club luncheon: 10:30 a.m.-1:30 p.m., Hood County Annex 1 Meeting Room, 1410 W. Pearl St. Monthly programs cover family and consumer science topics, and community service projects are planned. For information, contact Brianne Langdon, (817) 408-0746.

Second Saturdays

Girls Night Out: 5:00 p.m.-8:00 p.m., Granbury Town Square. Collect pink tickets for a \$100 Downtown Dollar Shopping Spree. Visit Girls Night Out Facebook Page for details, special sales and promotions.

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

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In the Kitchen With Steve Randle and Rick Hensley

— *By Melissa Rawlins*

Avid hunters and longtime NOW Magazines employees, Steve Randle and Rick Hensley, cook a lot in their homes and at their respective camps. At 5 years old, Rick began helping his mom in her kitchen, and then he was happy to man the grill or fire pit once he started hunting in his early 20s in Nacogdoches, Texas. Steve and his three sons have hunted turkey and deer in Comanche and Mills counties for over 30 years. Starting a brisket and a campfire Friday night, their pit and the camp fire smokes all weekend.

The recipes he and Rick share here are so simple, but they earn compliments from their friends and families. “And they’re great,” Rick said, “for sitting around a camp fire on a cool fall evening after you’ve been out hunting.” **NOW**

Rick’s Cajun Rib Eyes

Best prepared before you go out for the evening hunt.

2 1.25-inch-thick prime or choice rib eyes, bone-in or boneless

1 Tbsp. Tony Chachere’s Original Creole Seasoning

1 tsp. Lawry’s Seasoned Pepper

1/2 tsp. onion powder

1/2 tsp. garlic powder

1 Tbsp. Worcestershire sauce

1 tsp. soy sauce

1. Place the steaks in a 1-gallon Ziploc bag. Sprinkle both sides with dry seasonings; add the sauces.

2. Squeeze the air out, and zip the bag closed. Place it in your ice chest for at least 2 hours.

3. Let steaks get to room temperature before putting them on the fire.

4. For medium rare, and depending on the size of your fire, most steaks will need to cook about 5 or 6 minutes per side

Rick’s Venison Stew

2 Tbsp. bacon grease

1 Tbsp. olive oil

2.5 lbs. venison, cubed

1 tsp. Lawry’s Seasoned Salt

1 tsp. Lawry’s Seasoned Pepper

1 tsp. Worcestershire sauce

8 cups beef broth

12 medium golden potatoes

1 tsp. Tony Chachere’s Original Creole Seasoning

1/2 tsp. garlic powder

1/2 tsp. onion powder

1 large, sweet 1015 onion

4 celery stalks, diced bite-size

1 8-oz. bag petite carrots, sliced bite-size

1 10-oz. can Ro-Tel tomatoes, regular or mild

1 14.5-oz. can green beans

1/2 15.2-oz. can corn (optional)

Salt and pepper, to taste

1. In a large stock pot, combine grease and olive oil.

2. While it heats, season the cubed venison with salt, pepper and Worcestershire sauce.

3. Cook over medium-high heat until done. Add the beef broth; cook at a low boil for about 30 minutes, to start tenderizing meat.

4. Meanwhile, wash potatoes. Leaving the skin on, cut into medium bite-size pieces. Add to the boiling meat mixture; simmer for another 15 minutes.

5. Add remaining seasonings, vegetables and canned goods and fast simmer 20 minutes.

6. If desired, use flour or corn starch to thicken it a little.

7. Salt and pepper to taste, and enjoy!

Steve’s Nanner Pud

5 3/4 cups cold milk

2 large boxes instant vanilla pudding mix

1 1/2 14-oz. cans Eagle Brand condensed milk

1/2 stick butter

1/2 box graham cracker crumbs

1 1/2 boxes vanilla wafers, reduced fat variety

3-4 ripe bananas

1 large tub Cool Whip

1. Combine milk with pudding mix. Stir in condensed milk, a little at a time, to avoid clumps; refrigerate.

2. Melt butter and mix with graham cracker crumbs. Spread crumbs on bottom of bowl or aluminum pan, saving some for decorations, if desired.

3. Put down a layer of wafers and sliced bananas.

4. When pudding is firm, fold in the Cool Whip, so the pudding has white streaks all through it. Save some Cool Whip for decoration.

5. Pour a little less than half of the pudding mix over the wafers and bananas.

6. Repeat the layers and end with all bananas covered, or they will turn brown.

7. Stand wafers up all the way around the edge of the bowl.

8. Sprinkle with crumbs, and add dollops of Cool Whip.

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