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M A G A Z I N E

NOVEMBER 2018

Kids' Fun Pages



pp. 26 & 28

Crossword/Sudoku

pg. 30

Soaring Over the Course

Robert Macumber found
a love in playing a
different round

2018 Holiday
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An Unimaginable Dream

At Home With Marc and
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ON THE COVER

Robert Macumber enjoys a different kind of sport.

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October is Patient Appreciation Month at Implants & Oral Surgery – the office of Drs. Diana Lois and Eduardo Humes. During this time, the practice takes a special look at giving back to the local community.

It would be easy to donate money and sponsor events, like we usually do. However, we wanted to give of our time, efforts and expertise. We know that it is a privilege for us to take care of our community. Moreover, we want to positively impact someone's life, who also works daily in helping others. For us, Mrs. Karen Purselley was just that individual.

This 57-year-old hard-working lady is a volunteer at People Helping People in Granbury, TX. She is married to a disabled cancer survivor. Mrs. Purselley holds back the tears when she discusses her "hard life" and the many storms she has weathered, including the loss of her daughter in 2002, and mother in 2011. She never expected anyone to help her and says, "If it wasn't for bad luck, I wouldn't have any luck." She had many failing, missing and painful teeth. For her, she only has one desire: to have nice teeth and to eat properly.

Recently, Mrs. Purselley underwent surgery with sedation. She had all remaining teeth extracted and had immediate dental implants placed, with a fixed bridge attached to upper and lower jaw. Her restorative stage was done by Dr. Joel Martin of Granbury. A few months later, she had both Botox and Restylane facial injections to rejuvenate her face. As the pictures attest, she has undergone an oral and facial makeover!

We wanted to demonstrate how we can help individuals, like this wonderful lady, with similar needs, who may not even know what options are available to them. For people who may feel they have hopeless teeth, advanced gum disease, or in need of facial rejuvenation, Implants & Oral Surgery is truly dedicated to ensure that the latest and best are available to the entire community of Fort Worth, Granbury and the surrounding cities.



Before



After



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EDITOR'S NOTE



Lisa

Lisa Bell
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Celebrating a season of gratitude ...

Granted, Christmas is still my favorite holiday, but Thanksgiving is right up there, daring me to love it even more. When my family gathers, we simply enjoy each other's company. I'm fortunate to have daughters who all love cooking, which takes a lot of pressure off me. Make no mistake, I'm still the queen of turkey and dressing at my house, but they all contribute wonderful dishes to round out the meal — and perhaps our tummies.

I'll admit, sometimes we have to send the grandkids outside for a little while. The multiplied sound rises to the ceiling and bounces right back down, filling each room with an intense noise level. But I'm thankful. For the most part, the noises are happy cousin-friends glad to have built-in playmates for the day. I look forward to the three new ones being together at the same time. I suspect we'll all have turns at sweet baby snuggles.

As I reflect on life, I don't have to look far to find reasons for giving thanks. Sure, life gets tough in moments, but the good times outweigh the challenging ones. I'm surrounded by family members who love me and each other. I can't ask for more. What about you? What makes you thankful?

Have a happy and safe Thanksgiving!

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SOARING OVER THE COURSE

— By Rick Mauch

Like many people, Robert Macumber was raised thinking a ball was needed to play golf. Then he tried disc golf. Robert, in fact, was instrumental in bringing the local disc golf course to Granbury in 2011. While working in the Parks Department — he's now responsible as health inspector/code compliance — he found himself falling in love with the game. He wasn't a stranger to it, but he'd never tried it, either.

"I was born and raised in Montana. Up there they call it FOLF for frisbee golf," he said, chuckling. "But nobody here likes that name. It's just disc golf."

Robert, 45, now plays disc golf at least twice a week. He's also a member of the Granbury Disc Golf Club, which has more than 500 members. The sport is ever-increasing nationwide, with the Professional Disc Golf Association now having more than 103,000 members. Texas has almost 400 courses.

The club holds mini-tournaments twice a week on the city course, and participants do not have to be club members to play. Among tournament highlights is the ace fund. Depending on what the pot has built up to (\$2 is set aside from each entry fee, carrying over tournament to tournament), someone can walk away with a hefty sum for a hole-in-one. "My first ace was \$1,000," Robert said with a grin. "Then, the next week my buddy got the \$800 one. It was wild."

In the mini-tourneys, there are up to three divisions — Recreational, Advanced and Open. Competition is either singles or doubles, with partners matched by a draw. Mini-tourneys are played Thursdays at 6:00 p.m. and Sundays at 2:00 p.m.

Of course, club members go to tournaments all over the state and nation. Though Robert tends to stay within Texas, other members, such as club president Michael "Woody" Woodard, have done well in tournaments such as the Glass Blown Open in Emporia, Kansas, where he won his Masters Division. "That's the mecca of disc golf. Dynamic Discs company is there," Robert said.

Robert has played outside of Texas recreationally, while visiting his home state. "I almost aced my first throw. I don't know if it was the altitude change or what, but it was a great throw, and the disc sailed a long way," he said.

Though not as far as that of fellow club member, Robert Duhaime, who has a club-record throw of more than 500 feet. To put it in perspective, that's almost the length of two football fields. "That is just incredible," Robert said.



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The PDGA comes to town for tournaments three or four times each year. Robert has won in the Recreational Division, and moved up to the Masters Division, where he also enjoyed success.

And, as good as he is on the course, Robert is equally as valuable off the course, according to Woody. Among his duties, Robert coordinates tournaments and helps publicize the club. "He has spent countless hours working on the course and volunteering his time to run mini-tournaments and larger sanctioned events that can bring 100-plus visitors to the city several times a year," Woody said. "He is absolutely invaluable to the club and would be impossible to replace."

Robert stresses that participating in disc golf doesn't have to be an expensive endeavor. Most courses are free and starter kits can be found for not a great outlay. "You can spend \$30 and go have a blast. Sure, you can spend a lot of money if you get serious about the sport, just like any sport. Some guys have more than 4,000 discs. I have about 250," Robert explained. "There's also carts you can pull your bag with, and those are about \$400. I make those myself, and you see more people doing it."

Robert is proud of the Granbury course. Since he was in on its creation from the beginning, it is dear to his heart. "Everybody talks about how nice the Granbury course is. We've planted more than 150 trees since the course started," he said.

The course features 22 holes, each par-3, with distances ranging from 205 feet to

600 feet. There's also a driving range. "It's great having Rob working for the city and being a member, because we never have to worry about the maintenance of the course," fellow club member Alex Aguilar said. "His crew handles everything, from mowing and emptying all the trash cans to trimming trees."

The course is known for its beauty. Trees have been made into natural benches and tables, with big rocks also serving for seating and tables. It also incorporates ponds and creeks. "If a tree falls, we'll make a bench out of it, for example," Robert said. "Nothing gets wasted, and it makes for a beautiful, natural setting."



The gender split in the club is about 70-30 percent in favor of men, but Robert said more women are starting to play. His daughters often join him, and his girlfriend is also picking up the game.

November is the best time to play disc golf, because it tends to provide perfect weather. "The leaves have fallen off the trees. The crisp air is going to make the disc fly farther. But, we've also played in the rain, heat, snow, ice and wind," Robert admitted. "If you think the wind is tough in ball golf, try throwing a disc in the wind."

Though Robert and other disc enthusiasts still occasionally play traditional golf, their hearts are in the disc version. It's more than the competition. They note the family-like camaraderie, too. "We all hang out away from the course, and I feel that makes it even better," Alex said.

Robert enjoys the game so much, he's even known to go up to a stranger and give them a helpful pointer or two. "Their face lights up, and it's great to see," he said. "They're thinking, *Oh wow, somebody is showing me something. They're helping me out.* You don't see that in ball golf very often. That's just part of what makes disc golf special." **NOW**



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— By Lisa Bell

**At Home With Marc
and Diana Vasquez**

AN UNIMAGIN

DREA



When Diana Vasquez joined the Army in 1998, she did so simply to serve her country. She never expected near misses, especially in a role as an aviation specialist. After 9/11, she wanted to do more. With a dark complexion, she believed she'd be great at gathering intel, so she completed training to become part of a military intelligence unit serving in Afghanistan and volunteered for every mission. One Christmas Eve, Diana called home, and while talking to her husband, Marc, they



ABLE AM

came under mortar attack. She couldn't tell him anything about her location or much about any of the near misses she experienced.

Although the military didn't initially want her to go to Iraq, even though she volunteered, eventually they "voluntold" her to go, leaving a supportive family behind. In Iraq, she got a traumatic brain injury in 2004. She remained on active duty for another four years. Even today, the TBI affects her short-term memory, and she has undergone 35 surgeries so far. "I

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don't remember much about the air evac," she said. As tracer rounds flew past the helicopter though, she remembered saying, "Cool lights."

Coming home, she settled in to civilian life, and despite PTSD, had a heart to help others. Marc had his own variety of PTSD after seeing both his parents shot when he was only 11. Both grew up as part of migrant farm worker families, so they understand the meaning of hard work. All they really wanted was a decent home in a safe neighborhood for their son, Caleb. And they had it for a while.

But as often happens, life's circumstances shifted. They lost their home and ended up living in De Leon where Marc had a shop.

They lived in a travel trailer with the three of them, plus a niece and nephew. In spite of the situation, they remained positive. Following in the steps of a dear friend, John Weaver, or "Mac," they looked for ways to help others. "He is 87 and still always helping people," Diana shared.

"We took after him," Marc added. When Mac offered to pay Marc to help with another man's yard, Marc did the work. Learning about several ailments in that family, he refused to take John's money. "I'd like to think someone would do this for my dad," Marc said.

In 2017, the family had plumbing issues. Diana's sister saw something on TV and insisted they call and ask for help. The

plumbing (on their property) was more than they could afford to fix. "I would have been happy with just the plumbing," Diana said. They had no clue what Operation Finally Home actually had planned.

Around Thanksgiving they got a call saying FOX News wanted to include them on a veterans' special. They knew she'd come because of her desire to work with PTSD victims, whether military or civilian, especially suicidal ones. "I think that's my calling," she said.

After talking for a while, the reporter brought up Dan Walrath (Operation Finally Home) and Jon Anthony, a representative of Anthony Brothers in Granbury. "We had no clue," Diana admitted. When they announced a plan to build them a home





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in Granbury, the entire family was shocked. They broke ground early in the year, and by July 13, 2018, they moved into the fully furnished, mortgage-free home. Except for a few special pieces, they gave away all their old furnishings.

The home itself is simple, which fits this family well. To them, it is a dream they never imagined. The front yard holds a flag displaying their patriotism. The entryway clearly shows their strong faith. The shelves flanking the fireplace depict what is most important, one side filled with photos of family and friends. Many are of the comrades Diana treasures, some of whom call in the middle of the night to talk. She always answers.

Caleb's room is that of a typical 11-year-old boy, but his favorite part sits on a desk in an aquarium. He named the young bearded dragon Berry. He also loves his dog, Xena, and the family cat, Whiskers. Caleb is a smart kid with a huge heart, picking up cues from his parents. "Every action has a reaction," he said. "You reap what you sow."

Currently Caleb mows about 50 yards for free, always looking for the single mom and disabled veterans. "Do what is right in front of God's eyes," he added, thankful for those who helped when they needed it.

An extra bedroom, which Diana refers to as the "headache room" is darker and quiet. She spends time there when her brain injury causes too much pain. But when her sister (partially paralyzed by a stroke at 36) and brother-in-law visit, the room is theirs.

The master bathroom is another room Diana loves. The large whirlpool tub helps her relax. And although she currently has no physical limitations, they made the shower door extra wide in case she ever needs wheelchair access.

Marc loves manning the grill, which Diana loves because she claims she doesn't cook well. So, the backyard is a favorite place for the entire family. They often sit on the patio and watch wildlife in the pecan orchard beyond their back fence. Deer, ducks and even coyotes frequent the area. Zena likes the yard for different reasons — such as digging holes.

According to Diana, the neighbors have been very welcoming, and they have quickly learned to love Granbury and become part of the community. "We would have never expected this," she admitted. "It's surreal." **NOW**



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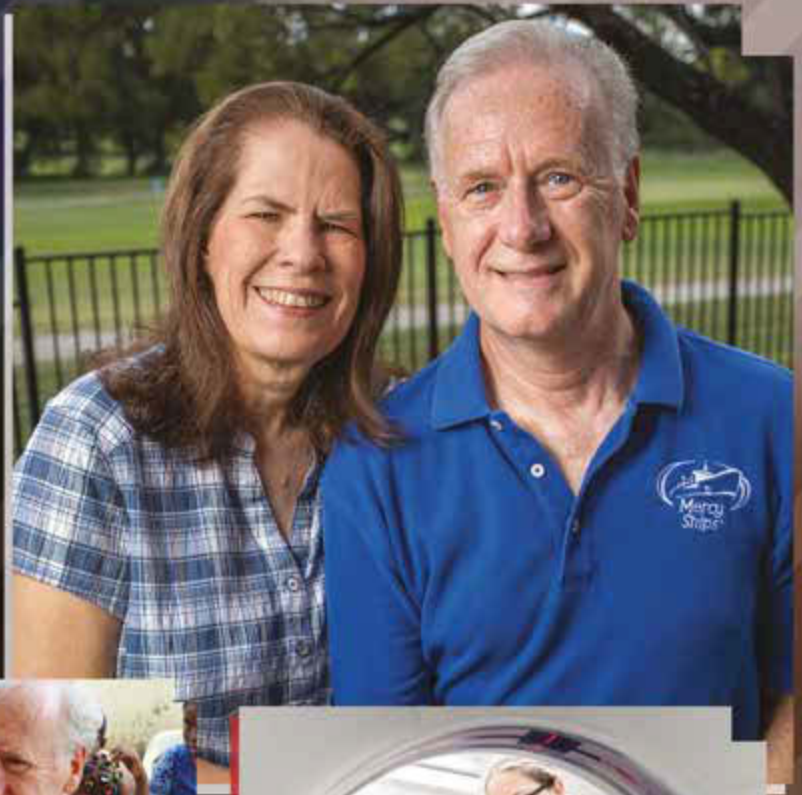
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Life in Retirement

— By Lisa Bell

"I always wanted to invest in other people's lives," Stan Moore said. "Pulling weeds feels useless in comparison to holding a baby rescued from a trash can." And Stan had that and many more opportunities because of his involvement with Mercy Ships.

Stan first learned of the organization while helping his daughter research volunteer opportunities for a gap year after she graduated from high school at 17. Having been in Kenya and seen people die because of inadequate health care, including a teenager, the idea of taking health care to Africa interested him. The ship, the *Africa Mercy*, brings volunteer medical teams and sterile operating rooms directly to people who, otherwise, have inadequate health care available.

"I'm not medical, but I can support doctors and nurses," said Stan, a retired chemist. He retired in April 2014, to serve two months with Mercy Ships in the Congo. Earlier this year, he returned and spent two months in Cameroon, where his role included working in the dining room.

On the ship with 450 crew members, plus 100-200 day crew members from the local country, and about 80 patients at a time on the ship, the kitchen served around 1,500 meals each day. Stan took part in serving those meals and cleaning up afterward.

Mercy Ships performs countless surgeries, changing lives forever. Beyond what they do on the ship, they also go inland and build or improve facilities, as well as train local doctors. When the ship leaves, the people living in that country continue to benefit.

During the times of volunteering, Stan worked seven out of every 14 days. The off days weren't times of leisure though. He connected with land-based ministries, such as schools, churches and orphanages. He also helped in the Hope Center, a pre- and post-surgery care facility. "I'll do whatever you want me to," he told them. "I ended up in many skits."

Quickly developing his own fan club, the locals soon referred to him as Papa Stan. "In that culture, you have to have a title," he explained.

Stan shared Paul's story — an infant needing months of nourishment followed by surgery to survive. That's only one of many stories he likes to tell. He made friends at both the blind and deaf schools, clinics and orphanage, helping build value in those who aren't sure anyone wants to look at them.

Women with health issues particularly touched Stan. Damaged in childbirth, many of them became outcasts. After surgically repairing the damage, they also provided a celebration outfit and gift bag for the women, as they restored them not only physically but also brought them out of societal rejection.

Volunteers gain friendships around the world and become better equipped to handle difficult situations. While each volunteer pays to go with the ship and works hard the entire time, Stan finds Mercy Ships economical. "They stretch a mission dollar farther than anything I've ever seen."

The ship, the *Africa Mercy*, brings volunteer medical teams and sterile operating rooms directly to people who otherwise have inadequate health care available.

While Stan's wife, Karen, couldn't volunteer because of the intense physical demands, she fully supported both his trips. While they continue supporting Mercy Ships financially, Stan anticipates opportunities where they can volunteer as a couple. In the meantime, Stan serves at Forward Training Center of Hood County as a site leader in the Jobs for Life class.

Stan encourages others to investigate volunteer opportunities. Mercy Ships has many, including urgent needs for teachers, mariners, electricians and more. One patient who benefited from Mercy Ships' volunteers said, "There are not enough words in all of Cameroon to say thank you. You have given us hope and healing."

For Stan, volunteering provided the adventure of a lifetime. "My life in retirement has been amazing," he said. "There are extraordinary opportunities for ordinary people." **NOW**

For more information about Mercy Ships, visit www.mercyships.org/volunteer.



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A man with short dark hair, wearing a blue button-down shirt, is sitting at a wooden kitchen island. He is holding a small wooden bowl in his left hand. On the island in front of him is a large head of romaine lettuce on a wooden cutting board and a white ceramic bowl. The background shows a kitchen with wooden cabinets, a microwave, and a toaster on the counter.

CookingNOW

In the Kitchen With JAMES CLAWSON

— By Lindsay L. Allen

James Clawson has many opportunities to test recipes and receive honest feedback. As a fireman, he often cooks for those on duty, and also brings in creations he makes at home for his co-workers.

"I love to see people's reactions when they try my meals. When it's a good reaction, I know I did it right, and I keep that recipe. I learned really quick that if you try new recipes at the fire station be prepared to take jokingly hard criticism from the guys and girls you work with," he laughed. James said he searches the Internet and food shows to gather new recipes and techniques. But if you ever want to learn about cooking, just hang out with firemen as many of them are great cooks. **NOW**

Chicken Poblano Soup

1/4 cup olive oil
3 large carrots, diced
1 large yellow onion, diced
4 celery stalks, diced
1 tsp. minced garlic
2-3 small poblano peppers, diced and seeded
1 tsp. salt
1 tsp. white pepper
1 Tbsp. ground cumin
1 tsp. thyme
1 Tbsp. chicken bouillon granules
12 cups chicken broth
3 chicken breasts, grilled and diced

1/2 cup unsalted butter
1 cup all-purpose flour
1/2 Tbsp. lemon pepper seasoning
1/2 bunch cilantro leaves, minced
1 cup heavy cream

1. Heat olive oil in a large stockpot over medium heat.
2. Add carrots, onions, celery, garlic, poblano peppers, salt, white pepper, cumin and thyme. Sauté for 6-8 minutes.
3. Stir in chicken bouillon granules. Add chicken broth and grilled chicken; simmer for 10-12 minutes, or until carrots are tender.
4. Melt butter in a skillet over medium heat. Add flour to butter; combine, stirring

frequently for 3-4 minutes. Do not brown the mixture.

5. Ladle 1 cup of hot liquid from the stockpot into the skillet, whisking constantly. Add 2 more cups of liquid one at a time, letting each one incorporate before adding the next. Let thicken; add lemon pepper seasoning.

6. Pour the mixture from the skillet into the stockpot, whisking to blend. Cook, stirring frequently, for 3-5 minutes or until the mixture begins to thicken.

7. Add cilantro to the stockpot; add heavy cream. Remove pot from heat and serve.

Spicy Firefighter Crock-Pot Chili

1 Tbsp. ground coriander
2 tsp. garlic powder
1 tsp. onion powder
1 tsp. oregano
1 tsp. cayenne pepper
1 Tbsp. ground cumin
4 Tbsp. chili powder
1 yellow onion
3 large jalapeños (divided use)
1 garlic clove
2 14-oz. cans red kidney beans (divided use)

- 2 14-oz. cans pinto beans (divided use)
- 2 1/2 lbs. ground beef
- 2 tsp. salt
- 2 cans diced tomatoes
- 4 oz. cheddar cheese, grated

1. Mix all the seasonings and spices together; set aside.
2. Dice the onion, 1 jalapeño and garlic; set aside.
3. Blend 1 can of red kidney beans and 1 can of pinto beans in a blender. (The more you use, the thicker your chili will be.) Blend for 2 minutes; set aside.
4. Brown the ground beef; drain. Add 3 Tbsp. of seasoning mix, salt and the onion/jalapeño mix to the meat. Cook for 2 minutes.
5. Add tomatoes, remaining whole beans and meat to a Crock-Pot. Add the bean paste, 3 Tbsp. of seasoning mix and 2 sliced jalapeños. Cook for 4-6 hours in Crock-Pot on low.
6. Let sit for 30 minutes before serving. Top with cheese.

Lemon Chicken Orzo Soup

- 1 Tbsp. olive oil
- 1 yellow onion, chopped
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 2 tsp. ground thyme
- 4 cups chicken broth
- 2 cups cooked chicken, seasoned with lemon pepper and diced
- 1 cup orzo pasta
- 1 lemon juice and zest
- 1 handful fresh parsley
- Salt, to taste
- Pepper, to taste

1. Heat oil in a large stockpot over medium heat. Add onions, carrots and celery. Sauté until tender.
2. Add garlic and thyme; cook for about 1 minute or until fragrant.
3. Add the chicken broth, chicken and uncooked orzo; bring to a boil.
4. Reduce heat; simmer until the orzo is tender. Add lemon juice, zest and parsley. Add salt and pepper.

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— By Lisa Bell

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Full of energy, Casey Raitz opened his first business while he was still a sophomore in college at Tarleton State University. He sold out of that ranch supply/feed store two years ago, but he and his wife, Celeste, opened US Sand & Gravel in Stephenville five years ago.

They also own US Rentals, and their first footprint in Granbury consists of a self-serve car wash near the square. Although they do a great deal of business online and deliver

within a 150-mile radius, they hope to expand with a second US Sand & Gravel/US Rentals location in Granbury.

Years ago, while working on their ranch, Casey ran across beautiful white sand. The discovery started the new business, and it grew from there. US Sand & Gravel offers materials for builders, contractors and landscapers, as well as the weekend DIY homeowner. From various sands and concrete bases, small pebbles to boulders, and even road base products, they carry a large variety to fit most any need. In addition, they offer services such as trucking, excavation and mining.

With US Rentals located next door and carrying all types of equipment, they truly are a one-stop shop for their customers. Best of all, a customer can order by phone and have everything delivered to the home or business location. That's one unique aspect of this company.

In spite of being young business owners, Casey and Celeste operate with wisdom. "We don't make a decision without each other," Casey said. They empower their 13 employees, most

of whom have been with them since the beginning. Giving them a sense of ownership, each employee knows his or her job and can take control. "By empowering and respecting our employees, Casey and I can focus on expanding," Celeste shared. "We're one big family."

Both graduated from Tarleton, and with a business already built, they decided to stay. Both said they would like to also have a location in Granbury. Because 90 percent of their business occurs over the phone, and with delivery included, their footprint in neighboring communities continues growing. "We strive to do same-day delivery," Celeste said.

US Sand & Gravel offers materials for builders, contractors and landscapers, as well as the weekend DIY homeowner.

US Sand & Gravel gives back to the community in several ways. Celeste is a board member for Big Brothers, Big Sisters. They also support the PTA, FFA, rodeo and rodeo queens and the school district, especially Stephenville High School. While they budget donations for the year, they do their best to support local organizations as much as possible. "Gotta give some back," Casey said.

In addition, they provide a 10-percent discount for former and active military, and contractors can request a VIP discount card. They also provide discount promotions at times.

With their focus on customer service, quality of work and quality of equipment, Casey and Celeste do their best to insure that customers experience little to no down time.

Hopefully someday, 3-year-old Calder and his new brother, Callum, will take over the business for the Raitz family. Ultimately, US Sand & Gravel/US Rentals is employee- and family-owned and -operated. For Casey and Celeste, keeping it that way is their plan. **NOW**



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TravelNOW

Fabulous Greek Holiday

— By Mark P. Starrett

Combined, the words “Athens” and “Greece” conjure up visions of ancient ruins and wall-to-wall tourists — all of them frantically trying to take selfie pictures in front of temples of the gods. Scores more scour the Plaka, a neighborhood that sits in the shadow of the Acropolis, looking for bargains and trinkets for friends and relatives at home. A relaxed vacation it is not.

If you really want to soak up true Greek sun, sand and life, then look no further than Voula, Greece, a southern suburb only 10 miles from Athens’ center city, but a million miles away from the frantic pace. You can reach Voula easily by hailing a taxi or using the Beats App from Athens International Airport. The 20- to 30-minute ride is enjoyable.

The picturesque town’s charm will engulf you soon after arriving. Voula is separated by Parko Ethnikis Antistaseos, a green space with a playground for children to run and plenty of shady trees to help fight the sun’s rays. The park runs southwest from Iridos Street to the Saronic Gulf.

Close to the park is the town center, a place where Greek gentlemen and women sit in the early morning, drinking coffee, enjoying a smoke and having fun conversation with their friends. Small children run around, playing hide-and-seek, riding skateboards or playfully kicking a soccer ball around.

The town center has many wonderful restaurants. They all

serve authentic Greek food, such as gyros, moussaka, and kebab. Away from the trappings of Athens, the cost of the meal is very reasonable.

The Greek people are very gregarious and friendly. It is common for a Greek to see a child and call out “*ὄμορφο παιδί*” — beautiful child. The older Greeks love to ask if they can kiss your child on the head and hold their hands.

Voula resides on the coast and looks out over the Saronic Gulf. The views of the water are relaxing and refreshing as you stroll along the seawall. Any day, you can catch Greeks sunning themselves or enjoying the cool water at the many secluded beaches dotting the shoreline.

Kavouri Beach is a top location for family members due to the safe water and the open space of the beach. There are plenty of parking spaces around the coast, but it can get overcrowded on the weekends. Kavouri Beach is easily accessible via public buses, a car or a nice, moderate walk. The beach is an excellent choice for swimming, sunbathing or playing beach games, such as volleyball. It has nice facilities and plenty of cafés located right by the sea.

In the evening, locals and tourists alike head for Notos Café, an elegant, airy seaside restaurant serving modern and classic entrees. Enjoy cocktails from the bar as you sit and gaze out over the open water and reminisce on your fabulous Greek holiday. **NOW**

FINALLY a way to fix the PAIN of a BULGING DISC



Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging DISC. That's when one of your spinal discs are bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

To end the misery caused by Bulging DISCS, you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

FACT: Not true. Dr. Carl McAfee in Weatherford is currently offering an initial consultation with one of their specialists for just \$29.

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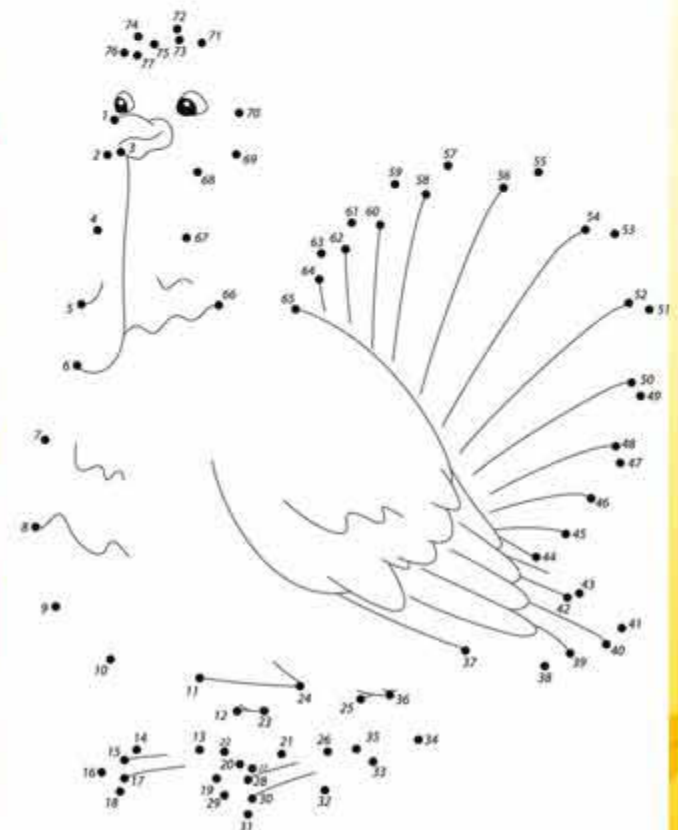
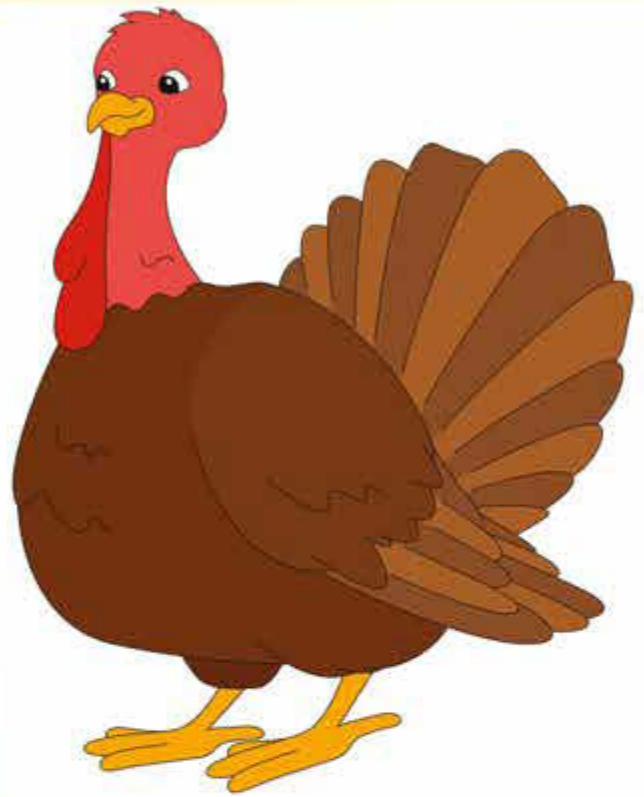
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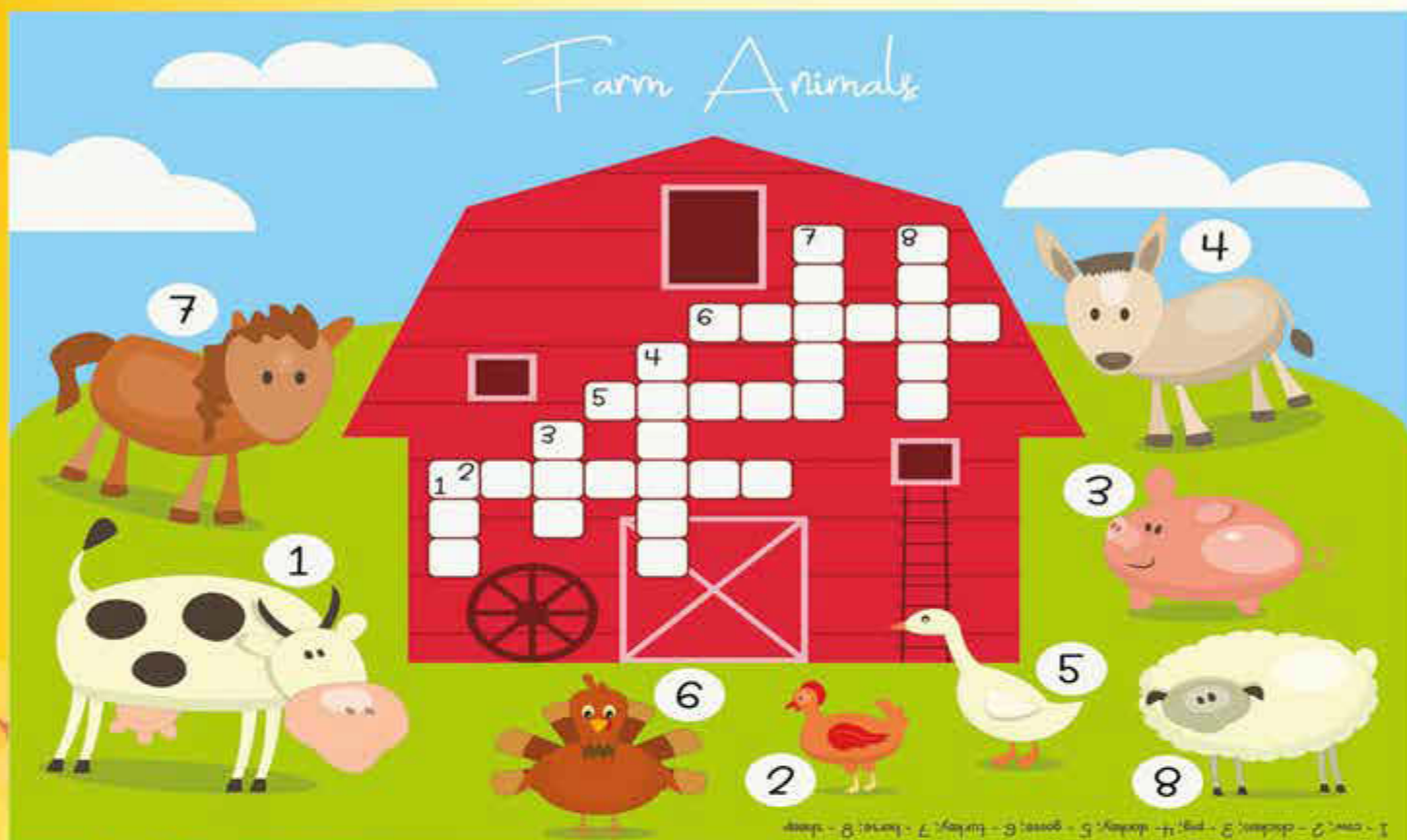
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P	R	N	R	O	C	A	R	M	T
E	I	B	I	R	D	E	N	P	S
D	C	F	K	I	N	S	G	K	E
A	A	O	L	N	I	V	I	I	V
E	N	O	I	L	E	A	F	N	R
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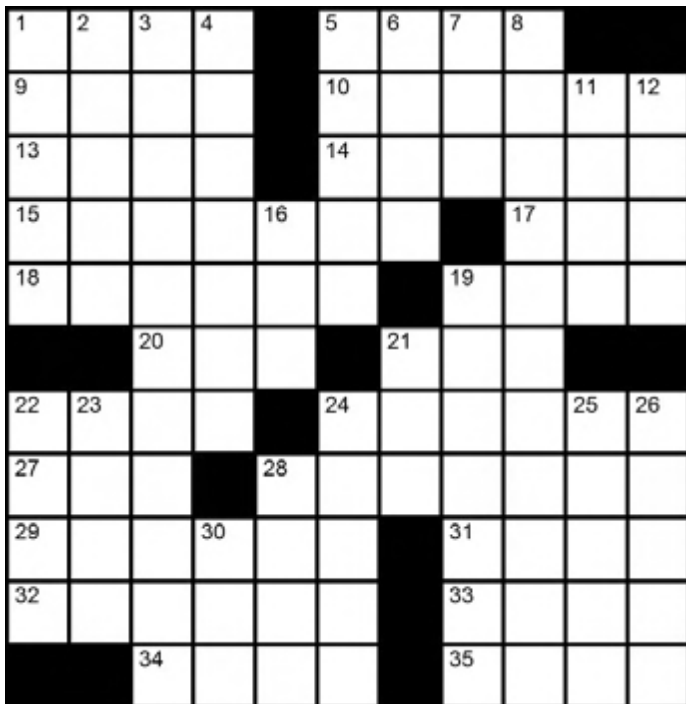
  

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Across

- 1 Finn's conveyance
- 5 Rush job letters
- 9 It replaced the franc
- 10 Make over
- 13 Image of a deity
- 14 Kind of recording
- 15 Maidenhair trees
- 17 Confucians' path
- 18 Fanciful idea
- 19 Plug
- 20 Wager
- 21 Photo, briefly
- 22 Astound
- 24 Operated by hand
- 27 Boston Bruins great
- 28 Graceful antelope
- 29 Official count
- 31 Narrative of heroic exploits
- 32 Stick to
- 33 Ollie's mate
- 34 Some butters
- 35 Long fish

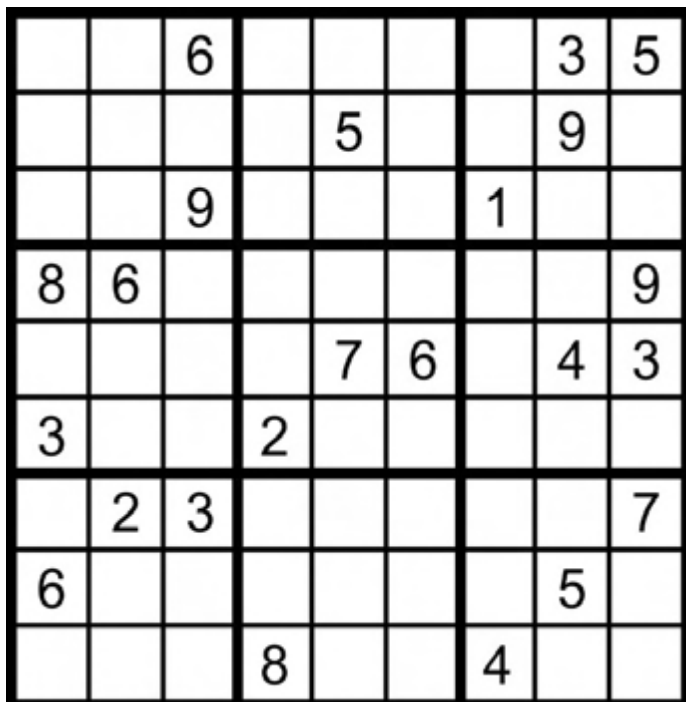
Down

- 1 Prevail
- 2 Pertaining to sound reproduction
- 3 Prime cooking spot
- 4 "The Hobbit" author
- 5 Burning of another's property
- 6 Hardens
- 7 Angelus prayer
- 8 Tiny piece of atmospheric pollutant
- 11 Coarsely ground foodstuff
- 12 Table-top game
- 16 Obtained
- 19 Smoothness
- 21 La --- (South American capital)
- 22 Short stocking
- 23 Woody plant
- 24 Sail poles
- 25 Like pond scum
- 26 Tilts or slants
- 28 Southernmost Mariana island
- 30 Mineral spring

Solutions on page 35

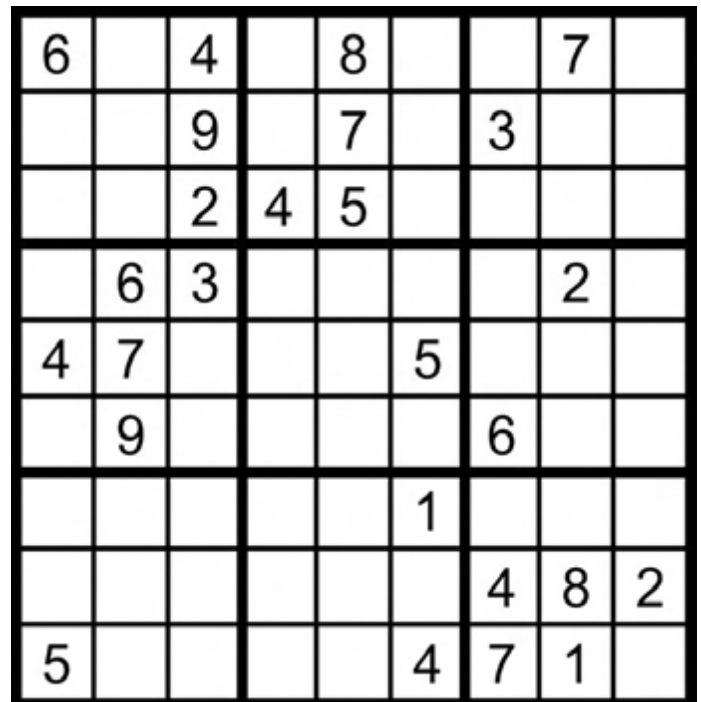
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Solutions on page 35

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Zoomed In: Heather Wiggs

By Lisa Bell

Creating floral arrangements gives Heather Wiggs an opportunity to interact with people. “We make flowers for all types of situations — some good and some sad,” she said. The Tarrant County College student has worked in the floral department of H-E-B for two-and-a-half years and likes making a difference in lives. She will finish nursing school in December 2019.

With a family history of many hospital visits, she watched the way nurses treated patients and family members. “I want to be there for other people in their times of need,” Heather said. While finishing her nursing program, Heather practices making a difference every day with a warm smile and encouraging words. Surrounded by beautiful flowers, she gets to help people now.



Granbury High culinary students help with the Dinner Tonight event.



Former Acton Elementary teachers, staff and students celebrate 40 years.



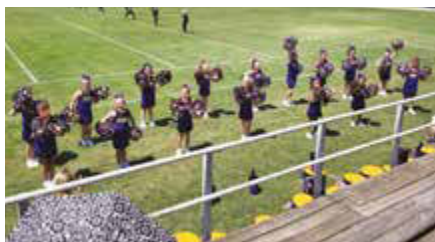
A ladies group from Granbury visits Bluff Dale and stops at Jaspers for lunch.



Oak Woods School kindergarten students find the elusive gingerbread man in Principal Donnie Cody's office.



Elizabeth Boyes still smiles for patrons as she adjusts to small spaces at the temporary library location.



Pirates Pee Wee Cheerleaders brave the heat.



Della, Mary Ella and Nora enjoy appetizers at Old Brazos Fans and Lighting's ribbon cutting.

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1
Granbury Newcomers Luncheon: 9:15-10:05 registration, 10:15 program begins, Pecan Plantation Country Club. Program presented by Julie Kibler, author of *Calling Me Home*. \$15 includes full lunch. Reservation required. (817) 243-9831 or granburynewcomers@gmail.com.

6
Opera Guild meeting: 10:30 a.m., DeCordova Bend Country Club. Program includes Cowtown Country Ramblers. Optional lunch at noon, \$15. Reservations required. Contact (682) 936-9572 or granburyog@gmail.com.

10
Brides, Bouquets, Beverages & Bites, Open House & Showcase: 11:00 a.m.-4:00 p.m., Warren's Backyard, 2901 Weatherford Hwy. Free admission.



10 — 11
The ImPLAZAbles Comedy Improv Troupe: 7:30 p.m., Granbury Opera House. Outrageous hilarity from Plaza Theatre Company in Cleburne. General admission, \$18. Opportunity House.

13
Salvation Army Women's Service League: 10:00 a.m., DeCordova Bend

Country Club. Optional lunch (order off the menu). Program presented by Christi Durant.

23
Craft, Art & More Fair: 10:00 a.m.-3:00 p.m., St. Frances Cabrini Church, Family Life Center, 2301 Acton Hwy. Free to attend. Vendors can obtain information by emailing WomenofStFrancesCabrini@gmail.com.



15
Path to the Plate: 5:30-7:30 p.m., United Cooperative Services Building, 320 Fall Creek Hwy. Do you know what you are eating? For details, contact Kelli Brown, kelli.brown@ag.tamu.edu or (817) 579-3280.

19
Walk Across Texas Celebration: 5:00-7:00 p.m., Granbury Church of Christ, 1905 W. Pearl St. For details, contact Kelli Brown at Texas A&M AgriLife Extension, kelli.brown@ag.tamu.edu or (817) 579-3280.

23
Santa's House 2018: Various days and times, Granbury Historic Town Square. Visit Santa in his Granbury home. Free to the public. Make memories starting immediately following the Parade of Lights. Details at www.visitgranbury.com

or www.facebook.com/granburysanta.house. Runs through **December 22**.



29
Freezer Club: 5:00-7:00 p.m., Granbury Housing Authority, 503 N. Crockett St. \$40 includes everything for three freezer-ready meals serving 5-7. For details, contact Kelli Brown, kelli.brown@ag.tamu.edu or (817) 579-3280.

30
2018 Nativity Display: 5:00-9:00 p.m., Langdon Center. Opening night for the 2018 season of Faye Landham's display of more than 1,300 Nativities from 87 countries. Children's area, music boxes and vintage sets. Free event.

Ongoing:

Mondays
New! Writing Critique Group: 3:30-4:30 p.m., Taste and See Community Room, 105 W. Pearl St. All writers welcome, but no profanity, vulgarity or sexually explicit scenes. Contact Connie Leonard at rycon70@att.net.

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

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Lisa's Pic of the Month

The harvest moon has long been celebrated as a welcome autumn event. Days when a brighter moon rises early — just after sunset — allow more time to bring in summer crops in preparation for winter. Today, many people celebrate the harvest moon as more of a festival. Granbury celebrates with art in a multitude of mediums, including sand, which is one of the most amazing ways to create something incredible. Enjoy this year's one-of-a-kind rendering, captured forever only in photos.

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