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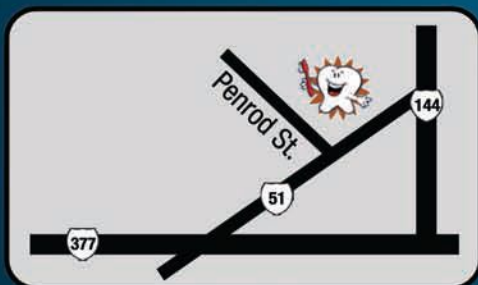
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ON THE COVER



Rod and DeDe Litke's peaceful surroundings help them relax after a hard days' work.

Photo by Vanessa Polozola.

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Editor's Note

Hello, Friends!

We live here for the wonderful community of friends. Yet, I'll admit, climate matters. I chose to live in a warm place as an adult. The decision was made in Utah, while watching my diligent dad shovel four feet of snow out of the sloped driveway before he could even drive to work. This was a daily occurrence four months out of every year.

Having lived in Alabama and Virginia already, I knew there were other options and swore that when I paid my own bills, I'd dwell in a place where the roads were mostly clear.

More than that, we have water for quietly touring the lake and open fields for riding trails. Our awesome parks are beautiful in their own stark way and beckon us for brisk walks and runs. Whatever we do to stay happy, we've got a good chance of being warm and dry.

Have a great mid-winter!

Melissa

Melissa Rawlins
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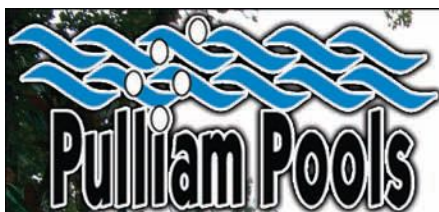
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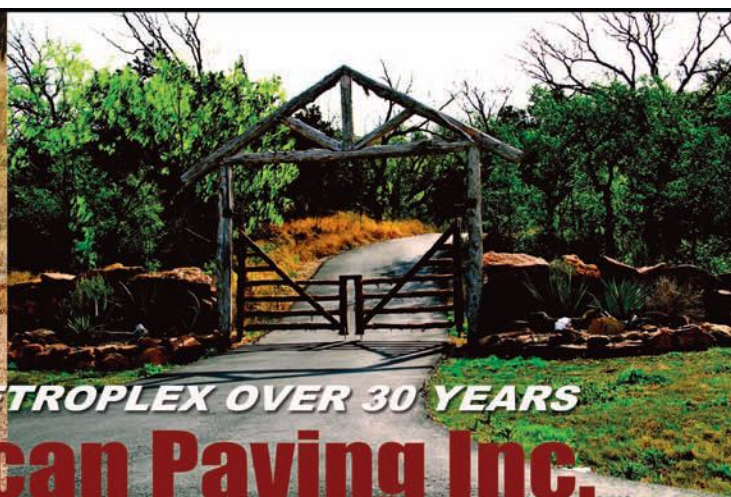
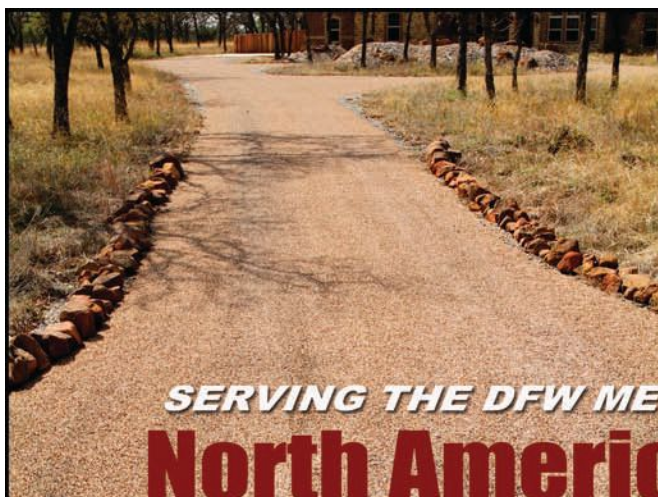
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Spark in the Classroom


— By Erin McEndree

Janel Morris has a reputation of going above and beyond for her physics students at Granbury High School. Physics is the study of interactions between matter and energy in the universe. The subject can be intimidating, but Janel does more than what is expected to help students achieve a higher level of understanding.

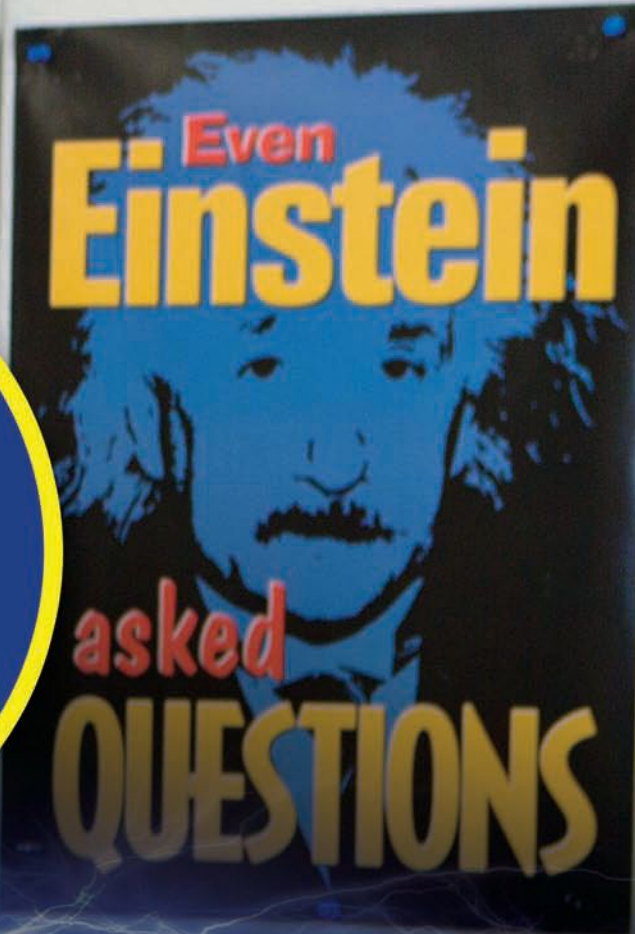
Janel was not always drawn to physics. Her husband, Justin, a physicist himself, helped her interest bloom more than her schoolteachers did. Now, Janel tries to pique her students' interest in physics by teaching in fun, interesting ways. "I realize most students are not going to grow up and become physicists," Janel said. "I try to help students make sense of it by measuring and calculating what they feel and experience."

"My mom and dad worked in the school system and instilled in me that school was very important," Janel said. She was a technical writer, but craved face-to-face interaction. "I would write papers and send them off," Janel explained. "I never saw anyone, so I never knew if it was useful or





"Most teachers go home after school and do other stuff, but I go home and talk more about physics."



not." Justin encouraged Janel to pursue teaching. She enjoys seeing her students' faces light up when they understand concepts.

Janel works hard to hold the students' interest and relate to them. "I teach them three things: Physics is not as hard as they think. Physics is interesting, and they are smart enough to learn it," She said. "Students will meet your expectations, so I set them high." In her first year at Granbury, Janel's students achieved the highest test scores in the school's history. Janel sets high standards for herself, as well. She is one of the only teachers in Texas certified to teach all four core classes: English, math, social studies and science. For Janel, however, physics is the perfect subject. "My husband made physics interesting. Now, we spend our time at home watching *Mr. Wizard's World* DVDs and debating Bernoulli and Torricelli's contributions to fluid mechanics," Janel said. "We are physics nerds."

Janel met her husband, Justin, at a Christmas concert at the Bass Hall in downtown Fort Worth. "It was just perfect," Janel said. "We got married 31 days later." They have been married seven years and

have three children, Nowëlle, Nikölaus and Christmäs. "We are big Christmas people," Janel laughed. "We go all out and start decorating in November." Janel admits the house is covered, roof to foundation, in red and green, and the barn matches. Every surface is adorned with penguins, Frosty or Santa, and the kitchen resembles a gingerbread house.

Presently, Janel's classroom is adorned with an impressive display as well. Her AP Physics 2 students are observing electrostatic charge transfer using a Van de Graaff generator that produces a blue spark when electrons move from the surface of a metal globe to a nearby conductor. It's like rubbing your feet across the carpet and shocking someone, but much larger. "It doesn't hurt. I let the kids figure out how to do things by themselves," Janel said. "I want them to learn problem solving skills and the value of not always having the right answer." Students get creative and stand on milk crates to reduce grounding, which causes their hair to stand on end, or put their open mouths near the machine to generate a spark to their braces.

This is Janel's third year at Granbury High. "When I first started, all the students had to pass physics to graduate. Now students choose it as an elective," she said. "We offer Advanced

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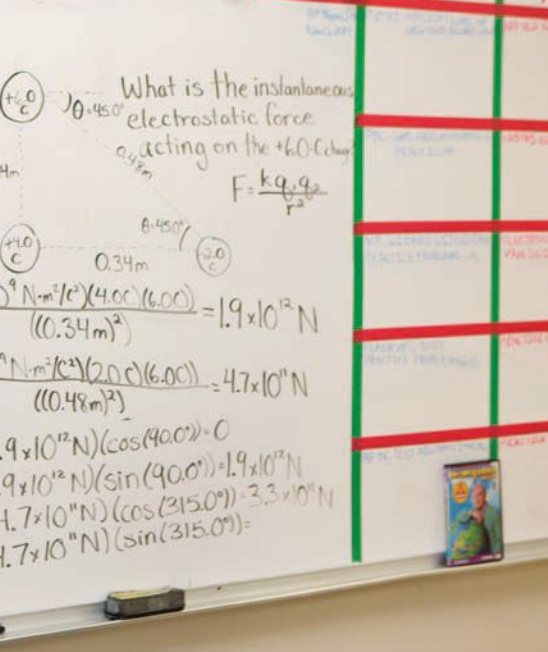
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Placement (AP) Physics 1 and 2, but some of the students were so bright I approached them to see if they wanted to try the AP Physics C tests for Newtonian Mechanics or Electricity and Magnetism. We don't offer those classes, but if I can help them earn an additional 3-6 hours of college credit, I will do whatever I can." The test is graded on a scale of 1-5. If a student gets a 3, they can receive three hours of college credit at most universities. If they get a 5, they may be awarded up to six hours of credit and can qualify for exclusive scholarships. Janel works with students who are serious

"I teach them three things: Physics is not as hard as they think. Physics is interesting, and they are smart enough to learn it."





about physics both during tutorials and in class for several months to prepare them.

"Covering material and bringing it back up in class again and again is so important to help students remember the concepts," Janel said. "I am lucky to have kids who choose to take physics. They are mature, and I can trust them in labs." As a sign of respect, Janel calls her students by their title — Mr. or Miss — and last name. She believes it helps them think of themselves as adults and transition into responsible, respectful college-bound individuals.

There are over 120 students in Janel's classes, not to mention the students in the classes of the other five physics teachers. Janel is the head of the physics department, coaches the science UIL

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academic team and is the science fair coordinator. As the head of the department, she prepares curriculum binders for each teacher, which includes notes, vocabulary, lab ideas, schedules and tests. She affixes PowerPoint presentations and YouTube videos as a way of teaching to every student's learning style. Janel also collaborates with the other physics teachers when they meet each Wednesday to discuss how the lessons are working and if any changes need to be made. It is a good time to ask questions and get ideas about how to teach concepts in a variety of ways.



In 2013, Granbury ISD adopted a project-based learning initiative. These are large-scale activities that require students to apply their classroom knowledge to tangible products they design and build in teams, and they are literally a blast. The AP Physics 1 students recently used their understanding of projectile motion and constructed parachutes to attach to "potato paratroopers," which they shot from a compressed air-powered cannon called a petard, modeled after the weapon originally developed by Isaac Newton. They also crafted pinewood cars to race against 60 teams in order to demonstrate their content mastery of force and aerodynamics. In May, the AP Physics 2 class will build a cardboard boat capable of holding four passengers as they paddle across the campus aquatics pond.

"We are physics nerds at home. My 5-year-old already knows physics equations, and Justin is my sounding board. I love having him as a resource. He is a true expert, and he helps me so much," Janel said. "Most teachers go home after school and do other stuff, but I go home and talk more about physics. It's our lifestyle." **NOW**



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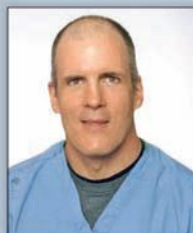


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TEXAS MEETS *Southwestern*

— By Lisa Bell

In 1993, Rod and DeDe Litke purchased their ranch near Granbury. “We just wanted to be out and raise our kids in the country,” DeDe said.

“It was a ‘meant to be’ thing,” Rod said. “We looked at it on a Sunday, made an offer Monday. The sellers countered on Wednesday, and we had a deal on Thursday.” Their youngest child was 10 days old when they moved to their 1,000-acre ranch. The couple loved the area. Surrounded by other ranches, they also liked the close proximity to Fort Worth. Of all the areas considered, they preferred Granbury to any other small town located within 50 miles of the Metroplex.

At first, they lived in the original house, which still stands on the property a short distance from their current home. Within a month of the purchase, DeDe’s mom and dad moved to the ranch and remained there until a couple of years ago. The ability to rear three children with grandparents right there to help care for them made ranch living even better.

In 1994, they began designing a new home and finished building it in 1995. The five-bedroom, four-bath home is the perfect blend of a large Texas ranch house combined with Southwestern flair. Many items and parts of the house itself came from New Mexico and Arizona, two of their favorite places to travel.

The exterior features thick, white, Austin limestone, but



AT HOME WITH *Rod and DeDe Litke*



the living areas also have walls made from the same material. Spruce cedar from Colorado and New Mexico supports the wraparound porch. The same pillars, hand-peeled by Rod, create columns between the dining area and kitchen. They also add a unique design to the cathedral ceiling.

The natural elements, along with many doors and windows throughout the house, create a seamless effect between indoors and out. The Litkes spend a lot of time outdoors enjoying the grandeur of rolling hills and renewal from gentle breezes. Landscaping around the house features Mexican daggers, large rocks and cacti.

On the front porch reside two large rocking chairs, turned slightly toward an amazing view of trees and not-so-distant hills. The couple can relax after a hard day of work, drinking in the peaceful surroundings they love.

During the process of building, Rod and DeDe went to church one day, and noticed some large doors in the back of a friend's truck. "Wayne, what are you doing with those?" Rod asked.

"Well, we're remodeling the woman's dorm at Tarleton State University," the friend replied. "They were just gonna throw away these great doors."

Rod asked Wayne if he had any use for them. He didn't, and willingly gave them to Rod and DeDe.



The historic wooden doors became the entry for their new home, an appropriate fit for a family who enjoys history.

Inside, a love of art immediately greets guests. Over the years, Rod and DeDe chose to support local artists and have several paintings from Don Coates' *Wild West Cowgirls* collection. They have watercolor paintings done by Terry Stephens, who also created their



landscaping, plus several works by Mike Tabor. The house faces east, with the back situated perfectly for watching the pastels of a West Texas sunset.

In review of Rod and DeDe's plans, a designer didn't particularly care for the long hallways. He called them wasted space, referencing a resemblance to a

bowling alley. Yet at one end, where the door leads to the driveway, a long line of boots welcomes visitors. Friends who live outside of Texas leave their boots, so they won't have to transport them. "We have boots in all sizes," DeDe said with a chuckle.

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family pictures line the walls while thick spruce logs look down on the hallway. In between, lies the heart of the home — the kitchen, dining room and living areas. On a high shelf across one side of the kitchen, an Indian dugout sits over the kitchen sink and multitude of cabinets and countertops. When DeDe was a little girl, a neighbor had a brick archway in the kitchen. "I always said one day I'd have a brick archway over my stove," she remarked, "and now I do." A breakfast bar divides the kitchen and dining area, which holds a long table. DeDe found the table at an antique store. Although perfect for a large family and frequent visitors, the table easily filled an entire room. "We built this part of the house around the table," DeDe said. Between the two rooms, a large light created by Bobby Kerr provides another extraordinary feature to the home.

An extra bedroom holds furniture that belonged to DeDe's grandma. The pieces bring back fond memories and somehow fit with the decor. Their daughter's room includes doors opening to the porch. Using knickknacks from Grandma, they created original candlesticks, adding another touch of memories. The guest room has a bed made from logs. A foreman, who was part Native American, presented Rod and DeDe with a ceremonial deerskin serape he made. They honor his memory by displaying the authentic piece on one wall of the room.

Rod and DeDe's master bedroom and adjoining bathroom feature a uniquely creative design. Although a wall separates the two rooms, it doesn't reach the

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ceiling. Above the wall, the large spruce logs bounce light against decorative touches. The spacious bathroom itself has a rocking chair, garden tub and separate large shower with more windows. At night, the French doors off the bedroom open to the porch. From there, they can watch the lights of Granbury twinkle beneath a canopy of stars.

DeDe covered one wall of the master bedroom with crosses, mostly because she loves them. They also represent the couple's faith. As members of the Triple Cross Cowboy Church, they open their ranch to an annual trail ride with judging and various challenges in the form of obstacles for horse and rider. The event includes prizes and food, as well as the seven-and-a-half-mile course, which gives the family an opportunity to open the ranch to their church and community.

The backyard is one of their favorite places for entertaining. Over the years, additions have been made, including a swimming pool, fire pit and large pavilion. Plenty of seating and Southwestern-style lights invite visitors outside. Rod points out the *viga* and *latillas* (herringbone) design in the ceiling of the porch and their brand cut into metal sconces. A gracious host, Rod stands facing west as the sun disappears in an explosion of color, a look of contentment on his face. The most beautiful part of the house is the couple's willingness to welcome friends who just need to get to the ranch — a work in progress built on land Rod and DeDe love. **NOW**



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HEALTH FOR FITNESS

— By Melissa Rawlins

We all know the Golden Rule: Do unto others as you would have them do unto you. The flip side is: The manner in which we treat others depends upon how we treat ourselves. Are we compassionate to our own selves? Do we understand our fitness to do the work at hand depends on our level of health? Being fit requires you strive for great health.

In this world we live in, there are too many outside sources of stress and contamination to think we can stay healthy without exerting proactive effort to prevent health issues. The choices we make turn us into the person we are. From food and entertainment to work and romance, we should be mindful to promote purity. Just as a vehicle needs a clean engine to prevent heavy exhaust fumes, our bodies need good food, regular exercise and peaceful relationships to prevent future breakdowns. Maintaining a well-functioning mind and body are not two separate agendas. Start this year off with a trip to your family doctor or chiropractor. Ask for an annual physical and



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confer with them on areas where you can improve. Then, whether you find yourself in your home or out on the town, you can balance mental and physical goals for great health.

Think about your dining experiences. At home, you have absolute control over what's in your refrigerator and what ends up on your plate or in your glass. Installing water filters will help ensure you are drinking fresh, pure water. Shopping for groceries certainly takes time, but every moment spent reading labels is well worth it to ensure you're purchasing nutritional additions to your body chemistry.

Wine bars, draught houses and coffeehouses are great places to meet a friend while sipping stimulating drinks that are beneficial, in moderation, as sources of vitamins and anti-oxidants. Enjoying mutually beneficial friendships

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is just as vital to our health as well-balanced meals. A variety of restaurants promote whole-food menus along with more traditional selections. Many of these meeting places also present a calm environment, and studies show quiet music soothes the nerves. This is the best way to digest a good meal.



Certainly, there are times you need to prompt your adrenal glands to pump up the volume, and that occurs during workouts. If you need a private coach, personal trainers will travel to your home or office on your schedule. If you need a coach and don't mind sweating publicly, a myriad of solutions are available. Local boot camps run year-round, and these male and female coaches love to teach you how to love yourself!

If you join a local gym or fitness center, you'll feel like a kid in a candy store with all the exercise choices offered. If you are not into high-energy kick-boxing or Zumba, nor meditative yoga or tai chi, consider combining your exercise session with fun. The YMCA, many senior centers and even nightclubs offer dancing to tunes that are less jarring to the system, like ballroom, swing or country western.

Hobbies best enjoyed in the daytime, like boating, fishing, raising livestock or gardening, can keep the mind and body fresh. By tending a garden, you'll bond with your family while providing affordable, healthy vegetable side dishes for your table. Local feed stores and gardening supply centers have all the supplies necessary, and your county's agricultural extension agent can provide guidance on how to get started.

Sounds like work? You're blessed if you have work that makes you really happy. Keep in mind, any hobby giving you joy still requires work — but think of it as soul-feeding work. When you feel satisfied, to the point of brimming over, then sharing your knowledge with others is a great way to maintain your mental health. Throughout your communities are charitable organizations in need of your volunteer services.

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If your mind or body is not fit enough to be of help to others, already beyond the point of prevention and in need of assistance to reverse damage, our communities abound with specialists able to serve you. Many churches and retirement centers offer free mental and spiritual counseling. Outpatient clinics are always open to analyze, restore and monitor your health.

Doctors are available to guide you in discovering what is necessary to stop the stress on your mind and body and begin the healing. Seek advice from experts in nutrition. Diabetes, for example, is not necessarily always a permanent condition. A focused, disciplined, balanced diet supports your body's ability to heal itself. With courage, determination and continued direction from your health care practitioner, help is available.

This month, make a list of ways you would like to increase in strength, joy, energy, compassion, flexibility and availability. Throughout the year, rate your progress on a simple poor-to-excellent scale. Twelve months from now, review your success with trusted coaches, counselors and friends. You can keep up your good work. You can enjoy total health and be fit for bringing even your wildest dreams to life. Loving your neighbor starts with loving yourself. You can do it! **NOW**

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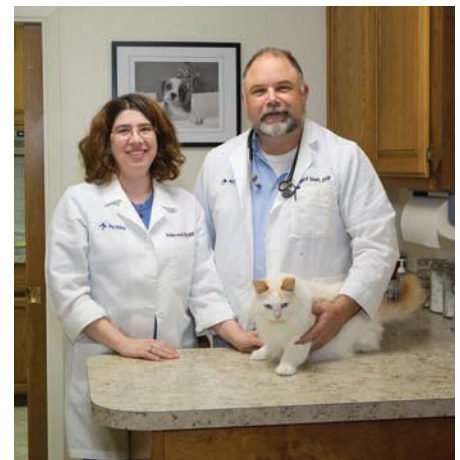


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Drs. Debra Gryder, Kristina Gesell (holding Amelia) and Richard Gesell rely on skilled and friendly staff to care for animals and their owners.

Stop in for a Pet

Acton Animal Hospital gives affordable, quality care for dogs, cats and exotic animals. — By Melissa Rawlins

Gone are poinsettias, chocolates and gifts posing potentially hazardous temptations to pets. Yet wintertime still presents animal lovers with the issue of cold temperatures. Veterinarians at Acton Animal Hospital welcome questions from pet owners about how to best care for some of the most important members of their family.

Providing dogs, cats and exotic pets dental and medical services — from wellness prevention to surgery, dentistry to boarding, nutritional counseling to training plus a pharmacy — presents challenges and rewards for the owners. Dr. Richard Gesell gets a kick out of helping the small furry mammals, like ferrets, rabbits, mice and rats. “People really do keep rats for pets, the big ones,” Richard said, with a grin.

No matter your pet of choice, Richard and his wife and partner, Dr. Kristina Gesell, along with their associate, Dr.

Debra Gryder, counsel on everything from nutrition to training. Debra’s friendly, almost motherly client-side personality helps her connect well with the clients. The Gesells’ down-to-earth compassion, experience and education help them help you give your pet their best possible life. All three doctors give their patients strong doses of preventive care.

“We look at animals closely, finding problems before they become a bigger problem,” Richard said. “Our job is to possibly reverse the problem.” Quality medicine is offered at an affordable price in the open, family atmosphere at Acton Animal Hospital.

Kristina is certified by the American Board of Veterinary Practitioners, similar to a general practice certification for human patients. With extra training in internal medicine, she focuses on dogs and cats. She tends to the more complicated medical

cases, such as her canine patient with a history of diabetes, pancreatitis and some liver problems. "While dealing with the delicate balance of all the medications, I have found it very rewarding to be able to help that patient have a very good quality of life and help the owners keep tabs on the patient to help it stay in good health," Kristina said.

"We look at animals closely, finding problems before they become a bigger problem."

Her husband prefers fixing what's broken, and deals with surgeries at Acton Animal Hospital. He also performs surgeries for the pets Friends for Animals and the Hood County Animal Shelter are trying to adopt. This is the Gesells' way of giving back to the community, which welcomed them when they moved here from Sulphur Springs and purchased this practice in June 2013. Since then, the couple has birthed their daughter, Amelia Grace, who sometimes visits the clinic.

Focusing their compassion on every person and pet they meet, the Gesells excel at client education. "A lot of our clients think of their pets as children," Kristina said. "We and our technicians take as much time as we need to when the client is here, and we're happy to talk to them on the phone or through email."

The doctors also set up a website to help people make informed decisions for the sake of their pet's comfort and health. Patients' parents can go to www.ActonAnimalHospitalTX.com and research their pet's condition, knowing the information will be from major veterinary websites the Gesells trust. There's also information on all their doctors and staff, including a whole page on Fuzzy, their clinic's official greeter and supervisor. Stop in for a pet! **NOW**



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Dova Callihan and Karen Erickson practice their makeover techniques by massaging each other's hands with their Mary Kay lotion.



Velea Sullivan shows off the two beautifully handpainted wine glasses she won at a Granbury Newcomer's Club luncheon.



Rebecca Barton and Viki Young stand proudly next to art bras that helped them raise \$1,500 for Cancer Care Services.



Lake Pointe Resource Center and Academy takes home the Best Display of Community Spirit Award for their float in the 2014 Night of Lights Parade.



Judith Dowd plays for supporters of Meals-On-Wheels of Hood County, which serves 260 meals daily.



The Chick Club, with one Rooster, takes a break from their bridge game at DeCordova Bend Country Club to celebrate the holidays.



Ronda McIlhain, Hood County court administrator, receives a jovial visitor, former commissioner Kenneth Umphress.



Ona Pruit, owner of Texas Heritage Cabins BnB, enjoys an Opera Guild luncheon chat with Matt Mills, the new President of Granbury Theatre Company.



Lakeside Physicians colleagues Carol Atkinson, Gina Wells and Lois Joplin help register friends at the LGMC Pink Pampering event.



Loretta Emerson, Betty Ware, Irene Fair and Bill Duckworth gather for fellowship at the Hood County Senior Center.



Aulora Richards and Tina Barlow have some giggles trying on funky shades at Gypsy Chicks.



Sue Hoffman and Lynne Cundiff enjoy lunch at Linda's Southern Kitchen.



Yankee Thompson does her Christmas shopping at Stuff N Nonsense.



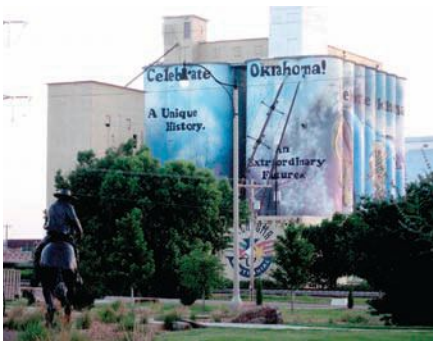
Betsy Dennis with Miss Kitty, the shop cat at the law offices of Daniel P. Webb.



Anna Strait, merchandiser, and Jessica Rathcke, sales person, struggle to put arms back on their mannequin at David's Western Store.

OK, Here We Come!

— By Becky Walker



Fresh air, room to breathe, optimism, the smell of the earth after a rain — these are a few of the things Oscar Hammerstein II immortalized in song for the musical *Oklahoma!* These characteristics really seem to capture the heart and spirit of our neighbors to the north. There is a spirit similar to our own — and in spite of our Texas/OU rivalry, we have a lot in common.

Both states were settled by tough-as-nails pioneers with a never-give-up attitude. They needed such “grit” to tame a new land and make it their home. Like Texans, Oklahomans love their land, their history and like to have just a little “elbow room.” You can get a sense of all three aspects with a trip to Oklahoma City.

As the largest city in the state, Oklahoma City is full of diversity, blending its old-fashioned, Western roots with a hip, urban scene. The Bricktown Entertainment District is a must-see. Originally the city’s warehouse district and the site where four railroad companies focused their freight operations, Bricktown is rich in history and was the key to Oklahoma City’s early economic growth. Following the Great Depression and World War II, the area fell into decline until investors with a vision revitalized the area in the early 1980s.

Today, Bricktown is a thriving retail and entertainment district, filled with restaurants and nightclubs, like Mickey Mantle’s Steakhouse and Toby Keith’s; shops; a ball park; a movie theater;

and an awesome canal. At one end of the canal is the beautiful Devon Energy Centennial Mosaic Mural. The mural, which took more than a year to complete, was constructed by Oklahoma City Community College students, volunteers and artists in honor of the city’s 100th birthday and features official state symbols.

Also located along the Bricktown Canal, is the Oklahoma Land Run Monument. While already impressive, this sculpture is not yet complete. Honoring those who participated in the Oklahoma Land Run when the Indian Territory was opened to settlers, it will take about 12 years to get all 45 pieces made and installed. When it is finished, it will be one of the largest sculptures of its kind in the world.

Of course, a trip to Oklahoma City would not be complete without paying respect at the Oklahoma City National Memorial & Museum. The Outdoor Symbolic Memorial spans the downtown city block where the Oklahoma City Bombing took place on April 19, 1995. With a field of lighted chairs, a beautiful reflecting pool and the sturdy Survivor Tree, the memorial reflects Oklahomans’ spirit of hope, love of the land and wide open places, respect for their history and their love of peace.

Oklahoma City is located approximately three-and-a-half hours north of Dallas off I-35. If you are ready to take a trip, you will find this is one city that is OK! **NOW**



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Red Hot Shingles

— By Betty Tryon, BSN

Many of us have seen the commercials of people sharing their stories of pain from screaming blisters on their body caused by shingles. If you have ever had chickenpox, the varicella-zoster virus that causes chickenpox, remains in you and may later cause shingles. After the infection of chickenpox goes away, the virus goes dormant or asleep in your body. Later in life, it can reawaken and manifest itself as shingles.

Approximately 1 million cases of shingles occur in America every year. The majority of people affected are elderly. However, if a child has had chickenpox, it is possible for him or her to get shingles. The reason the virus reactivates in some people is not clear. Some conditions causing this are a weakened immune system from cancer or HIV. Chemotherapy, steroids and/or radiation can all increase the risk of reactivating the virus and producing shingles.

While it isn't a life-threatening condition, shingles can be very painful. The usual pattern is a band or strip of inflamed skin covered with fluid-filled blisters that usually appears on one side of the body. Several days before the blisters appear, you may experience itching, burning, numbness and tingling. Pain is frequently listed as the first symptom felt. Other symptoms of fever, headache, chills and an upset stomach may be present also. Shingles may persist for weeks.

Shingles cannot be spread from person to person. However, the varicella-zoster virus from a person with an active case of shingles can be

transmitted by direct contact to a person who has never had chickenpox or been vaccinated for chickenpox. The resulting infection would be chickenpox, not shingles.

If you have an active case of shingles, try to keep the rash covered. Avoid touching the area and stay away from people with weakened immune systems and pregnant women until you are no longer contagious.

Diagnosis is made by patient history and visual examination. Your physician may choose to take a sample of the fluid for laboratory examination. While there is no cure for shingles, antiviral medications can decrease the severity of the symptoms and help avoid complications. It is important to take the antiviral drugs as soon as symptoms manifest themselves. Numbing topical agents to the rash may provide temporary symptomatic relief. In some cases prescription medication may be necessary for the pain.

Needless suffering can be avoided through vaccinations. Children should be vaccinated against chickenpox. If you are older and have had chickenpox, a vaccine is available to lessen your chances of getting shingles. Check with your doctor for information regarding vaccinations. **NOW**

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

January 5, 12, 19, 26

Music-n-Motion: 10:30-11:00 a.m., Hood County Library, 222 N Travis St. All ages welcome to syncope books, instruments and vocals — all vital to a child's development.. Call (817) 573-3569 or email cwood@co.hood.tx.us.

January 6

Opera Guild of Granbury Meeting: 10:30 a.m.-1:00 p.m., DeCordova Bend Country Club, 5301 Country Club Dr, Acton. Hear from Matt Mills, the new president of the Granbury Theatre Company. Lunch, \$13, is not mandatory but if dining, please RSVP to (682) 936-9572.

January 8

Granbury Newcomers Ladies Luncheon: 9:30 a.m.-1:00 p.m., Pecan Plantation Country Club. Cynthia James describes the colorful life of an artist. **RSVP by Jan. 5:** granburynewcomers.org.

January 12 — 14

Chisholm Challenge: 8:30 a.m.-6:00 p.m.. John Justin Arena in Will Rogers Memorial Center, 3400 Burnett Tandy Dr., Fort Worth. For event details and schedules, visit www.chisholmchallenge.com.

January 13

Civil War Round Table: 5:30-8:00 p.m., Spring Creek BBQ, 317 E Hwy 377. Individuals interested in Civil War history welcome for free presentation by historian Joe Walker on The Andrews Raid and the First Medal of Honor. Contact Charlie Peoples, (817) 578-5965.

January 19

Martin Luther King, Jr. Day.

January 20

"New Year, New You" Healthy Woman luncheon: Noon-1:00 p.m., Granbury Resort Conference Center. Whether it's a new look you're wanting or to feel better faster, join your neighbors for lunch and learning. Dr. J. Martin English will discuss the latest plastic surgery options for all ages. Dr. Bradley Hunt will present the latest advancements at LGMC for robot-assisted surgery and Bariatrics. \$2 for members; \$5 for non-members. **RSVP (817) 579-2979 by January 16.**

January 24

Precious Memories: The Southern Gospel Experience: 3:00 p.m. and 7:30 p.m., Granbury Live Theatre, Historic Square. Presented by Big City Music Revue. \$25 adults; \$22 seniors; \$15 children. Box Office: (855) 823-5550. www.bigcitymusicrevue.com.

January 30 — March 1

The Odd Couple: **Friday** and **Saturday**, 7:30 p.m.; **Saturday**, 3:30 p.m.; **Sunday**, 2:00 p.m., Granbury Opera House, Historic Square. Presented by Granbury Theatre Company. \$20 adults; \$17 seniors; \$15 children. Box Office: (817) 579-0952. www.granburytheatrecompany.org.

January 31

Last Saturday Gallery Night Art Walk: 6:00-9:00 p.m., 106 N. Houston St. Walk around the Square visiting The Galleries of Granbury and finish your evening at Uptown Art, 401 Cleveland Rd., just off Hwy. 377. Artists will be on hand, some giving demonstrations, while you enjoy hors d'oeuvres, wine and music. Contact (817) 579-7733.

February 15

Enrollment Deadline for 2015 Insurance Coverage: 9:00 a.m.-5:00 p.m., Lake Granbury Medical Center, 1310 Paluxy Rd. Feel free to call today and schedule an appointment: (817) 408-3237.

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 seeking education and support to art and artists. For more information, call Jeanette Alexander at (817) 578-3090.

First Tuesdays

Hood County Clean Air Coalition meetings: 10:00 a.m., American Town Hall. Recognizing the dangers that high ozone levels pose to senior citizens, children and those suffering from asthma and other lung disorders, this proactive organization exists to promote clean air in Hood County. How can you help? Visit www.granburyedc.com/cleanair. Contact Michelle McKenzie at (817) 279-9991 or mamckenzie@centurylink.net.

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 Gary Proctor, USAF (Ret), (817) 894-0901, or garyproctor5455@msn.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.

Thursdays

Yoga: 11:00 a.m., Senior Circle, 1321 Waters Edge Dr., Suite 1001. Gather with a group of adults age 50 and over for video-led exercise. Senior Circle encourages the active lifestyle possible through meaningful education, wellness, health, volunteer opportunities and social activities. For a complete list of quarterly events for Senior Circle, visit GranburySeniorCircle.com. Call (817) 579-2979 for details and to RSVP.

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 Thursdays

Special Needs Parent Support and Networking Group: 6:15-8:00 p.m., Lake Pointe Resource Center, 1921 Acton Hwy. Free. For parents and professionals to learn, connect and share in a caring, responsive and socially supportive setting. (817) 937-4332 or www.lakepointegrnburym.com.

Third Thursdays

Diabetes Support Group: 6:00-7:00 p.m., Third Floor Bingo Room, Lakestone Terrace Retirement Community, 916 E. Hwy 377. Call (817) 573-1214.

Saturdays and Sundays

Granbury Founders and Legends: 1:30-4:00 p.m., Nutt House Hotel. Put on your walking shoes for this escorted tour of historic downtown. For more information, contact City of Granbury Visitor's Bureau, (817) 573-1114.

Weekends

Hood County Museum: 1:00-4:00 p.m., Old Hood County Jail, 208 N. Crockett. \$2 for adults, \$1 for children 6-12. (817) 573-5135.

Third Weekends

Romance Weekend: Friday-Sunday, Noon-9:00 p.m., Historic Granbury. Bed n Breakfasts around town cater to couples. For more information, contact City of Granbury Visitor's Bureau, (817) 573-1114.

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



In the Kitchen With Suzanne Weldon

— By Melissa Rawlins

Preparing nutritious, quick and tasty recipes is a pleasure for Suzanne Weldon. Her family enjoys the meals she prepares, too. Often sneaking extra vegetables into her dishes, Suzanne is a registered dietitian and certified diabetes educator full of ideas to reach even the pickier kids. She first started cooking as a young child. From around the age of 4, her mom had Suzanne helping in the kitchen. She was the salad maker, and they always had a ball making homemade pizzas.

Now, when baking desserts for family and friends, she gets her 2- and 4-year-old daughters to help. She also requires herself to follow the recipe, instead of indulging her experimental side. “My goal is to have fun making it, as well as having it taste good.” **NOW**

Beef and Bean Burritos

Beef Mixture:

- 1 lb. lean beef**
- 1/2 tsp. lite Tony Chachere's Seasoning**
- 1/2 tsp. each: onion powder, garlic powder and black pepper**
- 1/2 onion, diced**
- 1 bell pepper, sliced into thin strips**
- 6 mushrooms, diced**
- 2 Tbsp. olive oil**

Refried Beans:

- 1 can salt-free pinto beans, drained and rinsed**
- 1/4 tsp. chili powder**
- 1/2 tsp. lite Tony Chachere's Seasoning**
- 1/2 tsp. each: onion powder, garlic powder and black pepper**
- 2-3 Tbsp. olive oil**
- 10 flour tortillas**
- 2 cups sharp cheddar cheese, shredded**

- 1. For beef mixture:** Brown meat with seasonings until cooked through. Sauté vegetables in 2 Tbsp. olive oil; combine with meat.
- 2. For refried beans:** Mash beans with seasonings and enough oil to achieve desired consistency.
- 3. To assemble:** Spread beans on tortilla, sprinkle with sharp cheddar cheese and dollop with 3 Tbsp. beef mixture per tortilla. Warm in oven at 350 F for 15 minutes. Wrap individually in foil to freeze leftovers.

Meatballs

Makes 26 meatballs.

- 1 cup uncooked bulgur**
- 10 mushrooms, finely chopped**
- 1 lb. ground turkey**
- 1 egg**
- 1 tsp. garlic powder**
- 1 1/2 tsp. Italian seasoning**

- 1 tsp. onion powder**
- 1/2 tsp. pepper**
- 1/2 tsp. salt**
- 1 cup Italian blend cheese**

- 1.** Cook bulgur according to package directions.
- 2.** Mix all ingredients together. Form into golf ball-sized meatballs. Bake at 425 F for 20 minutes. Serve with spaghetti or on a sub-style sandwich. Meatballs can be frozen.

Meatball Sub

Serves 4.

- 4 whole wheat sub rolls**
- 1 cup Italian blend cheese**
- 1 cup marinara sauce**
- 12-16 meatballs (from above recipe)**

- 1.** Slice subs lengthwise. Sprinkle with 1/4 cup cheese per sub. Heat in oven until cheese melts.
- 2.** Warm marinara in microwave briefly. Place 3-4 meatballs on sub and top with 2 Tbsp. marinara sauce.

Super Stuffed Zucchini Boats

Serves 4.

- 4 zucchinis**
- 1/2 cup plus 2 Tbsp. olive oil (divided use)**
- 1 cup uncooked quinoa**
- 1/2 cup carrots, shredded**
- 1/2 purple onion, diced**
- 1 lb. ground turkey**
- 1/2 tsp. each: onion powder, garlic powder and black pepper**
- 1 Tbsp. Italian seasoning**
- 1 16-oz. jar marinara sauce**
- 1 cup Colby-Jack cheese, shredded**

- 1.** Wash zucchinis, cut lengthwise and deseed. Set aside the scooped-out seeds for later use. Brush 1/2 cup olive oil on the 8 boats. Cook in oven at 350 F for 10 minutes. Meanwhile, cook quinoa according to package directions.
- 2.** Sauté carrots, onion and zucchini seeds in remaining oil along with turkey and seasonings until cooked through. Mix cooked quinoa into turkey mixture.
- 3.** Fill boats with cooked mixture. Top each boat with 2 Tbsp. marinara sauce and 2 Tbsp. cheese. Bake for 10 minutes.

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

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