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JANUARY 2018

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ON THE COVER

*Bob and Margaret King love
hydroponics and kids.*

Photo by
SRC Photography.

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© 2018. All rights reserved. GranburyNOW is published monthly and
individually mailed free of charge to homes and businesses
in the Granbury ZIP codes.*

*Subscriptions are available at the rate of \$35 per year or \$3.50
per issue. Subscriptions should be sent to: NOW Magazines, P.O.
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correspondence, call (817) 279-0013 or visit www.nowmagazines.com.*

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EDITOR'S NOTE



Lisa

Lisa Bell
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Hello, Granbury Family and Friends,

With the turning of the calendar, 2018 brings new beginnings. As I look back at 2017, things left undone on my personal goal list bother me. Yet I won't stress over them. Instead, I choose to look at the new year as a second chance, perhaps with a little more motivation to finish projects I began but did not complete. After all, isn't that what we're supposed to do at the beginning of each year? If you believe in numerical meanings, this is indeed a year of new beginnings — new things coming our way.

We so easily beat ourselves up for all the things we have yet to accomplish, starting out with feelings of defeat. I personally prefer welcoming 2018 with joy, hope and the belief that I can achieve my goals and more success than I previously have. I am different from a year ago — hopefully better in many ways. The idea of a new beginning motivates me to push forward and make 2018 my best year so far. Are you hoping for a fresh start? This is the time to find it.

Happy New Year!

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it. Cheers!

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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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A BETTER VISION

— By Rick Mauch





Bob and Margaret King want to help make this a better world. From creating a healthier variety of food to making a positive influence on youth, they're doing their part. "Each one of us is really responsible for three generations, at least," Bob said. "We're responsible for a lot more than we realize."

To show that time can be deceptive, Bob tells the story of how he went fishing with a man who also fished with President Abraham Lincoln. It was his grandpa. "In 1945, I was 5 years old and Grandpa Brock was 105," Bob explained. "When he was little, Lincoln was riding to town for a town hall meeting, and he had some time to kill. He saw Grandpa Brock fishing, so he stopped and fished with him." Though a century apart in age, through his grandfather, Bob found a connection to one of the greatest Americans ever. Who knows what connections will exist a century down the road?

Through their hydroponics and aquaponics operation, Bob and Margaret are doing their best to keep generations growing. They are raising vegetables and fish that are healthy — and delicious. Hydroponics is the soil-less growing of plants, while aquaponics combines that with the raising of fish in one integrated system. The fish waste provides an organic food source for the plants. Subsequently, the plants naturally filter the water for the fish. "You can grow the best tomatoes in the world," Bob said. "We also have great banana peppers, bell peppers and green star lettuce."

Bob, a chemistry major in college, fell in love with hydroponics and aquaponics immediately upon learning about them. He first got the idea from an employee. "I asked him what he was doing. He said, 'I'm learning aquaponics, so I won't have to work anymore,'" Bob said, chuckling. "It fit me perfect. I went crazy over it. In fact, I overdid it."

Then, about 14 years ago, Bob took a trip to the Virgin Islands and learned more. He worked as a free laborer. He brought back some ideas that he and Margaret soon implemented, though they had to make a few adjustments. "Aquaponics is built for the tropics," he said. "They have no perimeters down there. Here, we have to do it in different temperatures if we're doing it year-round."

Tilapia are their fish of choice for the aquaponics program, though they also have some catfish. In four tanks, there are approximately 6,000 tilapia swimming around. "Except for the ones you took out and filleted yesterday," Margaret joked.

"We chose tilapia because if you feed them right, they are good housekeepers," Bob said. "They have to have an immaculate house all the time."

They don't rely on the local lake for water. Instead, they use a well, which is purer. And though their products aren't





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officially organic, only a technicality prevents such labeling. They use chelated iron in the water that goes to the plants, a soluble complex of iron, sodium and a chelating agent, such as ethylenediaminetetraacetate. "It's as organic as you can get without it being certified," Margaret said.

Something else dear to their hearts are young people. They lead a group called More Than Me (MTM), which is designed to help youth obtain a better outlook, make good moral decisions and enjoy life in a positive way. The MTM dream began in 2004, but for years they couldn't get momentum. Then, about a year-and-a-half ago, they started holding a weekly breakfast at their shop, which led to folks getting involved. They also had 56 acres of land donated, on which they are constructing the MTM Youth Club Ranch. "That breakfast every Thursday morning has made a big difference," Bob said. "A little trick I have is I'll give people a dollar bill and tell them to give it back to me when they come to our breakfast."

Bob always gets his dollar back, and then some. They also raise funds through a fish fry every Friday and Saturday. For example, when Margaret turned 79 (he's 77) recently, they charged everyone 79 cents for their fish. "We raised \$8,100. We had no idea it'd be that much," Bob said, noting that they also charged 99 cents for a recent concert that featured David Hinton.

Another fundraiser Bob and Margaret are hoping to have is a bonfire in the park (MTM Ranch) in March. Bob is planning to feed 5,000

people, one of whom he hopes will be former President George W. Bush, a longtime inspiration to him.

MTM isn't a camp. It's not a place for overnight activities, but a place where young people can hang out and have fun. "We have lots of camps around the area. We don't want to repeat that," Bob said.

The MTM Youth Club Ranch, when completed, will include an exercise gym, gymnasium, chapel, stage and outdoor theater, basketball court,



exercise track, fort-style retreat, sand volleyball, arts and crafts and will be surrounded by a wildlife sanctuary with scout facilities. As for when it will be finished, Bob said, "It will never be finished, but we'll have it up and operational later this year."

Bob and Margaret's son, Mark, passed away on June 1, 2016, at the age of 40. He's not the reason for the park, but he's definitely a big influence. "I know he'd be really proud of what we're doing," Bob admitted.

"I'm really inspired by Bob and Margaret," said Jamie Gear, a chemistry/biology major from Wisconsin who is interning for them. "Folks like them are really hard to find, and they are really good ones. I have learned so much from them. My first day here, I dove in one of those big tanks, and I learned how to gut a fish," she added with a laugh.

"At the end of the day, we want to say we did our share for society," Bob said. "We have to love our neighbors to accomplish things." **NOW**

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Peaceful and Bright

— By Lisa Bell

At Home With
Roland and Judy Gladden



When entering Roland and Judy Gladden's home, the spiral staircase and long, crystal chandelier immediately catch the eye. The chandelier is Judy's pride and joy. Dropping from the second floor inside the spiral, it catches the light and brightens everything around it.

Next, the view from the back of the house astounds visitors. Judy insisted on having a lot of natural light in the house. The floor-to-ceiling windows across the back not only let in sunshine, but they also exhibit full trees and Lake Granbury. The windows stretch across the expansive living room, flowing into the informal dining

area, where a green chandelier hangs over the table. Judy loves green, and it shows in her kitchen, master bedroom and bathroom.

Married for 54 years, the couple lived most of their married life in Odessa. About 15 years ago, they searched for a lake home. "People in Odessa leave and stop when they find water," Roland said jokingly. However, several people they knew in Odessa now live in Granbury. Both Roland and Judy were State Farm agents, with a total of 70 years of experience between them. Both always wanted to live on a lake. They chose Granbury because of all the amenities and nearness to Fort Worth. They bought a lake home, and for many years, they enjoyed a place to come for the weekend. When they retired at the end of October 2015, they knew their lake house wasn't compatible for full-time living. They



considered selling, but with low lake levels at the time, they decided to remodel instead.

Roland admits that Judy did the designing and decorating of their home, but he loves the results. They started on the second floor, thinking what had been a television room would work as the master bedroom until the downstairs area was completed. But they ended up staying in a hotel for most of the time until April 2016 when the remodeling work ended. The upstairs has three bedrooms and a

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Jack-and-Jill bathroom that connects two of them. The bathroom has a crystal light fixture, a perfect accent to the main chandelier. The two back bedrooms both have doors that open onto a large balcony, spanning a good portion of the house. At the end, a storage room connects the original house to the area they added during the remodel.

Stepping out on the balcony releases any stress and tension guests might bring with them. The Gladdens' children and grandchildren often occupy the rooms, but they also entertain longtime friends who love visiting. Judy made sure she had plenty of room. Although the rooms with a king-size bed and a queen-size bed are lovely, she keeps them decorated simply. The room with twin beds, however, is much more fun in nature. Brightly colored metal flowers cover one wall, while the opposite one has ceramic crosses and plaques with cute or fun words and sayings on them. "It's just a fun room," she said. Indeed, the brightness brings a smile.

One of the biggest changes to the house came from expanding the back. Originally, a 12-by-14-foot porch stretched across the back of the house, leaving the bedroom, living and dining areas too small — great for a lake house, but a bit cramped for daily living. They expanded the

house to enclose the porch area and make everything much larger. The living room, complete with a large fireplace, has lots of space for entertaining guests.

The master bedroom has room for a king-size bed, a sitting area with a chair and ottoman, a small table with four chairs and separate queenly beds for their fur babies, Angel and Snuggles. When done, they added 26 feet to the bedroom. A small walkway leads directly from the bedroom into the master bath with two walk-in closets flanking the path. Judy thought they would be his and hers, but Roland offered his and uses a closet in the new utility area just beyond the bathroom. The original utility room off the kitchen barely had space for a washer and dryer.

Roland particularly likes the whirlpool bathtub. The shower, surrounded by glass, stands at one end of the tub, separate yet joined. They chose the countertops simply



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because of a thread of green running through them.

Another huge undertaking came with redesigning the kitchen. They basically flipped the entire thing. The original kitchen didn't have good ventilation — everything was on an inside wall. So, they moved the stove and ovens to an outside wall. A large island gives them plenty of workspace. The stunning Aphrodite granite runs through the kitchen, a half bath beside the kitchen and the front of the fireplace. Roland simply fell in love with the unique depth of the coloring in this type of granite. "We got what we wanted," he said. Where the old utility room used to

be, Judy now has a large butler pantry for storage. Roland takes pride in showing all the pullouts, drawers and vertical partitions Judy added for organized storage.

One last bedroom, used by Judy's mother who loved pink, remains decorated with lots of pink in memory of the lady both of them describe as sweet and happy. Judy has a small desk and uses the room as an office area now. Roland has his own man cave and garages with tons of storage space.

In spite of the expansion, they still have a spacious back patio and a gazebo with multiple man-style cookers. From a Big Green Egg to a smoker capable of handling huge slabs of meat, Roland enjoys using them. They used to hold cookouts for their employees.

Judy displays a State Farm Crystal Excellence Award in the living room. "It's the highest award they give," Roland commented proudly. His



pride and joy, on the table beside her award, is a box that a friend handmade from ironwood. Inside, the artist included hand-carved steak knives. An additional knife the same man made has a handle with animals carved into it.

At one time Roland raced cars. And although he no longer races a car, he still enjoys going over to Cresson to watch friends and sometimes bring them home to their bright and peaceful house on the lake. **NOW**



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Where Are They NOW?

Sarah Pace

— By Lisa Bell



During her high school years in Granbury, Sarah Pace shared she might be best remembered for being a good student, being involved with the GHS choir and her church, and possibly her uncanny ability of slipping in the cafeteria. While she hasn't lost that knack, she never gets seriously injured in the process. "If there's a puddle, [on the floor] I will find it," she said laughing.

Before graduating in 2005, Sarah competed in four rounds of competition to earn a place in the All-State Choir. Participating in the All-State Choir is one of her favorite memories. She placed first chair in the women's choir in the alto 1 position and fifth chair overall. Sarah also sang with her church praise team and played the piano. Although she doesn't describe herself as a pianist, she enjoyed accompanying the group.

After graduation, Sarah followed her best friend, who was a year older, to Abilene, Texas. They both attended Hardin-Simmons University and finished college there. Next, she moved to Fort Worth and lived there for several years. But in 2015, a serious automobile accident brought her home to Granbury. A head-on collision hit hard, leaving Sarah with a fractured femur and a few fractured

vertebrae. Back home with her parents, the support of friends and family both in Granbury and in Fort Worth, helped her during the yearlong recovery of learning how to use her leg again.

According to Sarah, that's part of the charm of Granbury — neighbors helping each other. "So many people I love, who have shaped me into the person I am, still live in Granbury," she said. "And that makes it special to me. It'll always be home." She especially loves her hometown at Christmas with all of the decorations and memories from her childhood. But the people are still by far the best thing about coming home for her.

Sarah loves working in higher education. She always wanted to return and work at Hardin-Simmons University. At the end of her recovery, HSU had an opening, so she applied and got the job. Now she works as the student accounts representative. Her job largely entails customer service, and she likes working with students and their parents. She has a passion for the students, though, so meeting with them is the best part of her position. She gets to encourage and even mentor them at times, especially regarding finances. Her biggest challenge comes

from holding back at times, so she doesn't over-advise students. She doesn't want to tell them what to do, but prefers guiding them to make their own wise decisions.

Working on campus also has other benefits. Everywhere she goes reminds her of her college days. Memories of her time as a student peek out from different buildings and places all around the campus, which make her workdays extra special.

In many ways, Abilene reminds Sarah of Granbury. "Everyone's friendly and nice," she said. Although her new home is larger, she still sees the same attitude of people willing to help one another. With even more amenities there, she doesn't have to travel anywhere outside of the city for culture, entertainment or community involvement. Yet the city

"So many people I love have shaped me into the person I am."

is small enough that it maintains a community feel similar to Granbury. Granbury will always be home, but she loves Abilene, too. In the future, she hopes to continue growing in her job and working at HSU.


As Sarah embraces her new home and life in Abilene, her parents, Scott and Cindi Pace, remain in Granbury, along with many friends. She has one brother, Micah, who also attended GISD. She recently added a rescue puppy to her family named Aly, who is officially the first "grandbaby." Sarah cherishes the way everyone rallied around her after the accident, and the way friends and family still support her where she is now. **NOW**



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CookingNOW

In the Kitchen With

JACLYN THRONE

— By Virginia Riddle



It's a new year, and everyone desires to eat healthier and lose weight. Jaclyn Throne learned to cook while taking high school home economics classes, but she and her family of six have lately changed their dietary intake. "My husband, Blake, and I have lost and kept off more than 70 pounds of weight between the two of us." She uses organic and the freshest ingredients possible. "We homeschool our girls, ages 9, 7, 4 and 2, so there's always food to prepare," Jaclyn added.

Get-togethers with friends and creating meals for those who are unable are two other ways Jaclyn shares her cooking talents. She related, "I know throughout my life, when someone has blessed our family with a meal, it's been a huge stress relief!" **NOW**

Fried Cauliflower "Rice"

- 1 1- to 1 1/2-lb. chicken, skinned, deboned and rinsed
- Garlic salt, to taste
- 1 Tbsp. unrefined, expeller pressed, virgin coconut oil
- 1 small white onion, finely diced
- 4 garlic cloves, pressed
- 1 head cauliflower, riced
- 3 medium carrots, peeled and sliced
- 1 1/2 cups broccoli, finely chopped
- 8 medium button or stuffing mushrooms, chopped
- 1 1/2 Tbsp. BRAGG Liquid Aminos

1. Season chicken with garlic salt. In a large, ceramic or cast-iron skillet, cook the chicken in coconut oil on medium heat; remove from pan and set aside.

2. In the same skillet, add the onion and garlic to the oil; cook until the onions are softened.

3. Add cauliflower; cover and cook 4-5

minutes. Add next 3 ingredients; shred chicken while vegetables cook until tender.

4. Add the liquid aminos and chicken to the skillet. Simmer for 2-3 minutes; serve hot.

Bacon and Apple Brussels Sprouts

- 1 lb. Brussels sprouts, washed, tops removed and halved to a uniform size
- 2 tsp. coconut or olive oil
- Sea salt, to taste
- 1 medium Pink Lady apple (or another tart/sweet crisp apple), cored and chopped into 1-inch cubes
- 1 Tbsp. fresh rosemary, finely chopped
- 3 slices Pederson's uncured, no sugar added hickory smoked bacon
- Salt and pepper, to taste

1. Preheat oven to 400 F; line a large baking sheet with parchment paper. Toss Brussels sprouts in olive oil; add sea salt. Spread on the lined baking sheet.

2. Add the apple; top with rosemary.

3. Roast Brussels sprouts until browned and tender when inserting a fork, about 25 minutes. In the meantime, in a separate skillet, cook, drain and crumble the bacon.

4. Remove the Brussels sprouts from the oven; add the bacon. Toss to combine the flavors. Sprinkle with more salt and pepper, if desired; serve hot.

Spaghetti Squash and Meat Sauce

Prep Time: 1 hour.

- 1 Tbsp. virgin coconut oil
- 1 medium spaghetti squash, halved lengthwise and seeded
- Salt and pepper, to taste
- 2 lbs. 96-percent lean ground beef (grass fed and finished preferred)
- Garlic salt, to taste
- 6-8 medium mushrooms, chopped (optional)
- 1/2 medium onion, diced (optional)
- 2 garlic cloves, pressed (optional)
- 1 16-oz. jar Central Market Organics Pasta Sauce (Garlic Lover's preferred)
- Broiled asparagus (optional)

1. Add coconut oil to the two squash halves; add salt and pepper. Lay squash face down in a stoneware or glass baking dish.

2. Add water to 1/2-inch depth in dish, covering the bottom of the squash. Doing so will create a delectable firmness to the

spaghetti squash “noodles” so they will not become mushy.

3. Bake at 375 F for 45 minutes; pour out remaining water, leaving the squash face down.

4. Season the ground beef with garlic salt; add mushrooms, onion and garlic cloves, if desired.

5. Add spaghetti sauce; simmer for 5 minutes on low heat.

6. With a fork, rake the squash flesh into strands or “noodles”; add desired amount of meat sauce. Serve hot with broiled asparagus, if desired.

Bacon Butternut Squash

1 medium (approximately 2 lb.) butternut squash, trimmed from rind, cut into 2-inch cubes

1 tsp. chili powder

1 tsp. garlic powder

1 tsp. paprika

Black pepper, to taste

1 pkg. Pederson's uncured, no sugar added hickory smoked bacon (approximately 10 slices), halved

1. Preheat oven to 400 F. Place the squash in a bowl; coat with chili powder, garlic powder, paprika and black pepper.

2. Wrap the bacon around the squash cubes. Place on a parchment-lined baking sheet; bake for 40 minutes.

Dark Chocolate “Fudge”

1 cup Ghirardelli 100-percent unsweetened cocoa powder

1/2 cup 100-percent pure, raw, unfiltered honey (Nature Nate's Natural recommended)

1 cup MaraNatha All Natural Creamy Almond Butter

1 cup unrefined, expeller pressed, virgin coconut oil, at room temperature

2 drops Young Living Peppermint Essential Oil (optional)

1. In a mixing bowl, combine all ingredients, except essential oil; stir or food process until mixture is smooth and creamy.

2. Line a 9x5-inch pan with parchment paper; pour fudge into pan. Mix in essential oil, if desired; spread fudge evenly.

3. Cool in freezer for about 4 hours until the fudge is set and hardened; remove and cut into squares.

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

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BusinessNOW

Best Buy Walk-in Bath Tubs

— By Lisa Bell

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The simple joy of crawling into a bathtub at the end of a long day, relaxing and flushing stress down the drain, can be a beautiful thing. Usually, getting in and out of a tub isn't a big deal, but for some people, trying to maneuver the raised side of a bathtub or even a few inches stepping into a shower makes the uncomplicated task impossible. An injury or sudden illness can affect any person, so walk-in tubs aren't just for the elderly.

That's where Best Buy Walk-in Bath Tubs comes in. Donna Aust and her husband, Ken, first bought property and moved to Granbury in 1997. They saw the need for a local option to purchase walk-in tubs, especially with many retirees living in the area, and opened their business in May 2006. They not only have a local showroom, but also have a warehouse where they manufacture their products. From creation to installation, Best Buy Walk-in Bath Tubs is there for the customer every step of the way.

Each tub has a double seal around the door, which prevents leakage. Each tub also comes with a hand-held shower, as well as the normal faucet. Beyond that, they have many options. Some tubs have whirlpool functionality. They offer microbubbles, which are deep cleansing and good for many health issues. In addition, the tubs have a two-inch drain system. In most cases, the drain takes only one-and-a-half minutes to empty the tub.

Different styles and depths of tubs means a customer can choose what works best for him or her. A deeper model works great for taller people or someone who wants more water coverage. One model features slide-in styling, allowing a person to sit down and simply pull their legs in after them. Best of all, a customer can go with a package deal or choose customization, adding or removing components to any package.

Best Buy Walk-in Bath Tubs is a distributor for the Onyx collection, carrying low-profile showers in every color imaginable. With a mere one- to one-and-a-half-inch step-in and built-in wooden seat, the shower works for many people. The water control, located near the seat, is a great option. In addition to the hand-held shower, a normal showerhead makes the Onyx perfect for families to use the same space. These showers also have a lifetime warranty.

Donna and her family take pride in the business. "As far as I know, we are the oldest walk-in tub company," she said. "We're happy to give pricing and information over the phone." The business, family-owned and -operated, employs less than a dozen people, yet maintains efficiency. Even their dogs, Marley and Blue, sometimes greet customers who come into the showroom.

As of December 1, 2017, all of their tubs and showers carry a lifetime warranty on the motor, all components and installation, a fact that also brings them great pride. "We are so confident in our products that offering a great warranty isn't difficult," Donna said.

During January, they are offering \$500 off any tub installation. Customers highly praise Best Buy Walk-in Bath Tubs and state that the money spent is well worth it. To have the means to sit in a tub again can make a huge difference for those who haven't been able to do so. Donna urges people to drop by and see their options. **NOW**



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Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.



Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George

Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**

Photos by Collin Hackley for VISIT FLORIDA, unless otherwise noted.



A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.

Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.

Heart Healthy³

• *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

• *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose good proteins like lean ground meat or poultry, eggs and legumes.

• *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**

Sources:

1. “Is Eating Gluten-Free Healthier” obtained from <http://www.eatingwell.com/article/9943/is-eating-gluten-free-healthier/>
2. “Diabetes Diet: Create your healthy-eating plan” obtained from <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>
3. “Heart Healthy Diet: 8 Steps to prevent heart disease” obtained from <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

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Sherry Barrett and Stan Wasielewski enjoy being docents during Granbury's 2017 Tour of Homes.

Zoomed In: Marsha McDonald

By Lisa Bell

The Langdon Center recently featured Marsha McDonald's artwork during a show titled *Among Heroes*. Marsha lives in Weatherford and started painting by creating landscapes. Her true love comes out when painting animals, especially those in service to humans. "My models are mostly dogs," she said, "but include paintings of some of the Dallas Police Mounted Patrol. DPD let me use some of their horses, and also one of their K-9s, for models."

Marsha's passion for veteran service dogs, retired contract working dogs and therapy dogs flourishes in her paintings. "This show was mostly about my passion for animals who are 'heroes' because of the service they render to us." The self-taught artist has spent decades perfecting her art and tributes to animal heroes.



Snow White helps Mrs. Claus greet visitors.



Shelly Burtscher gets in the holiday spirit as she works at Christmas Warehouse.



The Granbury Quilters Guild has fun at Patti's Last Resort while working on Christmas projects.



A group of carolers visits the Away in a Manager Nativity display.



The Granbury Cloggers have fun and get patriotic at the Newcomers' Luncheon.



Little princesses gather around the Ice Queen for a time of singing.



Amy Clarkson with Magnolia Realty thanks one of her clients with a pie for Thanksgiving.



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January:

4

Granbury Newcomer's Club: 9:30 a.m., Pecan Plantation Country Club. Johnnie Williams presents The Art of Cake Decorating. Lunch \$15. Reservations due by **January 1**. Email granburynewcomers@gmail.com or call (817) 243-9831.



Frozen Sing-a-long: 2:00-4:00 p.m., Hood County Library. Drink hot chocolate, watch the movie and belt out your favorite tunes by Olaf and the gang. Costumes welcome.

8

North Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy. 377. Dr. Anne Bailey to present, "Was Scarlet O'Hara in Texas?" Visit www.ncentexcwrt.com for more information.

9

Salvation Army Women's Service League: 10:00 a.m., DeCordova Bend Country Club. Guest speaker Holly Martin with Paluxy River Children's Advocacy Center. Optional lunch available. No reservation required.

16

Lego Club: 4:30-5:30 p.m., Hood County Library, 222 N. Travis. Nurture creativity and motor skills by building with LEGO. Ages 6 and up. Visit www.co.hood.tx.us/297/Library for more information.



22

Granbury Theatre Academy Classes Begin: Various days and times, Granbury Opera House. Visit www.granburytheatrecompany.org for details on available classes, times and cost.

February:

1

Granbury Newcomer's Club: 9:30 a.m., Pecan Plantation Country Club. This month features best-selling author Charlaine Harris. Lunch \$15. Reservations due by **January 29**. Email granburynewcomers@gmail.com or call (817) 243-9831.

13

Salvation Army Women's Service League: 10:00 a.m., DeCordova Bend Country Club. Annual fundraiser includes luncheon, fashion show, silent and live auctions. Visit www.saserviceleagueofhoodcounty.org/ for details.

Ongoing:

Third Tuesdays

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

Wednesdays

Fresh Starts, Divorce Recovery Group: 6:30 p.m., Granbury FUMC Room #119, 301 Loop 567. Covers all stages of separation or divorce. All ages, faiths, denominations, beliefs and ages welcome. No cost or pre-registration required. Childcare provided. For details, call (817) 573-5573.

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. For information, contact Brianne Langdon, (817) 408-0746.

Third Thursdays

Diabetes Support Group: 6:00-7:00 p.m., Third Floor Bingo Room, Lakestone Terrace Retirement Community, 916 E. Hwy. 377. Free, facilitated meetings for those with diabetes. Call (817) 736-0668.



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The average person loses 7-15 pounds in the first 10 days!

The next thing you know, people are saying how great you look and your clothes (but not your skin) are looser.

Why? Because with ChiroThin, unlike many other programs, you are losing fat and excess water, not muscle. Within 2-3 weeks of starting ChiroThin your coworkers, friends, and neighbors will be amazed at the difference and ask you what you are doing to lose the weight so quickly.

By the time you're done with this program, you will have lost a lot of weight and many inches of fat! Additionally, you will have the tools to make the weight loss long term. This is why so many people don't gain the weight back – even years later!



Dr. Ken Parker, DC, Dipl.Ac.(AACA)

4425 E. Hwy 377, Suite 102 • Granbury, TX 76049

682-936-4664

Individual Results May Vary

**Not an Exercise Program
No Surgery
No Packaged Foods**



Day 84

Sherri
Lost **55 Lbs and 41"**



Day 126

Dr. Sheldon
Lost **100+ lbs**



Day 42

Lana
Lost **25 lbs and 20"**



Wishing you a
**Happy
New Year**

FROM OUR FAMILY TO YOURS!

Have a safe, prosperous and healthy New Year.

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Walk-in vaccine hours: Thursdays & Fridays 9 am - 12 pm