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draws inspiration  
for art from  
everyday events

## A World of Memories

At Home With Tom and  
Janet Smith

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# CONTENTS

**6 LAUGHING AT LIFE**  
Mike Scovel creates art equally well in different mediums.

**10 A WORLD OF MEMORIES**  
At Home With Tom and Janet Smith.

**14 LEADERS IN EDUCATION**  
The Kiwanis recognize and encourage students who exhibit good leadership skills.

**20 BASECAMP FOR ADVENTURE**  
Silverton, Colorado, beckons travelers of all stripes.

**22 THE SWEETEST VALENTINE**  
Now is a great time to adopt your new BFF.



**16** CookingNOW

**18** BusinessNOW

**24** Around TownNOW

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## ON THE COVER

*Mike Scovel's sense of humor helps life look a little less rough.*

**Photo by**  
SRC Photography.

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

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# EDITOR'S NOTE



*Lisa*

Lisa Bell  
GranburyNOW Editor  
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*Hello, Granbury Family and Friends,*

As we drift into the month of February, our hearts turn to love. How can they not unless you avoid every store, online venues ... well, you get the picture. Love is in the air — red and pink hearts reminding us of Valentine's Day. Is there a "bah humbug" phrase for February 14?

As I reflect on this holiday of sorts, I find myself wondering, "What is love?" The word itself has many meanings, but the best love is true, unconditional and action based, the type that doesn't rely on feelings but shows in action the look of love. See, I can say I love you all day long — and I might even mean it with all my heart. But when everything is said and done, do my actions match my words? Unconditional love doesn't depend on what someone else does, says, thinks or believes. It is rare and highly treasured. This kind of love isn't selfish, always putting itself before others. If you are fortunate enough to know this love from anyone, you are blessed. And, what of yourself? I believe when we show unconditional love, eventually, others will return it as sweetly as we give.

Happy Valentine's Day!

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# Laughing at Life

— By Lisa Bell

*“I’ve been drawing since I could hold an implement in my hand,” Mike Scovel said. What lived inside of him had to come out. So instead of fighting his talent, he simply turned it into a career.*

Primarily, Mike produces Western art. In his younger years, he worked on a ranch in southern Idaho, but he always loved drawing somewhat comical pictures of the Western life — including one self-portrait. He laughs at that one now because he did it when he was much younger and had hair. In the picture, the man is bald, and it definitely fits Mike more these days.

For inspiration, Mike draws from normal life events. His favorite cartoon depicts a cowboy, bucked off a horse and about to land in a cactus. While real life isn’t always funny, looking back, he tends to find humor in some of the worst situations. “I’m just sick like that,” Mike said, flashing a mischievous grin.

He started his artistic career with *The Houston Chronicle*, drawing “Frustrated Cowboy.” As a freelancer, he continues working for Leanin’ Tree greeting cards and has for more than 40 years. He still draws designs for plates and Christmas cards for Fort Worth Western Railroad. While drawing and painting remain some of his best work, Mike also learned sculpting, and some of his favorite work comes from commissioned sculptures.

“Art helps me deal with a messed up head,” Mike said. A veteran of the Vietnam War, he served only one year there and two in the states. One year of combat was more than enough. He draws on life experience, imagines comic scenes and draws them. Through art, he deals with the horrible images he might otherwise remember. A life-size sculpture of Congressional Medal of Honor recipient Roy Benavidez was Mike’s first Vietnam commission, and he did that one about 10 years ago. “I talked to him quite a lot while I was sculpting him, thanking him for what he did and hoping he was OK with how I was depicting him,” Mike shared.





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Two of the pieces located at Granbury's Memorial Lane came from Mike. He used Julia Pannell's granddaughter as a model for the girl. The dog was an emotional piece for him because he loves dogs and their loyalty. The fact that it memorializes military service also touched Mike. "I owe a lot of gratitude to Julia and the city of Granbury for allowing me to do the sculptures," he said.

His all-time favorite piece of art is a sculpture he created for a children's home. Titled *Jesus Wept*, the piece pulled emotion from him as he worked. "It's a special piece," he said. "I grew a lot from doing the work and studying the short Scripture for which it is named."

Art isn't the only thing that creates passion in Mike's heart. He and his wife, Dusti, love children. While they have two biological children and two adopted, they also have taken in seven others at different times in life. Most of these came from troubled homes or tough situations. He maintains contact with all of them, trying to be a good influence for them even as they have grown to become responsible adults. They also have 14 grandchildren, which sometimes come to visit. Mike met Dusti in 1976, around the same time he learned sculpting after Jim Reno told him to buy some clay and play with it. The couple moved from Ingram to Granbury in August 2015, when she got a job at Mission Granbury. They love the country



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feeling with the rolling hills in view. With all it has to offer, they appreciate the entertainment, city amenities and yet small town. But most of all they love the people.

In his spare time, Mike has small projects around their home that often become works of art. A “gypsy wagon” consumes some of his time. He also enjoys building miniature towns from random materials, and he loves trains.

Although he certainly could retire at this point in life, Mike asked, “Why?” He loves his work and has a lot of freedom. While he has fun with a commissioned piece that’s challenging, for the most part, he doesn’t have to work hard. He used to keep a rigid schedule, and when the kids were young, he worked mostly at night. Now, he spends days in his studio behind the house working, nevertheless feeling more like he’s playing.

Of course, when the grandkids come, he’s all about spending time with them. “Grandkids are more fun than kids,” he said. With his less grueling lifestyle, Mike gets to enjoy them. Perhaps some of his drawings, paintings and sculptures come from those experiences. He often uses those closest to him — including himself — for inspiration. Laughing at life makes any situation bearable. Mike captures humor and sorrow in ways many can appreciate. And he intends to keep doing that for as long as he can. **NOW**

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— By Rick Mauch

# A WORLD OF MEMORIES

AT HOME WITH TOM AND JANET SMITH



*Tom and Janet Smith have been all over the world. However, it was a backyard and patio that brought them to their home in Granbury. "This whole setup, the whole backyard, we just fell in love with it," Tom said. "The sun rises over there by the tall, wooden fence."*

"I like to get in the pool when the shade is over it in mid-afternoon when the weather permits," Janet added.

She is, of course, referring to their kidney-shaped pool, which highlights the center of their backyard oasis, complete with hot tub and diving board. Next to it, descending over rocks, is a waterfall Tom and Janet can turn on and off at their leisure.

Nearby is a wine-bottle tree with empty bottles adorning the branches. Tom and Janet are connoisseurs of wine and different types of art. Next to it is a miniature windmill slightly larger



than a doghouse. "We bought that windmill in Holland. It was shipped to Boise, Colleyville and now here," Tom said.

The patio is literally an outdoor kitchen. There are two grills, a refrigerator, sink, ample seating and even a large television mounted on the wall so as not to miss a single pass, pitch or basket — or perhaps moment in a movie — while the dining delicacies are being prepared. There are a couple of outdoor heaters under the patio roof. Another outdoor fireplace is near, though not on the patio, with chairs around it for getting warm on a chilly night.

The Smiths, both age 77, moved to their Granbury home from Colleyville in March to be closer to their daughter, Wendy. They had lived in Colleyville since 2007, after spending seven years living in London. "We didn't own a car all seven years we lived in London. We had very convenient public transportation," Tom said.

Though they lived in London, Tom would fly to Moscow during the week for business. His work as CEO of several transportation companies allowed them the luxury of seeing much of the world through what is now 55 years of marriage.

Having first met in college in western Pennsylvania, the Smiths have lived overseas twice. The first time was in the Netherlands for two years in the 1980s, before moving to Boise, Idaho, for five years. Their travels and where they've lived are on display throughout their 2,900-square-foot home. Their collection of mementos begins immediately inside the front door, with a cabinet filled with salt and pepper shakers from all over the world. The collection includes some from both the New York and Chicago World Fairs. There's also one depicting the Beatles on *The Ed Sullivan Show* and another signed by Le'Raven Clark of the Indianapolis

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Colts. “We started collecting on our honeymoon,” Janet said, pointing to the first one they got from the Catskill Mountains.

“Fifty-five years of marriage, that’s a lot of collecting,” Tom said, chuckling.

The dining room has a Chinese style throughout. A pair of white Chinese

statues, male and female, is on display. They were presents from Janet’s mother. “We have Chinese dinner parties all the time,” Tom said. “I love to cook Chinese food.”

Breaking from the theme is a painting of the Rainbow Bridge, north of Boise. It was the first time

they’d had a painting commissioned, and one of several throughout the house that tell of their love for the Boise area. “You can tell them what you want when you have a painting commissioned,” Janet said. “I’d never done that before, and it was so interesting to be able to do that. He did a great job, too.”

The living room has a painting of downtown Boise, created by the same artist, Lloyd Faylor. It features a building with steeples and is one of Tom’s favorites. “This building is still in downtown Boise. You don’t see many buildings like it anymore,” Tom said.

The guest bedroom is known as the Boise Room. The walls are adorned with paintings from that area. “We loved being there. Nice, clean air,” Tom said. “You can’t play golf as often, though.”

Tom and Janet share an office, which is where Tom keeps his prized collection of miniature models,

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reflecting all the places he's worked. From trains to planes, he has run some of the world's most prestigious companies, including Mooney, Fairchild, Sirocco and Morrison-Knudsen Corporation.

The pool bathroom features Dutch

tile paintings. They picked them up while living in the Netherlands. The paintings depict the simple, laid-back lifestyle of the country with windmills, a quiet country bridge and modest homes. "The gentleman who did them was in his 90s, so I don't imagine he is around anymore, and there probably aren't many of these around anymore," Janet explained.

The master bedroom includes a painting of Venice, a place they've never lived, but have visited a couple of times and loved. There is also a photo of Tom, Janet and their two pet Corgis named Kensington and Chelsea. "We lived in the Royal Borough of Kensington and Chelsea, and it was fabulous," Tom said. "So, that's where the names come from."

When they aren't enjoying their home, Tom and Janet are involved in their community, wherever they live. Tom is a member of SCORE (previously known as Service Corps of Retired Executives), an organization that provides free and confidential counseling to entrepreneurs of new and small businesses. Janet is a member of the Daughters of the American Revolution, Granbury Newcomers Club and DeCordova Women's Club. Also, Tom was chairman of the Colleyville Chamber of Commerce, and Janet was an ambassador.

Along with Wendy, they have a son, Jim, who lives in Trophy Club with his wife and daughter. They have three grandchildren. And, according to Tom, the moving is over. It was an adventure while it lasted, but he and Janet have unpacked for the last time. "Just look around," he said, again referring to the backyard. "Why would we ever want to move again?" **NOW**



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# Leaders in Education

— By Lisa Bell

In Granbury, education gets a lot of support from businesses, organizations and individuals. Though a relatively small group, big hands-on contribution comes from the local Kiwanis. James Dickens currently heads up this organization as the president, moving up from his previous vice presidential position.

Often, the Kiwanis hit the press as they hand out awards to different age-level kids. During the elementary years, they recognize students as Super Citizens. These children, chosen by teachers and administrators at each of the schools within the Granbury ISD, aren't necessarily the ones with the best grades. Kiwanis are about leadership, so they also look to reward those characteristics. For a teacher to say good things about a student is one thing, but for outsiders to recognize them motivates the kids.

At the middle school and high school levels, the Kiwanis provide clubs in which kids may choose to

participate. Frequently, a student becomes interested because of a friend. In addition to receiving awards, the older students learn leadership skills. The Builders Club, designed for 12- to 14-year-olds, helps the kids who are in the middle of building skills that last throughout their lives. Members of the Kiwanis mentor the students and help them conduct meetings each month.

The Key Club, for 15- to 18-year-old students, is when students really take off and let their leadership skills shine. The kids run the monthly meetings with help from their Kiwanian sponsor. They focus on management and responsibility life skills at this level. These are the young men and women seen around town helping during community events. For example, they pass out candles during the annual Parade of Lights or help decorate the courthouse for Christmas. Kids come from all over the community, including surrounding schools in Hood County.

According to James, the Kiwanis, founded in 1915, is the oldest and largest organization to have a program interacting with high school students. The Key Club began in 1925. Locally, the Granbury Kiwanis Club has existed

for 42 years. James bought property in 2010, but he and his wife moved here about four years ago. Within a year, he became involved in the local Kiwanis. While their main focus rotates around kids, James is quick to point out their widespread community involvement. Kiwanis basically strive to assist people in need, and sometimes, that goes beyond the students. "You become a servant," James shared.

Kiwanis help with food and toy drives and throughout the community when needed. They also join forces with the Salvation Army in distributing Christmas gifts for the annual Toys for Children drive. In addition, Kiwanis members work to provide backpacks and uniforms for children, as needed.

Globally, the Kiwanis organization joins with UNICEF in trying to eradicate diseases. While James isn't quite old enough to remember polio well, he remembers seeing the effects of it when he was a child. He's glad to be part of an organization that seeks to end those types of diseases through vaccines.

James shared about the area book kiosks, which is one of his favorite programs. Made from no longer used newspaper stands, the members bring kid-appropriate books. "We have a retired librarian who checks each donated book to make sure it is kid-friendly," he said. Children can borrow a book and return it, or they can keep it forever. The kiosks are located at Ruth's Place (both locations), the YMCA, Afterschool America and the Community Center of Comanche Cove.

James Dickens and his fellow Kiwanis members love Granbury. They plan to continue serving the community in many ways and mentoring students to do the same. Although many good organizations exist, James enjoys being part of the Kiwanis and loves what they are doing to help students grow. **NOW**

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# CookingNOW

## In the Kitchen With

### LEANN DANIEL

— By Lindsay L. Allen



LeAnn Daniel, former gymnast and owner of a gymnastics training center for 30 years, certainly knows her way around the kitchen and enjoys preparing award-winning dishes for her family and friends using recipes handed down from her grandmother, in-laws and friends. LeAnn loves to use farm-fresh ingredients in her recipes. While her day-to-day cooking is what she calls “simple with fresh ingredients,” she looks forward to preparing more intricate dishes for dinner parties, events and holidays.

“One of my greatest cooking experiences is gourmet night with our close friends. Once the menu is decided, each person brings the recipe and ingredients for their dish,” she said. “We prepare it together, and then we sit down to a wonderful meal and a time of great fellowship!” **NOW**

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- 3 cups, plus 2 Tbsp. all-purpose flour**
- 1 tsp. salt, heaping**
- 1 cup butter-flavored Crisco**
- 9 Tbsp. ice water**

#### Meringue:

- 3 egg whites**
- 1/2 tsp. cream of tartar**
- 6 Tbsp. sugar**

**1.** For filling: Put half the sugar in an iron skillet; place over heat until the sugar burns

and starts to caramelize. Add a little water after the sugar dissolves. Add milk to the skillet; stir until combined.

**2.** Mix and sift together flour and remaining sugar. Add to the skillet; stir until it thickens. Add the butter; remove from heat.

**3.** Add a little of the warm mixture to the egg yolks to temper them. Add the vanilla; pour yolk mixture into the skillet mixture.

**4.** For piecrust: Sprinkle 2 Tbsp. of flour on a cup towel; sift 3 cups of flour and salt into a mixing bowl. Cut in Crisco with a pastry blender until it looks like coarse meal.

**5.** Add the water, 3 Tbsp. at a time, stirring after each addition. Mix with your hands; form into a ball. Wrap the ball in plastic wrap, and put it in the refrigerator for 20 minutes.

**6.** Remove from refrigerator. Remove plastic wrap; cut into two even parts. Roll out evenly on the floured cup towel. Fold and transfer into pie plate. (Do not stretch.) Crimp edges; bake at 400 F for 15 minutes until light brown.

**7.** For meringue: Beat egg whites and cream of tartar until it starts to make peaks. Slowly add sugar; beat until it is stiff.

**8.** Pour pie cream mixture into baked piecrust. Spoon the meringue over the top of the pie and make peaks. Bake on the top shelf of the oven at 325 F for 15 minutes, until meringue starts to brown.

### New Orleans Style B-B-Q Shrimp

- 2 lbs. shrimp, peeled and deveined**
- Salt, to taste**
- Pepper, to taste**
- Parsley flakes, to taste**
- McCormick Perfect Pinch Salad Supreme, to taste**
- Shredded Parmesan cheese, to taste**
- 4 drops crab boil**
- 1/2 fresh lemon**
- Cayenne pepper, to taste**
- Italian breadcrumbs, to taste**
- 2 sticks butter**

**1.** Place shrimp in an 8x11-inch casserole dish. Sprinkle salt, pepper, parsley, Salad Supreme and Parmesan cheese evenly over the top of the shrimp.

**2.** Drip the crab boil evenly over the shrimp mixture and squeeze the juice from the 1/2 lemon over the shrimp. Stir to mix; coat the shrimp with the cayenne pepper.

**3.** Spread the shrimp evenly over the bottom of the casserole dish; sprinkle the breadcrumbs over the shrimp mixture.

4. Cut the butter in slices and spread the butter pats evenly over the shrimp mixture.
5. Place the dish on the top shelf of the oven and broil until the butter starts to melt and the shrimp start to turn pink. (Watch carefully so it doesn't burn.) Remove the dish from the oven; stir. Place back under the broiler; continue to broil for 2-3 minutes. Stir again, and then place the dish back under the broiler. Broil until the shrimp is cooked. (Should not be more than a total of 10 minutes.)

### Patty's Batter Bread

- 1/4 cup sugar
- 1 pkg. dry yeast
- 1 cup warm water (105-115 F)
- 2 eggs, beaten
- 1 tsp. salt
- 3 cups flour
- 1/2 stick butter

1. Combine sugar, yeast and water; set aside for 10 minutes.
2. Put eggs, salt and flour in a mixing bowl and combine.
3. Add the yeast mixture; mix until combined. Press into a buttered loaf pan. Brush the top with melted butter.
4. Place in a warm place; let it rise until doubled in size (about one hour).
5. Bake at 350 F until the top is brown (about 20 minutes).

### Mrs. Bailey's Apricot Bread

- 1 Tbsp. Crisco oil
- 1 1/2 cups sugar
- 1 egg
- 2 3/4 cups flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 2 cups dried apricots, chopped
- 1 cup pecans, roughly chopped
- 1 1/2 cups Dr Pepper, hot
- 1 Tbsp. vanilla

1. Add oil and sugar to a mixing bowl; mix until combined.
2. Add egg; beat until mixture is light and fluffy.
3. Sift dry ingredients together; add apricots and nuts to the dry ingredients.
4. Alternately add the dry mixture and Dr Pepper to the sugar mixture, mixing to combine. Add vanilla; mix gently to combine.
5. Bake in 2 greased and floured bread loaf pans at 350 F for 45-55 minutes.

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

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BusinessNOW

# Kathy's Kafe (KK's)

— By Lisa Bell

## Kathy's Kafe

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(682) 936-4844  
Visit Facebook – Kathys Kafe

**Hours:** Tuesday-Friday: 11:00 a.m.-8:00 p.m.  
Saturday-Sunday: 8:00 a.m.-8:00 p.m.

How can anyone who serves a handmade burger named “The Heart Attack” not pique interest? Three quarter-pound patties, three slices of cheese, grilled onions and jalapeños, plus Sriracha sauce — that’s quite a burger. But Kathy’s Kafe isn’t just about handmade hamburgers. They also serve barbecue, smoked on-site using pecan and oak wood, and hand-cut fresh fries every day. Their chicken fried steak is

also a favorite. A huge chef salad, grilled chicken, patty melts and a large selection of appetizers all make them a quickly growing favorite restaurant in Granbury.

“We have a lot of people drive here from all over the area including Glen Rose, Stephenville, Weatherford and Pecan Plantation,” Ronnie Brooks said. He and Kathy had a restaurant in Haltom City before moving from North Richland Hills to Granbury four years ago. They initially spotted the building and thought it would be great, but at the time, a small church met there. After the pastor passed away, they met his wife and were able to acquire the building in October 2016. Remodeling took several months, but they finally opened in February 2017.

This month, the couple celebrates their first anniversary of Kathy’s Kafe in Granbury. Ironically, it is also their 25th wedding anniversary. Their 18-year-old grandson, Kody, works with them at the family-owned and -operated business.

The atmosphere at Kathy's Kafe is a laid-back, country style with guitars and nostalgic signs decorating the walls. In addition, they promote the history of Thorp Spring, displaying pictures the courthouse provided and some that customers shared with them. They love sharing that the small community actually housed the college, which eventually became TCU. In one corner, a buffalo statue stands as their "mascot" they affectionately call KK. "The kids love him," Ronnie said.

After opening, people started referring to the restaurant as KK's, and the nickname stuck. Neither Ronnie nor Kathy mind. Offering daily specials keeps people coming back, and as the chief cook, Ronnie loves experimenting with new flavors and ideas. He enjoys having something to serve while people wait for their orders, although a border around the wall keeps guests entertained. Signatures on the wall include Senator Brian Birdwell, alongside others who eat at the restaurant.

Kathy's Kafe appreciates local law enforcement and first responders. Their drinks are always on the house, and the staff welcomes them to come any time. One day they had so many there people wondered if something was wrong. It wasn't — they were all enjoying good food.

As a business, KK's donates to the local volunteer fire department, cancer support, a woman's shelter and the motorcycle run of Toys for Tots. They also worked with the county and deeded nearby property as a park.

In the near future, Ronnie and Kathy hope to open an ice cream parlor as part of their location. Because they are across from a public boat ramp, they also plan to have a bait shop on-site.

Long term, they are looking at the potential for a bigger venue. For now, the building has plenty of space for customers with a short wait. Normally within 10 or 15 minutes, they have food on the table. With a growing reputation for good food, Kathy's Kafe has much to celebrate. **NOW**

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Photos provided by Town of Silverton/Silverton Area Chamber of Commerce.



# TravelNOW

## Basecamp for Adventure

— By Lisa Branner

Nestled at 9,318 feet above sea level in Colorado's San Juan Mountains, Silverton is a picturesque former mining town steeped in Old West history. Established in 1874 as Baker's Park, the town was named a National Historic Landmark in 1961. Today Silverton has a population of 600, and has become a perfect basecamp for adventurous travelers of all stripes.

The San Juans boast some of the most rugged and beautiful terrain in the lower 48, and are home to 13 of Colorado's "Fourteeners," mountains so called because their peaks rise to over 14,000 feet. The range is dotted with alpine lakes and waterfalls, fields of wildflowers and historic ghost towns that are relics of a bygone era.

Train buffs can enjoy an unforgettable adventure on the Durango & Silverton Narrow Gauge Railroad, traveling by

coal-fired, steam-powered locomotive on the same tracks that miners, cowboys and settlers took over a century ago. Climbing nearly 3,000 feet, the train winds through spectacular canyons and remote wilderness. Travelers disembark on Notorious Blair Street, whose wooden sidewalks were once lined with saloons, gambling halls and bordellos.

The Million Dollar Highway, built as a toll road in the late 1880s by railroad magnate Otto Mears, is one of the most spectacular drives in the USA. This journey weaves through the mountains, clinging to tight curves and topping out at an elevation of 11,017 feet on Red Mountain Pass before dropping into the town of Ouray. In autumn, the abundance of Aspen trees makes this ideal for leaf peepers.

For the adventurous, a jeep or OHV tour along the Alpine

Loop provides a full day of thrills. This 65-mile, four-wheel-drive byway connects Silverton, Lake City and Ouray, climbing over two 12,000-foot passes. Along the way, stop for a visit to Animas Forks, a well-preserved ghost town. In its heyday, this bustling mining hub had more than 30 structures including hotels, saloons, a post office and a general store. Today fewer than a dozen buildings remain, restored by the San Juan County Historical Society.

Silverton is a mecca for winter recreation, too, with two ski areas and boundless backcountry. Kendall Mountain offers affordable family fun, with 240 feet of vertical drop, four groomed trails and one double chair lift. Ice skating, sledding and snowshoeing are allowed any time. For fat bikes and Nordic skiers, the Town Loop offers 2.5 miles of groomed cross-country trails accessed right from town. For the advanced skier, Silverton Mountain is a challenging big mountain experience with expert-only terrain and heli-skiing. The extensive winter trails on Molas Pass can be explored on your own or with a local snowmobile outfitter like Ice Pirates. Be sure to bring a camera to capture the impressive views.

Summer visitors seeking tranquility will relish Molas Lake Campground, rated "Most Scenic Campground in Colorado" by AAA. Just six miles south of Silverton, atop Molas Pass, the well-maintained campground provides unforgettable scenery, starry skies, a stocked 25-acre lake and hiking access to the Colorado Trail.

For year-round accommodations with historic flair, the Grand Imperial Hotel provides an upscale lodging experience in the heart of downtown Silverton. Built in 1882, recent renovations have returned this 135-year-old landmark to its original grandeur.

For more information or to plan your trip to the heart of Colorado's high country, visit [www.silvertoncolorado.com](http://www.silvertoncolorado.com). **NOW**



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# The Sweetest Valentine

— By Zachary R. Urquhart

*There is no bad time to open your heart to a new family member, but some people use Valentine's Day as the perfect reason to bring a four-legged friend into their home. If you have been thinking about adopting a pet, maybe this month is the time to make it happen. Here are some tips for selecting an animal for your family to love.*

## Choosing an Animal

- *Give it some thought.* There are dog people, and there are cat people. Probably the first thing you should do, if you think your family is ready to adopt a pet, is get an idea of what type animal you want to adopt. You might even decide that a bunny, bird or fish is what your family needs. There are so many animals out there that need a home. If you head into a shelter without any thought, you might be overwhelmed. Before heading out, a little research regarding animals, their personalities and needs may make your decision easier.

- *Be flexible.* Even though you should go in with a plan, do not assume the exact color or breed of dog or cat you want will be there waiting to be adopted. If you are really wanting something specific, call

the local clinics and shelters to see if they have what you are seeking. Because the size and temperament of dogs is so widely varied, if you are leaning toward a canine, there are some things you need to decide. Think about the size each breed is as an adult, how well they will interact with children and how much yard or house space you have to spare.

- *Start sooner rather than later.* If you are really set on a Valentine's Day adoption, you will want to get yourself ready within the first few days of the month. The actual adoption process at a clinic or shelter is relatively simple, but if there is any specificity in what you are looking to adopt, you should give yourself a few days to find the pet that is just what your family wants.

## Choose an Organization

- *There are many options.* Probably the most well-known pet adoption agency is the SPCA. But in any given area, there are typically dozens of adoption locations. If you are specifically looking for a canine or feline, veterinary clinics and city pounds will sometimes have pets that face a short future if they are not adopted. Different agencies will have varying services, fees and requirements, so your willingness to welcome a pet with an unknown health history may be a major factor in where you adopt.

• *There are online options.* In the last decade or so, many Internet pet-finder services have begun helping people find the pet that fits their family. If you have specific needs, or if you are looking for a less common breed or type of pet, using an online search engine may be your best bet. If you do find an animal this way, though, be sure to contact the pet's current home before leaving. Some sites are third parties, so there could be a lag from animals being adopted to websites being updated.

### Get Ready

• *Make living arrangements.* If you are bringing a dog or cat into your home, you will need to have a place for them. With the relative cold this time of year, plan on having them inside the house, even if that means they are sleeping in a laundry room or other extra space. Have a litter box for your cat or a piddle pad if you have chosen a puppy. While you do not need to safeguard your house the same way you would when bringing a baby into the home, you do want to put up anything a new pet could either hurt themselves with or anything that you do not want damaged. And if your pet is a more contained animal like a fish or reptile, be sure you have a safe spot for the bowl or terrarium that a young child would not easily knock over or break.

• *Buy supplies.* You should wait until you are sure of the exact breed of pet you are getting before buying food, in case the Chihuahua you think you want turns into a Golden Retriever that needs a heartier diet. Buying more neutral items — like a water bowl or chew toy — might help the rest of your family and any existing pets transition more easily.

• *Prep the paperwork.* For the most part, all you will need to complete the adoption will be a nominal fee and your ID. Before you head to the shelter, make sure there is nothing else required. While you are getting any pre-adoption paperwork in order, make sure you have identified a local veterinarian so that you have a plan for the first time your pet needs to go in.

Use Valentine's Day to make your pet adoption a big event. Bring your pet home to heart-shaped tags, or wrap your crate, kennel or carrier with a red bow. Whatever pet you are considering, February 14 is a special time to add to your family through adoption. **NOW**

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*Bill Bally and Ronnie Dunn enjoy a nice glass of wine on the square.*

## Zoomed In: Jon Ray Gilliam

By Lisa Bell

“Being at the very first Super Bowl in 1966, was an amazing experience as team captain and center for the AFL Champions, the Kansas City Chiefs,” Jon Ray Gilliam said. He played for seven seasons in the American Football League. Recently, Jon Ray celebrated his 79th birthday, surrounded by family members and many friends. Several members from his Hillcrest High School and East Texas College football teams joined the festivities. Former NFL players (pictured) Rooster Beans, Byron Nelson and Kent Gaydos also celebrated with Jon Ray. Bryon presented an honorary recognition plaque on behalf of the Fort Worth mayor during the party.

Jon Ray lives in Granbury with his lovely wife, Becki. His daughters, Marty and Jeray, attended with their spouses and children to honor the man they love.



*Gigi Corley from Shreveport shares some square shopping with her long-time local friend, Janie Tipton.*



*Annabelle and Elise Burt join their Mimi (Andrea Burt) for the showing of The Greatest Showman.*



*Acton Elementary School takes pride in its new Pirates with a Purpose student group.*



*Anne Brassell enjoys trying out different pens and learning brush lettering.*



*Ray and Rhonda Wilcox take dancing instructions from Jay Hunter.*



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*Johnnie Williams demonstrates cake decorating with a captive audience.*

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# 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.

Dr. Carl McAfee, DC is a Bulging DISC Expert in Weatherford.

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6

Opera Guild of Granbury: 10:30 a.m., DeCordova Bend County Club, 5300 Country Club Dr. Meeting/opt. luncheon (\$14) Entertainment by Cowtown Country Ramblers. RSVP to granburyog@gmail.com or (682) 936-9572.

12

North Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E.Hwy. 377. William B. Cogar, Curator of the US Navy Museum in Annapolis, Maryland, presenting "The USS Monitor: The Ship that Changed Naval Warfare." Visitors welcome. Visit [www.ncentexcwrt.com](http://www.ncentexcwrt.com).

Family Valentines's Party: 5:30-6:30 p.m., Hood County Public Library. All ages, celebrate love/friendship by making valentines and decorating cookies.



13

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

Teen Night-Stupid Cupid Party: 6:30-7:30 p.m., Hood County Public

Library. Anti-Valentine's day crafts, snacks and fun.

14

Valentine's Dinner Theater Event: 6:30 p.m., Granbury Live Theater/Celebration Hall. Catered dinner, music and dance area, followed by a performance of "Love Letters." Visit [www.thenewgranburylive.com](http://www.thenewgranburylive.com).

17, 18

Great Backyard Bird Count (GBBC): 7:00-10:30 a.m., Acton Nature Center. Meet at parking lot for bird walks to inventory area birds. Refreshments and presentation by Billy Teels at 10:00 a.m.



24

Bellamy Brothers Concert: 8:00 p.m., Granbury Live Theater, 110 N. Crockett St. Tickets available at [www.thenewgranburylive.com](http://www.thenewgranburylive.com).

Ongoing:

Second Mondays

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

Third Tuesdays

Greater Granbury Chapter of the Military Officers Association

of America meetings: 6:00-9:00 p.m., Pecan Plantation Country Club. Contact Colonel Mike Brake, USAF (Ret), (702) 612-9317, or [speedobrake@gmail.com](mailto: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.

Third Wednesdays

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



First Thursdays

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

*Submissions are welcome and published as space allows. Send your event details to [lisa.bell@nowmagazines.com](mailto:lisa.bell@nowmagazines.com).*

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*Offer valid through Valentine's Day*

**HUDSON OAKS**

100 S. Oakridge Drive, #140  
Hudson Oaks, TX 76087  
(817) 550-1665

M-F 8a-10p | S 8a-8p | Su 10a-6p

**ME**  
Message Envy

\*DISCLAIMER: Offer ends 02/14/18. Voucher redeemable at participating Message Envy franchised locations nationwide by 05/31/2018. Not valid online for previous purchases. Min. \$25 per transaction in gift card purchases. Voucher cannot be used the same day as the gift card purchase and cannot be combined with other offers. Session times include a total of 10 minutes of time for consultation and dressing, which occurs pre and post-service. Additional taxes and fees may apply. Prices subject to change. Rates and services may vary by franchised location and session. For a specific list of services, check with specific franchised location or see MessageEnvy.com. Gift cards are not redeemable or refundable for cash or credit except where required by law. Other rules may apply. Check with Franchised location for additional details. Each location is independently owned and operated. ©2017 Message Envy Franchising, LLC. ME-DNLD-1764-00-001-003



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