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More From Less

At Home With George
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inherited her love
of horses from
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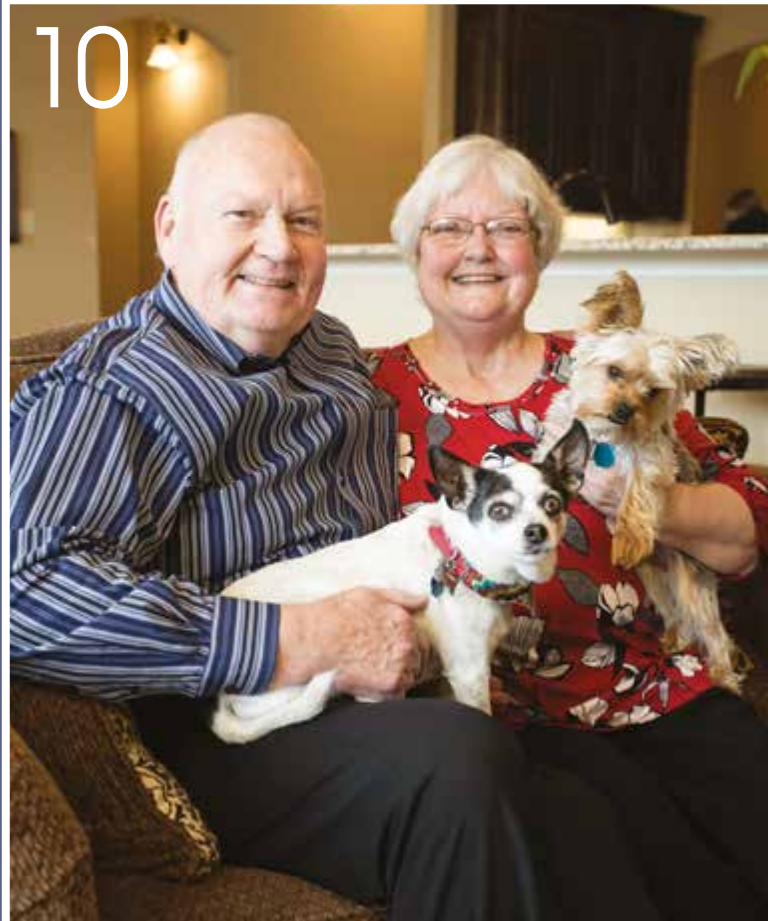
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ON THE COVER

Sidney Perdue loves her horses.

Photo by
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EDITOR'S NOTE



Lisa

Lisa Bell
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Hello, Granbury Family and Friends!

As a magazine editor, I receive phone calls from readers — total strangers who want or need to talk with me. Often, they want more information from one of the articles or, perhaps, have an idea to share. I love that. I appreciate feedback and knowing you all love what we do. So, yes, I typically answer my phone when I don't recognize the number, or if I'm busy, I return calls later.

A recent call from a sweet woman reminded me of an important truth. We all need a little laughter in our day — some days more than others. Even if my heart hurts, and I'm sad over some big or small thing, a well-placed comment can change my entire mood. While the two of us talked, we somehow landed on how word meanings have changed over the years. Soon, both of us were laughing.

She said, "You turned my tears into laughter. Thank you." On that semi-gloomy late afternoon, I shared her sentiment. Words have power, and laughter is indeed good medicine. Never be afraid to smile and speak a word of encouragement. We never know how much we give simply by depositing a spot of brightness into someone's day.

Have a wonderful month!

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Ready to R



Side

— By Rick Mauch

It didn't take long for Sidney Perdue to realize what she wanted to do for the rest of her life. From the time she first sat on a horse until now as she prepares to compete in college, she has loved being an equestrienne. "She first rode a horse at about 6 to 8 weeks old. I'd put her in the saddle in front of me, and she'd fall asleep with the rhythm of the horse," said her mother, Kim Perdue, also an equestrian competitor.

At age 4, Sidney's parents bought her a Shetland pony. She named it Bluebonnet, and its purpose was to help her learn to ride independently — which she did very well.

Now, Sidney, age 16, prepares to graduate from Granbury High School a year early. She accepted a scholarship to compete for the Oklahoma State University equestrian team. "Choosing a college is always difficult," Sidney said. "But the coaching staff there is great. It's like a family away from home, and that's important."

It wasn't her first choice, however. She received interest from a variety of schools, including South Dakota State and Baylor University, which was her first choice. But the Baylor Bears changed coaches, and in the process, were unable to make an offer to Sidney in time for her deadline. "My heart was set on Baylor, and that was so hard when it didn't happen," Sidney said. "But I fell in love with OSU, so it worked out for the best. I went there for a visit hoping I wouldn't like it, but I just love it and am so excited about being a part of their program."

Sidney plans to study chemical engineering. Her grandfather is an engineer. "I ultimately want to go the medical route and enter med school," she said. "But they want to see that you have an interest outside medicine and are well-rounded."

Sidney is indeed well-rounded. Not only is she an accomplished equestrienne with plenty of awards, she is also an excellent student, including being part of the National Youth Leadership Forum, the National Honor Society and the Health Occupation Students of America.

Attending a 10-day medical camp connected with the NYLF two years ago, Sidney decided to pursue engineering and medicine after working with a Da Vinci robot. Earning the highest score on camp proficiency tests with a 96, Sidney seems a natural for following a medical career. She comes by it naturally, with mom being an occupational and certified hand therapist, and dad, Tye, a respiratory therapist.

While the precocious Sidney used to wish for siblings, she now says, "My animals became my siblings." She tried volleyball and dance, but nothing held her attention like working with horses. Plus, it was hard not to follow in her mom's footsteps. "I inherited that trait. It's very much a family-oriented business," Sidney said. "I grew up with horses and competed my whole life."

Her numerous awards include winning regional and national competitions for age 13 and under in the 2014 National Reining Horse Association Futurity. It came after she missed qualifying for nationals by one spot in 2013, finishing ninth at regionals. "It was a six-hour ride

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home, a lot of time to cry and think,” Sidney said.

In 2015, she competed against adults at the National Reining Breeders Classic. She earned \$8,500, winning one level and placing in four, competing against riders with years more experience.

She followed that with a top-10 finish in 2016, and third place accolades in 2017, in the 14-18 age group — all this while working with a new horse that was something of a challenge. “We thought we bought this broke horse, but she wasn’t as broke as we thought,” Sidney said. “I’d never had to put basics on a horse. That is hard to do, but she is very stubborn. She thinks she is right all the time.”

“Much like Sidney,” Kim laughed. Kim remembers a scary moment when her daughter was little and wanted to be like the trick rider they had seen. “I looked and saw Sidney standing on the back of this pony and almost had a heart attack,” Kim recalled.

“It’s not like you’re going to fall far,” Sidney said, smiling. “Also, you’re young. You’re going to bounce.”

Sidney, however, does realize the dangers that accompany her competition. So far, she’s not suffered any serious injury. “You’re on a 1,200-pound animal that’s bigger than you, stronger than you,” she said. “And each horse is different.

“I’ve been kicked by my horse when I was on the ground, but no

injuries while riding. I saw a friend of mine at a futurity. Her horse fell on her. Fortunately, they both got up."

"Knowing how to communicate with a horse is essential in equestrian success," Kim said. She noted that, like people, they have different personalities. "You can take a great horse and a great rider and put them together, but if their personalities don't mesh, they won't be successful," she explained.



"It's a new challenge every day," Sidney added. "You're working with an animal that's an independent thinker."

Sidney's schedule is a rigorous one. She normally has two or three hours of homework each day. She also cares for the horses on the family farm, including cleaning stalls. She rides a couple or more times each week for practice. She's also started doing more cardiovascular and weight training for her upcoming college program. "I'm having to train myself now for what I'll do in college," she said. "It's going to be a lot different."

For example, Sidney won't be working with the same horse regularly. She said competitors at the college level are introduced to a different horse at each meet. "You don't have a lot of time to get used to the horse, so you really have to know what you're doing," she said. "It's all part of the challenge that lies ahead. And I'm so excited to get there and get started." **NOW**

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At Home With George and Polly Downs



MORE FROM LE

George and Polly Downs are proof it's not how much space you have, but what you do with the space that counts. Though their new home is almost half the size of their previous house, it greets visitors with a wide-open feel. George and Polly moved from their 4,600-square-foot home in Bluff Dale in August. They had lived there for a dozen years before opting to relocate to their new 2,500-square-foot home in Granbury.



The spacious feeling begins immediately upon entering the three-bedroom, three-bath home. The main hallway is about 35 feet long with an exit to a shorter hallway that leads to the laundry room, garage and their offices. "A lot of people say a hallway is wasted space, but I love it," Polly said.

Hollowed-out shelves, or nooks, allow Polly to feature things throughout the year that mean something to her. The larger one was perfect for their Nativity scene at Christmas. The other is in the shorter hallway, where they keep things such as bills, keys, etc. "I just love those," Polly said. "I call that my organizational shelf."



SS

— By Rick Mauch

One of the more interesting aspects of the home is its three bathrooms. This includes one connected to the first bedroom to the right upon entering the home, the room of Polly's 92-year-old mother, Mary Richardson. "I've never seen a house this size with three bathrooms. And they're so conveniently located," Polly said.

Mary remains active. In fact, she worked for Dan Dipert Tours in Arlington until she was 86 years old, 27 years in all. Mary points to a piece of embroidery hanging above her door that reads, *I believe in angels*.

"Every time someone would help me on one of our tours with some

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information, or such, I would say to them, 'You're my little angel.'"

Speaking of little angels, Mary referenced her 12 grandchildren. She gives each a \$2 bill for holidays and birthdays. "One of my grandchildren came to me and said he'd saved all those \$2 bills," Mary shared, noting he planned to give them all to his own children when they marry.

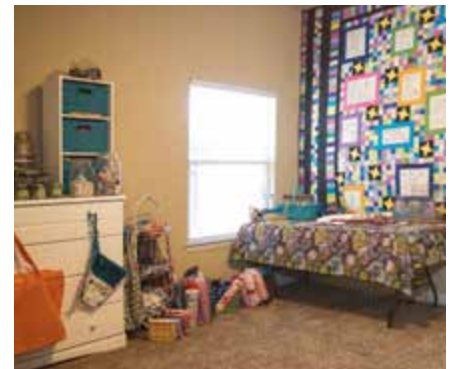
Though still active, Mary also loves to sit in a chair next to the window and watch the neighbors walk by. "She's the neighborhood watch person," Polly said with a laugh. "We go to the doctor every three months, and he tells her how amazing she is."

The family did survive a medical scare, however. In 1999, George, now 74, was diagnosed with lung cancer

and his right lung was removed. "I smoked for about 40 years, and I quit the year before they discovered it," George said. "Isn't that something?"

But despite the diagnosis, George continued to get better. He went through treatments and regained his strength, and now he and Polly, 70, are as active as ever. "It's a miracle, a real miracle, that he's still around," Polly said.

George and Polly lived in Arlington for many years before he retired from the IRS and she from teaching. They



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were married in 1970, and they have a photo of themselves taken that year hanging in their bedroom, right above one of the two beds they have for their pets, Teddy, a Yorkshire, and Bambi, a Teacup Chihuahua/Rat Terrier mix.

“Those were the days. George had just gotten out of the Air Force,” Polly said, reflecting on the bedroom photos. “One of his friends had gotten married. We were in the wedding but didn’t really know each other. We met and married right away.”

Also in their bedroom, two chairs sit comfortably at an angle facing each other, and this is where they share their morning coffee. Their bathroom is large enough to be another bedroom, if it were not for the oversized garden tub and walk-in shower. The closet could be another small bedroom, as well. “We’re not clothes hogs or anything, but we’re filling it up,” Polly said. “We actually got rid of a lot of stuff from our old place.”

The “coffee chairs” are red and cream colors with scenes depicting old-timey country images. Polly found them at a shop in Stephenville, along with some curtains and pillows she turned into a bedspread and dust ruffle. “I sew, so I know what toile is worth. They were a bargain,” she said.

Polly comes by her sewing talent naturally, as Mary is also a seamstress. Polly’s office is filled with thread, needles, a sewing machine and numerous projects. She also does charity work with her sewing, such as donating 16 small dresses to Compassion International, an organization assisting children in poverty.

Next to her sewing space is George’s office, though Polly also has a desk in there. He spends much of his time there on the computer, doing research and preparation, as he runs the audio soundboard at Bluff Dale Baptist Church.

Play-Doh and a puzzle box for

six grandchildren and one great-grandchild stay on Polly’s desk. Their children are Jennifer and Elizabeth, who live with their husbands and kids in Midlothian and Allen, respectively.

There is room for six family members at the kitchen’s bar. Next to it is the spacious living room, with plenty of room for entertaining or sitting and visiting when family and friends come by. There’s a quaint fireplace, and finally, they have a wall large enough for their oversized entertainment center. “When I saw that I said, ‘Our entertainment center will fit here,’” Polly said. “We had to break it up in the other house.”

George said they considered moving to Decatur, Allen or Stephenville. However, now that they are in Granbury, they wouldn’t have it any other way. “We love it here. We’re so close to everything,” he said. “Once we saw this place, we fell in love with it and took it. It was one of the smartest decisions we ever made.” **NOW**



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St. Patrick's Day



Dumping Their Problem

— By Rick Mauch

Kim Green saw the idea online to fill a dump truck with diapers and thought that would be a great idea for a diaper drive. Brand new clean ones, of course. Then, she wants to hand them out to those in need — and there are plenty in need. “A lot of people don’t realize the importance of a diaper,” Kim said. “Diapers are expensive.”

After researching, Kim learned the annual cost for diapers is around \$1,700. She also noted the cost is not covered in government programs. So, she started the Blessed Baby Diaper Ministry. Based out of Southside Baptist Church, the organization provides diapers and other emergency supplies to parents in need on a monthly basis.

Part of the organization’s mission to give back to the

community is the annual Dump Truck Diaper Drive. This year’s event takes place March 10 at 10:00 a.m. in the H-E-B parking lot. Just like the name says, folks will bring diapers and try to fill a dump truck.

Kim, now 55, reflected on her own days as a single mom in her early 20s. That was when she first realized the challenge needing diapers can present. Her brother helped her, but not everyone is that fortunate.

“It’s the silent crisis in the U.S.,” she said. “One of the leading causes of abuse is babies crying.” Clean, dry diapers can help prevent some crying.

While the Dump Truck Diaper Drive is an annual event, the Blessed Baby Diaper Ministry runs year-round. It’s a word-of-mouth program, and Kim stresses there is no pressure to attend Southside to participate. The church is where she works and merely headquarters for the program. She said, “We don’t ask questions of those in need of emergency help. If they need assistance, we are here to help them.”

The program also helped folks recovering from Hurricane Harvey in the Houston area. They sent over 12,000 diapers. While the program gives diapers, they depend on the generosity of others. The majority of diapers they dispense are donated, sometimes even from people who have been helped by the program. "A dad walked in one day with two boxes of diapers to give back," Kim said. "He said, 'Thank you for the help while I was in need.'" A single package becomes treasure for someone with an immediate need.

"WE DON'T ASK QUESTIONS OF THOSE IN NEED OF EMERGENCY HELP. IF THEY NEED ASSISTANCE, WE ARE HERE TO HELP THEM."

Kim remembered being behind a lady at a local grocery store who was short on money. She started putting items back, but kept the diapers. Kim, of course, helped the lady, as she often does. "A lot of times, I will drive to them to make sure they get the diapers," she said. "I'll meet them in the Wal-Mart parking lot. I know people have to work, and they can't always make it here during work hours. And just because you work doesn't mean you don't need a little help. Sometimes, you just can't make it to the next payday. And if you're unemployed, where is that money coming from?"

Although the greatest need is for diapers in sizes three to five, all sizes are welcome. Also, they will take monetary donations, even at the Dump Truck Diaper Drive. "This is a passion for us. Whatever it takes to help, we'll accept it," she said. "We just don't want the babies crying." **NOW**

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In the Kitchen With

CAMERON SEFCIK

— By Lindsay L. Allen



At just 9 years of age, Cameron “Camie” Sefcik has more experience and training in the kitchen than many older ladies. She takes weekly cooking classes and will become a Master Chef later this year, only to begin the next level: Senior Master Chef. In addition to other gourmet classes she has taken, she receives a cooking box each month in the mail from a company that provides new ingredients, recipes and techniques.

“I have had 11 ear surgeries, and I’m always in pain,” Camie said, “but when I’m in the kitchen, I can focus on my recipe, and it makes me forget about the pain.” She has plans to open a bakery someday, and when she bakes, her secret ingredient is a special vanilla! **NOW**

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- 1/2 cup coconut, shredded**
- 1/2 cup raisins**
- 1 medium apple, cored and shredded**
- 1 8-oz. can pineapple, crushed**
- 2 cups carrots, grated**
- 3 large eggs**
- 1 cup melted coconut oil**
- 1 tsp. vanilla bean paste**

- 1.** Preheat oven to 350 F, and line a standard 12-cup muffin pan with paper liners.
- 2.** In a large bowl, whisk together the dry

ingredients until combined; add coconut, raisins, apple, pineapple and carrots. Stir to combine.

- 3.** In a small bowl, whisk together eggs, coconut oil and vanilla. Pour egg mixture into carrot mixture; stir until well combined.
- 4.** Scoop batter into lined muffin pan and bake for 25 to 30 minutes, or until a cake tester inserted in the center of a muffin comes out clean. When cool enough to handle, remove muffins from pan; transfer to a wire rack to cool.
- 5.** Refrigerate leftovers in an airtight container for up to a week or keep in the freezer.

Monkey Bread

- 1/4 cup warm water (110 to 115 F)**
- 2 1/4 tsp. instant yeast, such as Saf**

- 3 1/4 cups bread flour or all-purpose flour**
- 1 1/2 tsp. sea salt**
- 1 cup water**
- 3 Tbsp. vegetable oil**
- 1/2 cup unsalted butter, melted, plus more for greasing pan**
- 1 1/4 cups granulated sugar**
- 4 tsp. ground cinnamon**
- All-purpose flour for surface and dusting**

- 1.** Place the warm water in a small bowl; sprinkle yeast over the water. Cover with plastic wrap; let stand 5 minutes, or until foamy. Stir to dissolve, if necessary.
- 2.** In a stand mixer fitted with a dough hook, combine the flour and salt; mix briefly to combine. Turn the mixer on low speed; add the yeast mixture. Mix to combine. Add the water and oil; knead the dough until smooth and elastic, about 5 minutes. Alternatively, you can knead the dough by hand on a floured surface for about 10 minutes.
- 3.** Shape the dough into a smooth ball. Place it on a floured surface; cover with an inverted bowl, plastic wrap or a damp cloth. Let rise at room temperature for about 1 1/2 hours, or until doubled in bulk.
- 4.** Preheat oven to 350 F. Butter a standard loaf pan using a pastry brush.
- 5. To assemble bread:** In a medium bowl, add the melted butter. In another medium bowl, add the sugar and cinnamon; mix well.

6. Turn the dough out on a lightly floured work surface. Press down firmly to flatten the dough and pop the air bubbles. Don't knead the dough, or it will get too springy to shape.

7. Use a bench scraper to cut the dough into 35 to 40 golf ball-size pieces. Toss 4 or 5 pieces of dough into the melted butter, coating evenly. Use your fingers to lift the dough out and drop into the cinnamon sugar. Toss to coat evenly. Transfer the dough to the prepared loaf pan. Coat the remaining pieces the same way. When all the dough pieces are in the pan, gently press the top to remove air pockets. Make sure dough fills the pan evenly and the top is leveled. Bake for 35 minutes.

Triple Berry Ice Cream Pie

Berry Compote:

1/2 pint blackberries
1/2 pint raspberries
1/2 pint blueberries
1/4 cup sugar
1 orange

Piecrust:

12 graham crackers
6 Tbsp. butter
1/3 cup sugar
2 pints vanilla ice cream

1. *For the berry compote:* Add blackberries, raspberries, blueberries and sugar to pot. Squeeze orange over the pot; set on medium-high heat. Cook for 10 minutes, mashing occasionally. Remove from heat and set aside.

2. *For the piecrust:* Add graham crackers to a plastic bag; use a rolling pin to crush into fine crumbs. Add butter to a medium-sized microwave-safe bowl. Heat 30-60 seconds, until melted. Add sugar and graham crackers to melted butter; mix to combine. Pour mixture into a pie pan. Use hands to press and flatten the crust evenly.

3. Remove ice cream from freezer to soften; place piecrust in freezer to set for 10 minutes.

4. Spread 1/2 cup compote on crust and cover with scoops of ice cream, using a whole pint. Cover pie with plastic wrap and press lightly to flatten. Remove the plastic wrap and top with 1/2 cup compote and then remaining pint of ice cream. Cover with plastic wrap and press to flatten.

5. Reserve remaining compote in refrigerator and freeze pie for four hours, or overnight, until it's in a solid state.

6. Let pie set for five minutes before slicing and spread remaining chilled compote on top before serving.

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BusinessNOW

North American Paving, Inc.

— By Lisa Bell

North American Paving, Inc.

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In 2000, David Palmer's lifelong friend introduced him to the paving business. Leaving Ford Motor Company and a secure paycheck, David became the owner of North American Paving in Dallas. Before long, he found himself spending time in and around Weatherford. His father came with him and often stayed in the peaceful atmosphere instead of returning to the busy city. "You'll move to Weatherford," he told David.

Five years into the business, his dad's statement came true. "The business dragged us here," David said. As they spent more time in the area working jobs lasting for multiple days, the eight-man crew frequently stayed overnight in Weatherford. Before long, they became part of the community.

North American Paving services individuals, large ranches, HOAs, churches and businesses. They cover Parker, Palo Pinto, Hood, Erath, Johnson and Tarrant counties — approximately a 100-mile radius from Weatherford. Working often in Granbury helps keep them busy. As a full-service paving company, they offer concrete, asphalt, chip and seal, road base and other options for creating and maintaining roads, driveways and parking lots.

David runs one crew, consisting of original workers who started with him. Bonnie runs the office and keeps the guys in line. She started helping David by answering phone calls, while living and working in Dallas. When he moved to Weatherford, the business grew. She took on overall office work, in addition to

answering phones, and eventually moved to Weatherford and married David.

Jeff Carter lives in Santo but grew up in Brock. He joined the company as the outside sales rep. He enjoys reconnecting with old friends and building new relationships. "It's a very enjoyable job. You see all kinds of things and meet all kinds of people," he said.

For the company, relationship with their customers is critical. They meet with each customer in person, measure, discuss options and make sure everyone has the same vision in mind. Then, they go back to the office and create a bid with details on the overall cost for the job.

While some don't like the inability to get a quote over the phone, David understands the best way to determine the price comes from knowing exactly what the job entails. Their website acts as an educational tool to help determine the right choice. But Jeff has a background in paving and can answer questions and help potential customers reach the best decision.

"Quality is No. 1," David said.

Jeff stated that he has not seen their quality matched anywhere. Many of their referrals come from businesses who pave roads and larger jobs but don't work with individual homeowners or smaller entities. As members of BBB, they score A+ rating. Having the same employees for 17 years gives North American Paving an edge. They work together as a team and feel like family, not just co-workers. The dynamics of the crew make a difference in getting the job done.

David, Bonnie and Jeff pride themselves in the integrity of the company. They don't add hidden charges or play games with customers. And they honor their warranty. Much of their business comes from return customers and referrals. In working with HOAs, they maintain the roads for some gated communities.

"When someone comes knocking on the door with leftover asphalt, beware," David said. "There are fly-by-night pavers who aren't reputable. Check the Better Business Bureau and work with a local established business." **NOW**

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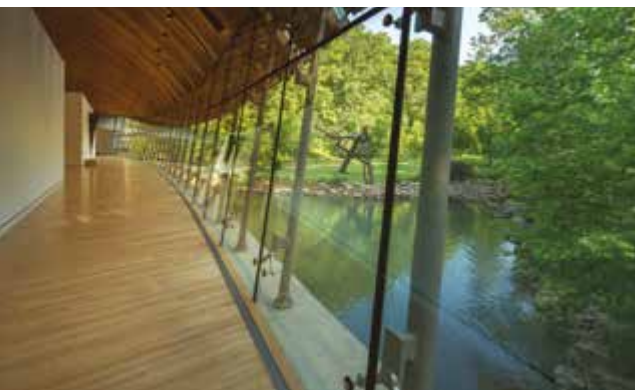
— By Linda DeBerry

A forested hollow in the Ozarks may seem like an unordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create

ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.



Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40

minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.

Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.



Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing

beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

- *Organic Can Mean Simple.* Depending on your location and soil quality, you may only need to put seeds in the

ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.

- *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.

Time for Work

- *Get Your Garden Ready.* Once you have the perfect spot, decent soil and seeds picked out, you need to start planting. You can, but do not have to, make rows in your garden. Get the soil wet before getting the seeds down. If you water after laying your seeds, you risk pushing them right out of the ground. After you have the seeds down, put a small amount of soil on top and keep the ground moist until you start seeing sprouts.

- *Let Your Bees be Bees.* While there is more involved in the original setup for your beehive, once you get the bees in their hive boxes, they will do most of the work. Early spring is a great time to start a hive, but you should anticipate it taking several weeks before you can start collecting honey.





Growing organic crops and collecting your own honey can be a money-saving and fun new endeavor to start this spring. **NOW**


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Peter O'Carroll and Kaylee Kirland battle 27 rounds before he finally takes first place in the area spelling bee. Congratulations to both of them.

Zoomed In: Zachary and Titus Nortier

By Lisa Bell

Zachary and Titus Nortier, 4-year-old twins from Weatherford, love visiting Grandad and Mama Glory in Granbury. "We made cookies with Mama Glory," Zachary said. He's the more outgoing of the two.

"And played games with Grandad," Titus added. One of their favorite games is hide and seek.

When the boys learned about the visit the evening before, they could hardly wait. After their mom told them they had to wake up, eat breakfast, play and have lunch before Grandad's arrival, Zachary said, "I want to eat lunch now." They didn't, of course, but they agreed, that waiting was worth it.



At Needlearts, some projects are too big and heavy to drag inside, so the ladies gather outside.



Charlotte and Penelope are Monday night Zumba twins at First Christian Church.



Granbury Sax Quartet is always good for some jazz music.



Second Chance Farm founder Sandi Walker with Willow, a deaf and blind Great Dane, receives blankets and pillows made by Mustang Creek Estates residents like Kathy Enlow.



Rebecca Burch takes home the Luminant Best of Show award in the Secondary Science Fair.



Tony Hedges has a great time at D'vine Wine.

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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.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little

interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

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Newcomers Luncheon: 9:30 a.m.-1:00 p.m., DeCordova Bend Country Club. Barbara Williams and Jane Sharp present history of Texas through the eyes of dolls. RSVP: (817) 243-9831 or granburynewcomers@gmail.com.



5 — 26

Forward Training Center
Informational Tour: Each **Monday**, Noon-1:00 p.m., 600 W. Pearl St. (former GISD Administration Building). Meet staff and volunteers and learn how to help alleviate poverty in Hood County and surrounding areas. Visit www.forwardtrainingcenter.org.

6

Opera Guild of Granbury Luncheon: 10:30 a.m., DeCordova Bend Country Club, 5300 Country Club Dr. Entertainment/meeting followed by optional lunch (\$14) at noon. RSVP to granburyog@gmail.com or (682) 936-9572.

9

Big Band Jazz: 7:30 p.m., Granbury Live. \$15. The Langdon Big Band playing favorite tunes. Visit www.thenewgranburylive.com for details.

12

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring

Creek BBQ, 317 E. Hwy. 377. Ed Bearrs, historian of the National Park Service, will present the program. Visitors welcome. Visit www.ncentexcwrt.com.

14, 15

From Our Own Backyard (shopping days): 10:00 a.m.-1:00 p.m. and 4:00-7:00 p.m., Generations Church, 5718 E. Hwy. 377. Children's clothing swap. Donations on March 11-12. Details on FB page or call (817) 326-5378.

20

GranMarry – A Bridal Celebration: 4:00-8:00 p.m., Granbury Resort Conference Center. Free and open to the public. (682) 936-1200 or visit FB.



23, 24

Infinite Journey: **Friday**, 7:30 p.m.; **Saturday**, 2:00 and 7:30 p.m., Granbury Opera House. International tribute band plays classic rock tunes of the band Journey. Visit www.granburytheatrecompany.org for details and tickets.

24

Third Annual Feather Fest: 10:00 a.m.-3:00 p.m., Acton Nature Center. Free admission and open to all ages. Visit www.actonnaturecenter.org.

Ongoing:

Second Mondays

Granbury Writers' Bloc read & critique session: 6:00 p.m., Waterview, 2nd floor activity room. Free. For info, contact Brian at bjcondike@icloud.com.



Fourth Mondays

Granbury Writers' Bloc meeting: 5:00 p.m., critiques; 7:00 p.m., meeting and program. Waterview Apts, 2nd floor activity room. All welcome, free. For more info, contact Brian at bjcondike@icloud.com.

Third Tuesdays

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

Second Saturdays

Living Waters Writers: 10:00 a.m.-noon, Hood County Public Library. Christian-based writing group for encouragement and feedback. Open group and no charge. Contact Lisa, (817) 269-9066 or LisaBell@bylisabell.com.

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

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