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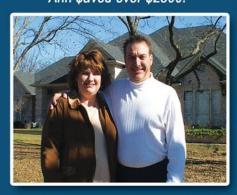
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### ON THE COVER



This nymph supervises Arnold and Georgia Blaylock's annual Bud Break Party.

Photo by Vanessa Polozola.

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### Editor's Note

Hello, Friends!

It's Stress Awareness Month, and I am grateful for one of the greatest stress-relievers ever created: nature! Deep satisfaction comes from digging in dirt, and our gardens filter air that others breathe, as well as giving passersby a sweet spot on which to rest their eyes.

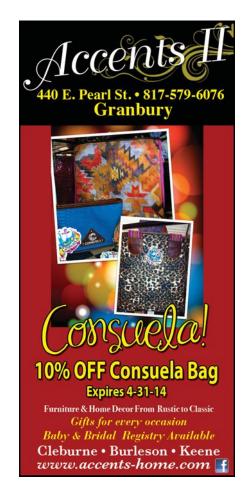
Many Americans honor nature by celebrating Earth Day on April 22, which is also Arbor Day. Students throughout Granbury will be planting trees at their schools. The following weekend, nature enthusiasts who like to exercise all their

muscles — including drinking arms and little pinkies — will enjoy two events. The morning of the 26th, Revolver Brewing hosts the 6th Annual Acton Nature Run at the Matlock Road brewery. Later that day, Granbury's Historic Downtown Square hosts the second day of the 5th Annual Wine Walk. This is definitely the time of year to enjoy Texas sunshine and de-stress!

Happy spring!

#### Melissa

Melissa Rawlins GranburyNOW Editor melissa.rawlins@nowmagazines.com (817) 629-3888











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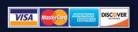
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Now, Stephanie considers herself an athlete. "Just starting roller derby when I'm 38, I realized I can set my goals as high as I want and try to achieve them," said Stephanie, who calls her coach any time she needs tips.

Ashley, aka Gillotine Grace, is one of many skaters from the Cowboy Capital Rollergirls' original recruiting class. She and league vice president KayLee Pemberton (Psycho Filly) co-founded the league in September 2011. Edith Luna (Little Tank Lulu) is responsible for setting up events in the league, such as bouts, fundraisers and appearances. Jessica Finley (Prim Reaper) retired at the close of the 2013 season, but before she left, established the Cowboy Capital Junior Roller Derby program.

"Every member of this league, both past and present, has put their blood, sweat and tears into creating the amazing organization that Cowboy Capital Rollergirls is today," Ashley said. "Our league prides itself in being skater-owned and operated, or for the skaters, by the skaters." No one in CCR is paid. The members actually pay to skate, and proceeds from their bouts are always given to local nonprofits that have made application for the funds on the league's website.

For the love of the sport, women skaters gather for practice twice weekly. "We have two Granbury practices per month, two in Brownwood, and one in Stephenville, weekly. We work with local gyms. The Granbury girls have a free CrossFit session once a week. Rebecca Cross (Elle K-Mean-O) trail skates several times a week and invites us to join her," Stephanie said. "It's about really getting your body in shape."

Until this spring, Stephanie has been a nonskating official during bouts, when she stands in the center of the rink and keeps score. Comparable to football on skates, roller derby bouts are very physical games. "Each jam lasts two minutes, and the jammers are supposed to dance through the pack while everyone else is trying to knock them down," Stephanie explained. "Once you see a bout, you realize how hard these athletes have had to train to be able to keep the other team from advancing!"

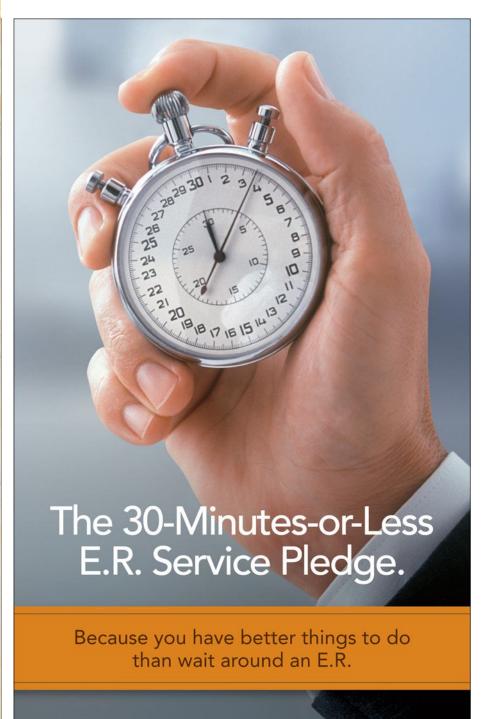
Each player's strongest enemy is their



own self, according to Ashley. Her joy, beyond her personal escape from the mundane, comes from investing energy into helping the women and youth who join CCR. "They participate for many reasons. While training them from the time they can hardly stand on skates to the time they put on their CCR uniform for the first time," Ashley said, "I enjoy watching these women constantly learning, watching every small triumph along the way, watching them become a better version of themselves as a person."

Very early on, Stephanie hurt her back during practice. "I thought I had been advancing, but then I had to sit out for six weeks," she said, adding that she learned the importance of knowing her limits and how to prepare for those aspects of the sport. "Keeping yourself in shape physically is what it's all about. I think about derby every day. Every physical activity I do, I gear toward derby. In a seven-day period, there are probably 10 hours of derby training for me."

Her children are assessing Stephanie's dedicated involvement and getting excited to join, too. Fortunately, CCR formed Cowboy Capital Junior Roller



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Derby last September. "Several of our women's league members have children, so these women were very instrumental in getting the program started. Lisa McNeal (Twisted Halo) will be the junior trainer for this season. She is such a great person to work with, and the juniors love her," Ashley said. Currently training girls and boys, ages 7 to 17, the program's mission is to train the youth into athletes ready for the adult program.

This season's adult training program is more intense than the previous three years. "The skaters in this league will be facing some tough competition now that we are a full member league of the Women's Flat Track Derby Association," Ashley said. "I'm coaching a league of extraordinary women. It's fulfilling to see that moment of enlightenment when they realize that together, as one, they can move mountains."

Ashley looks forward to the moment when Stephanie, aka Jecklyn Hyde, rolls onto the rink in her CCR uniform. She'll be gliding across a floor made of 4x4-foot fiberglass sport court squares, laid down in about 12 hours by players' husbands and other diehard supporters. Stephanie's husband, Paul, will definitely be at her bouts.

"It's hard to be successful in derby if your partner does not understand the time demands," said Stephanie, who sometimes drops their children off at Paul's law firm so she can go to practice. She'll come to pick them up and find them playing contentedly at his computer. "I feel very blessed to have the husband I have, who supports me 100 percent. My husband's very proud of me." What a joy, to be free to be one with the girls. NOW

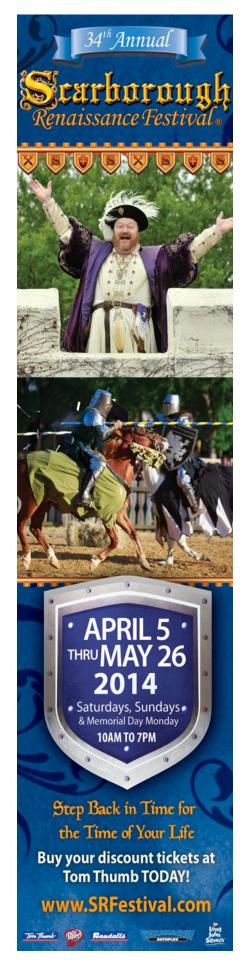
Editor's note: Anybody interested in junior or roller derby may visit www.cowboycapitalrollergirls.com.













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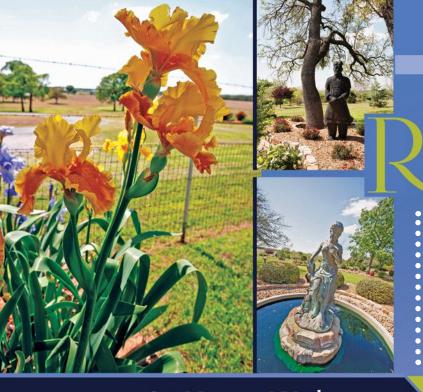


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# A Sweet etreat

– By Erin McEndree



At Home With Arnold and Georgia Blaylock



For Master Gardeners Arnold and Georgia Blaylock, their home and landscape is a reflection of their two passions: gardening and travel. What once was a pasture is now a modest home surrounded by exquisite and lofty landscape designs that provide enjoyment to others and a safe harbor for wildlife. During their extensive travels, they have bought mementos of their time abroad. Some people buy souvenirs to place on a shelf or desktop, but Arnold and Georgia also buy enormous relics that require shipping labels to find their way home. Various plants, native to Texas, surround their treasures and remind them of the many trips they have taken together. They love to travel, but they always come home to their retreat in the country away from planes, crowds and lights.



When Arnold bought the land in 1979, the 300 acres was a dairy farm. "We had cows until we retired," he said. "After I retired from the business I'd had for 20 years, I had to keep busy, so I planted a grape vineyard on 2 acres." For 19 years, Arnold and Georgia made wine and sold their grapes to other home wine makers. "I remember our grandkids getting in the big tub and smashing grapes with their feet once," Arnold laughed. Unfortunately, the grape vines died from Pierce's disease, a disease common to grapes, which clogs vascular tissue. Now, there are 50 pecan trees where the grapes used to be. "We give pecans away now," Arnold said. "We will sit in the [two-car] garage with a glass of wine and shell pecans."

Inside the house via the garage, a large wine rack shares the laundry room. Even though they no longer make wine, they have many varieties with different aromas and flavors. On the wall, an intricately carved wooden plaque with grapes and vines reads *Blaylock Farms*.

One tradition Arnold and Georgia started that still continues, despite the demise of the grapes, is an annual spring party called the Bud Break Party. Every April, they welcome family and friends to walk around their property. They eat and drink wine together and enjoy the retreat they have created. "We have the party anyway, because buds are breaking somewhere at our house," Georgia said. "We have over 115 people, and the grandkids help serve at the party."

Just down the hall from the wine rack, the kitchen has swirls of cream and brown embedded in the granite countertops. The same granite is in the bathroom off the hall. A breakfast nook beside the kitchen is where Arnold and Georgia enjoy their morning coffee, while viewing the life-sized woman holding a clay pot. The water flowing out of the pot pours into a pond. "She reminds us of Anne of Green Gables," Georgia said. "Dwarf yaupons are planted all around the pond." Eastern blue birds, gold finches and sparrows flutter round the bird feeders in the yard. Chimes and birdhouses hang under the porch, one of which is made entirely of corks from wine bottles.

The hue of the dark wood cabinets in the kitchen flows into the great room. The deep shade in the hardwood floors is also present in the wood paneling surrounding two living areas. Beams can be seen in the vaulted ceilings. The large fireplace in the center anchors the room. A wooden curio cabinet in the corner, with hand-carved grapes, surrounds the glass and houses Georgia's favorite collection of figurines from her husband. The porcelain ladies are handcrafted in Valencia, Spain. "I used to get one on my birthday every year," Georgia said. "But then I ran out of room." Their smooth pink veneer, like sea shells, sparkles in the light.

A portrait of Arnold and Georgia hangs in a place of honor by the dining room table. "A [sidewalk vendor] on Jackson Square in New Orleans drew our picture as we posed," Georgia





said. All the lush greenery can be seen through the large windows by the dining room table. French doors lead to the patio and the flower gardens.

The flower gardens started when Georgia wanted Arnold to make her some flower beds. "Some plants did well, and others did not," Georgia said. "I called a garden club in Granbury to get some advice for my plants. They invited us to attend a Master Gardeners' meeting." They became hooked. They took the 50-hour course, passed tests and completed service hours to become Master Gardeners. "I learned why all my stuff died." Georgia laughed.

All the flower beds at the Blaylock home (there are over 12) have a name and a theme. The Circle 8 Bed winds around some massive oaks and has an oriental influence. Its focal point is a towering terra-cotta Chinese soldier standing at attention that Georgia shipped home after a trip to China. "A Buddha sits on the trunk of an oak tree we had to cut down because of oak wilt," Arnold said. Arnold and Georgia try to

replant shrubs, bushes and trees that are resistant to local diseases.

They have traveled immensely since Arnold totally retired in 1997. "We bought a motor home and took off," Georgia laughed. Influences from their travels can be seen in the articles around their home. Asian influences are scattered just about everywhere. A tall birdhouse perched on an armoire has a swooping roof line that mimics the architecture.











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seen on many historic Asian buildings. A vase and elephants that represent Thailand stand alongside books in a bookshelf. A vase Georgia brought home from Ireland reminds them of that trip.

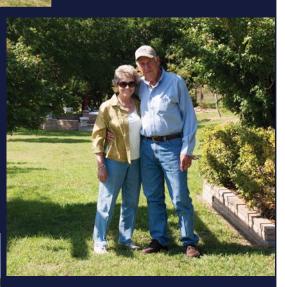
During the spring and summer months, when not in their RV, Arnold and Georgia plant vegetables in raised beds and play with their grandkids. They enjoy tomatoes, onions, spinach, beets and okra to name a few. Some of the cooler weather plants are enjoyed at the Bud Break party.







"Asian influences are scattered just about everywhere."



A cross-stitched creation Georgia made captures their life beautifully — He who sows courtesy, reaps friendship and he plants kindness and gathers love. Georgia really enjoys cross-stitch. Designs are framed all over the house. Some are small like the three ducks in the guest bathroom. One in particular, in the master bedroom, is a 2x2-foot wall hanging, covered with plants, animals and a farm house, much like their own life.

Arnold and Georgia may love to travel around the world, but they love coming home to the seclusion of the country. They share the bounty of their harvest with friends and family. They reap the fruit of friendships, both abroad and at home. Their kindness shows to so many. They merge their two passions together and enjoy the pleasure it brings them. Their home reflects their many passions and is a sweet place to enjoy. NOW

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# ACLASSY HOOD

When it comes to home improvement, most people believe you have to spend a large amount of money to make much difference. The reality is, some of the projects with the most impact on your home have the least impact on your wallet. One such project around my house involved replacing an over-the-stove microwave cabinet with a custom hood for the range for less than \$50.

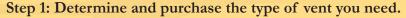
The inspiration for this project came from a beautiful range hood I saw online. As beautiful as this range hood was, the price was not. The cost of this particular range hood was around \$700. With a few materials, you can create a similar hood for a fraction of the cost.



### What you need based on a 16-inch range hood:

- 1 4 ft. x 8 ft. birch plywood panel: \$10.67
- 1 1 in. x 2 in. x 8 ft. support board: \$2.61
- 1 1 in. x 3 in. x 8 ft. pine board (for top front facing): \$5.43
- 1 1 in. x 4 in. x 8 ft. pine board (for bottom front facing): \$8.64
- 2 8 ft. lattice pieces: \$7.28
- LIQUID NAILS construction adhesive: \$2.52
- 8 ft. trim pieces (quantity and style based on personal preference): \$8.52 Vent: N/A

Total: \$45.67! Note: The cost of the vent is not included in the project costs as it varies by make and model. Also, this cost doesn't include the crown molding. I was replacing all of that on my cabinets anyway, so I already had it on hand.



Depending on the type of venting currently provided by your microwave, you will either need a recirculating vent or an external vent. A recirculating vent takes air, steam or other materials, passes them through a filter and reintroduces them into the room as fresh air. An external vent takes these same materials and removes them to the outside of your home using a venting system. For my particular situation, I needed a recirculating vent. To determine the correct size, measure the width and depth of your space, subtract approximately 4 inches from the depth and width and use that number as a guide.

Note: You do not want a vent the width of your cabinet, because you will be unable to build a box to hold it.







#### Step 2: Remove the existing microwave and cabinet structure.

Note: Before beginning this project, move your stove so it does not get damaged.

After removing the microwave, remove the cabinet doors. Next, remove the bottom of the cabinet, as well as the front support piece. If your cabinets are individual units, you can simply take the cabinet off the wall. In my situation, the

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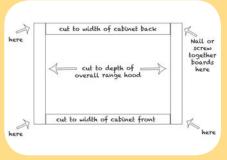


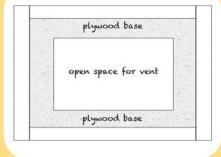
middle cabinet was a part of a single cabinet unit.

# Step 3: Determine the depth of your range hood.

Most range hoods have a depth between 16 and 24 inches. The size you pick will be based upon your preference, but generally you want to make sure it extends far enough to partially cover your front burner.

# Step 4: Build a box for your vent.





Measure the width of your cabinets in the front and the back. (They should be the same, but can be off by about 1/2 inch.) Cut two support beams to this width. Next, cut two support beams to the overall depth you decided on for the range hood. (For me it was 16 inches.) Attach the supports together, creating a box frame. Do this outside of the cabinet space (in your workshop).

Next, cut a 3/4-inch thick piece of plywood to the overall width and length of the finished box frame. Set the vent on top of the plywood and draw an outline. Cut out the outlined section. Attach the plywood to the bottom of the box frame.

#### Step 5: Attach the vent.

Attach the box frame to the cabinet. Attach the vent to the supports. (Your user's manual should suggest the best way to do this.) Install the vent, i.e. plug it in, attach the outside venting, if needed, etc.)

## Step 6: Create the front facings and supports.



Using the 1 in. x 4 in. x 8 ft. pine board, create the front facing for the bottom support. The front facing should be roughly 1/2 inch longer than the support and should be mitered to 45 degrees on both ends. Next, measure the amount of exposed supports on the side and cut front facing for each side (continuing to use the 1 in. x 4 in. x 8 ft. pine board). Miter the edges. Attach the facing to the support using a nail gun.

Using the 1 in. x 3 in. x 8 ft. pine board, create the top front facing for your cabinet frame. (The top face front should be the same length as the bottom face front and should also be mitered at the ends.) Depending on how far the top face front sticks out, you will need to cut side face fronts for the upper section as well using the remaining 1 in. x 3 in. x 8 ft. pine board. Attach the facing to the support using a nail gun.

Measure the length between the top and bottom face front, and cut three support beams to that size using the 1 in. x 2 in. x 8 ft. support board. Attach them to the back of the face fronts using a nail gun. (I mitered the ends of the boards, so they can be attached just behind the face fronts.)

After adding the supports, measure the open area from the outside of the left support to the outside of the right support and from the top face front to











the bottom. Using these measurements, cut out a plywood square. Attach the plywood to the supports using a nail gun. Because the hood is slanted, the plywood should sit right behind both the upper and lower face fronts.

Next, determine the angle of the side pieces. For lack of a better option, I folded a piece of cardboard over the side and then cut the cardboard to size. Trace out the pattern on a piece of plywood and cut. Attach side pieces to the supports using a nail gun.

Step 7: Add the finishing touches.





After attaching the sides, sand the entire range hood. Next, cut two pieces of lattice to the width of the center plywood area, making sure to miter them on the edges.

Measure the length between the upper and lower lattice pieces and cut five pieces of lattice to this length. Attach in equally spaced segments across the front of the plywood. Make sure you have a piece of lattice on each edge — this will help disguise those imperfect side pieces.

After caulking and filling in the nail holes, sand, prime and paint. That's it! Total time, start to finish was about four hours.

Editor's note: For more information, please visit: www.therozyhome.com/2013/09/26/custom-range-hood-for-less-than-50/.











### Business NOW





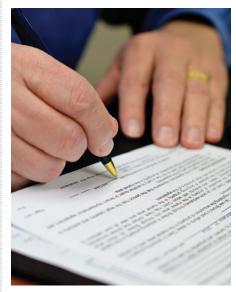


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By Appointment



An efficient team, Dawn and Greg Willis provide savings to each client. They share wisdom gained over 24 combined years of helping people buy and sell homes.

# Adding Value

When life requires a move, TexasRealEstateSavings.com saves you money. — By Melissa Rawlins

Whether you need to sell your home or buy a new one, the couple who runs TexasRealEstateSavings.com is dedicated to making your change of lifestyle affordable, as well as efficient. Specializing in mainstream homes, including waterfront and golf course properties, full-service real estate professionals Dawn and Greg Willis operate as a team for your benefit.

Their mission is helping you transition into your dream home for the lowest cost possible. They move many homes for many clients in Granbury, Weatherford, Burleson and the surrounding areas, charging low fees in the process. The concept is new, vet completely understandable to sellers who ask Greg for a little education.

Simply put, technology has changed. Now, buyers go online to shop for new homes. Sellers simply need a trustworthy real

estate agent skilled in using technology to benefit their client. "Frequently, sellers ask us to tell them what we think about their home. In part, they want to meet me and find out whether they can trust I will do what other Realtors do while offering a lower fee," Greg said. "While we visit, I recommend smaller things that add value without costing lots of money. I try to keep sellers from spending a lot on fixing up their house."

Dawn has sold real estate for the past seven years. Greg completed over 600 real estate transactions during the past 17 years, both here in Granbury and in Colorado. He also has about 19 years of ministry experience, including a master's of divinity degree from Southwestern Seminary, which enables him to take an almost pastoral approach to the people he serves. The Willises are happy to work on each customer's timetable,

### Business NOW

which keeps everyone comfortable throughout the experience with TexasRealEstateSavings.com.

Greg and Dawn list and market properties according to industry standards using the full-service MLS listing they provide at a discount. They also shoot a video of each home being sold and post that on their website. "We save you an average of \$2,000 to \$8,000 when we sell your home," Greg said. "If a seller comes across somebody who wants to buy their home, then we discount our commission even further. In that manner, we've saved almost \$20,000 for some clients."

Dawn and Greg choose to offer cash rebates to buyers, something not available in every state. "We offer the rebates like a coupon, to try to get more business. We don't give it to every buyer," Greg explained. "We give it to people who ask us for it. I gave a couple different families \$4,000 when they bought a \$400.000 home."

Another factor distinguishing TexasRealEstateSavings.com is the availability of the real estate agents. "We

"We save you an average of \$2,000 to \$8,000 when we sell your home."

answer the phone and emails promptly. That matters a lot, because people sometimes need answers quickly," Greg said. One look at customer reviews on www.WillisReviews.com reveals Dawn and Greg both work hard to quickly respond to inquiries.

Greg's empathy for his customers stems from multiple personal experiences with moving. Born in 1962 in Granbury — right off the Square, in what was at that time the hospital — Greg found his way through Houston to Deer Park, Texas, then to Dillon, Colorado, before returning to Granbury in 2005 to bring grandchildren and grandparents together. The Willises find satisfaction helping you sell, or buy, or do both in two overlapping stages. Let TexasRealEstateSavings.com focus on achieving your dream.





## Around Town NOW



Danny Hill from Classic Chevrolet receives an award for Large Business of the Year at the Granbury Chamber's Best of Business event.



There is a great turnout for the bull riding contest hosted by Texas Heroes Foundation.



Rio Brazos Master Naturalists prepare Acton Nature Center's butterfly garden for spring.



Kelly Harris (right) solves the world's problems with Charlie Brown, one of Tommy's regulars.



Cindy Davis' class celebrates Dr. Seuss during the Read Across America event.



Lakestone Terrace residents June Simpson and Peggy Schooler flair it up for Mardi Gras.



Nancy Alana speaks with Baccus Elementary fourth graders about heroes covered in her book, Texas: Cowboys and Campfires.



Members of the district champion Granbury High School swim team join Granbury ISD representatives at the land dedication for the forthcoming Hood County YMCA.



Mark Franco and Dave Porcher, both members of the board of Hood County Clean Air Coalition, chat before a Texas Railroad Commission forum on natural gas vehicles.

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## The Roth Conversion Strategy

You have a small problem. You love the idea of a Roth IRA — all those potential tax-free withdrawals and no required minimum withdrawals during your lifetime. There's a hitch, however: You and/or your spouse's income is too high to meet eligibility requirements. A Roth conversion strategy could be an option.

Eligibility for 2014 Roth contributions starts to phase out at a modified adjusted gross income of \$114,000 and is completely eliminated at \$129,000 for singles and between \$181,000 and \$191,000 for married couples filing jointly. If you make too much to contribute to a Roth, a Roth conversion strategy may provide an option to enjoy the long-term tax benefits of a Roth IRA. Here's one possibility:

# Step 1: Contribute to a nondeductible traditional IRA. You don't get a tax deduction for doing so, but there's no income limit either.

Step 2: Convert to a Roth. There's no income ceiling for a Roth conversion, but you do have to pay taxes on any gains for the year you make the conversion. If there are no gains, there are no taxes owed since contributions are made with after-tax

dollars. So, if you are going to convert, it's best to do it as soon as possible.

**Step 3: Enjoy your new Roth.** Your money will now be growing tax-free and you'll pay no income tax when you make qualified withdrawals.

Warning: If you have made any nondeductible IRA contributions, the Pro-Rata Rule requires all IRAs to be treated as one, including traditional, SEP and SIMPLE IRAs. Under these circumstances, it is not possible to convert after-tax (nondeductible) contributions without income tax consequences. You should always consult with your tax, legal and investment professionals before making investment decisions. This is especially true if you would like to consider using the Roth conversion technique described in this article.

State Farm agents do not provide tax, legal or investment advice. A 10-percent tax penalty generally applies for withdrawals from tax-qualified products and/or non tax-qualified annuities before age 59 1/2.

Jace Foreman is a State Farm agent based in Granbury.













## Damaged Joints

— By Betty Tryon, BSN

Nearly everyone is familiar with arthritis. Many people either know someone with it, or they have it themselves. That is because arthritis is not one disease but a term used to cover over 100 medical conditions. Statistics from the Centers for Disease Control and Prevention report, "An estimated 50 million U.S. adults (about 1 of 5) report having doctor-diagnosed arthritis. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030." Osteoarthritis is the most common form, and for the purposes of this discussion, the information relayed here refers to that disorder. Many of the symptoms experienced in osteoarthritis are found in the other conditions.

Arthritis damages the cartilage which protects the joint. The cartilage is the flexible connective tissue that covers the bone at the joint, allowing the joints to move smoothly and avoid friction. Cartilage also acts as a shock absorber. Without that intact and healthy cushion, bone would rub bone — something as painful as it sounds. Inflammation becomes a perpetual part of the problem. Other symptoms are swelling and stiffness, resulting in a decreased range of motion in the affected joint.

There is no one specific known cause for arthritis. Even though no cause has been recognized, researchers have identified risk factors that may predispose a person to the disease. No. 1 on the list is age. As we grow older, the stress on the joints increases because of constant use. Some sports and

occupations encourage the development of arthritis because of repetitive use of a specific body part. Weight plays a part in arthritis due to the added burden on the joints, and injury to the joint area can set the area up for constant inflammation.

In treatment, your goals are to prevent further joint damage and manage your pain level. Many pain medications such as acetaminophen and NSAIDs (nonsteroidal, anti-inflammatory drugs) like aspirin, naproxen and ibuprofen are sold over the counter. Other NSAIDs are only by prescription. However, there are many other options available to make living with arthritis a little easier. Applying heat, ice or massage can help. Another option is proper exercise to reduce stiffness, build strength and increase or maintain range of motion. Try to avoid repetitive movements that put stress on joints.

Arthritis may be in your future, but moderation in exercise and following your doctor's instructions regarding medication can help you stay active. **NOW** 

#### Source:

www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm

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





# Calendar

#### April 5

Light Up the Blues Gala: 6:00-10:00 p.m., Revolver Brewery, 5600 Matlock Rd. \$50. Visit www.lakepointegranbury.com.

Ninth Annual Country Spirit Jamboree: 6:00 p.m., Reunion Grounds. BT Rhodes and Larry Harkins provide live music for dancing, plus dinner, drinks and huge auction benefitting cancer patients in Hood County. \$25. Call Teresa McCoy, (817) 408-5623.

#### April 5, 19

Nature Walks at Acton: Saturday, April 5, 7:00-9:00 a.m.; Saturday, April 19, 9:00-11:00 a.m., Acton Nature Center, 6900 Smoky Hill Ct. Both guided hikes with Dr. Billy Teels are free for all. Www.actonnaturecenter.org.

#### April 17

Diabetes Support Group: 6:00-7:00 p.m., Lakestone Terrace Retirement Community, 916 E. Hwy 377. Free for those seeking information, inspiration and support. Call (817) 573-1214.

#### April 22

Ad

Bird House Gourds: 6:30 p.m., 1410 W. Pearl St., Annex 1. Lake Granbury Master Gardeners Cindy Lear and Nancy Walsh lead hands-on class. Call early; class size will be limited. RSVP to (817) 579 3280.

Brazos Chamber Orchestra: 7:30 p.m., Sanctuary of Acton United Methodist Church, 3433 Fall Creek Hwy., Acton. Free to the public. Visit www. brazoschamberorchestra.org or contact Todd Evans, (817) 938-4356.

#### April 25, 26

Granbury Wine Walk: Noon-8:00 p.m., Historic Granbury Square. At least 18 Texas wineries showcase their vintages. Two-day tickets: \$25 on event day; \$20 when purchased in advance at D'Vine Wine, 107 E. Bridge St. Call (817) 573-5299.

#### April 25 - 27

Friends of the Library Spring Book Sale: 9:00 a.m.-6:00 p.m., Hood County Library on Travis St. Used books on sale to raise funds to help your library. Call (817) 219-3535 for more info.

#### April 26

Bring Awareness to Invisible Wounds of War: 8:30-10:00 a.m., 2101 W. Pearl St. Two-hour

motorcycle run ends at Saddle Bags BBQ, 3636 W. Hwy. 377, where public is welcome. Email rgreer@pecanvalley.org.

Sixth Annual Acton Nature Run: 9:00 a.m.-4:00 p.m., Revolver Brewing. Registration fees begin at \$20 per person, when you are part of a team of five, or \$10 for children or adults over 69. Visit www.actonnaturecenter.org.

American Cancer Society Relay for Life: Noon-Midnight, Granbury Reunion Grounds. Contact Chelsea Flynn, (817) 894-2685.

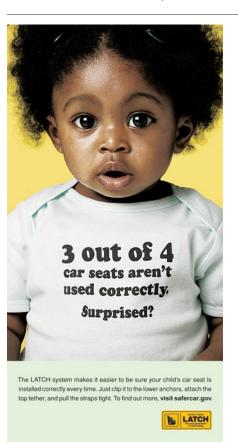
#### May 1

63rd National Day of Prayer Breakfast: 6:00-7:30 a.m., Granbury Resort Conference Center, 621 E. Pearl St. Call Minette Ficard, (817) 559-9456.

#### May 4

Second Annual Chari-Tea: 2:00-4:00 p.m., Bentwater Activity Center, 1800 W. Emerald Bend Ct. \$20. RSVP to Lynne Green (817) 964-0333.

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







## In the Kitchen With Brenda Lowery

— By Melissa Rawlins

"I think we have a chemical in our minds that tells us we *need* dessert," Brenda Lowery said, grinning like one of her favorite cooks, Paula Deen. With other ladies at the Triple Cross Cowboy Church, Brenda enjoys preparing sweet and savory food in iron cookware for church members. Trail riders return to enjoy stews and cobblers. Brenda knows just how to use burning coals to control heat atop these kettles.

Her first memory of baking and cooking was with her grandmother in South Carolina. Years later, she started using a Dutch oven, while a Boy Scout leader in Mesquite. "It was awesome to work with the boys and teach them a new skill they would never learn unless someone like me taught them."

#### **Dump Fruit Cobbler**

- 2 28-oz. cans fruit of choice in heavy syrup
- I cake mix, either spiced, white or butter flavor
- 1 stick butter, sliced
- 1 cup brown sugar
- 2 Tbsp. cinnamon
- **1.** Using tongs, line the bottom of a container, like a barbecue grill, with hot coals.
- **2.** Layer ingredients in a Dutch oven. First, pour in both cans of fruit, over which you evenly sprinkle cake mix. Dot with thin slices of butter; sprinkle with brown sugar and cinnamon. Place lid on top of Dutch oven.
- **3.** Place Dutch oven on hot coals, putting at least 10 to 12 coals on top of Dutch oven. Cook until warm and bubbly. Excellent when served with Coffee Can Camp Fire Ice Cream.

## Coffee Can Camp Fire Ice Cream

- 4 eggs
- 2 cups sugar
- 2 12-oz. cans evaporated milk
- 1 14-oz. can sweetened condensed milk
- 1 Tbsp. pure vanilla extract
- 2 cups whole milk
- I to 2 10-lb. bag(s) ice cubes
- I box rock salt
- 1. With an electric mixer, cream eggs and sugar. Add evaporated milk, condensed milk, vanilla and whole milk. Beat well. Pour into an ice cream churn.
- **2.** For electric or hand-crank ice cream: Add enough whole milk to fill to line. Insert dasher. Pack cooler 1/3-full with ice. Add a layer of rock salt. Repeat layering with ice and salt until full. Note: Be careful not to overfill, spilling salt into the churn. When

machine starts to labor or shut off, remove dasher and drain water. Fill with more ice and salt. Cover with a towel and let harden.

**3.** For machine-less ice cream: Fill up 1-lb. recycled coffee cans with ice cream mixture, and then put the 1-lb. can in a 3-lb. can; fill with ice and salt and seal the tops with duct tape. Roll the cans back and forth between two people. Fun for kids of all ages.

#### **Biscuits**

2 cups flour

2 Tbsp. baking powder

1/4 tsp. baking soda

1 tsp. salt

3 Tbsp. butter or shortening

2/3 cups buttermilk

- **1.** Mix together first four ingredients. Cut in shortening with pastry cutter or a fork. Stir in buttermilk. Form into a ball.
- 2. Place on floured board. Knead, slightly.
- **3.** Roll out into 1/4- to 1/2-inch thickness. Cut with Mason jar ring or cookie cutter. Place in bottom of a greased Dutch oven, sides of biscuits gently touching.
- **4.** Make sure you have more coals on top than on the bottom of Dutch oven. Bake until warm and golden, approximately 10 minutes.

#### Venison or Beef Roast

Deer or beef roast (of desired size)
2 10.75-oz. cans cream of mushroom soup

- I envelope onion soup mix (beefy)
- I envelope mushroom soup mix
- 2-3 soup-sized cans of water or chicken broth
- I jalapeño pepper, chopped
- 1 12-oz. can Spicy V8 juice or Ro-Tel tomatoes (optional)
- **1.** Put all ingredients in Dutch oven. Cook for approximately 2 to 3 hours, stirring regularly. This also works in a slow cooker, set to low, for about 6 hours.

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







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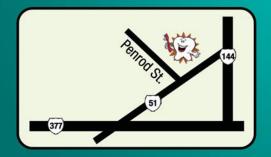
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