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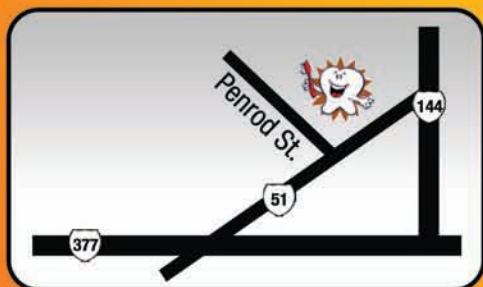
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Tucker Allen golfs in tournaments almost every week through August.

Photo by Vanessa Polozola.

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## Editor's Note

*Hello, Friends!*


As our pleasant mornings lengthen, I find myself with more time to consider priorities. Mine are everything contributing to vitality, that spark of true life. Smiling, thanking my Creator, reading the Word and drinking a good, black cup of coffee are priorities upon waking. It is my goal to continue smiling throughout my day.

Once fully awake, I smile, serving myself a nourishing breakfast and checking on the welfare of all my animals. Still I smile, representing my employer and caring for our customers throughout the day. Reaching out to the people who matter to me at the end of my day, and lifting them up for consideration by their Creator, helps me smile more as I serve myself a healthy dinner and relax while the sun goes down. Finally, I smile, remembering my dad and how he taught me to read soul-building books before slipping into blissful sleep.

Happy Father's Day!


*Melissa*

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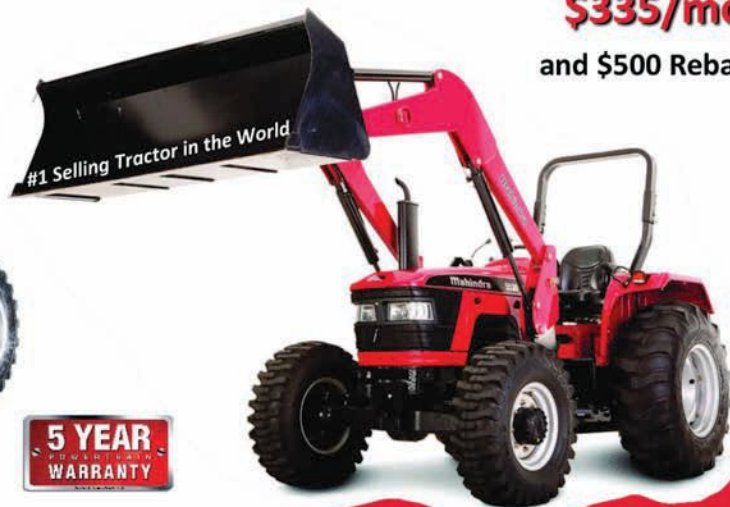
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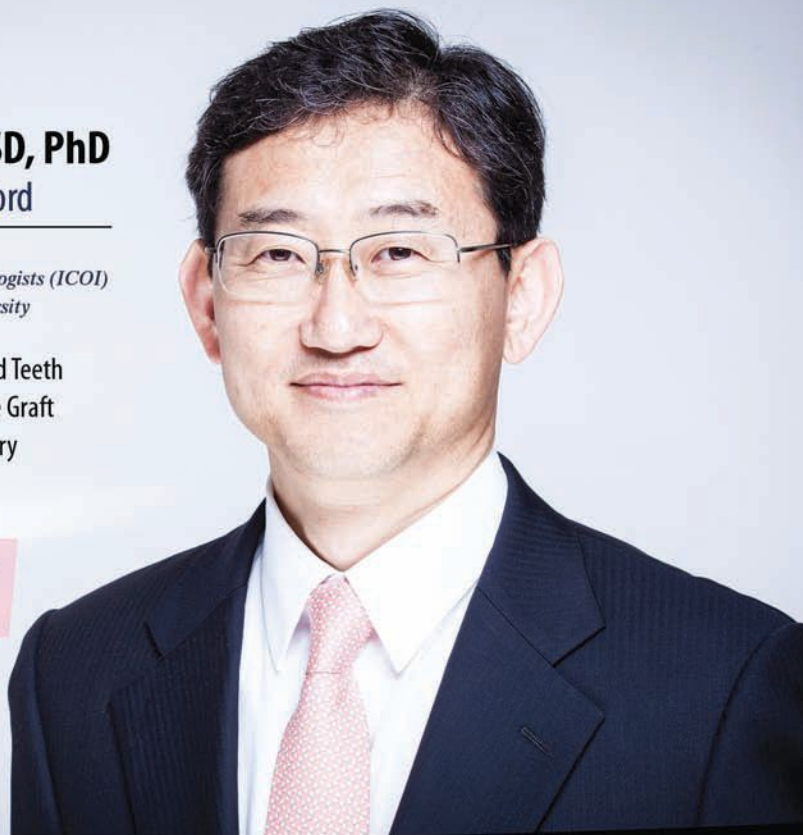
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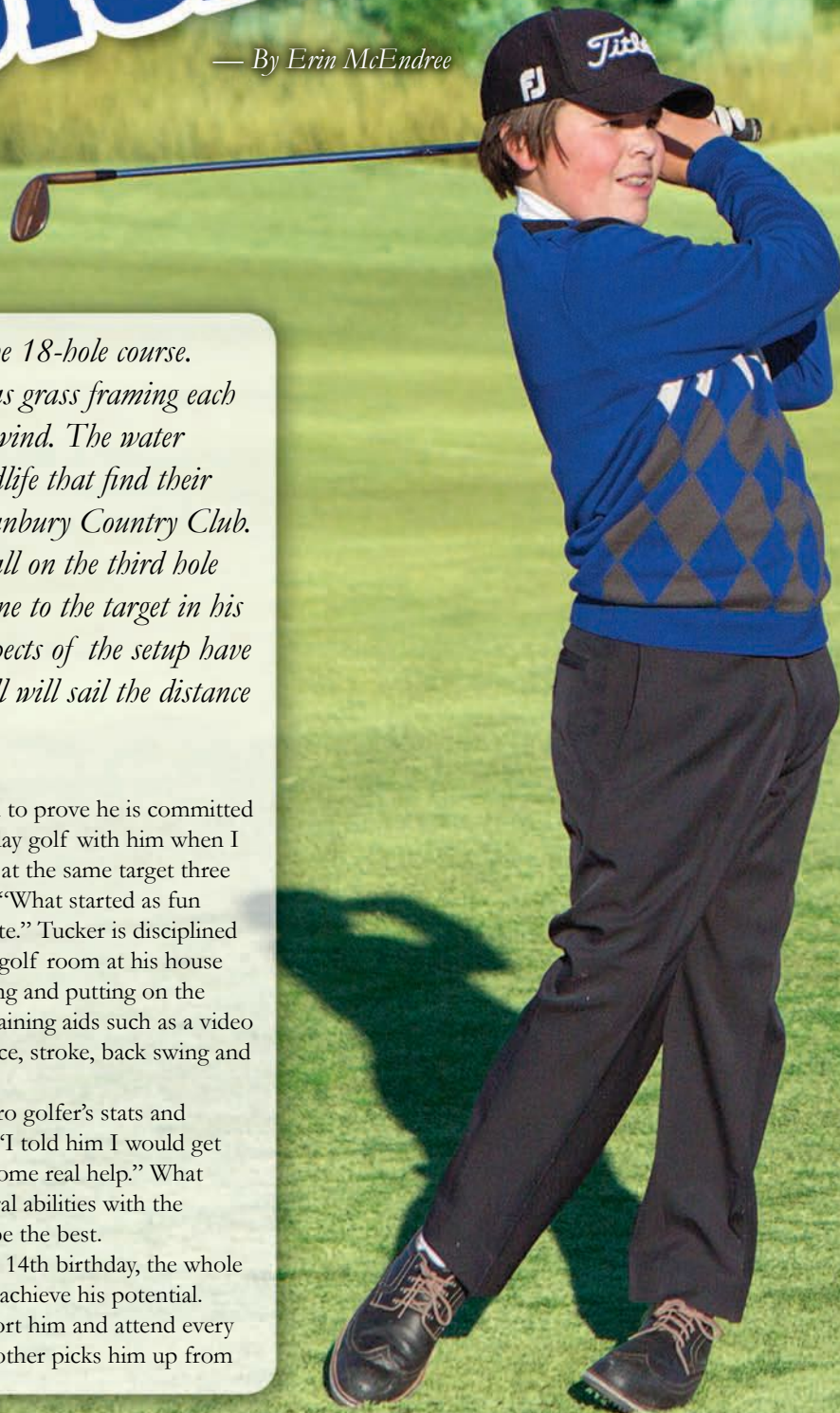
— By Erin McEndree

*The greens are fast today on the 18-hole course. The mature trees and tall pampas grass framing each fairway sway with every gust of wind. The water hazards are a delight for the wildlife that find their way to the golf course at the Granbury Country Club. Tucker Allen walks up to the ball on the third hole and mentally makes a straight line to the target in his mind: a 4.5-inch hole. Many aspects of the setup have to be perfect at impact, so the ball will sail the distance and direction Tucker envisions.*

For nine years, Tucker has continued to prove he is committed to golf. “My Uncle Jerry asked me to play golf with him when I was 5. He challenged me to hit the ball at the same target three times in a row, and I did,” Tucker said. “What started as fun became something I wanted to dominate.” Tucker is disciplined and practices every day. Jerry created a golf room at his house for Tucker, where he can practice driving and putting on the range mat toward a net. He also uses training aids such as a video app that can show, clip-by-clip, his stance, stroke, back swing and follow through.

“He has potential. He learned the pro golfer’s stats and decided to be a pro golfer,” Jerry said. “I told him I would get him to even par, and then I’d get him some real help.” What started as fun uncovered Tucker’s natural abilities with the 1.5-inch ball and his determination to be the best.

This month, as Tucker celebrates his 14th birthday, the whole family remains devoted to helping him achieve his potential. Diane and Bob, Tucker’s parents, support him and attend every tournament they can. Tucker’s grandmother picks him up from





**"I WANT TO KEEP HITTING AND IMPROVING. I WANT TO PLAY ON AS MANY DIFFERENT COURSES AS I CAN. I WANT TO BE NO. 1 IN THE WORLD."**

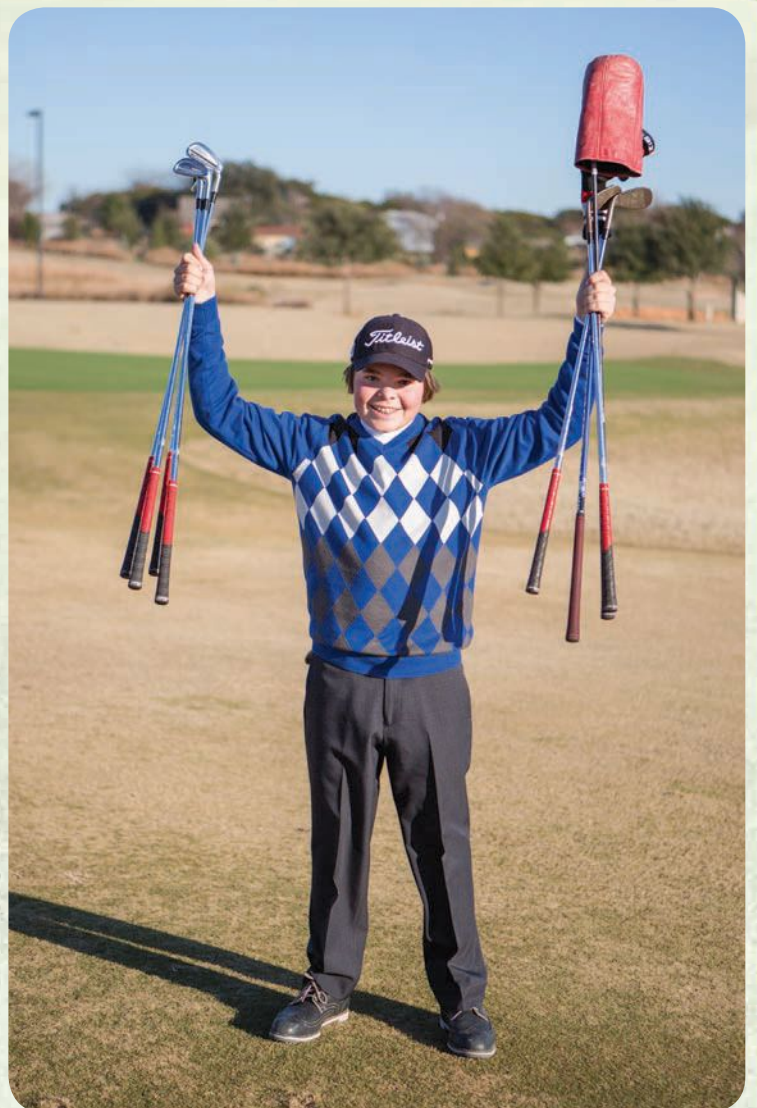


school every day and takes him to Harbor Lakes Country Club or Squaw Valley Golf Course in Glen Rose to practice. Tucker attends Lakeside Baptist Academy, a homeschooling co-op that only meets Tuesday through Thursday. This schedule provides the opportunity for Tucker to excel in his athletic talent.

When Tucker was 6, the decision was made to enlist the help of professional golf instructor Hank Haney. He is best known for coaching Tiger Woods. He was a tremendous help in Tucker's early years. He focused on the upper body and developed Tucker's back swing. Presently, Tucker is coached by Cameron McCormick who moved to the states in 2000 from Australia. His emphasis is on biometrics and motor learning. He formerly coached Jordan Spieth, who won the 2015 Masters Golf Tournament. "Cameron was direct with a no-nonsense type of approach that fit Tucker's personality," Jerry said. "Tucker likes to have fun, but when it comes to golf, he treats it like serious business."

To give Tucker every opportunity to achieve his dreams, Jerry dedicates a tremendous number of hours each week to help Tucker do his best. On Friday, Jerry takes Tucker to AMPD Golf Fitness in Dallas where Tucker works on more than his swing. "My workouts consist of drills that develop upper and lower body," Tucker said. "I practice on bands for agility and balance, but I also have a mental coach." Tucker works with Dr. Robert Neff, who educates elite athletes regarding sports psychology and provides mind-strengthening drills to improve mental toughness, thus enhancing performance. Dr. Neff helps athletes become exceptional. He helps Tucker visualize his movements and control his adrenaline before his swings. The mental game is important. If the mind is in chaos, the game will be, too.

Tucker practices the proper setup before hitting the ball on a daily basis. He mentally imagines where he wants the







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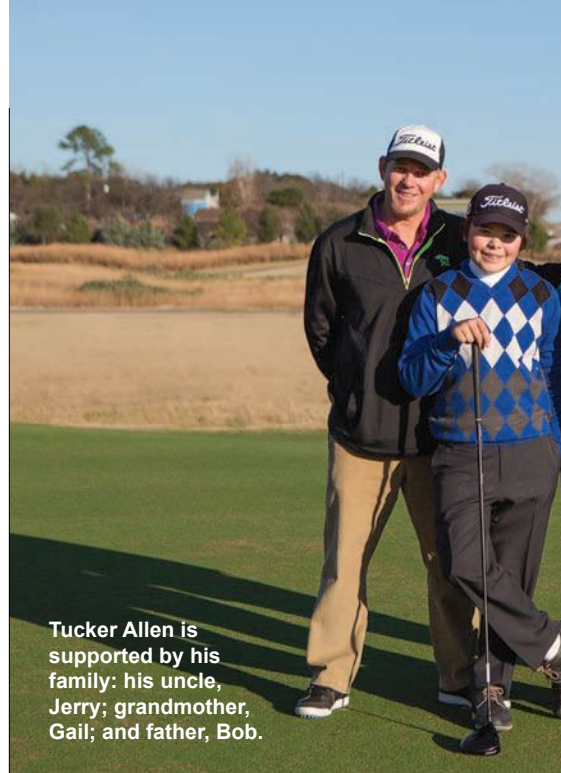
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Tucker Allen is supported by his family: his uncle, Jerry; grandmother, Gail; and father, Bob.

**“MY UNCLE JERRY ASKED ME TO PLAY GOLF WITH HIM WHEN I WAS 5. HE CHALLENGED ME TO HIT THE BALL AT THE SAME TARGET THREE TIMES IN A ROW, AND I DID. WHAT STARTED AS FUN BECAME SOMETHING I WANTED TO DOMINATE.”**

ball to land. He bends his knees for the proper stance at the correct distance from the ball. He aligns the club parallel with the ground. His takeaway, follow through and back swing are smooth and precise. Tucker practices many phases of the swing individually. When these are combined, the shot is a success.

Since Tucker practices so much, his body is out of line. “Tucker sees a chiropractor, because his body develops more on the right in the direction he swings,” Jerry said. Treatment consists of individualized training and rehabilitation exercises targeting areas of concern to keep Tucker from getting out of alignment.

The dedication Tucker shows and





the tireless effort he puts into his talent has paid off. When Tucker was 10, he finished fifth in the European Junior Championship in Scotland. At 12, he finished third in the Jr. World Championships at Pinehurst, No. 2 in North Carolina and also won the Future Masters in Alabama. Tucker has over 60 tournament wins and received Player of the Year three years in a row. "I remember when we were in Scotland, we could not find rain gear. You would think it would be easy to find it," Jerry laughed. "We wore the green camo ponchos we brought and an orange UT umbrella. They knew we were from Texas."

Tucker's long-term goals consist of getting enough experience and wins to become a pro golfer. "I want to keep hitting and improving. I want to play





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How do varicose veins develop? Compared with other veins in the body, leg veins endure the most pressure and have the toughest job of carrying blood back to the heart. To counteract the forces of gravity, veins have valves that prevent blood from flowing backwards as it is pumped back toward the heart. Over time, these valves can weaken, allowing the blood to pool inside the vein.

This can cause the vein to distend, resulting in the "rope-like" appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation. Many individuals exhibit symptoms of venous insufficiency that includes swelling, throbbing, cramping and restless legs.

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on as many different courses as I can,” Tucker shared. “I want to be No. 1 in the world. My goal is to have 20 major golf wins, which is six more than Tiger Woods and two more than Jack Nicklaus.” Tucker already thinks like a champ and sets lofty goals that are not out of reach.

Scouts from universities are already following Tucker’s achievements. They are seeking his talents and vie for his acceptance into their golf programs. “He has already received letters for The University of Texas, Arizona State University and Auburn University,” Jerry said. “I want Tucker to play and take it as far as he can take it. His family and I surround him with the very best people, so he can take the path the best players have taken.” Tucker secured Nike as a sponsor for two years. They provided custom-built clubs specifically made for Tucker’s height, arm length, hand size and swing speed. Presently, Tucker is sponsored by Titleist, a brand of golf equipment and clothes dating from 1932.

When Tucker is not on the golf course, he enjoys hunting, pool or picking a guitar. “Tucker is 99-percent golf,” Jerry said. “I try to make him take some time off, however.” Tucker is blazing a path toward what he wants to accomplish. He focuses on where he wants to be with a dead aim and lofty goals. He tirelessly trains and lets the results speak for themselves. **NOW**



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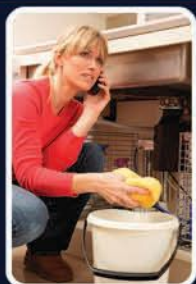
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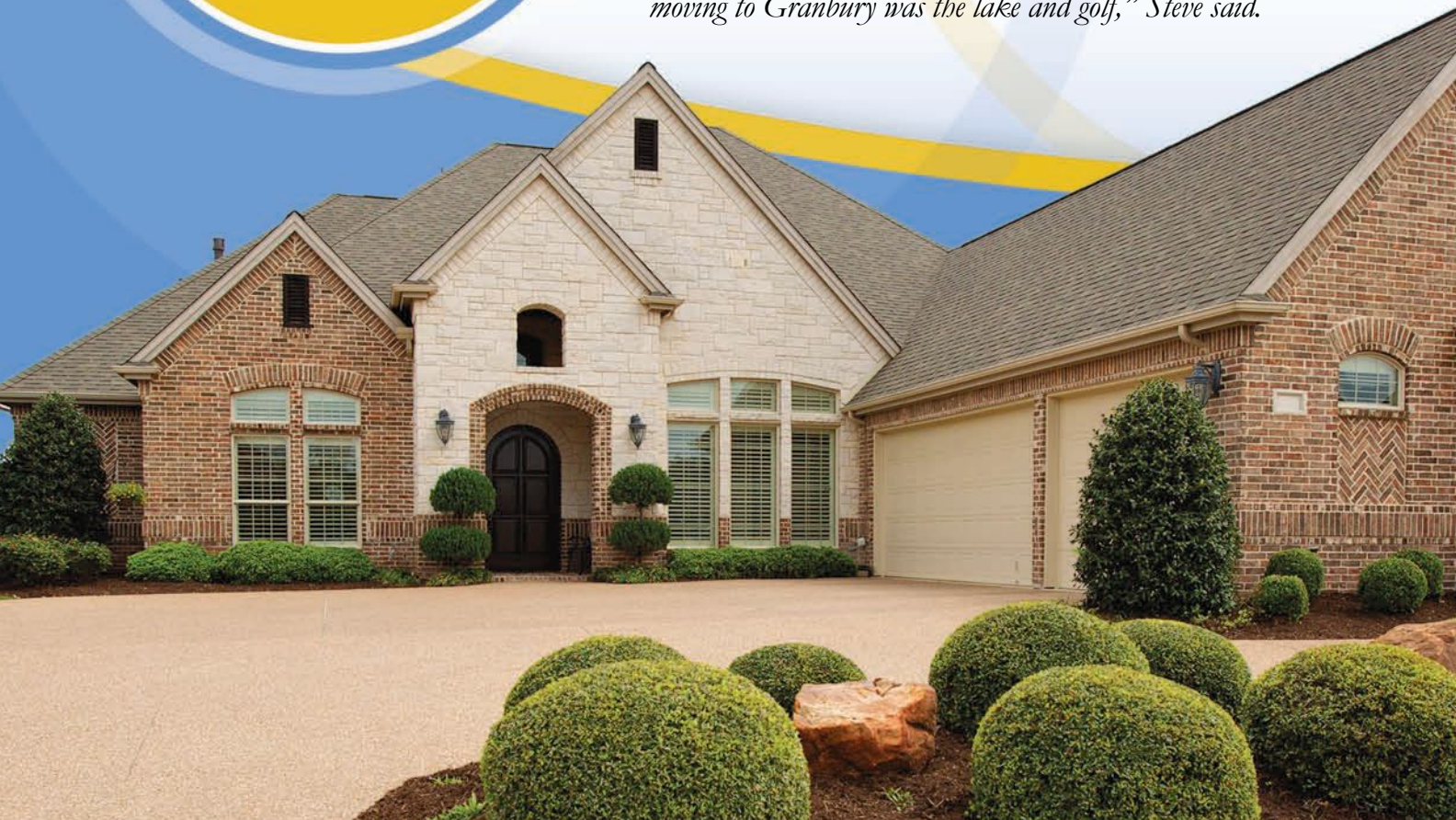


# Circles


— By Lisa Bell

At Home With  
**STEVE and  
MELINDA  
FORTNER**

*Steve Fortner first met Melinda in sixth grade. Her maternal grandmother owned a farm in western Kentucky, which happened to border the farm belonging to his paternal grandmother. The two women were best friends, but Steve and Melinda never dated. Years later, Steve went to visit his grandmother one weekend. Someone asked if he remembered Melinda. When they reunited, life completed a circle for the couple, who have now been married 33 years. His job eventually brought them to Texas, where they settled in the Grapevine/Colleyville area for about 13 years. In the summer of 2004, they moved to Granbury. "My interest in moving to Granbury was the lake and golf," Steve said.*





A circular inset photograph showing a woman with short brown hair, wearing a blue long-sleeved top and white pants, and a man with short grey hair, wearing a white short-sleeved button-down shirt and blue pants. They are sitting at a black metal table outdoors, with a potted plant on the table. In the background is a brick fireplace and some outdoor furniture.

Melinda wasn't such an easy sell. "He had to drag me to Granbury. I didn't want to leave my grandbabies," she said. He promised if she didn't like Granbury, they'd move back. "Now, he'd have to drag me back, and the kids and grandkids love to visit," she said.

Although they didn't know anyone in town, she connected with the Newcomers' Club, and they began meeting people. "It's easy to make friends in Granbury," Steve said.

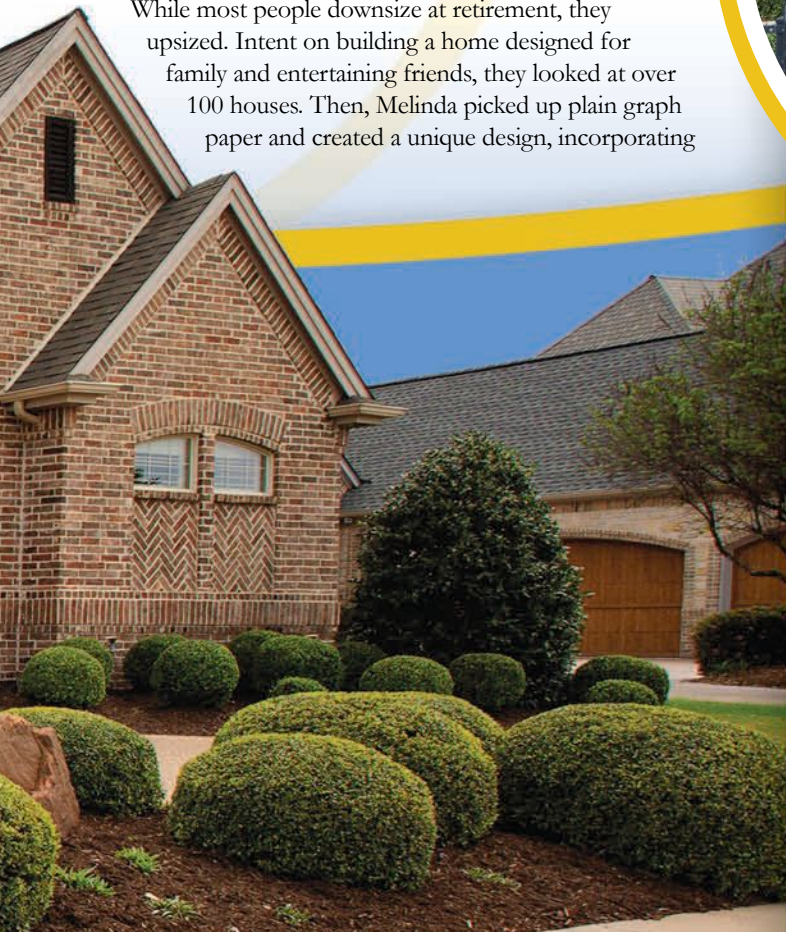
While most people downsize at retirement, they upsized. Intent on building a home designed for family and entertaining friends, they looked at over 100 houses. Then, Melinda picked up plain graph paper and created a unique design, incorporating



parts from dozens of plans. Steve asked for only two things — a man cave and big back porch. She gave him more than he imagined.

A triple circle design connects different areas of a home filled with hospitality. Indirect lighting and arches are found throughout the house. Even the thick mahogany front door has an arch at the top. "The door's the only thing I picked out," Steve said. After spending two hours looking at doors in a Dallas showroom, bored and experiencing some sticker shock, his sense of humor peeked out. "Don't you have a blue-light-special room or something?" he asked. Although somewhat of a joke, they actually had a custom door another customer had rejected. The builder framed around the door, adding an unplanned arch.

Because the couple loves entertaining, they used an open







concept in the center of the house. A serving/breakfast bar divides the kitchen from the living room and a breakfast area. The back wall consists of floor-to-ceiling windows, opening to a view of the lake. An entire wall of the kitchen features a bar, complete with a variety of glasses and lighted storage beneath. Steve can easily serve guests, while not interfering with Melinda's cooking. In addition to counters and cabinets encircling it, a massive island with a small sink gives her plenty of workspace. A double oven and raised dishwasher make life easier.

Off the kitchen and leading to the formal dining room, a short hallway holds a buffet area and the pantry. The hand-

painted pantry door depicts a beautiful vineyard. The built-in buffet storage gives meaning to the hallway and is used for formal entertaining.

A large chandelier is the focal point in the formal dining room. The vaulted ceiling was painted to match the patterned wool carpet. This room exits back to the foyer and living room, completing one of the three circles.

A guest bedroom, Jack-and-Jill bath and Steve's office complete a second circle. The bathroom has a window seat. Melinda incorporated storage beneath it to use the hidden spaces. Originally, they planned for the office to convert easily to a bedroom. With built-in shelves and a custom-made



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Melinda set out to design a home for family and friends to feel welcome.

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desk, it is simply a great office. The obvious golf theme fits Steve's personality. Besides a golf-inspired light and table, Melinda added a grouping of blown-up photos featuring the unique way Steve swings. Uncommon, it works for him.

Three interior doors open to the large porch, where the couple enjoys entertaining guests. With a full kitchen and



outdoor fireplace, they have no problem throwing parties for crowds. Multiple patio sets and a lighted fountain farther out in the yard welcome guests. Also, the large boat dock is a favorite gathering place when entertaining outdoors.

The third circle of the bottom story holds the master bedroom and bath, plus a large closet and laundry room. In the bedroom, Steve added lighting all the way around the tray ceiling. As with most of the lights in the house, dimmer



switches allow them to control the level of brightness. In the bathroom, Melinda has cabinets built to the size of organizational storage boxes.

At the top of the stairs, a small alcove features another hand-painted wall mural. The simple art marks the opening to the man cave. The large room contains a pool table and game table, with a recessed cabinet to hold board games. A full living room suite with a large screen television, perfect for Monday night football, occupies part of the room. During the

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season, Steve hosts 10-20 men for the games. The pride of his cave is the bar area. "What do you want? I've probably got it," he said.

The bar has a microwave, small refrigerator, icemaker, full sink and even a dishwasher. He has a collection of limited Makers' Mark bottles and Kentucky Derby commemorative editions, both treasured memories of Kentucky. The balcony also has seating and a second television for the guys who want to go outside and smoke or watch the game.

Melinda used a large wall space above the sofa to display playbills from Broadway plays she has attended. Live performances, especially musicals, draw her to New York City, her favorite girl-trip destination.

With a huge attic, they had intended to build a closet for the grandkids' toys. Steve recommended expanding and making bedrooms for the grandkids, instead. Melinda decorated the larger section for



the four girls and the smaller section for the two boys. Their names hang above each bed, so each has his/her special place at Nana and Papa's house.

On the other side of the main area, Melinda circled around with a full bath and another guest room. An amazing attic area rests between these two rooms. Designed for storage, she also has a workspace. Pegboards hold gift bags, coded for each child, with a different design. Decorations for seasons and parties wait in big plastic tubs. Lightbulbs and other home necessities have their designated spaces, as well. Of course, air conditioning and heating occupy their spots, hidden by pure organization.

Melinda set out to design a home for family and friends to feel welcome. She eliminated wasted space and created circles in the process. But, she and Steve didn't stop until they created a circle of friends, too. "Our circle of life," Melinda said, "could not have taken us to a better place than Granbury." **NOW**



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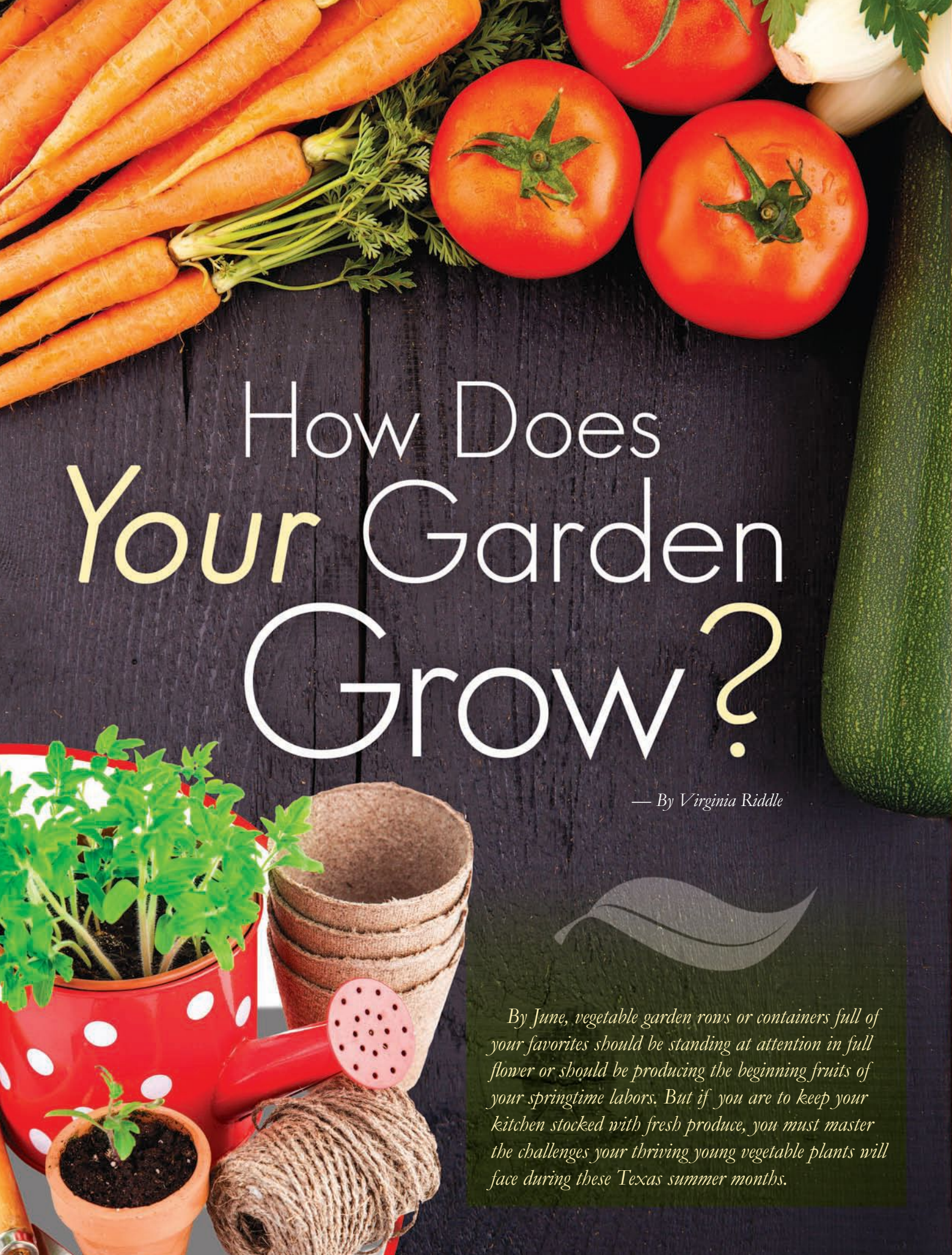

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# How Does *Your* Garden Grow?

— By Virginia Riddle

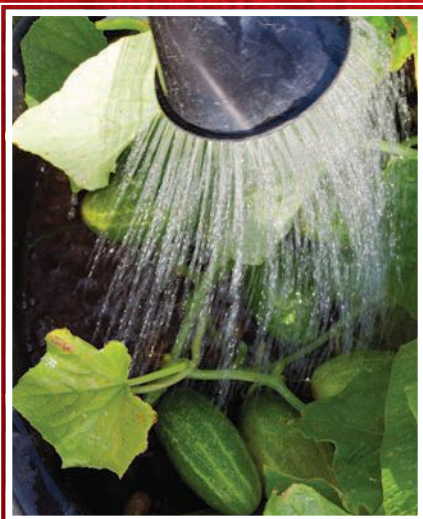


*By June, vegetable garden rows or containers full of your favorites should be standing at attention in full flower or should be producing the beginning fruits of your springtime labors. But if you are to keep your kitchen stocked with fresh produce, you must master the challenges your thriving young vegetable plants will face during these Texas summer months.*



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Some helpful watering hints include:

1. Watering too much or too little is a problem. When soil is dry to the touch, water to a depth of 1-2 inches at least once a week. Remember, leaves can wilt from being too wet or too dry.
2. Use drip or trickle irrigation to avoid waste. Run hoses slowly in furrows so every costly drop soaks in, and use overhead irrigation only as a last resort, since watering in this fashion allows water to evaporate rather than soak in and promotes disease on leaves and rot of fruit. Use wicking or refillable watering bottles available at your garden center for container plants.
3. Water early in the morning or early evening to avoid greater evaporation during the heat of the day.
4. Keep your garden weeded since weeds drink precious and expensive

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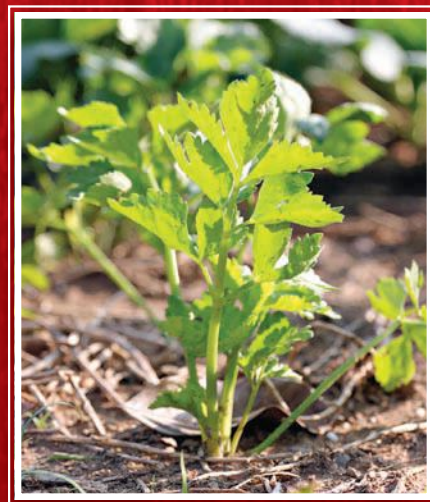
weeds drink precious and expensive water. Use a Cape Cod weeder, swan hoe and/or collinear hoe for weeding.

5. When plants are at least 4-6 inches tall, add more mulch around the stems. The best types of mulches are organic — bark, compost, pine needles or shredded leaves. However, if you use a black plastic liner, cover it with a thick layer of organic mulch, since it will soak up the summer sun's heat if left bare. Organic mulches lower or moderate soil temperatures.

6. Keep plastic buckets handy and use them to cover your smaller plants before occasional hailstorms occur.

## Insects

By including cilantro and mint in your garden plantings, you will attract beneficial insects, which include: bees, lady bugs and green garden spiders. For grasshoppers, spider mites and other problem insects that eat what you love, purchase horticultural oils and soaps that are sold at garden centers and use them as directed. If you use heavily based chemical sprays, be sure to scrub your veggies well before eating them!



## Animals

Bambi is cute until he consumes your nearly ready-to-eat corn. Deer, raccoons, skunks, wild hogs and/or rabbits can be discouraged by installing small-charge electric fencing that can be turned off and on. Additionally, a live animal trap can be used to capture, relocate and release small animal poachers into a more suitable habitat. Finally, mesh netting can



be laid on the ground for about 10-15 feet surrounding the garden. Secure netting with ground staples. Deer and other four-footed hooved animals don't like poor footing. They are less likely to walk on something that might entangle them. Old CDs can be hung to scare away animals and birds.

Beneficial animals include: nonvenomous snakes, toads, frogs and earthworms. Be sure to know your snakes, and always stick your long-handled hoe under or into plants to check for their presence before you risk a snake or spider bite!

## Fertilizing and Feeding

Feeding vegetables during this growth spurt season is important, especially if your plants are growing in containers. Choose an organic or nonorganic, soluble complete-and-balanced plant



food or high nitrogen fertilizer that is the right complement for your soil, based on its previous test. Your garden center expert or county extension agent can advise you. Follow the package directions for application and frequency. It's best to spray early in the morning, keeping the fertilizer off leaves, and water thoroughly right after feeding to avoid fertilizer burn from the hot sun. Organic compost tea or manure tea can be made by mixing a bushel of either with 20 gallons of water in a plastic garbage can. Let the tea brew for at least four days, agitating it once a day. Apply at plant roots with a spray bottle used only for this tea, then water thoroughly.

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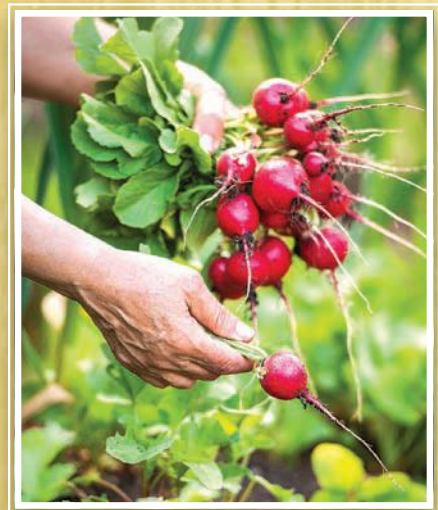
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If your tomato potted plants have branched out and are looking a little ragged, transplant them to larger pots, after trimming their roots slightly. If the pots have been used previously, be sure to clean them with a 10-percent solution of laundry bleach to kill any organisms or insect eggs before you refill the pot with new potting soil.

## Harvesting

Pick your mature vegetables during mid-morning hours, just after dew has dried but before the sun causes the wilting of leaves or saps the flavors. Harvest herbs before the plants have gone to seed.



## Plan Your Fall Garden

Our first freeze is normally about November 15. Count back the days from that date to establish a second summer planting early enough for the crops to mature before the first freeze. Favorite fall starters that go into the winter months include: lettuces, spinach, leeks, kale and collards. Start these from seeds and plant them in the garden or containers in October. **NOW**



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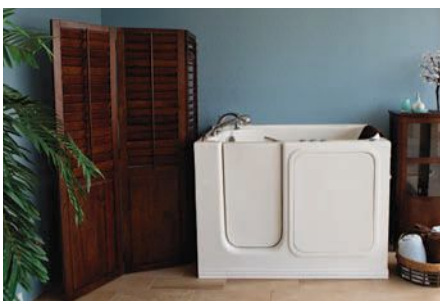


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*Ken and Donna Aust run their family business with all eyes on the integrity of every bathtub.*

# FINDING HEALING

*Best Buy Walk-In Bath Tubs provides convenience and comfort for every body!*

— By Melissa Rawlins

As you plan for maturing comfortably, you owe yourself a visit to Granbury's family-owned walk-in bathtub store. The friendly mother-daughter team running the showroom can answer any question you have about hydrotherapy, from its benefits to its engineering. Whether you prefer bathing or showering, Best Buy Walk-In Bath Tubs has the unit to soothe both your body and your bank account.

Shoppers are welcome to sit in each tub. While you try out Best Buy's five models — now including their first slide-in bathtub — Donna Aust and Lindsey Pempsell explain the lifetime warranty and how the fiberglass, gel-coated, marine-grade tub is built. "Twelve years ago, my husband, Ken, helped a walk-in bathtub distributor that was purchasing tubs from overseas locate and design one of the first walk-in bathtubs built in the USA, right here in Texas," Donna said.

Nine years ago, Ken and Donna decided to open their own

walk-in bathtub business in their hometown of Granbury. Ken found a Cleburne fiberglass manufacturer to create molds for his designs. The Cleburne factory uses Best Buy's own molds to extract the tubs for Best Buy. Mike Aust and Javier Rios detail each custom-made tub in the Granbury warehouse, under Ken's supervision. Customers comment on the wonderful finished products, after they have been installed by Ricky Sampson and Roddy Hinkle. Best Buy's lifetime warranty against leaks is offered with confidence. "Ken's design incorporates the only double-sealed door that opens to the inside," Donna said.

Best Buy specializes in providing everybody, no matter their age or limitations, convenient and comfortable tools for maintaining health for years to come. Their walk-in bathtubs help improve people's circulation, relieving stiff muscles and arthritic joint pain. Donna and Lindsey are able to explain the differences between the five models, which are all self-cleansing.



“The basic air-hydrotherapy tub is just awesome for people who can’t get in and out of a tub or have fallen,” Donna said. It comes with 30 jets around the feet, back of legs and seat. The 26.5-inch-wide Sierra and the 30.5-inch-wide Sienna are both 52.5 inches long — including a filler shelf — making a perfect replacement for an older tub or large shower.

The top-of-the-line Classic includes: air hydrotherapy, 10 Jacuzzi adjustable water whirlpool jets, an inline heater to maintain water temperature, an ozone sanitation system, a choice of a Moen or Delta faucet with a hand-held shower,

Their walk-in bathtubs help improve people’s circulation, relieving stiff muscles and arthritic joint pain.

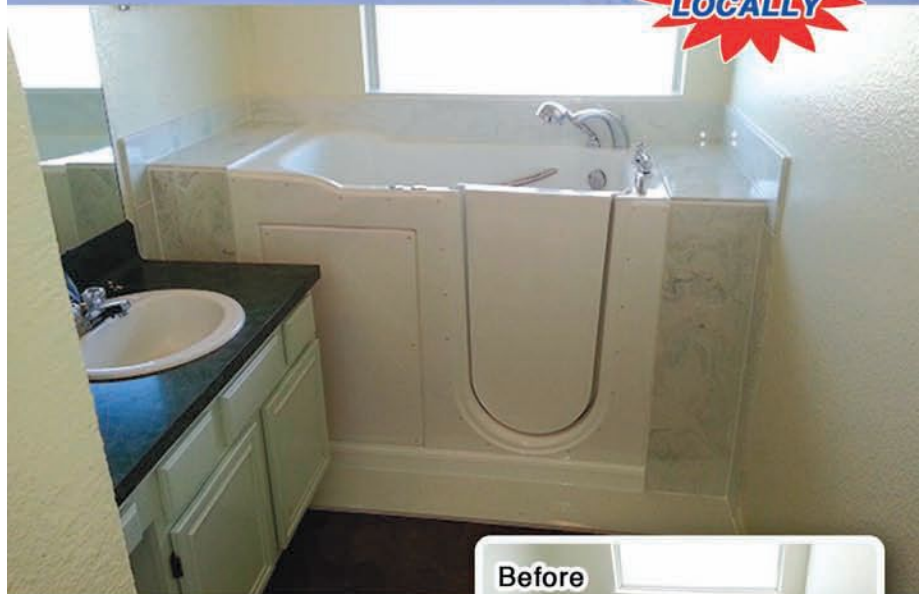
options for a back heater, seat heater, fast or quick drain, aromatherapy, shower curtain, pillow and a cushion — plus LED lighting that provides instant chromatherapy for mind, body and soul.

A 40-inch-tall soaking tub, called the Supreme, caters to tall people or those needing deep soaks. Best Buy’s technicians are able to add or remove accessories, like aroma- or chromatherapy, to create your custom tub at your custom price — depending on your favored accessories. “We sell or will install 3-piece wall systems with our tubs,” Donna said, “and offer walk-in/roll-in showers, which can be customized to be wheelchair accessible.”

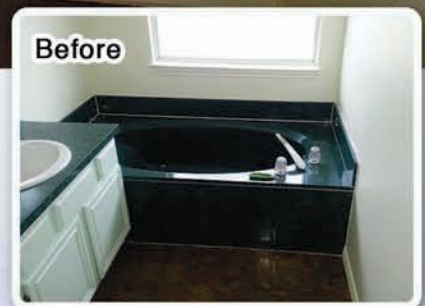
For people who are not able to make it to the showroom, Donna sends Tim Mercer throughout Texas. When Tim makes a no-obligation visit to your home, he takes time to answer every question the customer thinks of. The big one is pricing. Installations start at \$8,000, and such excellent value is due to Ken’s ingenious local manufacturing process. If you want to keep your money in Texas, while maintaining your health, Best Buy Walk-In Bath Tubs is your logical choice. **NOW**

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*Mariah Hogans stays cool by shopping at Red on the Square with her mother, Sophia, and friend, Amber Copeland.*



*Zachary Sutton and Zoey Taylor join Zoey and her owner, the GHS Ideal Girl of 1977, Aundrea Nolan, to enjoy a beautiful afternoon on the Square.*



*Cousins Joselyn Santos, 2, and Keely Finchum, 14, wait their turn before dining at Babe's.*



*Rachel Baldvina enjoys a fine day at Lake Granbury with her children, Ethan and Elleary.*



*Mike Scott introduces Bill Gigliotti, F-35 test pilot for Lockheed Martin, at the Granbury Chamber of Commerce luncheon.*



*Alecia Bleeker and Joey Browning talk with Cerissa Martin, lifestyle director from Waterview Senior Living, who raised funds for the Alzheimer's Association during the Granbury Wine Walk.*



*Linda Horning joins her daughter, Taylor Kennedy, and granddaughter, Blayne, on a jaunt in Jezebel's on the Square.*



*Kristine Stafford, right, helps senior staff accountant Leslie Hall prepare for a client meeting at Haynes & Wells.*



*Lake Granbury Medical Center hosts a ribbon cutting for the new ICU.*



*Madalyn Cano helps Raynee Davis climb on the wall used for raising awareness about autism and for therapeutic activities at Lake Pointe Academy and Resource Center.*



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# The Space Place

— By Angel Morris

The National Aeronautics and Space Administration's center for human spaceflight activities has a big name to encompass a big mission — the study of space research and travel. Better known as NASA Space Center, the facility is located in Houston and is the official visitor center of the Lyndon B. Johnson Space Center.

For children who love all things outer space and adults interested in spaceflight, the Space Center Houston is a day of educational fun. Encompassing 1,620 acres of NASA efforts, the center includes exhibits and activities simulating astronauts' out-of-this-world experiences. Besides navigating miniature remote-controlled space equipment, patrons can land a shuttle and experience first-hand, anti-gravitational moon walking. In the Space Center Theater — the largest screen in Texas — viewers can watch the evolution of astronaut training and equipment, while a second theater simulates the sensation of a blast-off.

Among other presentations are the Stellar Science Show, Living in Space, the Gallery Wall (crew photos of every astronaut to have flown in space), as well as actual space suits and equipment exhibits. A popular attraction is the NASA Tram Tour, a guided ride around the center featuring recorded voices of astronauts telling their own stories of space exploration. Tour participants visit Historic Mission Control and Building 9, where astronauts train for the next trip to the International Space Station. The tour also includes a stop at the new Saturn V Complex at Rocket Park.

Perhaps most memorable is the tour's pause at the Space Center's Memorial Garden, where trees are planted to honor fallen astronauts, as well as researchers who have dedicated their careers to space exploration. Guests might also be interested in scheduling

Lunch With an Astronaut — a casual dining event with a NASA astronaut sharing firsthand stories over a “cosmic” catered lunch. The cost of lunch includes Space Center admission and a personalized lithograph from the guest astronaut.

For ages 5 and up, the 30-minute film *Destination Station: The International Space Station* offers a glimpse of the future of space research. The film explores the seemingly impossible partnership between the U.S. and Russia in forming a long-term outer space outpost and forecasts where the science of today will lead space exploration tomorrow. And if that topic seems a little weighty for younger viewers, you can recapture their attention in the Angry Birds area, where creatures from the popular app game experience space exploration in a variety of ways!

Space enthusiasts of all ages can wrap up their visit with a trip to the Space Center gift shop, where moon rocks, dried ice cream (like the astronauts eat) and replica space gear is available for purchase. For families visiting the area, Space Center Houston is a must-see attraction offering insight from the real space pioneers who made the dream a reality and perhaps inspiring the new frontiersmen and women of tomorrow. **NOW**





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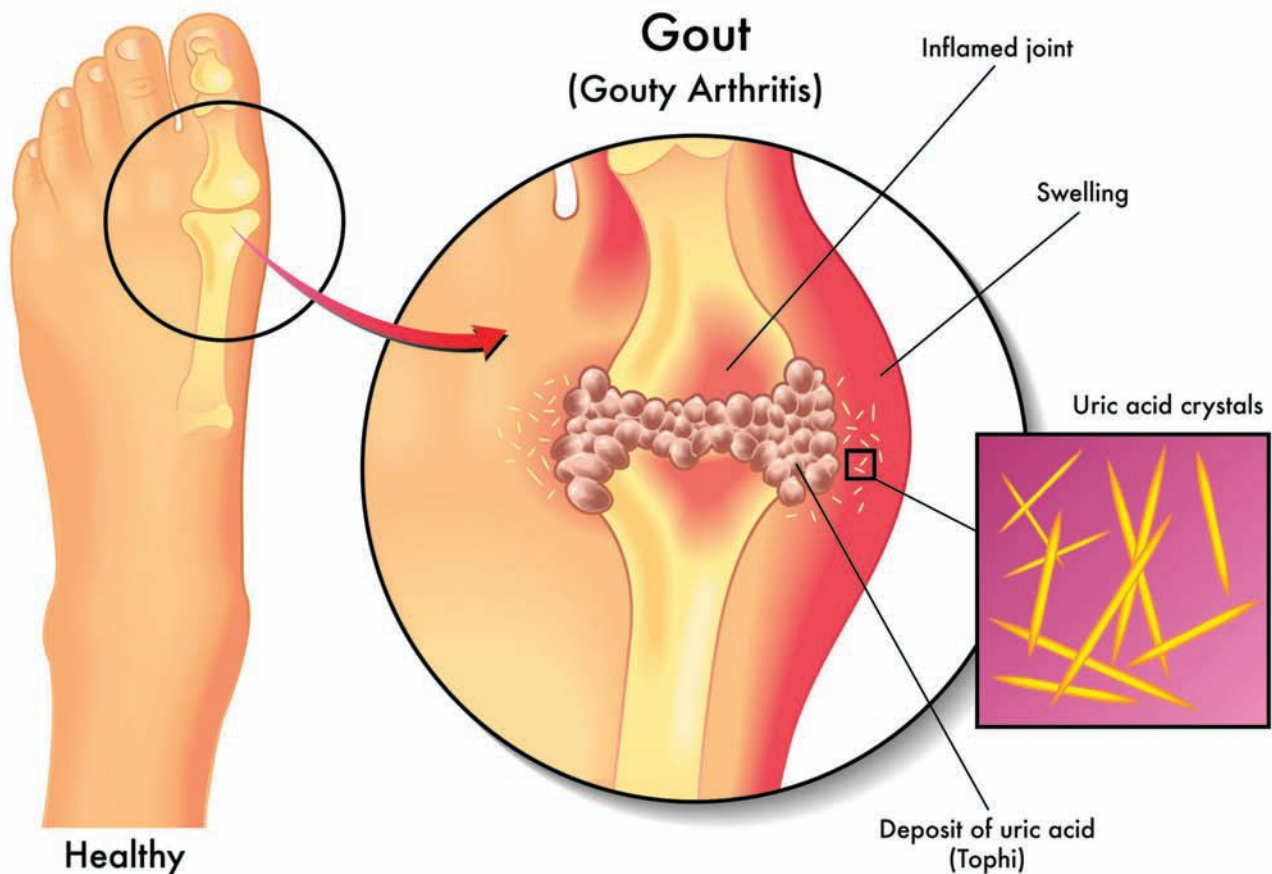
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## Painful Crystals

— By Betty Tryon, BSN

Your big toe feels as if it is spouting red-hot flames. Red and swollen, it seems to be holding on to the cauldron of fire. You may have gout. A veteran at a VA hospital said this about gout, “I’ve been shot, beat up, stabbed and thrown out of a helicopter, but none of that compared to the gout.”<sup>1</sup> The good news is it’s very treatable and even possible to lessen the risk of a recurrence of an outbreak, or at least to minimize the flare-ups.

Gout is the buildup of too much uric acid in the body, which causes it to solidify in joints. Uric acid deposits are crystals in a needle like formation, and they are very painful. Many times the big toe is the initial point of attack of the uric acid, but other joints can be affected, in addition to or even without involvement of the big toe. Feet, heels, ankles, knees, fingers, wrists and elbows are some, not all, of the joints that can be targeted. All of the joints affected are subject to swelling, inflammation and pain.

You can be predisposed to develop gout by some things you do and by who you are. Eating red meat, particularly large quantities of organ meats, such as liver, heart and kidneys, can raise the level of uric acid. Some seafood, such as anchovies, sardines and herring, can also raise the level of uric acid. Another consumption that can predispose one to gout is alcohol. Drinking more than two beers a day can raise your uric acid level. Men are more likely to develop

gout than women. However, after menopause, a woman’s risk increases. Obesity poses a greater risk, because a greater amount of uric acid is produced, and people who are very overweight have the added burden of it developing at an earlier age. If you have a family history of gout, the chances are greater for you.

Treating gout is something your physician will discuss with you in order to prepare a plan that addresses your specific needs. Some of the medications used are nonsteroidal anti-inflammatory drugs (NSAIDs). Some of these, such as Aleve and Advil, may be conveniently purchased over the counter. Stronger ones are available by prescription. Colchicine is sometimes prescribed to help with the pain. Corticosteroids may be prescribed to help with the pain and inflammation.

If you experience any of the symptoms of gout, seek the care of a physician with the first flare-up. Ignoring it can lead to joint damage. There is help out there to lessen the symptoms and the recurrence of this condition. **NOW**

Source:

1. <http://www.medicalnewstoday.com/articles/144827.php>

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



### Through June 4

Scholastic Book Fair: 10:00 a.m.-5:30 p.m., Hood County Library, 222 N Travis St. Support local children as they learn to grow through reading. Call (817) 573-3569 or email [cwood@co.hood.tx.us](mailto:cwood@co.hood.tx.us).

### Through July 5

*Ghost: The Musical*: **Fridays** and **Saturdays**, 7:30 p.m.; **Saturdays**, 3:30 p.m.; **Sundays**, 2:00 p.m., Granbury Opera House, 113 E Pearl St. Presented by Granbury Theatre Company. \$20 adults; \$17 seniors; \$15 children. Box Office: (817) 579-0952. [www.granburytheatrecompany.org](http://www.granburytheatrecompany.org).

### June 5, 6, 12, 13, 19, 20, 26, 27

Ghost & Legends Tour: 7:00-9:15 p.m., Historic Square. Hear about the Lady in Red, The Faceless Girl, John Wilkes Booth, outlaw Jesse James and many others. Call (817) 559-0849 for reservations and meeting location.

### June 6

Guided Bird Walk: 7:00-9:30 a.m., Acton Nature Center, 6900 Smoky Hill Ct. Free! Bring binoculars and learn about birds with Dr. Billy Teels. [www.actonnaturecenter.org](http://www.actonnaturecenter.org).

### June 9

North Central Texas Civil War Roundtable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E Hwy 377, Granbury. Phillip Sozanski presents a program on the effect of the Texas frontier on Confederate troops, with the emphasis on Hood's Texas Brigade. Visitors are welcome. For more information, call Charlie Peoples, (817) 578-5965.

### June 13

Girls Night Out: 5:00-7:30 p.m. Historic Downtown Square. Drawing for \$100 downtown dollars, drinks and food for ladies who come to shop in the boutiques and galleries around the courthouse. Call (817) 573-5299 or visit [www.granburysquare.com](http://www.granburysquare.com).

### June 13, 27

Now & Then: A Country Showcase: 3:00-5:00 p.m.; 7:00-9:00 p.m., Granbury Live Theatre, 114 N. Crockett St. Big City Music Revue presents the great country classics performed in a family-friendly atmosphere. . \$22 seniors; \$25 adults; \$15 children under 13. Call (855) 823-5550 to RSVP.

### June 16

Healthy Woman luncheon: Noon-1:00 p.m., Granbury Resort Conference Center. Join your neighbors for lunch and learning about this year's advancements in care at Lake Granbury Medical Center. \$2 members; \$5 non-members. RSVP (817) 579-2979 by June 13.

American Legion Joiner: 5:30-6:30 p.m., Hood County Annex 1, 1410 W. Pearl St. Post 278 meets for potluck dinner and presentation by Hood County Sheriff Roger Deeds. For more information, call (844) 534-4661.

### June 19

Pitch-In for Texas Edge: Noon-5:00 p.m., Hidden Oaks Golf Course, 2701 Hideaway Bay. Play golf while raising funds for the Miracle League of Granbury and scholarships to Pitch-In Texas Edge, Inc's local baseball camp. After a brisket lunch at noon, the shotgun starts the contests at 1:00 p.m. Closest to the Pin! Long Drive! 50/50 Putt! \$75 per player or \$300 per team. Contact Justin Tennery, (817) 736-5277.

### June 20

Saturday Sounds on the Square: 7:00 p.m., Historic Granbury Square, 100 E. Pearl St. Free concert. For more information, call (800) 950-2212.

### June 27

Last Saturday Gallery Night Art Walk: 6:00-9:00 p.m., 106 N. Houston St. Walk around the Square visiting The Galleries of Granbury — Artefactz, Gallery at Granbury Theatre, Langdon Center Art Gallery, J4 Sculpted Steel, Shanley House Art Gallery, Yeats-Duke 1858 Working Museum and Your Private Collection Art Gallery. Artists on hand, some giving demonstrations, while you enjoy hors d'oeuvres, wine and music. Contact (817) 579-7733.

### July 3 — 5

Granbury's Old Fashioned 4th of July: **Saturday**, 10:00 a.m., Historic Square. Grand Marshal Granbury Independent School District leads The Hometown Parade. Judged entries will compete for: Best of Parade, Best Float, Grand Marshal's Award, Best Commercial, and Best Community. Parade entries will be accepted until **June 15** by the Granbury Chamber. Applications and event listings for celebrations on **Friday** and **Sunday** are available at [www.granburychamber.com](http://www.granburychamber.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 Mondays

Elizabeth Crockett Chapter of the Daughters of the American Revolution meeting: 9:30-11:30 a.m., Fellowship Hall, First Presbyterian Church. Prospective members

welcome. Call Regent Betty Gosdin, (817) 240-4775.

#### Third Tuesdays

Greater Granbury Chapter of the Military Officers Association of America meetings: 6:00-9:00 p.m., Pecan Plantation Country Club. Contact Colonel Gary Proctor, USAF (Ret), (817) 894-0901, or [garyproctor5455@msn.com](mailto:garyproctor5455@msn.com).

#### Third Wednesdays

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

#### First Thursdays

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

#### Second Thursdays

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

#### Third Thursdays

Diabetes Support Group: 6:00-7:00 p.m., Third Floor Bingo Room, Lakestone Terrace Retirement Community, 916 E. Hwy 377. Free, facilitated meetings for those seeking information, inspiration and support for successfully living with diabetes. Call (817) 736-0068.

#### Weekends

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

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

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





## In the Kitchen With Stephen Boynton

— By *Melissa Rawlins*

His mother's pancakes inspired Stephen Boynton to get in the kitchen. "My mom taught me how to be more Christ-like by serving others. She cooked me pancakes every morning before I went to school! They were so good I had to see how they were made," said Stephen, who lives in Acton on the grounds where he grew up.

By the time he graduated high school, he was helping his mom cook at church. That's where he met Sharay, whom he married 30 years ago. He's cooked ever since — as a husband, a church member and a Fort Worth firefighter. Now chief of the DeCordova Bend Estates/Acton Volunteer Fire Department, Stephen fosters an attitude of family by encouraging the firefighters to dine together on favorites such as these. **NOW**

### King Ranch Beef

- 1-2 lbs. ground beef
- 1 small onion, chopped (optional)
- 2 10.5-oz. cans cream of chicken soup
- 1 10.75-oz. can Ro-Tel tomatoes
- 1 bag tortilla chips, or 24 corn tortillas
- 12 oz. cheese, shredded

1. Brown beef, with onions, if desired, and drain excess grease.
2. Add soup and Ro-Tel. Heat until mixed thoroughly.
3. Line a 9x13-inch baking pan with shredded corn tortillas or crushed chips.
4. Pour beef mixture into pan, spreading evenly.
5. Add a layer of tortillas or chips on top of beef mixture. Cover with cheese.
6. Cook at 350 F until it starts to boil up the sides.

### Crock-Pot Chicken Tortilla Soup

- 4-5 boneless skinless chicken breasts
- 1 can mild green chilies, diced
- 1 onion, diced
- 2 15-oz. cans diced tomatoes
- 2 cloves garlic, diced
- 1 tsp. cumin
- Salt and pepper, to taste
- 2-4 cups chicken broth (divided use)
- One bunch cilantro
- 12 corn tortillas
- 1 cup cheese, shredded (optional)

1. Put chicken in a Crock-Pot. Add chilies, onion, tomatoes, garlic, cumin, salt, pepper and half the broth. Cook on high for 3-4 hours.
2. Remove chicken and shred using fork tines (chicken will be hot).

3. Add shredded chicken and rest of broth, cook on high for 30 minutes to 1 hour.
4. Just before serving, chop cilantro leaves and add to the soup.
5. Cut tortillas into small slices and arrange in servings bowls. Pour soup over tortilla strips. Top each serving with cheese, if desired.

### Captain Riddlehoover's Hot Sauce

Makes approximately 1 gallon.

- Handful of serrano peppers
- 10-15 jalapeño peppers
- 1 medium onion
- 1 bunch green onions, tops and all
- 1 bell pepper
- 1 tsp. cumin
- 1 Tbsp. cilantro
- 1 tsp. seasoning salt
- 1 tsp. chili powder
- 1 tsp. garlic salt
- 1 tsp. black pepper
- 3 15-oz. cans crushed tomatoes
- 1 8-oz. can tomato puree

1. Boil peppers until they change colors.
2. Blend all ingredients, except tomatoes and tomato puree, in a blender.
3. Mix with crushed tomatoes and tomato puree.

### Easy Peach Cobbler

- 2 cups flour
- 2 cups sugar
- 2 cups milk
- 2-4 tsp. baking powder
- 1 29-oz. can sliced peaches
- 1 stick butter
- 1 Tbsp. cinnamon

1. Mix flour, sugar, milk and baking powder in a bowl. Pour mixture into a 9x13-inch baking pan.
2. Pour peaches on top of mixture after draining off some of the liquid.
3. Melt butter and pour over peaches. Sprinkle cinnamon on top.
3. Cook for 1 hour at 350 F.

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



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