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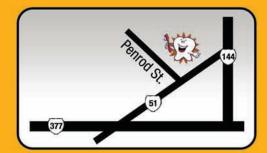
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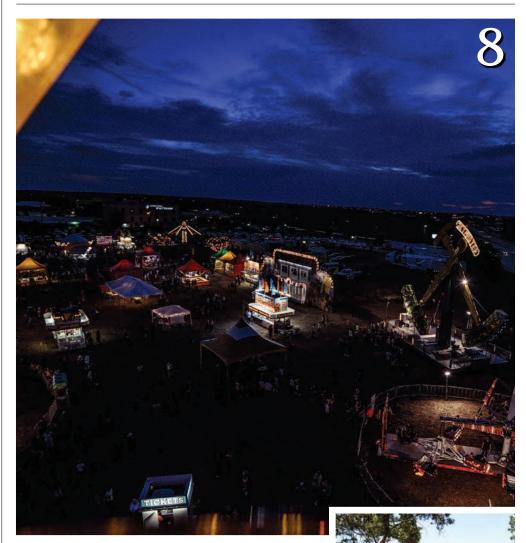
ON THE COVER



The HGMA's goal is to promote Granbury, so people come here to shop, play, eat and stay.

Photo by Vanessa Polozola.

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Editor's Note

Hello, Friends!

I once was married to an air conditioning pro. Together we learned that one manufactured HVAC unit was sold under two different name brands. It turns out that marketing, through a shockingly divergent system of educational channels and techniques, works well to unify society.

We all need each other, a fact that one of this issue's stories discusses. We need each other more than we're willing to admit. This month, I'm especially grateful for the teachers who are leaving their comfortable abodes and entering classrooms of every age that are, every day, zones of unexpected behaviors and moods. Despite their challenges, modern teachers are tuning in to the needs of modern students and helping them stay calm, collected and, yes, I'm gonna say it — cool! Whether the kids admit it or not, one look at Instagram proves today's world doesn't excuse ignorance.

Stay cool!

Melissa

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



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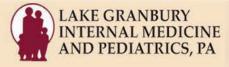
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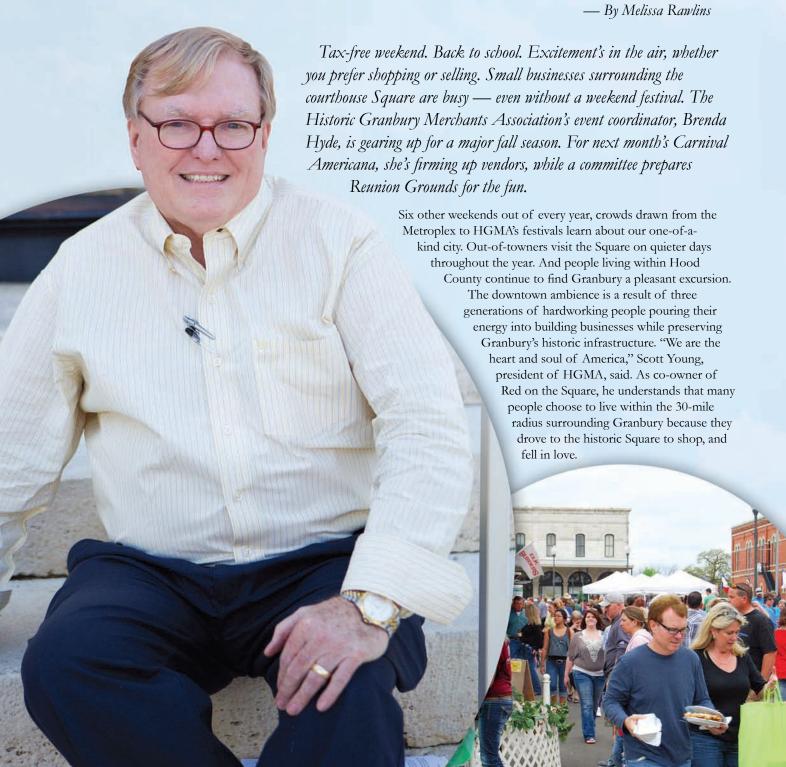
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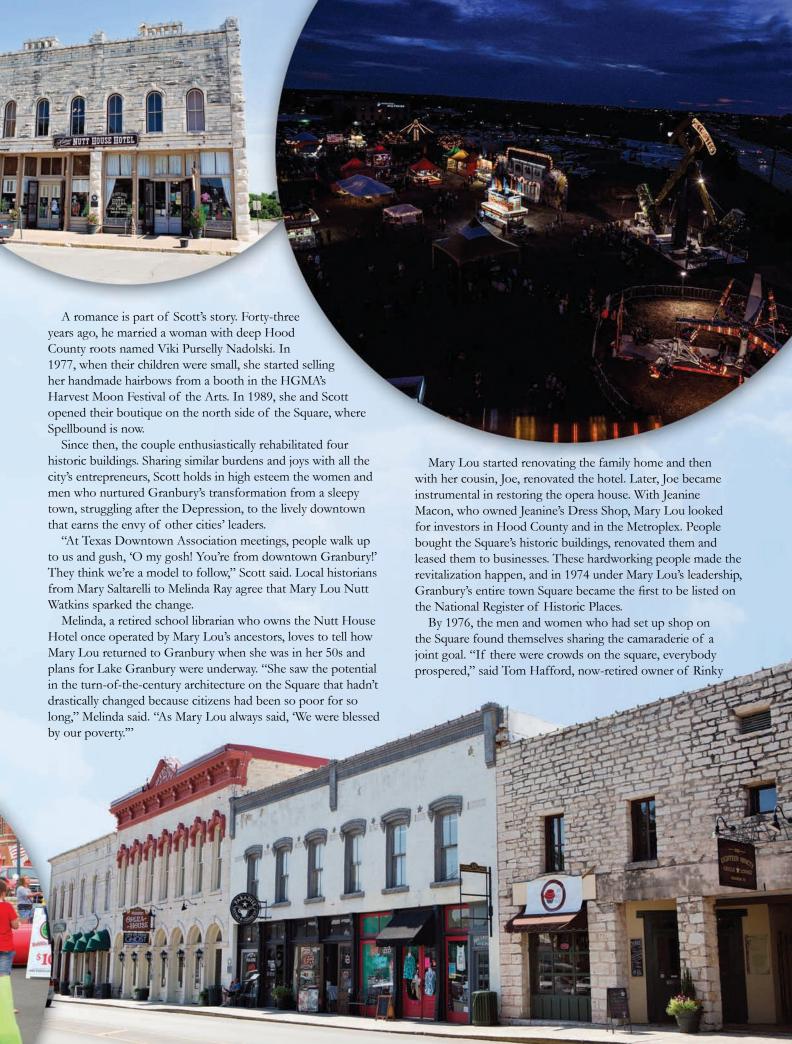
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Ongoing Renaissance









Are varicose veins holding you back?

Varicose veins are a very common and often painful condition, affecting approximately 25 percent of women and 15 percent of men. Women are especially prone to suffer from varicose veins because of pregnancy. Heredity has been shown to be a contributory factor as well as certain occupations with prolonged standing or sitting.

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.

Until now, the only effective treatment for large varicose veins was vein stripping, a painful and invasive surgical procedure with a lengthy recovery period. Now patients have the option of several new non-surgical therapies that can be performed in a doctor's office.

J. Douglas Overbeck, MD is a Board Certified Cardiologist in practice for over 20 years and treats varicose veins with minimally invasive Radiofrequency Ablation and Ambulatory Phlebectomy. These procedures are performed in the office in about an hour and patients walk out of the office. They are typically covered by insurance and Medicare. Call our office today to see if you are a candidate for treatment.

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Tinks, which operated as Ashburn's Ice Cream Parlor and Delicatessen during the mid-1970s. "If there were no crowds, everybody went hungry." The fledgling HGMA made certain they cooperated with each other and with the city to plan promotions.

When they met in Tom's ice cream parlor and designed the first General Granbury's Birthday Party in 1978, he remembers they only had enough money to offer six pots of beans and a birthday cake to those who showed up to celebrate. "Our parade consisted of one wagon," Tom said. "I was playing banjo in the back with two high school students, Mike Ward on clarinet and Bob Klauser playing trombone, while Jay Horner was being the clown on stilts." Such events developed slowly into what we enjoy today, and fit hand in glove with the renaissance of Granbury's Square.

While the opera house attracted busloads of people from the Metroplex, it was the courthouse, the Nutshell Bakery and Eatery and First National Bank that attracted the local people. "Most of the time when local people had out-of-town visitors, they took them to the Square," Tom said. He mentored Dee Gormley when she purchased Books on the Square in 1982. She immediately saw the importance of belonging to both the Chamber of Commerce, for coverage of Hood County, and the HGMA, for people on the Square who wanted success for themselves and each other. Dee recalls having at least a 100-square mile range for her customer base.

New businesses still rely upon helping hands from established members of Granbury's merchants association. Angelika Ketzler-Wright, owner of Ketzler's Schnitzel Haus and Biergarten, can focus on her core business while HGMA keeps her on track with emails



and in-person visits reminding her of upcoming events and deadlines. When customers ask questions she cannot answer about Granbury's history, she sends them across the street to Scott or Viki, who answer their questions in detail.

Diversity on Granbury's Square offers shoppers from all over town a variety of high-end women's, teens' and children's fashion, home decor, gifts and accessories, as well as entertainment, lodging and dining. The newly designated Culinary District, requested by HGMA and approved by the city, will be useful in attracting more visitors who read about the city's dining options in HGMA's advertising.



Promotions within Hood County and into the Metroplex are funded by vendor fees from HGMA's major events hosted on the Square. Earnings from Carnival Americana, designed to be pure fun for the entire community, will enable a whole new approach to advertising, amp up efforts to educate people on the history of the community and provide business seminars.

HGMA's vice president, Diane Hedges, has owned and operated D'Vine Wine for





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nine years and finds the community of merchants vital to her business' health. "Most of us realize we need each other," Diane said. "Our goal is to promote Granbury, so people come here to shop, play, eat and even stay."

HGMA has a vested interest in managing tourism correctly. Kim Fancher, owner of Comforts of Home, chairs Granbury — A Candlelight Tour and joined HGMA's board in order to share what she learned through growing



pains experienced in Frisco, Colorado, a small resort town with a strong historical background that boomed into a huge tourist destination.

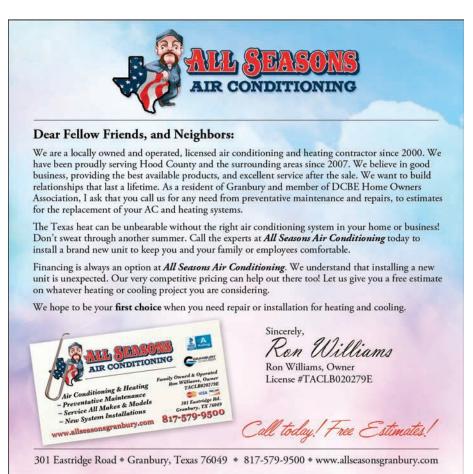
Granbury's ongoing renaissance needs more than shoppers and sellers, but when those two join forces the downtown area will prosper all the more. So come on downtown, and bring your friends. In historic Granbury, more are definitely merrier. NOW

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Justin and Lauren Johnson met while both of them finished degree programs at Tarleton State University. They moved to Granbury almost four years ago. "We were just happy every time we visited here, so we thought it was a good place to settle down," Lauren said. They love Granbury — not too big, not too small.

About one-and-a-half years ago, they looked for a first home to purchase and found exactly what they wanted. "We couldn't have found a better home," Lauren said.

They looked in different parts of Granbury and finally found

one with a living area large enough to accommodate her baby grand piano — and at the perfect price. The home rests on sloping property with plenty of retaining walls. The beautifully landscaped front yard breaks up the slope and gives the home the feel of a little cottage in the middle of a quiet neighborhood.

Expecting their first child's arrival in October, each condensed their personal space to accommodate the nursery. The property has space to expand the house as their family grows in the future. Inside, a predominant theme of birds and nature offers tranquility, perfect for the easygoing personalities of both Justin and Lauren.

An open concept connects the living area, dining room and kitchen. Although the living room has traces of musical

TURALLE BELL

AT HOME WITH Justin and Lauren Johnson







influences, the decor incorporates Lauren's love for birds. During high school, she developed a fascination with all types of birds. "I always thought they were beautiful animals. They symbolize happiness and freedom to me," she said. "They get to go and do as they please, with a nice view of everything that's going on." In addition, Lauren's granny always said she sang like a bird. Most of the rooms have an object depicting a bird.

Justin doesn't have a problem with the decor. He's OK with or without it. "I'm more of a go-with-the-flow guy. If that's what she likes, I'm OK with it. I have my little man cave inside, and outside I'm able to do whatever I want," he said. "She doesn't have much say so about that."

When they first moved in, Lauren wanted to block the wood-

burning fireplace. That is the only time Justin interfered with her indoor decorating. About two weeks after they moved into the house, a four-day freeze enticed them to use the fireplace daily. Convinced, she no longer wanted to block it.

She has the interior, and he takes care of the outside of their home. "It's how we've worked our system, and it's been great," he said. He loves working on home improvement projects, so they usually have at least one in progress.

Justin teaches kinesiology at both Tarleton State University and Tarrant County College-Northwest Campus. He hopes one of the positions will become full time. In the meantime, he also works as a personal trainer. Lauren is a musician, working as the music assistant at Granbury First United Methodist Church.



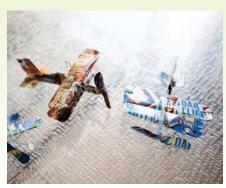
She is also the church organist and accompanies the youth choir. In addition, she teaches piano and voice lessons from her home studio. While Lauren teaches, Justin spends time in his man cave or outside with their two furry sons, Sebastian and Bandit — their dogs.

The dining area features two large windows that open to the side and back of the house, providing a nice view. A bar separates this area from the kitchen yet allows interaction between the rooms. Tile-topped counters add to

the simplicity of the home with natural colors complementing sage walls. Justin built the door leading to the laundry room. The original door opened against the refrigerator. Because of the short wall length, a pocket version wasn't a good option. Instead, the new option resembles a small barn door painted blue. Opening in the center, the doors slide along metal on pulleys.

The couple spends a great deal of time on the back patio, choosing to eat there when weather cooperates. A ceiling fan above the patio table enables them to enjoy being outdoors in warmer weather. The house came with pergola shades covering the patio. Justin replaced the material with a hard plastic option, which looks like a tin roof but without noise during rainstorms. He plans to expand the roofing, so they can use the full length of the patio. A privacy fence divides the property with another 150 feet behind it. The extended area, made of hilly limestone, prevented the previous owners from fencing the entire lot.

Justin built a stone staircase, which leads past the gate to what Lauren calls their secret garden. Beyond the fence, he cleared out brush, built a fire pit and











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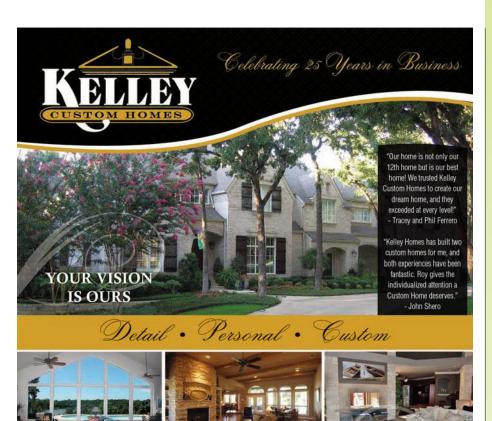
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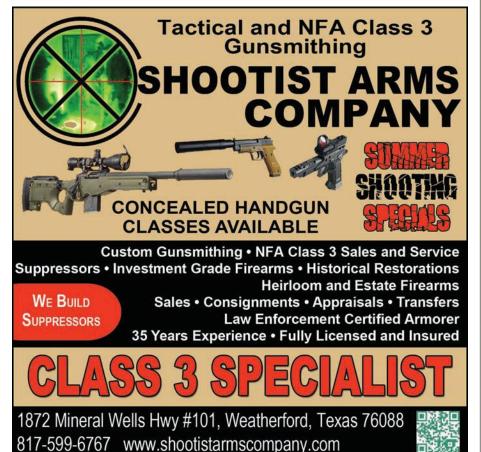


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added a picnic table. The view across the lake creates an ideal spot for July Fourth gatherings. Family joins them for a cook-out and then watches as fireworks light up the night sky. With lots of trees on this part of the property, they already have dream projects envisioned for treehouses and playhouses. "It feels like a little hideout retreat," Lauren said.

Back inside, the couple had to make room for their baby boy. A very artsy/crafty type of person, Lauren loves making things. She creates tile coasters with decoupage images. In the beginning, she used mostly music-related pictures but branched out to all sorts of interests. Sewing flannel to cloth diapers, she creates unique burp cloths, many of which she uses as gifts. A big wardrobe keeps supplies neatly organized. She draws up a chair, pulls out a sliding surface and gets to work. When finished working, she quickly tucks it all away behind closed doors.

Justin uses one room as a man cave. While Lauren gave up her crafting/spare



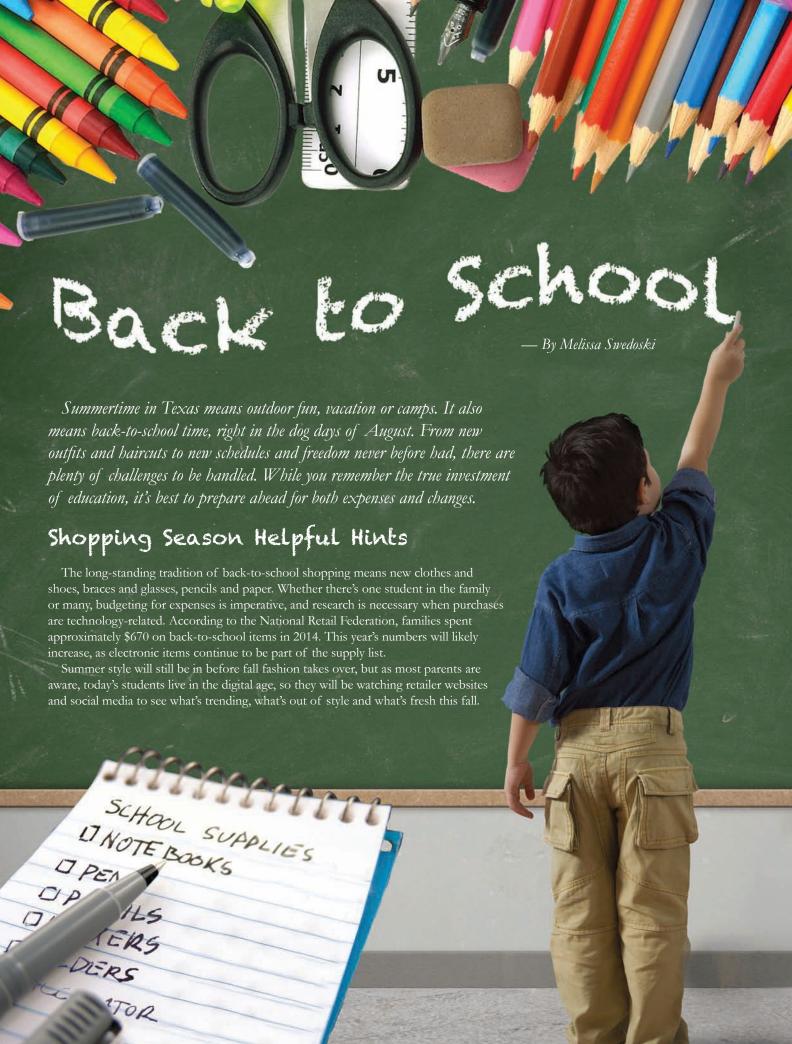


bedroom, he agreed to a day bed in his personal space. He fit all of his "man stuff" into a closet, where he pursues a unique hobby. "They're airplanes made from whatever I can get," he said. "It's something I grew up doing with my grandfather. Every Sunday after church, we went to the store, got his 12-pack of beer and my 12-pack of soda. Then we sat on the patio and made airplanes."

Lauren's favorite room is the nursery. Since they are expecting a boy, they chose a woodland theme with natural colors plus teal and yellow accents. Lauren wanted to add her personal touch by making curtains. During a trip to San Diego, they purchased their son's first stuffed toy — a cuddly panda bear. A small panda rug and old children's books add charm to the room.

Although the house is small and simple, Lauren and Justin like the coziness. Both the inside and outside mirror the way they work separately yet together to create their retreat for everyday living.







Tips for back-to-school shopping:

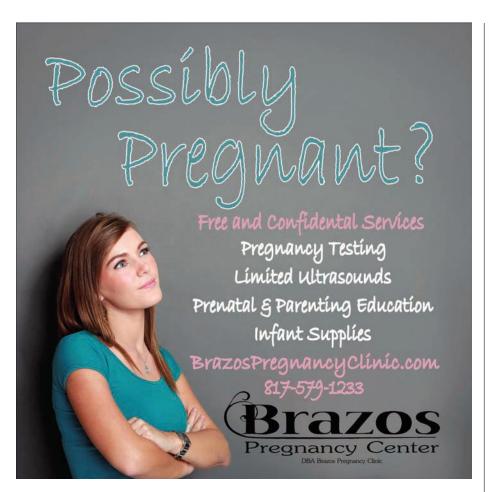
- Start early and pace yourself. Since certain items will always be on the list, parents can buy over time and spend less.
- Use shopping apps and websites. Most retailers, both large and small, have websites or are on social media, and they send out notifications when they have sales. Using retail and coupon apps can help parents stay abreast of the sales.
- Shop locally. Many small businesses in your town carry all the items you need with amazing customer service and more diversity.
- Consider specialty shops. In addition to discount and department stores, check out the electronic and/or clothing stores around. Some students may prefer western wear, and there are specialty stores catering to that. Other students may prefer dressier school clothes over casual, and there are wonderful boutiques available. Almost every local store and national retailer also knows to have uniform pieces in stock.
- Remember drug stores. These stores may be overlooked, but when it comes to makeup, hair care, personal grooming items and more, drug stores can provide some great finds.















Don't Forget Personal Care:

• Physicals. If a student is going to be involved in any sports activity, the school district will require an approval from a physician, to verify the student passed the physical. Several districts offer free physicals, so check with your school to see if this is offered and for the date and time.



- Vaccinations. Although age determines what vaccinations your child will need, all students must be up-to-date on their shots, with complete records filed at the school.
- Vision and dental. The beginning of school is a good time to have students' eyes checked, in case they might need glasses or a new prescription, while dental checkups for growing young people are important to overall health.
- Hair care. Whether or not your district has a specific dress code notation for hair, the beginning of a school year is a good time to decide if a student needs a trim, a new style or perhaps a change in shampoo and conditioner.



 Makeup. Some young ladies will begin using makeup, depending on their grade level and family rules. It never hurts to go by a beauty counter in a local store for a makeover and/or instructional session.

Some of the technology-related items you might need:

- 8GB or higher flash drive
- AA batteries
- Graphing calculators
- Electronic device for assignments and research such as a tablet or a desktop or laptop computer
- Cellphone or smartphone



Mark your calendar for tax-free weekend from August 7-9. As in previous years, clothing, footwear, school supplies and backpacks priced under \$100 are exempt from sales taxes for the weekend. This also includes items bought online, by telephone or by mail. Shoppers can even use layaway plans to take advantage of the sales tax holiday.

College Students

For first-timers or returning students, supplies are often purchased on an asneeded basis. They will need electronic





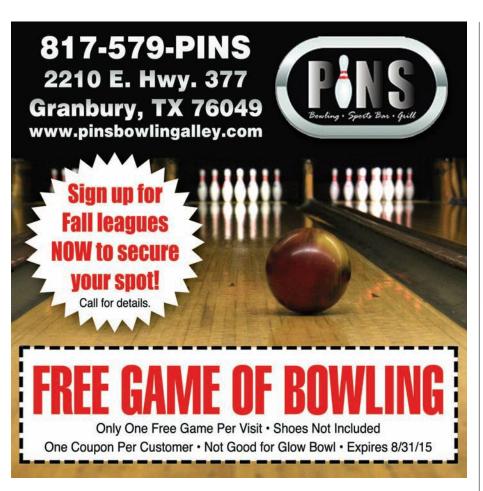
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devices for their coursework, as well as notebooks and pens. Keep in mind that supply needs will change as the school year progresses.

Clothing based on the location of the college is important, so keep in mind if the weather will be warmer or colder than the student may be accustomed to at home, and plenty of fashionable, casual clothing is the norm for college students.

There's also the need to have dorm furniture to make living a little more comfortable, as well as personal grooming items, since many students will likely be sharing bathroom space for the first time. Try not to fall into the temptation of taking too many keepsakes from home, since there will be a limit on the amount of storage available, as well as display space.

Finally, some students may be considering getting their first credit/debit card or parents may be providing them with an emergency credit card. Parents should be sure to have a healthy conversation with them about spending habits and what constitutes a moment of real need, which would necessitate its use.

From transitioning grade levels to new schedules and time management, going back to school presents many new challenges. Be sure to talk about handling emotions that come with tougher coursework, along with changes in friendships and relationships. Finding new bus routes or walking to school can be intimidating for young children, so parental support is paramount. Be involved with your child's decisions, and he or she will be more willing to share the journey with you.

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Kelley Custom Homes

Roy Kelley, Builder 401 Temple Hall Hwy. Suite 1 Granbury, TX 76049 (817) 578-8200 roy@kelleyhomes.com www.kelleyhomes.com

Hours

Monday-Friday: 8:00 a.m.-5:00 p.m.



Roy Kelley (right) cares about every detail of the homes he builds. Here he meets with Rodney and Carol Gerson during construction in Grand Harbor.

Make Roy Proud

Kelley Custom Homes gives detailed, personal service with every fabulous project.

— By Melissa Rawlins

Roy Kelley enjoys his life's work, and it shows. Through 25 years of providing individualized attention to his clients and their homes, the owner of Kelley Custom Homes has accepted every challenge. In the process, his company has brought hundreds of families' dreams into reality.

An excellent listener, Roy meets face-to-face with his customers to learn their vision, so he can duplicate it. He and his designer go over plans and tweak them to the satisfaction of each client. Whether a person has simply sketched mental blueprints accumulated over their lifetime or gone to www.houzz.com and printed several pictures of rooms they like, Kelley Custom Homes can bring anything to life.

Roy is as detail oriented as any of his clients. One-on-one throughout the whole stage of construction, from meet and greet to move-in and warranty work, customers call Roy, and he satisfies their concerns. "Although I'm laid-back, I'll encourage them to speak up when they want something changed," Roy said. "We can get what they want."

This builder serves as general contractor for projects ranging from \$180,000 to over \$1 million. By providing subcontractors whom he considers skilled tradesmen and artisans in their own right, Roy confidently tends to the technicalities of each feature in a home. For example, lake front properties present challenges, such as building on a slope and creating a second level below the street level.

"I'm one of the few homebuilders that will construct walk-out basements," he added. "There are three pours to the slab instead of one, for instance. I have a lot of experience in that type of construction, which is not very mainstream." For people desiring to build near the water, Kelley Custom Homes knows how to

Business NOW

work with the geographic structures in and around Lake Granbury.

For the lake community, Roy likes to spend a little more on outdoor living and the view from the back patio. "It's not always about the price per square foot," Roy said. "It's about the quality and lifestyle you end up with that you won't find anywhere else."

Thinking as his customers think, Roy appreciates the total Granbury experience. After building a second house for a very satisfied customer here, Roy decided to move to Granbury 18 years ago and has engaged in his community. He has supported various groups such as Boys & Girls Club of Hood County, Leadership Granbury and the Jewel Ball,

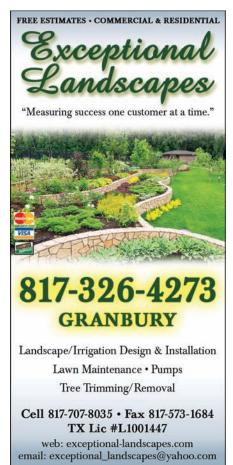
ROY AND HIS
DESIGNER GO OVER
PLANS AND TWEAK
THEM TO THE
SATISFACTION OF
EACH CLIENT.

a fundraiser for the beautification of our environment. Roy is a licensed real estate agent, a member of the Granbury Chamber of Commerce and a member of Hood County Builders Association.

His background was first in commercial construction, starting in the late '70s. In 1987, he began building single-family homes in the Arlington and Fort Worth areas and, since 1990, grew into a low-volume custom builder. With Granbury as home base, Roy has concentrated his efforts on interesting projects in intriguing places as far south as Hamilton and as far north as Colleyville.

"I feel like an architect, sometimes, when I'm helping design plans," Roy said. Kelley Custom Homes has built several homes over and over for the same people. "That kind of keeps you going. It's not that you're leaving your mark. It's that you're making a lot of friends along the way, and you can say you're proud you built their home."







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Around Town NOW



Karen, Pat and Morgan are showing and selling the 4th of July t-shirts.



Ginger Lane and Samantha Bates unload another truck full of donations to Boys and Girls Club of Hood County.



Driving the "Deuce and a Half" brings out patriotic smiles during Granbury's Old-Fashioned Fourth of July.



Kati and Ron Rhodes enjoy some quality time at the Great American Grill in the Hilton Garden Inn.



Kristy and Braylee McReynolds and Zakky and Selina Duque help serve Healthy Kids lunches in front of The Way Church.



GEF Scholar Athlete Joshua Garcia starts Weatherford College this month, thanks in part to the Tom and Susan Durant Scholarship.



Kaylie Garcia and her mother, Sally, celebrate their first Fourth of July in Granhury with good old-fashioned fun on the lake at Hunter Park.



Beth McKenzie waters the annuals at Guerin's Nursery.



Four generations celebrate the 87th birthday of Helen Rush Stinson, with her husband, Andy, also 87; daughter, Carole Ann Rush; granddaughter, Lindsey L. Carpenter; and great-grandson, Dylan.



Pam Denton of TD's Transmissions works hard to keep the office running smoothly.

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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.















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Enterovirus D68

— By Betty Tryon, BSN

If you come down with a cough, runny nose, fever and feel a little achy, don't assume you contracted the common cold. It could be enterovirus D68 or EV-D68. This viral infection can sometimes lead to wheezing and difficulty in breathing, particularly in children with a history of asthma. Sometimes, children will have to be hospitalized for supportive care, such as the administration of oxygen. Rarely, EV-D68 may lead to paralysis and death. Although EV-D68 can infect anyone, children and teenagers are especially vulnerable to the virus. Those with compromised immunological and/or respiratory systems are most prone to severe complications that can occur with this virus.

After getting the virus, most people are sick for about a week, if their symptoms are mild. Those with serious symptoms or complications will, of course, be ill for a longer period of time. Because it is a virus, the method of spreading the infection is similar to that of a cold. Droplets from an infected person can spread from their coughs, sneezes or sputum, enabling the virus to spread easily. It can also be transferred by an unaffected person touching something that is contaminated by the virus.

To lessen your chances of getting the virus, you can employ a few, simple commonsense tips. Wash your hands frequently. Keep your hands away from your eyes and mouth to avoid transferring the virus to those areas. Be aware of the health of others, and avoid hugging or kissing someone who is ill. If there is an ill person in the home, disinfect frequently touched surfaces. Those with asthma need to take special precautions against this virus. For them, the CDC makes the following recommendations:

• "Discuss and update your asthma action plan with your primary care provider.

- Take your prescribed asthma medications as directed, especially long-term control medication(s).
- Be sure to keep your reliever medication with you.
- Get a flu vaccine when available.
- If you develop new or worsening asthma symptoms, follow the steps of your asthma action plan. If your symptoms do not go away, call your doctor right away.
- Parents should make sure the child's caregivers and teachers are aware of his/her condition, and that they know how to help if the child experiences any symptoms related to asthma.²¹

Because this is a virus, antibiotics will not work. The only treatment is palliative. There are over-the-counter medications for the cough, fever and aches. Those with severe symptoms should contact their doctor. If breathing becomes difficult, do not hesitate to call 911 immediately. Since the majority of EV-D68 cases are mild, most people will get better quickly without complications.

Source

1. http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html.

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

Through August 16

The Drowsy Chaperone: 7:30 p.m., **Friday** and **Saturday**; 3:30 p.m., **Saturday**; 2:00 p.m., **Sunday**, Granbury Opera House, 133 E. Pearl St. \$25 adults; \$22 seniors or students; \$20 children. www.granturytheatrecompany.org.

August 1, 7, 8, 14, 15, 21, 22, 28 & 29

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.

August 7

Round Up For Riders: 6:00-9:30 p.m., Historic Hilton Hotel, 815 Main St., Fort Worth. Support the mission of Wings of Hope Equitherapy, and enjoy an evening of dinner, auctions and boots up. (817) 790-8810.

August 8

Girls Night Out: 5:00-7:30 p.m. Historic Downtown Square. Call (817) 573-5299.

August 8, 22

Big City Music Revue: 3:00-5:00 p.m.; 7:00-9:00 p.m., Granbury Live Theatre, 114 N

Crockett St. Singer/songwriter favorites from the '70s. \$22 seniors and military; \$25 adults; \$15 children under 13. (855) 823-5550.

August 14, 28

Music, Massage and Merlot: 6:30 p.m., D'Vine Wine, 107 E. Bridge St. Enjoy \$1/minute massage plus great music. (817) 573-7200.

August 15

Saturday Sounds on the Square: 7:00 p.m., Historic Granbury Square, 100 E. Pearl St. Free concert by Dolly Shine Band. Call (800) 950-2212.

August 19

"Birth Day" Planning Class: 6:00-8:00 p.m., LGMC, 1310B Paluxy Rd., Medical Office Building #2, 2nd Floor Conference Room. LGMC's Women's Services Director Rebekah Butler, RN, freely shares tips for preparing for the arrival of your baby. RSVP to (817) 579-2969.

August 21

Granbury Chamber Luncheon: 11:30 a.m.-1:00 p.m., Harbor Lakes Golf & Swim Club, 2100 Club House Dr. \$15. Call (817) 573-1622.

August 29

Lady Pirate Booster Club Golf Scramble: 7:00 a.m.-1:00 p.m., Harbor Lakes Golf & Swim Club, 2100 Club House Dr. Contact Sally Garcia, (719) 351-8971, Erica Strickland (817) 944-9258 or Crystal Moore (817) 888-2551.

Last Saturday Gallery Night Art Walk: 5:00-8:00 p.m., Galleries of Granbury present a walk or tram ride around the Historic Granbury Square. Artists on hand, some giving demonstrations, while you enjoy hors d'oeuvres, wine and music. Contact (817) 573-9446

September 12

Community Appreciation Day: 10:00 a.m.-1:00 p.m., Hewlett Park. The Granbury Police Department aim to put the "unity" in "community." Contact Sgt. Cris Brichetto at 817-573-2648 or cbrichetto@granbury.org.

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





In the Kitchen With Pat McCain

— By Melissa Rawlins

Pat McCain designs palate-pleasing meals to be enjoyable experiences. She finds as much joy in setting the table as in presenting the food. Her first production, tuna crepes, which she prepared in her mother's absence, earned rave reviews from her father. She practiced in a family of good cooks.

While she and her husband, Dave, dated, they cooked for each other. Arriving in Granbury in 2013 to be near their children, Pat's family and friends frequently get to taste the recipes she prepares from fresh ingredients, whenever possible, representing all of the food groups. "Of course, dessert is essential for a healthy life," Pat quipped. "Just keep in mind, you don't have to eat it at the end of a meal. There are times when dessert is my meal!" NOW

Baked Alaska

Serves 8.

1/2 cup butter

1/2 cup light corn syrup

I cup semisweet chocolate chips

1 1/2 cups granulated sugar (divided use)

9 eggs (divided use)

I tsp. vanilla

I cup all-purpose flour

I cup walnuts or pecans, chopped

1/2 tsp. cream of tartar

2 quarts pink ice cream

- **1.** Preheat oven to 350 F. Butter and flour a 9-inch round cake pan for the brownie torte.
- **2.** In a saucepan, heat butter and corn syrup until butter is melted. Stir in chocolate chips until melted. Add 1/2 cup sugar and 3 eggs. Stir until well-blended; blend in vanilla, flour and nuts.
- **3.** Pour batter into prepared cake pan. Bake on middle rack for 30 minutes, or until center springs back when touched.

- **4.** Cool cake in the pan for 10 minutes; turn out of pan onto a rack.
- **5.** Beat 6 large egg whites with cream of tartar until stiff. Gradually beat in 1 cup sugar. Continue beating hard until meringue is stiff and glossy.
- **6.** Preheat oven to 500 F. Place cooled torte on several layers of parchment paper on a wet board. Pile ice cream on top of cake.
- **7.** Completely cover ice cream and sides of cake with a thick coating of meringue. Place in a very hot oven for 3 to 5 minutes, just until meringue is delicately browned. Slip dessert from board onto platter. Serve at once.

Jamaican-spiced Pork Tenderloin

Serves 2.

2 Tbsp. distilled white vinegar

1 Tbsp. soy sauce

1 Tbsp. vegetable oil

1/2 cup onion, coarsely chopped

I garlic clove, chopped

1/2 tsp. ground allspice

1/4 tsp. nutmeg, freshly grated

1/4 tsp. cinnamon

1/8 tsp. cayenne pepper

1/2 tsp. salt

3/4 lb. pork tenderloin, trimmed

- **1.** Preheat oven to 450 F. Grease a small, shallow baking pan.
- **2.** In a blender, pulse all ingredients, except pork, until smooth.
- **3.** Transfer to a shallow dish. Add pork, turning to coat well.
- **4.** Heat a well-seasoned, ridged grill pan over moderately high heat until just smoking. Grill pork, turning and brushing occasionally with spice paste, until well-browned on all sides.
- **5.** Transfer pork to the baking pan. Roast 5-10 minutes until a meat thermometer registers 155 F. Meat should be cooked through but still slightly pink.
- **6.** Transfer pork to a cutting board and let stand, loosely covered with foil, for 5 minutes. Cut pork diagonally into 1/2-inch thick slices.

Black Bean and Roasted Vegetable Salad

Serves 4.

4 ears fresh corn

2 red bell peppers, cut into 1/2-inch strips

2 onions, cut into 1/4-inch slices

4 tsp. vegetable oil

6 Tbsp. balsamic vinegar (divided use) Salt, to taste

Pepper, to taste

- 2 16-oz. cans black beans, rinsed and drained
- 4 Tbsp. fresh basil leaves, chopped
- **I.** Preheat oven to 425 F. Cut kernels from fresh ears of corn. Toss corn in a large bowl with bell pepper, onion, oil, 2 Tbsp. vinegar, salt and pepper, to taste.
- **2.** In a shallow roasting pan, spread vegetables evenly and roast in middle of oven until tender, about 25 minutes.
- **3.** Cool slightly, turn into a bowl, and then toss vegetables with beans, basil, remaining vinegar, salt and pepper, to taste.

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

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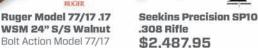
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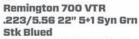


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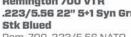
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