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# CONTENTS

August 2017 • Volume 6, Issue 8

6



## ON THE COVER



*Although young, Alana Slade exemplifies success by setting goals.*

*Photo by SRC Photography.*

## 6 One Smart Cookie

In everything she does, this little girl works hard to do her best.

## 10 A Garden of Treasures

At Home With Joe and Shirley Andersen.

## 18 Winding Path to Peace

Folks find meditation wandering through the labyrinth at First Christian Church.



10

22 BusinessNOW

24 Around TownNOW

28 CookingNOW

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## Editor's Note

*Hello, Granbury Family and Friends!*

I'm not sure I ever watched Granny embroider anything, but I knew she did. The colorful raised flowers and leaves on pillowcases proved she did. I learned this art as a young girl, never knowing the true beauty. It was something to do in the summer when Texas heat drove me inside as close to the air conditioner as possible. Honestly, these days my sewing machine can do in a few hours what would take me a month to finish by hand.

A couple of years ago, I picked up some inexpensive embroidery kits with a plan in mind for them. I don't know if I'll ever finish those projects. Still, something about working backstitches and lazy-daisies on plain fabric helps me relax as I float back in time and hand-stitch something I'll one day present as a gift. Once, women knew the creative art of needle, thread and fabric. I'm happy to see a resurgence of all types of handiwork. August is a great time to learn.

Have a wonderful month!

*Lisa*

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*Who can resist a cute little Girl Scout (of any rank) especially in January or February while they stand beside a table filled with neatly stacked cookies? Who wants to? While the luscious treat practically sells itself, Alana Belle Slade managed to sell more than any other Girl Scout Brownie, not only in Granbury, but also in all of the Texas Oklahoma Plains council. In addition, she placed sixth in sales for all Girl Scouts in the region. That's a lot of competition for an 8-year-old. This particular council serves 81 counties from Abilene to Lubbock and Amarillo, three counties in the Oklahoma panhandle, Wichita Falls, Fort Worth and all points in between with more than 32,000 members.*

Alana wanted to be a champion. Setting her sights on the goal, she worked hard, met her first goal and sold enough for the "Diva Trip." She could have stopped, but when her parents, Curtis and Abbey Slade, asked, she said, "I want the X-Box." After that, she went after the most sales, and made it for her age group with 2,635 boxes sold. Alana attended three separate summer camps paid for completely in points, based on her personal sales.

"She's always been an overachiever," Abbey said. She and Curtis provided transportation, but Alana did the selling. "We don't try to push her," Curtis said. "But when she wants to do something, we support her completely."

During the months of selling, Alana learned about talking with people. She also learned about rejection and accepting it graciously. "Standing out there was fun," she said. With innocence and sincerity, she looked for ways to compliment people, even when they said no.

Multiple patches cover Alana's Brownie vest. She's earned them all, including the Be Unique Patch from being a top cookie seller.

She also designed a patch, "Scout to Scout," inspired by a Boy Scout buying her cookies.

The design supports the idea of scout troops helping each other. The Scouts already have a program called Troop to Troop. For people who don't want cookies, they can donate any sum of money. At the end of the annual sales event, they use donated money to pay for and send cookies to overseas military troops. "I think it's really cool," Abbey shared.

Although Alana was all about the cookies, she enjoys Girl Scouts for other reasons. Her troop meets every other Monday during the school year. During meetings, they work on patches and discuss what they want to do in upcoming times together. One Monday, a visitor came and taught them about first aid, including CPR. At the end of the time, the girls knew ways of helping an injured friend, especially if no adults are nearby. Another meeting included science experiments. They made homemade vanilla ice cream. "We got to eat it, too," Alana said. She particularly liked blowing up balloons by putting baking soda inside and then attaching the balloon to a bottle of vinegar.



— By Lisa Bell

# One Smart

# Cookie







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In addition, the girls can go on field trips together as a troop or individually with their parents. One of Alana's favorite outings was a trip to Shall We Dance, where she learned basic steps of ballroom dancing. Another time, they visited the animal shelter and discovered the importance of taking good care of their pets. The troop also serves the community by activities, such as helping with the clothes closet at a local church.

The Girl Scouts organization encourages helping in the local community, sisterhood, God and Christian-based values, as well as healthy lifestyles. A portion of the funds brought in from cookie sales go to the local troops for use in doing a community improvement project.

For Alana, being part of Girl Scouts gave her the opportunity to meet new friends, some of whom don't live in Granbury. When she went to camp this summer, she was the only one from her troop, but her friendly personality benefitted her in making new friends quickly.

Her achievements reach beyond the little troop. Alana is active in a program at her church called the AWANA club. In this program, kids memorize Bible verses, but they also learn to love and serve God. Alana worked through all three books for her age level, and completed the reviews. She asked Curtis if she could help the other kids. He told her absolutely. "I started helping other kids with their verses, so they can be caught up and be where I am," she said. Alana likes helping others so they reach their goals.

In her way of serving, this little girl isn't afraid to stand up for her friends against bullies. She talked about how







some older boys hurt a younger one, and she told them to stop and then got her dad. Troubled by a new girl at school crying, Alana went over and befriended her. In school, she makes mostly A's, loving math and cursive handwriting.

Curtis, a very proud daddy, said, "I want her to be everything I wasn't." She's well on her way to becoming an amazing young lady. With a generous heart, Alana gives to other people. At an event this past Easter, she kept winning prizes, but gave them to other kids who weren't winning. Curtis told her to keep at least one. "She told me, 'No. I just believe if I give them all away, God will let me have a bike,'" Curtis said. "And with two bikes left, she got one."

Like many young girls, Alana enjoys playing on her swing set at home and riding her bike. She also loves to sing. Recently, she wrote a song without telling anyone, and on her own, she arranged to sing it in church as a surprise for her parents. Coloring and drawing, however, are her favorite things — other than spending time with her grandpa. A gifted artist, she drew a 3-D Jaguar to make a Father's Day card for her dad. She's always been close to her grandpa, but since her grandmother's death, the bond deepened. According to Abbey, it's as if she wants to take care of him every day. Alana claims she likes that he feeds her pancakes and ice cream. Abbey laughed, saying he grocery shops for Alana, not for himself!

Curtis and Abbey are proud of Alana. Girl Scouts and AWANAs certainly help in forming values and giving her activities to help her experience more in life. But at the core, she's a bright, outgoing child who simply loves life and enjoys helping other people. Out of the mouths of babes, we often learn great wisdom. **NOW**

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## At Home With Joe and Shirley Andersen

# A GARDEN OF TREASURES

— By Rick Mauch



*Joe and Shirley Andersen have found paradise. They're living in it. The couple, in their late 70s, moved from one home in DeCordova Bend Estates to a smaller one last November. They found bigger is not always better, and in fact, one's dream home doesn't have to be the largest one in town, or even the largest on the block. "We were paying for a yard, basically," Shirley said of their previous home. "And it was just too big for us to continue to take care of."*

Not that they are in a cracker box now. Their home is a comfortable 2,400 square feet with three full bedrooms and three full bathrooms — and it has the most welcoming patio area one could imagine. Upon stepping out of any of the three doors leading to the patio from the dining room, living room or master bedroom, one is greeted with a soothing view of a bubbling brook from the neighboring "bridge house." It resembles an old country bridge through which a horse-drawn carriage might pass. "They have water falls all the way through," Joe said. "We get the benefit of listening to it at night. After a rain, you can come out and listen, and the water is rushing down there. It sounds so nice."





The upstairs covered patio comfortably seats around a dozen. Down the stone steps is another patio with room for another 12-15 guests and a couple of tables, complete with umbrellas. There's a barbecue grill and a large outdoor heater for chilly nights. "We love to entertain. We love people," Shirley said, noting they recently hosted the Lake Granbury Newcomers Club.

Among the patios' most enjoyable aspects, they agree, are the fireflies, which show up nightly around 8:00 or 8:30. "They come right up here to our porch all

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the time," Joe said. "They put on a show just last night."

It's no wonder the fireflies want to visit. There's so much to see, including a plethora of statues, flowers and plants. There's even a tomato plant tastefully placed in an old wooden bucket. The statues include a mother and baby deer, two bright red cardinals overlooking a garden and a green boy resembling Peter Pan. And, fittingly, there's one of a young lady sitting, holding her knee in her hands, overlooking the patio with an expression of satisfaction on her face, as if life couldn't be any better. "We got it in gold

country [northern California]. We also got this little snail statue at the same shop," Shirley explained.

Back inside, the house is filled with family history of places they lived and their own special tastes. It begins with the dining room one sees immediately upon entering. A tan-colored dining room table, about 9 feet long and 4 feet wide, seats eight and is roughly 135 years old. It has a special design that is noticeable when taking a closer look. "I inherited it from a family in Rapid City, South Dakota," Shirley said. "He called it 'Monkey Pod' because it has pictures of monkeys in it."

A few feet away is a much smaller



brownish-colored, hand-carved wooden table featuring a variety of dragon-shaped designs. The eyes are made of mother-of-pearl. They got it while living in California. "A gentleman was leaving his home. He smoked a lot, but we took it and cleaned it," Shirley said. "Now look at it!"

Speaking of renovating and saving, a bar with Japanese designs on it stands next to the entrance to the living room. Shirley rescued it from a garage sale. "I cleaned it up and painted it with lacquer. My daughter helped. She's kind of an artist," Shirley said. "It was apparently in water, and it was in bad shape. Somebody



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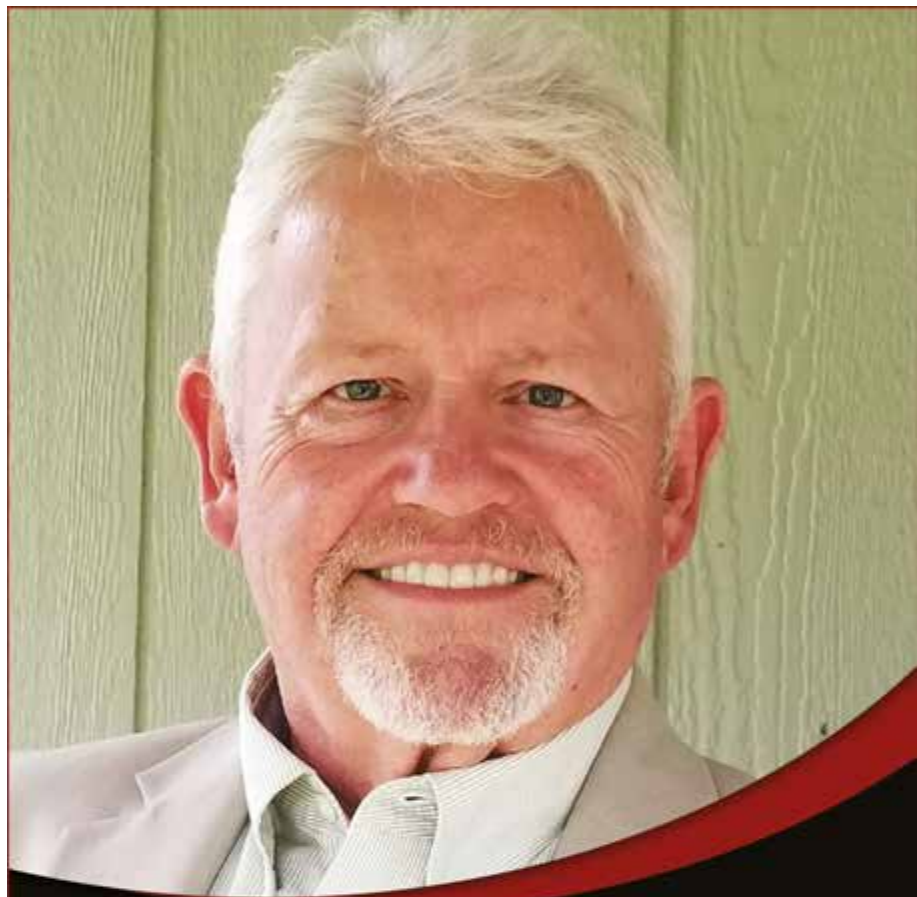


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else couldn't see past all the spiders, crud and dirt and find its beauty."

Joe and Shirley love their collections. Among her favorites are the miniature lady porcelain dolls, most of which are in a China cabinet in the dining room. "Joe buys them for me. This is my favorite," Shirley said, pointing to a lady holding some flowers. "The kids get them for me, also."

Joe's pride and joy is anything western. In fact, they have an entire room filled with his western collection, including an original painting of John Wayne by a lady named Isabel Gray. Next to it are several other cowboy paintings, including a pair by renowned artist Frederic Remington.



The shelves are filled with over 200 miniature horses. Next to the bed is a lamp featuring a Wyoming cowboy on a bucking horse as the base. "He passed away, and I bought this from his wife," Joe said of the artist. "That's one of a kind right there."

Shirley also loves Asian designs. Their bedroom shelves are filled with such artwork. On the wall is a set of four pictures that, when put together side-by-side, comprise a picture of a Japanese garden. Its colors are a shiny black lacquer, gold and a silver-enhanced mother-of-pearl. "My granddaughter lived in Taipei. She brought that home from there," Shirley said.

Joe and Shirley have 10 children, 19 grandchildren and 14 great-grandchildren. Their family lives in a variety of cities.

Shirley was raised in South Dakota and Joe in North Dakota. They met in 1982 working together and lived in Wyoming and California before moving to Granbury in 2009, to be closer to her





older sister, Donna, who also lives in DeCordova.

Joe and Shirley spent years in property management, which is where they developed their love and skills for gardening. In Joe's office is a framed certificate from the state of California legislature honoring them for their work in the profession. In the hallway are many pictures, including a painting of their daughters, Heidi and Tina, created by a family friend, Mavis Anderson, in Rapid City. She also created a painting of Shirley in a southern gown that hangs in the living room.

The hallway also features an assortment of western paintings, more family portraits and one eye-catching piece of art. It's a smaller copy of the legendary *Lady in Gold* canvas print by Gustav Klimt. "A larger one hangs in a museum in New York," Shirley said. "They made a movie about this [starring Helen Mirren and Ryan Reynolds]."

When Joe and Shirley aren't home, they can often be found attending or doing some service for their beloved Triple Cross Cowboy Church. They bring breakfast for the 8:45 a.m. Sunday services. It is one of the few things that gets them to leave their beautiful, comfortable home. "We have truly been blessed," Shirley said. "We have so many things around us to make us happy." Then, she referenced the wind blowing across the patios. "Imagine waking up to that, or ending the day out there!" **NOW**

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# Winding Path to



*Life can be a confusing maze. So to help folks sort things out, Kathy Murray came up with the idea of, well, one of the most legendary mazes. Her labyrinth can be seen behind the First Christian Church in Granbury 24 hours a day, seven days a week. At first glance, it may only look like a circle of concrete 50 feet in diameter, but upon entry, it offers much more. "There's more of a meditation purpose behind it," Kathy said. "You walk through the paths, and tell God about your problems."*

The labyrinth features seven trails that wind around each other in a maze. Those walking through can choose one trail, all, or any amount in between. An average trail is about 216 steps. "You can really get a workout while walking through and meditating," Kathy said. "People are always wanting a place to walk. Well, we've got a great place right here."

The paths of labyrinths are often separated by rocks and bushes, but these are separated by flat lines of a different shade of concrete parallel to the rest of the structure. "We have quite a few people in our congregation on walkers," Kathy said, explaining that this particular labyrinth is designed to allow those in wheelchairs and walkers to make use of it. "Sometimes, we'll take the respites out there in wheelchairs," she added.





Kathy Murray with Pastor Justin Jeter.

# Peace

— By Rick Mauch

In the inside circle of the labyrinth are two benches. Upon completion, one can rest, collect their thoughts or just visit with another who also made it through — or perhaps just have a nice talk with the Lord. “I love it. I come out here to get away from reality,” said fellow church member and fellow Master Gardener Doug Richards. “I listen to the birds and talk to God. I’m thinking about building one at my house, since I have a lot of acreage.”

The labyrinth was created five years ago. But the idea to make one came to Kathy’s mind when Pastor Justin Jeter, then the church’s youth minister, constructed a cloth labyrinth and placed it in the gym for his youngsters about 15 years ago. “We still use the one Justin made,” Kathy said. “We put books of the Bible on it for our cakewalk during the fall fair.”

After getting the initial idea, Kathy began doing research. She looked at another local labyrinth, and then traveled

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to Austin to see another. She also did a lot of looking around on the Internet.

The history of labyrinths goes back about 4,000 years. In Greek mythology, it was an elaborate maze designed and built by Daedalus for King Minos of Crete at Knossos. Its job was to hold the Minotaur (a creature with the head of a bull and body of a man), which was eventually killed by the Athenian hero, Theseus.

Mythology states that Daedalus had made the labyrinth so difficult that he, himself, could barely escape when building it. And it was only with the help of Minos' daughter, Ariadne, who gave him a sword and a ball of string attached to the door of the labyrinth that Theseus was able to escape.

Over time, however, labyrinths transitioned to be viewed in a variety of ways. Scandinavians used them to trap trolls and evil winds before fishing trips. Hopi Indians referenced them as a connection to Mother Earth, and labyrinth designs have been found painted on walls in places such as Sumatra, Java and India. The Chartres Cathedral in France has a labyrinth believed to have been built in the 13th century. Shakespeare even wrote about them. And they have become a symbol for meditation and prayer, such as the one at First Christian Church.

"In Europe, there are so many," Kathy said. "A lot of them are actually inside the churches." She met with church leaders and a committee was formed. One of the church members has a son who is an architect, and the project went from a vision to a reality. A Scripture about meditation and prayer further inspired Kathy. "I used the Scripture from II Corinthians 5:7: 'We walk by faith, not by sight,' as inspiration," she said, noting that applies to her personal use. "Any time you talk to God, it's peaceful, but when you do it with nature around you, it's even more special."

Next to the labyrinth is a Scripture garden that pays tribute to Kathy's late

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husband, Bob. Kathy, a member of the Lake Granbury Master Gardeners since 1994, came up with the idea following his accidental death due to a fall on Father's Day. "I saw an article on one at Handley United Methodist Church (in Fort Worth), and when Bob fell, I wanted something to remember him — and it draws attention to the labyrinth," she said.

On the other side of the labyrinth is an outside worship area. In fact, folks can walk the paths while listening to an outside sermon when one is offered. On the other side of the worship area is a community garden that offers such natural goodies as asparagus, lettuce, tomatoes and onions. And, yes, once done with the garden, visitors can wander over to the labyrinth.

The labyrinth is for use by more than just members of First Christian Church. In fact, it is common for those working in the church during the day to look out the window and see strangers wandering through the labyrinth, which makes Pastor Jeter very happy. "Some of my favorite moments are looking out of my window and seeing someone walking it, and I don't know who they are," he said. "It really warms me. I think it's beautiful. There's a permanence to it, a lasting resource to hand down to future generations."

The church held a special event in May to draw the public's attention to the labyrinth. In fact, the first Saturday in May was National Labyrinth Day. The day's events at the church included a performance by a saxophone quartet and the telling of the history of labyrinths. "This is too special to not allow everyone to use it," Kathy said. "We want everyone to know this is here for them to add to their prayer life."

And, for the busy person, it offers a chance to combine workouts and prayer. Walking through all seven paths does provide quite a workout, along with ample time for thought. "That will be my meditation for the day," Kathy said. "See, you can do more than you thought." **NOW**

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noon-1:30 p.m.  
Saturday: 8:00 a.m.-2:00 p.m.



Captain Fuzzy Fishsticks happily greets patients and their parents.

# Serving Furry Patients

*Acton Animal Hospital's main goal is to be able to serve. — By Lisa Bell*

Captain Fuzzy Fishsticks thinks he runs Acton Animal Hospital. Perched on his chair behind the front desk, he certainly keeps his eyes trained on everyone who enters. Dr. Richard Gesell and Dr. Kristina Gesell don't argue the point too much with the clinic cat, knowing who *really* makes the decisions at Acton Animal Hospital.

"Every patient who comes in, we bring them into the family — treat them like our own," Dr. Richard said. Acton Animal Hospital primarily takes care of cats and dogs, but they also welcome exotics, such as rabbits, ferrets, rats and guinea pigs. In addition to Fuzzy, the Gesells have three dogs and four cats at home. The husband/wife team loves animals, but more importantly, they enjoy serving the community.

The Gesell team loves Granbury. "We liked the area.

Everything fell into place, and it just fit," they said. In giving back to the community, they support shelters and animal groups by spaying, neutering and in other ways. Each year, they do a big project. Last year, after massive flooding, the hospital joined with firefighters in securing a grant to purchase pet life jackets for all Hood County fire stations. Now if rescuing during floods, they can keep pets safe, too.

Dr. Richard grew up working on farms, but started with the human side of medicine as a paramedic working on a critical care transport. He found he preferred working with animals, so he began his career in veterinary medicine. He handles most of the clinic surgeries.

Dr. Kristina always loved animals and the science behind treating them, so becoming a veterinarian combined both. She



has completed board certification with the American Board of Veterinary Practitioners and takes care of most of the long-term diseases they see.

Although Acton Animal Hospital opened back in the early 1990s, the Gesells purchased it four years ago. "We've been making changes since then," Dr. Richard said. For example, the Fear Free Program has become part of their environment. Kristina pursued certification and is now training the staff, making life much easier for pets, pet parents and the doctors. The hospital is also certified by the American Animal Hospital Association, which is no easy feat.

**"Every patient who comes in, we bring them into the family — treat them like our own."**



At Acton Animal Hospital, patients receive quality care ranging from general check-ups all the way to serious surgeries. They offer basic surgery; orthopedics; rehab/physical therapy; oncology; and, of course, vaccines; boarding; and more. In addition, they carry a variety of products their patients need, including foods, medications and nutraceuticals. If they don't have it, they can probably get it.

Remember not to leave your pets in a hot car, and consider the temperature of asphalt. Damage to a pet's paws can be detrimental, since it affects their ability to cool off their bodies.

A veterinarian who knows your pet provides the right vaccines based on where they go and what they do. Establish that relationship soon. Prevention is much easier and less expensive than actual treatment. Knowing the patient before something serious happens helps your veterinarian provide better treatment.

Acton Animal Hospital wants to work with people to find the best solution and offer as many options as possible based on your furry family member's issue at hand and family finances. As Captain Fuzzy Fishsticks says, "You're always welcome here!" **NOW**

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*Senator Brian Birdwell addresses fellow Granburians during the dedication of Memorial Lane.*



*Boaters and others gather early for the start of the late fireworks show.*



*The Granbury community celebrates the Memorial Lane dedication.*



*Blake Neal loves her shop, Mimi & B's, on the square since November 2016.*



*Barry and Sue White volunteer at the Chamber booth for the final shift on July 4th.*



*Granbury residents gather at the gazebo, one of six noon-time prayer locations.*



*Veterans volunteer at the Field of Flags 2017.*



*Mrs. Newtons fourth-graders ask questions about being a magazine editor.*



*Chamber members support Cheesecake Nation at their ribbon cutting.*



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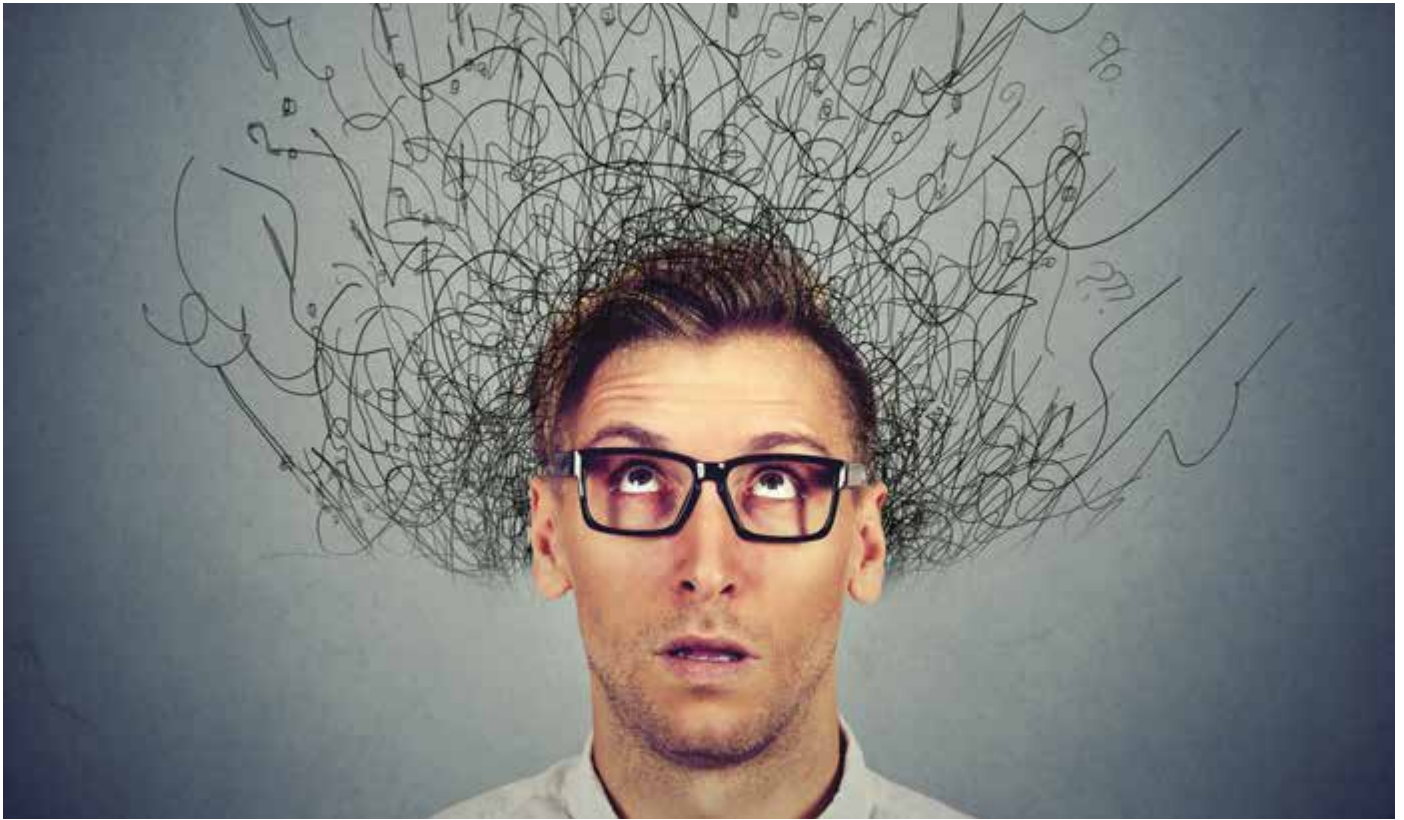
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## A Mind on the Run

— By Betty Tryon, BSN

“I can’t sit still.” Those words come from an online blogger, who just needed to vent about ADHD, Attention Deficit Hyperactivity Disorder. She went on to chronicle her struggle with her thought patterns. “Like, I should have one thought that’s supposed to do its thing. Instead, it feels like there’s hundreds, all darting in different directions and confusing the others.” ADHD is a neurodevelopmental disorder that begins in childhood and can last into adulthood.

There are three types of this condition: inattention, hyperactivity and impulsivity. It is possible to have only one or a combination of the types. All of these behaviors can occur in anyone, but when they reach a level that causes everyday routines to be disrupted on a frequent basis, it is characteristic of ADHD disorder. Behaviors will differ from one person to another. Some will exhibit a combination of symptoms of this condition. Whatever symptoms are most predominant determine the diagnosis. Males are more likely to have this disorder than females. ADHD often coexists with other behaviors, such as anxiety disorders, learning disabilities and depression.

Inattention is characterized by someone having difficulty with organizational skills. They have problems keeping things in order and manage their time poorly. They make careless mistakes performing important tasks and are constantly losing items. There is difficulty in focusing and staying on task. When it comes to performing tasks that require mental focus, those with inattention may completely avoid them.

Hyperactivity and impulsivity are often seen in combination. When a person is hyperactive, that behavior will often be seen in very unhealthy ways, and being impulsive is a part of that. An example of the predominantly hyperactivity-impulsivity presentation is a person who fidgets constantly and can’t seem to sit still. Engaging in quiet activities is difficult. This patient seems to be the type of person who has to go, go, go all the time, is impatient, has trouble standing in line and engages in nonstop talking.

The cause of ADHD is still unknown. Environmental toxins have been blamed, possible brain injury, genetic factors and even cigarettes and alcohol are all suggested causes of ADHD.

The goal of treatment for ADHD is to reduce symptoms for better function. The treatment has to be patient specific and age appropriate. What works for children might not work for adults and vice versa.

When helping children with ADHD, it’s important not to label them as “bad” kids. Their behavior is not meant to disrupt and with treatment can improve. Managing this disorder gives the person a chance to live a more normal and calmer life. **NOW**

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



### August 1 — 4

GTC Summer Classes: Various times and dates, Granbury Opera House. Classes, camps, master classes and private lessons include dancing, acting, writing and voice. Visit [www.granburytheatrecompany.org](http://www.granburytheatrecompany.org) for schedule and details.

### August 3

Country and Western Dancing with Tommy Hooker: 7:00-10:00 p.m., The Grove Event Center, 2701 Hideaway Bay Ct. Great dance floor, food and full bar available. \$5 cover charge. Contact Don Fletcher at (817) 279-1078 for more information.

### August 11

Discovery After Dark: 7:00-10:00 p.m., Fossil Rim Wildlife Center, 2299 CR 2008, Glen Rose. Reservations required, recommend at least three days in advance. Space is limited. For more information, email [info@fossilrim.org](mailto:info@fossilrim.org) or call (254) 897-2960. \$35 per person.

### August 11 — September 10

*Joseph and the Technicolor Dreamcoat*: **Fridays**, 7:30 p.m.; **Saturdays**, 2:00 p.m. and 7:30 p.m.; **Sundays**, 2:00 p.m., Granbury Opera House. For more information and to purchase tickets for this live show, visit [www.granburytheatrecompany.org](http://www.granburytheatrecompany.org).

### August 12

Texas Spotlight: 2:00 and 7:00 p.m., The New Granbury Live. Contest for area musicians with 10 preliminaries leading up to the finals scheduled for **January 13, 2018**. For details, visit [www.thenewgranburylive.com](http://www.thenewgranburylive.com).

### August 13

Ed Ogle's Pickin' Circle: 2:00-5:00 p.m., The Greenwood Saloon, 208 Greenwood St., Bluff Dale. Hear some of the best local talent around every Sunday. Visit Greenwood Saloon on Facebook.

### August 16

Community Bingo: 2:30-3:30 p.m., Granbury Villa Nursing Center & Rehabilitation, 2124 Paluxy Hwy. Free and open to the public. Snacks and drinks available. Visit Granbury Villa on Facebook for more information.

GISD, First Day of School: For details on individual campus start times, school locations and registration, visit [www.granburyisd.org](http://www.granburyisd.org).

### August 18

Paluxy River Bluegrass Pot Luck Dinner & Open Stage: 6:30 p.m., Oakdale Park, 1019 N.E. Barnard St., Glen. For more information, visit [www.paluxybluegrass.com](http://www.paluxybluegrass.com).

### August 21

Solar Eclipse Viewing Party: Noon., Granbury Public Library, 222 N Travis. Watch the library website for more details and other available programs during August. [www.co.hood.tx.us/297/Library](http://www.co.hood.tx.us/297/Library).

### August 26

Fly-in Pancake Breakfast: 8:00-10:00 a.m., Granbury Municipal Airport, 400 Howard Clemmons. For aviators and the general public. Great for kids. \$4 for breakfast. Visit [www.granbury.org](http://www.granbury.org) for details or call Gary Hawkins at (817) 579-8533.

### August 28

Tour Dates for Fall Classes: 1:00 p.m., Forward Training Center of Hood County, 1270 Weatherford Hwy. Explore free classes to improve job readiness. To learn more, apply, volunteer or donate, visit the home website at [www.forwardtrainingcenter.org](http://www.forwardtrainingcenter.org).

### 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.

#### Second Tuesdays

Granbury Knitting Guild: 9:30 a.m.-noon, Presbyterian church fellowship hall, 303 W. Bridge St. Coffee at 9:30; meeting starts at 10:00. For more info contact Cosette Falter, [humhound@yahoo.com](mailto:humhound@yahoo.com).

#### Third Tuesdays

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

#### Fourth Tuesdays

Texas Patriots Tea Party meeting: 7:00 p.m., Cleburne Conference Center, 1501 W. Henderson, Cleburne. [www.texaspatriosteaparty.org](http://www.texaspatriosteaparty.org).

#### Wednesdays

Fresh Starts, Divorce Recovery Group: 6:30 p.m., Granbury FUMC Room #119, 301 Loop 567. Covers all stages of separation or divorce. All ages, faiths, denominations, beliefs and ages welcome. There is no cost or pre-registration required. Childcare provided. For details, call (817) 573-5573.

### Third Wednesdays

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

### First Thursdays

Hood County Clean Air Coalition meetings: 8:30 a.m., Neely House, 304 E. Rucker St. This proactive organization exists to promote clean air in Hood County. Visit [www.hoodcountycleanair.com](http://www.hoodcountycleanair.com). Contact Michelle McKenzie, (682) 936-4049 or [mmckenzie@hoodcountycleanair.com](mailto:mmckenzie@hoodcountycleanair.com)

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 at (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. Parents and professionals learn, connect and share in a caring, responsive and socially supportive setting. Free. Visit [www.lakepointegrnburry.com](http://www.lakepointegrnburry.com) or call (817) 937-4332.

### 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) 736-0668.

### Second Saturdays

Girls Night Out: 5:00 p.m.-8:00 p.m., Granbury Town Square. Collect pink tickets for a \$100 Downtown Dollar Shopping Spree. Visit the Girls Night Out Facebook page for details, special sales and promotions.

### Last Saturdays

Last Saturday Gallery Night: 5:00 p.m.-8:00 p.m., Granbury Town Square. "Meet the artists," receptions, demonstrations, hors d'oeuvres, wine and music. A tram runs. Visit Galleries of Granbury on Facebook for details.

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





## In the Kitchen With Kay Collerain

— By Lisa Bell

As an 8-year-old child living on a farm, Kay Collerain experienced her first cooking escapades. The chickens laid far too many eggs, so she started using the extras to make cream pies. She used as many as eight egg yolks to create yummy, rich pies.

Now a TWU graduate with a degree in chemistry and graduate studies in nutrition, Kay is co-owner of the Nutshell Eatery & Bakery. She still enjoys trying and improving new and old recipes. “I really enjoy down-home basics,” Kay said. Cooking for friends brings her great pleasure, but even when eating alone, she always sits down to a table covered with a cloth and accented by cloth napkins, never paper. In her spare time, Kay lives for golf, which is her joy. **NOW**

### Lemon Chicken

*Lemon Chicken:*

**1 fresh whole chicken**  
**2 cups flour**  
**1 Tbsp. salt**  
**1 Tbsp. pepper**  
**1/3 cup oil**  
**1 lemon, halved**

*Cream Chicken Gravy:*

**Flour, enough to make a medium paste**  
**Salt, to taste**  
**Pepper, to taste**  
**2 cups milk**

**1.** For lemon chicken: Cut chicken into pieces and set aside. (Two wings, two legs, two thighs and breast halved.)  
**2.** Mix flour, salt and pepper to make seasoned flour; dredge chicken in the flour mixture.

**3.** Pour oil into a 10-inch ovenproof skillet; quickly fry the chicken, squeezing 1/2 lemon on top. When browned, turn over and squeeze remaining lemon half on top.  
**4.** Turn off burner; place the chicken in the oven at 350 F. Bake for 45 minutes, basting with liquid in the pan.  
**5.** Put cooked chicken on a drain rack.  
**6.** For gravy: Use the same skillet with the lemon chicken drippings. Place over medium heat.  
**7.** Add enough flour to make a medium paste; scrape the skillet.  
**8.** Cook this mixture until the flour is brown; add salt and pepper.  
**9.** Add milk, stirring with a wire whip. The mixture will thicken.  
**10.** If the mixture is too thick, add more milk. The gravy is ready to serve when thickened.

### Easy Sweet Bread

**2 cups flour**  
**1/2 cup sugar**  
**1 Tbsp. baking powder**  
**1 tsp. salt**  
**1 egg**  
**1/3 cup oil**  
**1 1/2 cups liquid (milk, orange juice, mango juice, white wine — your choice)**

**1.** Mix all ingredients together.  
**2.** Fill each cup of a greased muffin pan 2/3 full; bake 25 minutes at 350 F.

### Hot Corn Appetizer

*Divide this recipe and freeze. When ready to use, thaw and bake as directed.*

**5 fresh ears of corn, shucked**  
**Oil, for coating**  
**2 Tbsp. butter**  
**4 garlic cloves, finely chopped**  
**10 green onions, chopped (use all)**  
**1 whole red bell pepper, finely chopped**  
**1 whole green pepper, finely chopped**  
**4 large jalapeños, deseeded and finely chopped**  
**1/2 cup sour cream**  
**8 oz. cream cheese**  
**1/2 cup mayonnaise**  
**1 1/2 lbs. Monterey Jack cheese, shredded**  
**1 can chopped green chilies**  
**Tortilla chips, to taste**

**1.** Coat corn with oil and bake in a 450 F oven for 10-15 minutes. Remove from oven and cool.  
**2.** In a skillet, melt butter. Add garlic, onions, red and green peppers and jalapeños. Sauté until tender.  
**3.** In a large mixing bowl, mix sour cream, cream cheese and mayonnaise.  
**4.** Cut the corn from the cob and add to the mixing bowl.  
**5.** Add sautéed vegetables, cheese and chilies. Reserve enough cheese to sprinkle on top.  
**6.** Pour into a greased casserole dish; bake until hot throughout and cheese is melted, about 30 minutes. Serve with tortillas chips.

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





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# FINALLY a way to fix the PAIN of a BULGING DISC

Are you SUFFERING from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs?

Then it's likely you're suffering from a Bulging Disc. That's when one of your spinal discs are bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nervous system.

You may have already had this diagnosed on an MRI and thought there is little that can be done about it and that's a major problem: bad information, because in the right hands, a lot can be done for you.

To end the misery caused by Bulging DISCs, you must have the right information.

Pay close attention because I'm going to destroy some important myths and give you the facts.

**MYTH:** Bulging DISC problems will just "go away" with some rest.

**FACT:** If you are dealing with back pain, buttocks pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. Left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

**MYTH:** Pain is the only problem associated with Bulging DISC problems.

**FACT:** In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

**MYTH:** You must take pain medications to deal with Bulging DISCs.

**FACT:** Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

**MYTH:** "I must have done something wrong to damage my DISC."

**FACT:** Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

**MYTH:** Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

**FACT:** Staying active can help to relieve the pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

**MYTH:** DISC Bulges or herniations require surgery.

**FACT:** NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

**MYTH:** "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

**FACT:** With the correct treatment from a healthcare professional who specializes in Bulging DISCs, you can find relief from the core cause - and the symptoms.

**MYTH:** Getting a Bulging DISC properly diagnosed is expensive.

**FACT:** Not true. Dr. Carl McAfee in Weatherford is currently offering an initial consultation with one of their specialists for Just \$29.

**Dr. Carl McAfee, DC  
Bulging DISC Doctor  
in Weatherford.**

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

According to Dr. McAfee, "We use a specialized digital x-ray motion study analysis, to precisely diagnose the cause of your Bulging DISC. This means superior long-term results for most people."

**88% of People Find Relief from the Pain and Associated Symptoms...**

Because the treatment is non-surgical, safe, and easy, most patients report relief from their pain and associated symptoms early in the process.

Take the Next Step - END the Suffering... Initial Consultation Just \$29

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Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$29. The normal cost of such an exam is \$275 so you will save \$246!

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