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That phrase really epitomizes my weight loss journey. I had tried most of the diet programs on the market, which worked for me, but it was only temporary. I'd lose the weight, but then go back to eating the way I had always eaten, and therefore put the weight back on. I changed nothing. The DSC ad grabbed me, so I decided to give it a try. It IS THE SOLUTION. I now know how I have to eat daily and keep the weight off. I've gone from a size 16 to an 8, and I couldn't be happier. I believe in this program so much, that I'm a part time diet consultant, when I'm not at school, teaching elementary music. At 54 years old, I feel great!

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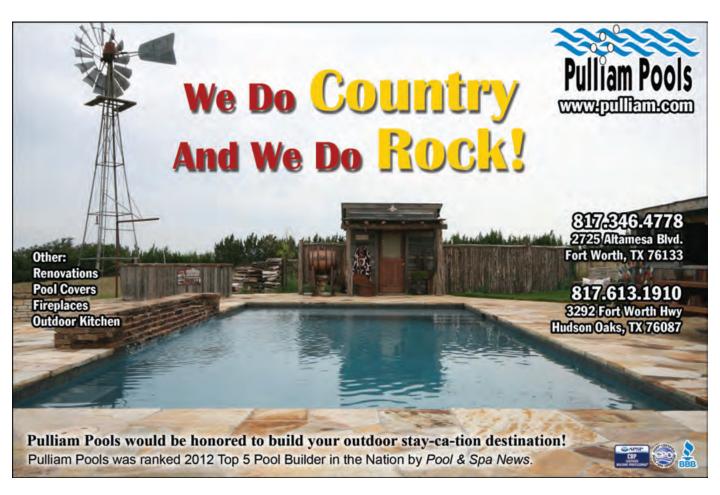
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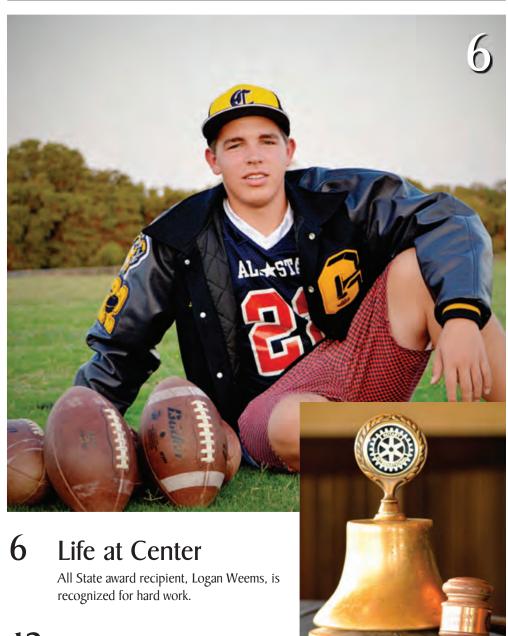
On The Cover



Six-man center Logan Weems learned a lot about discipline from his coach.

Photo by Michelle Winters.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 279-0013 or visit www.nowmagazines.com.



Editor's Note

Hello Friends,

On September 26, 239 years ago, Johnny Appleseed was born. Throughout the early 1800s, he sold apple trees for pennies so families could grow their own orchards. You can find similarly amazing facts at the Friends of the Library Book Store in the Hood County Library. While volunteering there, I vowed not to indulge my taste for the printed word - since my shelves at home similarly bulge. However, I noticed the Vintage Book section and found an 1891 novel about a second-generation pilgrim. Since I'm a Mayflower descendant, I allowed curiosity to rule my pocketbook. What a find! The author described the Plymouth colony lifestyle, not unlike the healthful communities many of us now yearn for. For example, every year they had an apple

bee, much like a barn raising, to which every family brought their freshly harvested apples and worked together to core, slice and hang them to dry. Teamwork is beautiful.

Enjoy your transition into fall!

Melissa

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









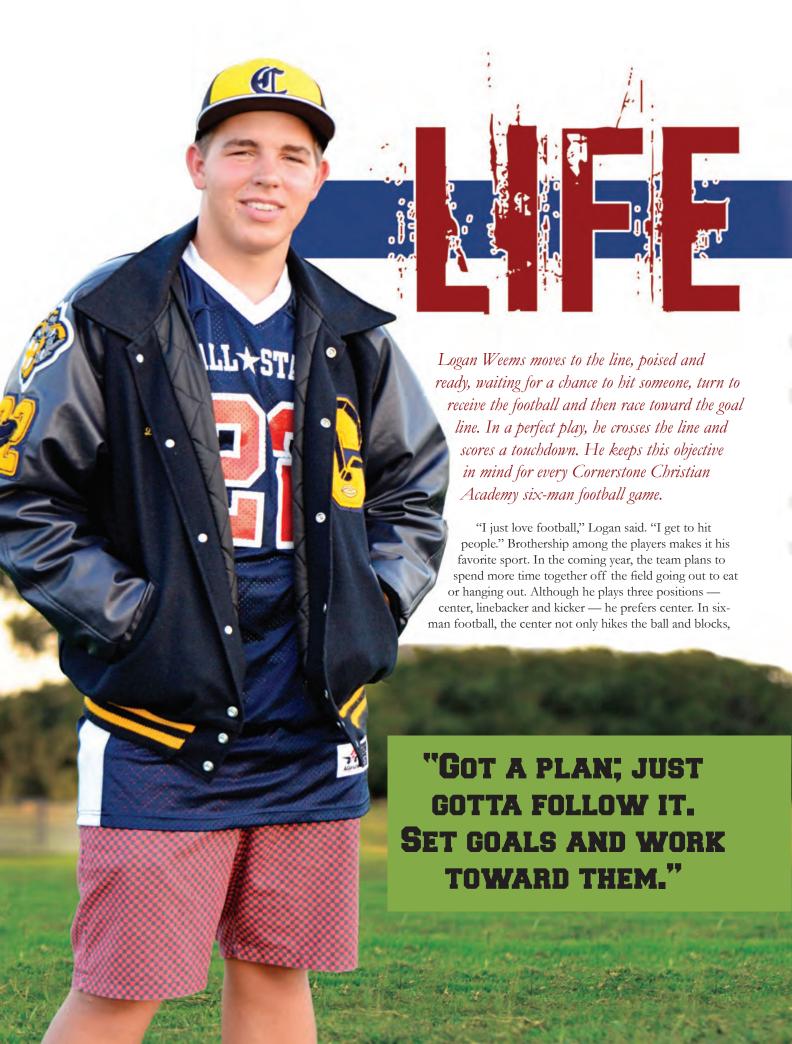
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explains our 99% patient satisfaction scores.

Pleasantly surprising.







— By Lisa Bell

but also doubles as a receiver. While regular 11-man football incorporates strategy, the six-man version requires speed and agility.

Coach Bobby Johnson prepares his team through weight training, basic drills and crossfit workouts. These workouts incorporate the concept of muscle confusion, working different muscle groups for short bursts of intensive, rapid moves. This method increases not only strength, but also agility.

For the coach, working with his team isn't just about playing football. He expects team members to maintain good grades, self-discipline and Christian character. At the end of games, the players show respect to the opposing team and fans whether they have won or lost. "If a student is failing in a class, they go on the Coach Johnson quick weight-loss program," Logan said. "They have to run a lap for every point below a passing grade until they bring their grade up."

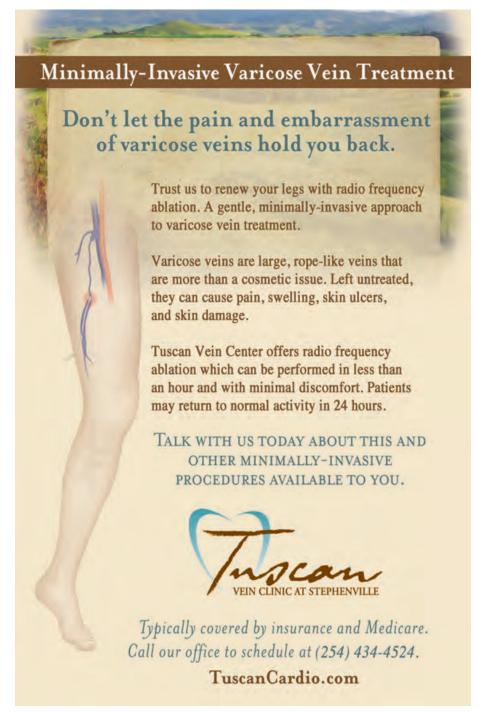
During the summer, the coach encourages family trips and time off, but he also offers daily nonmandatory workouts. By watching who shows up, he assesses the commitment level of players. Because the school is moving into a tougher division, commitment and discipline are critical for the 2013-2014 school year.

Logan has learned much about discipline from his coach. His mother and stepfather, active sports enthusiasts, model it as well. "We teach all our kids the importance of setting goals and working toward them," said his mom, Nicole. After attending kicking camp last summer, Logan spent extra hours practicing just to improve skills. He also works at his dad's muffler shop part time, using discipline and time management to balance life. "I just kind of go with the flow," he said. "Let it work itself out, and be where I need to be."

Logan's efforts are producing success for the 6-foot, 190-pound center both on and off the field. "Logan is a fantastic young man. He's always positive, trustworthy and kind. He is the type of student you enjoy just sitting around talking with," Coach Johnson stated. "Having said that, he is a very aggressive football player. He plays very tough during tough situations. He may be the best center in six-man football









in North Texas, and he's one of our best receivers."

As a freshman, Logan earned a spot on the All District Team and an honorable mention on the All State TCAL (Texas Christian Athletic League) for his division. In 2013, he received a prestigious award for a sophomore — a first team spot on the TCAL All State team. "I was excited about the award," he said. "I wanted it last year." Logan has gained more yards as a receiver than anyone in his division, but he believes being an all-around, good player earned



the award. Nicole gives credit to his character and leadership abilities as additional reasons. Logan has many opportunities to practice leadership with younger siblings, and embraces his place as a role model. "I try to be a good leader — no compromise," he said. "Being a role model is pretty cool."

Nicole beams. "He's a great role model," she said. "He's a calm leader, very patient and loving." Unsatisfied to



rest on past success, Logan already set a goal to improve and make the team in 2014, adding a second All State jersey to his collection.

Off the field, Logan applies discipline and hard work to education. He is on the AB Honor Roll and a member of National Honor Society. He plans to pursue an engineering degree at Texas A&M University after graduating from Cornerstone Christian Academy. While he hopes for a football scholarship, he understands athletics alone will not get him into A&M.

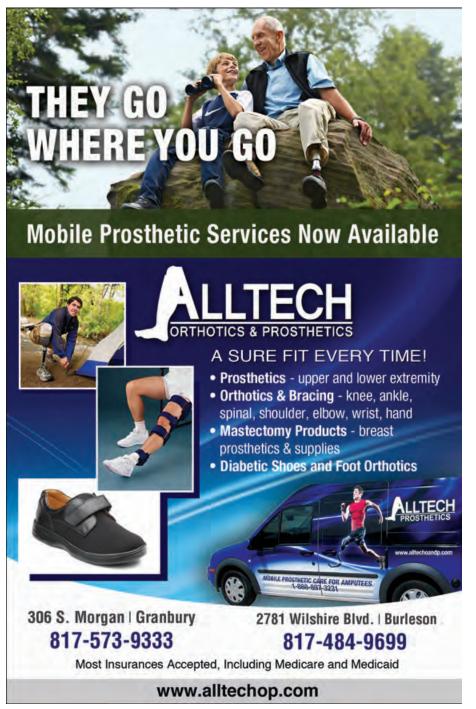
> "I have a lot of people who support me, so I don't want to let them down," he admitted. "My grandparents are really awesome. My mom and stepdad, dad and stepmom and four stepbrothers all support me. My Aunt Julie doesn't miss a game. All my teachers are awesome."

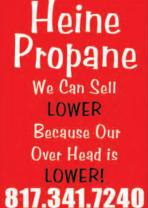
> His family attends the football games, all of them sitting close together, cheering on their favorite player. "My mom is the loudest person in the stands," he said.

She agrees. His mom and dad join efforts to stand behind Logan in spite of being divorced and both remarried. "Casey and I learned long ago it's not about us," Nicole said. "We committed to make sure we have his back. It's about doing what's right for our son." Nevertheless, the two couples have a good relationship, giving Logan the precious gift of unified family and additional lessons in character.

Cornerstone Christian Academy













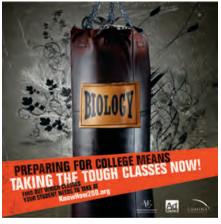
educates about 150 students. Logan asked to go there in fourth grade after being a target of bullying at his previous school. His parents supported his decision and made it happen. According to Nicole, the school feels like extended family. They take care of each other, pray together and in general, treat each other like family. When one hurts, they all hurt. The school offers an environment where integrity is openly enforced. They have Bible classes, chapel and a no-bullying policy. If a new student comes in and starts picking on a kid for being different, peers often address the issue long before a teacher or administrator needs to become involved. Logan loves his school.

He learned of being chosen for the All State team during chapel one day. Three additional students at the school also received nominations to the All State team. They had a one-day notice. With other sports commitments or conflicts, the other players couldn't go. However, Logan and his parents readjusted schedules, took time off work and made it happen, fulfilling his goal. "Coach Johnson wasn't able to be there during the nomination process because of scheduling conflicts," Nicole said. "Yet, the league coaches recognized qualities and nominated Logan and the other boys. It's nice to see hard work paying off."

For Logan, his achievement represents success for his team and fellow players. Without them, plus an amazing support system, he'd struggle to score on and off the field. "Got a plan; just gotta follow it. Set goals and work toward them," he said. "It's worked so far." NOW













LAUGHANG -By Melissa Ravlins

AT HOME WITH

THOMAS & LAVONDA BECKER



The activities of Thomas and LaVonda Becker and their two teenage boys keep life buzzing with 4-H projects, school assignments and work. Much of it takes place within the gracious open area between the kitchen, breakfast nook and family room. Just outside, the family tends woodframed beehives and raises chickens, cows and vegetables for consumption. And in the evenings, their back pasture often hosts relaxing communion with friends. Under the shady oak, Thomas and LaVonda have set up the hippie bed, a wrought iron double-bed that LaVonda slept on during her high school years in Irving. The bed now boasts a new mattress covered with three layers of plastic mattress covers under crisp, bright linens. Huge colorful pillows rest against the headboard and the footboard, making a retreat where the couple retires in the cool of the evening to talk over their plans and celebrate their day.

"I laugh and tell my friends, T'm a hippie who doesn't smoke pot," LaVonda said. Her husband's grin just gets bigger. Thomas went to high school in Granbury. Their paths crossed when they both worked at a retail store in Fort Worth. They've been together the entire 23 years since and married for 21 years. They gave themselves three years before having Carson, 17, and then Garret, 15.



"The Family learned how to live the country life."





asked the butcher to save their bones so their beef broth and their dog bones would contain

introduced to another group of people through which the family learned how to live the country life, raising their own chickens and rabbits for meat. They gave their rabbits to a friend who was

meat from their Cornish-Rock cross hens as Christmas gifts. "It's about the quality of the food product, non-GMO and all organic feed that even has peas," Thomas said. The family's laying chickens are free range, roaming the whole five acres and visiting certain parts of the flower beds and back patio and garage, where the Beckers keep the dog food. "By the end of the afternoon, they know I bring out the compost and jump in there to get scraps until they're ready for bed."

On their 20th wedding anniversary, LaVonda got her first bees. To celebrate their 21st anniversary, Thomas and LaVonda did their first bee removal together, and now she has a second batch of bees. "We looked like a bunch of darn professionals. Had our bee suits on and everything," LaVonda said. In the house, she keeps two inverted baskets called bee skeps, one solid wood and one woven, which were once used to house bees. These serve as visual aids during LaVonda's presentations to elementary school students through the office of the Hood County Extension Agent. "I also









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take the stinger I saved from the bee that stung Thomas in the face."

"That's the day when I learned not to check the bees without my gear on," Thomas said, with another Cheshire grin.

The Beckers' three cats stay indoors mostly. They pad anywhere they wish over 2,900 square feet of laminate or tile to find a napping spot, surrounded by furniture and art mostly passed down to the Beckers. "Our kitchen has the chair Grandma sat in to make all her phone calls, and the high chair that was my booster seat at Granny's and the green dresser that was Thomas' baby furniture but now holds all his bar stuff," LaVonda said. Their dining room houses their wedding gift from his parents: a

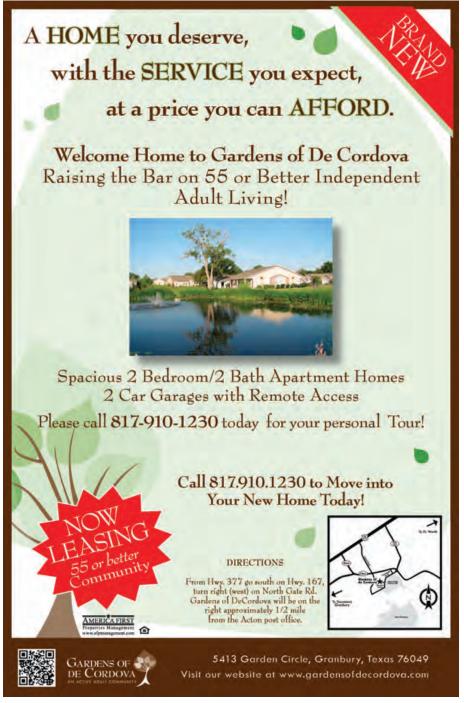


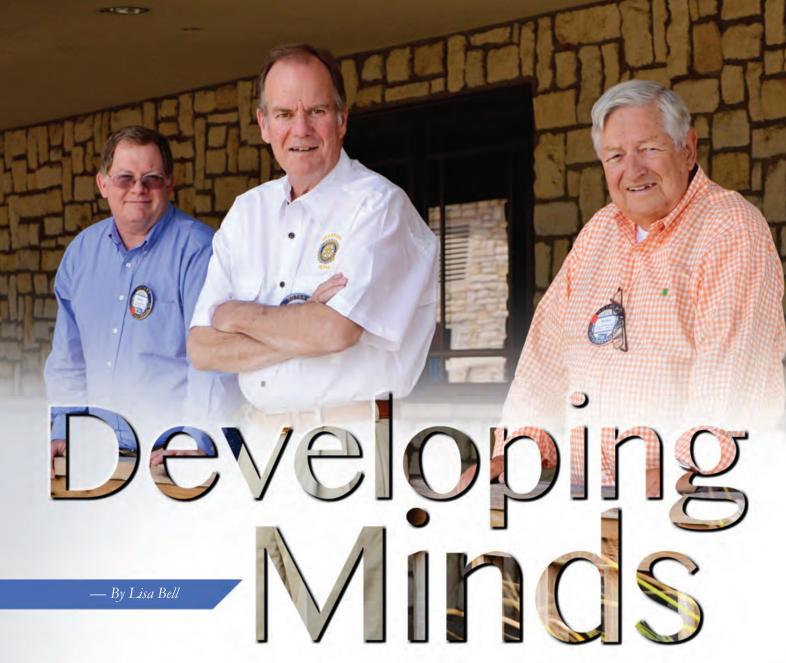
formal dining set and hutch. Their back guestroom is filled with all of Thomas's great-aunt's belongings. "We wanted it to be bed-and-breakfasty, so we installed a claw foot tub in there and created the sink from her dresser."

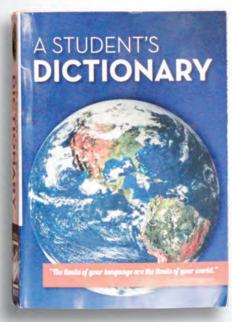
The Beckers love their house and are inside a lot at night. As the weather cools, more meals and certainly holidays will be hosted in the eclectic interior. But while the sunshine warms the air. the family spends most of their time out back, either working or playing. The boys help LaVonda keep the raised beds clean and productive. They also gather eggs, clean the chicken coops and care for their rabbits. This month, after a year of practicing with the clay pigeon thrower out back, the boys and their dad are spending long, wonderful days hunting doves or ducks.

The family eats outside in the evening. LaVonda's been researching recipes and wines to serve during fabulous hippie-bed happy hours and fresh-air dinner parties. "I want all my friends and my kids' friends to come here and know they're at home," LaVonda said, "They can taste the best chicken-fried steak ever, made by Thomas, and know we raised that cow!" Blessed recently by a friend who works for a furniture company, the Beckers serve their beef on a gorgeous dining table seating 10 to 12. Loving to share their gift for hospitality, they host friends for great meals that seem gourmet simply because of the setting. September really is the family's best time of year. NOW









The long days of summer slip away into the promise of cool autumn breezes. School bells ring. Children return to their desks, filled with anticipation of learning something new. Third-grade students in the Granbury ISD won't wait long before a magical opportunity arrives.

Blake Barker, joined by other Rotary Club members, was considering the next school year even as summer began. Not long after the first bell of the new school year reverberated through the hallways, the group visited campuses within the

area. Checking in at the office, they patiently endured an inspection of boxes they carried before proceeding to a third-grade classroom. Blake shared with the students their reason for attending class that day.

Pulling a dictionary from the box, he talked about the importance of the book in his hand. A current of excitement electrified the air as he demonstrated how to use a dictionary to look up the word meanings. But these dictionaries aren't just for finding definitions. They also include a copy of the Constitution, the Declaration of Independence, background on American presidents and more. The longest word in the dictionary appears at the back, although Blake made no attempt to pronounce it.

He then invited the students to line up and receive their own copy of a paperback dictionary they could take to every class in third grade and beyond. One by one, the Rotarians handed out the dictionaries with a warm handshake to each recipient, giving the child a distinct feeling of importance.

"They are important," Blake said.
"They are our future. Many of them are our future in Granbury. Anything we can do to support that, the Granbury Rotary Club is there."

The kids come from diverse backgrounds. Some of them receive more advantages at home than others. Putting a dictionary in the hands of these young students equalizes everyone in the classroom. They all own a resource to enhance what they read in textbooks or the chalkboard and hear in class or

"You are important and capable of learning, so the future is brighter."











anywhere. For a moment, the visitors gave each child a sense of empowerment and importance — for some a first-time event. A total stranger had entered that life, gave them a gift, shook a little hand and said through words and actions, "You are important and capable of learning, so the future is brighter."

In most cases, a smile crept up the corners of the child's mouth, spreading across the face as he or she thumbed through pages. Across the room, children proudly wrote their name in their new treasure. They searched for words, finding as many as possible before the group picked up boxes, headed for the next classroom, and the teacher said, "It's time to get back to work."

"Many times fourth-, fifth- and sixthgraders approach us to say how much they've used the dictionary," Blake said. "They recognize us in stores. We feel good about giving back to the community while impacting education."

Owning the dictionary teaches younger students they can reach out and find words with more than five letters. As children enter third grade, they have such inquisitive minds. Cognitive development broadens at this age as students start the move toward adulthood. By the time they reach third grade, they're on the edge of a mental shift. Not only do they have extreme interest in learning, they develop the ability to search out things by themselves. Owning a dictionary helps in this endeavor and potentially affects the remainder of their educational journey.

The Rotary Club is an international organization of over a million members in 34,000 clubs. Made up of male and female business professionals, the

organization boasts the largest privately funded scholarship program. The Granbury club awarded six scholarships out of 90 local candidates at the end of the 2012-2013 school year. Known for their desire to increase literacy, the club takes on projects such as passing out dictionaries to students.

Blake first joined the Rotary Club in 1983 while living in Dallas. He stayed with the organization until 1990 when he moved to Washington, D.C. He eventually moved to London, England, and returned to D.C. after several years. Over the years, he owned and sold multiple companies. When he retired and moved to Granbury in 2007, he connected with the local Rotary Club.

"There are many good service organizations," he said. "The Rotary Club fit me — a place where diverse professionals can join in their 20s and stay with it into retirement. It's about the fellowship. We have camaraderie among like-minded people with a desire to make a positive difference in our community," he said, adding. "Even in a group of strong leaders, I don't see gamesmanship. When working on a project, everyone knows what tasks need to be done, and they simply step into a leadership role to complete the tasks."

Besides supporting education, the club also builds ramps for the elderly, works with the food bank and other local organizations serving the needs of the community. With international connections, local members can join worldwide efforts such as clean water projects or providing eyeglasses.

The local group of 49 members, made up of 37 men and 12 women, have an

average age of 54. Funding for projects comes from members, membership dues and matching grants from the national and district levels. Members represent different industries and meet weekly at noon on Thursdays at the Harbor Lakes Country Club. New members are always welcome, but must be an active or retired professional within their industry, a manager or executive with proven leadership abilities.

As president-elect for 2014, Blake looks forward to serving the community. His plans for the local club include continuing education and other typical projects. However, they will also focus efforts on helping to rebuild Rio Brazos by joining other groups and sending out teams of members as Granbury recovers from the May 15 tornados.

Blake's parents purchased a lake home in DeCordova in 1972. He always liked Granbury. At retirement, tired of big city life, he chose Granbury for his home. "It's America. It's that hometown," he said. "When you walk the square, people know you and say hello. There's a certain warmth I haven't found anywhere else."





In spite of growth in the area, the small-town feeling remains. Blake believes the growth comes from a longing for what he sees in the community. "Granbury is growing, not because of industry, but because of the charm and beauty the town has to offer," he said.

The future drives the Rotarians to support the community and the education of our children. Last year, they delivered 586 dictionaries in the area and look forward to delivering more during the current school year.

Editor's Note: For more information on the Granbury Rotary Club visit granburyrotaryclub. wordpress.com.



Business NOW







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The team at West Frontier Homes serves Granbury and Cleburne. Come see beautiful interiors in homes manufactured by Legacy and Southern Energy.

Stay Awhile

Your laid-back team at West Frontier Homes makes owning a home enjoyable — and affordable!

— By Melissa Rawlins

The responsive individuals at West Frontier Homes specialize in helping people provide their families with inexpensive, quality housing. You can see all the choices this month when they host their anniversary open house. Their manufactured homes, Legacy and Southern Energy brands, are built for tenure, comfort and reasonable pricing. "A lot of folks living in rural areas have family land and are looking for alternatives to building at \$95 per square foot," said Mark Hornbuckle, owner and sales manager. "Manufactured housing runs about \$45 per square foot, complete.

"We have the cat's meow of manufactured homes, and offer options like huge bedrooms and living areas, same-quality-asthermal-pane windows, 2x6-foot walls, 3/4-inch plywood flooring and huge kitchens. There's never a shortage of cabinets in our homes," Mark said.

His caring sales crew is trained to discern each customer's needs. They will customize your interior design, as well as suggest options for financing. "You can double your square footage with our alternative affordable housing without having high payment," Mark said.

Mandy Lewallen, the office manager, started two years ago and is the heartbeat of Mark's business. "She is very pleasant and always gets the job done for our customers," Mark said. Wearing many hats,

Business NOW

from bookkeeper to human resources to service manager, Mandy works closely with all three salespeople and with Eddie Ortiz, who sets up every new home and resolves all maintenance concerns for homebuyers within the one-year factory warranty period.

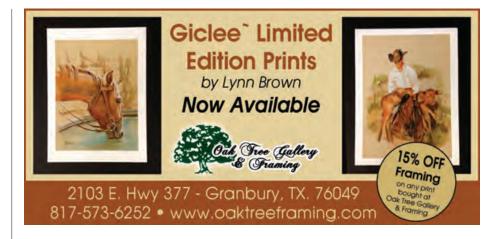
"Built to last longer, today's affordable homes are nothing like they used to be," Mark said. Eddie attends cheerfully to customers within 48 hours of any request, helping Mark support people after the sale. "My company thrives on happy customers. We take care of them before their move-in and way after they take ownership of the home."

West Frontier Homes stays active in the community. "When the storm hit in Granbury, I got with Legacy, and we offered deep discounts to storm victims," said Mark, who is not a Granbury native, but has worked here many years. He has found the people surrounding Granbury — in Erath, Hood and Parker, as well as Johnson and Hill counties — need his services. "We have added a new location in Cleburne," Mark said. "The general manager is Cecil Britton, who has over 14 years experience."

Homes range from \$32,000 to \$109,000, depending upon your needs. "In today's economy, we take the confusion out of your biggest investment," Mark said, adding that West Frontier Homes provides options for those who are credit-challenged. "If you don't have a social security card, we can still get you a house. Through another program, about 85 percent of folks can get approved if they own their own land, no matter what their credit score is."

Allow yourself several hours when you visit West Frontier Homes, which is just a mile west of Granbury High School. In the comfort of their relaxing, air-conditioned offices, you help the team determine your family's needs. They show you the houses on their property so the team can really understand your desires. Back in the showroom, you can look at each option before the sales associates take care of all the financing.

"It's a one-stop shop," Mark said. "We try to offer the lowest price and the best service." Because buying a home might be the most stressful part of your life, let West Frontier Homes take that stress away.







Term or Whole Life Insurance: Which Is Right for You?

When shopping for life insurance, you'll face several important decisions. One of the most basic is whether you want term life or whole life coverage. Understanding the benefits and risks of each will help you choose the best policy for your current and future financial needs.

Term Life

With term life, you pay premiums for a certain period, say 20 years, and in exchange, the insurer agrees to pay your beneficiaries a stated benefit if you pass away during that time.

Pros

- You'll receive great value. Term insurance can be purchased in large amounts for relatively small premiums.
- You can match terms to needs. Most people purchase term life to provide for their dependents. Once your kids are grown, your mortgage is paid off and your retirement is nicely funded, you may have little use for a policy.

Cons

- The policy is temporary. One of the key benefits of term life is also its biggest risk. If your term expires and you still have life insurance needs, you'll re-enter the market as an older and potentially less-healthy consumer. That means significantly higher premiums, provided you're coverable at all.
- The benefit may not be paid. Some people chafe at the idea of paying for a benefit their beneficiaries may never receive. If you stay current with your premiums and take care of your health, you'll receive no reward for outliving your policy.

Whole Life

 Whole life insurance provides a death benefit throughout your life. It also includes a cash value component that accrues value over time, allowing you to borrow or withdraw funds as needed.

Pros

- Lifetime coverage. A whole life policy covers the rest of your life, not just a stated term. As long as your policy is in force when you pass away, your beneficiaries will receive a death benefit.
- You'll retain access to your money. The premiums you pay for a whole life policy become part of the policy's cash value. After an introductory period, this cash value becomes available to you through loans¹ or as a surrender

value. You can even report the cash value as an asset when applying for a line of credit. Any way you choose to use it — if you choose to use it — the cash value of a whole life policy provides another level of financial security for your family.

- You may receive dividends. The insurer may pay dividends to whole life policy owners, depending on the company's financial performance. Although dividends are not guaranteed, the possibility of earning extra income is an attractive feature of whole life policies.
- Estate planning. If you plan to pass on sizable assets, your attorney or estate planner can help you use the policy's death benefit to remove some of the burdens of estate taxes³ for your heirs. **Cons**
- Higher initial premiums. In the first years of a
 whole life policy, the premiums are often higher
 than comparable term life coverage. However, the
 lifetime level premiums available for a whole life
 policy become more affordable over time, while
 term renewals can involve significant increases
 in premiums.
- Long-term commitment. Insurers offer several payment plans for whole life policies, but the most common plans require regular premiums for an extended period of time. Policyholders who cannot consistently pay their premiums may see their policy lapse.

Good financial decision-making is based on solid research and sound advice. If you're in the market for life insurance, be sure to discuss your options with a qualified insurance representative or certified financial planner and consult your tax and legal advisor regarding your situation.

Jace Foreman is a State Farm agent based in Granbury.

¹ Unpaid loans and withdrawals will reduce the guaranteed death benefit and policy cash value. Loans acrue interest.

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Around Town NOW



Acton Lady Pirates share some laughs at an end-of-year celebration.



Chuck Ianacci celebrates with Carol Cook on the publication of her new book, Why Didn't Someone Tell Me?



Pirate catcher, Landon Gray, meets Jim Sundberg, former catcher for the Rangers.



Cancer Care Services crew work for a great cause at the Chick-fil-A fundraiser.



Stevo Torres with enVision Creative Services takes photos for the Friends of the Library website he is producing.



All State Champs Emily Britt, left; Coach Leta Wall, center; and Mandy Hayworth, right; at Hoop Camp.



Vicky Martin enjoys a summer visit with Tayler, Ryanna and Sierra, her granddaughters from Abilene.



Liliana and Jeanie McLemore get supplies at H.E.B. for the McLemore family reunion.



Mission Granbury's Crystal Moore receives a chair donated for survivors of the tornado with help from volunteer Matthew McDaniel.



Linda and Jerry Lane, owners of Papa Murphy's, celebrate freedom and prosperity in the community.



September 3

Opera Guild of Granbury meeting: 10:30 a.m.-1:00 p.m., Harbor Lakes Country Club. Ridge Roberts, 10-year-old fiddle player, entertains while organization promotes interest and support for the Granbury Opera House. Lunch, \$13, is not mandatory, but RSVP is required. Call (682) 936-2212.

September 4 — 7

10th Annual Langdon Review of the Arts in Texas: 9:00 a.m.-10:00 p.m., 308 E. Pearl. Art-lovers welcome for presentations, screenings and more! Full registration, \$90, includes admission to all sessions, Wednesday evening launch party, Thursday afternoon reception, Friday Picnic with the Poet Laureate, Saturday brunch, copy of 2013 Langdon Review of the Arts in Texas journal. Contact (817) 279-1164.

September 5

Celebrating 35 Years of Friendship: 11:00 a.m.-1:00 p.m., Pecan Plantation Country Club. Join the Lake Granbury Newcomers Club and enjoy fellowship with women throughout the area. RSVP by September 2 at www.granburynewcomers.org or call Paulette Mauer, (817) 579-0377.

September 6

Life Saver Gala: 6:00 p.m., Granbury Resort Conference Center. Twentieth anniversary celebration of the efforts of Brazos Pregnancy Clinic to help women facing a crisis pregnancy as well as their parents, friends and boyfriends. Contact Julia Pannell, (817) 308-7427, for details.

September 9

Metro Beekeepers meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St., Burleson. Novice and expert beekeepers in Texas enjoy learning from each other at Metro Beekeepers meetings. Contact Stan Key, (817) 888-0470, or visit www.metrobeekeepers.net.

September 10

Salvation Army Women's Service League Welcome Coffee: 10:30 a.m.-12:30 p.m., DeCordova Bend Country Club. Projects include new shoes, new clothing, hygiene kits, summer camp programs for children, assistance for those in most need in Hood County. RSVP (817) 910-1112 or visit www.saserviceleagueofhoodcounty.org.

Caring For and Growing Irises: 6:30 p.m.,

Room 22, County Annex 1, 1410 W. Pearl St. Glen Huddleston, a retired extension agent, leads this class for the Community Education Series hosted by the Lake Granbury Master Gardeners. Registration \$15. Call (817) 579-3280.

September 29

Wet Veterans Silent Auction: Noon-2:00 p.m., Acton United Methodist Church. To honor Hood County veterans by the purchase of a portable pool chair lift, this fundraiser features barbeque and entertainment before the silent auction. Items will go on display at 8:00 a.m. Call (817) 360-6228.

October 8

Ladies Luncheon and Silent Auction: 10:30 a.m.-1:00 p.m. Harbor Lakes Country Club. \$30 donation supports Salvation Army Women's Service League of Hood County assistance for those in most need in Hood County. RSVP (817) 776-3654 or visit www.saserviceleagueofhoodcounty.org.

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









Cooking NOW



In The Kitchen With Heather Cleveland

— By Melissa Rawlins

Fresh food from the large garden next to Heather Cleveland's childhood home, on her family's Parker County cattle ranch, made cooking sessions with her parents or maternal grandparents (who lived next door) great fun. By her sophomore year in college, when she could invite friends to her own place for dinner, Heather's repertoire of recipes earned rave reviews. "They thought I was this amazing cook, but it was just familiar stuff I'd grown up cooking and eating," said Heather, who enjoys hosting cooking and wine classes. Now she and her mother are neighbors, and they like to try out recipes involving seasonally fresh, local ingredients. "My mom is my favorite cook because she's fearless. Experience definitely leads to confidence in the kitchen."

Smokey Guacamole

- 4 large or 8 small avocados 2 cloves garlic, minced Juice of 1/2 lime 2 Tbsp. cilantro, chopped Salt, to taste
- **I.** Cut each avocado in half lengthwise; remove seeds. Place avocado in a stovetop smoker using a mild wood chip, such as oak, pecan or alder. Close lid; turn heat to medium-low. Once smoke appears, turn the heat off and let sit for 10 minutes.
- **2.** Using gloved hands, remove avocados from smoker; scoop out the flesh into a bowl.

3. Add the garlic, lime and cilantro. Mash together with a pastry blender or fork. Add salt and serve.

Chicken Wrapped In Filo Dough With Béchamel Sauce

7 Tbsp. butter (divided use)
3/4 cup onion, chopped
1 cup celery, chopped
2 cups chicken, cooked and diced
2 Tbsp. chicken broth
2 tsp. dried parsley flakes
1/2 tsp. ground nutmeg
Salt and pepper, to taste
12 sheets Filo dough, thawed

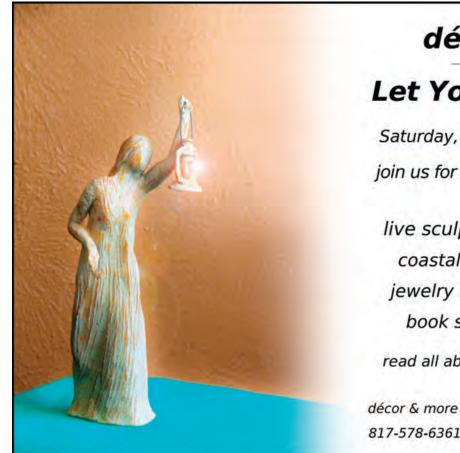
I egg, beaten

Béchamel sauce:

- 2 Tbsp. butter
- 2 Tbsp. flour 1/4 tsp. salt
- 1 1/4 cups chicken broth
- 2 egg yolks, beaten
- 4 tsp. lemon juice
- **I.** In skillet, melt 1 Tbsp. butter and cook onion and celery until tender, but not brown.
- **2.** Stir in chicken and chicken broth; cook uncovered until broth is absorbed. Add seasonings.
- **3.** Remove from heat; stir in beaten egg. Set mixture aside.
- **4.** To prepare the béchamel sauce: melt butter in saucepan; stir in flour and salt. Add broth; continue stirring until bubbly. (Do not allow to scorch.) Blend together egg yolks and lemon juice. Add 1/2 the hot mixture into egg yolks, very slowly, stirring constantly to avoid curdling this mixture. Return egg yolks to remaining hot mixture in saucepan; cook slowly over low heat for about 2 minutes, stirring constantly.
- **5.** To assemble: stack 6 sheets of filo dough, brushing each sheet generously with melted butter. Spoon 1/2 the chicken mixture on nearest end of filo layers, leaving a 1-inch border on all three sides. Wrap nearest side over, to cover chicken filling; fold in the long sides. Starting with folded edge, roll over, jelly-roll style. Place seam side down, in lightly greased, shallow pan. Repeat procedure with remaining filo dough and chicken.
- **6.** Before baking, melt remaining 6 Tbsp. of butter and brush over each roll; score each roll into three portions.
- **7.** Bake at 350 F until crispy, light brown, about 40 minutes.
- **8.** Cut rolls where scored and arrange on a platter of hot, cooked rice.
- **9.** Béchamel sauce may be spooned over each roll before serving, or sauce may be served in a bowl for each individual to spoon over, as they wish.

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





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Saturday, September 7, 11:00 - 2:00 join us for a day of art and inspiration with

live sculpting by Cindy Burden coastal art by Norma Wright jewelry by Brenda Strickland book signing by Dena Dyer

read all about it at www.gbrydecor.com

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