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Dining Deals

Inside!

Trees, Water and a View

At Home With Adam and Judy Adrian

Growing a Winter Garden

Helping You Thrive

In the Kitchen With Bob King

Saving the Innocent

Kaleigh Greer and her animal-loving colleagues serve Hood County's entire population



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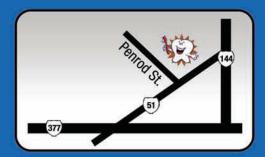
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On The Cover



Hood County Animal Control officers like Kaleigh Greer protect animals and humans.

Photo by Vanessa Polozola.

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Editor's Note

Hello, Friends!

This community is in full swing this month. From anniversary parties to celebrations of life — plus fundraisers galore — we have no shortage of meaningful events to attend.

Time well spent certainly builds a stronger Granbury, whether you have money to add to the mix or not. All of this month's special gatherings required volunteers to make

them happen. And all of those volunteers are richer for their investments. I know. When I was younger, my focus was on figuring out how to do a good job for my employer and how to spend the money they paid me on fun, fun and more fun. It wasn't until I noticed how illusory fun was that my heart displayed a need to help others. I began placing more emphasis on making positive connections. This led to opportunities to serve. Now, I can't get enough!

May your cup, too, overflow with blessings!

Melissa

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







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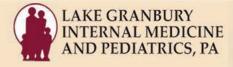
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— By Melissa Rawlins

Seven years ago, Kaleigh Greer graduated high school and began working for Hood County Sheriff's Office. She spent two-and-a-half years working for the department as a jailer. During that time, she developed discernment about people. Since switching to being an animal control officer, four-and-a-half years ago, she's learned to respect animals more than ever. There are times she thinks about going to college, but the benefits of working here with a family of animal-loving officers, volunteers and deputies keeps her loyal to this job. "And I love all my animals, even if they are repeat offenders!"

When her personal truck was brand-new, she picked up one of those canines for whom she'd often stopped.

This time, he was wet, and he stunk, but her heart went out to this grumpity old dog that had hip problems from falling out of a truck. Despite county leash laws, this dog's favorite spot was standing in the middle of the road. Kaleigh preferred he rode to work with her rather than get run over.



four other ACOs. The only time she

leaves the facility is when someone needs

her help. Then, Sergeant Kelly McNab

Animal Control asking after an emu,

shopping for animal feed,

but a month later, when the ACOs were



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and enforce the humane treatment of the animal population in Hood County. A year ago, they built a stateof-the-art facility with almost 8,590 square feet and a total of 123 kennels, and here they work to control the pet population through a cooperative effort with the community. Dedicated to rabies eradication and reducing animal euthanasia, Hood County Animal Control

Her team's mission is to promote



the owner was at the feed store. "They said it had wandered up to their place 15 vears earlier."

No animal could live that long at Hood County Animal Control. One of Kaleigh's necessary but unpleasant duties is euthanizing. "However, we try our hardest to find foster parents or rescue groups, or we adopt them out," she said, recalling their hard-won success adopting out Little Connor. "The deputy called us out in the middle of a thunderstorm," Kaleigh said. "The dog was petrified, a matted, scared terrier-looking thing." She threw her jacket over him, picked him up and tried to avoid getting bit until she could get him to the facility. "We finally cut out the matts, which were pulling his skin and causing him pain. After the grooming, he was a different dog," she added.

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is always looking for hardworking volunteers who will walk the dogs, play with the animals, clean and maintain the facility and participate in off-site adoption days.

There is a special room here where families can spend time with the animal they are thinking of adopting. "Not a lot of people knew where we were at the old facility, and they wouldn't come look," said Kaleigh, whose favorite part of her job is reuniting the dogs with the owners or the adopters.

Kaleigh has personally fostered for several rescue groups, and her love for animals began during childhood. "I've been exposed to horses all my life. I used to help my mom and one of her friends round up sheep, goats and cows, and



I showed goats when I was younger," Kaleigh said. She's always had a dog and a cat. Since working with Hood County Animal Shelter, she has taken home two dogs, a donkey, a horse and a cat.

She got Jasper the horse when he was skin and bones. "A lady said it wasn't hers but had just showed up. Turned out he was a stud horse, and we got him fat and happy," Kaleigh said. After Jasper pawed her, leaving a big bruise, she rehomed the 3-year-old stud colt. "My neighbors had three young children, and I wasn't going to take the chance."





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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Jenny, the donkey, was found out on Massey Road. Nobody ever claimed her, and after Kaleigh took her, she discovered Jenny's uselessness as a protector. "The donkey wasn't really a donkey," Kaleigh laughed. "She'd stand within 5 feet of a coyote and not do a thing." Using Facebook, Kaleigh found another home for Jenny with another donkey named Jenny, who needed a companion.

Now living in an apartment, Kaleigh still cares for her two dogs. Remi is some kind of Heeler mix and Darcy is a Lab-Shih Tzu mix. "They are my babies," said Kaleigh, who spends much of her waking leisure time trolling Facebook for people posting that they've lost an animal. She has reunited a lot of owners with their fur babies after posting: "Your dog's at Animal Control. Contact them!" For Kaleigh, saving the innocent is more than a day's work. It's a way of life. NOW









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indeed, for sale and purchased the 11.4 acres where their house now resides. "We didn't know we had a view because of the thick trees," she said. When leaves dropped in the fall, they realized their land included everything they wanted. Trees, water and a view — they were happy. Even though a tornado in 2015 took out 10 large pecan trees, some more than 150 years old, the spectacular view remains.

Judy chose five floorplans from the builder, took bits from each, and tweaked the plan to achieve her own unique design. Throughout the home, her creativity flows with touches of the nature they both love.

The front of the house features multiple archways. Within the stone/brick

walls, she had bricklayers embed four crosses. Large lamppost lights hang on each side of the entry, and giant pots of flowers add color. Judy narrowed down choices for the brick, stone and trim, all of which Adam liked.

They chose dark hardwood floors throughout the house and shades of natural tones mixed with plum and grape motifs. Soft corners, arches and tall ceilings were used to create a subtle softness among the wildlife pictures and decor.

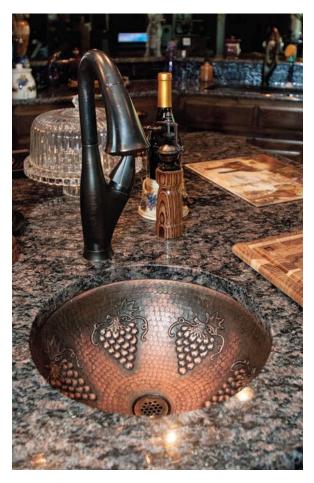
A distinctive vintage gyro fan hangs from the ceiling, producing an eyecatching hint of a home unlike others. Vintage-style, wall-mounted oscillating fans help keep the house cool on the hottest Texas days.



A corner fireplace with a rounded hearth complements built-in shelves beside it. Large windows at the back open up to the fabulous outdoors. The open concept extends to the dining room and kitchen, where a wraparound bar allows guests to visit with Judy while she cooks. The kitchen itself has unique features with a massive island, including the small, copper sink with grape motifs. The same design graces the wooden vent hood and appears throughout the room. "This is where I spend most of my time," Judy said. Off the kitchen, an oversized butler pantry provides ample utility space for cooking. A small oval window allows natural light to brighten the area.

In the entrance, the living room and master bedroom, hidden rope lighting in







Adam and Judy like nothing more than sitting outside to enjoy the view.



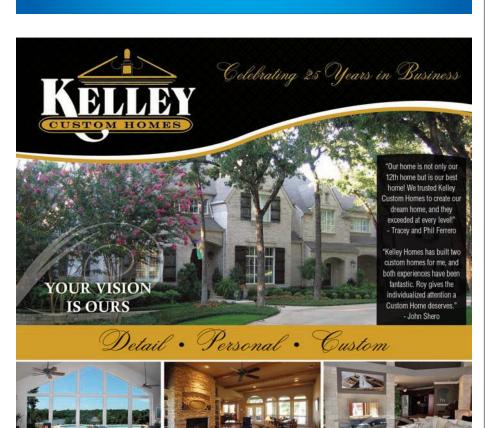




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the ceiling provides a soft glow that doesn't disturb sleep while preventing stumbling in the dark. The bedroom contains a unique color also present in the entry. Chocolate raspberry with pearl plum on top and a trowel texture give the walls a different look than the rest of the house. Intricate carving in the furniture gives the room a sweet sophistication. Above the bed, a cross with wings decorates the wall. "I never considered myself a person who collects crosses, but I kept running across them and thought, *Beautiful*. I am a Christian and believe in Christ," she said.

The three bathrooms in the house all have natural stone tile. In the master bathroom, a two-person tub sits directly beneath the two-person glass shower. The natural stone flooring in the shower massages feet while standing on it, one of Judy's favorite features. She chose glass sinks for both the master and pool baths, copper sinks for the guest bath and the kitchen island and a brown composite granite sink for the main kitchen.

The doorway from the kitchen is always open to the home office, which features two small, cathedral-style windows. "I didn't want to block the way to the coffee maker," she said with a smile. She does bookkeeping and runs her new business, Cook & Carriage, from this one room.

In the office, living room, guest bedroom and area outside of the pool bathroom, Judy displays pictures of both of their families. Judy has a very strong relationship with her son, Wesley. Many other photos feature motorcycle rides the couple has taken together.



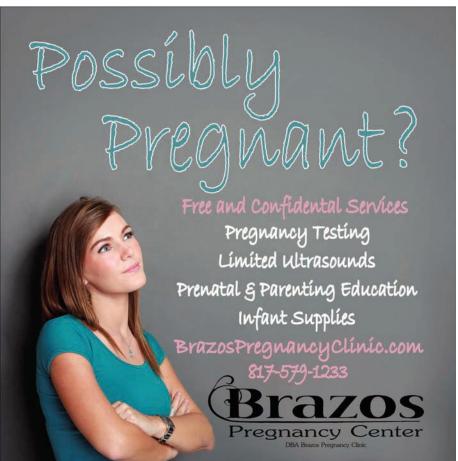
The Adrians love being outdoors, and have designed their backyard and pool to reflect that. The pool and hot tub incorporate natural stone with waterfalls spilling down the entire length of one end of the pool, and a swim-up bar creates the perfect place to sit at the end of a long workday. A tanning ledge, especially enjoyed by Judy, can be found at the other end of the pool. The sunken outdoor kitchen features a built-in ice chest, sink, grill, cabinets and drawers. Adam's favorite place is sitting at the bar enjoying a cold one, while Judy grills steaks and veggies.

On the patio, they included an outdoor fireplace. Decorated with flowers in the summertime, they light it up during cooler weather and spend hours sitting outside enjoying each other's company in the great outdoors. Judy hosts girls' weekends often, and they have other friends who come to visit. With outdoor ceiling fans, their backyard is very much the couple's favorite place of the house.

In the trees, tiny chairs give squirrels a place to munch corn. Bird feeders invite feathered friends to serenade against the backdrop of wind chimes and falling water.

A steep drop-off lines their yard. The bulk of their property lies beside their house, ending in the middle of the tree-lined creek. They purposely chose the location of the pool for additional privacy. The lower acreage has a picnic table that Adam and his brother built.

Adam and Judy like nothing more than sitting outside to enjoy the view. In their comfortable atmosphere, they watch the sun drop behind thick trees, creating a view more beautiful than they imagined.









As September nights start to take on that "fall's coming soon" feeling, gardeners might consider their hard work to be over for the year, except for harvesting the last of the summer's bounty. While letting the soil rest after the first frost and throughout the winter months is a choice, gardeners this far south can enjoy planting cold-weather vegetables and herbs, which can't be grown during the hot, late springtime and even hotter summers. September is decision-making time.

Should you start closing down gardening for the year or start thinking green for winter and enjoy growing food for the table well into the coming year?

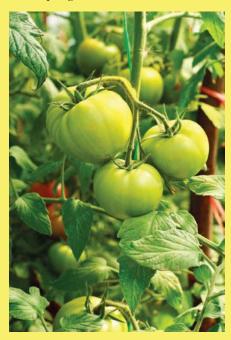
Take a Break, But First ...

Fall and winter crops have a better flavor, since they are not under the stress of the summer sun. Fewer insects and diseases also help their growth. Those second plantings of tomatoes in August are going to taste great in November. Keep on a regular watering and feeding schedule and enjoy the bounty of

vegetables that results from cooler fall days and nights.

With the approach of the first predicted frost, protect container-grown plants by covering them or storing them temporarily in a protected place. Veggies from your last harvest can ripen when set on paper towels in window sills or, in the case of green tomatoes, enjoy using them in chow-chow (relish) or fried green tomato recipes.

As plants die during the summer and into the fall, gardens have space to fill. Before retiring a garden space until spring, plant a winter cover crop — rye, wheat, oats, ryegrass, hairy vetch or legumes. Sow between August and mid-October, so the roots will become established before the first freeze. These plants hold in soil and will add organic matter back to the soil when tilled under in the spring.

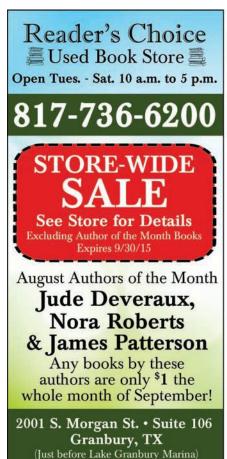


Clean, oil, sharpen and repair garden tools before storing. Follow manufacturers' instructions for storage of all power equipment.

Planning Your Cold-weather Harvest

As the fall nights cool, it's the perfect time to get winter crop seedlings started. Cool winter plant choices center on roots and leafy veggies and herbs: kale, spinach, Brussels sprouts, Swiss chard,







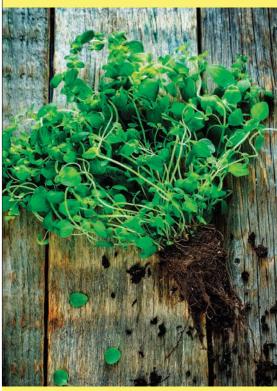












varieties of lettuce, cauliflower, collards, kohlrabi, mustard greens, garlic, radishes, turnip greens, asparagus, English peas, rutabagas, alfalfa (as an herb used in salads, sandwiches and teas), tarragon, beets, leeks and carrots. Rosemary, an evergreen herb, is a wonderful choice. Plant the seeds in starter kits available at local garden centers or directly into tilled gardens or containers.

While rain might be plentiful in the winter, keep a water source handy for occasional dry periods. Plant roots will not freeze as easily if the surrounding ground is watered prior to a freeze. Remember to feed the winter crops every two to four weeks with a well-balanced fertilizer.

If a severe winter is predicted, spend some time this fall by building and/or collecting some season extenders. Repurposed old shower doors and glass window frames along with hay bales for insulation become cold frames. Hotcaps or *cloches* (the French word for bell) are mini greenhouses, which retain the warmth from the sun and protect the plant from being covered in frost. Plastic milk jugs with cut-away bottoms or garage sale plastic punch bowls make great *cloches* to

protect low-growing greens. Another, but more expensive protective solution is to build hooped row tunnels and covers. Detailed instructions, photos and videos for all

of these suggestions can be found on the Internet.

Hot Soups Need Herbs

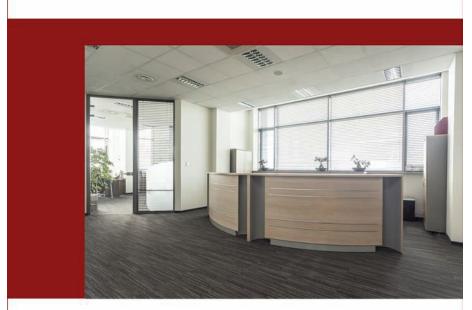
Culinary herbs can be grown in pots that can be easily moved inside when temperatures dip below 40 F, or they can become a true kitchen garden by setting pots on the kitchen counter or in a sunny window sill. Keep the plants watered and use a mister on the leaves to keep them from drying out in the heated house. Turn each plant every day for even











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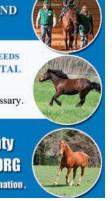
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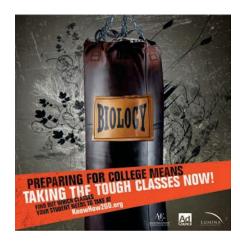


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growth. Once plants reach 4-5 inches in height, cooks can harvest from the top. Herbs that are easy to grow inside include: parsley, rosemary, thyme, chives, marjoram, savory, oregano, sage, basil and scented geraniums. If a kitchen has no space and/or light, a grow light and stand will work in any room.

Planning the Spring Garden

As days get shorter, it's time to think of next spring's garden. What worked well this past season, and what new crop will be included for next year? Did the family enjoy eating fresh veggies? If so, think of adding fruit and nut plant varieties to the garden between December and February, the dormant time span for most fruit and nut plants in Texas. These months are also the time to prune fruit trees that are already a part of your garden plan and to build frames for berries. The most popular fruit and nut varieties — blackberries, blueberries,





figs, grapes, pears, plums, strawberries, native pecans and black walnuts — will be available at local garden centers during these months.

Enjoying the Harvest

Whether the shelves are stocked with canned vegetables or freezers are full of frozen produce, households that grow veggie crops can enjoy great-tasting foods and memories made at many upcoming meals and special occasions. There's also the satisfaction of turning sunny portions of a grass lawn into a productive food source and teaching children to grow what they eat. During the long winter nights there will be plenty of time to dream of the new gardening adventures that await you in the spring. NOW

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Business NOW







Health Nutts

3135 Fall Creek Hwy. Acton, TX 76049 (817) 326-1483 healthnuttsllc@gmail.com Facebook.com/healthnuttsllc

Hours:

Monday-Saturday: 9:00 a.m.-7:00 p.m.



Terry and Deon Vanlandingham, with their son Preston Flurkey, offer proven products to support every aspect of people's health.

Helping You Thrive

Health Nutts knows: You are as important to your health as it is to you!

— By Melissa Rawlins

Convenience is one good reason to shop Health Nutts. On the southern bend in Acton's crossroads, the store offers the highest quality vitamins, herbs, natural foods, essential oils and more.

Excellent service also attracts local health nuts. Owners Terry and Deon Vanlandingham are happy to help. A couple of women who have trouble getting in and out of their car simply park in front of the store, while Terry picks the products they want and delivers their goods to their door.

Knowledge is yet another commodity at Health Nutts, which the couple began operating three years ago, after they married. They attend Stonewater Church where prayer partners prayed for them to launch the health store. "You could call us nuts, because we like to have crazy fun," Terry said. They also like what they learned, as they noticed more and more health food stores popping up. "We were able to do research and see the alternative to medicine was supplements."

Terry and Deon believe it's important to help people understand exactly what is best for their health situation. If a customer does not already know exactly what they need, Deon and Terry research it and offer their findings. Clients can study nutrition and other topics related to their health at a library of resource materials next to Health Nutt's inviting café table.

Earlier this year, the Vanlandinghams went to a health fest in Dallas, gleaning more knowledge from the vendors they buy

Business NOW

from. Last month, they attended the NOW Solutions event in Chicago, delving into the world of essential oils for the care of mind, body and soul. Health Nutts sells diffusers, a selection of 40 different NOW single oils plus six blends, and literature directing you to oils useful for your condition.

"There are a lot of times when people come in here needing help with their bodies and start talking about issues in their lives," Deon said. "We give them encouragement. There have been times we've helped them by praying for them. We help them physically and spiritually, as a whole."

Different departments in the 1,000 square-foot store offer products for women, men, children, dieters and people with issues of the heart, immune system or digestive tract. Carrying high-grade, quality items that have all gone through third-party, laboratory testing, Terry and Deon offer only proven products.

In addition to prepackaged vitamins and herbs, Health Nutts carries fresh produce during spring, summer and fall months. Four local producers provide mostly organic fruits and vegetables. When necessary, the food is picked from the Fort Worth Farmers Market. Organic chicken eggs, from a farm in Acton, are available in the refrigerator. "We have probiotics in a capsule and a yogurt form, and a full line of enzymes to help break down the food," Terry said. "We sell raw, unfiltered honey from a local source for allergy purposes."

If all a person wants is simply a refreshing drink of water, Health Nutts carries Crazy Water. Terry picks up this product from Mineral Wells in two strengths, one for every day use and one for the sports person.

Customers who need sports-related health information can rely on knowledge from Preston Flurkey, Deon and Terry's son who is studying to become a nutritionist. With help from his family, Terry's long-term vision is sure to succeed. Health Nutts will flourish in the community as they help Granbury thrive.











Around Town NOW



Stephen Lipset takes his 1938 Chevy two-door sedan for a spin to Auto Zone.



Amy Satori, center, and Mary Mullins, right, take a break with Juju to Go owner Charlotte Bennett.



Friends and Lady Pirates Soccer teammates Marissa Baird and Lauren Wood meet up for lunch at Pastafina.



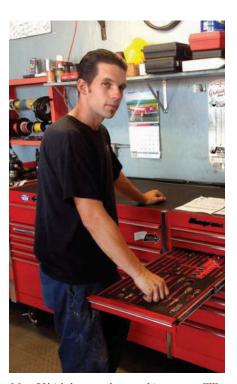
The Davis family enjoys a hot summer day at DeCordova Bend Park.



Wayne and Donna Morse were some of the first customers at the new Palios Pizza.



Calvin Titus gives Chris Reinke a demonstration of a Hobie kayak in an over-full Lake Granbury.



Matt Ulrich keeps a clean working area at TDs Transmissions.



Jamie Gentry, new to town, buys supplies for her found-object art.



Rylan Hadaway and his mother, Jordan, entertain themselves with the kittens for adoption at Petsense.



The Peacock girls and the Asante-Wiredu girls enjoy breakfast at Paradise Cafe.

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Arts and Entertainment

San Jose's arts scene offers galleries and performing arts groups, including Broadway San Jose, Opera San Jose, Symphony San Jose and Ballet San Jose. Off the stage, encounter galleries along the SoFA District's eclectic urban strip. San Jose's visual arts and entertainment district is home to: Anno Domini, MACLA, the San Jose Museum of Quilts and Textiles and the San Jose Institute of Contemporary Art.

Family Fun

Families will find an abundance of activities in San Jose. More than 140 animals reside in Happy Hollow Park and Zoo's 16 acres. While 350,000 gallons flow in the Wave Pool at Raging Waters, an earthquake shakes the grounds of The Tech Museum of Innovation.

Take a trip to the Winchester Mystery House. Tour the Victorian mansion of Winchester rifle heiress Sarah Winchester and discover a maze of architecture. Many visitors claim to have paranormal experiences, so stay alert for Ms. Winchester within the mansion walls!

Outdoor Adventures and Wine Tasting

San Jose holds over 55 miles of hiking and biking trails. Journey through

redwood groves at Big Basin Redwoods State Park, bike to the top of Mount Hamilton or walk through the Los Gatos Creek Trail, highlighting Los Gatos, Campbell and San Jose. Due to its climate, the Santa Cruz Mountain wine appellation contains over 200 vintners in one of California's oldest wine regions.

Shopping, Dining and Nightlife

Grab dinner at San Pedro Square Market on an outdoor patio, and choose a cuisine that suits your mood from Canadian-American to Asia Pacific influences. San Jose's Santana Row contains a European-inspired village known for shopping, nightlife and spas, and enjoy al fresco dining options from French, Californian or Mexican cuisine.

Visit Japanese stores and modern boutique shops in one of three remaining historical Japantowns in the U.S. and enjoy authentic Japanese cuisine. Stroll through Little Italy's restored Victorian homes occupied by ristorantes. Also Little Saigon, containing the largest Vietnamese population outside Vietnam, offers Vietnamese shops and cuisine.

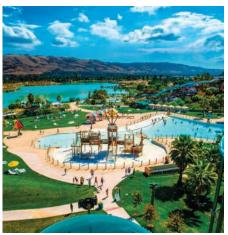
Sports Scene

Stadiums have recently sprouted in the South Bay, making sports a year-round recreation. In spring and summer, catch the San Jose Giants minor league baseball team at Municipal Stadium. The San Jose Earthquakes soccer team kicked-off their campaign at Avaya Stadium, with North America's largest outdoor bar.

In fall and winter, the San Jose Sharks hockey team competes at SAP Center, and in neighboring Santa Clara, the San Francisco 49ers toss around the pigskin in their new digs at Levi's Stadium, home to Super Bowl 50. **NOW**

By Kyle Schatzel. Photos courtesy of Team San Jose. For more information, visit www.sanjose.org.











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Allergy Triggers

— By Betty Tryon, BSN

Achoo! It isn't springtime, but your constant sneezing and runny nose make a box of tissues your best friend. During the spring, allergies are expected and have become almost a rite of passage through the season, for some people. However, fall allergies come as a surprise to many. These allergies are called seasonal because the allergens are present in sufficient quantities during specific times of the year. Perennial allergens are located in the atmosphere year-round. The symptoms, in addition to sneezing and a runny nose, can include watery eyes, an itchy nose and itchy throat and eyes. They all appear as early as August and last through October.

There are several causes or triggers for the onset of allergic symptoms. Ragweed is the most common. Ragweed can be found almost anywhere, but particularly in the Eastern and Midwestern part of the United States. The pollen released from the blooming plant is a fine powder that has been detected up to 400 miles out to sea!

Another contributor to fall allergies is mold. Mold is a fungus that thrives in moist areas and is virtually everywhere. Its spores are small, light and easily airborne. Mold is not only found in damp areas in your bathroom, under sink areas prone to leakage and basements but outdoors in compost heaps, under leaves and in the soil. It has an earthy smell and a fuzzy appearance. Check ceilings and floors where

there are water stains, look for the source and correct it.

If you are allergic to cedar and live in Central Texas, most people can expect some allergy problems. The trees are quite numerous in this region. The heaviest times of pollination will occur in the months of December, January and February.

The best way to escape the plague of being an allergy sufferer is to avoid its triggers, if at all possible. Practical suggestions would be to keep your home as dust-free as possible. Before you turn on your heating system for the year, clean your vents and use a high-efficiency particulate air filter known as a HEPA filter. Use air conditioning in your home and car to avoid the offending pollen. Shower and change your clothes when coming in from outside. Wear masks with yard work. Some of the remedies, such as antihistamines, decongestants, cough medications and nasal sprays found over-the-counter, may or may not be advisable for you. Check with your doctor if your symptoms do not decrease. You may need allergy shots or prescription medication. There are ways to lessen your misery, but you may need help.

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



Through September 27

On Golden Pond: Fridays and Saturdays, 7:30 p.m.; Saturdays, 3:30 p.m.; Sundays, 2:00 p.m., Granbury Opera House, 133 E. Pearl St. Presented by Granbury Theatre Company. \$25 adults; \$22 seniors or students; \$20 children. Box Office: (817) 579-0952. www.granturytheatrecompany.org.

September 3

Lake Granbury Newcomers Club luncheon: 11:00 a.m.-1:00 p.m., Pecan Plantation Country Club. For this Birthday Bash, please bring a wrapped \$5 gift. Visit www.granburnynewcomers.org for reservation information. Call Pat Hendricks, (817) 579-2637, with questions about Newcomers.

September 5

Guided Bird Walk: 7:00-9:30 a.m., Acton Nature Center, 6900 Smoky Hill Ct. Free! Bring binoculars and learn about birds with Dr. Billy Teels. Now retired after serving over 30 years as a biologist with the USDA, Natural Resources Conservation Service in several states, Dr. Teels loves to answer questions from young and old alike. www.actonnaturecenter.org.

September 5, 19

Big City Music Revue: 3:00-5:00 p.m.; 7:00-9:00 p.m., Granbury Live Theatre, 114 N. Crockett St. The Beat Goes On...Returns. \$22 seniors and military; \$25 adults; \$15 children under 13. Call (855) 823-5550 to RSVP.

September 5 —7

Warriors For Christ Biker Bash: 9:00 a.m.-8:00 p.m., Historic Granbury Square, 100 E. Pearl St. Celebrate Labor Day with live music, vendors, raffles, bike show, scenic rides and more, all to support the efforts of Warriors For Christ Biker Fellowship. Call (817) 964-5491.

September 8

Salvation Army Women's Service League of Hood County meeting: 10:00 a.m.-1:00 p.m., Bentwater Activity Center, 1800 W. Emerald Bend Ct. Come see how we are serving our community! **Social**, 10:00 a.m.; **meeting**, 10:30-11:30 a.m.; optional luncheon after the meeting. For information about SAWSL's new season, please call Donna, (817) 326-5788, or Anita, (210) 364-6668.

September 11

Art for Autism: 6:30-9:00 p.m., Barking Rocks Winery. Enjoy some wine, and learn to paint in a party atmosphere. Proceeds got to support Lake Pointe Academy. \$40 per painter. Call (817) 964-6929 for reservations.

September 11, 25

Music, Massage and Merlot: 6:30-11:00 p.m.,

D'Vine Wine, 107 E. Bridge St. Enjoy \$1/minute massage plus great music. (817) 573-7200.

September 12

Swingin' For the Cure Co-Ed Softball Tournament: 9:00 a.m.-9:00 p.m., Granbury City Park. Support the American Cancer Society's Relay for Life of Hood County and play in two divisions, recreational and competitive. Males and females, 18 and up. Contact Ashley McBride, (817) 570-0627.

Community Appreciation Day: 10:00 a.m.-1:00 p.m., Hewlett Park. For more information, contact Sgt. Cris Brichetto at (817) 573-2648 or cbrichetto@granbury.org.

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

September 18

Granbury Chamber Luncheon: 11:30 a.m.-1:00 p.m., Pecan Plantation Country Club. Meet State Representative Jim Keffer, sponsors PlainsCapital Bank and others working to build the community. \$15. Call (817) 573-1622.

Life With Laughter Gala: 5:30-10:00 p.m., Granbury Resort and Conference Center. Brazos Pregnancy Center hosts Dr. Robert Jeffress, Pastor of First Baptist Church in Dallas, along with everyone who comes out to support the mission of BPC. \$15. Call (817) 308-7427.

September 19

Party on the Peak: 5:00-10:00 p.m., Comanche Peak. Ken Hill Sr. and Preserve Granbury produce a fabulous experience including panoramic views of the North Texas prairie, cocktails, entertainment, Chuck wagon cooking and dancing under the stars. For information about the unique art, instruments and firearms to be auctioned, visit www.preservegranbury.org.

September 22

Fiddling for Funds Fur Friends: 6:00-8:00 p.m., Granbury Town Hall, 220 N. Travis St. Senior Care of Harbor Lakes, Renew Home Health and Waterview invite you to support Second Chance Farm while enjoying a buffet dinner catered by Babe's Chicken Dinner House and music by Mike and Alicia Echols, the Blue-Eyed Fiddler and his wife. Tickets \$25. (817) 408-3800.

September 23

Health Clinic: 3:30-6:30 p.m., Granbury First United Methodist Church, 301 Loop 567. A

Walgreen's pharmacist will administer flu shots, pneumonia shots, shingles shots and Tdap (whooping cough) shots to anyone over 9 years of age. Medicare, Medicaid, most major insurance and check or cash will be accepted. No appointment necessary. Call (817) 573-5573.

September 24, 25

Carnival Americana: 4:00 p.m.-midnight, Reunion Grounds. Come enjoy amusement rides, games, concessions and food. For information, call (682) 936-4550 or visit www.granburysquare.com.

September 25

Pecan Plantation Art Guild's 4th Annual Gallery Night: 4:00 p.m.-9:00 p.m., Pecan Plantation Country Club. Free tour of five gallery homes begins at the Clubhouse, where attendees will register and receive catalogs, maps to galleries and wine tickets, and may also purchase raffle tickets for valuable prizes. All exhibiting artists will be docents, while five nationally recognized guest artists demonstrating: Olivette Hubler, Cynthia James, David Prescott, James Spurlock, Kathy Tate. Contact Kathleen Bales, (817) 279-8851.

September 26

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. Visit these locations: Artefactz, Langdon Center Art Gallery, Your Private Collection, Lake Granbury Art Association Shanley House Art Gallery, Uptown Arts (inside The Bridge), and participating shops such as D'Vine Wine, Spellbound. Artists on hand, some giving demonstrations, while you enjoy hors d'oeuvres, wine and music. Contact (817) 573-9446.

September 27

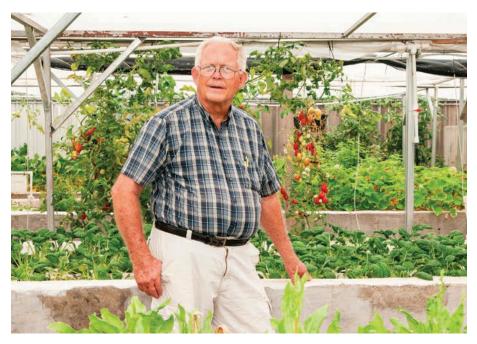
Some Enchanted Evening Gala: 5:30-11:00 p.m., 205 S. Caddo St., Cleburne. The Brazos Chamber Orchestra hosts this night of beautiful music, plated dinner and dessert along with a silent auction. Tickets \$75. (817) 645-8067.

October 10

Pete's Dueling Pianos: 6:30 p.m., Reunion Grounds. The United Way of Hood County hosts this special fundraiser supporting many charities. Enjoy auctions, raffles, dinner and a great time. Tickets \$50. (817) 579-5100.

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

Cooking NOW



In the Kitchen With Bob King

— By Melissa Rawlins

Growing up in Irving, Bob King always enjoyed visiting his grandparents in Lipan. "Me and Uncle Burl, who was basically the same age as I, used to go fishing on Kickapoo Creek in Lipan, and catch small brim," Bob said. "We cooked our own brim until they were crisp." Years later, Bob and his wife, Margaret, moved here so they could live on the Brazos River. They sell furniture at Mark's Country Store, and recently, Bob has started growing tilapia, catfish and greens of all kinds in a garden behind the store. He gets much more success out of growing the fish than fishing the river, and enjoys preparing healthy steamed vegetables, salads and fish tacos from the good stuff he grows aquaponically.

Fried Shrimp

I-2 lbs. shrimp
2 cups buttermilk
2 Tbsp. Worcestershire sauce
2 eggs, beaten
2 cups corn meal
I/2 cup flour
Peanut oil, for frying

- **1.** Clean, devein and butterfly the shrimp.
- **2.** Mix the next three ingredients well; coat shrimp with the mixture.
- **3.** Mix the corn meal and flour in a large Ziploc bag.
- 4. Preheat peanut oil to 375 F.
- **5.** Put wet shrimp individually into the Ziploc bag, close tightly, shake to coat shrimp and quickly remove.
- **6.** Fry the shrimp in the peanut oil until the shrimp floats longer than 30 seconds.

7. Remove from oil, drip dry on paper towels and keep warm until all are cooked. Serve immediately.

Fish Tacos

Makes 8 tacos.

Salad:

- 4 leaves romaine lettuce
- 6 leaves lemon sorrel
- 4 leaves Swiss chard
- 1 bunch watercress
- 4 leaves butter lettuce
- I bunch cilantro

Fish:

I lb. catfish, perch or tilapia fillets

1/4 cup olive oil

1/4 cup water

I tsp. garlic salt

1 Tbsp. Jamaican Jerk seasoning

Tbsp. Louisiana Cajun seasoning
 tsp. cumin
 corn or flour tortillas
 stick butter
 cup tomato-based salad dressing
 cup cheddar cheese, grated

- **1.** For salad: Wash and dry salad greens. Finely tear greens into small pieces and, with hands, toss them together in a large bowl. Set aside.
- **2.** For fish: Place fish fillets in a skillet at 325 F. Add olive oil, 1 Tbsp. at a time, until fillets are moist; add water in the same manner. Cook until fish crumbles. Stir in seasonings, adding more to suit your taste.
- **3.** Heat tortillas with butter in a skillet.
- **4.** Add 1/8-lb. fish to each tortilla. Garnish generously with salad.
- **5.** Add a tomato-based dressing to enhance the flavor, and top with grated cheese.

Fish Cakes

4 eggs, beaten (divided use)

2 cups fish fillets, cooked and flaked

I cup corn flake crumbs

1/2 cup green onions, sliced

1 Tbsp. Worcestershire sauce

1/4 tsp. salt

1/4 tsp. pepper

4 chicken or beef bouillon cubes

1 tsp. lemon juice

2 cups breadcrumbs

2 cups vegetable oil

- **I.** In a large bowl, combine 2 beaten eggs with all remaining ingredients, except breadcrumbs and oil. Mix well.
- **2.** Divide into six equal portions, shaping into 3/4-inch patties.
- **3.** Dip patties into 2 additional beaten eggs, and then dredge in a shallow bowl of breadcrumbs.
- **4.** Heat vegetable oil to medium in a 10-inch skillet. Fry patties in oil for 2 to 4 minutes on each side, until golden brown.
- **5.** Drain on paper towels and serve with lemon slices, tartar sauce or cocktail sauce.

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



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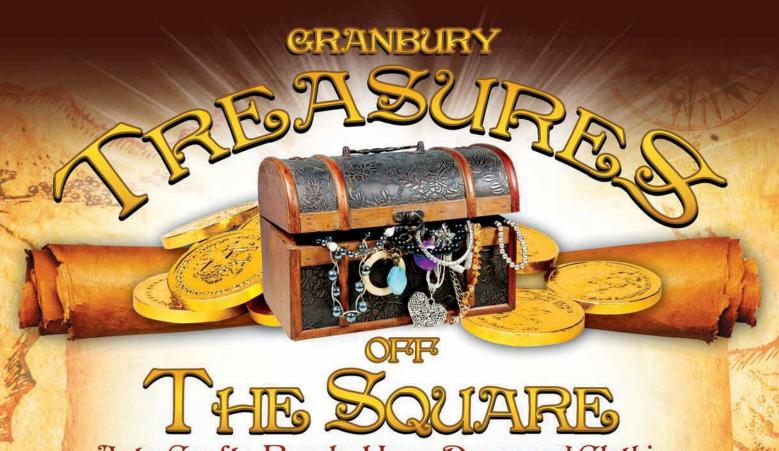
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