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M A G A Z I N E

JANUARY 2019

Heart of Wood

Jerry Barnard brings scrap pieces to life with an artistic flair

In the Kitchen With
Linda Terrell

Also inside:

Kids' Fun Pages

Crossword/Sudoku

Featured Business: Family
Foot Care

Healthy Balancing

Kelli Brown serves as an
AgriLife Extension agent
in Hood County

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CONTENTS

6 HEART OF WOOD

Leftover lumber and fallen trees become unique art in Jerry Barnard's hands.

10 HEALTHY BALANCING

From cooking to leadership, Kelli Brown works with adults and students.

14 FEATURED BUSINESS: Family Foot Care



16 Around TownNOW

18 CookingNOW

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ON THE COVER

Jerry Barnard enjoys making beautiful art with wood.

Photo by
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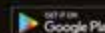


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EDITOR'S NOTE



Lisa

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GranburyNOW Editor
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Happy 2019, Granbury!

Is the beginning of a New Year daunting or exciting for you? Perhaps, like me, 2019 holds a little of both. Regret over what I didn't finish in 2018 bothers me, but at the same time, I'm thrilled for a new chance. What is it about the start of a new year that infuses me with hope to accomplish more? Perhaps it is the whole idea of "new."

I don't make resolutions — they are too easily broken and forgotten within days of January 1. I do like to set goals for myself. Maybe I have too much of the old corporate ways left in me, but SMART goals make sense — specific, measureable, achievable, relevant and time-bound goals help me stay on target. I have to be careful about honest expectations, though. I can get a little too aggressive with all I hope to accomplish. And, honestly, sometimes life derails the best-laid plans.

The biggest question remains. What are my goals for this coming year? Are they the same ones I didn't achieve last year, and should they be? Sometimes, life deters our goals, but revisiting them might lead us to let go of one or two. Maybe they are no longer important, but they might be timelier than ever.

Either way, let me encourage you to face this year with enthusiasm. Whether you want to lose weight (who doesn't?) or accomplish something huge, this is your year. Go after the things most important to you.

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Like many young boys, Jerry Barnard started making things with wood when he was about 12 years old. "I liked the way I could shape things," he said. His very first project was a slide for his Boy Scout neckerchief. He used a pocket knife to carve it.

Although he made a few things over the years, it was when he retired in 2011 that he really got busy and creative. "I've been blessed twice in life," Jerry said. He was married for 25 years to his first wife. Her walking stick inspired him to make more wooden objects, even though he doesn't do much carving.

He met Jean Ann and married her in 2003. They both lost their spouses in 2001. She encourages his woodworking and enjoys displaying it in their home. "She probably wouldn't have let me retire if I didn't have my woodworking," he said with a chuckle. The two love traveling. When they go anywhere with their fifth wheel, they keep their eyes open for interesting pieces of nature. Roots and limbs from trees become unique pieces of art when he's finished with them.

Sometimes, Jerry sees a project in his head, and then he can't forget about it until he makes the piece. When he gets stuck during the process, he may wake up in the middle of the night with the solution. "I ask

HEART *of* WOOD

— By Lisa Bell

God to help me work it out,” he admitted. “And I always get an answer.”

In Chama, New Mexico, they went to a craft show, where he got the idea to make a candelabra from a tree root. “I love going to craft shows,” he said. “I get lots of ideas from them.” Later, while camping in Ruidoso, they saw an uprooted tree and asked if they could have some of it. Given permission to take as much as he wanted, Jerry brought it home, cleaned it up and went to work making a beautiful piece that now sits on a glass-topped table, which he also made using a tree as the base.

Most of his works start with scraps of wood. In fact, when he sees a new home under construction in his neighborhood, he’ll ask for any scraps they have and plan to discard. When



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someone buys the home, Jerry is able to present them with a handmade bowl made from the lumber used to frame their house. He creates wooden bowls frequently, and they take about three days to complete.

One of his bowls is heart-shaped, a gift he made for his wife and completed with a sentiment carved into the bottom. He saw a similar bowl in a rustic furniture store, but it was very expensive. "I thought, *I can make that*," he said. So, he did.

Jerry has many pieces of furniture and decorative items he takes a lot of pride in having created, such as the master bedroom set. A bench he made sits at the end of the bed. Underneath a pool table, a large truck is another project he enjoyed doing. One truck he made reminds him of his father, who was a Borden milk distributor. Jerry took over the distributorship and kept it until 1990. Then he went to work for Stanley Tools, eventually transferring to Dallas. In May 2008, he moved to Granbury with his wife. Jerry has two brothers in the area, but he also likes the people in the community.

Hands down, his favorite project sits on a rail near the top of one room. Sporting several cars, the train was truly one of the hardest, yet most rewarding, projects he ever made. He actually purchased his first wood lathe to make it. Although he upgraded to a newer, better lathe, he still loves the train.

Perhaps one of the most unique things about Jerry is that he seldom sells his art. Over the years, he's made and given away many scrollwork clocks. He might sell a few to earn money for

Christmas presents, but many times, he uses what he makes as gifts. Still close to his brothers, Jerry has nieces and nephews, along with two kids and five grandsons. It isn't unusual for friends and family to receive gifts created by his loving hands.

While some ideas come from craft shows and various shops, Jerry also gets a lot of ideas from woodworking magazines or from watching the television show, *New Yankee Workshop*. His trucks and the prized train came out of *Scroller Magazine*. He prefers working most with cedar and oak. They are the prettiest, although cedar is a softer wood and oak quite hard. Although he likes redwood, as well, it is expensive, and he doesn't see it often. He also stated that mesquite is easy to work with when green, but when dried in a kiln, it can cause a lot of problems.



Still, any wood can be dangerous if not secure on the lathe. He once had a block of cedar break and fly off, becoming a projectile. It hit the ceiling and a toolbox. Fortunately, Jerry wasn't hurt, but it gave him a new level of respect and caution for the tools he uses.

Jerry enjoys giving away the art he produces. "I just like playing with wood and working for God," he said. In October 2017, Jerry went on a mission trip to Juárez, Mexico, where they replaced roofs. "There's great people there. They have a heart of gold, like family," he shared. Sometimes, people want to pay Jerry for his art. Instead, he asks them to donate that money to the Paluxy Baptist Association to help pay for trips like the one he took to Juárez.

With an eye always open for free wood, Jerry gets to craft something amazing without spending too much money. And that allows him to give away most of what he makes. He plans to keep working with wood for as long as he can. **NOW**



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HEALTHY BALANC

Growing up in West Texas, Kelli Brown had a mom who guided and encouraged her as a part of 4-H. With a master's in hospitality and retail management, Kelli came to Granbury two years ago when she became the Family and Community Health AgriLife Extension Agent for Hood County. She thought working with data would be fun, but she loves working with people most. Her job allows her to teach the importance of family, which is something she learned growing up. She also gets to share knowledge that helps those in the community lead a healthier lifestyle.

Kelli works with students through the 4-H program, but her job doesn't stop there. She also travels to different schools, a welcome way to present or reinforce many concepts. As a resource for volunteers who lead 4-H groups, Kelli also shares knowledge on various subjects. Leadership is a big part of working with students, so she does her best to lead by example. While she may help coordinate and provide materials and direction for a class, she doesn't always teach every time. For example, at the Balance Food and Play during the after-school program, she provided training, teaching aids and curriculum, but the teachers provided the instruction. However, during a recent three-week cooking class taught at the Forward Training Center, Kelli was the primary instructor. She plans on a repeat of this class in February, and perhaps at other times during the year.

When putting together a Healthy Dinner Tonight event, Kelli brings together other agents from surrounding counties and local volunteers to make the evening fun and diverse. "We just won an award," she shared proudly.

A big part of Kelli's job includes education,



I N G

— By Lisa Bell

not only for younger community members, but also for adults. "I'm here as a resource to the community," she said. She enjoys speaking to area groups on subjects that help improve life. She may visit a diabetes support group to talk more about how they can take an active role in controlling blood sugar levels. The group members can ask questions and clarify myths they have heard from others. With so much information available, sometimes Kelli must help people sort out truth.

Out of 254 counties in Texas, 250 have extension agents like Kelli. A unique position, she works for both the county and the state. Agents in neighboring communities often join efforts to bring great programs to communities.

While they are perhaps best known for 4-H programs, Kelli is quick to point out 4-H has many components. From STEM-related events to family units and health, she hopes to involve the entire community. 4-H programs include





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animals and cooking, but they also focus on fashions, housing/interior design and more. Currently, Hood County does not have a robotics program because no one has stepped up to take a leadership role. Community involvement helps with teaching students and scholarships. Any senior involved with 4-H can apply for a college scholarship. If interviewed, they typically receive at least \$1,000 but can earn up to \$20,000. The programs also develop speaking skills and teamwork.

One thing Kelli likes teaching students is how to help make healthy meals at home with their parents, even when they are young. She also shows them the cost of a meal at home compared to fast food, a good lesson for anyone. Financial health is part of her lessons, as well as remaining active. "Health is so much more than exercise and what you eat," she shared. After teaching fifth-grade students, she guides them to teach younger kids, helping develop leadership abilities and social skills.

For adults, Kelli works with different groups. One program on the agenda for 2019 is the Step Up and Scale Down program. All AgriLife events are open to the community. Many are free or low-cost, and Kelli encourages participation. Each year, YMCA and other Hood County organizations partner with her to promote AgriLife's program, Walk Across Texas. This fun event encourages teams to walk a total of 843 miles during a specified time period. Last fall, Hood County had eight teams.

One of her fun groups is the Hood County Freezer Club. Anyone can come for a month or every month. For \$40, Kelli provides all materials, ingredients and instructions. The last Thursday of the month, except in December, the

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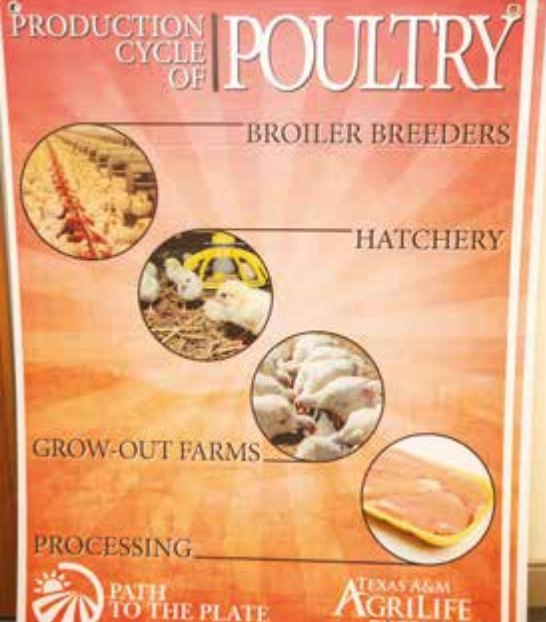
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group comes together for the evening. Each person takes home three freezer-ready meals that will serve five to seven people. Packaged in appropriate containers, this is a good way to make new friends and learn while coming away with prepared meals that can be used later. "Just call the office, email or register through the Hood County Freezer Club Facebook group," Kelli said. "I always try to add an educational component, so attendees can repeat at home."

As laws change for food handling, Kelli stays on top of regulations. Food handling and management classes for restaurant workers and owners, or simply for interested community members, makes up another part of her job. In 2017, the state enacted laws requiring food handlers' certifications. During training, Kelli works with the health department and administers testing for the license. Usually she provides a two-day course. "I like to give people overnight to process all of the information before taking the test," she shared. "It's a lot of information to absorb and then test in the same day." With certification for this training, Kelli is a great resource to the community.

Passionate about her job, Kelli is married to Griffin, a local rancher. He is very supportive and takes care of things when she has to be out in the evenings. She is learning work-life balance herself, something she stresses with others. "The job could take over your life if you let it," she said. But as much as she loves what she does, Kelli leads by example, ensuring she keeps her own life in healthy balance. **NOW**



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BusinessNOW

Family Foot Care

— By Lisa Bell

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In 1992, Dr. Richard Adams opened Family Foot Care. His associate, Dr. Payal Patel joined him in 2017. The doctors care for patients with aid from a seasoned staff of professionals. With a second doctor joining the practice, they have the ability to meet the needs of a growing community.

From children needing pediatric foot care to adults with chronic pain, and everything in between, the practice treats all



types of foot and ankle problems. Even small children can incur injuries, and many children are treated for flat feet. With good medical care in the United States, their practice seldom sees clubfoot like they might in other countries.

Family Foot Care specializes in treatment of heel pain, bunions, ankle sprains and injuries. Diagnostic ultrasound and in-office X-rays assist the doctors with proper diagnosis and a treatment plan. They also see many patients with diabetic foot conditions, athlete's foot, plantar fasciitis, ingrown toenails and more. Taking feet for granted can be one of the worst decisions, while easily treatable issues can become serious when ignored.

"We don't realize how important our feet are until something's wrong," Dr. Patel said. She watched her grandmother suffer from diabetic complications, which led to her desire to help other people. She loves working for Family Foot Care. "The people here are so nice," she said. Her husband is from Texas, and when they moved closer to

his family, she heard Dr. Adams was expanding his practice. She's thrilled to be part of his staff.

At Family Foot Care, they do their best to remain patient-focused and help each one get back on their feet as soon as possible. For them, preventative care is critical. The staff encourages daily stretching, good supportive shoes and compression when needed. "It's part of our job to educate," the doctors said. "We should take care of our feet like we do the rest of our body."

"We don't realize how important our feet are until something's wrong."

Good, supportive shoes are one of the best preventative methods, and also one of the first prescriptions from Dr. Adams and Dr. Patel. A cross-trainer with solid arch support (the shoe shouldn't bend) and a wider toe box is preferable. Dr. Patel recommended buying shoes in the late afternoon when feet tend to be swollen to some degree for everyone. A good fit is critical.

Stiletto heels may look nice, but they are bad for a woman's feet. The ever-popular flip-flop, and really any style without a back strap, creates added pressure on the toes. Over time, these styles can cause numerous problems. If you must wear high heels, opt for a lower block style — no more than 2 1/2- to 3-inch heels — and change into flats for as much of the day as possible. Avoid walking with bare feet. Even indoors, some cushioning helps with foot issues. This is especially true for diabetics, who should also check the bottom of their feet daily. At the end of a long day, a nice soak in Epsom Salt soothes aches.

Dr. Adams and Dr. Patel can help you return to a pain-free, healthy and active lifestyle. Family Foot Care has offices in Granbury and Weatherford. For more information, visit their website or call for an appointment. **NOW**



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Zoomed In: Brent and Kim Holdridge

By Lisa Bell

Brent and Kim Holdridge are in the process of forming a nonprofit organization known as Monarch Ranch, a compassionate care home. At the end of life, most people want to be at home, but many families can't afford around-the-clock care or assisted living.

In this home, two residents at a time can spend final days at no cost. "If someone has money for care, God bless them," Brent said, "but this is another option where there's a need." Brent's dad was the tireless caregiver during Brent's mom's illness. When his dad later had cancer, they were thankful for a home where they could be with him, but where others helped with care. "Now we want to provide a local volunteer-run home for others."



Joyful Sound has a blast singing at the Granbury Newcomers luncheon.



Kelsea Locke, GranburyNow Magazine rep, and her husband enjoy a sunny Saturday in Granbury with their new baby.



Granbury resident, DeAnn, and her family enjoy a beautiful Saturday at Revolver Brewery.



Mrs. Claus smiles as Santa visits with several excited Granbury children.



Acton Middle School theater students give an outstanding performance of the musical, Peter Pan Jr.



Cynthia James shines while teaching jewelry making to Vicki McDaniel.



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CookingNOW

In the Kitchen With

LINDA TERRELL

— By Lindsay L. Allen

Linda Terrell grew up in a close-knit family that always shared Sunday lunch together. With family so close, she had plenty of role models in the kitchen. While many of the dishes she prepares are inherited from her grandmother, mother and aunts, she isn't afraid to try something new.

These days, her new dishes are usually prepared in her Instant Pot, like a Crock-Pot, but without the hours of slow cooking. "I wish someone had invented the Instant Pot when I was still working," she said. "Cooking with it is so easy, simple and *quick!*" She rarely prepares a meal without fajita seasoning, too, using it instead of salt and pepper. She's always anxious to share her new dishes with her neighbors. **NOW**

Instant Pot Risotto

Approximately 2 tsp. olive oil
1 onion, diced
2 Tbsp. garlic, minced
2 cups Arborio rice
4 cups chicken or vegetable stock
1/4 cup red or white wine
2 sprigs fresh thyme
Salt and pepper, to taste
1 Tbsp. butter
1 cup grated Parmesan cheese

- 1.** Turn on the Instant Pot to sauté mode; add oil and heat.
- 2.** Add onion and garlic; sauté until onion is translucent.
- 3.** Add rice; stir constantly until the rice is toasted. (It takes a couple of minutes, and

you have to be careful that the rice does not stick and burn.)

- 4.** Add stock, wine, thyme, salt and pepper; mix thoroughly.
- 5.** Place the lid on top of the pot; pressure cook for 7 minutes.
- 6.** Do a quick release; stir in the butter and cheese.
- 7.** You can add mushrooms, shrimp, peas or broccoli if desired.

Instant Pot Garlic Parmesan Chicken

2 Tbsp. butter
1 small onion, diced
2 tsp. garlic, minced
1/2 cup chicken broth

1/2 tsp. garlic powder
1/4 tsp. pepper
1/2 tsp. salt
8 oz. sliced mushrooms
16 oz. farfalle pasta
3 oz. spinach, coarsely chopped
1 to 1 1/2 lbs. boneless, skinless chicken breasts, sliced into 1/2-inch filets
Montreal Chicken Seasoning, to taste
1 cup half-and-half
2 Tbsp. flour
1/2 cup Parmesan cheese

- 1.** Turn Instant Pot to sauté mode. Add butter and onions; sauté for 3 to 4 minutes.
- 2.** Add the garlic; sauté for 30 seconds. Add chicken broth, garlic powder, pepper and salt. Then add mushrooms, pasta, spinach and chicken. Sprinkle Montreal Chicken Seasoning on top of the chicken.
- 3.** Put on the lid, making sure the steam valve is set to seal; set the manual cook time to 6 minutes. When cooking is over, let it natural pressure release for 10 minutes, then turn valve to vent.
- 4.** Remove the lid; use tongs to place the chicken on a platter. Loosely cover the chicken with foil.
- 5.** Turn the Instant Pot back to sauté mode.
- 6.** Warm the half-and-half for 45 seconds in the microwave, then whisk the flour in

until it's smooth. Whisk the mixture into the Instant Pot. This will thicken the sauce in a few minutes.

7. Add the Parmesan cheese, and season with more salt and pepper, to taste. Pour the sauce over the chicken.

Instant Pot French Onion Soup

2 lbs. yellow onions, peeled and sliced
4 Tbsp. butter
1 Tbsp. brown sugar
3 Tbsp. flour
1 Tbsp. garlic, minced
2 32-oz. cartons beef broth
2 Tbsp. balsamic vinegar
6 baguette slices, toasted
2 cups grated Gruyere, Swiss, Parmesan or mozzarella cheese

1. Place onions, butter and sugar in the Instant Pot. Sauté for 15-20 minutes, or until onions are golden brown and caramelized. Do not burn mixture.

2. Add the flour and garlic; stir for 1 to 2 minutes, or until the flour is evenly distributed. Stir in the broth and balsamic vinegar.

3. Place the lid on the Instant Pot; set the steam valve to seal and the manual timer to 5 minutes. When it is done, do a quick release.

4. Preheat the oven broiler, and move the rack to the top position. Spoon soup into 4 to 6 ovenproof serving bowls. Top with a slice of toast and a generous sprinkle of cheese. Set the bowls on a rimmed baking sheet; broil until the cheese is melted and browned in spots. Serve immediately.

Instant Pot Spinach Artichoke Dip

1/2 cup chicken broth
2 Tbsp. minced garlic
1/2 small onion, finely chopped
1 14-oz. can artichoke hearts, drained
1 10-oz. box frozen spinach
8 oz. cream cheese, cut into eight chunks
1/2 cup sour cream
1/2 cup mayonnaise
1 tsp. onion powder
16 oz. shredded Parmesan cheese
8 oz. shredded mozzarella cheese
Tortilla chips or toasted bread, for serving

1. Place all the ingredients in the Instant Pot in the order listed above, minus the last 3 ingredients.

2. Set the pot to manual pressure for 4 minutes.

3. Quick release the instant pot; stir in the cheeses.

4. Serve with tortilla chips or toasted bread.

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Instant Pot Chocolate Flan Cake

1 tsp. butter
3 Tbsp. caramel sauce

Flan

1/2 cup half-and-half
1 14-oz. can sweetened condensed milk
1 tsp. vanilla extract
2 Tbsp. cream cheese
1 large egg, plus one egg yolk

Chocolate Cake

1/2 cup all-purpose flour
1/4 cup cocoa powder
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 cup butter, melted
1/2 cup granulated sugar
1 large egg
1/3 cup half-and-half
1/2 tsp. white vinegar
1 cup water

Whipped cream, for serving

1. Prepare a 7-inch metal Bundt pan by coating the interior of the pan very well with butter, using your hands/fingers to get the butter into all the grooves of the pan. Pour 3 Tbsp. of the caramel sauce into the bottom

of your pan. If your caramel sauce is thick, microwave it for 5 to 10 seconds so it's pourable.

2. *For flan:* Prepare the flan mixture by placing half-and-half, sweetened condensed milk, vanilla extract and cream cheese into your blender. Blend on medium until it looks blended and there are no cream cheese pieces floating around; it usually takes 30-60



seconds. Add 1 large egg, plus 1 egg yolk; blend on low, just until the eggs are blended in and the mixture looks smooth. Set aside.

3. *For cake:* Add all-purpose flour, cocoa powder, baking powder and baking soda into a bowl; whisk well. Set aside.

4. In a separate large bowl, add melted

butter, sugar, egg, half-and-half and white vinegar. Stir well with a whisk until the mixture looks smooth. Add the flour/cocoa mixture; stir until just combined.

5. Pour the chocolate cake batter into the pan; use a spoon to even it out. Slowly pour the flan mixture on top of the cake batter. Don't worry if it looks like some of the cake batter got into the flan. Cover the top of the pan well with a piece of foil.

6. Place water into the Instant Pot; put in the trivet. Carefully place the Bundt pan on top of the trivet and seal the lid. Turn the steam vent to seal, and set the Instant Pot on manual for 22 minutes. Natural pressure release for 10 minutes, then carefully remove the Bundt pan from the Instant Pot.

7. Remove the foil; let it cool on the counter for about 45 minutes. Serve with a dollop of whipped cream.

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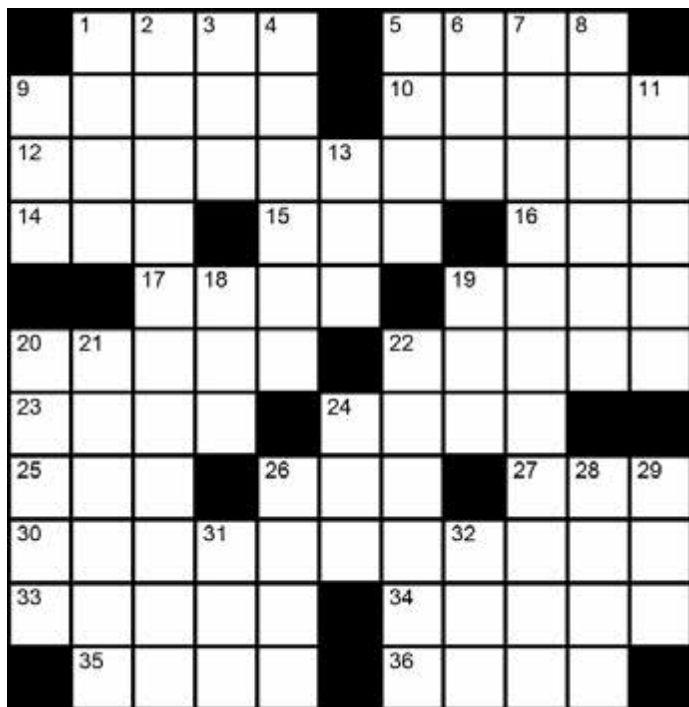


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Crossword Puzzle



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Across

- 1 Continuous dull pain
- 5 Garage sale warning
- 9 What Rhett didn't give
- 10 Ate sumptuously
- 12 Alphabet start
- 14 Cost-of-living measure
- 15 Electrically charged particle
- 16 Med. care choice
- 17 Mint with Retsyn
- 19 Shed tears
- 20 Magnitude
- 22 They might swing
- 23 Detest
- 24 Top of the mouth
- 25 Large flightless bird
- 26 Crossroads of America
- 27 1918 pandemic
- 30 Flight science
- 33 Have a conniption
- 34 Singer --- Ronstadt
- 35 Inquires
- 36 Ova

Down

- 1 Take --- (try the pool)
- 2 Exaggerated representations
- 3 Pinafore's letters
- 4 Complete
- 5 Yemeni seaport
- 6 Act as a model
- 7 Looming
- 8 Sounded
- 9 Dolphins org.
- 11 Falls
- 13 Auction offering
- 18 Catastrophic occurrence
- 19 Solicit
- 20 Bundle of stalks
- 21 Image recorder
- 22 Space vehicle
- 24 Retrovirus material
- 26 Press fluids
- 28 Some TV screens
- 29 This publication is based in part of it
- 31 Bourbon flavoring
- 32 Welding method

Solutions on page 28

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Sudoku Puzzle

Easy

1	9				3			
					2			3
	5					1		
8								
	7		2		6			
		1	3		4		8	
		9						4
6	1					8	9	
3		4		9			7	5

Medium

				1	8	3		7
				9			1	8
			6					9
	3					5	9	
		1						
2	7				3			
1	4						6	
					9			
		9	3		7	4		

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Solutions on page 28



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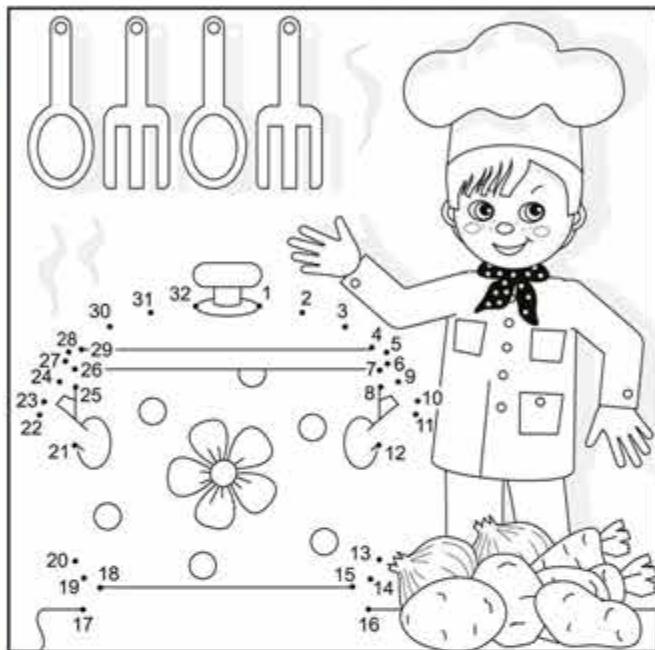
Help the spaceship to fly to the Moon and then return to the Earth.



ANSWER:



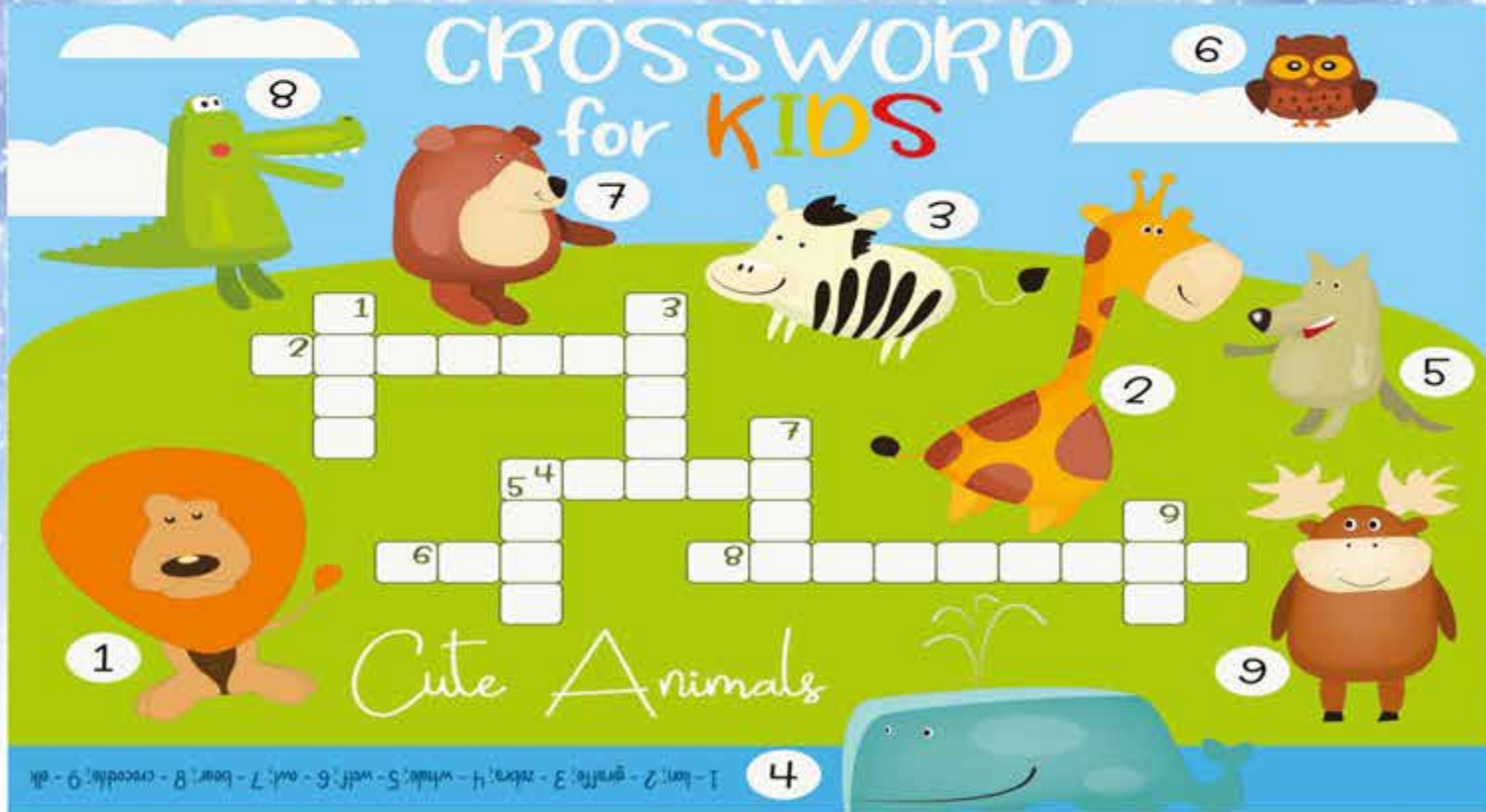
Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then, color the picture!



ANSWER:



CROSSWORD for KIDS



Cute Animals

1 - lion; 2 - giraffe; 3 - zebra; 4 - whale; 5 - crocodile; 6 - owl; 7 - bear; 8 - crocodile; 9 - hippo

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Happy New Year

JANUARY

1/2

Opera Guild meeting:

Vocalist Dean Porter will present the program. Also holding the annual white elephant sale. Optional lunch at noon, \$15. Reservations required. 10:30 a.m., DeCordova Bend Country Club. (682) 936-9572 or granburyog@gmail.com.

1/3

Lake Granbury Newcomers Club:

Judy Eichorst, Certified Life Coach, gives suggestions of daily and weekly habits — done consistently lead to more confidence, joy and engagement. \$15 includes lunch, reservations required. 9:30 a.m.-1:00 p.m., DeCordova Bend Country Club. (817) 243-9831, granburynewcomers@gmail.com, www.granburynewcomers.org.



1/8

Women's Service League meeting:

Jeannette Scott, director of the Hood County Committee on Aging, will discuss its value. 10:00 a.m., optional lunch at 11:30 a.m., DeCordova Bend Country Club.

1/10

Granbury Women's Club:

Member of the General Federation of Women's Clubs, presenting "Can Grandma Come Out To Play" featuring Jeanette Scott from the Hood County Senior Center. All women invited to attend. 6:00 p.m., Woman's Wednesday Club House, 306 N. Travis St. Sherrie West, club president (817) 991-8604 prior to 1/7 to make a reservation.

1/14

North Texas

Civil War Roundtable:

Author and historian, Dr. Danny Sessums, presenting "Granbury's Texas Brigade." Visitors welcome. 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy. 377. www.ncentexcwrt.com

1/15

Pecan Plantation Genealogy Group:

Publishing Your Family History — Carol Benson and Phil Harris cover the mechanics of getting your family history published. Everyone is welcome. 10:00 a.m., EMS Training Room, 9518 Monticello Dr. Cindy (817) 964-3365.

1/19

Auditions for Scarborough Renaissance Festival 2019:

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Auditions by appointment only and must be scheduled by 1/15. 9:00 a.m.-noon and 1:30-4:30 p.m., email for audition scheduling SAPA@Srfestival.com, www.SRFestival.com



1/26

Planning for Life and Retirement:

Event provided by Paluxy Baptist Association and led by Pastor Glenn Ward. This free event answers questions you may not like asking. 7:30 a.m.-12:15 p.m., Lake Granbury Conference Center, 621 E. Pearl St. (817) 579-5111 www.paluxybaptist.org.



2/5

Opera Guild meeting:

Hypnotist Jonathan Yeager will present the program. Optional lunch at noon, \$15. Reservations required by 2/1. 10:30 a.m.,

DeCordova Bend Country Club. (682) 936-9572 or granburyog@gmail.com.

2/7

Lake Granbury Newcomers Club:

Sam Houston presenting, *The Lion of Texas, an Evening with Sam Houston*. \$15 includes lunch, reservations required by 2/1. 9:30 a.m.-1:00 p.m., DeCordova Bend Country Club. (817) 243-9831, granburynewcomers@gmail.com, www.granburynewcomers.org.

Third Thursdays

Diabetes Support Group:

Free, facilitated meeting for those seeking information, inspiration and support for successfully living with diabetes. 6:00-7:00 p.m., Third Floor Bingo Room, Lakestone Terrace Retirement Community, 916 E. Hwy. 377. (817) 736-0668.

Fourth Thursdays

Not Alone Support Group:

Support for patients, family members or caregivers dealing with any terminal illness. 6:00 p.m., Southside Baptist Church, 910 Paluxy Rd. chrisanddebbiewhitsitt@gmail.com.

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



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Crossword - Sudoku Solutions

	1	2	3	4		5	6	7	8				
	A	C	H	E		A	S	I	S				
9	A	D	A	M	N		10	D	I	N	E	D	
12	F	I	R	S	T		13	L	E	T	T	E	R
14	C	P	I		15	O	N		16	H	M	O	
			17	C	E	R	T		19	W	E	E	P
20	S	21	C	A	L	E		22	M	O	O	D	S
23	H	A	T	E			24	R	O	O	F		
25	E	M	U		26	I	N	D		27	F	L	U
30	A	E	R	O	N	A	U		32	T	I	C	S
33	F	R	E	A	K			34	L	I	N	D	A
	35	A	S	K	S			36	E	G	G	S	

Easy

1	9	6	5	4	3	7	2	8
7	4	8	9	1	2	5	6	3
2	5	3	7	6	8	1	4	9
8	3	2	1	7	9	4	5	6
4	7	5	2	8	6	9	3	1
9	6	1	3	5	4	2	8	7
5	8	9	6	2	7	3	1	4
6	1	7	4	3	5	8	9	2
3	2	4	8	9	1	6	7	5

Medium

6	9	5	2	1	8	3	4	7
4	2	3	7	9	5	6	1	8
7	1	8	6	3	4	2	5	9
8	3	6	4	7	1	5	9	2
9	5	1	8	2	6	7	3	4
2	7	4	9	5	3	1	8	6
1	4	7	5	8	2	9	6	3
3	6	2	1	4	9	8	7	5
5	8	9	3	6	7	4	2	1



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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 nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. 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, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If 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 from 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.

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