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*Photo by Vanessa Polozola.*

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## Editor's Note

*Hello, Granbury Family and Friends!*

April brings so much with it. April Fools Day ironically coincides with a unique holiday — National Fun at Work Day. The month also recognizes other days for Peanut Butter and Jelly, Walking to Work, Caramel Popcorn, Beer, No Housework, Golfers, Pecans, Jelly Beans, Pigs in a Blanket and Tell a Story Day, plus dozens more according

to [www.holidayinsights.com](http://www.holidayinsights.com).

March, the official beginning of spring, can also dump unexpected snow and ice. But April means spring — fresh smells in the air, trees budding and flowers blooming. It also means birds singing and squirrels chattering and playing chase. April brings the promise of renewed life and hope for the future. The dreariness of winter and early spring melt into the sweet scents of the full-blown season. It wakes my spirit, too, confirming the Breath of Life in me.

Inhale the joy this month brings!

*Lisa*

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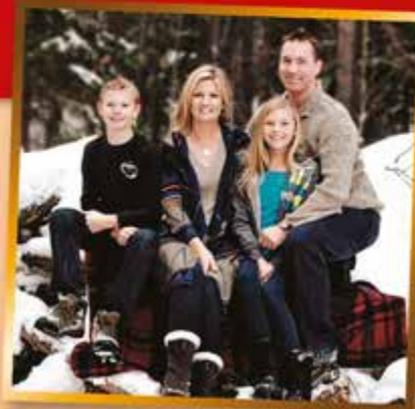
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# YESTERYEAR *and* TODAY'S FASHIONS

— By Virginia Riddle

*Honored by her husband, Daniel, with beautiful homes and jewelry, Lucy Cogdell loved wearing about \$25,000 in jewels daily, as she strolled the streets of Granbury in the years before and after the turn of the 20th century. She received guests in her parlor, which was elaborately decorated in gold. This month Lucy, along with other women in Granbury's history, will be brought back to life to model in the Lake Granbury Newcomers' Club's annual style show. "You always hear about the men in history, and women are an afterthought. This time, they will be the stars," said Sharon Grindstaff, style show co-chair.*

The celebration of Granbury's sesquicentennial prompted Linda Silver, fellow co-chair, to think a little more out-of-the-box. This year's style show, to be held on April 7, 2016, will feature some of the women of the past who made Granbury the great place it is today. Sharon agreed with Linda and added the idea of using

Granbury Theatre Company's extensive collection of costumes and accessories. Emily Warwick, Granbury Theatre Company's costume designer and properties master, will outfit the club's models as the historic ladies might have been dressed during their time, and local boutiques will dress the models as the historic grand dames might have chosen from today's fashionable offerings.

The exception will be model and local county attorney, Lori Kasper. Lori will take on the persona of Nellie Gray Robertson, who was elected Hood County attorney in 1918 — a fact that made her the first woman county attorney to serve anywhere in Texas. She went on to serve as a district judge before retiring from public office in 1926. Lori made an earlier presentation





about her predecessor to the club, and she will be wearing an outfit actually owned by Nellie.

Coordinating such a show meant that extensive research had to be done. "Linda is 'Miss Research.' She's done all the research on the historical ladies and their homes," Sharon revealed. "Linda is a busy volunteer who is involved in so many things, but she has also written the script for the show and will act as the commentator."

Photos of the home of each historical figure will be shown as the backdrop to each model's portrayal of that lady. "All of us models have to memorize our parts and have to be actresses fully in character, as well as models. It's going to be a unique style show," Sharon explained. During the show, she gets to portray Lucy Cogdell, whose husband founded First National Bank of Granbury.

Other women in Granbury's history that will walk the runway include Dollie Aston, Sudie and Elizabeth Nutt, Mary Lou Watkins, Fanny Granbury, Elizabeth Crockett, Asia Wilkes Booth and Carrie Nation. "Each of these women has played some part in Granbury's history," Sharon said. Curtis Slade will reprise his role as Confederate General Hiram Granbury, the town's namesake, and will escort each model.



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Crockett, Booth and Nation are rather familiar surnames in America's history, and these women's paths crossed into Granbury's history in various ways. Elizabeth Crockett moved to Hood County after her husband's demise at the Alamo. She is buried at the nearby Acton State Park Historic Site, the smallest State Park in Texas. Asia Wilkes Booth never lived in Granbury, but she did write a book, *John Wilkes Booth — A Sister's Memoir*, about her infamous brother who, legend has it, might have moved to Granbury to live under the assumed name of John St. Helen, following his assassination of President Lincoln. Carrie Nation brought her temperance movement to the saloons of Granbury.

Sharon and her husband, John, formerly lived in California but were familiar with Granbury, due to visiting family in the area for years. After moving here three years ago, Sharon, having retired from a career as a driver who drove film crews on location, became active in Lake Granbury Newcomers' Club. She has served as its historian and is the chairperson for the art and design committee, which has designed the cover for the annual directory and the style show program. She also is a member of the Lake Granbury Art Association; has worked concessions at the Granbury Opera House; serves as treasurer of the Salvation Army Women's Service League;



and serves on the Bentwater HOA's board of directors where she coordinates its activity center, serves as liaison to the social committee and is chairperson of the group's annual barbecue. John now serves as project inspector for the city of Granbury. "What a giving community Granbury is! It was amazing to us how much people give to charities in time and money," Sharon said.

Linda, as part of their neighborhood welcoming committee, met Sharon shortly after she and John moved into their Granbury home. "Linda invited me to the newcomers' club, and she is very hard to say no to," Sharon remembered. "I like to dress up for the monthly meetings held at Pecan Plantation, and I occasionally win a door prize or money pot." She also likes participating in the



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special interest groups, especially card-playing and the home-and-garden group. "I always get ideas for my home," she said.

The style show is not a fundraiser for the over 400-member Lake Granbury Newcomers' Club but will be held for the members at their regular first Thursday of every month meeting. However, the club does raise funds that help provide support for community charities and humanitarian projects. The club also gives an annual college scholarship. "We have a young lady going to school, and she's doing quite well in college," Sharon said.

Oil painting and traveling occupy Sharon's time when she isn't busy volunteering. She has traveled to many states, as well as to Canada and Mexico, while either on her former job or on vacation with family. The couple has explored much of Texas and looks forward to learning more about their adopted state. "I'm not enjoying Texas tornadoes, so I'm glad we have a safe room," she said. On the other hand, she really loves the friendly nature of Texans and feels very welcomed. The beautiful Texas landscapes are inspiration for Sharon's artistic soul.

The early pioneering female leaders who are being portrayed this month by models would be very proud of the members of Lake Granbury Newcomers' Club, who are interested in their adopted home's history and the contributions made by women. They are continuing the caring and giving tradition set so long ago. **NOW**

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# Perfect

# Match

— By Lisa Bell



*When Janice Thompson moved to Granbury in 1981, she quickly fell in love with the town square. Almost a decade later, she bought a building on Crockett and opened the Antique Emporium. Before long, Janice got to know Ben and Jeannine Macon, becoming great friends. She often visited their apartment across the square. Janice loved the*



## AT HOME WITH Janice Thompson

*atmosphere and history of the building. "I'm gonna have an apartment in my building. I'm gonna live on the square," she told her friends.*

More than 20 years of life passed for Janice. In December 2012, she found herself suddenly single and looking for a new place to live. As she drove through the Granbury square, she saw a for sale sign in the historic Aston-Landers Building. Could she possibly see her dream of living on the square come true? She

called the Realtor, didn't consider whether she could afford the apartment and bought the building. "God says He'll give us the desires of our hearts," she said. "It was a miracle, really, that He gave me the desires of my heart."

After buying the building, she immediately opened a store called The Bridge and moved into the apartment February 2013, after completing some repairs. Now she still lives in the apartment but leases out the bottom story. "It's as if she (Jeannine) designed it for me," Janice said. "We were friends. I knew them for a long, long time."

The apartment, designed in the early 1970s by Jeannine Macon, has a rich history. In 1893, two men, Aston and Landers, built a saloon using native stone for the walls. These walls remain a part of Janice's home. When a 1906 vote closed the saloon, Aston turned the building into a tack shop. They used a hoist to transport wagons and buggies needing repair to the second floor through a huge hole in the floor.



When Janice purchased the property, the green shag carpet Jeannine chose had to go. "I don't like carpet anyway," Janice said. To her surprise, when they pulled up the carpet, she found thick plywood. As they looked into what lay beneath the plywood, they discovered old original flooring in bad shape. In the bedroom, they lifted up plywood and found the hoisting hole.

Since the plywood was good and level, they left it in place and covered it with four-inch red oak. To match the atmosphere, the builders distressed

the new flooring before coating it with polyurethane. When walking in front of the bedroom fireplace, a slight unevenness reminds visitors of the building's history.

One wall holds diagonally placed, weathered pine boards. They came from an old barn being torn down in the '70s. Jeannine brought the boards home and had them used for the wall. "It's exactly how I would have designed it," Janice shared. Jeannine had a knack for repurposing long before it became a buzzword.

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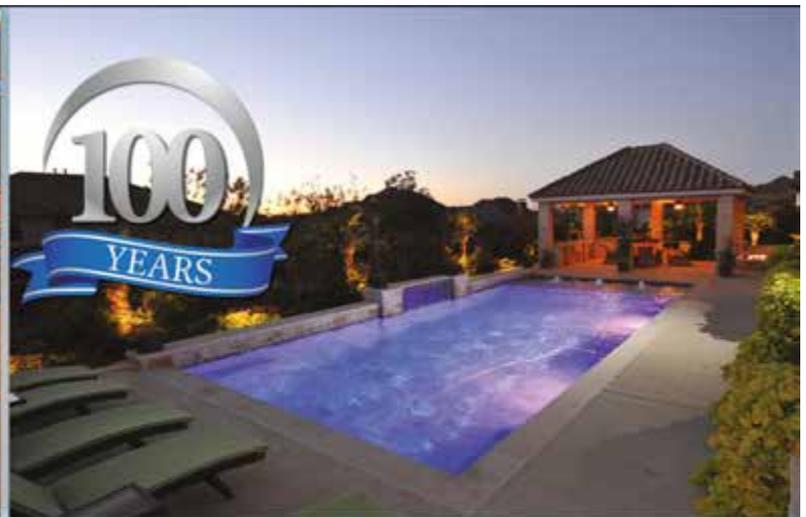
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Both wood-burning fireplaces have mantels she acquired from other houses in the area. Large guest closets in the entryway have doors that came from a hotel, one of them bearing the room number five. In the kitchen, a beautiful piece of stained glass mimics a window but actually covers a cabinet. An old wagon wheel became the base for a light fixture and pot rack. Janice displays old cast-iron cookware both of her grandmothers used in North Carolina.

Near the kitchen, an antique wood-burning cook stove has its own history. The stove belonged to Janice's maternal grandmother, who used it raising nine children on a farm. "My mother said the stove never got cold," Janice shared. Before going to bed at night, they bedded the fire, making it easier to get it going the next morning.

The apartment has original windows with shutters that were added in the '70s. One window in the front still opens, creating a great access point for the balcony looking out over the town square. At Christmastime, Janice places a large lighted nativity scene on the balcony. The rest of the year, a table and chairs provide the perfect place to sit and watch parades and people as they enjoy the many festivals and events on the square. Janice replaced the railing, for safety reasons.

The kitchen itself is modern and well equipped. A large walk-in pantry has shelves and space for an antique step stool complete with its seat at the top. The pantry also conceals an attic access point Jeannine added.

The apartment features two full bathrooms located side by side with quite an open concept. Created as his and hers, one has a shower and the other a tub. Both have toilets and sinks, plus huge, well-hidden walk-in closets.

Across from the baths, a small area serves as the laundry room. Janice displays antique irons on the shelf above her washer and dryer, along with a clothes

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hanger, which is more than 100 years old. Originally, doors covered the laundry area, but Janice's appliances didn't fit behind them. Removing the doors suited her fine, and she still has enough room to walk between the appliances and the bathrooms.

Janice repainted the kitchen, but the rest of the home still has the paint Jeannine used. In the bedroom, she plastered over the exterior walls and painted them a muted pink, which matched Janice's antique pink sofa, a lamp that hung in her room as a teen and her mother's bedside lamps from the early 1900s.

Hail damaged the roof and caused a major leak in the bedroom. Janice chose to uncover and restore the native stone. In doing so, they discovered a hidden door leading outside. Using old wood to build a new door and period colors, the builders recaptured a better picture of the original building. Janice will add an informational plaque to preserve history for generations to come.

One of the best places in the house is the screened-in back porch, which looks out over the garden designed in the '70s. It makes a perfect place to relax and enjoy the view of trees and distant hills. Janice added a ceiling fan and placed furniture that she remembers sitting on in her mother's sunroom for more than 40 years. They, too, fit the overall ambience perfectly.

An elevator, original to the building, hides from the casual observer. Janice doesn't use it but likes knowing if she can't maneuver the stairs, she can still make it to her comfortable home.

Janice is a woman of strong Christian faith. When she bought the building, she had it dedicated. "Whatever God wants for this building is what I want," she said. The only downside is not having a garage. But she'll trade that for the joy of living her dream in the historic apartment on the square. **NOW**



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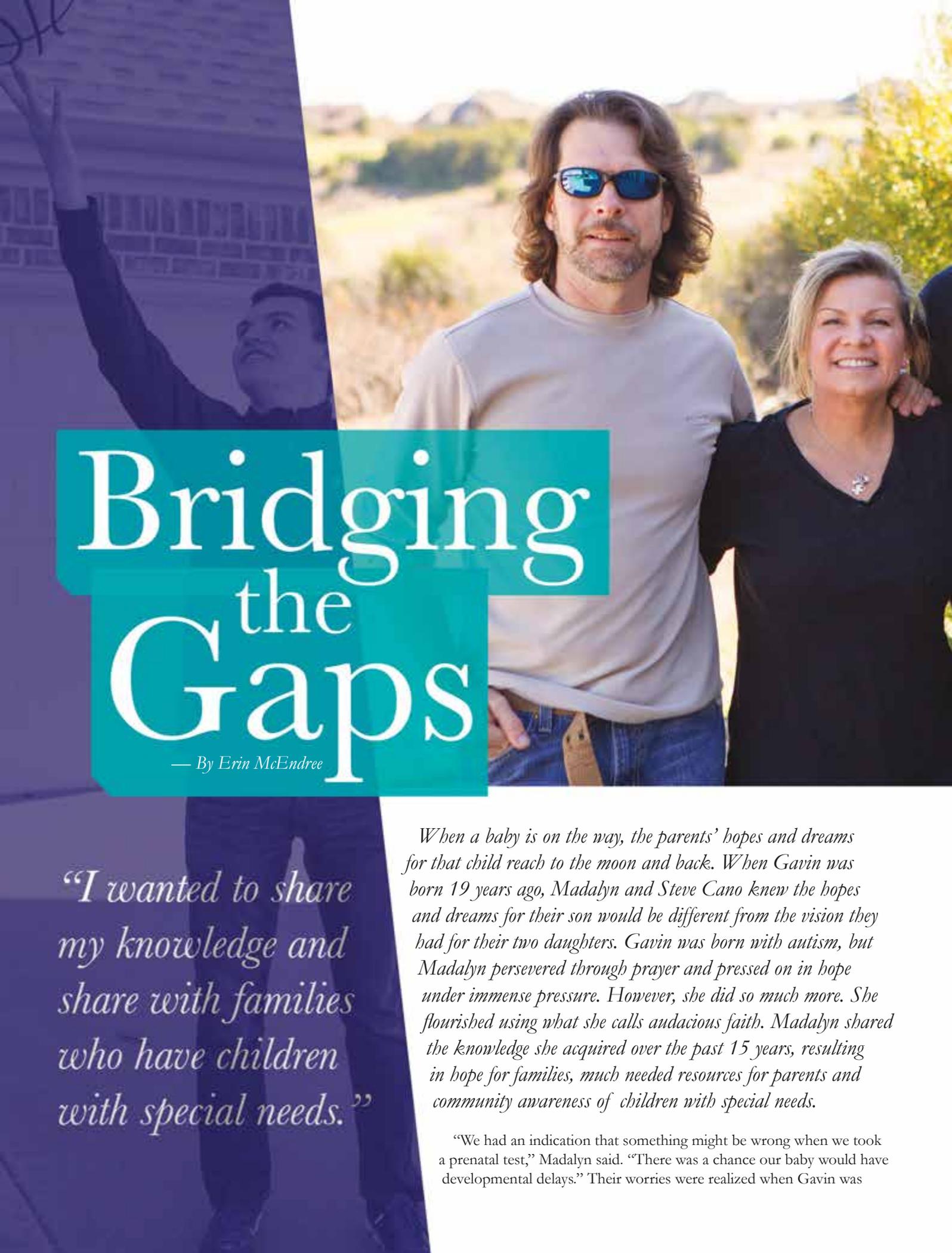




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# Bridging the Gaps

— By Erin McEndree

*“I wanted to share my knowledge and share with families who have children with special needs.”*

*When a baby is on the way, the parents’ hopes and dreams for that child reach to the moon and back. When Gavin was born 19 years ago, Madalyn and Steve Cano knew the hopes and dreams for their son would be different from the vision they had for their two daughters. Gavin was born with autism, but Madalyn persevered through prayer and pressed on in hope under immense pressure. However, she did so much more. She flourished using what she calls audacious faith. Madalyn shared the knowledge she acquired over the past 15 years, resulting in hope for families, much needed resources for parents and community awareness of children with special needs.*

“We had an indication that something might be wrong when we took a prenatal test,” Madalyn said. “There was a chance our baby would have developmental delays.” Their worries were realized when Gavin was



about 9 months old. He did not show the startle reflex or respond to loud sounds like the vacuum cleaner. He also did not seem to recognize family with smiles or spontaneous interaction. At age 2, Gavin's language development was obviously delayed. However, he was very intelligent and typical in many ways. "I have a master's degree in social work and years of experience working with children and families," Madalyn said. "But Gavin's behaviors didn't fit neatly into one diagnosis. I had to make a referral to ECI on my own child. Even though the word *autism* kept coming up between the ages of 2 and 6, we desperately struggled for answers and the right treatments."

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The family found it difficult to go to church or the grocery store because of Gavin's disorganized behavior. At school, he climbed shelves and climbed to the top of the playground equipment. Teachers could not coax him down. "From early on, they did not know what to do with him," Madalyn said. "I began learning all I could. My dad was a neurologist and psychiatrist, and he gave me books to read."

Research became paramount for Madalyn to understand Gavin and help him cope with everyday life. She read *The Out-of-Sync Child* by Carol Kranowitz that addressed sensory challenges and presented sensible solutions. She studied books by Tony Atwood on Asperger's syndrome that revealed a wealth of knowledge on all aspects of autism. "I had to quit my job and become Gavin's advocate and case manager. I directed all the services he needed, including speech therapy, physical therapy, occupational therapy and specialized education," Madalyn said. "I went toe-to-toe with school and provided them with so much information. They were not yet prepared for this new emerging picture of 'high functioning autism.' A lot has changed in 15 years."

During the late '90s, public awareness was lacking. "People said, 'What is wrong with your kid?' when Gavin would have a meltdown in the grocery store. There were too many sounds, smells and colors for him to process. It made us feel like bad parents who did not know what we were doing," Madalyn admitted. "It affected everything: our daughters, economic decisions, vacations, our health, our marriage and friendships."

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Madalyn discovered a huge piece of Gavin's puzzle in a model of therapy based on B.F. Skinner's Applied Behavior Analysis. "This intensive intervention is shown to make more drastic improvements with children who have severe disorders," Madalyn shared. "In fourth grade, Gavin was enrolled in the Jane Justin School Child Study Center in Fort Worth that used ABA. From that moment on things changed."

Therapy was tailored to Gavin's neural developmental and behavioral challenges by using smaller classes where teachers understood the function of behavior. Teachers guided and shaped Gavin's behavior by teaching him cues to help him cope and succeed. "The therapy at the school helped Gavin become 'available' for learning. Progress at school equaled more peace at home," Madalyn said. "I stopped having to fight for everything, which opened up a new way of life."



She got involved in an advocacy organization called Families for Effective Autism Treatment and served on the board for two years. She gained experience in working with other families affected by similar situations and expanded her knowledge in effective interventions. This spurred Madalyn to develop a vision for the needs of others in her own community.

When Gavin graduated from Jane Justin at the age of 14, he attended a therapeutic day school in Dallas. It was the closest one Madalyn could find that addressed Gavin's needs and continued with similar therapeutic methods that helped him. Madalyn rented an apartment and stayed there during the week. "The directors got it and understood

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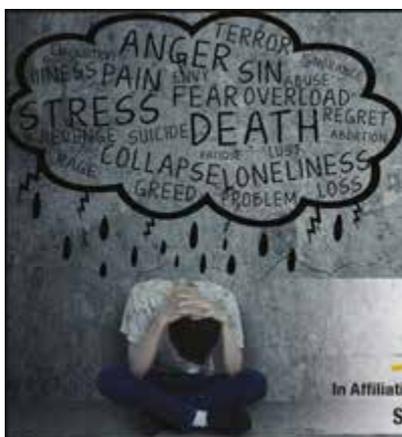
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how Gavin's brain worked differently," Madalyn said. "God showed me how this was all just part of His grand plan for my life." Madalyn wrote a poem called "I Am Thankful," where she articulated how to nurture with courage, teach in the moment and focus on what really mattered.

"Making something positive from what I learned was important to me," Madalyn said. "I wanted to share my knowledge and share with families who have children with special needs." She had a vision to plant a therapeutic school in Granbury. Madalyn researched different therapy models keeping in mind all the pieces she believed were missing along her journey with Gavin. Madalyn knew all too well that families felt alone and isolated. She wanted disabled children and their parents to not only cope but, also, thrive in life. "I only had my dreams and hopes and wishes, and I prayed like crazy. I had no resources or contacts in Granbury," Madalyn said. "However, I knew both sides of autism — the parental experience and the professional experience."

Madalyn began spreading the word about a therapeutic school. She started a support group, advertised on Facebook and talked to churches. "I knew if the community would receive it, it would succeed, so I developed the Resource Center to educate the community," Madalyn said. "I had to lay a foundation and be the change agent struggling families needed."

Looking back on all the stressful years, Madalyn believes the journey was a vital part of God's plan for her life. Living by audacious faith and Steve's fierce support, she and co-founder, Susan Miller, opened Lake Pointe Academy in August 2012 with only two students. Currently, they have 28 students and are outgrowing their facility.

"God has a way of providing everything we need as we face the late hours, financial responsibilities and stress," Madalyn said. "Gavin has made progress. He can play board games, and he enjoys snowboarding on vacation. However, we still struggle, and I still wake up scared every morning." There are still mountains to scale, but Madalyn is confident they can persevere with unrelenting faith. **NOW**

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Jimmy and Pam Summers care about their customers and strive to get to know them.



# Prevention vs. Healing

*Pam Summers wants to see a healthier Granbury.*

— By Lisa Bell

Pam Summers and her husband, Jimmy, moved to Granbury from Shreveport, Louisiana, where she spent the last eight years employed in the health food industry. “I just love people,” she said. “At 40-something, I found my passion. I haven’t worked in the last eight years. When you love something, it isn’t work.”

The storeowner wakes every morning looking forward to helping people who enter Bee Healthy. Jimmy also works at the store, along with their only employee, Debbie Fernandez, who worked at Better Health when the couple purchased it and stayed. Pam decided to change the business name, and launched as Bee Healthy Nutrition Center on July 1, 2015.

Bee Healthy offers whole food supplements, vitamins, herbs, aromatherapy, some gluten-free products and dairy. The store is sectioned for sports nutrition, women’s health, weight loss, skin and beauty products. Pam shops wisely, always on the lookout for deals from her vendors. “I shop for my customers,” she said. She tries to maintain competitive prices, encouraging people to shop locally. “If people shop local businesses, they put dollars back into the community,” she shared.

Pam understands what works well for her may not work the same for everyone. She learns each day from her customers about the products they purchase for their nutritional supplement and

makes suggestions about different herbs and supplements. She also reminds her customers to tell their physician of the supplements they have added to their diet and recommends open communication with their doctor.

Nevertheless, she has a passion for helping people lead healthier lives and avoid chemically based drugs altogether, whenever possible. "I wish I'd known about this when I was younger. It's easier to keep your body well than to heal the damage you've already done," Pam said.

The customer service at Bee Healthy gives the store a unique atmosphere. They care about their customers and strive to get to know them. "You have to be a servant," Pam shared. She likes working with customers, helping find products that work well for each individual and building relationships at the same time.

She loves aromatherapy and using essential oils in bathwater and as perfumes. She suggests putting a few drops of tea tree oil in shampoo as lice prevention. During seasons when colds, flu and allergies run rampant, she recommends keeping your immune system in good health. Their products can help.

Pam offers a few tips. "Get ahead of the game. Remember, you are what you eat," she said. "Do your own research, and be your own advocate. Don't blindly follow what someone tells you to do or take."

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In the future, Pam plans to offer classes and give back to the community with donations and support. "Come and see me," she said. "I'd like to get to know you." **NOW**



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*Cynthia James, 2015 Business Woman of the Year, celebrates her success at Artefactz with the same sweet spirit.*



*Betty Curbo takes care of the guests at Patti's Last Resort quilt shop.*



*Jean Curtis enjoys putting a puzzle together at the public library.*



*Ray Ashley introduces Michael Landis at the Civil War Roundtable meeting.*



*Nikki Wann, Angie Riddle and Angela Crabbe take Boo for a walk on a warm day.*



*Kay and Lee Daniels keep in shape by visiting the outdoor circuit training area at Shanley Park.*



*Ronnie and Pat Reid share Singing in the Rain with Lauren Garr.*



*Several enjoy the outdoor dining at Eat Local.*



*Dr. Won speaks at the Lumin ER ribbon cutting.*



Laurie Hesseltine is busy making popcorn at Popcorn Diva!



Kelly Fuller, event coordinator for Brazos River Corvette Club, chats with club President Terry Varner.



A variety of owls visit Acton with their handlers.



Shane and Michelle Scarborough, owners of Rubbish Revival, are now open in Granbury.



Grace Classical Academy first graders, Brynn, Kyndell and Autumn share songs about Texas.



Chamber members turn out to welcome the new Lakeside Physicians Express Care.



Children of Lakepointe Academy love their new playground.



Community members prepare for a WFAA live broadcast from the Granbury town square.



Local musicians perform monthly at the Indian Harbor Jam.

# Beauty Beckons

*Through glass art, collector cars and one beautiful mountain, Tacoma stimulates the senses.*

Perched on a hill along the waters of Washington State's Puget Sound, nestled between the shoreline and Mt. Rainier, sits Tacoma, Washington. Less than 30 minutes from Seattle-Tacoma International Airport, this town has a serious art scene — from tattooed glass artists in the hot shop, to the growling engines of classic muscle cars.

Tacoma is the hometown of world-famous glass artist Dale Chihuly, who grew up in a humble, middle-class home in Tacoma's Proctor District. Chihuly's glass sculptures are seen at the Tacoma Art Museum and at the internationally recognized Museum of Glass, where glass art is made and displayed. Visiting artists are found in the hot shop making stunning pieces found at museums, in private collections and shining outdoors.

The Tacoma Art Museum has a permanent exhibit on the art of the American West. This internationally recognized collection includes more than 300 rotating works of art that dive into the mythology of the Old West, giving a fresh perspective on well-known cowboys-and-Indians folklore.

If there is anything that matches Tacoma's artistry, it's the city's love of chrome. The passion for collector cars is palpable from the scenic byways to the museum district. Tacoma is home to the world's largest privately owned car collections, housed in two museums.

America's Car Museum sits in shining metal next to the iconic Tacoma Dome. It houses pieces of America's golden era of automobiles. The LeMay Family Collection at Marymount offers a charming counterpoint to the polished America's Car Museum. Here you'll peek into the lives of the LeMay family. On the grounds of what was formerly a Catholic boys' school campus, see icons of the past and pop culture like the DeSoto from *Happy Days* and a two-stone wheeler from the live-action *Flintstones* films.

Don't leave Tacoma without visiting Point Defiance Park, a 756-acre urban park that jets out at the north peak of the city. The park is home to Point Defiance Zoo & Aquarium, which offers unique immersive experiences. Up-close sightings of tigers, elephants and monkeys are almost guaranteed in the five-acre Asian habitat.

No matter where you are in Pierce County, the view of Mt. Rainier is stunning. At over 14,400 feet, it is the highest point in Washington State. For the hiker, backpacker and snowshoer, amazing views await. But there is plenty to see from your car with winding roads that pass waterfalls, glacial views and scenic stopping points.

On the other side of the mountain awaits a paradise for skiers in the winter and hikers in the summer. A 10-minute ride up the Mt. Rainier gondola at Crystal Mountain — which climbs 2,500 vertical feet — leads to lunch at Washington's highest restaurant with unparalleled views of Mt. Rainier and the Cascades.

A 15-minute drive from Tacoma, in the small city of University Place, you will find Chambers Bay Golf Course. This course was rated the country's No. 1 municipal golf course by *Links Magazine*. Once an abandoned lot, it was transformed in the early 2000s to become the site of the 2015 U.S. Open. The golf course gained international attention as the site of the 115th U.S. Open Championship. This links-style golf course has become known as the St. Andrews of America with its rolling hills, stunning views and community-minded design.

For assistance planning your trip to Tacoma, as well as to purchase Tacoma Museum District Passes for steep-discount access into six premier downtown museums, visit [www.TravelTacoma.com](http://www.TravelTacoma.com). **NOW**

*By Jaime Vogt. Photos courtesy of Travel Tacoma & Pierce County.*



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# Rotation Into Pain

— By Betty Tryon, BSN

A network of muscles concentrated in a small area of the body can literally bring your way of life to a halt. This is certainly the case with the rotator cuff. The rotator cuff is located in the shoulder area of the body as a network of muscles that come together to hold your arm in its shoulder socket. The health of this structure is what enables you to have full range of motion in your shoulder area. Because of this, if an athlete, such as a baseball pitcher, is injured in that area, the consequences could be dire.

Although an athlete's career could end because of trauma to the rotator cuff, a person not involved in sports can experience the same devastating results. Anyone, such as carpenters and painters, who use repetitive motions that involve the shoulder for extended periods of time, can be at risk. Even if the significance of the injury isn't severe, a person must still deal with the pain that can come from a rotator cuff injury. Something as simple as the ability to raise your arms over your head to reach for something can be impaired. Age also increases the risk of this injury due to repeated overuse and a decrease in blood supply to the area.

The most common presentation in a rotator cuff injury is pain. The level of pain varies and does not necessarily coincide with the severity of the injury. You may experience an ache that

is constant or a sharp pain when using your shoulder muscles. Many wake up with terrible pain in that area because of sleeping on the injured shoulder. A weakness in the arm that limits its full range of motion is another symptom of rotator cuff injury. You may experience a popping or snapping sensation with accompanying weakness and pain.

Repetitive overuse is not the only cause of damage to the rotator cuff. It can also occur from a sudden injury, such as a fall, or by lifting heavy objects. Whether the injury is from progressive degeneration or from a traumatic injury, you should visit a physician for an assessment of the problem and for diagnosis. Treatment could be as uncomplicated as resting the area and using ice and anti-inflammatory medication. Or treatment could be as invasive as surgery. In any case, physical therapy may be recommended to restore the area to its best-possible health status. A torn rotator cuff injury may be traumatic, but with proper treatment you can expect increased strength, less pain and more mobility. **NOW**

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

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### April 5

Opera Guild of Granbury meeting: 10:30 a.m.-1:00 p.m., DeCordova Country Club, 5301 Country Club Dr., Acton. Featuring local costume design artist, Drenda Lewis. Optional buffet lunch \$13. If dining, please RSVP to (682) 936-9572 or granburyog@gmail.com.

### April 7

Granbury Newcomer Club Luncheon and Style Show: 9:30 a.m.-1:00 p.m., Pecan Plantation Country Club. \$14, checks only please. Call for reservations by **Monday, April 4** before noon (817) 243-9831.

### April 9

4th Annual Blue Bolt 5K/10K Color Fun Run/Walk & Family Fun Run: 8:00 a.m., start at Hewlett Park. [www.racedayeventservices.com](http://www.racedayeventservices.com). GO BLUE on **April 8**. Carol Logan (817) 573-0292.

Lake Granbury Master Gardeners Plant Sale: 8:00 a.m.-2:00 p.m., Demonstration & Education Garden, located behind Hood County Annex 1, 1410 W. Pearl St. Plants for sale and Master Gardeners on site. For more information, call the Texas AgriLife Extension in Hood County at (817) 579-3280.

GHS Project Graduation Golf Tournament: 8:00 a.m., Hidden Oaks Golf Course. \$400 for team foursome and \$100 for individual players. Benefits safe graduation celebration. Visit [www.granburyisd.org/projectgraduation](http://www.granburyisd.org/projectgraduation).

### April 11

North Central Texas Civil War Rountable: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy 377. Jack Waugh, author and historian, will speak on Stonewall Jackson and Nathan Bedford Forrest. Visitors welcome. For more info, visit [www.ncentexcwrt.com](http://www.ncentexcwrt.com) or call any officer listed on the website.

### April 23

Acton 8th Annual Nature Run: 10:00 a.m., registration beginning at 8:30 a.m., start and end at 5600 Matlock Rd. 5K, runners, walkers, families and teams are welcome. Visit [www.actonnaturecenter.org/annual-fun-run/](http://www.actonnaturecenter.org/annual-fun-run/).

### April 25

Brazos Chamber Orchestra: 7:30 p.m., Granbury FUMC, 301 Loop 567. The Orchestra in concert under the direction of Maestro David R. Anavartarte returns to Granbury. Free admission. For more info, call 817-573-5573.

### April 29, 30

Seventh Annual Granbury Wine Walk: 2:00 p.m.-8:00 p.m., **Friday**; 11:00 a.m.-7:00 p.m., **Saturday**, Granbury Town Square. Two-day tickets, \$25 online, \$30 after **April 15**. Purchase from [www.granburywinewalk.com](http://www.granburywinewalk.com) or at D'Vine Wine. Under 21 and non-drinkers, free admission.

### April 30

GHS 14th Annual 5K Run/Walk and 1-Mile Fun Run: Registration, 7:00 a.m.; Fun Run, 8:00 a.m.; 5K Run/Walk, 8:30 a.m., new Hood County YMCA, 1475 James Rd. Benefits project graduation. Fees and registration info at [www.granburyisd.org/projectgraduation](http://www.granburyisd.org/projectgraduation).

### Ongoing:

#### Mondays — Saturdays

Friends of the Library Bookstore: 10:00 a.m.-2:00 p.m., 222 Travis St. Donated books of all kinds are sold for extremely low prices. All proceeds support needs of the Hood County Library. (817) 578-0164.

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

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## In the Kitchen With Connie Leonard

— *By Lisa Bell*

Connie Leonard baked her first cookies and cakes as an 8-year-old. When she married, she learned to cook with the encouragement and support of her husband. “He never complains, even if I burn food or experiments turn out disastrous,” she shared. With a collection of over 100 cookbooks, she loves Italian, Mexican and down-home comfort foods, as well as baking. Sometimes she substitutes or adjusts recipes, making them her own. When not pursuing the creative art of cooking, she reads, writes and does scrapbooking.

“I love to eat. I love to gather with family or friends around the dinner table,” she said. “The kitchen/dining room has been the center of our home. It is a way I serve those I care about.” **NOW**

### Baked Green Chili Hominy

**2 cans hominy**  
**1 cup sour cream**  
**1/2 stick butter, melted**  
**1/2 cup Velveeta, cubed**  
**1-2 cans green chilies**  
**Shake of garlic salt**

1. Drain the hominy.
2. Mix with other ingredients and bake at 350 F until hot and bubbly and the cheese melts (about 20-30 minutes.) Great side dish with almost any meal.

### Connie’s Creamy Guacamole

**4 ripe Hass avocados (black in color, slightly soft when pressed)**  
**1/2 tsp. garlic salt**  
**1 Tbsp. lemon juice**  
**2 Tbsp. Hatch picante sauce**  
**2 Tbsp. Kraft Miracle Whip**

1. Peel and halve avocados; remove pit. Put avocados in food processor.
2. Blend with other ingredients until smooth and creamy.
3. Serve with chips.

### New Mexico Green Chile Stew

**1 1/2 lbs. ground round**  
**1 large onion, chopped**  
**3 garlic cloves, minced**  
**1 tsp. oregano**  
**3 Tbsp. chili powder**  
**1-3 Tbsp. crushed red pepper**  
**2 cans Ro-Tel tomatoes**  
**3 cups chicken broth**  
**1 lb. potatoes, cut in 1/2 inch cubes**  
**1-3 cups chopped Hatch green chiles**

1. Brown ground meat, onion and garlic. Drain off any fat.
2. Put meat and other ingredients into a Crock-Pot; cook 7-8 hours on low or 4-5 hours on high. The amount of crushed red pepper and green chiles determines how hot and spicy it will be.
3. Serve with warm flour tortillas.

### Apple Pie Enchiladas

*Makes 6 servings, but it’s easy to double the recipe.*

**1 21-oz. can apple pie filling**  
**6 8-oz. pkgs. flour tortillas**  
**1 tsp. cinnamon**  
**1/2 cup butter**  
**1/2 cup white granulated sugar**  
**1/2 cup brown sugar**  
**1/2 cup water**  
**1 tsp. vanilla**

1. Spoon 2-3 Tbsp. of pie filling into each tortilla and sprinkle with cinnamon. Roll up each tortilla, tuck in the end edges, and place in 9x8-inch baking dish, seam side down.
2. In a medium saucepan over medium heat, combine butter, sugars and water.
3. Bring to a boil, stirring constantly. Reduce heat and simmer 3 minutes. Remove from heat and stir in vanilla.
4. Pour sauce over tortillas; let stand 45 minutes.
5. Bake at 350 F for 30 minutes, or until golden brown.

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

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