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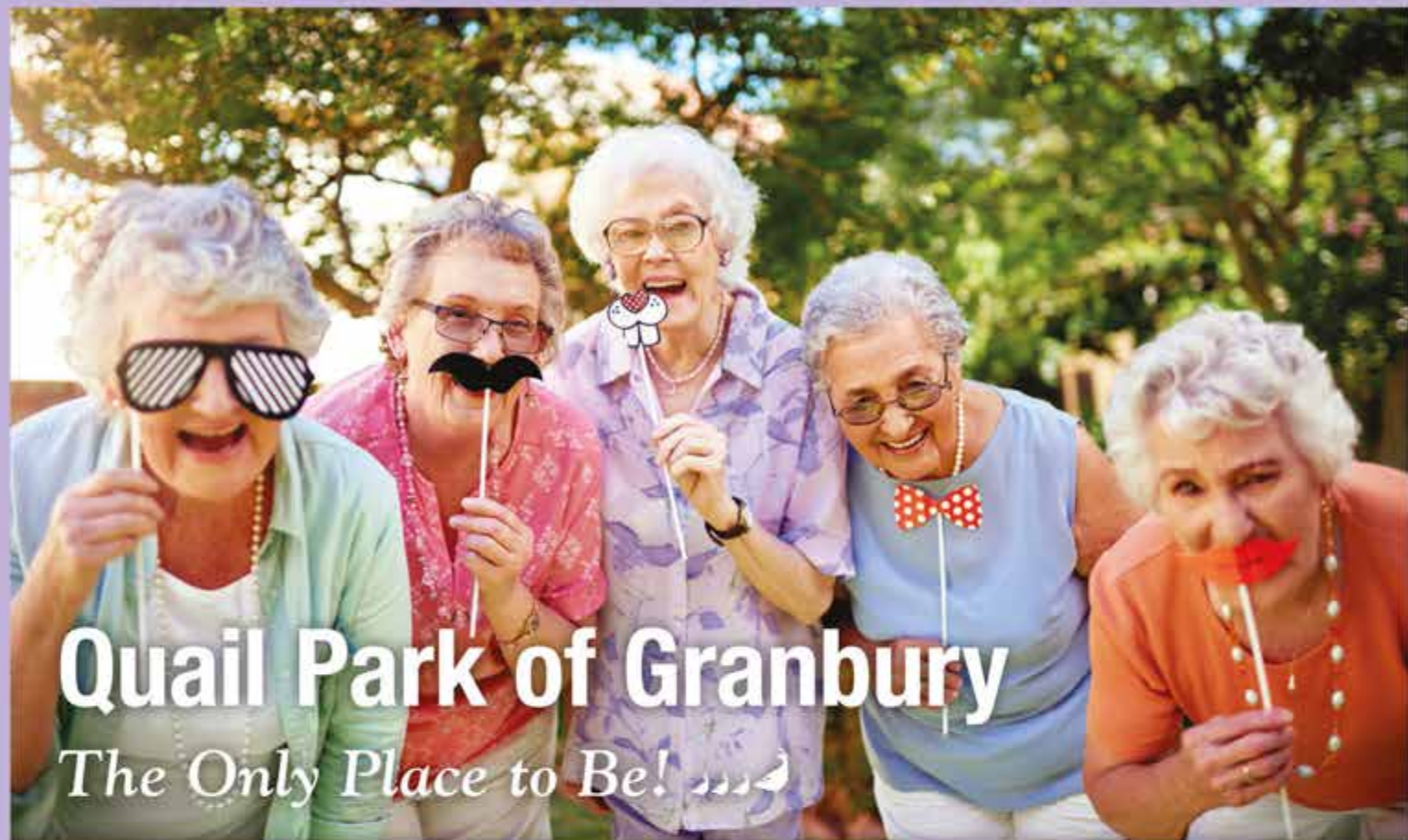
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ON THE COVER

Walking his dogs helped Andrew Simmons achieve major weight loss.

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EDITOR'S NOTE



Lisa

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Ever experience a life-changing moment?

What a silly question. Life throws such moments at us daily, and often, they stick. As we enter August, I can't help but reflect on the 19th — my first anniversary of experiencing a stroke.

For real? Yes. Very real and completely unexpected. Even with warning signs, I failed to see it coming.

So, I'm celebrating. Even being here to celebrate is huge. I have no definite time of the internal attack on my brain. I suspect it happened way before EMS arrived. Yet, miniscule droops are the only physical traces. My brain? The jury might still be out on that one. I notice subtle differences in cognitive abilities yet find it somewhat miraculous that I can still process information at all. My memory — well that was already not so great, so who's to say that's any worse than before?

I'm thankful I can laugh at myself. But seriously, strokes are not a joking matter. They happen quickly, and not everyone recovers well from them. I'm beyond fortunate, and I never take that lightly. I learned a couple of things from all of this. First, take time to relax and de-stress from this crazy life we embrace. Second, listen to your body. If something feels off, it probably is. Call your doctor — just in case.

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exercise, it's all true.
Except it's not really
a diet, it's a *lifestyle*."**

A man with a beard, wearing a light blue hoodie and jeans, is walking two dogs on a paved sidewalk. He is holding a blue leash for a black dog on the left and a brown dog on the right. The black dog is wearing a colorful collar with the word "COCO" on it. The background shows green trees and a house. The overall scene is bright and sunny.

A *Lesser*



A year ago, Andrew Simmons was seeing double. That is, when he looked in a mirror he saw himself twice the size he is today. Andrew, now 31, weighed nearly 300 pounds, 297 to be exact. In fact, it was when he looked in a mirror one day that he decided a change had to be made. He realized his frame was simply not built to hold that kind of weight. "I said, 'Andrew, what are you doing?' It was like an impostor was living in my body," he said.

In May, Andrew's weight was down to 156 pounds. He didn't use pills, a fad diet or even shakes. He used sheer determination and will power — and the help of his two Labrador Retrievers, Sammy and Coco. The change began with stopping smoking, drinking alcohol, eating junk food and swearing to never eat another slice of pizza. It was his main staple before his life change.

And he began exercising by taking Sammy and Coco for daily walks. "I couldn't go to the gym and run a lot, so I said, 'I'm going to walk my dogs around the neighborhood.' Then I just kept doing it."

He still does to this day. "I don't care if it's cold or hot. I make myself do it," he said. "Today it was raining, but I was outside with a hat and rain-resistant jacket. I'm sure folks thought I was crazy."

Perhaps, but now they know who he is. He now socializes with his neighbors, saying hi and discussing their day — things neighbors do. "The neighbors have all told us how amazed they are at his transformation," said his mother, Jena Simmons. "Now, he's getting out and meeting people."

This is not the first time Andrew has lost a lot of weight. He put on a lot following the death of his 19-year-old sister, Alice, nearly 17 years ago, when experiencing depression.

"I turned to food. I ordered pizzas every day. I would sleepwalk and eat," he said. "We were going to put flowers on her grave, and — I promise you — I heard her voice saying, 'Andrew, you have to do something.'"

That time, he turned to a popular diet to lose weight. This time, he turned to himself — and his sister again. "Subconsciously, I think I heard my sister's voice again," he confided.

SELF

— By Rick Mauch

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Like many, Andrew simply let life get away from him. He was eating fast food, enjoying his adult beverages and not exercising enough. "It was a thing of willpower. I just said, 'I'm not going to do this anymore,'" he said. "There are no cheat days. There's no day to reward myself. The reward is that I could do this."

Andrew's routine now includes pushups, sit-ups, weightlifting and running. And, of course, he never misses a walk with Sammy and Coco. "Without them, I don't know if I'd have had the motivation to do all I do," he said. "This has all become so a part of me I can't imagine not doing it anymore."

He still eats well, but it's not fast food, and he prepares most of his meals. He eats a lot of eggs. Pistachios are his favorite snack, and he'll even allow himself some potato chips from time to time. Breakfast every day is an apple, a glass of V-8 juice and a cup of black coffee. He never eats cheese or drinks sodas. "That old adage about diet and exercise, it's all true," he said. "Except it's not really a diet, it's a lifestyle. My biggest temptation is candy — chocolate — but I just won't do it."

For Andrew, the best part of making his own food is knowing exactly what goes in — knowing how healthy it all is. He even makes his own jelly. In fact, while he works at a grooming salon for dogs, he's considering going to culinary school. "You can't beat a good burger, and his turkey burgers are unbelievable," said his father, Eddie Simmons.

Andrew even quit smoking all at once. He decided it was time to stop, and so he did, no weaning himself off. "We couldn't believe it. He's got more willpower than I do," Eddie said. "Something just clicked. He just quit cold turkey. That's incredible."

He was a size 42 waist when his journey began. Now, he's a 28. In fact, he and Eddie wear the same size pants. Andrew's shirt size has gone from an

XXL (he refused to wear an XXXL) to small and medium. "I can wear clothes I wore 10 years ago," he said.

Andrew likes himself much better now. Losing the weight not only made him feel better health-wise, it also improved his mental state. "It's night and day. I was experiencing despair, depression, anger. Now, I'm just so much happier. Back then, I was ashamed of who I was."



And, yes, he does have bad days, as does everyone. When those days come, he goes on an extra walk or does some meditation.

Andrew's healthy living is even influencing his parents, though neither Jena nor Eddie have had weight problems. "I went for my checkup, and my doctor said I lost 10 pounds," Jena said.

He understands the frustration of those looking for answers to a weight problem, but Andrew knows there is no easy solution. He'd tell people that if he were with them. "I'd look them in the eye and say, 'You have to wake up. You're killing yourself. You can't keep doing this. Prove to yourself you can do it, and you'll feel so much better and proud.'"

Meanwhile, he knows someone else is proud of him. "I know Alice is looking down. She's smiling and saying, 'Good job.'" **NOW**

Editor's Note: To contact Andrew, email azyriel777@gmail.com.



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About 13 years ago, Scott and Lacey Camp considered moving to Granbury. Their kids convinced them it was too far out, so they ended up in Arlington instead. But three years ago they downsized and chose Granbury, enabling Scott to retire early from a 31-year career in technical publications at Lockheed Martin. "We were happy to get back to a smaller town," Lacey said.

Before moving to Granbury, the couple often came for day trips, loving the square, festivals and many other activities. Lacey had no qualms about



HOME WITH COTT AND CEY CAMP

RY

— By Lisa Bell

making new friends and today serves on the board of the Lake Granbury Newcomers Club.

About 20 months ago, a beautiful set of triplets surprised them by joining their three other grandchildren. A year ago, they moved to their current home and agree it was the best decision. “This house and yard has the most beautiful energy of anywhere I’ve ever lived,” Lacey stated.

Although their new home has about the same square footage as the old, the layout gives them much

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more usable space. They immediately repainted and brightened everything, starting with soft yellow walls, which Lacey always wants in a home. Scott and Lacey left all the windows without coverings throughout the living areas at the back of the home, and suddenly, the inside flowed outside. As avid campers and lovers of nature, it fits their style.

Lacey particularly likes the half-wall dividing the kitchen from her living room. While she can easily work in the kitchen and visit across the built-in bar into the breakfast nook, which

also connects to the living room, unexpected guests don't see directly into her kitchen. The formal dining room sits beside the living room, open and inviting, so their large family has no problem interacting.

The backyard is a beautiful continuation of dining options. The covered patio has a table and many places to sit, plus a large patio set beneath a tree on the opposite side of the swimming pool.

Scott and Lacey both love gardening. They spent the better part of last year working on landscaping

and completely redesigning the yard. They removed four flowerbeds, converting them back to grass, and planted or transplanted 160 bushes, plants and shrubs. They also planted seven new trees.

Throughout the yard, they have bird houses and a large rock version of Gaia (Mother Earth). Their pool





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features a raised spa with waterfall and has a removable frog saver, which Lacey claims saves other creatures. A bunny, two possums and a red-tailed hawk frequent their yard, allowing them to enjoy a variety of wildlife. Recently, the National Wildlife Foundation certified their space as a wildlife habitat, an honor giving the couple a great deal of pride.

Scott has a workshop where he loves to create things with wood, and he and Lacey both carve in wood. "We like to do things together," he said. "And we like being creative together."

Lacey takes creativity to a new level. She did most of the paintings in their home, although their kids, Nick, Tricia, Jessica and Emily have some art on the walls, too. "We have many things they've made for us," Lacey said.

Hanging above a bench Scott made from a headboard and footboard, the couple displays Lacey's masterpiece made of buttons. The large picture, titled *Starry Nights*, won a blue ribbon in master craftsman at the State Fair of Texas the year she made it. Throughout the house, they display bronze statues, all purchased at different places and times, yet blending together perfectly. "Everything we own has a special significance or story that gives it significance," Lacey admitted.

A quilt in the spare bedroom, a gift from a friend, won first prize at a Georgia County Fair. In the kitchen area, Lacey displays two mosaic birds



she made, and they also have many roosters, including four photos of Hemingway's roosters. She grew up around them and thinks roosters always seem happy. A stained-glass piece they commissioned for their 19th anniversary hangs in front of the window, while a lifelike Indian chief stands guard in the corner.

Although both Scott and Lacey love the living room and backyard, Lacey's favorite room is her office. Painted yellow with a rug featuring large flowers and comfortable chairs, the space is also appreciated by their Siamese cat, ChaiLai (Siamese for beautiful).

The master bedroom features a beautiful quilt filled with birds, around which Lacey decorated the room. One of two spare bedrooms is primarily a room for the grandkids, and eventually Scott plans to build a Murphy bed in it.

Beneath gentle archways, surrounded by things that make them happy, Scott and Lacey have a peaceful sanctuary. Along with sharing some time with the grandkids or a camping vacation, they can't imagine any better place to spend retirement. **NOW**

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Transforming Lives

— By Lisa Bell

What started for Katy Offutt in benevolence at StoneWater Church and partnering with Christian Women's Job Corps, changed to a program with greater potential. Katy is quick to give kudos to CWJC and the way it changed women's futures for 13 years in Granbury. However, in 2015, she saw a greater need in the community.

With job layoffs or health issues, men also found themselves out of work and needing additional training in order to find new employment. Unfortunately, CWJC didn't accept men in its program, nor anyone without a high school diploma or GED. In partnership with that organization, they launched Jobs for Life. In 2016, the name changed and a new nonprofit entity — Forward Training Center — came to life.

As the executive director, Katy has a clear vision for

FTC. She admits it's the staff and volunteers who make the program work, however, and notes they can always use more volunteers in every position.

"Forward Training Center fulfills the most basic needs," she said, from reading to GED prep and testing, computer skills to preparing for job interviews. Different classes offer empowerment for individuals to make drastic changes that give them a brighter future. And that's what FTC is about. Unlike any other agency in town, they offer no-cost training that leads to self-sufficiency.

While the staff and volunteers have a resource list of other organizations that provide short-term relief, FTC offers long-term solutions. For someone who can't read or doesn't have a high school diploma, those are first steps. For the man in his 50s who got laid off and has little experience using a computer, they make a difference. For the woman who always stayed at home, but suddenly finds herself alone, they teach appropriate dress and interview skills. For the young adult, with no skills or experience, they provide mentoring along with training. These are only a few examples.

“The thing we do that is most important,” Katy said, “is to take each student and customize an individual plan. What does he or she need?” In an ever-changing business environment, people from both genders and all ages sometimes need help to improve their current situation.

In addition, some volunteers mentor students. The one-on-one relationships require the longest commitment for a volunteer (about 56 hours each semester), but also unexpected rewards. Because of mentoring, students learn they are loved and valued. Through training and continued encouragement, students gain skills and the ability to recognize and use their existing gifts, which produce a lifetime of purpose.

“We give one-on-one attention, tell them the truth and reinforce their value over a two-month period,” Katy explained. “We want them to leave believing, ‘I can do something in this world.’” Often students return for more classes, and many former students come back later to volunteer in some capacity as a way of giving back to the organization.

FTC is a faith-based organization. “We hope they embrace a faith in God, but the decision is theirs. Ultimately our students choose their own paths,” Katy shared. To become self-sufficient, part of the training includes teaching individual responsibility and decision-making.

Some students want to break the cycle of generations of poverty, but they don’t know how. They come in with shame and without hope. Katy sees what people can become instead of where they are at the moment. With her leadership, the staff and volunteers catch the same passion and vision. “We all need each other,” she said. “And we collaborate with other nonprofits, churches and businesses to achieve this goal.” **NOW**

Editor’s Note: For more information, visit www.forwardtrainingcenter.org.

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CookingNOW

In the Kitchen With KIM IRWIN

— By Lindsay L. Allen



"I come from a very long line of cooks. My grandmother used to cook me special dishes in a very special pot she used just for me! I remember my father would experiment with different recipes on the weekends, and my cousin and I would spend many summer days trying to cook new things out of cookbooks. My mother and I spent many winter afternoons preparing yummy foods for our friends and family at Christmastime," Kim said.

Her husband loves to cook, and their children had no choice but to learn how to cook, as well. She loves to use old family recipes and usually is unable to tell her daughter just how much of an ingredient to add, as she rarely measures anything. **NOW**

Spinach Salad

Salad:

- 1 container fresh baby spinach leaves
- 4 bacon strips, cooked
- 4 eggs, boiled
- 1/4 purple onion, thinly sliced

Dressing:

- 1/4 cup apple cider vinegar
- 1/3 cup olive oil
- 3 Tbsp. sugar
- 1/3 tsp. salt
- Pepper, to taste
- Garlic powder, to taste

1. For salad: Place spinach in a chilled bowl. Crumble bacon strips; place on top of spinach.

- 2. Slice boiled egg; add to salad. Add onion slices to salad.
- 3. For dressing: Mix all dressing ingredients together; pour liberally over salad.

Mexican Cole Slaw

Slaw:

- 4 cups green cabbage, shredded
- 1 cup red cabbage, shredded
- 1/4 cup purple onion, diced
- 2 cups fresh jalapeños, seeded and chopped
- 2 Tbsp. fresh cilantro, chopped
- 1 11-oz. can Mexican corn
- 4 oz. Mexican cheese, shredded

Dressing:

- 3/4 cup ranch dressing

- 1 Tbsp. fresh lime juice
- 1 tsp. ground cumin

1. For slaw: Combine and mix the cabbages, onion, jalapeños, cilantro, corn and cheese together.

2. For dressing: In a separate dish, mix all dressing ingredients together. Just before serving, mix slaw and dressing together.

Wild Rice Casserole

- 1 1/2 cups uncooked wild rice
- 3 14.5-oz. cans chicken broth
- 1 cup white wine
- 1 stick butter
- 1 cup onion, chopped
- 1 cup green pepper
- 1 fresh jalapeño, seeded and chopped
- 1 cup fresh mushrooms, sliced
- Salt and pepper, to taste
- 1 cup heavy cream
- 1 wedge Parmesan, grated (divided use)

1. Wash rice; put the washed rice in a large pot with broth and wine.

2. Cook on medium heat until the rice absorbs all the moisture. (This step usually takes about 1 hour.)

3. In a separate pan, sauté the butter, onion, peppers and mushrooms. Add to the rice.

4. Add salt and pepper, cream and half of the cheese to the rice.
5. Place in a greased casserole dish; sprinkle the remaining cheese on top.
6. Cook covered for 20 minutes at 350 F. Uncover; cook until slightly brown on top, usually another 20 minutes.

Lasagna

- 2 Tbsp. oil
 1/2 cup onion, chopped
 1 lb. ground turkey or beef
 4 cloves garlic, chopped
 1 1/2 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. oregano
 1/4 tsp. basil
 1 15-oz. can diced tomatoes
 1 8-oz. can tomato sauce
 1 6-oz. can tomato paste
 1/2 lb. lasagna noodles
 3/4 lb. mozzarella, thinly sliced
 1 lb. ricotta
 1/4 cup Parmesan cheese, grated (divided use)

1. In a large, hot skillet, add the first 11 ingredients. Simmer covered for 30 minutes.
2. Cook the lasagna noodles. Drain noodles; add cold water.
3. In a 12x8x2-inch baking dish, add half of the meat mixture, and then add a single layer of noodles, placing it lengthwise.
4. Add a layer of mozzarella, then a layer of ricotta, then 2 Tbsp. Parmesan cheese, ending with a layer of the remaining meat sauce.
5. Cover with remaining Parmesan cheese; bake at 350 F for 30 minutes.

Baked Salmon

- 1 salmon fillet
 2 Tbsp. olive oil
 2 Tbsp. brown sugar
 3 tsp. Tony Chachere's Creole Seasoning

1. Place salmon on foil, using enough foil to wrap it in later.
2. Drizzle olive oil on the fillet; sprinkle brown sugar and creole seasoning onto the fillet.
3. Wrap in foil; bake for 20 minutes at 350 F.

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BusinessNOW

Texas Coalition for Animal Protection

— By Lisa Bell

Texas Coalition for Animal Protection

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For those who love their pets but need help with the cost of caring for them, the Texas Coalition for Animal Protection may be the perfect answer. The 501(c)(3) organization provides low-cost options for qualified clients. TCAP's clientele has proven loyal, demonstrating this nonprofit organization is mitigating the issues that so moved its founder. Although they don't have a clinic in Granbury, the Weatherford clinic is a short 20-mile drive.

Stacey Schumacher worked in animal rescue during high

school in Sulphur Springs, and in 1994, she graduated high school and started a spay and neuter clinic soon thereafter. "When you see perfectly adoptable pets being put to sleep, you know there are too many pets," she said.

Once Stacey finished graduate school, she entered the corporate world but couldn't get the welfare of animals off her mind. In 2002, she started TCAP in Denton to provide quality pet care and outstanding customer service at the lowest cost possible. "Spaying and neutering is our focus," she said. "But, we place a very high priority on rabies control, because that obviously impacts community health. We charge \$5 because we want every animal vaccinated for community safety."

Licensed veterinarians partner with TCAP to perform vital surgeries and wellness care. By designing their procedures for efficiency and referring all sick and injured

pets back to local veterinarians, TCAP is able to provide low-cost services in a high-volume setting.

In 2007, the Humane Society of the United States chose TCAP as the most innovative approach to animal welfare in the nation. More than 50 percent of the people bringing their pets to TCAP have never made a vet visit of any kind. And more than once a week, TCAP veterinarians and staff travel to outlying areas to help more people.

The lines can sometimes be long for walk-in vaccination services. But, with TCAP's efficient procedures in place, clients are in and out in no time. Other wellness services include prescription products and dental cleanings. To date, TCAP has performed more than 380,000 spays/neuters.

The discount that TCAP offers averages 70-percent lower than traditional veterinary clinics, because TCAP is not charging an office visit fee and only provides basic preventative pet care. "We don't offer X-rays. We're not treating sick or injured pets," Stacey said. "We're providing services and products necessary to keep the pet overpopulation problem at bay and to help keep pets healthy." TCAP always refers more serious issues to local veterinarians in full-service clinics.

Pet owners make the decisions, so TCAP is selective in hiring veterinarians and staff who love animals and their owners. The organization gives regular training to its staff on good customer service, knowing that satisfied clients will bring their animals back.

"Having really great people makes the difference," Stacey said. "Because we've worked to recruit great people, it never feels like work. It just feels like playing with puppies and kittens."

When you're in need of affordable, safe veterinary services, bring your pet to the compassionate people at Texas Coalition for Animal Protection. And for animal lovers without pets, TCAP appreciates your donations, too. **NOW**

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TravelNOW

Peach Perfect

— By Sean Doerre

It's impossible to visit Gillespie County, Texas, without getting directly to the heart of the Texas Hill Country. Its focal point is Fredericksburg, a place founded in 1846 by German settlers. This small-town Texas community continues to provide a unique blend of Texan hospitality and German tradition.

Fredericksburg is well-known for award-winning wine. In fact, the Texas Hill Country was designated one of the 10 Best Wine Travel Destinations in 2014 by *Wine Enthusiast Magazine*. With more than 40 wineries and tasting rooms in the Fredericksburg area, numerous wine tour companies and special wine events like the Fredericksburg Food & Wine Festival, Fredericksburg is at the center of Texas Wine Country.

With more than 150 shops, boutiques and art galleries lining historic Main Street, Fredericksburg is also a premier shopping

destination, offering the best of home decor, Western wear, fine art, kitchen wares, linens, antiques and more. On the weekend of the third Saturday of every month, Fredericksburg Trade Days features more than 400 vendors in seven barns and acres of shopping opportunities, along with great eats and live music in the Biergarten. Great food and wonderful dining is a fixture in Fredericksburg with more than 80 restaurants that feature everything from regional Texas Hill Country cuisine to German and Bavarian, to Tex-Mex and Italian, as well as numerous fine dining restaurants.

Gillespie County is one of the top peach-producing counties in Texas, and from mid-May through early August the town is filled with roadside stands selling peaches and other seasonal produce. Fredericksburg is also home to Wildseed Farms, the largest working

wildflower farm in the United States and a destination for any nature enthusiast.

Enchanted Rock, the second largest granite dome in the United States and a designated International Dark Sky Park, is located just outside of Fredericksburg and offers miles of hiking trails, rock climbing and a 360-degree view of the Texas Hill Country from the top of the Summit Trail.

With more than 700 historically significant structures preserved in the Fredericksburg historic district, history surrounds the city. The Pioneer Museum Complex provides a glimpse of early life in Fredericksburg through historic homes, a log cabin, an authentic Sunday House, a one-room schoolhouse and more.

The National Museum of the Pacific War, dedicated to all who served in the Pacific during World War II, also honors hometown favorite Navy Fleet Admiral Chester W. Nimitz. The 6-acre museum complex includes the George H.W. Bush Gallery, the Japanese Garden of Peace, the Memorial Courtyard and the Plaza of Presidents. Just down the street, is the Pacific Combat Zone, which recently underwent an \$8 million renovation and hosts living history demonstrations eight times each year.

In addition to historic attractions, Fredericksburg is always brimming with activity from more than 400 special events, concerts and festivals held annually. Typical Fredericksburg events and activities include Oktoberfest, live music at Luckenbach Texas, Fredericksburg's Fourth of July Parade, summer horse racing, the Hill Country Food Truck Festival, the Stonewall Peach JAMboree, First Friday Art Walk, the Gillespie County Fair and more. Fredericksburg has more than 1,100 hotel and motel rooms, more than 1,200 bed-and-breakfasts/guesthouses, and several RV parks and campsites ready to welcome travelers with plenty of warm, Texan hospitality. **NOW**

To plan a trip to Fredericksburg and the Texas Hill Country, or request a free visitor information packet, visit www.VisitFredericksburgTX.com. Photo Credit: Fredericksburg Convention & Visitor Bureau.



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MAGAZINES



Where Comes the Bride?

— By Zachary R. Urquhart

In a time gone by, most weddings tended to be at one of a few locations: churches, the courthouse or the family's backyard. Today, though, almost anywhere could be a wedding venue. If you are getting ready to plan a wedding, there are some new and unique locales to consider.

Something Old

- *Barns are back in style.* Trending with the popularity of house remodeling shows over the last decade or so, weddings in rustic farmhouses and barns are becoming more and more common. You can look for places online or reach out to friends who live in rural areas. You might be surprised how easy it is to find a barn you can use. With some old-world style lighting, a simple large shed can become an idyllic wedding sight.
- *Church is in session.* A unique spin on the tradition of

a religious setting is to have your ceremony in an old church building. There are churches that are no longer functioning for local congregations, but that are available for special events. And if you are willing to host a destination wedding, you can find such buildings across the country.

Something New

- *Trendy restaurants make great wedding sites.* If you live close enough to a big town with cool restaurants that are only busy in the evening, you might be able to reserve the place for an early wedding time. What is even better, you will have a place for a ceremony and reception all-in-one.
- *Find a venue near you.* People are sometimes surprised to learn how many beautiful venues are hidden just around the corner. With anything from simple buildings that have the necessary amenities to locations providing

outdoor wedding scenes, there are often myriad options within a short drive. Many wedding venues offer an all-inclusive package, with much of the planning provided with this option.

Something Borrowed

- *Public spaces can be great for private events.* Local parks have gazebos or pavilions available to rent for private events. If you are expecting a smaller wedding party, this can be a cute, quaint way to have an inexpensive wedding. Some more recently built parks even have spaces built with events in mind, so a wedding at a park does not have to feel like a wedding at a park.

- *If you book it, they will come.* If you want the beauty of an outdoor setting, but need a bigger venue, you can sometimes reserve the sports fields in your area during their off-season. With a little decorating work, a large field can turn into the perfect wedding site.

Something You

- *Somewhere that defines the couple.* Anything from a golf course to the outdoor chapel at a church camp from your childhood is perfect if you both think it is perfect. If you and your spouse-to-be are the adventurous types, maybe a bridge spanning the gap between two mountain peaks is the location for you. People may question your choice, but it is just that, your choice, so have fun deciding where to host the big day.

Whatever you decide, remember that the day of your nuptials should be one of the happiest days of your life. As long as you are marrying the person you love, surrounded by the friends and family you want supporting you, no place is the wrong choice to ring your wedding bells. **NOW**



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Zoomed In:

By Lisa Bell

Jamie Morrison and Pat Morrison

Pat Morrison normally volunteers with her husband each Thursday handing out free lunches. Jamie Morrison, her granddaughter, filled in on this occasion. As part of the GISD Healthy Kids program, Pat, and others like her, tolerate the heat to make sure kids have something to eat on weekdays. “Some of the kids are home alone during the day while both parents work,” she said. “We make sure they get a well-rounded meal.”

Although Jamie lives in Granbury, she works in the Fort Worth ISD. “I see hungry kids at school all the time,” she added. The program is sponsored by the school district, but volunteers deliver food at 10 different sites in the community, where any child under 18 can get a free lunch every day.



Danielle, Layla and Devon enjoy a walk to the Square.



Paige Nettle from Amarillo enjoys a visit to Granbury.



DAR holds Constitution Camp in Granbury.



Nicole, Nickey, JD and Jason Martin await the Granbury Fourth of July Parade.



Johnie Gaffin, Carolyn Cotton and Molly Heffron enjoy serving snacks to children.



July 4th T-shirt designer Braeden Whitton poses with mom and dad, Sarah and Rick.



Jackson Rickert greets guests with a smile at the new Taste and See salad and yogurt bar.



Retired minister Maurice Simpson remains active with the American Legion.



Inversion band rocks in the 4th of July holiday at Hewlett Park.

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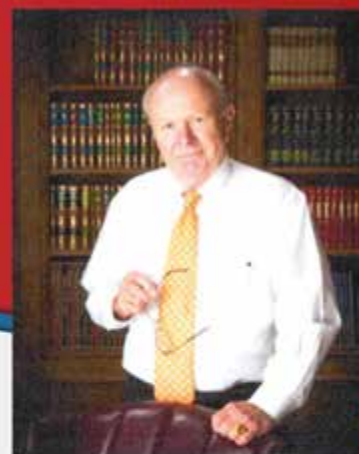
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Did You Know ... Western Swing Is the Official Music of Texas?

— By Carolyn Wills

Yes, that would be a resounding yes and a good ole Bob Wills holler. Officially, the designation happened June 17, 2011. That's when Governor Rick Perry signed Resolution #35, and the 82nd Texas Legislature got 'er done. Long before 2011, though, and even before its naming, Western Swing was playing in the hearts of two innovative Texans.

Those Texans were Milton Brown (1903-1936) and Bob Wills (1905-1975), both among the most influential swing artists of all time. They met in Fort Worth in the early 1930s, gained popularity as the original Light Crust Doughboys and, then, formed individual renowned Western Swing bands.

Sadly, bandleader/vocalist/guitarist Milton Brown died from a car crash at an early age. Although he missed the opportunities of time, as “the Father of Western Swing,” his is a great legacy. With the Musical Brownies, he often performed to packed houses at Fort Worth's Crystal Springs Dance Pavilion with its 800-capacity dance floor and fabled reputation as the birthplace of Western Swing.

Bob Wills had a long, prolific career as bandleader, fiddler, composer, charismatic performer and one who

created a rodeo, owned ranches and dancehalls, loved horses and appeared in black and white “shoot 'em up” Hollywood westerns. Among his many recognitions are inductions into the Country Music Hall of Fame, Rock & Roll Hall of Fame (with his Texas Playboys as Early Influences) and a Lifetime Achievement GRAMMY.

What is it, then, about their music? Why, with beginnings in the 1930s, has Western Swing gained distinction as our state's official music?

A little history:

Western Swing is unique within the spectrum of country music. It's a demanding form, calling for musical attention and skill and, traditionally, asking performers to employ a certain style and, above all, respect for those who come to listen and dance or, simply, to tap toes. It was born of frontier and Texas fiddling, of blues, jazz and gospels shared in cotton fields and country churches, of Mariachi influences and heart-pounding big band sounds.

Before transitioning to the city in the 1930s and to radio, recordings and Texas dancehalls, it was the music of ranch



Joey McKenzie of the Western Flyers performs the music of Texas.



dances and country gatherings. During the Great Depression, it was the source of hope and release, and during World War II, the sound of home.

In 1969, Wills' "San Antonio Rose" traveled to space to be enjoyed by the crew of Apollo 12. In the 1970s, having just discovered Western Swing, a young Ray Benson formed his band, Asleep at the Wheel, to begin a long, successful career. Then, by the late 1970s and 1980s, as Willie, Waylon and "the boys" created a stir with "outlaw country," Waylon Jennings reminded the world that "Bob Wills Is Still the King." Later, when the Rolling Stones came to Austin, Mick Jagger made sure to perform that song.

Brown and Wills were superstars with unprecedented style and profound abilities to connect with audiences. They were gifted musicians who surrounded themselves with great musicians, who also knew how to touch the hearts of those who listened.

"I love Western Swing because it incorporates different styles from jazz to blues to swing," Jason Roberts, leader of the Jason Roberts Band, said. "The great musicianship of Western Swing players over the years remains unrivaled!"

To this day, Texans tell tales of grandparents or parents who loved the Light Crust Doughboys or who met and fell in love at a Milton Brown dance or of a grieving family comforted by Bob Wills and his Texas Playboys, who often played funerals for free. The lore is colorful and stories endless but, importantly, this amazingly versatile music endures.

According to Ray Benson, Western Swing is alive and well. "Quite an achievement for music that began in the early 20th century," he smiled. "When Bob and his contemporaries blended fiddle and string band music with big band and blues, original American music was born. That my band and entertainers like George Strait and literally dozens of groups around the world are reviving and reinventing Western Swing shows that it still resonates with audiences."

So, it's true. With far-reaching implications, Western Swing is part of the fabric of Texas. "It was born here and is as much a part of our culture as oil derricks, longhorn cattle and chicken fried steak!" Joey McKenzie, leader of the Western Flyers, said. "If something was ever truly cool, I believe it will always be cool, and Western Swing is the epitome of cool," he added. "It has stood the test of time, influenced musicians from George Strait to the Rolling Stones and, thanks to the Internet, is enjoying increased exposure around the world. When the Flyers travel internationally, it amazes us how many passionate and knowledgeable fans there are. Yes ... Western Swing is the epitome of cool!"

So, here it is...

"Today, the foot-tapping tempo of Western Swing continues to be heard across our state. ... It is indeed a fitting symbol for the rich cultural heritage that is shared by all Texans; now, therefore, be it RESOLVED, That the 82nd Legislature of the State of Texas hereby designate Western Swing as the official State Music of Texas." **NOW**

1 — 16

Hood County Library Closure: During these days in August, the public library is closed for relocation. Hoopla and other digital services are available for use with your library card.

2

Strengthen and Exercise Class: 9:00-9:45 a.m., Senior Circle Building, 1321 Waters Edge Dr., Suite 1001. Open to any individual age 50 or better. For details, call (817) 579-2979.



Cooling Station: 3:00-4:00 p.m., Granbury Villa Rehab and Nursing, 2124 Paluxy Hwy. Come by for a cold beverage or ice cream and enjoy being in out of the heat. Call Melinda Myers at (817) 279-7600.

6 — 9

Football Fish Camp: 9:00-11:00 a.m., Granbury High School. For 9th graders only. Information available at www.granburyisd.org/summercamps.

11

Ms. Texas Senior America Pageant: 12:15 p.m. (exhibits); 1:00 p.m. (pageant begins), DoubleTree Hotel Dallas, 4099 Valley View Ln., Dallas. Tickets \$15. Details at www.senioramerica.org/Texas.asp.

15

First day back at school for Granbury School District. For times and other details, visit www.granburyisd.org.

18

The Vintage Campers are Coming: 10:00 a.m.-5:00 p.m., The Clawfoot Tub, 214 FM 2481, Bluff Dale. Come out and see The Vintage Camper Club on Display. Visit The Clawfoot Tub on Facebook for details.

Ongoing:

Second Mondays

Lake Granbury Art Association meeting: 7:00 p.m., Shanley House. Program followed by Q&A time. Refreshments served. Free for citizens supporting art and artists. Jeanette Alexander at (817) 578-3090.

Second Tuesdays

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



Third Tuesdays

Greater Granbury Chapter of the Military Officers Association of America meetings: 6:00-9:00

p.m., Pecan Plantation Country Club. Contact Colonel Mike Brake, USAF (Ret), (702) 612-9317, or speedobrake@gmail.com.

Third Wednesdays

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



First Thursdays

Granbury Extension Education Club luncheon: 10:30 a.m.-1:30 p.m., Hood County Annex 1 Meeting Room, 1410 W. Pearl St. Monthly programs cover family and consumer science topics, and community service projects are planned. For information, contact Brianne Langdon, (817) 408-0746.

Fourth Thursdays

Not Alone Support Group: 6:00 p.m., Southside Baptist Church, 910 Paluxy Rd. Support for patients, family members or caregivers dealing with any terminal illness. For information, email chrisanddebbiewhitts@gmail.com.

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

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Fido for the Family

— By Amber D. Browne

For most couples with little ones, a pet is a necessity. Dogs provide hours of playtime for children, teach responsibility and offer unconditional love and companionship. But which dog breeds are best for children? The answer varies for each family depending on multiple factors including yard space, allergies and the child's age, among other things.

Soon-to-be dog owners with large, enclosed yards could choose more energetic breeds, since the dog has plenty of outdoor room for exercise. According to the American Kennel Club, the Labrador Retriever is friendly and active, and as America's most popular breed, fits well with families. The Golden Retriever is obedient and devoted to its owner. Because of its patience, the breed does well with young children. The Beagle is also known to be great with children. The breed enjoys companionship, and its playful demeanor will provide hours of entertainment.

Apartment renters or homeowners with limited yard space could decide to add a smaller breed to the family. Small- to medium-sized breeds include the Bulldog, which is a patient pup, and the Bull Terrier. The Bull Terrier can be mischievous, but was bred to be a companion dog

and is good with older children. Another popular breed for families is the Poodle. With multiple sizes available, a miniature Poodle might be an option for families living in an apartment.

Because it is hypoallergenic, the Poodle is one breed better fit for families suffering with allergies. Another breed for allergy sufferers is the Soft Coated Wheaten Terrier, which has a happy disposition and is a devoted companion. Depending on the age of the child, parents must decide if a puppy or mature dog would be the perfect fit for the family. Puppies need to be trained, but the dog will grow and mature along with the child. An older dog will most likely have some training and can provide several years of companionship for an older child. As the child ages, he or she can take on more responsibilities when caring for the pup. Younger children can help brush, feed and water the dog. Older children can walk the dog or even bake fresh puppy treats in the kitchen.

Whether parents decide to purchase or adopt the pup, they must do their research. Most adoption or rescue agencies know the breed or have an idea of the breeds if the animal is mixed. Whatever the case, families should look for a calm and friendly temperament, how the breed might interact with other pets, research possible health problems and determine if the dog will incur grooming expenses. Although adding a furry family member to the pack is a big responsibility, the memories made with children and adults alike are unforgettable. **NOW**

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.

Dr. Carl McAfee, DC is a Bulging DISC Expert in Weatherford.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little

interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

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

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

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

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

The first step is to secure a thorough examination with Dr. Carl McAfee, DC.

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

Call them now at 817-594-0281 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief! You can even call on the weekend and leave a message on their answering machine to secure your spot and they promise to return all calls. During the week, staff can be very busy helping patients so if they don't pick up straight away leave a message. Quote this special discount code: BOS43BDSM4h



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