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# CONTENTS

January 2016 • Volume 5, Issue 1

8



## ON THE COVER



*It took Audrey Fahlberg a lifetime to write two books, and now she's working on a third.*

*Photo by Shad Ramsey.*

## 8 Worlds Within Worlds

Audrey Fahlberg is writing a photo-driven book about her travels.

## 16 The Wright Style

At Home With Burr and Linda Silver.



16

## 22 Yoga Connection

Tracy Waddell loves building relationships and incorporating prayer in her classes geared toward better health.

28 BusinessNOW

30 Around TownNOW

36 CookingNOW

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## Editor's Note

*Hello, Friends!*

Sweet memories of Granbury will go with me as I head east to serve as community editor of *MansfieldNOW* Magazine. With 10 magazines helping to grow 10 communities surrounding the southern and western edges of the DFW Metroplex, NOW Magazines thrives through efforts of talented people telling good stories about great people. I leave you in the brilliant hands of Lisa Bell, who published her first article for NOW Magazines in *GranburyNOW*'s third issue. She wrote "Angels in Leather" about David Kimbrow, a pastor for Warriors for Christ. "That was probably one of my better titles," Lisa said. Having gotten to know you in these three years, I'm confident you will provide Lisa with a never-ending supply of wonderful personalities to write about. You don't like to toot your own horn? Let Lisa do it for you!

Happy New Year!

*Melissa*

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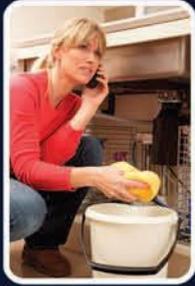
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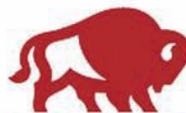
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**HAPPY NEW YEAR!**

# Worlds Within Worlds

— By Melissa Rawlins





*Tucked away in her writing studio, Audrey Fablberg enjoys a calm and colorful world of her own, as she cocoons inside her cottage at Lakestone Terrace. There's a world of stories waiting in Audrey's heart. Hoping to write about her travels in a way that brings to life another world, one that no longer exists, Audrey culls slides made during her travels to over 150 countries. She works from an office that looks much like a museum, filled with collected artifacts from places as varied as Nepal; Panama, S.A.; and, yes, Texas.*

Looking at a gourd dried and painted by a high school art teacher in Lubbock, Audrey remembers Miss Martin. "She taught a wonderful friend of mine, Pascale, who came from Vietnam," Audrey said. "A church in Lubbock sponsored her, and Miss Martin, Pascale's high school art teacher, encouraged her to go to New York. From there, she studied art in Paris." Pascale now lives in Del Mar, California, where Audrey and her husband, Will, lived in retirement. Every year, Pascale travels to Texas to visit Miss Martin. Why not consider Texas a travel destination? "It's a fascinating place," she said.

Audrey's Norwegian parents reared her in Wisconsin. She first visited Texas in her early 20s, while Will trained in both Abilene and Austin before being sent to the Italian front with the 10th Mountain Division as a combat medic in WWII. Audrey has published two books about this time period, one in 2014 called *Triumphant Love: WWII, A Blink Into Our Seventy-three Year Marriage*. The other is a collection of Will's letters to her and their daughter, Karen, called *World War II Letters Home*, published in 2015.

Will's messages mailed from the Apennines sometimes arrived a month or two after they were written. "He had to write on his helmet or a board or a rock, with very few opportunities to have

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decent paper to write on. Sometimes, he would even take a page from a paperback that he had on hand,” Audrey said. “His letters did arrive and gave me assurance that he was alive.” Audrey lovingly preserved every handwritten love letter, and when sharing them, she added wisdom from her storehouse.

Her husband is no longer with her, but she finds joy in every moment. “I learned a long time ago that in this day are all the verities, all the truths, of what is right now. It’s very important to have good memories but to live for the moment,” Audrey said. “Every morning when I get up, I thank the Lord for another day and how gracious He is to share His love, joy, peace and grace. I wonder what His plan is for me today, and pray it will be a good plan.”



She walks, reads, gardens and goes through her slides for the sake of writing her next photo-driven book about travels she made during the 1970s and 1980s. She lived in Houston and owned a 100-employee travel agency, specializing in serving people who were visiting Texas while doing business at places like the Texas Medical Center or NASA. Many times, she and her husband, a doctor and immunologist in Houston with Baylor College of Medicine, traveled together. “He was often a consultant in some of the hospitals in countries where we visited,” Audrey said.

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She also traveled alone for her second business, a functional art boutique called Corners of the World, which she operated for 30 years in the Texas Medical Center. "I discovered there were so many women in different countries like Kashmir, Bangladesh, India and various South American countries, who had cottage industries making such beautiful things, like

wearable garments and jewelry," Audrey said, "but they had no place to sell them." Now, many of those textiles grace her working environment.

As she sorts slides, deciding which best represent the people she met on her travels, she recalls the several cameras she carried on each trip. "They were heavy, very big and had lots of different lenses. Lots of times, I'd have to change lenses, and the light wasn't just right," she said. "That was the exciting part about taking photos. It was enjoyable experimenting with them before I really became what I considered a professional photojournalist."



Although she is her own best critic — "one never is quite as good as you would like to be" — Audrey is ready to show with her photography the people she especially enjoyed meeting who were willing to have their pictures taken doing their menial tasks. In Bhutan, for example, she received permission from each woman selling eggs or sitting at a prayer wheel or holding a baby in her lap, and from the old men sitting quietly.

"I did not have a problem with languages because I love to talk with people through just being there with



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them," Audrey said. "When I found myself in a place with people who were busy, I could stand back and realize there was one person who stood out in what they were doing and how they looked, someone who looked like they had something interesting to tell," she said. "I wanted to capture that."

For example, next to photos of dancers in front of a three-story-tall, hand-painted silk screen, an archer with his beautiful bow and arrows and a 1970s-era, 10-passenger Mercedes bus, Audrey plans to print a story sharing her perspective on the world behind the festival in Paro, Bhutan. Next to photos of a pony trek up a rocky mountainside, Audrey will describe their destination. "We went to the very old and famous monastery — Taktsang — which had been built right into the mountain. They say they got there originally by riding on a tiger," she recalled.

Since she's been to about 200 countries, Audrey's considering producing three smaller books about the places she visited by air and by ship, and many times, even by horses or mules. Just like the travel, Audrey's slide-culling is a process both exciting and painful. "I have a lot of memories and a lot of slides I have to discard because they're not quite up to what I would share," she admitted.

She's not using cameras as she did in the 1970s and 1980s, but in planning for her life, Audrey tries to experience something interesting each day. When her son comes to visit from Del Mar, they get in the car and sometimes drive 200 miles in a day. "I love the open country of Texas," she enthused. "Granbury is such a wonderful place where you can go just a very short way and you'll be right out in the country, visiting cemeteries, pastures, hearing stories from the locals." For Audrey, it's the fellowship, respect and love for one another that makes this a beautiful world. **NOW**



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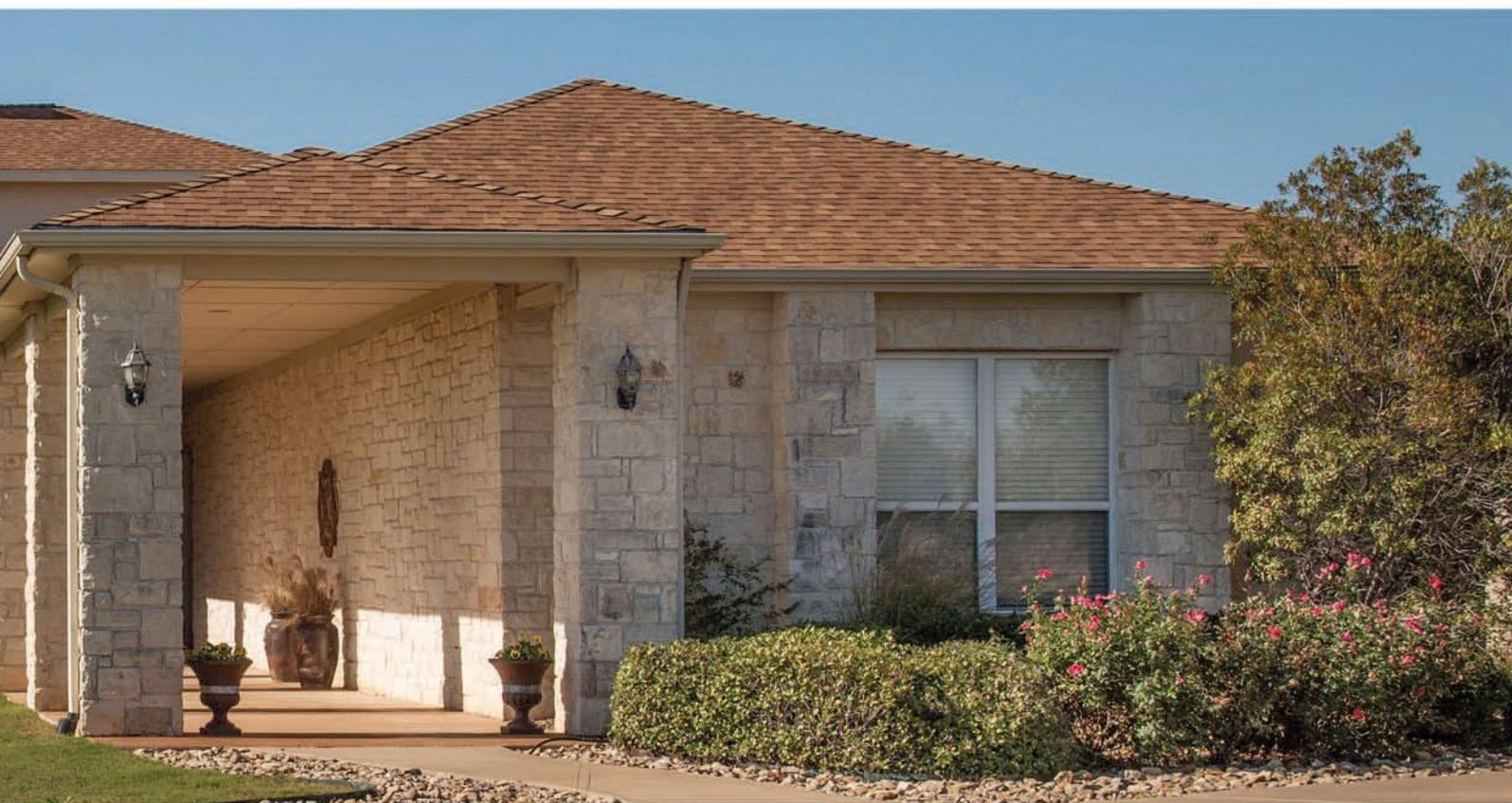


At Home With  
BURR & LINDA SILVER



The  
WRIGHT STYLE

— By Carolyn Wills



*Burr and Linda Silver's home is stunning. It's the bright Austin stone beauty patterned like a Frank Lloyd Wright "Texas tea house" on the Brazos River. In a neighborhood of distinguished homes, many with spectacular views, it's the one with the iconic roofline, columned walkway, slightly hidden entry and pristine landscape. The home was built in 1999 and then quickly endured unfortunate changes. It was purchased in 2003 by the Silvers and, at last, made "Wright" by this gracious, sophisticated couple.*

The house sat vacant for a year-and-a-half before Burr and Linda previewed it. They were relocating from Norman to Granbury. This prospective house was large enough for grandkids and family gatherings, close to water and, most importantly, offered breathtaking views. Sadly, though, the yard included no landscaping or lawn. Also, the Wright influence had somehow gone awry. "When I first saw the interior, I was shocked and felt there was no way to make it work. I even retreated to the car and sat," Linda said, smiling.

Burr, though, was intrigued. He imagined the architect's original vision and, underneath oddities and neglect, could sense that the basic elements and quality still existed, hidden under the surface. Later, a meeting with the architect confirmed his assumptions. The first and second owners indeed made numerous

changes and, then, for different circumstances, neither ever lived in the house. With that knowledge, Burr proceeded to check out the land and foundation.

“He believed the house could truly reflect the Wright style,” Linda said. “I knew it would be a lot of work, but we had already renovated a home in Oregon, and I trusted Burr’s judgment.”

Today, this remarkable home shines as a testimony to the Silvers’ determination,

aesthetic taste and “roll up your sleeves and get it done” attitude. “It took a full year,” Burr said. “We did most of the demolition ourselves.”

“Burr was still very active in his oil company, so I made many trips from Norman to check on things,” Linda added. “There were projects everywhere, lots of dust, and I stayed in one of the upstairs bedrooms.”

By September 2004, they had officially moved into their essentially new home, the Wright home — the one Burr envisioned and the architect intended. “We enlarged the garage to include a workroom, and then added space to the left front of the house to create a large

office,” Burr explained. “The original driveway had to be replaced and widened, and in that process, we scaled back the side-hill and installed a retaining wall of Georgetown stone.”

Visiting the Silvers today is like stepping into two masterful paintings, one of the outside and the other of the interior, each relying on Wright’s allegiance to precision and quality. “Typical to his design is the pitched roofline,” Burr said. “At each 12-foot interval, there is a 5-foot drop. He also liked long walkways and slightly hidden entries, so by enlarging the garage, we were able to extend the front walkway.”

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extended garage wall, persuades visitors past a small courtyard to the leaded-glass front doors. "The doors were in bad shape before Linda refinished them," Burr commented. "Hardware on one was missing, and miraculously, we were able to find a replacement."

The home opens to an enormous interior featuring 2-foot-by-2-foot stone columns, 45-degree angles, tall ceilings and windows, a huge double-sided stone fireplace, wood floors and custom light fixtures. The core includes a spacious living room, formal dining room and sitting area facing the courtyard. Rich leather and upholstered furnishings with treasured art make this a truly magical place. Happily, the Silvers discovered wood floors in most of the core area and, at the hands of a craftsman, were able to replace tiled borders with matching and perfectly spliced wood.

"Recently, Burr and I made valances for all of the main windows," Linda said. "Burr had the idea of including hidden shades and they've been perfect for blocking the sun when needed."

A magnificent double-sided, stone-faced fireplace partially separates the living and dining rooms. Between the rooms, a Howard Miller grandfather clock (a Mother's Day gift from Burr) chimes every quarter hour. A huge wrought iron chandelier hangs above the dining room table and a china cabinet displays the Silvers' Waterford crystal and Royal Doulton Carlyle china. "The view toward the water reminds us of *Sunset Aglow*, one of our favorite paintings," Linda shared. "Being on the water is very important, but that view is with us every day, and we especially love it."

One non-Wright addition that was allowed to stay is the loft above the dining room. "We were going to remove it until our grandsons pleaded to let it stay," she said, grinning. "From then on, when they visit, the loft has always been the boys' place."

The kitchen, guest room and bath



are located to the right of the main area. Existing pecan cabinets were upgraded, and new cabinets and custom shelves were added. Granite counters, a slate backsplash inset with granite and new stainless steel appliances completed the kitchen transformation. Linda's Royal Doulton mugs are now displayed on the custom shelves. "I wanted a place for King Henry and his six wives," she said with a smile.

After the major renovation, the master bedroom and bath, located to the right of the living room, became a lovely retreat with a fireplace, crown moldings, deep baseboards and custom cream-hued walls that match the luxurious comforter. Brighter, newer cabinetry, tile and fixtures replaced everything in the bathroom, with the exception of the soaking tub.

Two bedrooms and a bath occupy the second floor. Including the loft, the home has five bedrooms — plenty of space for the Silvers' daughter and son, plus spouses, five grandchildren and their daughter's Golden Retriever who is fondly known as the "vaca" pet.

Burr and Linda have journeyed far in 57 years of marriage. From mastering education to becoming highly regarded educators, they are also devoted parents and grandparents, art connoisseurs and world travelers. With a doctorate in geology, Burr has long been a sought-after university professor and consultant as well as creator/owner of his own oil company. Currently, he's writing a manuscript about climate change based on 550 million years of geological history.

Linda's master's degree is in the field of psychometrics. She was an AP high school English teacher for 33 years and now serves as information specialist and fundraiser for a number of local charities, including the Lake Granbury Newcomers Club and Women's Service League. Being in the "Wright" place at the right time was clearly a blessing for Granbury, the Silvers and, most of all, a misunderstood home. **NOW**

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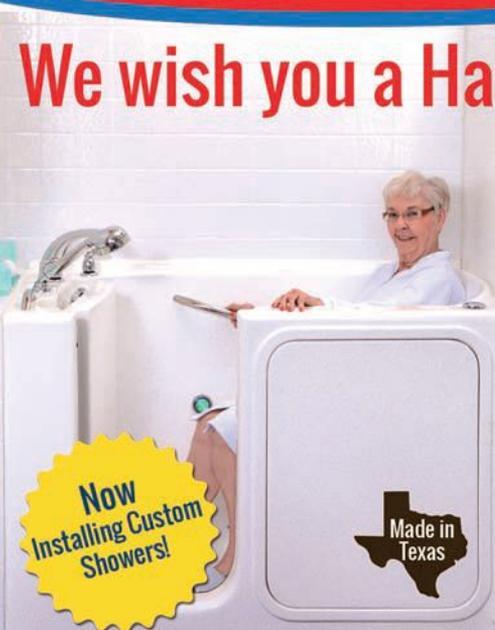
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# YOGA

## CONN

*Long ago and not so far away, Tracy Waddell worked in the insurance industry. For more than 10 years, she spent long days in a high-stress, fast-paced environment. Although she loved her job with customer service aspects and working with people, the daily tension wore her down. She got to the point where she couldn't sleep and developed TMJ, grinding her teeth at night. To relieve stress, she worked out, taking mostly aerobic classes.*

One day, the yoga instructor asked, "Would you like to stay and take my class?"

"Why would I want to come to yoga with you?" Tracy asked.

"Because you're gonna feel wonderful when you leave," the instructor said.

Tracy had no intentions of staying. "You're gonna make me chant or do something funky in there, aren't you?" she stated. Like many people, she wasn't too sure about yoga and, honestly, knew nothing about it.

The yoga instructor persisted. "No," she said. "We're gonna stretch and relax. You'll walk out of there feeling like you gave yourself a massage." Tracy decided she might try it sometime.

About two weeks later, after a particularly horrible day, Tracy walked out of a step aerobics class as the yoga instructor walked in and invited her to class again. Tracy decided that night was the time to try it. She fell head over heels in love with yoga from the first time she tried it. She broke down after one of the meditations. "When I did the meditation, I released emotions I know I had held on to for more than 25 years," Tracy shared. "That's what I love about yoga. It is a connection of mind, body and spirit."

In a world where people seldom stop and take time to simply **BREATHE**, the greatest benefit may be putting everything on hold.

# ACTION

— By Lisa Bell

From that night, she not only went to classes but also became interested in teaching. After a couple of weeks, she approached the instructor and asked how to get to the place where she could teach. She longed for a job that relaxed her instead of adding more stress to her life. The instructor took her under her wing, mentoring her in a one-on-one relationship. After six months of intense training a couple of times a week, Tracy went to the Dallas Mania Conference to get her certification. Around that same time, the instructor's husband transferred to a different state with his job, opening a door for Tracy to teach. That was in 2000.

I'm a strong Christian. I love Jesus — He is my savior. At the end of every yoga class, we pray together, and at the beginning of every meditation class, we

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pray, inviting God," she said. "That's what I love about working at the YMCA. They are all about sharing love, building relationships and having Christian values. It's even in their mission statement." Tracy's classes have a wide age range and vary in size from week to week. Through stretches and different poses, participants gain flexibility. In addition to yoga, she also teaches other exercise classes in Granbury and Stephenville. Not all of the YMCA yoga teachers incorporate prayer, but Tracy does.

For her, the classes are about relationships more than exercise. "I feel so blessed. This is a ministry to me, where I get to pray with these ladies about whatever is going on in their lives," she said. "During yoga, we get to simply be with the Lord, doing nothing, but simply being. We unplug from the world for a little while."

For Tracy, the journey of yoga feels very much like the spiritual growth of a Christian walk. Starting slow and focusing on how to do the moves, transforms over time to familiarity with the physical work. Then the focus changes to the spiritual, mental and emotional parts of yoga. "It's all about the journey. Everything in yoga

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is about listening to your body, calming the mind and opening your spirit to the Lord," she said.

Yoga has many benefits and can help with sleep issues, pain relief, stress levels, balance, range of motion and more. The process makes participants more aware of their bodies and produces a desire to live healthier. Friendships develop among the groups, and women often form prayer partnerships, as well. In a world where people seldom stop and take time to simply breathe, the greatest benefit may be putting everything on hold. The intentional quietness gives people an opportunity for focusing on themselves and bringing order to a chaotic mind, filled with dozens of things to do. Reflecting on emotions brings them to the surface where a woman or man can release them. The friendships create a safe place where others reach out and offer comfort. The side benefit of connection has little to do with yoga itself, but those who come together regularly experience these bonds.

Unlike other exercise, gentle Hatha yoga isn't intended for weight loss. According to Tracy, you probably will lose weight. She can't guarantee any weight loss. "Things just start to change as you become more aware of your mind, body and spirit. In time, you can be what God wants you to be," she shared. The process of bending over, feeling



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extra weight and thinking how one less cheeseburger would make that movement less uncomfortable impacts a person's behavior.

Tracy practices yoga etiquette to maintain a quiet atmosphere during the class. By eliminating distractions, she leads people to fully relax and leave the busyness of life outside, if only for an hour.

When she isn't doing yoga or some other type of exercise, Tracy enjoys spending time with her 8-year-old son, Cooper. "He is the love of my life," she said, beaming. Children's movies, eating at restaurants, putt-putt, bowling, playing at the park and on the trampoline, and beach vacations seem to be some of their favorite activities. A good deal of her time goes to church activities, where she volunteers with the children and attends life groups and Bible studies. On Sundays, her dad comes over.

A single mother, she relies heavily on the Lord. "I feel like I spend an awful lot of time in the Bible," she shared. Going to God helps her deal with life's circumstances. She draws strength from her relationship with the Lord and can't imagine going through a day without Him. For Tracy, yoga helps her connect at a deeper level to Him. **NOW**

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# Getting It Right

*Tuscan Vein Clinic offers a local clinic for medically necessary treatment of peripheral vein problems.*

— By Lisa Bell

Selected by his peers as a Texas super doctor since 2005, Dr. Douglas Overbeck always wanted to be a cardiologist. The diversity in interventional cardiology captured his attention with a blend of internal medicine and surgery. Seeing circulation problems in peripheral arteries and veins led him to explore and learn more about treating them. With more than 26 years of experience, Tuscan Vein bubbled up in his cardiology practice.

The primary clinic is located in Irving. However, for more than 20 years, Dr. Overbeck often came to this area to hunt and fish. He saw a need for patients to receive treatment locally, instead of having to drive for more than an hour in many cases. In response, he opened a clinic in Stephenville during 2010, and

at the request of patients, he added his Granbury clinic about two years ago.

Tuscan Vein Clinics do not see patients bothered by unattractive spider veins. "We'll be happy to refer you to a good dermatologist for those," Dr. Overbeck said. He only sees patients with a medical necessity caused by damaged veins. Bulging varicose veins aren't simply a cosmetic issue. They indicate an underlying cause and often produce pain. At times, symptoms occur without external signs of varicose veins. Painful or swollen legs or feet may indicate a deeper problem.

Tuscan Vein Clinics often receive referrals from primary physicians. The most common patients include teachers, coaches,

pharmacists, airline attendants and hairdressers. Approximately 25 percent of women and 15 percent of men in the United States suffer from varicose veins. Women are especially prone because of pregnancy. Heredity, as well as certain occupations with prolonged sitting or standing, can contribute to developing the condition.

In the past, treatment for varicose veins included surgery with long, painful recovery. Later, doctors began using laser surgery. Using innovative technology, Dr. Overbeck chooses radiofrequency ablation, a minimally invasive procedure. "It is kinder and gentler than even laser surgery," he said. Performed as an outpatient procedure, a patient usually is up walking the same day. "I've seen coaches come in on a Friday morning and be on the field that evening, coaching a football game," he shared.

Although avoiding varicose veins may not be possible, Dr. Overbeck offers a few tips. First, he encourages patients to be their own best health advocates by asking questions and taking initiatives. Next, be proactive and request a second opinion. Finally, pay attention to leg discomfort. Symptoms may be minor, but they can also be very serious. Other changes to the appearance of legs and feet may indicate chronic venous insufficiency, leg ulcers or blood clots.

Dr. Overbeck gives back to the community by teaching seminars and participating in health screenings or health fairs. More importantly, he provides treatment locally and with the least invasive procedure possible. His patients spend less time driving and have no downtime after treatment.

Dr. Overbeck has specific goals in mind. He and his staff treat one patient at a time, working toward good outcomes and the prevention of future problems. The cosmetic benefit is a bonus. He gives credit for success to Donna and his other staff members. Customer service, TLC from A to Z and a wonderful staff set them apart. They strive to nurture the whole patient. "We're small enough to get it right," he said. That objective is most important for the Tuscan team. **NOW**

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# Mountain to Metro

*Year-round adventure beckons explorers from every generation to Ogden, Utah.*

Ogden, Utah, a vibrant town in northern Utah, is a nationally recognized destination nestled within the Rocky Mountains. This old railroad town transformed itself into a Mecca for adventurers. Passion, intrigue and rich history combine to offer endless experiences. Ogden's mountain-to-metro personality is derived from a unique balance of vibrant shopping, delicious dining, exciting nightlife and backyard access to year-round, breathtaking outdoor recreation.

Don't come to Ogden expecting a typical mountain town. Al Capone is rumored to have said Ogden was too wild a town for him in the 1920s. While Ogden has recently experienced a renaissance, O-town's soul will always be a bit rowdy.

As Utah's oldest settlement, transcontinental railroad officials designated Ogden as their junction point in 1896. More than 120 trains passed through Ogden each day. Today, Ogden's accessibility makes it a gathering spot for visitors and locals alike.

The area boasts three major ski resorts — Snowbasin, Powder Mountain and Wolf Mountain. The resorts offer a combined 10,000 acres of skiing with an average of 400 inches of snow. No lift lines mar the landscape, just open terrain and access to pristine groomers and powder shots, not to mention spectacular views. *Ski Magazine* consistently ranks Powder Mountain and Snowbasin resorts in the top five for value, snow, on-mountain dining and service.

Snowbasin provides luxurious skiing with multi-million dollar lodges, 3,000 vertical feet and high-speed gondolas. Powder Mountain's 7,000 acres, one of the largest ski basins in North America, gives skiers of all abilities a true backcountry experience. Wolf Mountain is arguably the best learn-to-ski mountain in the western United States and operates the largest night skiing venue in the state.

After absorbing Ogden's 170,000 acres of national forest, three ski resorts, miles of trails or 13,000 acres of lakes connected by pristine rivers, you can head downtown for a cool place to hang with friends. Charming, historic 25th Street is injected with local love, featuring boutique shopping, galleries,

independent restaurants and bars, including Tona, voted one of the top-10 ski-town sushi restaurants by *Ski Magazine*.

Downtown Ogden offers live entertainment, museums, culture and events. Visit Fort Buenaventura for an epic sporting event or mountain man rendezvous. Tour the Union Station's numerous museums, including the John M. Browning Firearms Museum or the Utah State Railroad Museum among others. Children will enjoy the award winning George S. Eccles Dinosaur Park, Ogden Nature Center and Treehouse Children's Museum.

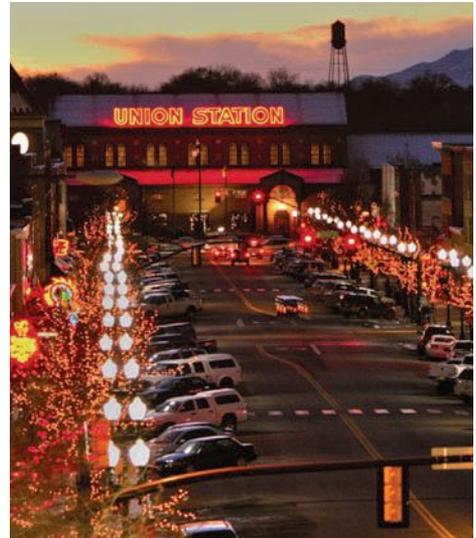
Experience live theater, music and dance at Peery's Egyptian Theater or browse one of the 20 fully operating galleries displaying original works of art. A number of nationally recognized events take place throughout the year — from the independent Sundance Film Festival held in Park City and Harvest Moon Celebration to the XTERRA USA National Championships and Ogden Marathon.

The town offers luxury mountain getaways, with mountain trails at your back door, to restored historic hotels located right downtown. In addition, the Ogden-Hinckley Airport is only five minutes away from downtown or the Salt Lake City International Airport is a quick 35-minute drive.

Travel times from Ogden are more-than-reasonable for educational daytrips to exotic sites like Utah's Great Salt Lake, where high-salinity water is so buoyant that people can easily float. You'll find opportunities for great hiking and wildlife viewing, including bison, antelope and birds, at Antelope Island State Park. Swimming and sunbathing are also popular on its clean, white sand beaches. Freshwater showers are available to rinse off after swimming, before the 40-minute drive back to your lovely lodging in Ogden.

For more information on great escapes available throughout the year, go to [www.visitogden.com](http://www.visitogden.com). **NOW**

*By Aimee Edwards. Photos by Out of Bounds Creative.*



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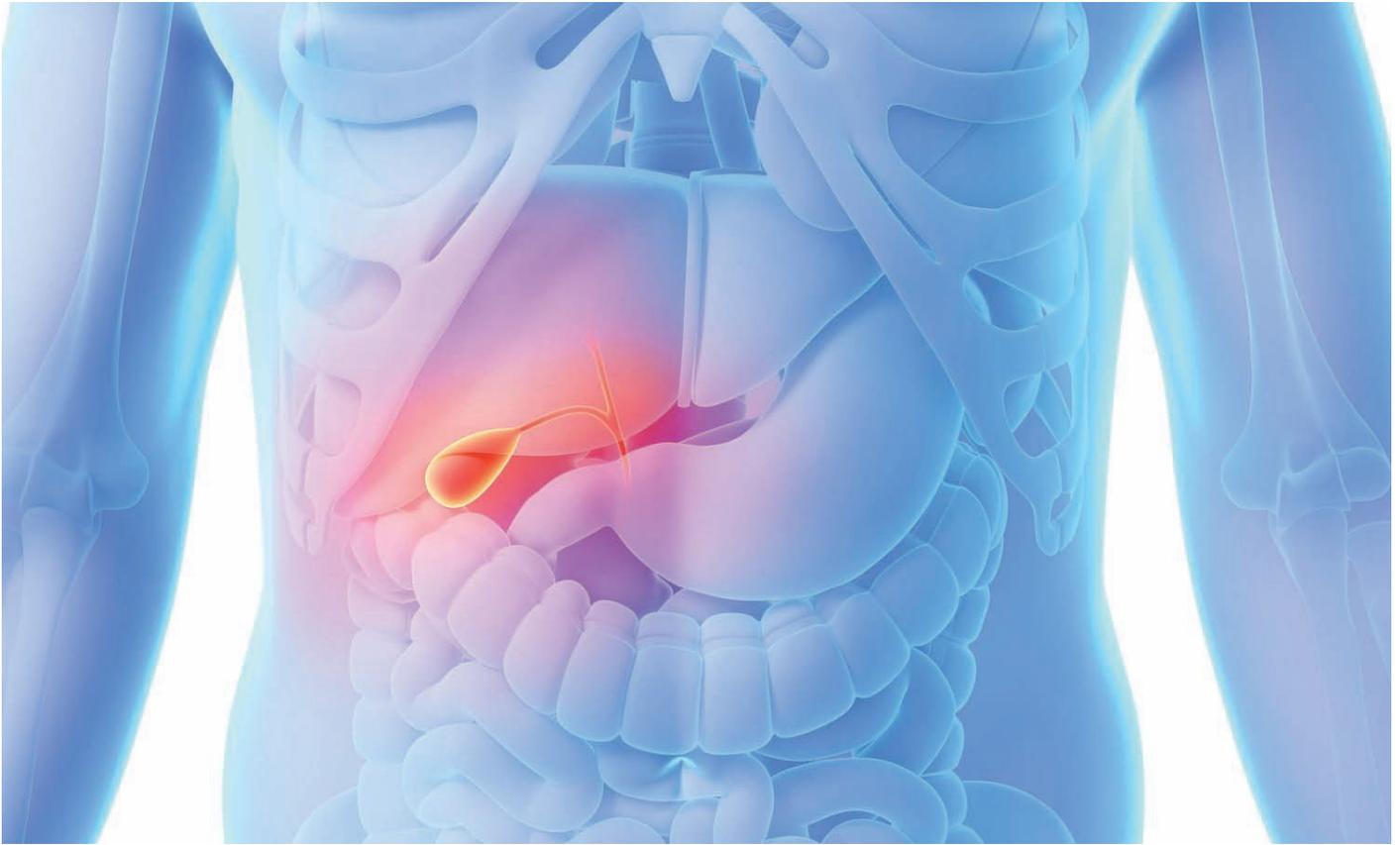


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## A Galling Situation

— By Betty Tryon, BSN

For a small storage sac found under the liver, the gallbladder can make life easier or cause a lot of trouble. The primary function is to store bile produced by the liver. When you eat, it triggers the gallbladder to release bile, which is then used to digest fats. Bile reaches the small intestine through tubes called ducts. Unlike the liver, the gallbladder is not an essential organ. If it begins to cause chronic problems, it can be removed.

One of the problems that can plague individuals is gallstones. Hardened deposits of cholesterol, bilirubin and other components of bile can turn into one large stone or many small ones. Certain conditions or circumstances can make you more susceptible to the formation of gallstones. Improper dieting, such as fasting, losing weight too quickly and losing weight and then gaining it back can increase your risk of gallstones.

Women are more likely to have gallstones than men. Taking high dosages of estrogen, pregnancy and oral contraceptives may lead to the formation of gallstones. According to the National Institute of Health, “A large number of human and animal studies have proposed that estrogen increases the risk of developing cholesterol gallstones by increasing the hepatic secretion of biliary cholesterol, which, in turn, leads to an increase in cholesterol saturation of bile.” Diabetes, lack of exercise and a family history of gallstones are some of the other risk factors.

Some gallstones can form and cause no symptoms. Pain is the symptom that would most likely send you to the doctor for a diagnosis. The pain could be mild or severe and may occur in the stomach area or in the upper right corner of the abdomen. Sometimes, the pain can radiate to the right shoulder or to the back. The pain may follow after a meal or be severe enough to wake you at night. If the gallbladder is inflamed, you may have fever and chills. Other indications that there is a problem with your gallbladder could be having light-colored stools. Bile is what gives your stool its brown color. If the ducts are blocked because of gallstones, bile cannot reach the intestines. Jaundice or a yellowing of the eyes and skin may be another indication.

If your gallstones are not causing a problem, then treatment is not necessary. Medications to dissolve the stones take months or years to work and may not be successful. Lithotripsy uses ultrasound waves to break up the gallstones. A cholecystectomy or surgery to remove the gallbladder may sometimes be the best option. To prevent gallstones, try to maintain a healthy weight and avoid rapid weight loss. **NOW**

**Source:** [www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/).

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

## January 2

First Saturday Bird Walk: 7:00 a.m., Acton Nature Center, 6900 Smoky Hill Ct. Free to all. If you have them, bring binoculars and field guide. Stroll along and learn with Dr. Billy Teets. For more information, visit [www.actonnaturecenter.org/programs-and-projects/](http://www.actonnaturecenter.org/programs-and-projects/).

## January 5

Opera Guild of Granbury meeting: 10:30 a.m., DeCordova Country Club. Social time begins at 10:30, followed by entertainment from Ridge Roberts, National Junior Division Fiddle Champion and a 30-minute business meeting. Attendees may stay for a buffet lunch at noon. Cost for lunch, \$13. If dining, please RSVP (682) 936-9572 or email [granburyog@gmail.com](mailto:granburyog@gmail.com).

## January 7

Granbury Newcomers Club monthly luncheon: 9:30 a.m.-1:00 p.m., Pecan Plantation Country Club. Join us for some music by Susie Strong. Learn more at [granburynewcomers.org](http://granburynewcomers.org). RSVP by **Jan. 4** before noon to (817) 243-9831.

## January 10

Storybook Time Sunday: 2:00-3:00 p.m., Dinosaur Valley State Park, Glen Rose. Meet the park ranger at the park store to hear a story called "Over in the Meadow," an old counting rhyme that introduces young children to some animals that live in a meadow. After story time, the afternoon continues by attending a workshop where everyone will have a fun animal project to make and take home. Age appropriate: 5-10 years. For more information, contact Kathy Lenz, (254) 897-4588 or [kathy.lenz@tpwd.texas.gov](mailto:kathy.lenz@tpwd.texas.gov). You can also visit the website, [www.tpwd.texas.gov/calendar/dinosaur-valley/storybook-time-sunday](http://www.tpwd.texas.gov/calendar/dinosaur-valley/storybook-time-sunday).

## January 11

Granbury Civil War Roundtable meeting: 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy 377. Dr. Anne Bailey, Professor Emerita of History at Georgia College, University of Georgia will discuss "Major General Patrick R. Cleburne: A Fighting General." Visitors are welcome. For more information, visit the website at [www.ncentexwrt.com](http://www.ncentexwrt.com) or call Charlie Peoples (817) 578-5965 or any officer listed on the website.

## January 16

Third Saturday Workday @ ANC: 7:30 a.m., Acton Nature Center, 6900 Smoky Hill Ct. Come one, come all and work with the Master Naturalists, Master Gardeners and many other area volunteers. Stay as long as you want or can. Bring gloves, water, sunscreen and bug spray. Be a part of making the Nature Center the best it

can be. For more information, visit [www.actonnaturecenter.org/programs-and-projects/](http://www.actonnaturecenter.org/programs-and-projects/).

## January 18

*Butch Cassidy and the Sundance Kid*: Granbury Opera House: 7:00-9:00 p.m. (doors open at 6:30 p.m.), Granbury Opera House. \$6. Call or come by the box office to reserve your seat. Tickets will be available at the door and online. Call (817) 579-0952 or visit [www.granburytheatrecompany.org/movie-night-at-the-opera-house/](http://www.granburytheatrecompany.org/movie-night-at-the-opera-house/).

## January 23

Hike for Life: 1:00 p.m., registration; 1:30 p.m., program; 2:00 p.m., hike, St. Stephen's Catholic Church, 1802 Bethel Rd., Weatherford. The Seventh Annual Walk for Life benefits Grace House and other pro-life ministries. For more information or to register, visit [www.hikeforlifetexas.com](http://www.hikeforlifetexas.com).

## January 23 through February 6

Half-Price Book Sale: **Monday-Saturday**, 10:00 a.m.-2:00 p.m., 222 Travis St. Friends of the Library for Hood County hosts large used book sale to support Hood County Public Library. (817) 578-0164.

## February 4

Granbury Newcomers Club monthly luncheon: 9:30 a.m.-1:00 p.m., Decordova Country Club. Ridge, a 12-year-old Hood County resident, captured the Junior Division title in the National Old-time Fiddlers Contest finals in Weiser, Idaho. Learn more at [granburynewcomers.org](http://granburynewcomers.org) or call Pat Hendricks, (817) 579-2637. Please RSVP by **Feb. 1** before noon, (817) 243-9831.

## February 13

First Feather Fest: 10:00 a.m.-4:00 p.m., Acton Nature Center, 6900 Smoky Hill Ct. Free event and fun for everyone. For more information, visit [www.actonnaturecenter.org/programs-and-projects/](http://www.actonnaturecenter.org/programs-and-projects/).

## 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.

### First Tuesdays

Hood County Clean Air Coalition meetings: 10:00 a.m., American Town Hall. Recognizing the dangers that high ozone levels pose to senior citizens, children and those suffering

from asthma and other lung disorders, this proactive organization exists to promote clean air in Hood County. How can you help? Visit [www.granburyedc.com/cleanair](http://www.granburyedc.com/cleanair). Contact Michelle McKenzie at (682) 936-4049 or [mamckenzie@centurylink.net](mailto:mamckenzie@centurylink.net).

### Third Tuesdays

Greater Granbury Chapter of the Military Officers Association of America meeting: 6:00-9:00 p.m., Pecan Plantation Country Club. Contact Colonel Gary Proctor, USAF (Ret), (817) 894-0901, or [garyproctor5455@msn.com](mailto:garyproctor5455@msn.com).

### Fourth Tuesdays

Texas Patriots Tea Party meeting: 7:00 p.m., Cleburne Conference Center, 1501 W. Henderson, Cleburne. [www.texaspatriotsteaparty.org](http://www.texaspatriotsteaparty.org).

### 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.

### Second Thursdays

Special Needs Parent Support and Networking Group: 6:15-8:00 p.m., Lake Pointe Resource Center, 1921 Acton Hwy. Parents and professionals learn, connect and share in a caring, responsive and socially supportive setting. Free. Visit [www.lakepointegrnburym.com](http://www.lakepointegrnburym.com) or call (817) 937-4332.

### Third Thursdays

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

### Third Weekends

Saddle Bags Trade Daze: 8:00 a.m.-7:00 p.m., 3636 W. Hwy. 377. Vendors welcome. No sales of animals except legitimate rescues. No sales of food or drinks without approval. Call Ernie Reynolds, organizer, (817) 894-8168.

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



## In the Kitchen With Carly Terrell

— By *Melissa Rawlins*

Carly Terrell loves cooking for her two toddler boys, Brooks and Parker, her husband, Shane, and all their friends. Living on Lake Granbury, theirs tends to be the house everyone goes to. Carly's food also gets positive feedback when she shares recipes and step-by-step pictures on her cooking blog.

She recently went to Austin to audition her Mexican twists on good ol' Southern comfort foods for season seven of MasterChef. The foods she prepares are influenced by her years living in Nebraska, Arizona, California and Texas. During this chilly season, Carly chooses comforting, warm-you-up sort of dishes. "Having the oven or Crock-Pot on, allowing those delicious smells to infiltrate your home, is part of winter," she said. "You can't get full on fancy." **NOW**

### Jalapeño Popper Deviled Eggs

**4 strips bacon, cooked (divided use)**  
**6 eggs, hardboiled**  
**3 heaping Tbsp. cream cheese, softened**  
**2 Tbsp. mayonnaise**  
**2 jalapeños (divided use)**  
**1 tsp. salt**  
**1 tsp. black pepper**  
**1/4 cup chorizo, cooked (optional)**

1. Cook bacon and cool. Slice one strip into 12 pieces. Crumble the other 3 pieces.
2. Peel the outer shell off cooled eggs. Slice each in half and carefully scoop out the yolks, discarding 2 out of the 6 yolks. Place the 4 remaining yolks into a bowl, and then arrange halved egg whites on a serving tray.
3. With a fork, thoroughly combine the 4 yolks with cream cheese, mayonnaise,

crumbled bacon, 1 jalapeño, diced with seeds, a pinch each of salt and pepper and chorizo, if desired. Spoon mixture into egg white halves.

4. After all eggs are filled, garnish each with a thin slice of the remaining jalapeño and strips of bacon.

### Gringo Crock-Pot Chile Colorado

**1 can nonstick cooking spray**  
**1 white onion, quartered**  
**2 cloves garlic, minced**  
**1 jalapeño, quartered (optional)**  
**2 lbs. beef stew meat**  
**1 tsp. each salt and pepper**  
**1-2 Tbsp. cumin**  
**1 cup beef stock**  
**1 8-oz. can red enchilada sauce**

#### Garnish Ideas:

**12 oz. cheddar cheese, shredded**  
**1 8-oz. can red enchilada sauce**  
**12 tortillas**  
**1 cup sour cream**  
**16 oz. fresh guacamole**  
**1 bunch green onions, chopped**

1. Spray Crock-Pot lightly with nonstick spray. Add in quartered onions, garlic and jalapeño. If you don't want it too spicy, remove the seeds and pith of the jalapeño or just omit it completely.

2. Add beef and 3 seasonings. Follow with beef stock and red enchilada sauce. Cover Crock-Pot and set to low. In 8 hours, it will be fork tender and can be served with your favorite garnishes as tacos, smothered burritos or stew in a big bowl with tortillas for dipping.

### Carly's Cowgirl Cookies

*Makes approximately 24.*

**1 stick salted butter**  
**1 1/4 cups all-purpose flour**  
**1 tsp. baking soda**  
**1/2 tsp. salt**  
**1/2 cup dark brown sugar**  
**6 Tbsp. granulated sugar**  
**1 large egg, room temperature**  
**1 tsp. pure vanilla extract**  
**2 1/2 cups semisweet chocolate chips**  
**1/2 cup pecans, chopped**  
**1 tsp. coarse sea salt, or to taste**

1. Soften butter to room temperature.
2. Preheat oven to 350 F. Line 2 baking sheets with parchment paper.
3. In a bowl, sift together flour, baking soda and salt.
4. In another larger mixing bowl, beat the softened butter, dark brown sugar and granulated sugar on medium speed until creamy, for about 2 minutes.
5. Add in egg and vanilla and mix on low until blended. Slowly add in the flour mixture until incorporated. With a wooden spoon, carefully stir in chocolate chips and pecan pieces.
6. Using a large spoon or small ice cream scoop, place cookie dough mounds about 2 inches apart on baking sheets. Bake for 10-12 minutes.
7. Take out of oven and lightly sprinkle tops with sea salt. Let cool on baking sheets for 5 minutes and then transfer to a wire rack to finish cooling.

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