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DECEMBER 2017

A Visit With Santa

Ken and Arlis Holland make
a local abode for Saint Nick

2017 Holiday
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One Magnificent View

At Home With
Dan and Pat Loomis

A True Cornerstone

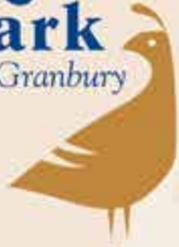
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Editor's Note

Hello, Granbury Family and Friends,

Admittedly, I'm one of those people. Yes, I watch Christmas movies in July. One or two nativity sets remain out all year long. When the decorations appear in stores before Halloween, you bet I'm on those isles smiling — maybe catching a photo of other like-minded people. I listen to Christmas songs in November before I switch over to my favorite CDs when I flip the calendar to

December. What can I say? I love Christmas. I always have.

I've experienced challenging moments on a personal level. Perhaps that makes me happier to experience this holiday season. I plan to relax more and enjoy the world around me this December. One thing I know for sure, I've already received the best gift ever — knowledge of how much family and friends really do love me. Who could ask for a better present?

Lisa

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P.S. The publisher and staff of NOW Magazines wish you and your family a very Merry Christmas and the happiest of holiday seasons!




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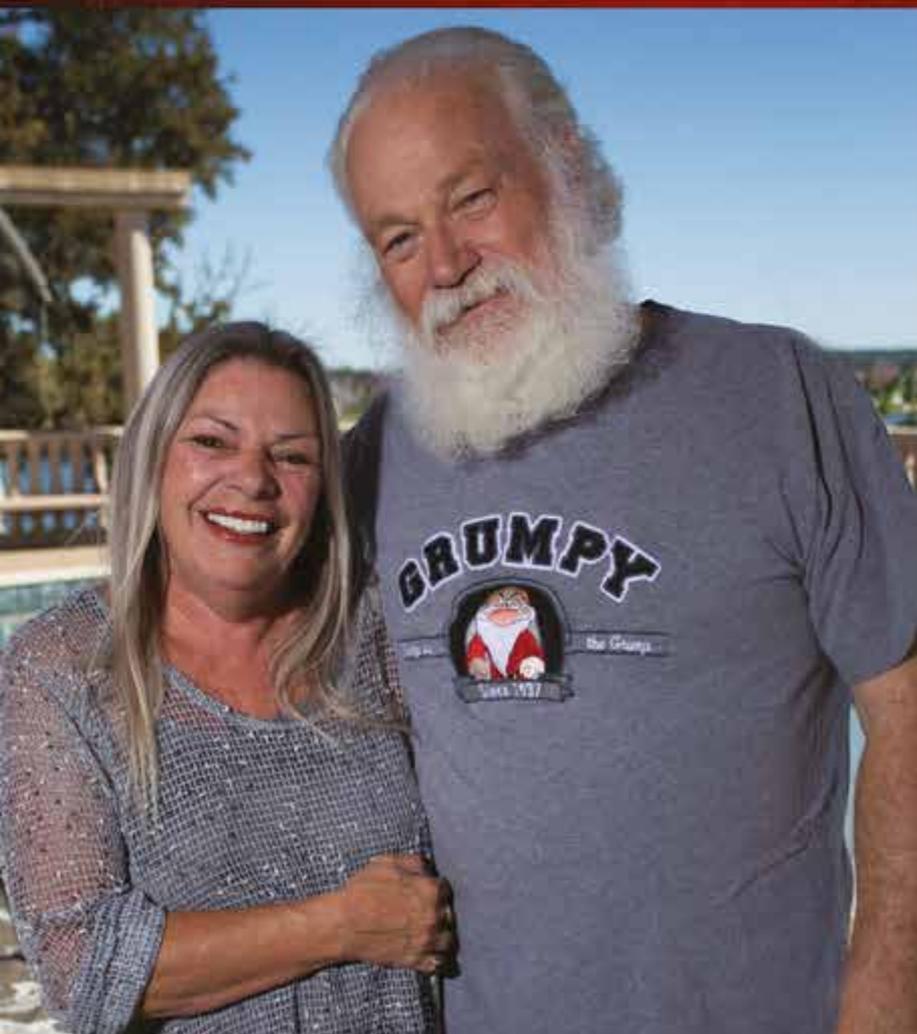
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A Visit With Santa

— By Lisa Bell

No matter how much time changes the town of Granbury, one thing remains constant — people here know how to celebrate holidays. That's especially true of Christmas. For many years, the annual Parade of Lights, the evening after Thanksgiving, ushers in the change of holiday seasons, and at the end, of course Santa makes his first appearance of the year.

Last year, a new addition to the Historical Granbury Town Square became not only a beautiful house for Santa and Mrs. Claus, but an amazing place for families to create lifelong memories. At least that was — and still is — the vision Ken and Arlis Holland had in mind when they built Santa's House.

The couple retired in 2005 and moved to Granbury a year later. They opened a B&B in 2010 and ran it for about four years before closing it down and enjoying retirement. They quickly made new friends and got involved in the community. Among other things, they enjoy volunteering at Fossil Rim. The two of them also love Christmas, so when a friend made a statement about needing a memorable place for Santa, they agreed. Santa used to set up at the gazebo for his opening night and a few appearances during the season. But weather and low lighting didn't make it the best option.

"When I learned that some malls charge as much as \$75 for a picture with Santa, I was outraged," Arlis said. She and Ken developed a vision for a special place, where families could come

to visit Santa, and instead of spending lots of money, simply create beautiful memories. Granbury already had the parade, a park full of lights at Shanley Park and the wonderfully lighted and decked out town square — there just wasn't that magical place for the big man in red.

Working with the city and local merchants, they secured donations and discounts to acquire wood, paint and all types of materials. But in their minds, Ken and Arlis weren't content to produce a simple house. They wanted Santa and Mrs. Claus to have a magical home away from home — a warm and inviting atmosphere, sheltered and capable of entertaining not only tiny tots, but children of all ages. Building panels to surround the gazebo temporarily was the first step. Decorating them required much more artistic ability than either one of them had. So they made a call to a longtime friend, Clifford Page.

Clifford came without hesitation. They started long before the holiday season, even before trees and ornaments appeared in stores early in the fall. Christmas in July took on a completely new meaning at the Holland house. At one point, they converted their dining room into a gazebo replica and invited area media and friends to a sneak peek of Santa's new house. This year, Clifford returned to create even more pieces. "He started because his friends asked. Now he comes back because it's fun," Arlis shared.

A new fireplace and a large sleigh top the list of additions for this year. But they also created new panels for use as picturesque backdrops. Like everything else related to Santa's house, no one will pay a fee for taking a picture in front of the elaborate scenes.

Ken and Arlis remain adamant about families not paying for

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anything associated with Santa's House. From the opening night when Mrs. Claus' kitchen comes to life with cookies and decorating materials, to photos and other entertainment throughout the season, nothing costs money. When asked about donations to support the house, they suggest giving to local charities. For them, it has never been about making money. They prefer memories that children will carry through life and, one day, return with their own kids many years from now. Perhaps Santa and Mrs. Claus love visiting Granbury because of the true Christmas spirit found in the Hollands and their friends. The generosity of many and willingness to give up time to make the house a reality exemplify the hearts of those who love this community. While Ken and Arlis take the lead, Santa's House isn't about them. They merely want families to come and take advantage of this amazing place.

And the house *is* amazing. The exterior features all of the reindeer with whimsical fun on their faces. Multiple scenes from Santa's workshop remind adults of toys they treasured in childhood. The elves smile so brightly, from their lips all the way to their eyes, that keeping a frown on *your* face isn't easy. One in particular has lovely red curls and contagious joy on her sweet face. On other panels, a Christmas tree has hidden objects waiting to be found and a translator to discover your elf name. And that's just the beginning.





Inside the house, Clifford included snowdrift-covered windows and other artwork capable of capturing attention longer than any amount of time waiting to sit on Santa's lap. His artwork alone is worthy of seeing. The warm atmosphere (figuratively and sometimes literally) invites visitors to feel comfortable and enjoy the time with family or friends. With the expansion this year, waiting includes even more photo opportunities and less congestion around the house itself.

Because Granbury residents are generous and loving and provided a comfortable house, Santa agreed to spend more time on the square this year. Ken and Arlis are delighted and have worked hard for the last six months to add new surprises to the mix. By late fall, the majority of their home became workshop central for finishing all the pieces needed for Santa's House. In November, everything was moved to the square to be ready to host the honored guest.

Ken and Arlis know how to make people feel comfortable. They often host friends and family — some from as far away as New Zealand — for a day, weekend or week and longer. Throughout the year, they open their home to groups of people for different things, such as Bunco, water aerobics, craft day or a spontaneous cookout or potluck supper. Always welcoming, it's no surprise they made Santa's House the same way — inviting, full of love and with a spirit of giving. Would you expect anything less? **NOW**

Editor's Note: For more information and times when Santa will be at home, go to www.facebook.com/granburysanta.house or www.visitgranbury.com/events.

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One Magnificent View

At Home With 
Dan and Pat Loomis

— By Rick Mauch

One step inside the front door of the home of Dan and Pat Loomis and visitors are greeted with an incredible view of Lake Granbury from the living room. Go into the next room, and there it is again. The next room, same view. Downstairs, ditto. “One of our neighbors met me once and said, ‘Oh, you’re the [people] with that amazing view,’” Dan said, chuckling. “Only I cleaned it up a little bit, what he actually said.”

That neighbor and others love stopping by. Along with the opportunity to take in the view, they also enjoy spending time with the Loomises, who are friendly people. But then, how could visitors not be happy when they have such beauty only a glance away? “Disgusting, isn’t it?” Dan joked as another view appeared. “I can see storms as far away as Lubbock.”

The couple built their 3,500-square-foot home in 2001 and moved from Edgecliff Village in Fort Worth. Dan is retired from 20 years in the Air Force and 20 years working at Bell Helicopter, while Pat is retired after 30 years as director of a federal government division.

They’ve been married 50 years in March. Their home includes much more than that wonderful view, including a metal ceiling reminiscent of a much older home. A star insignia





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is abundant throughout the home. It's not because they are the world's biggest Dallas Cowboys fans, but because the design is on an old front porch lantern they bought from the Granbury Historical Society. "We just like that particular star. That's why we have it all through the house," Pat explained. "A home should be all the things you love."

A wall in the living room is filled with pictures of bluebonnets, which she loves. There's also a regulator clock that dates to around 1871. It was in a barbershop owned by Dan's father, and it still has the

original movement. "One of the greatest days of my youthful life was when I finally got to wind the clock. I was 13," Dan recalled.

Each Christmas, the photos on the wall are replaced with framed jigsaw puzzles featuring different Santa scenes. The first was put up 40 years ago and featured 25 pieces. Now the annual puzzle picture includes up to 1,000 pieces. "We start at Thanksgiving and have it finished by Christmas," Pat said.

The Santa theme started more than 40 years ago when Pat took the kids



shopping the day after Christmas. "I spotted Mr. and Mrs. Santa, who decorate the mantel," she said. They couldn't afford even half price, but on the way to the car, she saw them again and decided she *needed* them. "They've been the center of our Christmas decorations since." Pat made each of the stockings as their



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family grew — hand-sewn with felt, sequins and beads, and then stuffed to make them 3-D. “There are hundreds of Santas around the house, including tree ornaments we collected all over the world on our travels in the last 50 years.”

A jukebox has 100 compact discs featuring music ranging from the 1950s to the 1970s, along with some country and Christmas tunes. There’s even a place for coins and sides that light up. “It reminds you of the kind you’d see in a soda shop,” Pat added.

Just off the living room is the Red Room. Pat loves red, so the room’s name comes from the walls that are painted her favorite color. However, the most novel item in the room is black and white. It’s a refurbished barber’s chair from the shop of Dan’s father. It even includes an old razor strap hanging from the side. On the wall next to it is a photo of how worn it looked before being reworked. “There’s 100 years or more of sitting in that chair,” Dan said. “Need a shave? I can give you one.”

Pat presented what looked like an ordinary piece of wood, but it is actually a pipe from an organ they, with volunteers, spent five years building for their church. There’s also a small pipe from the same organ. “It got done in time for our daughter’s wedding,” Pat said, explaining the special meaning and the labor of love.

They have one daughter, Debbie, who has two children. They also have two sons, Steve and Brian, with Brian having three children. Photos of them are prominently displayed on a living room table.

On top of a desk is a brass eagle with an American flag draped over its wing. The eagle was a gift from a friend. Dan purchased the flag in Vietnam and carried it in his pocket on his many Air Force missions. One of Dan’s most prized items is a Petoskey Stone, unique to the

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Great Lakes Region. His father drilled a hole in it to display the flag. “That flag has been in our family a long time, and so has this stone,” Dan said.

In the corner of the room is an album collection. It features *The Beatles’ Second Album*, and Black Sabbath’s *Live Evil*, along with many other eclectic choices.

At the rear of the home are two identical 13x50-foot decks, one upstairs and one downstairs. They are the width of the house, have plenty of seating, a grill downstairs and the best view of the lake from anywhere on the property. Friends from three neighboring homes come over for fireworks. “And they bring company,” Dan said. “Last year, they brought 17 people.”

They have a great view of the fireworks show by the city of Granbury each year. They also have plenty of their own on hand. “Every three years, we go up to Missouri and get a bunch,” Pat said. “We have our own fireworks show.” They discovered the fireworks place during one of their trips while traveling to Indiana to visit their daughter’s family — especially the grandkids.

They’ve lived numerous places and traveled to all 50 states, as well as to several countries. Their travels are highlighted with pins on a set of maps in the downstairs game room, surrounded by photos from their many adventures. One photo is of the time Pat caught more halibut on a fishing expedition than Dan and several other men in their group. “Then we went over to the salmon place, and she caught salmon when no one else did,” Dan said with a laugh.

But no matter where they go, they say nothing will match the beauty they have at home. They have peace, serenity and a magnificent view. “We’ve traveled the world,” Pat said. “And looking out our back door is just as beautiful as anything we’ve seen anywhere else.” **NOW**

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A TRUE CORNERSTONE

— By Rick Mauch

Marci Martinez wasn't there for the start of Cornerstone Christian Academy. However, the work she has done in her time as head of school epitomizes her as an example of the school's namesake. And, to think, she began her career as a juvenile detention worker. But that only strengthened her resolve to do the work she does today.

She graduated from San Diego State University with a degree in sociology with an emphasis on juvenile delinquency and a minor in physical education. It wasn't long, however, before she realized she would be best used by

fulfilling her original dream. "I went to school to be a teacher, and after working six years in juvenile hall, I realized the best answer to keeping these kids out was education," she said.

So, calling it the best decision she ever made, Marci returned to school. She got a master's degree in education from Azusa Pacific University in California. Later, she followed her brother, Marc Evans, to Texas, when he became head of the school at Happy Hill Farm. She was hired as principal at the farm's school, where she worked for two years before moving over to Cornerstone. "The Cornerstone job opened up in the summer, and I applied, but they didn't hire me quickly," Marci recalled. "Bobby Johnson was temporarily head of school, athletic director and coach. I'd done all of that, except coach football."

Still, Cornerstone seemed a good fit for Marci. Bobby agreed and offered her another position to get her into the system. "He asked if I would coach girls' basketball," she said. "I grew up in a gym. And that's how I got my foot in the door."

Indeed, Marci grew up familiar with basketball and coaching because her father was a coach. She was born in West, Texas, but her family moved to

"Marci has been instrumental in the growth and success of Cornerstone."



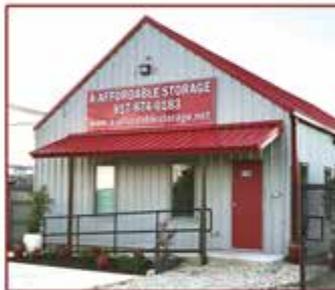
California when she was a child, when her dad became the athletic director at California Baptist University.

Marci never counted on moving back to Texas. However, when fate had other plans, she went along, and she's glad she did. "I always say after growing up in California and coming back, the world made more sense," she said with a laugh. "In California, if someone asks where Wal-Mart is, they'll point you in the direction. In Texas, they say, 'Follow me.'" Now, virtually her entire family is back, living in Texas. Like it was for her, Marci said it was like coming home for them.

And for Marci, Cornerstone has always felt like home. Even with her daughters leading Happy Hill to back-to-back state basketball championships while there, something has just always felt right about Cornerstone. Her son, Daniel, helped Cornerstone to state finals both in football and basketball, by the way.

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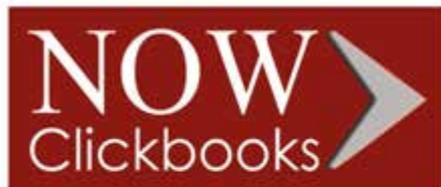
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Marci coached basketball a total of eight years at various schools, along with select ball. She never did — and never wanted to — coach her own children, however. “We handed our kids off when they got to junior high,” she said. “It’s the right thing to do.”

And, as she encourages other parents to do the same, she welcomes those children with open arms. Cornerstone opened 18 years ago. Marci’s been around for the past five, helping them to an all-time enrollment high of 215 for ages 2 through 12th grade. And there’s plenty of growing left to do. This is evidenced by the new building they moved into in October. It features 25,000 square feet, including a new gym with two small basketball/volleyball courts that can be combined into one large court. “I think we’re going to grow quickly from this,” she said. “Remember, if you build it, they will come.”

Marci said this is the first of three phases for the school’s growth from the small group of portable buildings they’ve called home for years. Though no timetable has been set, the next phase will include more classrooms, along with a new football field and a field house, while the third phase will also include classrooms and a fine arts facility.

“Marci has been instrumental in the growth and success of Cornerstone,” said longtime Cornerstone board member Will Steed. “I’ve seen many different

leadership teams, but our current board and administration are the strongest I've ever seen. And now, with the move to our new campus, we are even better able to serve the needs of our community."

This will be Cornerstone's eighth graduating class. Previous graduates have gone on to colleges, such as Texas Christian University, Texas A&M University and many others. "They're solid. They're prepared," Marci said. "My goal as an administrator is to not just want to get them to college. We want them to thrive."

Marci addressed a myth surrounding private schools — the belief that only the elite and privileged can attend. She said that is wrong, and her school is out to dispel the myth. Cornerstone offers scholarships. "We don't fully scholarship anybody, but we do offer tuition aid," Marci said. "A lot of our families are just hardworking, middle-class people."



As for the future of Cornerstone, Marci wants to see the school continue to grow. She proudly points to such success as having a band for a fourth year, an agricultural program and choir, among others. She's also proud of the school's community involvement, such as working with Child Protective Services on the Rainbow Blankets project and working on the Live Thankfully Food Drive.

"I never lose sight of the fact that every day we do our job we're impacting a child," Marci said. "It's not about the buildings. It's the people within who make a difference." **NOW**

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In addition to changing out bulbs and filters, Stephen Boynton assists customers with their outdoor Christmas lights.

A Friend for Life

Boynton's Bulbs and Filters specializes in helping you change those hard-to-reach light bulbs and filters. — By Melissa Rawlins

Stephen Boynton wants to be your friend, for life. His heart to help people shines forth this holiday season, while Boynton's Bulbs and Filters installs exterior Christmas lights at people's homes and businesses.

"It's very intense in the months of November and December," Stephen said, "and seems to be a growing part of our economy." He should know, since he has lived here from the time his father retired from the U.S. Navy and moved his family to this community in 1967.

As soon as Stephen could be of help, he worked with his father servicing local business's HVAC systems and wiring new homes for electricity. As a young man, he became involved in the Acton-DeCordova Volunteer Fire Department.

"I know the area. I'm here, and if you need something, I can come right away," said Stephen, who has kept his prices low so that people who need him to come change their light bulbs or air filters will call on him continually. "That's my bent in life. You don't become a firefighter if you don't want to help people."

When Stephen or his sons pull up on a customer's property in Boynton's Bulbs and Filters' truck, they work efficiently and take time to chat. "It takes an hour to install Christmas lights in an outdoor area," Stephen said. "We put them up and maintain them throughout the season. Then we take them down. I store them here at the house, so that's one less thing the people have to worry about."

Business **NOW**

Beyond saving his customers time, worry and money, Stephen enjoys meeting the people Boynton's Bulbs and Filters serves. "As firefighters, we usually get invited into people's houses at really bad times," he said. "With this business, I am invited by them to come and do something for them, and I enjoy turning acquaintances into friends."

A deacon at Acton Baptist Church, Stephen is an agile 56-year-old who can turn to his sons or another firefighter friend for help with big jobs. Boynton's Bulbs and Filters specializes in keeping people safe by changing light bulbs, air filters and appliance filters in residences and commercial buildings. "I'll do the things that are difficult to do, like climbing up a ladder. If you have a hard-to-reach bulb or filter and don't want to climb a ladder, we'll be glad to do that for you."

"I know the area. I'm here, and if you need something, I can come right away."

Stephen uses an extension pole to change light bulbs that are 20 or more feet off the ground. He also educates people about all their options for lighting. "The LED light bulb is more expensive than the old Thomas Edison-style, but uses a lot less electricity and lasts a lot longer," said Stephen, who is happy to install them throughout a person's house and then maintain them.

Boynton's Bulbs and Filters will also change air filters under refrigerators, as well as in the attic. "A lot of people don't want to get up in their attic, especially in the summertime. Even mobile home air conditioners have a filter, inside the mobile home. Sometimes those are neglected," Stephen said. "There are filters between 50 cents and 150 dollars. The better are more expensive and last a little longer, and are especially good for households where pets live."

Call Stephen, and let him help you breathe a little better air and enjoy a little better light. And make a friend, for life. **NOW**

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Student builders and several from the community celebrate the Eagle's Nest Project inaugural flight.



Inga Brooks, flanked by Terese and Larry Wilson, enjoys the town square.



Granbury Chamber of Commerce welcomes Poppin' Bottles.



Joaquin Cortez from Stephenville creates art out of sand.



Zack and Makenna Ruzza serve hot dogs for their grandpa at Paradise Outdoor Kitchens.



Holly Dockery, Mary Lynn Martin and Frank Wells educate children and adults during the first ever Granbury Monarch Festival.



Neva Sundavahl and Linda El Saleh have Halloween fun at Joe's.



Lynne Schoeneman shows a charity quilt for a local vet, donated by Wanda Greene.



Congressman Mike Conaway and his wife, Suzanne, visit Granbury.

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The Amazing Liver

— By Betty Tryon, BSN

The largest organ inside the body reveals remarkable regenerative properties. You can lose a majority portion of your liver, and the remaining tissue can grow into a whole organ once again. Amazing! This vital organ performs numerous functions, and without it, the body would perish.

It is located in the upper right side of the abdomen and below the diaphragm. One of its more important jobs is to remove waste products from the bloodstream by performing as a filter. Drugs, alcohol and environmental substances are just a few of the substances removed or neutralized by the liver. The liver produces and regulates cholesterol and manufactures clotting factors for the blood and other proteins. It helps to maintain the balance of hormones. Making and secreting bile and storing some vitamins and minerals are among the more well-known functions. The liver also helps to regulate blood sugar levels by storing glycogen.

There are many things you can do to keep your liver healthy. Excessive intake of alcohol is the leading cause of liver disease, so drink in moderation. Use over-the-counter medications and herbal or natural remedies with caution. Your liver still has to process these, whether they are man-made or “natural.” Even high doses of certain vitamins can be harmful. Follow your physician’s instructions on any prescribed medication. Limit or avoid any exposure to environmental hazards and toxins, such as certain cleaners and insecticides. If you

can breathe it, consume it or have it penetrate your skin, it will eventually reach your liver. So, use gloves and a mask in a well-ventilated area when handling hazardous chemicals. Try to avoid foods that are high in unhealthy fats. Hepatitis A, B and C can cause significant damage to the liver, but there are vaccines available for Hepatitis A and B. Since the virus is spread by contact with another’s bodily fluids or blood, try to avoid contact with these substances.

Although it can regenerate itself, the liver is not indestructible. Some of the signs and symptoms that your liver could be headed for trouble may, at first, be too vague for a diagnosis. Nausea, weakness, lack of energy and a change in appetite can be attributed to a host of diseases. The more specific indications that are cause for alarm are yellowing of the skin, eyes and urine (jaundice). Advanced cases would present with symptoms such as unexplained itching of the skin, abdominal pain and swelling, in addition to the previous presenting symptoms.

These symptoms are cause for concern and warrant monitoring by your physician. Many liver ailments can be treated. The best course of action is to protect yourself and keep you and your liver safe. **NOW**

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

Through December 23

Santa's House: Various times, Historical Town Square at the gazebo. See www.facebook.com/granburysanta.house for details on days and hours when Santa will be in the house.

December 1

Holiday Shopping Expo: 2:00-6:00 p.m., Waterview, 100 Watermark Blvd. Shopping, Santa and wine tasting. Some proceeds benefit Hood County Senior Center. For details, contact Laura Bush at (817) 573-3434 or lbush@sagora.com.

Melody Belles Christmas Concert "A Joyous Noel": 6:00 p.m., First Presbyterian Church, 303 Bridge St. Part of Granbury Candlelight Tour. Free to the public. Donations welcome. Call (817) 326-2687 for information.

A Christmas Mission: 6:00-9:00 p.m., Pecan Plantation Country Club. Benefits Mission Granbury. Cocktails, dinner, live auction and entertainment. For tickets, tables, sponsorships or details, call (817) 579-6866 or visit www.missiongranbury.org/gala.

December 1, 2

34th Annual Granbury — A Candlelight Tour: **Friday**, 5:00-9:00 p.m.; **Saturday**, Noon-9:00 p.m., near the Historic Granbury Town Square. Tickets and information available at www.granburyacandlelighttour.com or www.facebook.com/granburyacandlelighttour.

December 1 — 9

Among Heroes: Langdon Center. Weatherford artist Marsha McDonald features her paintings of hero animals in service to humans. The show runs until the second week of December.

December 5

Opera Guild of Granbury: 10:30 a.m., DeCordova Bend County Club, 5300 Country Club Dr. Optional lunch \$14 with country singer Mark Glasmire. Reservations required at granburyog@gmail.com or (682) 936-9572.

December 7

Lake Granbury Newcomers Club Luncheon: 9:30 a.m.-1:00 p.m. Granbury High School Choir will sing Holiday Selections. Lunch, \$14 (checks preferred.) Reservations required (817) 243-9831 by noon on **December 4**.

S'mores with Santa: 5:30-7:30 p.m., Acton Nature Center, 6900 Smokey Hill Ct. Santa arrives by fire truck at approximately 5:45 p.m. For more information, visit www.actonnaturecenter.org.

December 8

Melody Belles "A Joyous Noel" Luncheon concert. 11:00 a.m., DeCordova Bend Country Club. Concert followed by lunch. Public invited. Lunch \$15. Call DCBE Club at (817) 326-2381 for reservations.

Dave Alexander and the Texas Young Guns: 7:00 p.m., Granbury Live. Presenting "A Cowboy Christmas." Visit www.thenewgranburylive.com for tickets and more information.

December 9

Bake Sale: 9:00 a.m., Walmart Supercenter, 735 E. Hwy. 377. Lots of homemade goodies. Benefits Hood County Cancer Services.

Andy Meadows & His Big Band Christmas Show: 2:00 and 7:00 p.m., Granbury Live. For tickets, visit www.thenewgranburylive.com.

December 14

2017 Christmas Tour of Homes and Santa's Workshop: 8:00 a.m.-4:00 p.m., Pecan Plantation Country Club and seven homes. Presented by Pecan Plantation Women's Club. Brunch or dinner packages available. Reservation deadline **December 11**. Email ppwctour@gmail.com or call (682) 205-5102.

December 19

LEGO Club: 4:30-5:30 p.m., Hood County Library. Nurture creativity and motor skills by building with LEGOs. Ages 6 and up.

December 22

Winter Movie Day: 2:00-4:00 p.m., Hood County Library. Family-friendly movie and popcorn. Visit www2.youseemore.com for details.

December 30, 31

Frank and Liza: **Saturday**, 7:30 p.m.; **Sunday**, 6:30 and 10:00 p.m. Granbury Opera House. Special New Year's Eve performances. Get your tickets at www.granburytheatrecompany.org or by phone (817) 579-0952.

January 4

Frozen Sing-a-long: 2:00-4:00 p.m., Hood County Library. Drink hot chocolate, watch the movie and sing favorite tunes. Costumes welcome.

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 at 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

Hood County Clean Air Coalition meeting: 8:30 a.m., Neely House, 304 E. Rucker St. This proactive organization exists to promote clean air in Hood County. Visit www.hoodcountycleanair.com. Contact Michelle McKenzie, (682) 936-4049 or mmckenzie@hoodcountycleanair.com.

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.lakepointegrnburry.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 meetings for those seeking information, inspiration and support for successfully living with diabetes. Call (817) 736-0668.

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



In the Kitchen With Diana McBride

— By Lisa Bell

“I can’t remember not cooking,” Diana McBride said. For most of her childhood, she grew up on farms where they raised everything they ate — literally everything. Each of her parents had 13 siblings who lived nearby, so throughout the year they had cooking and canning get-togethers.

Diana taught high school business classes for 38 years. Cooking was a diversion from mental stress. Now she cooks for friends, family and guests at Iron Horse Inn. On her first brisket, using her mom’s recipe, she added an entire bottle of liquid smoke. They smelled like smoke for days! She taught her children traditional family recipes, and because of their musical talent, they often sang into wooden spoons. Now Diana enjoys four granddaughters in the kitchen — always with wooden spoons ready for a song. **NOW**

Chocolate Truffles

Pretty fool proof if you don’t burn the chocolate when melting.

- 1 cup semi-sweet chocolate chips**
- 2 squares (1 oz. each) unsweetened chocolate, chopped**
- 1 1/2 cups powdered sugar**
- 1/2 cup butter, softened (always real butter)**
- 2 Tbsp. liqueur (orange, raspberry or other)**
- Sprinkles, cocoa, finely chopped nuts or crushed cookies, to taste**

- 1.** Melt chocolate chips and squares in double boiler or microwave. Stir often; set aside and let cool.
- 2.** Combine powdered sugar, butter and liqueur in a bowl. Beat with a mixer.
- 3.** Beat in cooled chocolate until smooth.
- 4.** Refrigerate 30 minutes, or until fudgy and

can be shaped. (The cooler the better.)

- 5.** Roll into 1-inch balls; roll in sprinkles, cocoa, finely chopped nuts or crushed cookies.

Ethiopian Cabbage Dish

Makes 4-6 servings.

- 1/3 cup olive oil**
- 4 carrots, sliced**
- 1 onion, thinly sliced**
- 1 tsp. salt**
- 1/2 tsp. black pepper**
- 1 tsp. cumin**
- 1 tsp. turmeric**
- 1/2 tsp. ground cinnamon**
- 1 head cabbage, sliced**
- 5 red potatoes, cut into bite-size pieces**

- 1.** Heat the olive oil in a 6.5-quart covered stockpot over medium-high heat.
- 2.** Toss in the carrots and onion; sauté them in the oil for about 5 minutes.

- 3.** Stir in the seasonings; toast for a minute.
- 4.** Add in the cabbage and potatoes. Stir to combine.
- 5.** Cover the pan and reduce the heat to medium-low heat.
- 6.** Cook until the potatoes are soft, about 30 minutes.

Pumpkin Blueberry Pancakes

A gluten-free, lactose-free, organic recipe.

- 1 cup gluten-free pancake mix**
- 2 eggs**
- 1/2 cup coconut milk**
- 1/2 cup canned pumpkin**
- 1/2 cup fresh blueberries**
- 1 tsp. vanilla**
- 1 tsp. cinnamon**
- 2 Tbsp. butter**

- 1.** Mix all ingredients (except butter) together in a bowl.
- 2.** Heat butter in a large skillet or griddle over medium heat.
- 3.** Drop a scant 1/4 cup of batter into pan/griddle.
- 4.** Cook, flipping once, until golden on each side.
- 5.** Serve with pure maple syrup and additional fresh blueberries.

Sausage Egg Strata

All amounts are approximate and may be changed to desired taste.

French bread

- 1 lb. hot breakfast sausage**
- 1 lb. mild breakfast sausage**
- 8 oz. shredded Parmesan cheese**
- 10 eggs**
- 2 Tbsp. spicy brown prepared mustard**
- 1/8 tsp. cayenne pepper**
- 1 tsp. paprika**
- 1/2 tsp. garlic powder**
- 1 Tbsp. dried basil**
- Salt and pepper, to taste**
- Add whole milk to make 6 cups of liquid**

- 1.** Oil a 9x13-inch pan; cube enough French bread to cover the bottom.
- 2.** Brown a mixture of hot and mild sausage; spread over the bread cubes.
- 3.** Cover the sausage with shredded Parmesan cheese.
- 4.** Mix remaining ingredients together in an 8-cup measuring bowl.
- 5.** Pour over bread, sausage and cheese.
- 6.** Bake at 400 F for approximately 45-50 minutes. Let set for 10 minutes before cutting and serving. *Note:* We also like to serve this with white gravy drizzled over it.

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.

Call 817-594-0281 to schedule your appointment. Mention this article (CODE: BOS43BDSM4h) and they will happily reduce their usual consultation fee of \$275 to just \$29! Only 100 reader consultations are available at this exclusively discounted rate.

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



Low Cost QUALITY PET CARE



Bring ad
for Free Rabies
vaccination
*Limit 1 per
household



Services: Spay and neuter, vaccinations, dental cleaning, microchipping, heartworm testing, flea/tick control



1302 S Main St #114 Weatherford, TX (next to Rio Mambo)
Walk-in vaccine hours: Thursdays & Fridays 9 am - 12 pm