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is important to Morgan
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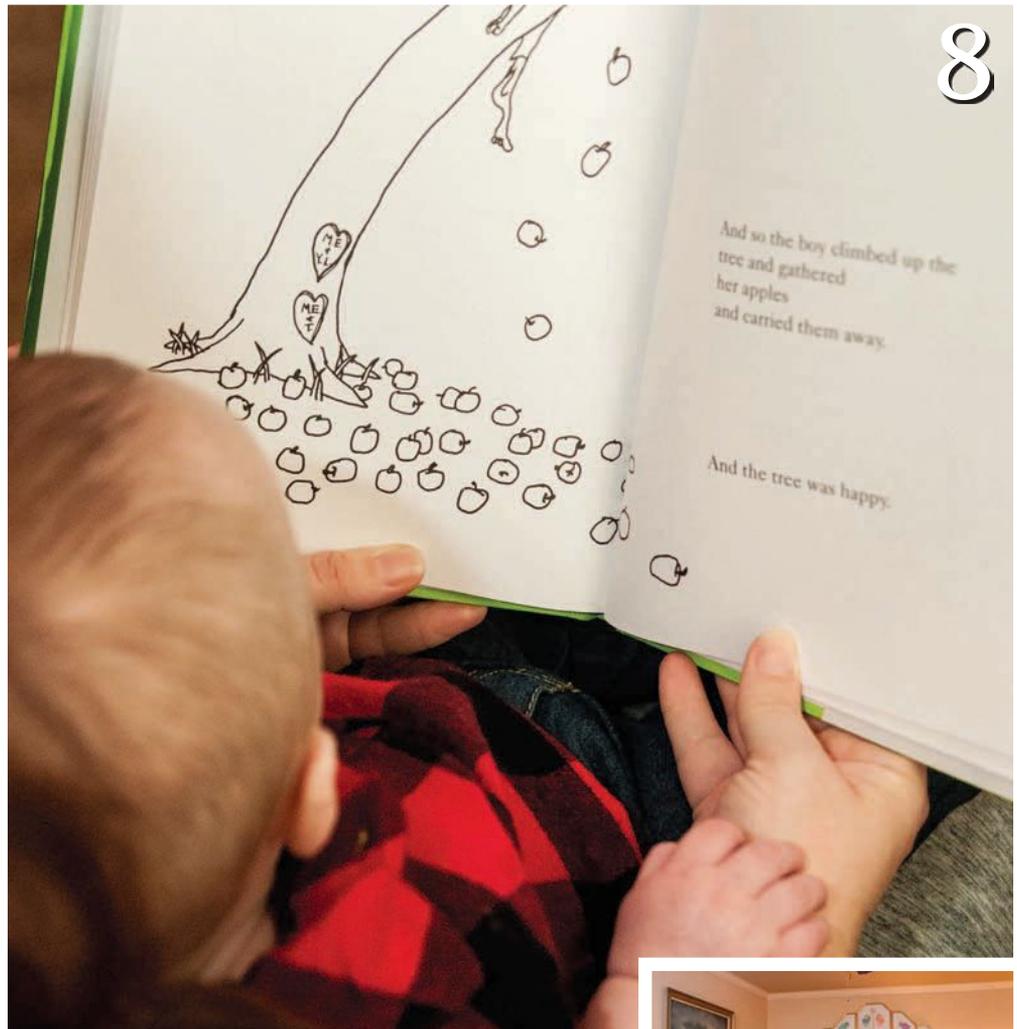
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Editor's Note

Hello, Granbury Family and Friends!

My stepfather loved fishing. We drove from Grand Prairie. He parked his boat under the Hwy. 377 Bridge on Lake Granbury, and I impatiently waited for the fish to bite. Only a few buildings lined the side of the highway.

In the early 2000s, I often traveled through Granbury on my way to see *The Promise*. A few more businesses dotted the road, but still not many. When I moved here in 2004, I loved living in a smaller town and quickly adjusted to early business closings.

I'm amazed how much our community has grown — busy, yet still maintaining the small-town feeling of friendly people who care for each other. I'm blessed to have this role as editor. I look forward to making new friends and seeking out some wonderful stories to write.

Share some love every day this month!

Lisa

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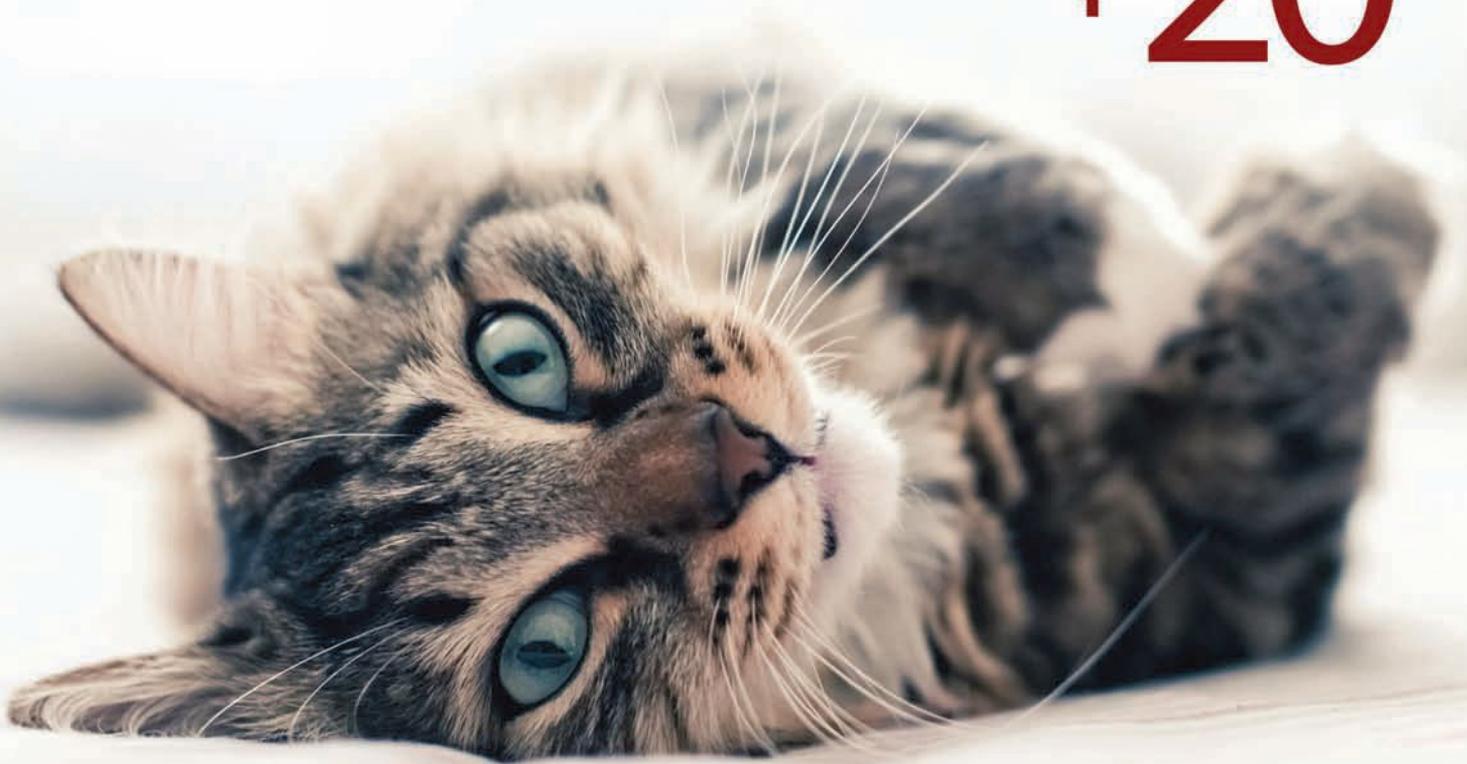
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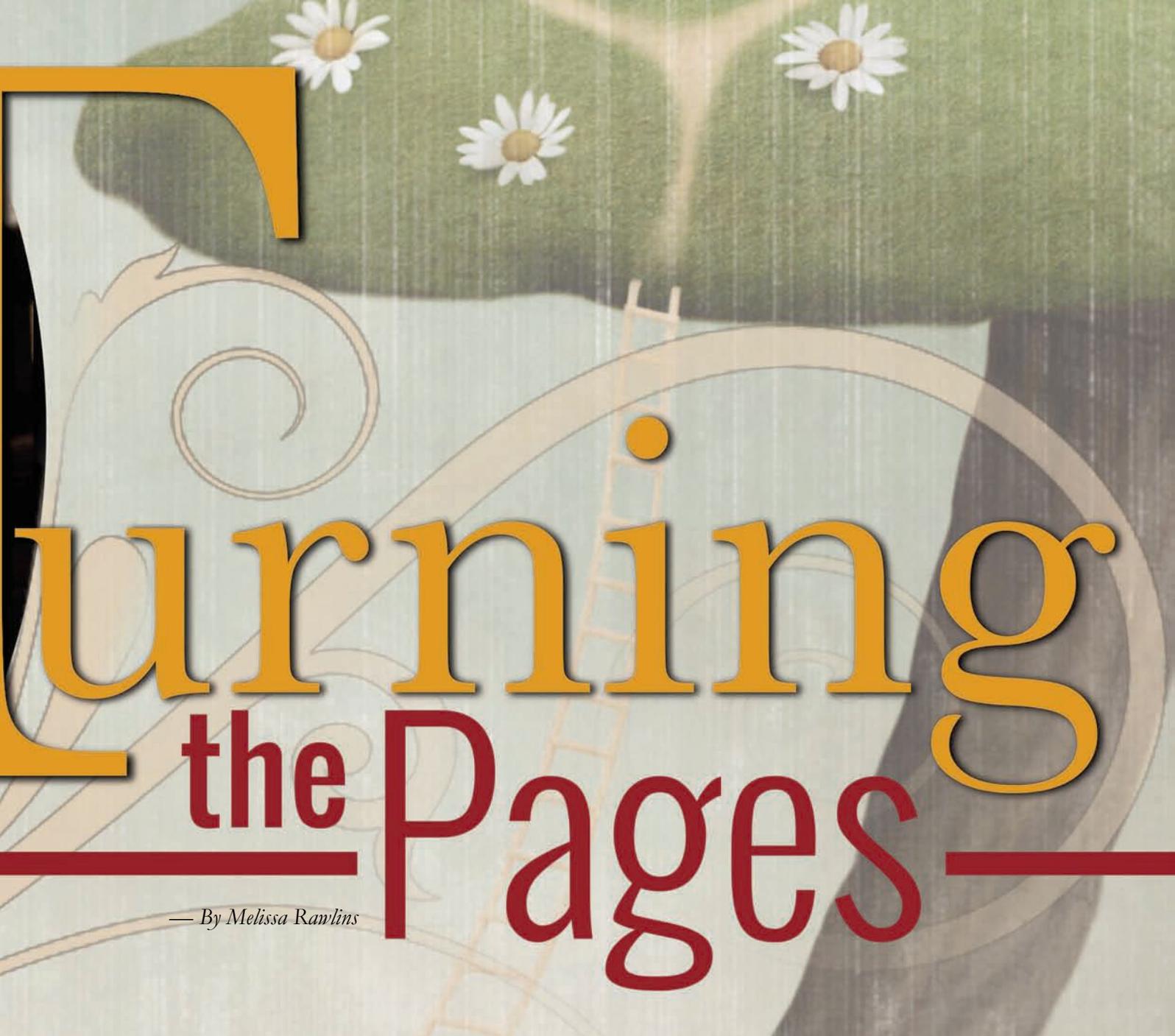
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Morgan Lindsey, RN, is the mother of Levi, a 1-year-old boy born at Lake Granbury Medical Center. Before Levi came into the world, Morgan worked in the obstetrics and gynecology unit as one of LGMC's nurses. With her husband, Eric, Morgan planned for a healthy family — and their vision involved books. They each experienced their own worlds expand through books, and they wanted their child to inherit the same resource of literacy. They also discovered research, proving a link to emotional, social and mental intelligence in children who were read to in utero.



Turning the Pages

— By *Melissa Rawlins*

In the summer of 2014, Morgan was expecting Levi and learned from another nurse — who read, sang and played classical music to her babies while they were developing — that continuing the stimulation after delivery helps infants understand their parents. “She also pushed that it was important to read to babies and talk to them, but not using baby talk,” Morgan said. She now helps Levi learn how to talk by looking at him and, using plain English, describing to him the action she is taking with him in that moment.

From the time he was almost sitting up, the couple has spent time every evening reading short stories, an entire baby book or single chapters from longer books to Levi — a habit they began when Morgan was barely in her first trimester. “My husband and I normally read in the evenings before we go to bed. So, Eric would play his guitar. We would sing and do all kinds of things with him,” she said, recalling that Levi moved a lot in the evenings when he was still in utero.

Whether he was dancing or not, Morgan doesn’t know. Maybe evenings were the only time she was calm enough to feel the movements that seemed to coincide with the family’s reading or singing. But now, they read to Levi while he’s getting his bottle, and he follows the sound of the reading. “He will turn his head to see the pictures or whatever I’m holding,” Morgan said. “We’ll play all kinds of music at home, and you can watch his legs moving, and he smiles and gets excited.”

When he is feeling agitated, music and words also help calm him down. Eric sings a song, “Little Levi, Little Levi, why are you sad? Little Levi, Little Levi, Don’t worry, you’re with your dad.” Very quickly, Levi smiles and is OK.

Every multifaceted moment Eric and Morgan spend with Levi teaches the boy skills for a happy adulthood. They provide him with books containing elements he can touch or feel or that make noises, as well as little books that have three words on a page with pictures. Novels work, too. She’s reading a six-book series called *Percy Jackson and the Olympians*, a gift from her brother who thought



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Levi would gain from the highly imaginative story laced with Greek mythology. Using a dictionary, Morgan looks up some of the Greek words, pronounces them correctly and then explains them to Levi.

The Lindseys' goal is to give their son different experiences, each promoting his ability to understand more of the world around him. Early childhood literacy is important to Morgan for very personal reasons. "My upbringing in Pasadena was very rough. We experienced violence and child abuse in our home. Reading books at school helped my brother and me use our imaginations to 'get away' from our environment without being able to physically do so," she said. Reading and education eventually allowed her to make a new life for herself by working, studying and becoming a registered nurse. She is still in school, working toward her MSN, while maintaining a home filled with love for Eric, herself and now, Levi.

"I want to encourage learning and expanding your imagination and understanding every situation in life from



different aspects, instead of just what you already see,” she said, adding that Eric had a different home life. “His dad worked constantly to provide for the family, and his mother took great care of their three children. She’s very intelligent and passed on her love of reading to my husband. His father read two or three books per night. That made it easy for Eric and me to push literacy for Levi and make it something important in our home.”

Before Levi was born, they let friends know to bring books to the baby shower. Morgan’s girlfriends made an invitation, with a photo of Eric and pregnant Morgan accompanied by a message saying: “One small request that won’t be too hard, please bring a book instead of a card. Whether *Cat in the Hat* or *Winnie the Pooh*, please sign the book with a note from you!” Now, every book Morgan opens to read to Levi contains an encouragement from a friend.

Many people in Granbury desire to give that gift of literacy to every child. LGMC nurses partner with two community groups to give books to every baby born at the hospital. Morgan, like all mothers of children born at LGMC, received two goodie bags. The precious

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This can cause the vein to distend, resulting in the “rope-like” appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation. Many individuals exhibit symptoms of venous insufficiency that includes swelling, throbbing, cramping and restless legs.

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Morgan Lindsey, Rebekah Butler and LGMC nurses gift Reading With Baby bags to every new mother.

gift from the Granbury Lutheran Church included a book, a bowl with spoon and a hand-crocheted cap for Levi.

The Reading With Baby bag from Friends of the Library for Hood County contained a book and a pair of socks plus gifts intended to encourage patronage of the public library. Tucked into the front cover of the book, there is always a library membership card, so mothers and fathers can check out baby books. The card has a space where mothers can write their baby's name. Friends of the Library's goal is to inform Hood County residents that the library is a source of education, information and entertainment. The English and Spanish language gift bag also includes a brochure with tips on reading to your baby.

"I loved reading to Levi when he was in the womb, and to know that these people all got together to make these gifts has so much meaning," Morgan said. She pours similar love on all the mothers and babies she works with in her current position as the patient educator in Lakeside Physician's OB/GYN clinic. Educating patients about what to expect in labor and with their babies, Morgan works alongside LGMC Women's Services director, Rebekah Butler, RNC, producing a monthly workshop for mothers before 30-week gestation. The Birth Day Planning Class covers everything from breastfeeding to the period of purple crying. A later Child Birth Class is taught by a labor delivery nurse, Nettie Davis, with special guest, police officer Dub Gillum, who focuses on car seat safety.

While at her desk, Morgan sits on an exercise ball, to strengthen her posture. But in the evenings, she goes home to her cushy chair-and-a-half that rocks. Here, she snuggles with Levi and Eric. Still teaching, still learning, Morgan will always be turning the pages while loving her family. **NOW**



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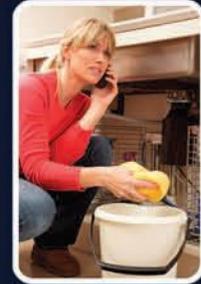


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Wandering at

Traveling frequently throughout their life together, Lowell and Jeanne Oden each had a knack for selecting beautiful objects from antique stores and furniture shops. Whether they took themselves abroad via airplanes or drove their car inside the Texas and Oklahoma territories they called home, the Odens' propensity to wander and wonder resulted in an abundance of colorful items. Many of their finds came with them when they moved to Pecan Plantation 15 years ago. When it came time to decorate their newest home, an elegant two-bedroom apartment at Waterview, the duo carefully selected from their collection.

Having watched the construction of Waterview, the Odens found the hardest thing about moving here was deciding what they would keep. "If I didn't like what he liked, I'd say so and vice versa," Jeanne said with a smile. "We'd come to some kind of agreement." The warm, stimulating ambience in their home is evidence of how beautifully Lowell and Jeanne complement each other.



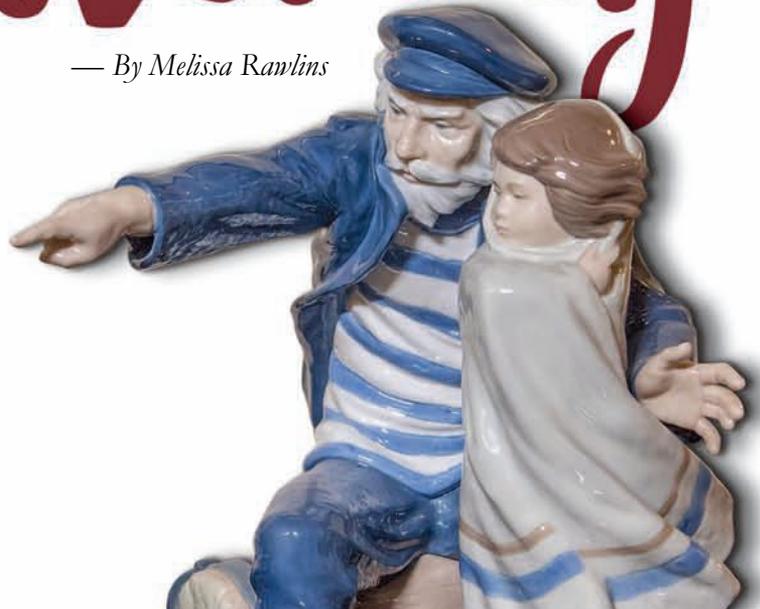
At Home With Lowell & Jeanne Oden

and Wondering

They met in 1950, after Lowell had completed his service with the U.S. Army during WWII. After earning a master's degree from the University of Oklahoma, he taught both high school and junior college classes in the same building where Jeanne was in her second year of junior college. "I saw that good-looking girl and decided, 'If she ever comes around my class, I want to talk to her.' One morning, she entered my door about the same time I did. That is all it took," he said with a smile. They fell in love, made a home together in Muskogee, Oklahoma, and had children.

For better pay, Lowell became a manufacturer's representative, and that work brought the Odens to Texas in 1963. From then until he retired, Lowell had his own company and traveled a four-state area. Jeanne often accompanied him, and they enjoyed

— *By Melissa Rawlins*





shopping together. In their travels, before and after retirement, they bought things for their home. China provided lasting impressions for their formal living room. Its centerpiece — a rich coral, blue and cream handwoven wool rug — creates a comforting garden-like space for meetings between friends. Two large, celadon vases made into lamps shine reading light.

During an interesting trip through Russia and Eastern Europe in the 1980s, they found mostly small things. One of the couple's last trips was to the laid-back coast of Spain. Some things they carried back — by hand, on their laps — including two Lladro figures of

a fisherman and an old man on the sea. Being an artist, Lowell appreciates the intricacies of these porcelain antiques that they display just inside their bedroom. "See how tiny their fingers are?" he asked.

Two more statues from Spain cheer up the office. Expressing a playful feeling, a happy girl and meditative boy perch in front of a snapshot of the Odens. They overlook the couple's oldest antique, a desk Lowell found behind a barn and refinished with a slightly turquoise tone to its blue. This Southwestern flair matches nicely with his collection of Native American art, all by Oklahoma artists. Lowell's mother emigrated from

Indiana to Oklahoma in 1907, the same year Jeanne's mother arrived in Oklahoma from Alabama. "The area of Oklahoma where I grew up is where the Five Civilized Tribes congregated," explained Jeanne, who cross-stitched one of the scenes they have on display honoring the tribes.

Handwork is one of Jeanne's specialties. She learned as a child from her mother, first, and then her sister. During the '70s and '80s, she worked in an Arlington needlework shop, where she became interested in teaching others to knit. Jeanne is active in the Granbury Knitting Guild, and last year she won several awards at the Texas State Fair for



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her needlepoint and knitting, some of which she wears.

She and Lowell display one of her stellar accomplishments above the door to the patio. She chose to make this nativity scene for the beauty of its pattern. As she suspected, it was a challenge. "I would do one panel and put it aside," Jeanne said. "That cross-stitch was an ongoing project for a couple of years!"

While she does handwork, Lowell does decoupage in the craft room on the second floor. Creating large collages out of inspiring pictures, he enjoys surprising Jeanne with his pieces. He's done over 30, several of which are on display in Acton Methodist Church. He has produced a series on WWII, a few about Native Americans and Western traditions, and some on American history. He presented the one containing pictures from his travels with Jeanne to their daughter.

Stories from their family quietly await the telling, if only Lowell or Jeanne allow their eyes to wander the walls of their relaxing home. The plates hanging in the dining room hold a story within a story. The Odens collected them because they each are painted with unique scenes of birds in the wild. Lowell was attracted to them because he was a bird hunter. Their granddaughter analyzed each and said, "You know, all of them have little babies, don't they?"

Nearby, on the antique breakfront the couple purchased in the days when they did not have much money, Jeanne displays three items very special to her. The wooden tray, close to 100 years old, with a serving surface decoupage in real, electric-blue butterfly wings, was her mother's. She has positioned it between two red-glass vases that were Lowell's mother's, gifts from ladies in her church.



Jeanne has always been fond of clear glassware. She gave some away before moving here. Because they moved into what was considered a handicapped unit, there is no bar in the kitchen. This gives ample space for the display case, which contains a few newer pieces of glassware surrounded by family heirlooms. "Some of the pieces belonged to Lowell's mother or my mother and have meaning to me for that reason," Jeanne said. Lowell enjoys helping her clean them.

Having a home has always meant a lot to Lowell, because his father was a Methodist minister who moved the family every two or three years. The churches often furnished the parsonages, and sometimes there wasn't enough room for Lowell's family. It became important to him to provide a stable home for his family. Although they moved several times, he and Jeanne always worked on their houses, improving them and decorating them with things they liked.

Lowell planted about four Knockout roses outside their Waterview patio when they first moved in. He celebrated his 95th birthday last summer and enjoys getting things going. Now, his roses bloom a wondrous pinkish red almost all year. Sometimes, the Waterview gardener helps trim the bushes, which seem to stand tall above Lowell's potted sweet potatoes, vining over the patio as if to say, "Just try to stop us!" **NOW**



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The I DO Hairdo

— By Jo Monroe



With today's busy schedules, many couples hire a wedding planner, or at the very least, the bride enlists the help of her best friend to coordinate many of the needed appointments. There are timelines to meet and decisions to make, such as: scheduling the ceremony and rehearsal dinner; planning the reception; selecting a caterer and the music; finding the venue, a photographer, the cake decorator and the florist; and arranging the transportation to and from the wedding. Often, in the stress of planning, the bride gets



overwhelmed with choices, and out of frustration, decides to do her own hair. On the day of the wedding, no matter the weather, a bad hair day can show up without an invitation. When everything needs to come together perfectly, having a stylist ready to create your predesigned hairstyle will get all those butterflies flying in order!

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If you are planning to use a professional photographer, ask him or her for recommendations on stylists they have worked with before.

The wedding location and theme should be taken into serious consideration when selecting the wedding hairstyle. Whether the ceremony is located on the beach, on a bridge, in a field of bluebonnets, in a cathedral or in a cottage chapel, it is essential that you feel complete and comfortable. Whether you walk barefoot in the sand, in heels in the city or in boots in the country, your focus is to look beautiful as you reach your destination at the altar. Theme weddings can require a bit more creative work in order to reflect a time period or a historical event. Whether Victorian, Grecian, Bohemian or traditional, your hairstyle will give you confidence to walk down the aisle, feeling beautiful.

Hairstyles and Necklines

Bridal hairstyles can be a failure, or they can be a grand success when created well in advance of the date. You need to consider your body and face shape, the gown style and neckline, and last but not least, the texture of your hair and your personality type.

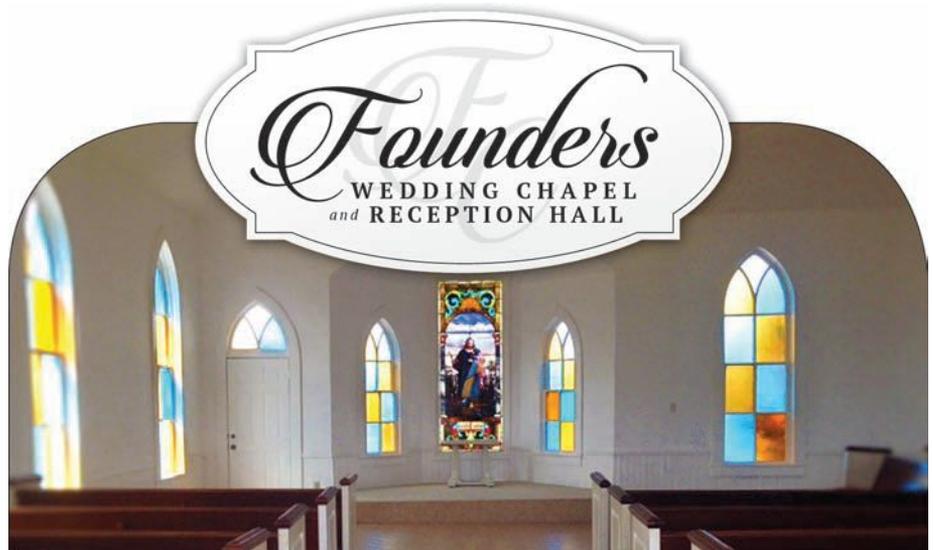
A V-neck wedding gown embellished with the hair pulled up high, will give the face and neck a notably long appearance. If your face is already long, it is best to style your hair in a way that creates fullness at the cheekbones, making your face appear rounder. A V-neckline is best for someone with broad shoulders, a full bust and a short neck. If you have a wide, round or square jaw, this style is very flattering.



Depending on how low your neckline is and how high you style your hair, you could look inches taller than the groom — especially when wearing heels. When deciding the height of your hairstyle, take into consideration the neckline, the dress, the shoes and the groom's height.

Off-the-shoulder gowns are often made of lace or chiffon and softly reveal eye-catching shoulders. However, be aware this style can widen the appearance of your neck and broaden the look of your jawline. If you are a bride with a square-shaped face, you may already wear your hair in a short, bobbed cut. If your hair length is medium or long, it can be pulled up and away from your face, and this will give the appearance of width at the ears. Creating a soft, wispy style will bring a balance to the strong features. A tiara will create added charm, and with a long veil, your look will be absolutely chic.

If you are a modern bride, you may select the sweetheart neckline because it visually elongates the face and provides an overall proportioned silhouette.



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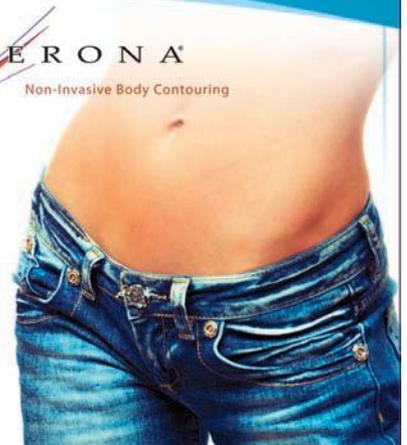
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This complementary neckline is most preferred by all face shapes and body types. An updo will make you look elegant and feminine. A tiara with pearls placed high with a floor-length veil will make you look enchanting and regal.

A gown with a halter or high neck creates an illusion of a wider neck. This is a flattering style for those with long necks or faces, as well as for small-chested women. Wear your hair down, and keep it soft and tousled. Hair tucked behind one ear and a petite flower or jeweled comb really complete this sophisticated look.

If you are a bride with a heart-shaped face desiring a voluptuously soft and romantic look, wear your hair chin-length and pull it off the face to one side. If you wear your hair longer and flowing to the side with a little fringed bang, you will disguise the broadness of your forehead. Your gown selection should have a scooped neckline, which will elongate a short or thick neck.

Strapless necklines, sometimes referred to as tube tops, aren't flattering for most body types. However, on a petite figure, they can create a longer silhouette and neck. If you are a petite bride, don't overdo. Soft fabrics, soft flowing hair, delicate jeweled combs and whimsical veils give elegance to your total look.

Needless to say, your bridal hairstyle should be designed to reflect the image you desire and your personality. Your hair and neckline will be the frame for your beautiful wedding pictures. How do you want to be remembered — romantically royal or softly sophisticated? This is what you dreamed of, and as you slip into your gown, your hair should complete the once-in-a-lifetime look that takes your groom's breath away. **NOW**

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Winning Connections

The owners of Readers' Choice and Princess & Frogs build relationships with their customers. — By Lisa Bell

After Angie Hedges retired from caring for an elderly couple, she wanted to open a business. She loves to read, so when the previous owner of a used bookstore decided to sell her business, Angie went for the opportunity.

She opened Readers' Choice in September 2013, offering print and audio books at half the publishers' prices or, sometimes, at lower costs. Customers can bring in books and exchange them for store credit they can use toward their purchases.

Angie loves being her own boss. "I make my own decisions," she said. "But I also love interacting with our customers." Many people return to the store regularly. One particular gentleman comes in about once a month and buys two or three books. Angie shared that this man often spends at least a couple of

hours in the store and usually strikes up a conversation.

After being open for almost two years, Angie looked for a way to expand the business. When the children's resale shop next door became available, she reached out to her daughter, Amanda, who liked the idea. They opened Princess & Frogs in July 2015.

In the new business, they also offer store credits for customers who bring in gently used children's clothing, from newborn to size 18-20. They accept toys and baby equipment for store credit or cash as well. Some handmade doll clothes and furniture items are on consignment, but for the most part, they simply buy and sell, keeping things simple.

"Our main goal is to provide something for every day, working-class people," Angie said. Having been a military family,

she knows the value of being able to purchase good items at an affordable price. Angie and Amanda do not see themselves as a children's boutique store, although they may at times have boutique-style outfits. They are more interested in affordable clothing for daily wear.

“Our main goal is to provide something for every day, working-class people.”

Some of their customers include families suddenly tasked with taking care of grandchildren or other family members. Princess & Frogs gives them an option to purchase quality necessities without spending a lot of money on things they may use only for a month or two.

Both Angie and Amanda spend time on location. They have one part-time employee. Doris McCauley, better known as Granny D, both treats their customers and works the business as if she owns it, too. Angie goes to church with Doris and loves working with her. “God was really blessing me when He put Doris in my life,” Angie said.

While both of these resale shops operate to remain profitable businesses, they offer good value to customers. Sometimes, discounts are offered, so be sure to check their advertisements each month. They give back to the community. Each day they drop their loose change into a jar designated to support a local charity. The three ladies choose a different organization each month.

Angie offers a large selection of books and used clothing at competitive prices. If she doesn't have a particular book, she recommends where shoppers might find it. All three women understand the value of personal touch. They still handwrite receipts and try to acknowledge return customers by name. “We love our loyal customers who like to shop small businesses,” Angie said. They count on relationships to bring people back. **NOW**

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The Smiths enjoying a lunch at McDonald's.



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Angela Hedges works to try to recover from a busy holiday season.



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Family Fun

Families will find an abundance of activities in San Jose. More than 140 animals reside in Happy Hollow Park and Zoo's 16 acres. While 350,000 gallons flow in the Wave Pool at Raging Waters, an earthquake shakes the grounds of The Tech Museum of Innovation.

Take a trip to the Winchester Mystery House. Tour the Victorian mansion of Winchester rifle heiress Sarah Winchester and discover a maze of architecture. Many visitors claim to have paranormal experiences, so stay alert for Ms. Winchester within the mansion walls!

Outdoor Adventures and Wine Tasting

San Jose holds over 55 miles of hiking and biking trails. Journey through

redwood groves at Big Basin Redwoods State Park, bike to the top of Mount Hamilton or walk through the Los Gatos Creek Trail, highlighting Los Gatos, Campbell and San Jose. Due to its climate, the Santa Cruz Mountain wine appellation contains over 200 vintners in one of California's oldest wine regions.

Shopping, Dining and Nightlife

Grab dinner at San Pedro Square Market on an outdoor patio, and choose a cuisine that suits your mood from Canadian-American to Asia Pacific influences. San Jose's Santana Row contains a European-inspired village known for shopping, nightlife and spas, and enjoy al fresco dining options from French, Californian or Mexican cuisine.

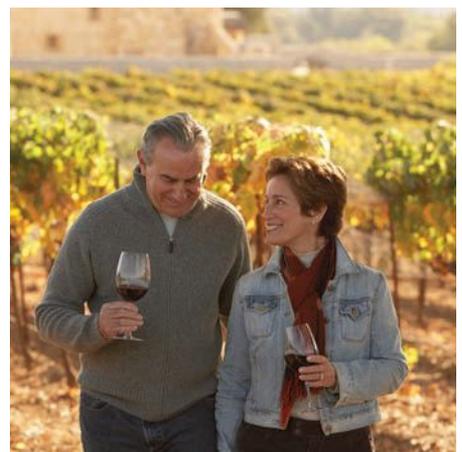
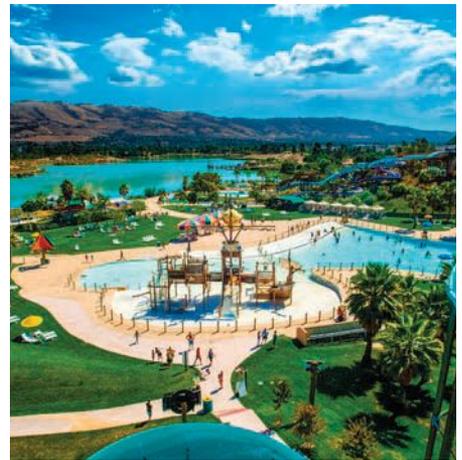
Visit Japanese stores and modern boutique shops in one of three remaining historical Japantowns in the U.S. and enjoy authentic Japanese cuisine. Stroll through Little Italy's restored Victorian homes occupied by ristorantes. Also Little Saigon, containing the largest Vietnamese population outside Vietnam, offers Vietnamese shops and cuisine.

Sports Scene

Stadiums have recently sprouted in the South Bay, making sports a year-round recreation. In spring and summer, catch the San Jose Giants minor league baseball team at Municipal Stadium. The San Jose Earthquakes soccer team kicked-off their campaign at Avaya Stadium, with North America's largest outdoor bar.

In fall and winter, the San Jose Sharks hockey team competes at SAP Center, and in neighboring Santa Clara, the San Francisco 49ers toss around the pigskin in their new digs at Levi's Stadium, home to Super Bowl 50. **NOW**

By Kyle Schatzel. Photos courtesy of Team San Jose. For more information, visit www.sanjose.org.



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Healthy Heart

— By Betty Tryon, BSN

Imagine a pipe drain inside your bathroom. Over time, hair, soap residue and other gunk may stick together and start to collect on the internal walls of the pipe. Naturally, since the deposits are inside the pipe, the pathway for flowing water begins to narrow. In coronary artery disease, or CAD, the pipe is your blood vessel and the gunk is cholesterol. If the gunk in your pipes builds up enough, water flow will cease, and you'll have a clogged drain. If the cholesterol in your blood builds up enough, you could have a heart attack or stroke.

CAD is the buildup of cholesterol containing deposits called plaque in the arteries that supply blood to the heart. This plaque causes the arteries to become narrow and rigid, which in turn restricts the blood flow through the vessels. It often takes years to receive this type of damage. Some people may not be diagnosed with CAD until they have a heart attack. As the arteries narrow, it becomes more difficult for enough oxygen-rich blood full of nutrients to reach the heart.

One of the most common symptoms of this disease is angina, or pain in the chest. In women, especially, this pain can also be felt in the back, abdomen, jaw and arm. Angina may feel like indigestion, squeezing, pressure or aching. Another telltale symptom is shortness of breath. If your coronary arteries are compromised enough by plaque buildup, the proper amount of

blood cannot get through to meet your body's needs. This leads to breathlessness and fatigue.

Risk factors for CAD are interrelated and can exacerbate each other. Some of the factors are smoking, which can restrict the flow of blood vessels; high blood pressure; high cholesterol; being overweight; family history; and diabetes. Men are more likely to have CAD than women. But that statistic changes when a woman reaches menopause. A sad fact is that some risk factors now begin in childhood, with so many children being overweight and inactive.

CAD can be prevented and/or treated. There are medical procedures and medication to treat CAD, but there is a lot you can do for your health on your own. It begins with living a healthy lifestyle by watching your diet, keeping your weight under control and getting enough exercise. Much of what makes a healthy body is up to you. **NOW**

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

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February 2

Opera Guild of Granbury meeting: 10:30 a.m., DeCordova Bend Country Club. The meeting brought to order at 11:30 a.m. with old and new business followed with a buffet lunch at noon. Lunch (\$13) is not mandatory, but if dining with us, please RSVP @ 682-936-9572 OR granburyog@gmail.com.

February 3

CERT Informational meeting: 6:30 p.m., 401 Deputy Larry Miller Rd., EOC building across the street from Sheriff's office. This meeting explains more about CERT (Community Emergency Response Training) and the possibility of having a class within the next couple of months. Anyone interested in the training is invited to attend. For more information, contact Mike Stafford at mstafford@co.hood.tx.us or call (817) 579-3335.

February 4

Granbury Newcomers Club monthly luncheon: 9:30 a.m.-1:00 p.m., DeCordova Country Club. Entertainment provided by 12-year-old Hood County resident Ridge Roberts, National Fiddling Champion. Learn more at granburynewcomers.org or call Pat Hendricks (817) 579-2637. RSVP by noon, **Monday, Feb. 1** (817) 243-9831. You don't have to be new to Granbury to join the club. Visit the website to learn more about the many groups available in this gracious women's club.

February 8

Civil War Roundtable: 5:30 p.m., Spring Creek Barbeque. Dr. Michael Landis will present "Northern Men with Southern Loyalties." Dinner is optional and paid for by attendee. Annual dues are \$25/single and \$35/family. Visit www.ncntexcwrt.com/ to learn more. Contact form is available on the website.

February 9

Women's Service League Second Fundraiser: 10:30 a.m.-2:00 p.m., DeCordova Country Club. Tickets go fast. Get yours now, and bring a friend or two. The Silent Auction will be fantastic with lots of beautiful items. The Charity Style show will have a first and a second place winner. Tickets, \$40 per person, includes lunch, charity style show and silent auction. Contact Joyce Brock for tickets (817) 279-0855.

February 13

Cupid Shuffle 5K & 15K: 7:50 a.m., 15K; 8:00 a.m., 5K; start and finish line at Getzendaner Park, Waxahachie. Wear your tutu and your valentine's sock and come RUN in the name of LOVE! Register online at reachcouncil.org/events. Email nisa.hurd@reachcouncil.org for more info

First ANC Feather Fest: 10:00 a.m.-4:00 p.m., Acton Nature Center, 6900 Smoky Hill Ct., Granbury. Free event and fun for everyone. Details coming soon. Visit www.actonnaturecenter.org/programs-and-projects/ for more information.

Daddy/Daughter Date Night: seating 4:30 p.m., 5:30 p.m., 6:30 p.m. and 7:30 p.m., Chick-fil-A, 1011 E. Hwy. 377. Dads, you and your daughters are invited to a special Daddy Daughter Date Night event. Enjoy an evening out with your little girl. Show her how special she is to you. Free event, but reservations are required. Make your reservation on Facebook: Chick-fil-A of Granbury.

February 14

Valentine Wine Tapas Dinner: 7:00 p.m.-9:00 p.m., D'Vine Wine, 107 E. Bridge St. Enjoy a 5-course meal prepared by Chef Greg Green of Christina's Bistro. Each course will be paired with a different D'vine Wine. Dine to live music from April Brenning & Kim Payne from Strings 4 All Seasons. \$60/person, plus tax and gratuity. RSVP required (817) 573-7200.

February 18

Brazos Chamber Orchestra Winter Concert: 7:30 p.m.-9:00 p.m., Granbury FUMC, 301 Loop 567. Brazos Chamber Orchestra presents a new concert series for the 2015-2016 concert season. Come enjoy an evening of live orchestral music performed by the Brazos Chamber Orchestra. Free admission. For more information, contact Kathy Anavitarte (817) 645-8067 or visit www.brazoschamberorchestra.org.

March 3

Granbury Newcomers Club monthly luncheon: 9:30 a.m.-1:00 p.m., Pecan Plantation Country Club. Come and see the "Silver Lady" Bonny Edmonds' beautiful jewelry and hear her "Tales of Mexico." Learn more at granburynewcomers.org or call Pat Hendricks (817) 579-2637. RSVP for the luncheon by **Monday, Feb. 29** before noon to (817) 243-9831.

March 19, 20

38th Annual General Granbury Birthday Bash & Cook-off Celebration: All day event, Granbury Town Square. Enjoy cake during opening ceremonies and the Bean, Rib and Brisket Cook-off. Other events include Bull Riding on the City Beach and the Outrageous Outhouse Race. Have fun with the cook-off, entertainment and contests (Bean Eating, Bean Spittin') and many other activities. Arts and craft and food vendors will be located on the Square.

April 23

Acton 8th Annual Nature Run: 10:00 a.m. with registration beginning at 8:30 a.m., start and end at 5600 Matlock Rd. 5K, runners, walkers, families and teams, welcome. Team with largest number of participants wins the windmill trophy. All proceeds are tax deductible and benefit the Acton Nature Center. For entry fees and more information, visit www.actonnaturecenter.org/annual-fun-run/

April 29, 30

Seventh Annual Granbury Wine Walk: 2:00 p.m.-8:00 p.m., **Friday**; 11:00 a.m.-7:00 p.m., **Saturday**, Granbury Town Square. Two-day tickets, \$25 online, \$30 at the event. Advanced tickets available, www.granburywinewalk.com or at D'Vine Wine. Ticket booths open 11:00 a.m.-7:00 p.m. each day. Under 21 and non-drinkers, free admission.

May 7

Fifth Annual Race for the King: 8:00 a.m., Ferris ISD Yellowjacket Stadium, Ferris. 5K Run/Walk and Kids' Fun Run benefitting the Kyle King Scholarship fund. For packet pickup, late registration and additional information, contact Traci Rodriguez, tdrodrig@ferrisisd.org or call (972) 544-2279. To access the registration form, visit the district website (www.ferrisisd.org, look under Ferris ISD News).

Ongoing:

Second Saturdays

Girls Night Out: 5:00 p.m.-8:00 p.m., Granbury Town Square. Collect PINK TICKETS for a \$100 Downtown Dollar shopping spree. The 2nd Saturday of each month with specials, trunk shows, wine, snacks and tons of fun! Visit the Girls Night Out Facebook page for details and special sales and promotions.

Last Saturdays

Last Saturday Gallery Night: 5:00-8:00 p.m., Granbury Town Square. The Galleries consist of Artéfactz, Dora Lee Langdon Center, Lake Granbury Art Association at Shanley House & Your Private Collection, D'Vine Wine of Granbury and enVision Creative. All are open until 8:00 p.m. with "meet the artists," receptions, demonstrations, hors d'oeuvres, wine and music. A tram runs between galleries. Visit the Galleries of Granbury Facebook Page for more information.

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



In the Kitchen With Vivian Flusche

— By Lisa Bell

Vivian Flusche learned culinary skills from a mother who loved cooking for others. When she was 5, her mom was ill, so Vivian tried to help. She pulled a chair up to the sink, determined to peel potatoes. After scraping for several minutes she heard, “Turn the potato peeler over. It will work better.”

Once, an Asian woman told her eating starts with a feasting of the eyes on beautiful food. Vivian takes pleasure in serving food with artistic plating, garnishes and tablescapes. Her other hobbies include reading, painting, music and gardening.

Today, Vivian relishes in sharing good food and drink with friends. She treasures making a mess and memories in the kitchen with her three granddaughters. **NOW**

Shrimp Ceviche

From Vivian’s niece, Diann.

- 2 cups onion, chopped
- 2 cups Roma tomatoes, chopped
- 1/2 cup cilantro, chopped
- 1 small jalapeño, chopped
- 2 Tbsp. red Tabasco
- 2 Tbsp. green Tabasco
- 4 tsp. lime juice
- 1 1/2 cups ketchup
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. Louisiana Hot Sauce
- 2 avocados, cut into small pieces
- 2 lbs. boiled shrimp, if large, cut into pieces

1. Mix all chopped ingredients and liquids; add avocado and shrimp last.
2. Chill for several hours. Adjust Tabasco and Louisiana Hot Sauce if a milder flavor is desired.

Cinnamon Rolls

Cinnamon Rolls:

- 1 cup milk
- 1 cup water
- 1 cup sugar
- 1/2 cup margarine or butter
- 1 Tbsp. salt
- 4 pkgs. active yeast (9 tsp.)
- 9 cups flour (approximate amount; divided use)
- 4 eggs, beaten
- 2/3 cup brown sugar
- 2/3 cup white sugar
- 4 Tbsp. cinnamon
- 1/4 cup melted butter (to brush dough before adding sugars and cinnamon)
- 1/4 cup melted butter (for brushing after rolls bake)

Icing:

- 1-2 cups powdered sugar, or to taste

- 1 tsp. vanilla extract
- Half-and-half
- Pecans, chopped (optional)

1. For cinnamon rolls: Heat milk, water, sugar, butter and salt to 115 F. Mix yeast with half of the flour; stir in milk mixture until well blended.
2. Add eggs and enough flour to make a stiff dough. (When touching the dough lightly, it should barely stick to your fingers.)
3. Knead using bread paddle (dough hook) on low speed until smooth and elastic; let rise until double in size, and then work down. Spray a large bowl with Pam cooking spray, transfer dough, spray it with Pam and then cover with a cloth. Put dough in a warm place to rise.
4. While dough rises, mix brown sugar, white sugar and cinnamon together. Adjust given amounts to taste.
5. Lightly flour surface, and roll dough out to about a 3/8-inch thick rectangle, brush with melted butter using a pastry brush, and then sprinkle with cinnamon/sugar mixture.
6. Roll up, starting with long side. Cut into 1-inch slices and place rolls on a greased sheet pan. Bake at 350 F until lightly browned; do not overbake.
7. When finished baking, brush with melted butter to keep soft. If desired, top with icing and optional pecans.
8. For icing: In a small bowl, pour in powdered sugar and vanilla. Gradually add half-and-half, stirring until smooth and reaching desired consistency.
9. Drizzle or spread icing over rolls and sprinkle with pecans, if desired.

Butter Toffee

(Best made when humidity is low.)

- 1 cup sugar
- 1/2 tsp. salt
- 1/4 cup water
- 1/2 cup butter
- 1 1/2 cups pecans, chopped (divided use)
- 1 12-oz. pkg. chocolate chips

1. Combine sugar, salt, water and butter and cook to light crack stage, 285 F on a candy thermometer.
2. Add 1/2 cup chopped pecans and immediately pour onto a well-greased cookie sheet. Let cool.
3. Melt chocolate chips over warm water. Spread half of the chocolate on top of the toffee and sprinkle with 1/2-cup chopped pecans. Let cool.
4. Turn toffee and repeat the spreading of chocolate and pecans on the other side. Cool and break into pieces.

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