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FEBRUARY 2019

A Tribute to Mam-maw

At Home With
Connie Jo Duncan

In the Kitchen With
Beth Dalton

STEAMing Ahead

Principal Stacie Brown
incorporates alternate learning
methods to engage students

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Crossword/Sudoku

Featured Business:
Tropical Breeze Nutrition Club

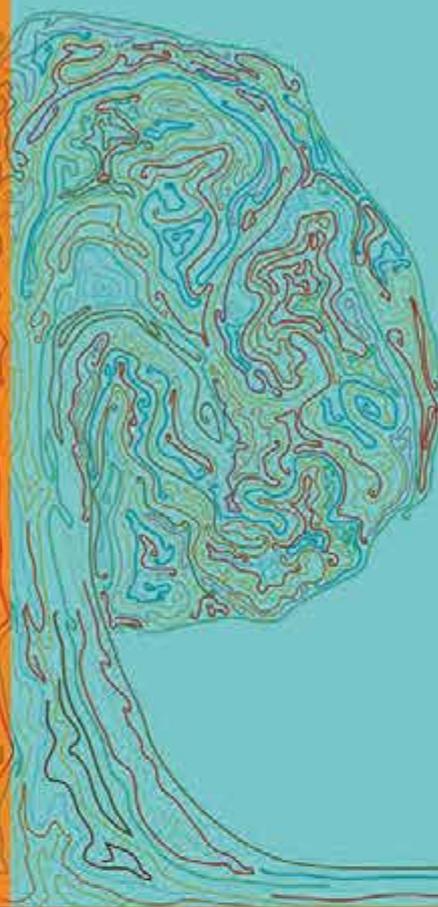


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ON THE COVER

*Connie Jo Duncan loves life
in her home, a replica of her
grandparents' house.*

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EDITOR'S NOTE



Lisa

Lisa Bell
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Have you noticed an overabundance of hearts?

Red and pink are everywhere. You'd think there was something special about hearts in February. Well, actually, there is. February is American Heart Month. I suppose that's appropriate for a month that includes celebrating love. Love comes from the heart, right? Really it doesn't. The center of emotions lies in our brains. Of course, emotional feelings trigger a release of adrenaline, which causes acceleration of our heart rate and faster blood flow throughout our body. So, who am I to argue the point of the heart being a symbol for love? And wouldn't that be crazy if we put our hand over our forehead during the pledge of allegiance?

So, is love from the heart or from the head? Good question. I personally think true love has some degree of both thought and emotion. After all, feelings wax and wane. So, how do we keep loving someone when we don't "feel" love toward them? At some point it has to be a decision stemming from commitment. And perfect love doesn't give up on someone when they test every fiber of your feelings.

What if we all showed love to someone every day — even to those we don't particularly like or don't know at all? Imagine a world where love isn't dependent on our feelings or whether our heart happens to be beating faster during an encounter. Hmm ... I believe I like the sound of that world.

Have a happy February, on and beyond Valentine's Day!

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A TRIBUTE TO *Mam-maw*

— By Rick Mauch

At Home With Connie Jo Duncan

From the first steps off of the wraparound porch into the 2,700-square-foot, four-bedroom home of Connie Jo Duncan, one feels welcome, just like they would have at her late Mam-maw's 1907 Victorian farmhouse. But then, Connie's home is modeled exactly after that same home, which is located in Santa Anna, Texas.

The long and wide hallway is book-ended by doors leading from the front yard and into the backyard. “We’d go to visit her, and she’d have cots for us in the hallway,” Connie recalled. “We’d sleep there with both doors open and the breezes coming through screen doors.”

In the hallway is a painting of her grandmother’s house, which was done by Connie’s Aunt Alice. The hallway’s other highlights include her Mam-maw’s dresser — Connie’s favorite. On the wall is a ceiling tin, one of several she retrieved when the original Granbury First National Bank building was remodeled. On a table is a guest register. “I’ve had it since I went to graduate school in 1969. Every once in a while, I look back and think, *That was fun*,” she said.

Connie’s house, where she moved in 1999 after relocating from Saginaw, has been on the Candlelight Tour five times. The first was in 1999, and the most recent was 2017. A pewter plate hangs in the hallway to commemorate each time. “It’s a lot of work,” she said, chuckling. “It incentivizes me to get some things done.”

A tall grandfather clock in the far corner came from Germany in 1978. There are several clocks in her collection throughout the house, including one in the living room from the 1880s that once belonged to her grandfather (Pappaw), and his dad before him.

The den features her grandmother’s original kitchen cabinets turned into a place for her stereo, along with some family photos, of which many are spread throughout the home. Two of her three classic rockers were inherited by her father from his grandfather and are originally from Germany.

The room is anchored by a large fireplace, next to which stands a 1948 Stewart Warner stereo, which no longer works. “I remember the stripes reflected when we turned it on,” she said.

An old crank telephone on the wall is just like the kind her grandmother had. “Party line, of course,” she said with a grin.

Next to it is a safe her dad used to file paperwork at the Piggly Wiggly store in Hamlin, Texas, he owned from 1946-1974. “It was stolen twice. One time, they found it on the Brazos River bank, and another time it was on the steps of the store. It had no money in it, so I guess they didn’t want it,” she said. “When you graduated eighth grade, you went to work at the store. Both of my brothers did it, and I did it, too.”

The house has several stained-glass windows, which are from the First Baptist Church in Hamlin. They date from 1929.





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The kitchen door is highlighted by several antique signs, including Millbrook Bread and S&H Green Stamps. In fact, her father and uncle teamed up for their own version of stamps for customers. "We had R&H stamps. Daddy had the store in Hamlin, and my uncle had a store in Rotan," she said. "People redeemed them at those stores."

A china cupboard in the kitchen also came from FBC in Hamlin, and on top is an old glass jar that reads *Duncan's Maryland Club Coffee*. The cupboard holds several dishes Connie's dad gave away to customers in his store. "This is just a sampling," she said.

A small enamel table belonged to Mam-maw, as did the chair next to it. A mailbox on the shelf once belonged to her grandparents, as did the Sunbeam mixer and prune juice jar her Mam-maw used for drinking water. "Nobody else could drink from it," Connie remembered.

Also, in the kitchen is the first dining room set Connie's parents owned. Her father bought it as a first anniversary gift. In the next room is the Bible her mother bought him in the 1938 gift exchange. "He read it every day until the day he died in 2005," Connie shared. Another china cabinet features some pink dishes on the top shelf. They were given to her mother as an eighth-grade graduation present for her hope chest.

The living room includes Connie's grandmother's rocking chair, along with a classic piano and organ. "Mother never played, but she said, 'These three kids are going to learn.' My younger brother is a great musician," Connie said.

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The master bedroom suite was once in her grandparents' guest room. In the corner is a piece of Granbury history given to her by a former neighbor — a rocker made of rope, as is the accompanying ottoman. "She said it had been on Bridge Street for 50 years, when she received it from another neighbor. That would be in excess of 80 years now," Connie said.

The Piggly Wiggly Room upstairs is a tribute to her father. In it are classic items such as an old Piggly Wiggly sign (there's a larger one, about 15 feet long, on her garage), caps, patches and even a thermometer. "The guy at the newspaper in Hamlin gave me this," she said, holding up a Piggly Wiggly diecast metal for an ad on a linotype machine.

Also, upstairs is a large quilt on the wall made of sweet memories. "When I was growing up, Mother would buy material to make her a dress, me a dress and one for my doll, Mary Jane," she said. "A friend of mine made this quilt from Mary Jane's dresses."

One of the upstairs rooms, in fact, has her doll collection. There's Elsie the Borden's Cow, the Campbell's Soup Kid and even one of herself, which her aunt had made. "I don't know how much it cost or how they even did it in 1949 to transfer a photo of my face [onto the doll]," she said.

Connie thought for years of moving her grandmother's actual house but couldn't find a place. Instead, she rebuilt it into the home she cherishes today. "I just loved it. I liked the architecture," she said. "But mostly, I had so many good times there." **NOW**



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STEAMing

Ahead

— By Lisa Bell



In her fourth year as a principal at Mambrino Elementary, Stacie Brown came from Brawner. Prior to that, she taught third through fifth grades in Fort Worth. From teacher to assistant principal, Stacie always looked for better ways to help students learn.

In college, she earned a double major in journalism and radio communications, teaching in after-school day care part time. Her advisor admonished that the double major was great for a freelancer, but not to expect a job. When Stacie's second-to-the-oldest child started kindergarten, she became a Sunshine Mom and loved the education environment. Excited, she went back to school for an alternative certification program. Stacie confessed while smiling, "It was always there. I just got there in a roundabout way." Her first teaching job at Springdale Elementary in Fort Worth allowed her to learn from phenomenal teachers, who poured into her, sharing knowledge and wisdom.

After 24 years in education, Stacie knows keeping kids interested in learning can be a challenge. Especially during cold months or days of triple digits, the energy levels of students have no outlet. During those times, sitting quietly at a desk becomes difficult for everyone involved.

With the problem in mind, Stacie and her staff brainstormed. Applying for and receiving a grant from



the GISD Education Fund enabled them to implement a special program for the students — a reading/riding lab. By using stationary bicycles, the students spend time moving without neglecting content.

“It’s been really successful, incorporating content with energy release,” Stacie said. Teachers scheduled time in the lab, but the room quickly grew in usage. Besides reading, students can also use flash cards or simply pay attention, while the teacher presents a lesson.

With a trend toward flexible seating, Mambrino took the concept a little further. “This was a way we could implement flexible seating,” Stacie shared. They currently have 24 or 25 bikes. While pedaling away, the kids enjoy the movement, yet pay attention. Although the movement limits some activities — it’s not very conducive to writing — teachers and students find many ways to use this room in the school.

The lab was a great idea, showing the willingness of Stacie and her staff to welcome nontraditional learning methods. This attitude toward nontraditional learning methods also prepared them all for a decision made by the school board to use Mambrino as a STEAM Academy beginning in 2018.

Although Stacie didn’t seek out that position, she is delighted they chose

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Mambrino. Logistically, the school was the best choice. Able to hold almost 1,000 students, they had an enrollment of only 600. Last year, the elementary school celebrated its 20th anniversary. They already had some large common areas. But redesigning some units and knocking down a few walls gave them collaborative open spaces. Here, the kids come together to work, not always as a single grade joining forces, but as a mixture of students helping each other learn.

As a STEAM Academy, the school uses "Lead the Way" as the core curriculum but incorporates three additional ones. By using different scenarios, the teachers and students get very creative and learn more in the process. STEAM focuses on an integration of multiple content disciplines. "As teachers, we naturally go that way," Stacie said. "But at Mambrino, it's more in-depth." In addition to learning facts, the students come away with soft skills, such as working together in a team environment and settling disagreements. Using current-world examples, the kids better relate to concepts. During Christmas, one grade created a graham-cracker decorated village replicating Granbury. Incorporating the Grinch taught the kids the concept of slope, which is actually a sophomore-level concept, but grasped by these younger students.

Mambrino houses early childhood, pre-K and up through fifth grade. They also have younger life-skills students from across the district. "Every student in this school is in a house," Stacie explained. The multi-age houses allow them to build relationships and belong to a community. Each year, every house takes on a service project in addition to the schoolwide day of service. In one of the projects, the students designed the first Mambrino STEAM Ornament and sold them, donating the proceeds to Second Chance Farms.

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In addition to the riding lab, the school features a multipurpose room, which includes a “green screen” background. Among other things, students use this room to create videos. In several collaborative spaces, 3D computers, tables and other seating areas create a fun space. In these areas, they can work, hold house meetings, have speakers or enjoy a Friday enrichment time when the students get to participate in enrichment activities such as homesteading, baking or computer coding, among many other interests. In addition, the science classroom incorporates a treehouse theme. Most of these spaces have Smartboards, as well.



In the design process used for learning, the students see a need and fill that need. Together, they put the problem in perspective and then have the freedom to find a solution within certain guidelines and restrictions. STEAM Coordinator Danielle Parsons said, “We have seen students who struggle find and learn to show their gifts through the process.” They can also participate in global STEAM projects, communicating with other students throughout the United States using Skype.

At Mambrino, the changes challenged teachers to try a new way of teaching. Site visits to other STEAM schools provided a good foundation for Stacie and Danielle, but every teacher visited a STEAM Academy in Bursleson. Under the leadership of Mrs. Brown, the teachers embraced the alternate way for kids to learn. “We FAIL forward — First Attempt in Learning,” Danielle shared. “Mrs. Brown is phenomenal. We’re lucky to have her.” At Granbury’s STEAM Academy, they build on strengths while helping with weaknesses, and that’s a great environment for anyone to succeed at learning. **NOW**

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Tropical Breeze Nutrition Club

— By Lisa Bell

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A fun place to meet friends for breakfast or lunch is a smoothie, shake, coffee and tea plus vitamin and nutrition advice bar, located near AT&T. More than that, owner Christina Slagle does her best to make the club a community center, where people gather and support healthier lifestyles. She opened Tropical Breeze in 2009 after taking a personal



journey of learning to get healthy. But her desire is to help others achieve success in becoming healthier, as well.

Tropical Breeze offers an alternative meal replacement shake, as well as those appropriate for sports enhancement. In the smoothie club, you can also try hot or cold specialty teas and coffees. While these also taste good, they are a healthy version with low carbs and sugars but high on protein.

There are 50 flavors available that taste like desserts but contain only about 200-250 calories. Of course, adding fruit increases the sugar and carb content, but still provides a better option for people wanting to live healthier.

In addition to drinks, Tropical Breeze offers a complimentary wellness profile evaluation with any smoothie or shake combo purchase. The complete body scan provides information about critical numbers and a plan to reach desired results. They also provide free workout guides, a nutrition coach and teach people how to make the

foods at home. Customers can buy products online with home delivery for convenience and to save money.

Although not open in the evenings, Tropical Breeze hosts events that bring like-minded people together at other times. Whether a dance workout, pot-luck meal, birthday celebration or morning business networking event, Christina enjoys opening for people to learn about nutrition and find support that aids success. "Feeding your body good nutrition makes you feel better," she said. She learned from the location's previous owner and now mentors others who want to open similar businesses in other cities.

Watching her mother die relatively young, Christina determined not to repeat poor health choices. But she also likes teaching general nutrition and offering options, which may help in achieving health goals. For her, Tropical Breeze is as much about the atmosphere as the products provided. "Seeing people improve is why I do what I do," she shared.

Tropical Breeze supports the community as a happy place where people feel like family with someone who truly cares. Christina is active in the community and supports organization fundraisers or sponsors teams, school events, runs, raffles, etc. as much as possible.

For those who want to get healthier, Christina offers a free booklet with nutrition information. She recommends being sure to drink an adequate amount of clean, filtered water. "It does matter what you drink," she said. "You should drink half of your body weight in ounces of water as a minimum." Christina reminds people that getting balanced nutrition, plenty of exercise and rest are all important to an overall healthier lifestyle.

At Tropical Breeze, Christina does her best to provide an atmosphere where customers become friends and share recipes and tips to help each other. Check Facebook for planned events or to sign up for the current weight-loss challenge, which offers prizes for the top three winners. Or, stop by to learn more about the club. **NOW**

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Mason takes a brisk ride on Lake Granbury with his grandpa, Rick Crick.

Zoomed In: Gloria Wilson

By Lisa Bell

For the last 17 years, Gloria Wilson has participated with the Daughters of the American Revolution, the United Daughters of the Confederacy and the Colonial Dames of the 17th Century. She also makes her own replica dresses. "I love sewing, genealogy, history and traveling," she shared. "Making the costumes is less expensive, so I have more and learn the history."

Most of her costumes come from 1860-1861. Participation in the groups honors the United States, all the veterans of her family and her ancestors. She had a family member in every war since the Revolution. Gloria said, "My favorite family picture is where all of the men wore their WWII uniforms." With such a heritage, she easily carries a lot of ancestral pride.



Zen Den Wellness Center's trapeze yoga instructor, Tara is photographed while preparing for their grand opening.



Michelle Miller stays serious about exercise in the New Year.



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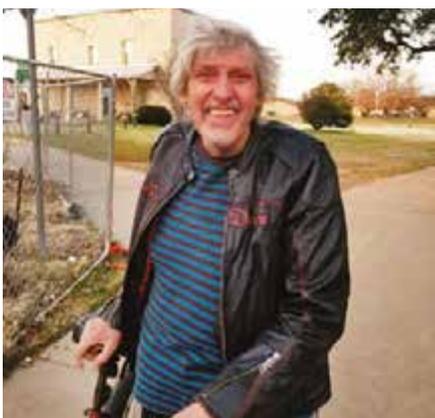
Tina Hille celebrates graduation early with her mom, Sherry.



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CookingNOW
In the Kitchen With
 BETH DALTON

— By Lisa Bell

“My earliest memory is from Granny’s kitchen helping with fall canning,” Beth Dalton shared. “She taught me cooking is an act of love, fixing our favorites — even if it meant chicken and dumplings with a full Thanksgiving dinner.” Beth mastered piecrust and coconut cream pie for her dad and family favorites using Granny’s handwritten recipes.

Over years, she adapted the recipes and added her husband’s favorites, like Beef Wellington. Beth cooks everything from Southern favorites to ethnic dishes from travels. “I even have a large smoker that was a birthday present,” she admitted. Her kitchen transforms into a cooking show if she has an audience. “I would love to teach small in-home classes. You name it, and I can show you how to make it!” **NOW**

Beef Wellington for Two

Mushroom Duxelle:

- 10 oz. baby portabella mushrooms**
- 2 Tbsp. minced shallot**
- 1 Tbsp. olive oil**
- 2 Tbsp. butter**
- Salt and pepper, to taste**
- 1/4 cup cooking sherry**

Filet mignon:

- 2 6-oz. thickly cut filet mignon**
- Salt and pepper, to taste**
- 1 Tbsp. olive oil**
- 1 Tbsp. English mustard (Dijon or any spicy mustard will do.)**
- 4 thin slices prosciutto**

1 pkg. puff pastry, thawed (Use only one sheet.)

- 1. For Mushroom Duxelle:** In a food processor, use pulse setting to finely chop mushrooms and shallots until they have the texture of coarse, dry breadcrumbs, not mushy or wet.
- 2.** In a skillet, heat olive oil and butter; sauté mushrooms and shallots on medium heat for about 10 minutes, stirring often, until mixture softens. Season the mushroom mixture with salt and pepper. Add sherry; cook for about 10 minutes, or until all the wine has been absorbed. Mixture needs to be dry and firm. Remove from the pan to cool.

3. For filet mignon: Season both sides of filets with salt and pepper.

4. Heat oil in a large, heavy skillet over high heat. Add filets; sear for 1 minute on each side for medium-rare. Transfer to a plate to cool completely.

5. After the filets have cooled, brush (or use your hands and rub) the surface of the filets with mustard; set aside.

6. Place 2 slices of prosciutto on plastic wrap, end to end. (Think of a roadway.) Cover with half the mushrooms. Place filet at one end. Using the wrap, roll the prosciutto/mushroom mix around the filet; repeat with second filet. Secure the ends of the plastic wrap; shape into a log. Refrigerate at least 30 minutes.

7. Roll out the thawed puff pastry on a lightly floured surface to a 14-inch square; cut into 2 7-inch squares.

8. Heat oven to 425 F. Remove filet from plastic wrap. Place filet in the center of the puff pastry square; wrap as though wrapping a package. Repeat for the second filet.

9. Place the packages seam-side-down on a baking sheet; bake until pastry is golden brown and meat thermometer registers 140 F for medium-rare (about 20 minutes).

10. Remove from oven; let rest for 10 minutes before serving.

Roasted Veggies

Fingerling potatoes, Brussels sprouts, bell peppers, asparagus or any other vegetable
2-3 Tbsp. olive oil
Salt and pepper, to taste

1. Cut vegetables into similar sizes.
2. Coat with olive oil; season with salt and pepper.
3. Spread in a single layer on a sheet pan. Roast at 425 F until brown.

Grillades

(Creole Smothered Steak)

1.5 lbs. tenderized round steak
2 tsp. salt
1 tsp. black pepper
1/8 tsp. cayenne pepper
1 Tbsp. minced garlic
2-3 Tbsp. flour
2-3 Tbsp. oil
1 cup onion, chopped
1 cup bell pepper, chopped
1 14.5-oz. can diced tomatoes

1. Season both sides of steak with salt, pepper, cayenne and garlic; flour both sides.
2. Cut meat into 1/2-inch strips; sauté in oil until brown. Add onion, bell pepper and tomatoes.
3. Add enough water to cover mixture. Simmer on low for 45 minutes, or until meat is tender. Add more water as needed.
4. Serve over rice or grits.

Rum Cake

Cake:

1 box yellow cake mix
4 eggs
1 3-oz. pkg. instant vanilla pudding
1/2 cup oil
1/2 cup water
1/4 cup light rum

Rum Glaze:

1 stick butter
1 cup sugar
1/2 cup light rum

1. For cake: Mix all ingredients well; pour into a greased and floured Bundt pan. (Fancy Bundt pan, mini Bundt or small loaf pans work great, too.)
2. Bake at 350 F for 50-60 minutes. Remove; cool until the sides pull away from the pan.
3. For glaze: Melt the butter in a saucepan. Add sugar and rum; boil 2-3 minutes.
4. Pour mixture over the cake while still in the pan. Let cool; turn out cake onto a plate.



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5. Note: If cake does not feel like it is loose from the pan when inverted, place a hot wet towel on top of inverted pan. That will warm up the glaze enough for it to release from the pan.

6. Refrigerate overnight; serve cool.

Piecrust

Makes 2 9-inch shells.

1 cup Crisco shortening

2 1/2 cups sifted flour

1 tsp. salt

1 cup water (Place in freezer to chill, but not freeze.)

1. Place first three ingredients in a bowl; cut together with a dough cutter or fork until you have pea-sized balls.

2. Add 6-8 Tbsp. of the ice-cold water from the freezer. (The exact amount depends on humidity. The dough should be slightly sticky. Do not overwork!)

3. Wrap in plastic wrap; refrigerate at least 30 minutes.

4. Flour a clean, smooth surface; divide dough in half. Pat each half of dough into a flat ball in your hand; roll out with a rolling pin.

5. To eliminate sticking, turn dough over about halfway through. Always roll from the center out in all directions. Dough should be



Beef Wellington for Two

about 1/8-inch to 1/4-inch thick. Line two 9-inch pans with dough, or use as a bottom and top crust.

Apple Pie

Apples (Use 2 Granny Smith or 3 Honeycrisp or other sweet variety.)

1 cup sugar

1 tsp. cinnamon

1 Tbsp. flour

1. Prepare one recipe of piecrust dough. Line a 9-inch pan with one crust and roll out a top crust.

2. Peel, core and slice apples, 1/4-inch thick. Mix together all dry ingredients.

3. Place a layer of apples in the bottom crust; cover with 1/3 of sugar mixture. Repeat twice.

4. Add top crust. Vent crust several times by making small cuts with a knife.

5. Bake at 350 F for 30 to 40 minutes or until crust is brown.

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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.

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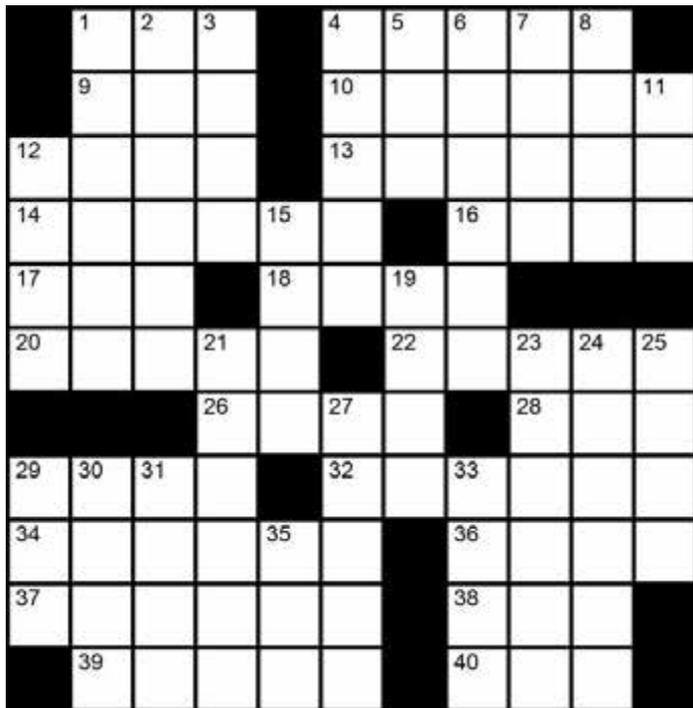
The first step is to secure a thorough examination with Dr. Carl McAfee, DC.

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

Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 " --- now or never"
- 4 Hard on the nose
- 9 Vast amount
- 10 Arranged for voices
- 12 Pie-crust ingredient
- 13 Only state with two official lang
- 14 Puncture
- 16 Caltech, for ex.
- 17 Sparse fluid
- 18 P --- puzzle
- 20 A freckle past ---
- 22 Once more
- 26 Exultation
- 28 Attempt
- 29 Comedienne née Molinsky
- 32 Commuter computer
- 34 Taking the place
- 36 Outer covering
- 37 Softened
- 38 "Halt, --- fire!"
- 39 Prolonged blockade
- 40 Advent mo.

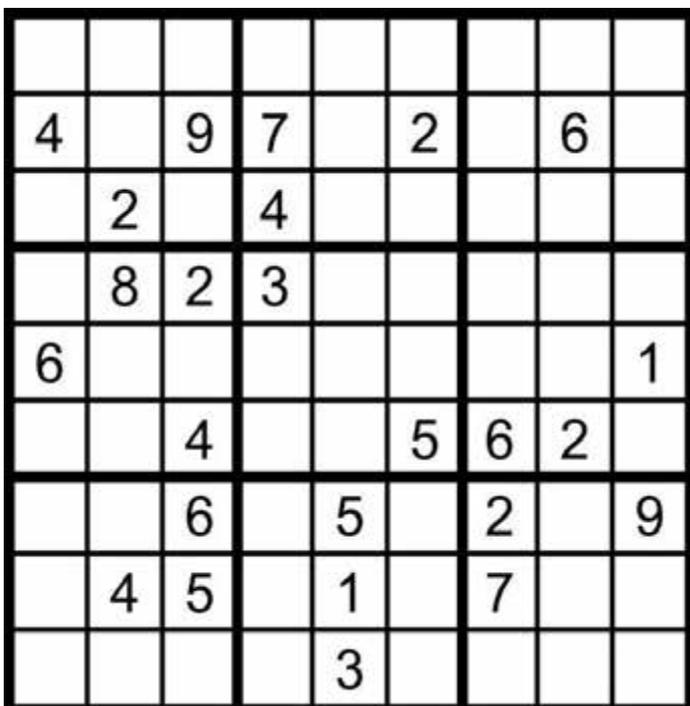
Down

- 1 Prophetic Bible book
- 2 Blessed Mother
- 3 --- City (Baghdad district)
- 4 Pains
- 5 Half a dance, perhaps
- 6 Quarreling
- 7 Pakistan neighbor
- 8 Politician's stand?
- 11 Snockered
- 12 Where to find swinger Michelle Wie
- 15 Songwriter --- Perkins
- 19 UN nuclear watchdog
- 21 Set on fire
- 23 What one goes around in
- 24 Subtly sarcastic
- 25 Big Apple corps
- 27 Cleverly avoid
- 29 Dandy beginning?
- 30 Singles
- 31 Slimming drug
- 33 Urge along
- 35 Brain surgeon's test equipment

Solutions on page 28

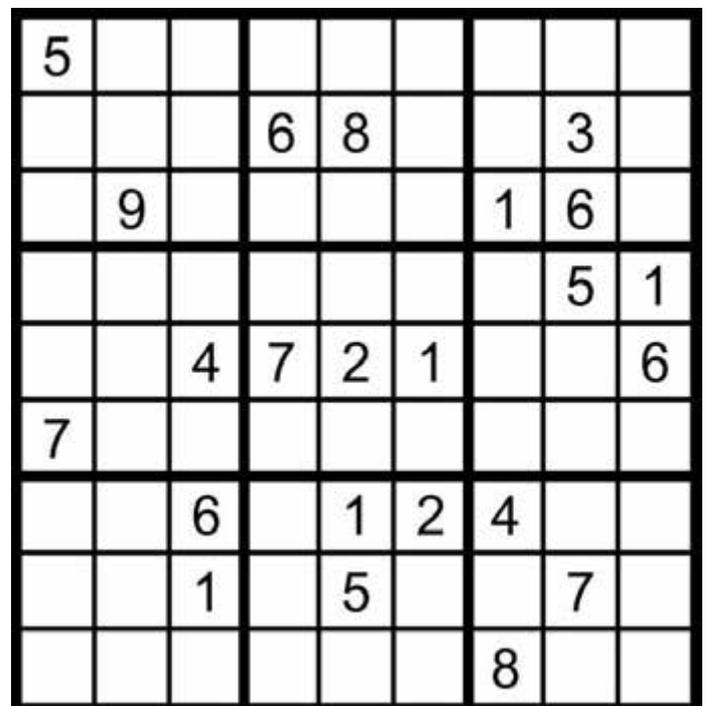
Sudoku Puzzle

Easy



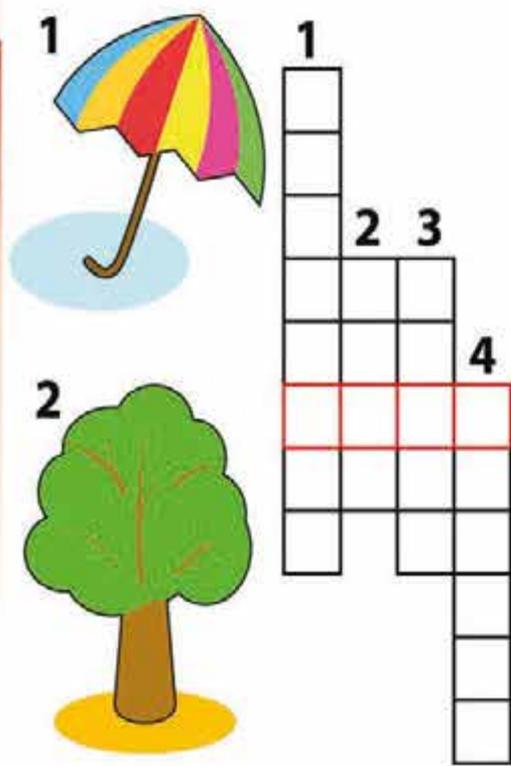
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Medium



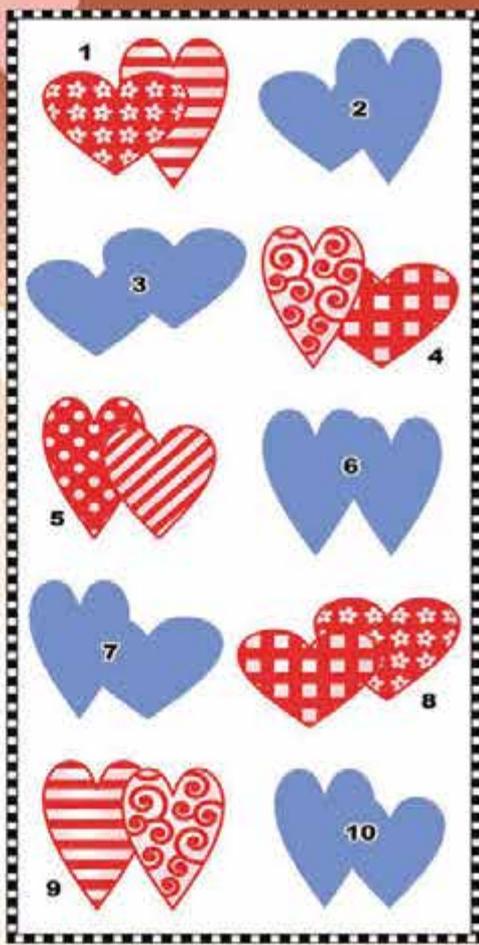
Solutions on page 28

Kids' Fun Pages



Solution

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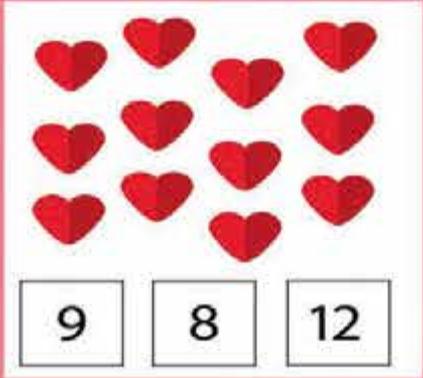
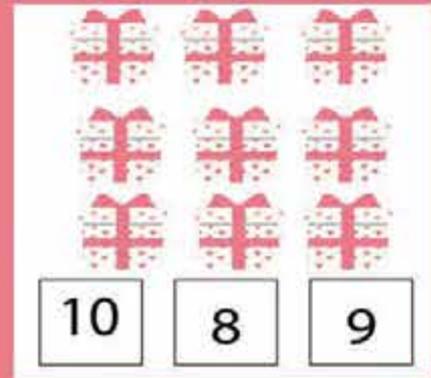
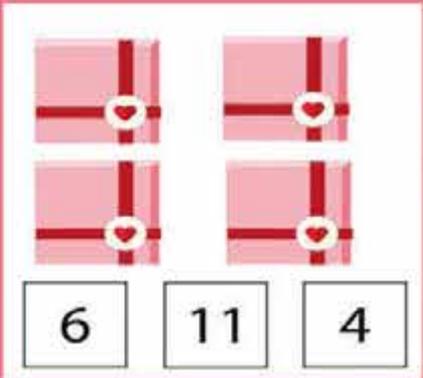
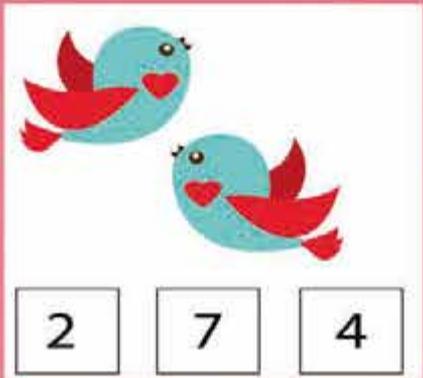
Match the pictures to their shadows.



ANSWER:

1-2, 4, 7, 8, 9, 10, 8, 3, 6, 5, 1

How many...?





Did You Know ... Everything Really Is Bigger in Texas?

— By Derek Jones

Anyone who has lived in Texas for any length of time has heard the old saying, “Everything is bigger in Texas.” This famous adage can be found on bumper stickers and billboards, and is often cited in various ad campaigns. While there is no consensus on when the phrase was originally coined, it is commonly accepted that the saying refers to the geographical size of Texas. This stands to reason as Texas is the largest of the lower 48 states, with only Alaska being bigger. The state is roughly the size of France and takes more than 14 hours to drive across.

When driving through The Lone Star State, one will encounter many attractions, which serve to illustrate that everything *is* bigger in Texas. A traveler might encounter the world’s largest pecan in Seguin, large whimsical sculptures like that of Cadillac Ranch in Amarillo or the statue of Sam Houston outside of Huntsville, billed as the largest statue of an American hero. There is no limit

to the imagination of Texans when it comes to creating images that represent the size of their beloved state.

Texas is home to many larger-than-life icons, which serve as a source of pride and identification for Texas residents. For example, who can forget the image of Big Tex himself standing watch over the State Fair of Texas each year giving his customary cowboy greeting to guests? No one but Big Tex could fill his 95-gallon hat. The size of the famous cowboy is appropriate as the event draws some of the largest crowds of any state fair in the U.S., and what better place for the State Fair of Texas than the sprawling metropolis of Dallas, which is also referred to as *Big D*.

If size matters, then one only needs to look to the city of Austin — the home of the Texas State Capitol. From its entertainment industry to politics, Austin exhibits the big Texas spirit. The city bills itself as “The Live Music



Capital of the World,” and this is demonstrated by Austin’s many music festivals and venues. Even the State Capitol reveals the spirit of largeness by standing as one of the tallest state capitol buildings and one of the few which stands higher than the U.S. Capitol in Washington, D.C.

During the summer months, hundreds of people can be spotted in the evening by Congress Avenue Bridge (also known as Bat Bridge) waiting to see the world’s largest urban bat colony emerge from under the bridge in a frenzy of flight in search of food. The robust atmosphere of Austin makes it the perfect location to serve as the capital of such a grand state.

When it comes to everything being bigger in Texas, perhaps the state’s most prolific mark is in that of wide-open spaces that lend themselves to romantic thoughts of Texas cowboys roaming the range on horseback. Two national parks are located within the borders of Texas — Big Bend National Park and Guadalupe Peak National Park. Guadalupe Peak is home to the tallest mountain in the state, which rises 8,751 feet, and stands taller than famous El Capitan in Yosemite National Park. From its summit, a hiker can see the floor of Texas spread out beneath them.

Big Bend National Park serves up seemingly infinite miles of wilderness with the Rio Grande flowing along

its border. If in the mood for a different landscape other than desert, Padre Island will offer a needed change in scenery. Padre Island is the world’s longest barrier island and presents white sand dunes, endless ocean vistas and beautiful Texas sunsets. These open and wild spaces conjure up images deserving of a state that prides itself on size.

Sometimes, however, bigger is not always better. In 2017, Hurricane Harvey, one of the largest and most costly hurricanes to hit the United States, made landfall on the gulf shores of Texas. Although government aid was essential during this crisis, it quickly became clear it would not be enough. As the extent of the destruction of the hurricane began to surface, so did incredible stories and images of regular people helping one another. Neighbor helping neighbor became a prominent theme emerging from news sources and demonstrated the true depths of human compassion and the size of Texans’ hearts. Hurricane Harvey was no match for the size of the spirit of Texas.

Whether you were born here, moved here as quickly as possible or are just passing through, the uniqueness and grandeur of The Lone Star State is enchanting. The slogan, “Everything is bigger in Texas,” is part of the state’s tradition, and it holds true that many things really are bigger here. **NOW**

HAPPY VALENTINE'S DAY

FEBRUARY

2/5

Opera Guild meeting:

Hypnotist Jonathan Yeager will present the program. Optional lunch at noon, \$15. Reservations required by 2/1. 10:30 a.m., DeCordova Bend Country Club. (682) 936-9572 or granburyog@gmail.com.

2/7

Lake Granbury Newcomers Club:

Sam Houston presenting, *The Lion of Texas, an Evening with Sam Houston*. \$15 includes lunch, reservations required by 2/1. 9:30 a.m.-1:00 p.m., DeCordova Bend Country Club. (817) 243-9831, granburynewcomers@gmail.com, www.granburynewcomers.org.

2/9

Hank's Valentine's Party:

Dinner, Dancin' and Romancin' with Gourmet Food from Ketzler's. \$92 per couple; \$50 for singles. 7:00-11:00 p.m., Lake Granbury Conference Center, www.921hankfm.com or (817) 573-1385.



2/11

North Texas

Civil War Roundtable:

A. Wilson Green, historian and author, presents "Lee and Grant at Petersburg." Visitors welcome. 5:30-8:00 p.m., Spring Creek BBQ, 317 E. Hwy. 377, www.ncentexcwrtf.com.

2/12

Salvation Army Women's Service League:

Alvin Migues, head of Emergency Disaster Services in Dallas, shares ways to be involved in times of emergencies. Optional lunch. 10:00 a.m., DeCordova Bend Country Club.

2/14

Granbury Women's Club:

February's program features Tracy Quisp who will present information on having a healthy heart. All women invited to attend. Make reservations prior to 2/11. 6:00 p.m., Women's Wednesday Club House, 306 N. Travis St., Sherrie West, Club President (817) 991-8604

2/15 — 2/17

Jesus Through the Rabbi's Eyes weekend seminar:

Learn more about the cultural and historical context of the Bible as creator Ray Vander Laan leads sessions. \$20 ticket includes all

sessions. **Friday**, 7:00-9:00 p.m.; **Saturday**, 9:00 a.m.-noon, 2:00-5:00 p.m.; **Sunday**, 9:00 a.m.-noon, Granbury Church of Christ, 1905 W. Pearl St., Register online, www.granburycoc.net.

2/16 — 2/17

Great Backyard Bird Count:

Free family event. Participate in bird walks to inventory birds. Refreshments and Billy Teels 30-minute presentation at the end of the walk. 7:00-10:30 a.m. each day, Acton Nature Center, 6900 Smoky Hill Ct., (817) 326-6005, www.actonnaturecenter.org.



Mondays

Writing Critique Group:

All writers welcome, but no profanity, vulgarity or sexually explicit scenes. 3:30-4:30 p.m., Taste and See Community Room, 105 W. Pearl St. Connie Leonard at rycon70@att.net.

Second Mondays

Granbury Writers' Bloc read & critique session:

All welcome, free to attend and participate. 6:00 p.m., Waterview Apts., 2nd floor activity room. Brian at bjcondike@icloud.com.

Lake Granbury Art

Association meeting:

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

Fourth Mondays

Granbury Writers' Bloc meeting:

All welcome, free to attend and participate. 5:00 p.m., critiques; 7:00 p.m., meeting and program. Waterview Apts., 2nd floor activity room. Brian at bjcondike@icloud.com.

Second Tuesdays

Granbury Knitting Guild:

Group open to all knitters. Coffee at 9:30; meeting starts at 10:00. 9:30 a.m.-noon, Presbyterian Church fellowship hall, 303 W. Bridge St. Cosette Falter at humhound@yahoo.com.

Third Tuesdays

Greater Granbury Chapter of the Military Officers

Association of America meeting:

6:00-9:00 p.m., Pecan Plantation Country Club. Colonel Mike Brake, USAF (Ret) at (702) 612-9317 or speedbrake@gmail.com.

Fourth Tuesdays

Granbury Christian Women's Connection:

\$13 includes full lunch, reservations required. 10:45 a.m.-



2/19

Genealogy Group meeting:

You've Taken a DNA Test...Now What? Video presentation, read and interpret test results.
10:00 a.m., Pecan Plantation EMS Training Room, 9518 Monticello Dr., Cindy (817) 964-3365.

1:00 p.m., DeCordova Clubhouse.
Karen Stahlman, (409) 457-7569
or granburywc@yahoo.com.
For questions about GCWC, Darla
Morris, (817) 579-5751
or Jan Waites, (817) 243-9886.

Third Wednesdays

Master Gardeners meeting:

1:00-2:00 p.m., Hood County
Annex I Meeting Room, 1410
W. Pearl St. (817) 579-3280.

Every Wednesday

**Fresh Starts, Divorce
Recovery Group:**

Covers all stages of separation
or divorce. All ages, faiths,
denominations, beliefs,
and ages welcome. No cost
or pre-registration required.
Childcare provided. 6:30 p.m.,
Granbury FUMC Room # 119,
301 Loop 567. (817) 573-5573.

First Thursdays

**Hood County Clean
Air Coalition meeting:**

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

**Granbury Extension
Education Club luncheon:**

Monthly programs cover family
and consumer science topics
and community service projects
are planned. 10:30 a.m.-1:30
p.m., Hood County Annex I
Meeting Room, 1410 W. Pearl St.
Brienne Langdon
(817) 408-0746.

8:00 p.m., Lake Pointe Resource
Center, 1921 Acton Hwy.
(817) 937-4332
www.lakepointegrabury.com.

Third Thursdays

Diabetes Support Group:

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

Second Thursdays

**Special Needs Parent Support
and Networking Group:**

Parents and professionals
learn, connect and share in a
caring, responsive and socially
supportive setting. Free. 6:15-

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info@monarchranch.org, (817) 894-8550

BRAZOS PREGNANCY CENTER

More than a center for crisis pregnancy, they offer parenting classes and options for the future. They also provide counseling and education to make healthy, informed decisions about sex.
www.brazospregnancycenter.com
 (817) 579-1233 or text (682) 498-3033

FRIENDS OF MEMORIAL LANE

This citizen-led group supports and will expand (if needed) the Memorial Lane Park in Granbury. They organize appropriate events to honor military, law enforcement and firefighters.
www.friendsofmemoriallane.org
 (817) 219-1455 or (817) 308-7427

OPPORTUNITY HOUSE

This organization provides transitional housing for residents of Hood County in need. The faith-based group also leads these residents to become self-sufficient, partnering with other local organizations.
www.opportunity-house.org
 (817) 894-0870

PECAN VALLEY CENTERS FOR BEHAVIORAL & DEVELOPMENTAL HEALTHCARE

Pecan Valley Centers provides a variety of behavioral health care services to persons with mental illness, intellectual and developmental disabilities, as well as alcohol and chemical dependency.
www.pecanvalley.org, (817) 579-4400
 Crisis hotline: (800) 772-5987

Crossword - Sudoku Solutions

	1	2	3		4	5	6	7	8	
	I	T	S		A	C	R	I	D	
9	S	E	A		10	C	H	O	R	11
12	L	A	R	D		13	H	A	W	A
14	P	I	E	R	15	C	E		16	I
17	G	A	S		18	A	S	19	I	N
20	A	H	A	21	I	R		22	A	G
				26	G	L	E	E		28
29	J	O	A	N		32	L	A	33	P
34	I	N	L	I	E	U		36	R	I
37	M	E	L	T	E	D		38	O	R
	39	S	I	E	G	E		40	D	E

Easy

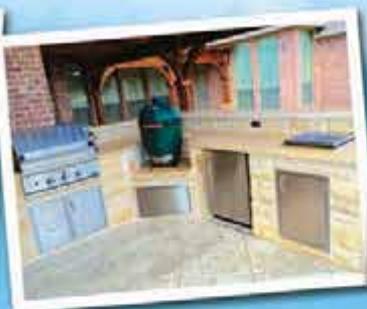
7	6	3	5	9	1	4	8	2
4	1	9	7	8	2	5	6	3
5	2	8	4	6	3	1	9	7
1	8	2	3	4	6	9	7	5
6	5	7	9	2	8	3	4	1
9	3	4	1	7	5	6	2	8
3	7	6	8	5	4	2	1	9
8	4	5	2	1	9	7	3	6
2	9	1	6	3	7	8	5	4

Medium

5	6	3	1	9	7	2	4	8
1	2	7	6	8	4	5	3	9
4	9	8	2	3	5	1	6	7
6	8	2	9	4	3	7	5	1
3	5	4	7	2	1	9	8	6
7	1	9	5	6	8	3	2	4
8	7	6	3	1	2	4	9	5
2	4	1	8	5	9	6	7	3
9	3	5	4	7	6	8	1	2

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