

# GranburyNOW

M A G A Z I N E

MAY 2019

## A Glowing Success

Stacey Watkins' art  
does more than  
glow in the dark

## One at a Time

Jeff Jeffries and  
Kids' Armor of Hope  
impact lives

In the Kitchen With  
Paul Liles

Also inside:

Kids' Fun Page

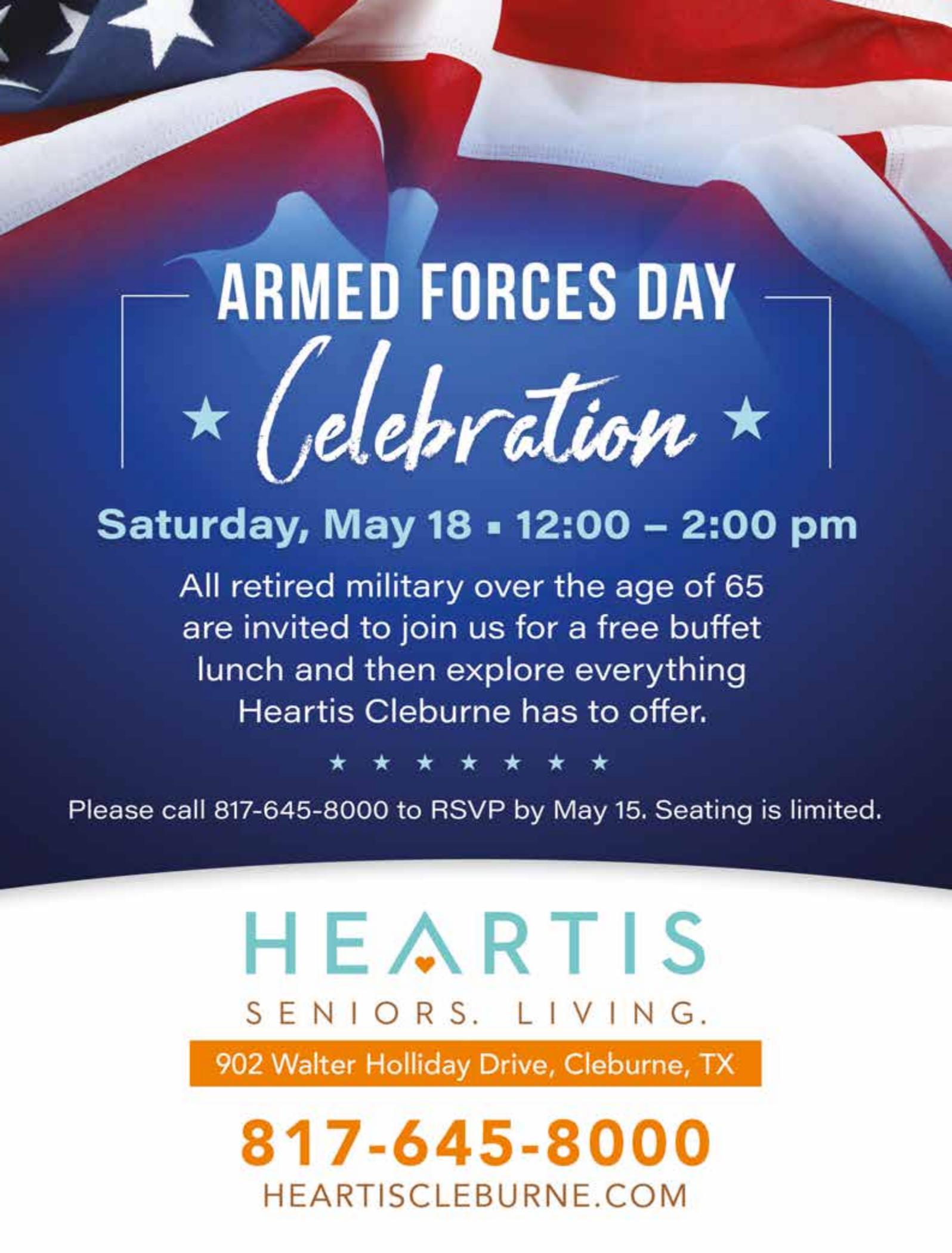
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*Light in the darkness mesmerizes.*

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*Lisa*

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# EDITOR'S NOTE

*I am a professional writer ...*

During a recent interview, the subject greeted me with enthusiasm. She loves writing, although, with small children and a full-time job, she doesn't have much time to pursue an artistic craft. "Tell me how you got started. You're a professional writer," she said, excitement bubbling out. "That's so cool." Her words made me stop for a second, and they stayed with me for days and even weeks. How easily I lose sight of one simple fact — I get paid to write. And, yes, that is pretty cool because I enjoy writing.

People around town tell me they enjoy our magazine and the stories. I have to admit, hearing those words fills me with pride. I love what I do, and, hopefully, I keep improving over time, never allowing myself to get sloppy or complacent with writing skills. Every day, I get to do what I love. What a priceless gift.

As my readers, you play a big part in that. And, of course, I have to thank our advertisers. Without you, we have no *GranburyNOW Magazine*. So, thank you for supporting us. I love finding the amazing people in this community and sharing their stories. In a month like this, when we celebrate mothers and remember veterans, I'm privileged to have an active role. But any month can be special — and in a place like Granbury, it usually is.

Happy Mother's Day, and remember those who gave it all.

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# A GLOWWI

— By Rick Mauch



# ING SUCCESS

*Stacey Watkins' artwork is symbolic for her of the Lord's light in times of trials. Stacey specializes in glow-in-the-dark art and through mediums ranging from glass to metal to paint to resin, her creations bring beauty to the darkness. "I use resin because it's lightweight," she explained. "I can mix in phosphorescent properties. Once it gets a little solid, you can pick it up and form it yourself."*

The resin Stacey uses contains blends of phosphorescent pigment, which makes the medium unique as it absorbs UV light and thus glows in the dark with bright, contrasting and vibrant colors. A lot of her pieces, many of which can be seen at her gallery, Your Private Collection in downtown Granbury, involve memories. She even does memorial work that incorporates cremated remains of both animals and humans. "I'm able to put the ashes into the resin, and it has a nice look," she said. "I make lots of memorial pieces."

"Stacey's process has been patented," said her mother, Linda Watkins, who also serves as her public relations representative. "She hasn't taken it for granted. She knows how special it is, what she does. It took her about eight years to get a patent, but she did it.

"It [her style] was accepted as New Medium by the International Society of Experimental Artists about a decade ago," Linda continued. "That was a huge honor. Although she didn't win that one, she has won some international juried contests."

Stacey, 48, studied biology at the University of North Texas and pursued a career in dentistry. However, she constantly found herself in the lab doing her favorite thing, creating. Intrigued, she decided to leave dentistry behind and pursue art, though she still does volunteer dentistry work for Ruth's Place to help underprivileged families.

She started a decorative business painting the interior of homes. But her dreams of being a full-fledged artist remained until she finally decided to open her own gallery.



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Examples of materials Stacey uses in her art include metal, barbed wire, blown/sculpted glass (by her), and clay. She likes to think her creations are reminiscent of her own life, which she said she turned around from a “rocky start” when the Lord introduced her to art.

“The Lord actually changed my life with art when I needed to be redirected. I create my art to be a living example of how amazing the Lord is and how he can use very broken people for his good,” she said.

In fact, junkyard materials are some of Stacey’s favorites. “I like to take something ugly and make it something beautiful.”

One of her favorite pieces, entitled *Caged*, is made from scrap metals — a hodgepodge of what might have been and what she wanted to be. “When I was in my transformation stage, I made that,” she said. A sister piece, entitled *The King’s Winged Warrior*, is a bit more vibrant, representing life once trials are conquered.

Another of Stacey’s favorites, in fact, a favorite of many who come into the gallery, is *Seven Doves*. It features the doves, along with a representation of the bride of Christ and a cowboy hat. “Because we live in Texas,” Stacey said with a chuckle.

Raised just outside of Wichita, Kansas, (Wamego, home of the Oz Museum) and Arlington, Stacey was more of a theater person growing up. Her aunt, Paula Wayne, made history playing

alongside Sammy Davis Jr. in the play, *Golden Boy*. They shared Broadway's first interracial kiss.

"I was very theatrical, but my dad didn't want me to do it because he said it was dangerous," Stacey recalled. "I rebelled, but when I did, I knew I wanted to have not just a voice, but the right voice."

So, Stacey began painting when she was around 20. As the years went on, she added welding and glass work, eventually reaching the place she is at today. "She keeps leaving herself open to create new things," Linda said. "Many artists wouldn't touch it [her special style]. They're afraid of some of the chemicals and such she uses, but she embraces it."



Every artist wants their work to have a voice, and Stacey is no different. "I know how much it reaches me. It's a connection between the Lord and me, and I want it to be a conduit to reach others in the same way. A lot of times people come in here (the gallery) and they get inspired. It gives them hope they can change and get where they want to be," she said. "You never want a piece of art there's not a mistake in. Remember, there's no perfect person either."

Stacey also strongly believes that no matter what else is happening in the world, there will always be a place for art. "Without art, no one would have a release," she said. "Art is worth fighting for. I hope in the future people never use it for malice or something vicious. Art is beauty and should always be seen that way." **NOW**

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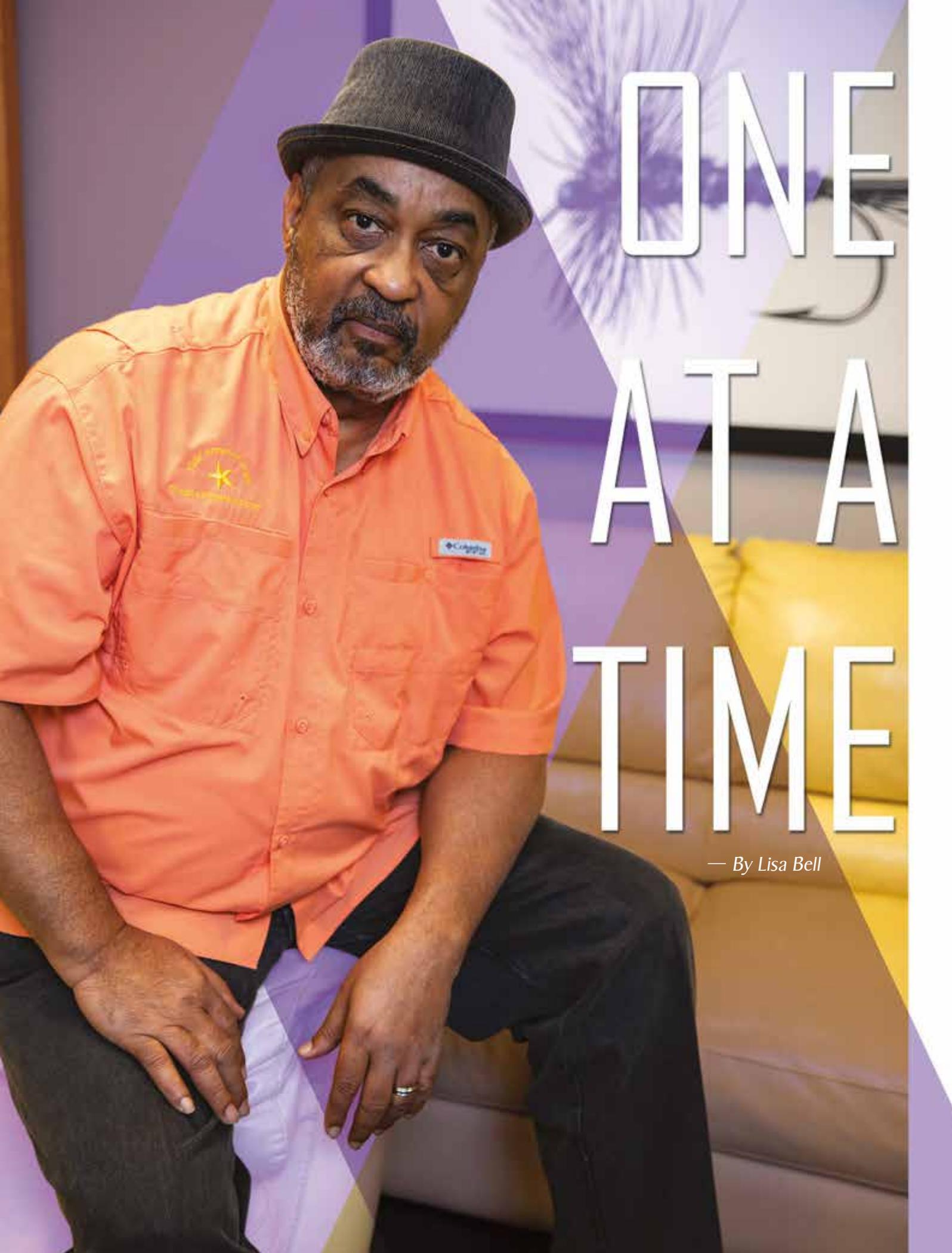
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# ONE AT A TIME

— By Lisa Bell

Growing up in a two-parent working family, Jeff Jeffries never considered a life of abuse or abandonment. His first experience came in 2000 when he joined five other people from the Church of Christ on a trip to Portland for training as camp directors. Through the church, they established the first week-long camp in 2001 for abused and abandoned children, many of whom then lived in foster care.

Within a few years, Jeff and the others decided one week wasn't enough. So in 2009, they did something more. Going outside the church, they partnered with nine more churches and individuals in the area and formed Kids' Armor of Hope, intending to expand and involve the community.

The group began with a camp, then they instituted golf to teach values. With the new organization, they also integrated a mentoring program. After 19 years, Jeff said, "Being associated with these children affects you. It tugs at your heart."

Not alone in that sentiment, Jeff joins about 120 people volunteering as staff for the organization — many for more than 10 years. Several of the children came back to serve on staff once they turned 16, and two of them are in training as permanent staff.

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Jeff admitted that it's not an easy job, and not meant for everyone. Some aren't physically and mentally capable of working with these kids. But for those who do, the rewards are priceless.

No one wants to consider abuse, especially in their hometown. But Hood County foster care touches about 800 kids' lives annually. Jeff said, "Surprisingly, not all of them come from poor families, and 70 percent of abused children become abusers. We are trying to stop that cycle."

Kids' Armor of Hope accepts boys and girls from ages 6 to 11, and tries to match the same counselor and child every year. About 55-65 children attend the camp, a small number in comparison to those fostered. But Jeff recalled the starfish story where a man on a beach threw starfish back into the ocean, a seemingly endless task. When another beach-goer questioned the sense of it, saying it didn't make much difference, he said, "It did to that one." While Jeff wants to change every life, he said, "We made a difference to that one."

Although one isn't enough for him, after 19 years, Jeff has no plans to stop. And graduation from the mentoring program doesn't mean dropping a student. He keeps in touch with them. One of his mentees is now in seventh grade and doing well. Some former participants are grown and starting families, still in touch with the people who made a difference in their lives.

The staff members for Kids' Armor of Hope form attachments. Some even inquire about adopting. Not all of the children at the camps remain in foster care. Where possible, families heal and





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are reunited. Or, someone adopts the children creating different needs. But staff is still there to help, never prying but always willing to listen.

Jeff recalled one camper from 15-16 years ago. The 8-year-old boy came in lethargic. When he got sick the first day of camp, they rushed him to the hospital. Comatose for 13 years, he eventually recovered. Another 9-year-old came to camp. In special education classes at school and led to believe he was mentally challenged, the boy was retested and actually had a high IQ of 129.

These stories remind Jeff why he remains involved with the organization. He sits on the board of a foster home and spent eight years on the Hood County Child Welfare Board. His wife of 28 years, Pinkie, is also involved in the camp. "It's been fun — a heartfelt passion," he said. "I have a love of kids because 'I are one.'" The kids they mentor became a big part of his life, a fact accepted by his daughter and adult grandson.

While Jeff understands why some can't be staff for Kids' Armor of Hope, he hopes many continue supporting the 501(c)(3) organization. He's excited about an annual fundraiser on May 16 at Warren's Backyard and appreciates the people of Hood County and their generosity. All funds go to the kids for camp and Christmas programs. Mentoring continues throughout the year, and all staffers volunteer their time and talents. Changing lives happens one at a time, and people like Jeff Jeffries help make those changes. **NOW**

*Editor's Note: For more information, visit [www.kidsarmorofhope.org](http://www.kidsarmorofhope.org).*

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BusinessNOW

# Zen Den Wellness Center and Crystal Blessings

— By Lisa Bell

## Zen Den Wellness Center and Crystal Blessings

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**Hours:** Monday-Friday: 9:00 a.m.-2:00 p.m.; 4:00-7:30 p.m. classes  
Saturday: 10:00 a.m.-2:00 p.m. classes

At the Zen Den Wellness Center and Crystal Blessings, family, community and wellness are the primary goals of this new business. Lauren Scott and Summer Darvischi began a friendship about 10 years ago. Lauren's background in charity work took her all over the world, but about a year ago, she

had a heartfelt urge to stay home with her husband of 20 years and their 11-year-old son. "I never thought getting yoga certified 12 years ago would lead to the next part of my journey," she said.

Summer began a crystal healing practice and shop in her home in 2015 but always dreamed of a larger scale business. A busy mother of four, she worked alongside her parents and siblings in a family business after moving to Granbury 10 years ago. "I started on the wellness path at Texas Tech University in 1997, and have continued in many healing modalities ever since," she said. "I have loved the time spent over the years in different positions in cardiac rehab, as a fitness coach, weight-loss counselor, math and science teacher and especially what I do now."

At Zen Den, the crystal shop contains pretty things with curative properties. Lauren and Summer hold workshops to discuss natural healing and have classes featuring different

types of yoga for all ages. With a desire to be part of the community, they have space available to rent for private or small group retreats. Part of their building features an area to support local business partners with space to display products, as well.

Although other area gyms offer yoga classes, Zen Den opts to complement rather than compete. They strive to provide different classes, collaborating with other instructors in the community. "We're here for the mind, body and soul," Lauren shared. "We don't force any religion or beliefs, although there is a spiritual side to yoga if you want it."

According to Lauren, yoga has nothing to do with religion and carries no underlying meaning. "It's about yourself," she said. "Leave your shoes, stress and shame at the door."

Classes at Zen Den include Trapeze, Kundalini, Vinyasa, Restorative, Hot, Power, Acu-Spinal Flow and Prenatal Yoga. They also offer meditation and soul-growth classes. In addition, they have after-school Kid's Camp with yoga, meditation, arts and crafts and martial arts with Parents' All Level Flow Yoga.

Zen Den Wellness Center offers an on-site massage therapist and discounts for first responders, teachers and hospital workers. The first class is always free and memberships are available. Other classes bring art and meditation together. There are also classes designed specifically for children.

A wide variety of crystals available for purchase fit personal styles, needs and preferences. As a professional energy worker, Summer provides Crystal Healing, Primus Activation Healing Technique, Vibrational Sound Therapy and Reiki. These modalities used for deep relaxation, help achieve a self-healing meditative state for emotional and spiritual growth, balance and relief.

Both Summer and Lauren love the community and actively support the Paluxy River Children's Advocacy Center. Often they donate services for special events held by other organizations. Spending time in the studio daily, Zen Den suggests stopping by, learning more about them and relaxing for a while. **NOW**

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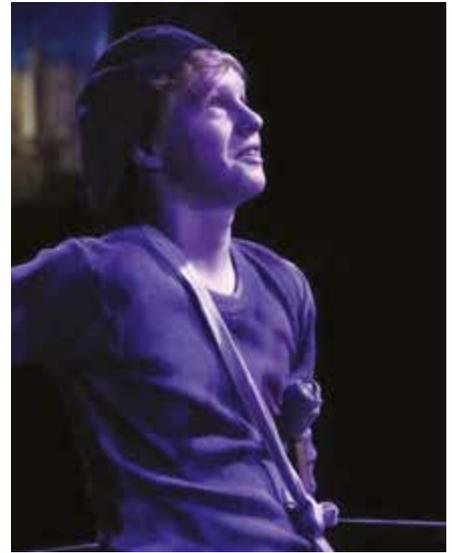
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AMS eighth grader, William Power, receives the Caleb Midkiff Young Performer Award at 20th Column Awards Gala.

## Zoomed In: Jerry Allen

By Lisa Bell

By day, Jerry Allen works as a Realtor. But many know him as a musician. He plays a variety of music, but his favorite is fusion jazz. For 52 years, Jerry played all types of music, sometimes with various bands. He learned at 11. "It was for girls," he admitted. "All the guys who played always had girls, so I figured if I learned to play, I'd get them, too." And it worked — with one problem. He fell in love with guitar and didn't have time for his female admirers. That, of course, changed when he married Mickey. "I love God and my wife," Jerry said, "in that order." On May 5th the couple celebrates 24 years, and, yes, he might sing a song for her.



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## PAUL LILES

— By Lindsay L. Allen

With a love for the outdoors, it only makes sense that Paul Liles would want to be near a barbecue pit if he is going to prepare food. “I enjoy it immensely, being in control of the grill or smoker, and I just love being outdoors and taking in the weather. It’s how I clear my mind and relax,” he said.

His barbecue not only pleases his friends and family, but wins awards as well. As the chairman for the BBQ Cooking Team, Smokin & Jokin, Paul has qualified for the National Championship Cook Off several times. “It’s the brisket they like. I have been told I have faithful foodie followers who come see me at competitions just for a bite of the brisket.” **NOW**

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**2/3 cup cilantro, leaves only**

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**Sea salt, to taste**

1. Preheat oven to 375 F. Slice tomatillos and pearl tomatoes in half; place in a large, shallow roasting pan.
2. Slice and remove seeds from the Anaheim peppers; chop and add to the tomatillos and tomatoes.
3. Slice three of the jalapeños; remove seeds if you want a milder salsa. Add to roasting pan; add the chopped onions to the pan, as well.
4. Drizzle with 1 Tbsp. olive oil; toss to coat.

5. Roast for 20-25 minutes. Ingredients should be soft, but not overly cooked.
6. Allow ingredients to cool slightly before transferring to a food processor or blender.
7. Slice remaining jalapeños; add to processor. Add remaining ingredients; process 10-20 seconds, or until the salsa reaches desired texture.

### Smoked Chicken

**2 chickens**

*Brine:*

**1 gal. water**  
**3/4 cup kosher salt (not regular table salt)**  
**1/2 cup sugar**  
**1 clove garlic**  
**1 bay leaf**  
**1 Tbsp. cumin**  
**1 Tbsp. black pepper**

*Rub:*

**1 Tbsp. garlic, chopped**  
**1 tsp. black pepper**  
**1 tsp. kosher salt**

Mop:

- 1 cup apple cider vinegar
- 1/2 cup beer
- 1/2 cup barbecue sauce of your choice
- 1 oz. Tabasco sauce
- 1 1/2 tsp. ground pepper
- 1 1/2 tsp. ground kosher salt

1. Cut the birds in half, removing the backbone entirely.
2. For brine: Mix the brine ingredients; soak the birds in the brine for 4-8 hours. When ready to begin cooking, remove the birds from the brine; rinse well.
3. For rub: Mix the rub ingredients together; rub the chicken halves with the rub liberally.
4. For mop: Whisk the mop ingredients together.
5. Place the half birds on the smoker or grill in indirect heat at 250 F. (Pecan/hickory wood mix is best.)
6. Baste the chickens with the mop sauce.
7. Pull the chicken off of the cooker when it hits 165 F in the breast or 175 F in the thigh. (This usually takes around 2 1/2 hours.) Let chicken halves rest for 10-15 minutes before cutting each half into a quarter.

## Smoked Apple Jalapeño Ribs

- 2 racks baby back ribs
- 1/4 cup yellow mustard
- 4 Tbsp. sweet pork rub of your choice
- 1/2 cup dark brown sugar
- 4 Tbsp. salted butter
- 2 cups apple juice
- 2 jalapeños, sliced into rings
- Barbecue sauce of your choice

1. Remove the membrane on the back of the ribs.
2. Slather both sides of the ribs with yellow mustard; season liberally with the sweet rub.
3. Prepare smoker for indirect smoking at 250 F (Pecan wood works best.)
4. Place the seasoned ribs on the smoker; close the lid. Leave them to smoke for 3 hours.
5. When the ribs are done, transfer them to a large sheet of foil, bone side up so that the bones do not tear the foil.
6. Sprinkle the ribs with brown sugar; top with the butter. Cut into small pads. Pour the apple juice over the ribs. Once the liquid has settled, top with the sliced jalapeños.
7. Tightly crimp the foil together to create an airtight seal. Return to the grill; keep the cooking temperature as close to 250 F as possible. Let the ribs braise for 2 hours in the foil.
8. Carefully remove the ribs from the grill; place on a large working surface. Open the foil package; use tongs to remove the ribs. Place them back on the grill, bone side



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Smoked Apple  
Jalapeño Ribs

## Paul's Famous Brisket

**1 16-lb. brisket**  
**La Fiesta brisket seasoning, to taste**  
**Garlic powder, to taste**  
**Black pepper, to taste**

1. Liberally coat the front and back of the brisket with the brisket seasoning.
2. Thoroughly rub and pat the brisket with garlic and pepper.
3. Place directly on a smoker at 275 F until the internal temperature reaches 203 F.
4. Remove; let rest for two hours before slicing and serving.

down. Remove the cooked jalapeños from the braising liquid; set aside.  
**9.** Brush the ribs with the barbecue sauce; arrange the jalapeño slices on top of the ribs. Close the grill lid; cook at 250 F for an additional hour, until the ribs are done to desired tenderness and the sauce is sticky and set.  
**10.** Slice into individual ribs; serve with additional sauce on the side.

## Garlic Balsamic Mushrooms

**Mushrooms, to taste**  
**Olive oil, to taste**  
**Vinegar, to taste**

**Garlic, to taste**  
**Thyme, to taste**  
**Butter, to taste**  
**Sea salt, to taste**  
**Parmesan cheese, to taste**

1. Wash mushrooms and trim any long stems.
2. Place mushrooms in a bowl with equal parts oil, vinegar, garlic and thyme.
3. Make a foil packet; lay pats of butter onto the foil. Add mushrooms on top of butter; seal the packet.
4. Place the packet in a smoker or grill for 20-25 minutes, shaking the packet halfway through.
5. Top with sea salt and cheese before serving.

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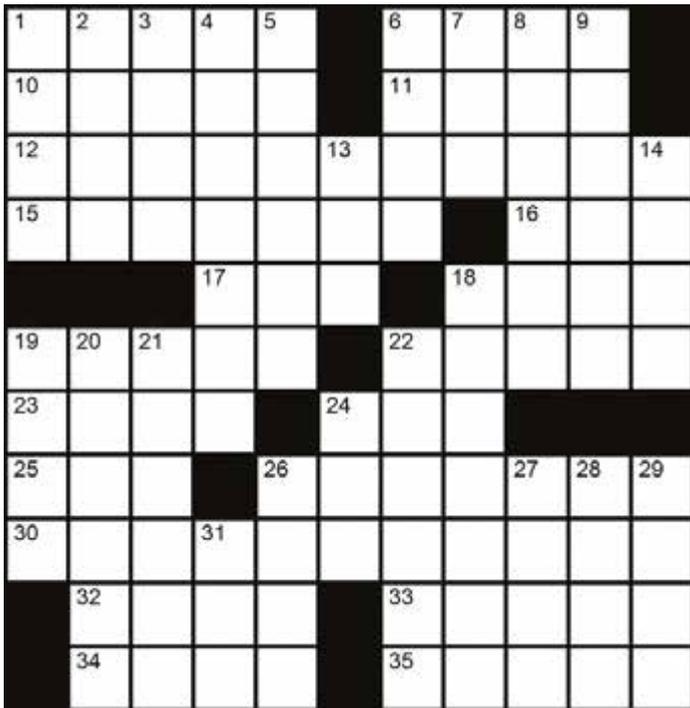


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# Crossword Puzzle



CrosswordSite.com Ltd

## Across

- 1 "... enough!"
- 6 Afrikaans speaker
- 10 Hitchcock had trouble with him
- 11 Skin eruption
- 12 Unputdownable
- 15 Virginian drive
- 16 Sticky substance
- 17 Male child
- 18 Abdul the Bulbul ---
- 19 Stigma
- 22 Frighten
- 23 Ornamental vases
- 24 Like 30 Across
- 25 Newfoundland catch
- 26 Prescription option
- 30 Bloody Mary ingredient
- 32 Strip
- 33 Defer
- 34 Maxims
- 35 Valuable item

## Down

- 1 Sometimes found with that
- 2 Yarn quantity
- 3 Like many a student film
- 4 Grid for greenery
- 5 Like Steve Jobs's father
- 6 Foundation
- 7 When the Sup. Court's new term begins
- 8 Brain twister
- 9 Impressionist Pierre-Auguste ---
- 13 Stamp out
- 14 Pierce with a tusk
- 18 Pretended to be
- 19 Of like kind
- 20 Marches
- 21 --- Doria, Nantucket wreck
- 22 Could be the Moonlight or Kreutzer
- 24 Unnamed woman
- 26 Dippity-do and others
- 27 Barbecue dish
- 28 Small landmass
- 29 Guitar guru --- Atkins
- 31 Stitch

Solutions on page 28

**forward**  
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Easy

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

Medium

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

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Solutions on page 28

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# HAPPY Mother's Day

# MAY

5/1

### Hood County Library Reopening:

Watch the website for events. Summer reading program begins in **June**. 10:00 a.m., 222 N. Travis. [www.hoodcountylibrary.com](http://www.hoodcountylibrary.com).

5/3

### Melody Belles Spring Concert:

"From Broadway to L.A." Free admission; donations welcome. 7:00 p.m., Langdon Center Concert Hall, 308 E. Bridge St. (817) 326-2687

5/4

### National Firefighters Day Celebration and Ceremony:

Recognition of Volunteer Firefighter of the Year from each station. 10:30 a.m.-1:30 p.m., Memorial Lane, 561 N. Travis Ln. Richlon Merrill, (817) 881-5490.

5/7

### Opera Guild Meeting:

Entertainment and meeting followed by lunch \$15. RSVP by **May 3**. 10:30 a.m., DeCordova Bend Country Club. (682) 936-9572 or [granburyog@gmail.com](mailto:granburyog@gmail.com).

5/7 & 5/14

### Community Storytime:

Stories, music and crafts for children ages 2-5 and their caregivers. 10:00-11:00 a.m., Emmanuel Lutheran Church, 2301 Fall Creek Hwy. (817) 326-2201, [www.elcgranbury.com](http://www.elcgranbury.com).

5/9

### Granbury Women's Club:

Vicki Hines will speak about Jane Cunningham Croly and the Equality Movement. 6:00 p.m., Women's Wednesday Club House, 306 N. Travis, RSVP by **May 6**, Sherrie West, (817) 991-8604.

### Granbury Civic Chorus Spring Concert:

Enjoy a variety of music celebrating the seasons. Something for all. 7:00 p.m., Acton United Methodist Church, [Granburycivicchorus2001@gmail.com](mailto:Granburycivicchorus2001@gmail.com) or [www.GranburyCivicChorus.org](http://www.GranburyCivicChorus.org).

5/10

### Melody Belles Concert and Dinner:

"From Broadway to L.A." \$15/person. Public welcome. 6:30 p.m., DeCordova Bend Country Club. Reservations, (817) 326-2381.

5/11

### National Police Week Ceremony:

Recognition of Granbury and Hood County Officer of the Year. 10:00 a.m., Memorial Lane. (817) 308-7427

5/13

### North Central Texas Civil War Roundtable:

Historian and author, John Marscalek, presents "Henry Halleck: Commander of all Lincoln's Army?" Visitors welcome. 5:30-8:00 p.m., Spring Creek Barbeque, 317 E. Hwy. 377. [www.ncentexcwrt.com](http://www.ncentexcwrt.com).

5/14

### Salvation Army Women's Service League:

Phillip Burn to install new members. Optional lunch. 10:00 a.m., DeCordova Bend Country Club.

5/25-5/27

### A Granbury Salute, Memorial Weekend:

Patriotic festival features activities, for the entire family and so much more. Two ceremonies on **May 27**. All day activities, Historic Town Square. [www.granburysquare.com](http://www.granburysquare.com).

6/11-7/30

### Summer Community Storytime:

Stories, music and crafts for children ages 2-5 and their caregivers. 10:00-11:00 a.m., Emmanuel Lutheran Church, 2301 Fall Creek Hwy., (817) 326-2201, [www.elcgranbury.com](http://www.elcgranbury.com).

6/22

### Farmer's Market:

Hood County's only farmers market returns every 2nd and 4th Saturday. 8:00 a.m.-noon, Acton Tabernacle, 5681 Acton Hwy.

7/4-7/16

### Old-Fashioned Fourth of July:

Spend the holiday in one of *USA Today's* best historic small towns. **Thursday:** 8:00 a.m.-8:00 p.m.; parade: 10:00 a.m.; fireworks at dusk (9:40 p.m.). **Friday and Saturday:** 10:00 a.m.-7:00 p.m., Historic Town Square. [www.granburychamber.com/pages/th-of-july](http://www.granburychamber.com/pages/th-of-july).

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

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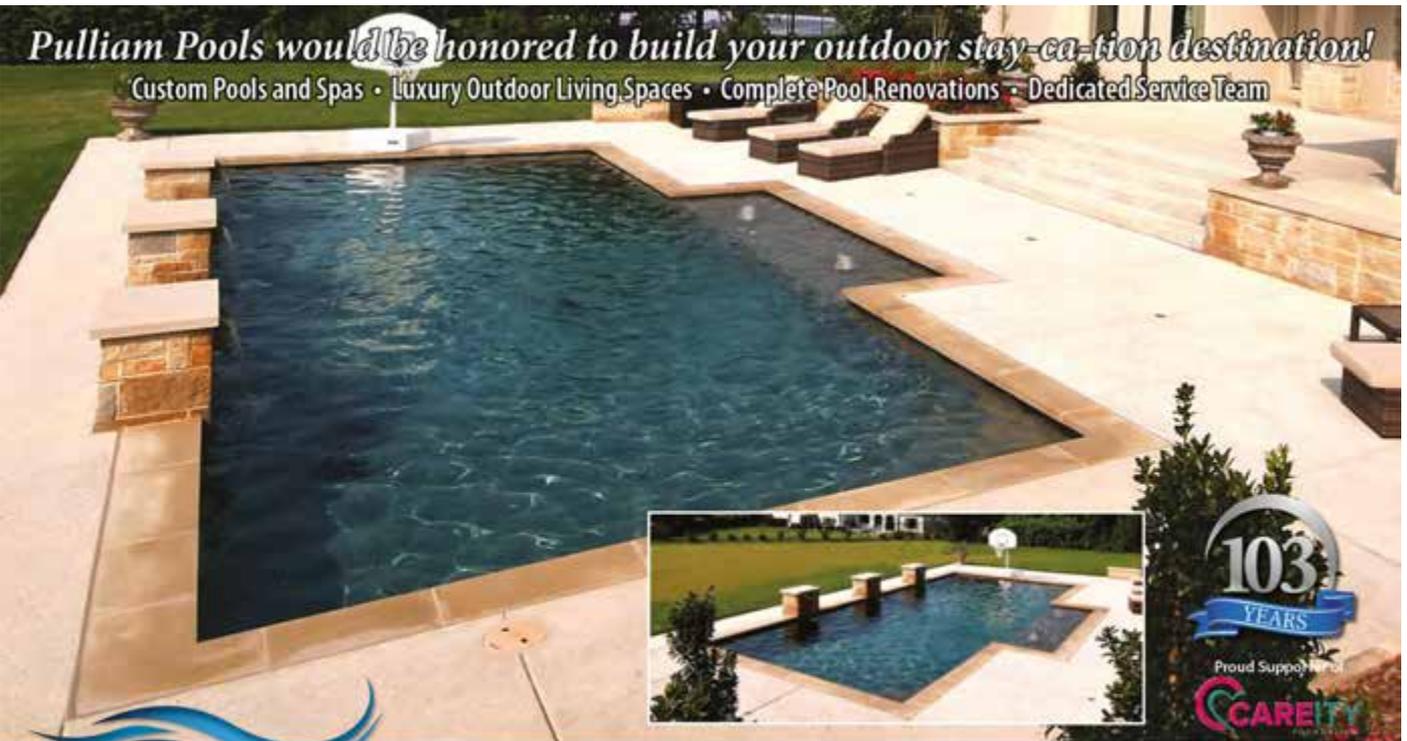
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# Crossword - Sudoku Solutions

1	T	2	H	3	A	4	T	5	S	6	B	7	O	8	E	9	R			
10	H	A	R	R	Y					11	A	C	N	E						
12	I	N	T	E	R	13	E	S	T	I	N	14	G							
15	S	K	Y	L	I	N	E			16	G	O	O							
					17	L	A	D			18	A	M	I	R					
19	S	T	20	A	I	N				22	S	C	A	R	E					
23	U	R	N	S						24	H	O	T							
25	C	O	D			26	G	E	N	E	R	27	28	29	C					
30	H	O	R	S	E	R	A	D	I	S	H									
						32	P	E	E	L					33	T	A	B	L	E
						34	S	A	W	S					35	A	S	S	E	T

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## Easy

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

## Medium

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



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And even if the MRI did show you that you have bulging discs, experts in back pain will be quick to point out that 99% of the time MRIs are taken lying down and don't reveal what's happening to the disc under pressure. A lying down MRI is not a functional test, and this is why MRIs are known to be very poor at finding the cause of a person's back pain. The Journal of Family Practice states that:

**"The overall evidence for the appropriate use of MRI in low back pain is limited and weak"**

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31 year old research from China has shown that these specialist spinal techniques have a 76.8% success rate in treating people suffering from back pain from disc problems

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**Don't suffer a moment longer...**

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