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JULY 2018

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the Sauté Sisters in
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competitions

Family Gathering

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ON THE COVER

Rhonda Sims enjoys spending time with teen girls who are all about cooking competitions.

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EDITOR'S NOTE



Lisa

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Are you thinking freedom this month?

Most everyone looks forward to the Fourth of July — aka Independence Day. We enjoy the fireworks and other activities, especially here in Granbury. In the middle of summer, we love the time off work and spending time with friends and family. But what does the holiday mean to you personally? We all know the textbook answer, and we need to remember the beginnings of this country. Even with problems and challenges, we still have an amazing history and more freedom than many countries. We do well to keep that in mind as we celebrate this month.

But what good is physical freedom if we are trapped inside by events of the past or present circumstances? Freedom begins in the heart with our deepest emotions. And some of those battles to see past pain and disappointments are equally as hard fought as those waged on any physical battlefield. But, when that freedom comes, oh how beautiful! It is something worthy of celebration.

Life isn't always easy, and no one ever promised us it would be. Yet, when we walk in emotional freedom, we can make it through any situation, knowing we have the chance to make life better if we are willing to work for it and fight hard.

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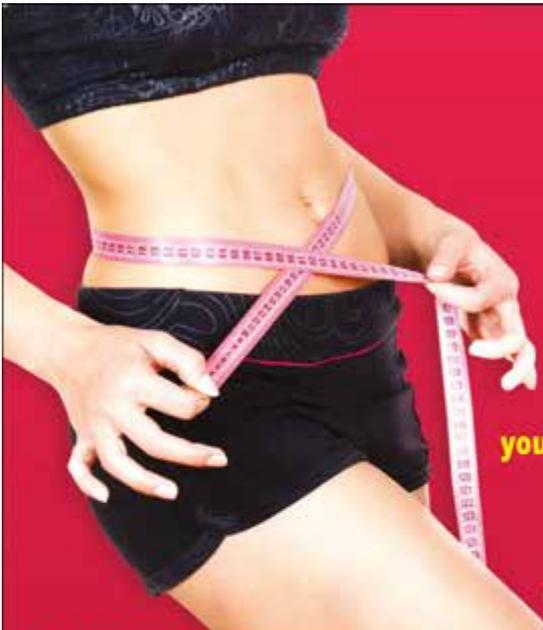
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When her children got involved with animals as part of 4-H, Rhonda Sims quickly learned the group wasn't just about animals. In fact, it wasn't only about any of the areas involved in 4-H, but a combination of different interests coupled with developing personality strengths, self-esteem and more. But because of 4-H, Rhonda learned about the Food Challenge project, which takes place in the fall. Becoming the head coach of Sauté Sisters — a team of four girls — just happened.

Similar to the popular TV show, *Chopped*, the Sauté Sisters compete by working together to make something in 45 minutes out of the groceries given to them. Throughout the year, they meet on a regular basis to practice. They must also learn about foods, nutritional facts, cooking terms, cost analysis and working as a team. "They have no clue what they're getting in their bag/tub," Rhonda said. "These girls don't like to lose. They beat themselves up when they don't do as well as they can."

As their coach, she helps them deal with losses as part of life and always asks if they did their best. If so, they always win. "We're here as a team. We work as a team and get along as a team," she added. The four teens are unique with the love of cooking as a commonality. All of them are involved in other areas of 4-H, as well.

At 14, Emma is also an artist. Rhonda likes to tell her to think of cooking as a canvas. In the past, Emma showed animals, but is also interested in family living, paintings and baked goods. The other three girls are all 15. Kendall has shown rabbits for the last two years. Lily, also artistic in nature, participates in photography and fashion storyboard. Georgie has interests in family living, baked goods, art and crafts and has shown rabbits, as well.

SERIOUS ABOUT SAU

— *By Lisa Bell*





TÉ

While the 4-H environment has many different categories of interest, the idea is to develop personality strengths and help students work together as teams. Leadership, teamwork and community are among some of the ways these girls grow through cooking together. One is a natural leader, but all of the girls benefit from a slight nudge to step into that role at times. Some of the girls are more comfortable with baking, while others prefer focusing on the elements of a good meal. As a group, they draw on each other's expertise.

During practice and competitions, the girls receive a category — main dish, fruits and vegetables, grains and cereals or healthy snack. Once they receive the ingredients, they must prepare something within that category. Rhonda's biggest challenge comes from opening them up to new food ideas. She incorporates unusual food varieties and even Spam to help the girls get creative.



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In starting, a girl might not know what to do with a potato peeler or old-fashioned cheese grater. They learn quickly, and they also come to recognize the difference between tools for wet and dry measuring, as well as a tablespoon versus a teaspoon. Within a short time, the team knows the terms and techniques for chopping, dicing, slicing and which knives to use for each style and foods.

Although the teams are limited to three to five participants, it isn't just for girls. And Sauté Sisters is only one of the teams in Hood County. Anyone can form a team, but it requires parents to get involved, and someone has to step up as the coach. Because many of the students are too young to drive, parents must get them to practices, which is the only time the coach gets to observe the team and provide instruction based on the way they interact with each other. During competitions, the 4-H team is on its own, and everything the coach taught during the year takes over.

July 16-18, the Hood County Texas A&M Agri-Life Extension Service hosts a camp, open first to current 4-H members, but then also to the community. In a fun environment, the kids get a chance to experience some of what team members already know to be a lot of excitement.

June is State Roundup, a time to recognize 4-H state qualifiers and show that the organization is about much more than raising and showing animals. Rhonda loves most the bond she sees between the girls. They pull together even during practice and respect input from every member.

In November, the team competes at a county level. By December, they potentially move on to district. And if they win, they get to move on to the state-level competitions. Although the junior level begins in third grade, there

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is also the intermediate level composed of sixth- to eighth-graders, and the senior level of high-school aged students. To go to state competitions, they must be at the senior 4-H level. And to participate in 4-H, a student must maintain good grades.

Sauté Sisters loves getting creative with food, but they tend to take it further. They enjoy matching outfits, aprons and chef jackets, and they take special care in food presentation. All of these elements add up to them being good at what they do. In 2018, the team received an invitation to compete at the Majors Competition. During January, February and March, they traveled to San Angelo, San Antonio and Houston. Rhonda hopes they continue getting to do that. She said of the competitions, "They're fun!"



Even when her own daughter graduates from high school, she will consider continuing as head coach for a team. She's very thankful for parents who are a great help and enjoys working with the girls. She watches them as self-esteem improves and strengths develop as they delegate and take responsibility for various tasks.

The team may take some time off during the summer after the big competition, but come September, they'll hit their practices hard and prepare for another year. Win or lose at competitions, Rhonda believes this 4-H group known as Sauté Sisters wins every time they meet. While they learn about healthy eating and cooking, they form a tighter bond with each other that can last beyond high school. They're serious about Sauté Sisters, but even more serious about each other. **NOW**



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Family Gathering

— By Rick Mauch

When Cindy Peters bought the Walthall-Carswell House in 2007, she joined a special group. The house claims only three owners in its almost eight decades of existence, and those families share a unique bond.



At Home With Cindy Peters



“I adore sharing my house with the former owners,” Cindy said. “I learn something new every time we gather.”

For example, despite having lived in the home for more than a decade, Cindy recently learned what four differently shaped stones on each end of the house are. They are millstone halves, above the dormers on the front, and giving the top of the north and south walls an interesting little twist.

Cindy’s home was named a Hood County historic landmark earlier this year. She is contemplating having it considered for a state historic designation, as well. “I’m so lucky. I only have two other families to document. Some others have 10 or 12,” Cindy said.

Dr. Robert Walthall, the local dentist, built the home in 1940 and 1941. He and his family lived there until after his death in 1972, at which time the Carswells bought it and owned it until Cindy’s purchase.



Rosemary Walthall has long since moved out, but memories still flow for her during visits. Sure, there's been some changes made since she grew up there, but the main staples are still around, such as the archway between the living room and dining room that was made from a single Redwood tree shipped from California. "When it got here it was green as a gourd and was dripping," she recalled. "We hung it in the back. A gentleman who was working for us came and asked my mother if we had a No. 3 washtub. She said, 'Yes, we take baths in it.' He said, 'I hope you have nothing to do today.' He boiled the wood and bent it to perfection."

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Cindy Peters with the two previous owners of the house, Terri Carswell Moore and Rosemary Walthall.

The arch is one of many highlights in the house. The shelves on each side are accentuated by mirrors within each one. “It was Mom’s idea to put the mirrors in because it made them look bigger,” Rosemary said.

Every room has crystal doorknobs. The trim throughout is Redwood. Wooden shutters are prevalent throughout. The house has also been on the Candlelight Tour of Homes four times since Cindy bought it, most recently in 2017.

The entrance to the house even has a special story. The giant, thick wooden door was made by Rosemary’s father, as was the fireplace mantel. “The original door, the first winter it was propped up by a wingback chair. Everybody went in and out this window. The kids loved it,” Rosemary said with a smile.

Among Cindy’s own special touches to the home is her cross collection on the dining room wall. She started collecting them in the

early ’80s. “My mother gave me this first one,” she said, pointing to a simple, but elegant clay cross. “This one was made by a biker.”

Around the corner in the kitchen is another of her collections. On the wall is an assortment of masks made from coconuts, many in Spanish designs as Cindy, raised in McAllen, loves anything representing a Spanish or Mexican heritage.

For the most part, the home has hardwood floors. The living and



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dining areas are unique, however, in that the wood is two-by-fours turned sideways, four inches thick — and no nails were used. Though centuries old, they look as though they were recently installed. “I haven’t done anything except mop them,” Cindy said.

The former breakfast room is now a gathering room, closed in by the Carswells because with five children, they needed more room. It features bamboo-backed tile. “It’s so earthy and shows no dirt,” Cindy said, chuckling. “If I sweep and leave a pile, I can’t find it later.”

Terri Moore, formerly Carswell, also loves to stop by from time to time to recall her younger days in the house. “Everybody would come here for the Fourth of July, and we’d walk to the square,” she said. “This house was built for family, and that’s my favorite thing.”

The long hallway past three bedrooms is filled with family photos



and heirlooms. They are Cindy’s now, of course, but if the walls could speak, what memories they’d have to tell of the many photos they’ve held.

Upstairs is a fourth bedroom and a playroom now for Cindy’s five grandchildren, ages 3-12. It was transformed by the Carswells for their 10 grandchildren. It includes several nooks in which youngsters can leave toys, cute little closet doors and plenty of room to frolic. “This is a

great house for hide-and-seek,” Terri said. “This room was just a big attic until Mom and Dad updated it for the grandchildren.”

More of Cindy’s additions include a pool and hot tub. However, on the deck is an old Philco refrigerator from the house’s older days. “It has been nothing but fun to live here,” Cindy said. “It’s felt right since the first night. I not only got a home, I found a new family.” **NOW**

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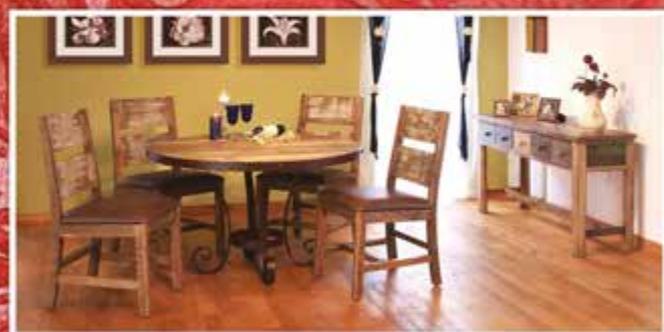
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MYTH: Bulging DISC problems will just "go away" with some rest.

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.

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Where Are They NOW?

Jeff Cocanour

— By Lisa Bell

From the time he could hold a crayon, Jeff Cocanour loved drawing. His mom teases about how easy it was to manage her son with blank paper and a pencil.

“Simon’s the same way,” Jeff shared, talking about his 3-year-old son. Following in his dad’s footsteps, Simon already has a fairly large portfolio of his own drawings.

Before Jeff’s third birthday, his family relocated to Granbury from Champaign, Illinois. He adores Granbury. “My roots are here,” he said. With a childhood of drawing, dressing up, pretending and mischief that comes along with raw curiosity, Jeff had a great foundation for creativity. Mixing in a historic town square and lake adventures culminated in a unique love of nostalgic art.

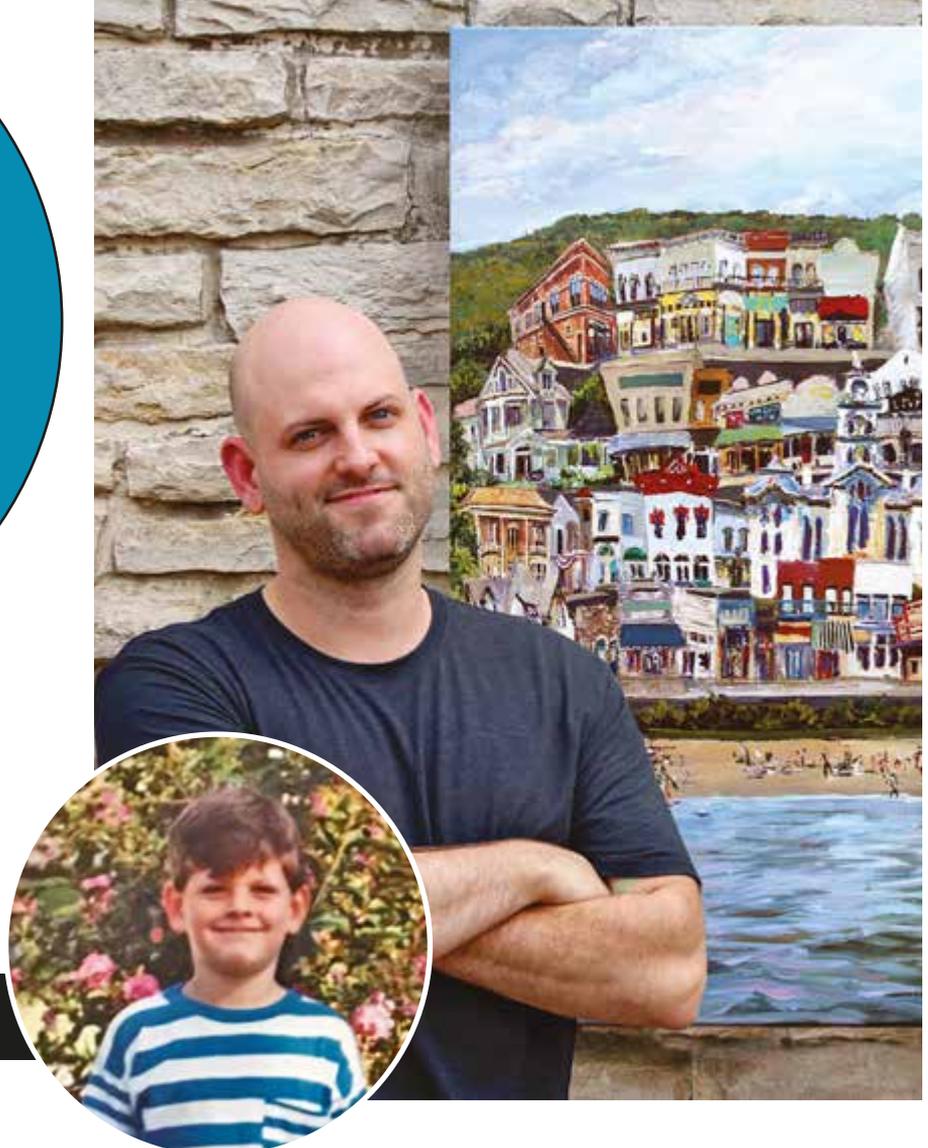
Looking around Granbury, Jeff sees everything on the square, but he remembers things from his youth. He recalls when the clock tower was brown and before all the shops were completely renovated. He reminisces of antique loot found uncovered in the building that became John Saint Helen’s. Pointing at a shop with an awning of vertical green and white stripes, he admits, “Almost Heaven was my favorite store. It always smelled so good.”

Nostalgia has always been an integral part of Jeff’s art.

Although he played with different techniques that made his art unique, every piece was somehow anchored in the past. In response to the balance of realistic lighting and heavy-handed impressionist brush strokes, Jeff developed the preference to abstract the architectural relics of yesteryear in his artwork.

His unique style began in Grand Lake, Colorado, which reminded him of Granbury, but with boardwalks instead of flagstone. To him, the paintings preserve history. Jeff views art as being about time and space. He looks around a square or small town and sees a family portrait of that place. “In this fashion, I celebrate a childlike perspective to ultimately represent all that is great about a place. My art is a homage to a time where we unknowingly and boldly embraced the wonderful condition of unfettered exploration and genuine fun.”

Jeff isn’t content to capture a series of each side of a square like Granbury. He wants to bring the entire town into one view. Making the buildings different colors, sizes and shapes brings in the folk art style, yet gives it a modern look at the same time. He hopes when people see his art it brings back fond memories for them, just



as it does for him. It's still about nostalgia — the thing that pulls us back and gives us hope in a crazy world. “We’re starved for it. We want to be our best, and that’s what we capture,” he explained. He relishes the resurgence of people learning hand crafts. He sees a love for making crafts and art wherever he and his family travel.

With a Bachelor of Arts in Interdisciplinary Studies from Columbia College, with a bulk of classes in visual communications from the University of North Texas, Jeff taught visual art to students in seventh-ninth grades in both Southlake and Granbury.

“My art is a homage to a time where we unknowingly and boldly embraced the wonderful condition of unfettered exploration and genuine fun.”

In 2010, Jeff evolved into a full-time studio artist that led to the curation of private shows exhibiting a robust collection of his larger-than-life paintings at Cocanour Studio & Gallery in downtown Fort Worth until 2016. He now displays his work online, where anyone can follow him and maybe pick up a great piece or commission a home or family portrait. Jeff and his wife, Carrie, make a great team, accommodating various commissioned work, primarily from clientele on a referral basis.

The couple and their young son enjoy traveling. Unfettered by a normal job, Jeff can easily take his art on the road and work anywhere. Visiting small towns still inspires him. And after all these years, he comes back to Granbury and remembers why he loves this town. **NOW**

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CookingNOW

In the Kitchen With

SARAH ADAM

— By Lindsay L. Allen



When your family numbers in the double digits, cooking dinner takes on a whole new meaning. Sarah Adam, a mom of eight, has successfully learned how to double and triple recipes to feed her family and the many friends they enjoy hosting on a regular basis.

“With a family this size, everyone doesn’t get their favorite meal nightly, but we make it work and adjust recipes where we can,” she said. The children range in ages from 6-20 years old, and while extracurricular activities keep them busy, in addition to Sarah working full time, the family makes it a priority to gather around the large kitchen table for family dinner. Sarah relies heavily on her husband who graciously helps in the kitchen, too. **NOW**

Cincinnati Chili

- 2 lbs. lean ground beef**
- 1 15.5-oz. can kidney beans, drained**
- 1 15-oz. can Texas style beans**
- 1 pkt. onion soup mix**
- 1 pkt. chili seasoning**
- 1 cup spaghetti sauce**
- 2 cups water**
- 1 lb. spaghetti**
- Onion, chopped, to taste**
- Shredded cheese, to taste**

- 1.** Brown the ground beef; drain excess grease.
- 2.** Add both cans of beans, soup mix, chili seasoning, spaghetti sauce and water. Cook to boil; turn down the heat to simmer.

- 3.** In a separate pot, cook spaghetti noodles as directed; drain.
- 4.** Serve the spaghetti on a plate. Add the chili for topping; garnish with onion and cheese, as desired.

French Dip Sandwiches

- 2 lbs. roast beef, thinly sliced**
- Pepper, to taste**
- 1 pkg. hoagie rolls**
- 1 lb. provolone cheese slices**
- 1 14.5-oz. can beef broth**

- 1.** In a nonstick pan, fry roast beef; season with pepper.
- 2.** Cut open a hoagie roll; place two slices of provolone per sandwich.

- 3.** Once the roast beef is cooked, place it on top of the cheese. Repeat steps 2 and 3 for additional sandwiches.
- 4.** In a separate pot, combine a few pieces of the cooked roast beef with the broth; cook to boil.
- 5.** Lower temperature to simmer. Put in a small bowl to use as a dip for the sandwiches.

Root Beer Shredded Pork Sandwiches

- 3-4 lbs. pork loin**
- 3 cups root beer**
- 1 pkg. Hawaiian rolls**
- Provolone cheese, to taste**

- 1.** Place the pork loin in a slow cooker; pour root beer over pork.
- 2.** Cook on high for three to four hours; shred pork with a fork.
- 3.** Place pork on the rolls with cheese; serve.

Beef Stew

- 3 lbs. stew meat**
- 5 Tbsp. flour**
- 2 pkgs. beef stew seasoning**

- 6 potatoes, chopped
- 5 celery stalks, chopped
- 3 cups baby carrots
- 3 cups water

1. Place meat in a slow cooker; add flour. Mix until all the meat is coated in flour.
2. Add beef stew seasoning, vegetables and water; cook on high for 4 to 5 hours.

Biscuits and Gravy

- 2 lbs. breakfast sausage
- 3 Tbsp. flour
- 3 cups milk
- Salt and pepper, to taste
- 2 pkgs. Grands biscuits

1. In a skillet, brown the sausage until thoroughly cooked; add flour until all the sausage is coated.
2. Add milk; bring to a boil until thick. Add additional milk to reach desired consistency. Add salt and pepper to taste.
3. Bake biscuits in oven as directed; serve gravy over biscuits.

Bacon Tenderloin

Tenderloin:

- 1/2 tsp. chili powder
- 1 tsp. salt
- 1/4 tsp. cumin
- 1/2 tsp. cinnamon
- 1 3-lb. bone-out pork loin roast
- 1 lb. bacon, sliced

Brown Sugar Glaze:

- 1/2 cup dark brown sugar
- 1 Tbsp. flour
- 1 Tbsp. apple cider vinegar
- 1/4 tsp. mustard powder

1. For tenderloin: Preheat oven to 375 F; combine dry ingredients.
2. Rub the pork loin with dry ingredients. Wrap pork loin with bacon; use toothpicks to secure in place. Roast in oven for 50 minutes.
3. For glaze: In a separate pan, simmer the glaze ingredients together until sugar is dissolved; drizzle over the pork. Roast an additional 25 minutes.

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BusinessNOW

Quail Park of Granbury

— By Lisa Bell

Quail Park of Granbury

2300 Paluxy Highway
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(817) 279-9259
www.quailparkofgranbury.com

Hours: Office: Monday-Friday: 8:00 a.m.-5:00 p.m.
Managers and community available 24/7

“Quail Park of Granbury feels like home,” Chris Ibarra, executive director, said. “They don’t live in our workplace. We work in their home.”

While part of the dwelling welcomes those who need help in daily living or with memory issues, much of the community houses active adults who want socialization each day. Anyone past their 55th birthday is welcome to join Quail Park’s community, taking advantage of the many opportunities they offer.

No one wants to think of giving up their home and moving to an all-senior community, but sometimes it is the best choice. Having someone tend the grounds, clean and prepare meals makes sense for many seniors. “Dining is very important to them,” Chris said.

The café-style dining, complete with a soup and salad bar available throughout the day, provides freedom of choice and means mealtime isn’t restricted to certain hours. Residents can choose to cook if desired. Large tables and a special dining room allow for family celebrations, as well.

Chris takes pride in their signature dining program. While the food is highly nutritious and fits special diets, it isn’t boring. The chef makes it appetizing and look good.

A pet-friendly community, often neighbors enjoy visiting each other’s animals. Each private apartment opens to an enclosed courtyard with patio space the resident gets to personalize, and they can even pursue gardening. Rooms in common areas also

provide for hobbies and crafts, made more fun by sharing the space and time with other like-minded individuals.

Quail Park of Granbury features an on-site beauty salon and theater, but they often take local and some out-of-town trips. With a full-time activities and wellness director, the staff strives to make every day as fun as possible, while maintaining safety and security.

The staff also embraces uniqueness, encouraging each resident to use their talents and experiences with everyone. Birthdays and anniversaries become a big event. And they even have a guest suite where family members can stay overnight, if desired.

The residents bring their own furniture and decorate inside their apartments and overflow into the hallway, making their space something others enjoy as well. Currently 41 apartments house independent living individuals or couples. Ten couples reside at Quail Park, taking advantage of the Plus 1 program. Another 15 apartments allow for those who need assistance.

Two years ago, Quail Park received Alzheimer's Certification and opened a certified memory care cottage, which includes 19 apartments. In a separate building, the cottage has higher security levels but shares the same staff. Here they feature a memory garden and work on life skills, such as folding clothes, gardening, simple everyday tasks and creative outlets. "That's a program we're really proud of," Chris stated.

The people who live at Quail Park quickly become a community. Resident ambassadors help newcomers get acquainted with all they have available, from church to games, puzzles, bingo and so much more. Happy hour and morning meet and greet are two of the daily routines many enjoy.

Chris and his staff find fulfillment in watching seniors thrive in the community. Two-way connections are real with residents giving back to staff members. As a director, Chris realizes everyone has options, but he takes pride in making Quail Park a good one for Granbury. **NOW**



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TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of "Ali's Footsteps of Greatness," which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a "must-do" when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Savuer's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

Louisville's also easy to get to. It is within a day's drive of nearly half the U.S. population, and the Louisville International Airport is serviced by nearly every major airline, with nonstop service to 23 destinations and convenient connections to cities worldwide. Help planning your getaway to this Southern star is one click away at gotolouisville.com. **NOW**

Photos courtesy of Louisville CVB.

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Let's Get Physical

— By Zachary R. Urquhart

There are more ways to get fit than ever before, and now that we have hit the calendar's halfway point, the time is right to renew any resolutions that have come and gone from the new year. If you want to improve your fitness but pounding the pavement in your neighborhood is not your thing, here are some ideas to help you get into the best shape of your life.

Stretch It Out

- *Yoga is for everyone.* Yoga is nothing new, but it has grown in popularity over the last few decades. While the uninitiated sometimes see it as nothing more than stretching, yoga is a tried-and-true exercise option that people have been using for thousands of years. You can find a nearby yoga studio, look for a group in the park or even follow videos online for a workout you will not believe until you try it.

- *Yoga is not created equal.* There are many unique styles of yoga, some that are more about weight loss and others that are about stress reduction and relaxation. So, before you just start a workout, you will get better results if you know what you want to accomplish and have a plan. And in the last few decades, hot yoga studios have appeared, offering a good sweat while stretching your muscles and your mind.

Spin It Out

- *Turn for the burn.* Stationary spin and recumbent bicycles have long been a staple of fitness clubs and home gyms. Spin class, though, is something else completely. With dozens of cyclists riding in place, energetic music and an instructor yelling encouragement to help the room fight through their collective pain, spin classes offer a high-octane, calorie- and fat-burning experience. Spin classes are generally available at any large fitness club, so you can probably get started today.



• *Burn without leaving.* While classes are easy to find, you do not necessarily have to go anywhere to feel the spin class burn. You can find online spin classes, and some modern bikes come with a screen where you can link up with live instructors and people across the country for the spin class atmosphere without leaving your home. Whether you are in your living room or a gym full of strangers, do not be intimidated by people who are pedaling faster and harder than you. Remember, every expert started out as a beginner.

Cross It Out

• *It is more than just a fad.* Over the last decade or so, new workout methods and styles have become all the rage. Things like CrossFit and Camp Gladiator are great for getting a high-energy workout where you can work at your own pace, while being pushed by the people that can do just a little more than you. These high-intensity, body-weight or resistance-based workouts have proven results for people just trying to lose weight and those trying to get into the best shape of their lives.

Whatever workout you plan on starting, you will likely have greater success if you do not go it alone. Whether you find a regular spin or yoga class to join, or you just find a friend or two to help keep you accountable, having someone to help you along will go a long way toward your success. With all the options available, there is no better time than now to start on the road to fitness. **NOW**

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Greg Steven and the Vee family attend Granbury Memorial Day events on the square.

Zoomed In: Christy Pieren

By Lisa Bell

A 20-year paramedic, Christy Pieren came to Granbury High School seven years ago. In conjunction with Weatherford College, she started an EMS class for students. "I started the program when I came here," she said. Her students may become paramedics, but some will also pursue higher education in medical fields.

"I had the biggest class this past year that I've ever had," Christy said of her 2017-2018 group, which also includes her son. In teaching the students, she prepares them not only for certification testing, but also as an asset in case of potential emergencies in the school. Christy maintains a great working relationship with local paramedics. She already has a large pool of students looking forward to next year's classes.



Brody celebrates his Lakeside Wee School graduation.



Congratulations to the new officers of the Lake Granbury Newcomers Club.



Members of the Senior Circle have fun at the masquerade ball.



NBC Today co-anchor, Deborah Ferguson, talks to Women in Business about living on deadlines.



Mayor Pro Tem Tony Mobly delivers a proclamation at the Memorial Lane Memorial Day Ceremony.



Kathleen Knight with Mission Granbury enjoys a fundraising event at D'Vine Wine.



Veterans gather on the square for the Ruck March to Field of Flags.

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9 — 12

Incoming Grades 3-5 Robotics Camp: 9:00 a.m.-3:00 p.m., Granbury High School. GHS robotics team mentoring — coding for apps and games, building and programming robots for challenge competition, and participating in teambuilding activities. Details at www.granburyisd.org/summercamps.

16 — 19

Incoming Grades 6-8 Robotics Camp: 9:00 a.m.-3:00 p.m., Granbury High School. GHS robotics team mentoring — coding for apps and games, building and programming robots for challenge competition, and participating in teambuilding activities. Details at www.granburyisd.org/summercamps.

16 — 20, 23 — 27

Disney's *The Lion King Jr.* Summer Camp: 10:00 a.m.-2:00 p.m., Granbury Opera House. Two weeks of fun while

learning music, choreography and character development. For details, visit www.granburytheatrecompany.org.

23 — 26

Tennis Camps: 8:30-11:30 a.m. (grades 3-6); 10:30 a.m.-12:30 p.m. (grades 7-12), Granbury High School. Visit www.granburyisd.org/summercamps.

24 — 26

Volleyball Susan Kaufman Team Camp: 1:00-4:00 p.m., Granbury High School. Details at www.granburyisd.org/summercamps.



24 — 27

Volleyball Camps: 8:00-10:00 (grades 3-7); 10:30 a.m.-12:30 p.m. (grades 8-9); Granbury High School. Details at www.granburyisd.org/summercamps.

25

Kindergarten Roundup: 8:00 a.m.-5:00 p.m., various elementary campuses (check www.granburyisd.org/zones for appropriate school). Register kindergarten or pre-kindergarten students for 2018-19 school year. For more information, visit www.granburyisd.org/kindergartenroundup.

August

6 — 9

Football Fish Camp: 9:00-11:00 a.m., Granbury High School. For ninth graders only. Information available at www.granburyisd.org/summercamps.

15

First day back at school for Granbury School District. For times and other details, visit www.granburyisd.org.



Ongoing:

Second Mondays

Granbury Writers' Bloc read & critique session: 6:00 p.m., Waterview Apts., 2nd floor activity room. All welcome, free. For more info, contact Brian at bjcondike@icloud.com.

Fourth Mondays

Granbury Writers' Bloc meeting: 5:00 p.m., critiques; 7:00 p.m., meeting and program. Waterview Apts., 2nd floor activity room. All welcome, free. For more info, contact Brian at bjcondike@icloud.com.

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

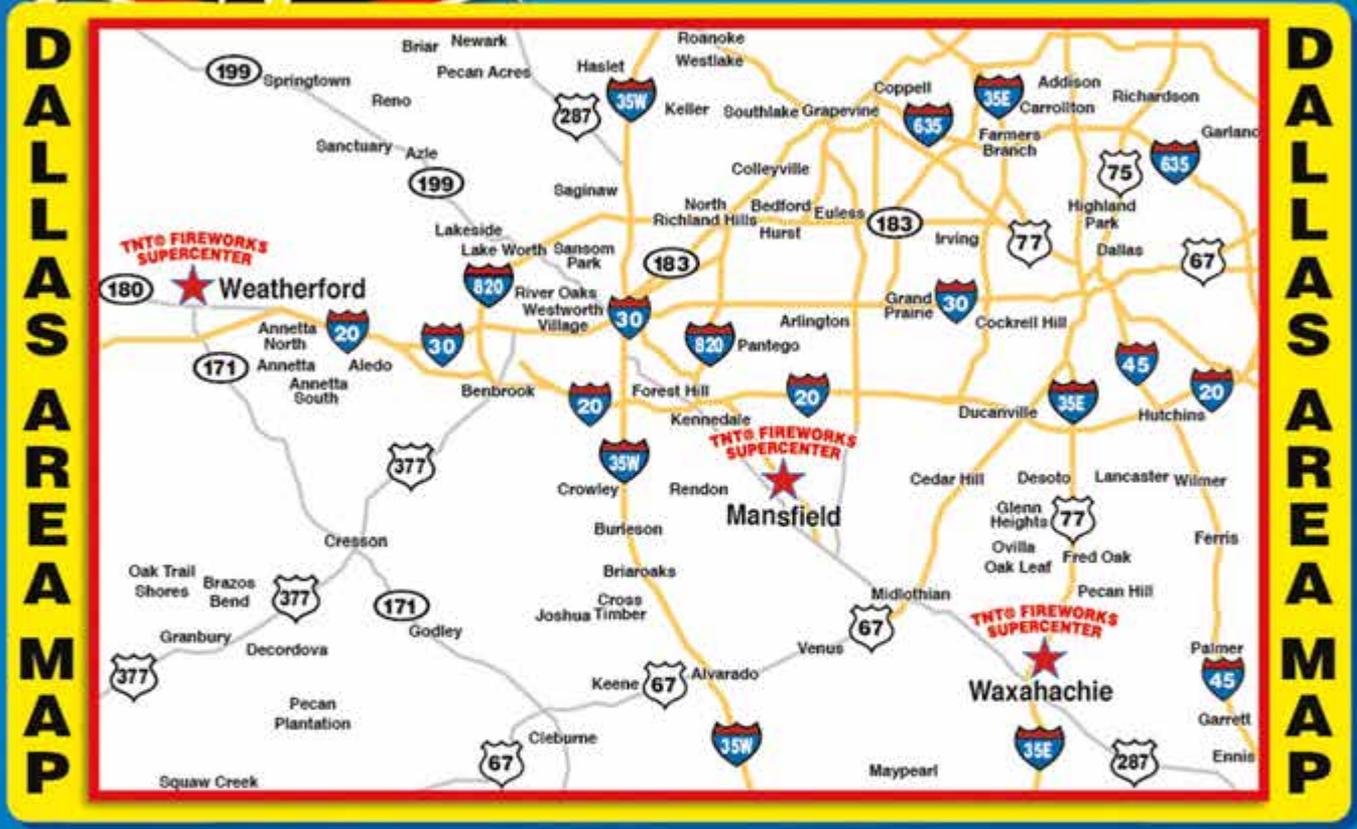


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