

Lake Granbury LIVING

YOU CAN SEE YOUR REFLECTION

The shared experience of being surrounded by water connects us.

PG. 10

TO MARKET WE GO

Local produce is changing how we think about food.

PG. 30

HOME & DESIGN WITH MAGGIE WALTON

Welcome the journey towards simplicity.

PG. 76



HOMETOWN LIVING AT ITS BEST



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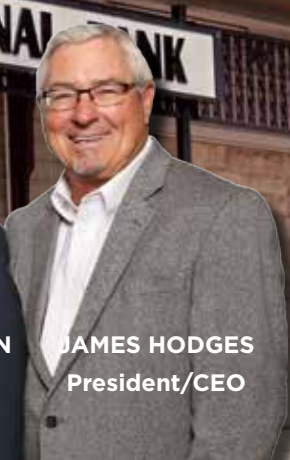
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Origins

Lake Granbury Living returns with a look at origins. More than ever, consumers are interested in a product's source and story. Their experience with the product depends on it. It turns out this way of living can encompass more than you'd think. Aside from food we buy, it can include our residence, possibly clothing, health practices, beauty regimes, and even home decor.

Connecting our present experience with the source is a way to be more intentional with every decision, a practice we should all adopt. Its beginnings and its journey become crucial to our experience, taking into consideration the people, the responsibility, and level of integrity involved.

As publishers, it's imperative for us to be intentional with every word and image printed in every volume of this magazine. For us it's an ethical



Melissa McGavock
MANAGING EDITOR

responsibility, and for the reader it proves a clear purpose. We hope you enjoy our narrative and how we choose to present it, as this issue takes a look at some of our local opportunities for pure beginnings and memorable journeys.

FROM OUR READERS

“Lake Granbury Living combines the production qualities of a big city metropolitan publication with hometown stories about the people and things that make Granbury unique. I look forward to each and every edition!

- Micky Shearon
Court Administrator at Hood County Court at Law and President of the Granbury Theatre Company

“I look forward to every issue of Lake Granbury Living. Even as a lifelong resident I always learn something new about Granbury and keep up with what is happening around town. It's a beautiful magazine and a very useful website to send visitors and residents to.

- Joel D. Back
Community Relations Officer - Dora Lee Langdon Center

“Lake Granbury Living is a beautiful reflection of our community. As a proud Granbury native, I love to give this magazine to our clients. I love this town!”

- Kiley Richards
Zeke Dorr Team at Magnolia Realty

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Tradition & History

Tradition and history, what powerful words. Tradition, in practice, is often a behavior passed down that holds symbolic meaning. It makes us think of family, culture, school, or a place and time significant to us. What do you think of? Over the holidays, my family and I went to San Antonio for the first time. If you haven't been, I'll be honest, The Alamo is WAY smaller than what the movies make it out to be. However, after taking in all of the history that surrounds that place, it made me want to make the trip a family tradition.

The question I have for you is what traditions are you creating or carrying on right now? What is something you want your future family to remember? For me, it's simple. It's Jesus. Early on I

learned from John 14:6, that Jesus is "the way, the truth, and the life. No one comes to the Father (God) except through him." This was taught to me, and it's a truth I choose to live, as well as a part of me I want to pass down to my three boys. How about you? What tradition will you pass down? Is it a place you visit? A person you celebrate? A thing you always do? Traditions and the history behind them are what make your family what it is. Take advantage of 2019 and become a tradition MAKER! Your history depends on it!

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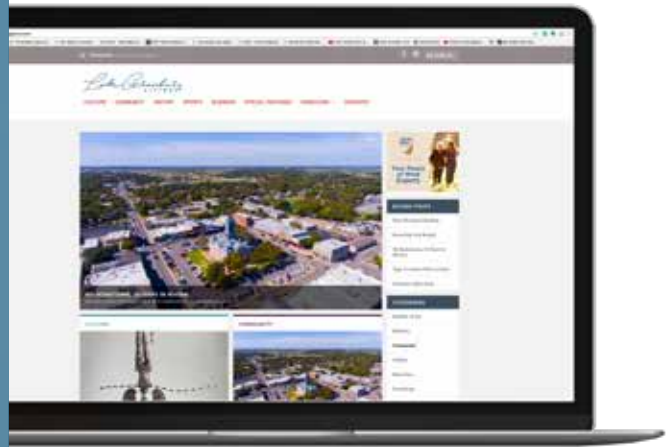
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ABOUT THE COVER

Boating on Lake Granbury

Photo By:
 LP Taylor Photography



HOMETOWN LIVING AT ITS BEST

A wide-angle photograph of a large body of blue water in the foreground. In the background, there is a shoreline with several houses, trees, and a clear sky. The water is calm, reflecting the sky and the buildings.

YOU CAN SEE YOUR REFLECTION

Words by [Melissa McGavock](#) | Photography by [LP Taylor Photography](#)



LAKE GRANBURY EST. 1969

Fishing off the dock, dipping your toes in the water, watching the sunset over the lake, these are some of life's sweet moments we cherish and look forward to. Some people plan a vacation for it, some people make it their permanent way of life. The waterfront lifestyle is sought after. Looking back over the last 50 years, since Lake Granbury's inception we are reminded of the lake's value, not only for the beautiful views and recreation, but the lasting local economy it's provided us.



2019 marks the 50th year since Lake Granbury's creation. Like all but one naturally formed lake in Texas (Caddo Lake), Lake Granbury was man-made. Our lake is both beautiful and convenient to the Metroplex. Undistracted by urban conditions, Granbury offers a place to relax and unwind. It's setting provides a place for fisherman, water sport enthusiasts, lakeside recreation, travelers and residents. The lake sustains the area that surrounds it, too. The Brazos River Authority explains that Lake Granbury provides for "much of Hood and Johnson Counties and the Comanche Peak Nuclear Power Plant."

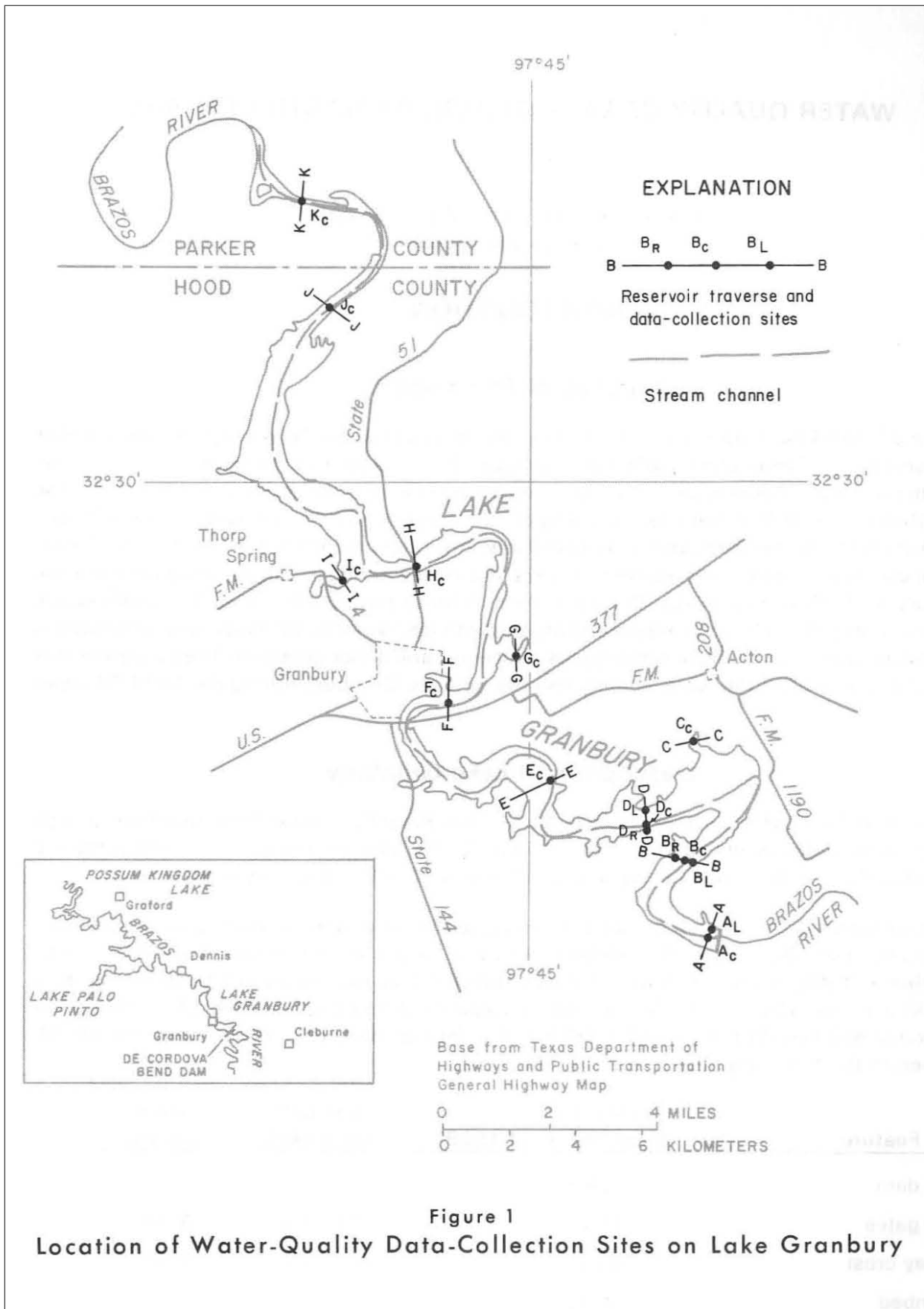
A dam is constructed to control and suppress water flow causing its level to rise. This pressure (energy) is used to generate electricity and sometimes water supply. This is true for Lake Granbury whose water's industrial use includes cooling water for a natural gas-fired steam electric power plant and Comanche Peak Nuclear Power Plant near Glen Rose. Also, the reserves supply water to Hood and Johnson counties for municipal use.

DeCordova Bend Dam was made by the Brazos River Authority (BRA) and the principle funded by Comanche Peak Power Plant. "On average, 43,000 acre-feet per year

is pumped from Lake Granbury to Squaw Creek Reservoir for use at the current Comanche Peak plant." The lake continues to be managed by the BRA for industry and water supply as permitted by the Texas Commission on Environmental Quality.

Construction on the dam began in December of 1966 and was completed nearly three years later in September 1969. The Texas Department of Water in Report 284 on the water quality of Lake Granbury states, "Deliberate impoundment of water began on September 15, 1969, and by November 1, 1969, the lake had accumulated 150,000 acre-feet. The lake has a capacity of 153,500 acre-feet at an elevation of 693 feet. In its deepest areas in the drowned channel of the Brazos River, Lake Granbury is as much as 70 feet deep."

By definition, Lake Granbury is actually a reservoir. A reservoir is a man made "lake," and people who live on a reservoir should be prepared for the water levels to fluctuate often. It also comes with responsibility, as this water is for household (municipal) use, it's important to maintain your lakefront property, your septic systems, and refrain from dumping harmful materials into the lake (reservoir).







In addition to economic value, the lake, of course, offers a laid-back, waterfront lifestyle. With the creation of Lake Granbury came residents looking for a more relaxed homelife. Also, the lake is an added boost for tourism, for which there's a local economy that thrives on Lake Granbury being a vacation destination. For a relatively small community, this means longevity and the opportunity for steady growth. The U.S. Census record shows the population of Granbury in 1970 was 2,473. The estimated population size in 2017 according to the Texas State Data Center was 9,679; and shows a climb that has been relatively steady, averaging a couple hundred people per year. Our reservoir provides enough water for residents' needs, as well it is a sustainable source for irrigation and industrial demands. As an added benefit, for the most part, we get all the lakeside views and water recreation our hearts desire.

As for recreation, Lake Granbury has five public parks. These are Thorp Spring Park, Hunter Park, City Beach, Rough Creek Park, and the Al Brooks Jr. Observation Point. Our parks are equipped with some or all of the following amenities: fishing piers, picnic tables, public restrooms, boat launching ramps, and primitive campsites. An attraction for sports fishermen and hobby fishermen alike, Lake Granbury is home to Largemouth Bass, Striped Bass, White Bass, Channel and Flathead Catfish, White Crappie and Sunfish.



DID YOU KNOW?

The BRA is permitted by the state to annually withdraw up to 100,000 acre feet for water sales from Lake Granbury. Though this may seem like a lot of water, during years with normal rainfall, streamflow and runoff keep the lake relatively full. Over the last 25 years, annual inflow to Lake Granbury has averaged about 470,000 acre feet per year.








“...THE SHARED EXPERIENCE OF BEING SURROUNDED BY WATER CONNECTS US.”

Often, the lake is at the center of our community's culture, providing the stage and the scenery for many of our town's festivals and holidays. For General Granbury's Birthday in March, we host bull riding on the City Beach, for New Years and 4th of July we enjoy fireworks over the water, for Labor Day weekend Granbury hosts Lake Fest, a weekend dedicated to this end of summer celebration, complete with activities like kayaking, water-skiing and even a nighttime lighted boat parade.

Access to sun, water, and a quiet place to connect with nature is something we residents of Lake Granbury may take advantage of from time to time. However, the shared experience of being surrounded by water connects us. It makes the sweltering Texas summers a little more bear-

able, and special moments a little more beautiful. The landscape may change now and again, as lake levels fluctuate, weather affects our countryside, and more families settle here. However, our shared bond will continue to grow, as our community inevitably thrives; and a shared passion for the water and simple pleasures will always be something we have in common. So, the next time you drive over the lake, recall and cherish this place we get to call home, carefully placed along Lake Granbury, the conduit that sustains and comforts our way of life. That may never change, at least for a very long time. 

Sources: Brazos River Authority, Texas Parks and Wildlife, Texas Department of Water Resources



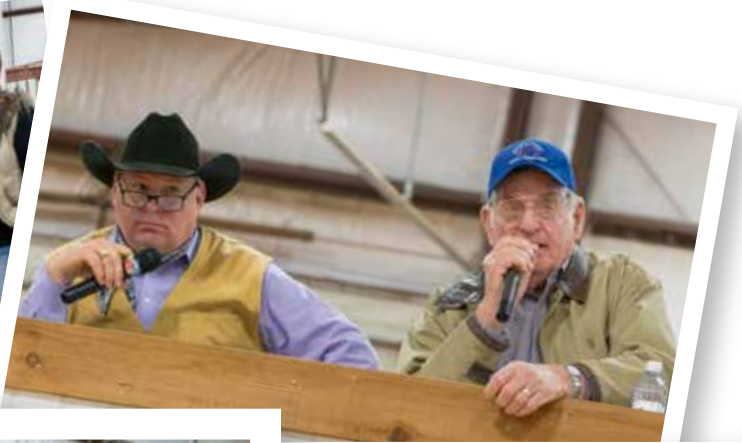
64TH HOOD COUNTY JUNIOR LIVESTOCK SHOW AND SALE
JANUARY 9 - JANUARY 12, 2019

Granbury Reunion Grounds

Photos by Victor Robles

Each year, young agriculturists come together to show and auction their prize stock. Many of these youth participate in 4-H and FFA chapters and compete in a number of extracurricular activities year-round. Events included judging, auctions, a buyers buffet and public meal, as well as student skill-a-thons, friendly competitions focused on the range of their knowledge and comprehension of animal science and livestock management practices.









MONTESSORI EDUCATION

Words by **Connie Lewis Leonard**

Photography by **White Orchid Photography**

"Education is not something which the teacher does but is a natural process that develops spontaneously in the human being. It is not acquired by listening to words, but by virtue of experiences that a child acts on his environment. We must offer the child the help he needs and be at his service so that he does not have to walk alone."

— Dr. Maria Montessori (1872-1952)



Lake Granbury
Montessori
Academy
2400 Fall
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Many people have misconceptions about Montessori education, thinking it is unstructured, which conjures images of chaos. My observation of the Montessori program in action cleared up that fallacy. Rather than a dispenser of knowledge, or content, the teacher facilitates individualized learning that helps children develop self-control and self-confidence within a well-ordered environment.

Lake Granbury Montessori Academy, 2400 Fall Creek Highway, follows the GISD calendar and offers flexible two-, three- and five-day schedules to meet the desires of families who want a gradual transition into full-time school. They employ methods developed by Dr. Montessori to educate young children in a way that sets free their personalities, to liberate their inner life of potentialities, within the context of coherent and unified educational philosophy and curriculum.

Sandy Beasley looked for an early childhood program for her own children. In 2002, Granbury didn't offer many options. She visited many types of preschools. Seeing how the Montessori theory came alive in the prepared environment with self-discovery and purposeful, yet natural learning, Sandy knew this was the experience she wanted for children. However, the closest program was in Fort Worth. With urging from a friend,

she opened her own center. Fortunately, an experienced Montessori teacher had just relocated to Granbury. With her experience helping start other schools, she was the perfect mentor.

Sandy said, "The first class was in 2003, and my son was part of it. He is now a sophomore in university. We serve approximately thirty families and graduate about ten children a year that head off to both private and public kindergarten. Fifteen years means we have served 450 families. It's been amazing to see the LGMA alumni children's names frequent the honor roll, the science fair winners, spelling B, the student council, etc. The children that started here will later thank their parents for choosing the Montessori classroom for their early childhood education as their greatest gift that never stops giving back. We have met and been part of so many amazing families that want nothing more than to have their child love to learn and gain the self-confidence to have the social relationships we need to be successful at every age. I believe we have and will continue to provide the environment to foster the children that make our future better every day."

The children develop into a "normalized community" within a safe environment where they trust their caregivers. Sandy has served as director for sixteen years. Jan



Tennery has nine years' experience as a Toddler teacher. Primary teacher, Beth Martin, has worked at LGMA for nine years. Jessica Mallory has been a teacher assistant/sub for five years. The first six weeks, the children learn the routine and expectations. People thrive with a sense of order. To everything, there is a purpose and a cause/effect relationship.

Children learn at an early age that everything has a beginning, a middle and an end. Through concentration and consistency, they experience the internal gratification of pride and confidence that comes from completing a task. Once they complete one task, they put away their materials before getting out something else.

The learning environment is set up to allow each child to flourish. It is their classroom, and they learn to care for it in an orderly, organized manner. They learn to respect and care for things while exercising individual responsibility. Even the toddlers, 18 months to three years, put away their own placemats, trays, glass plates, and glasses. They get out their own snacks and cleanup their spills.

A successful Montessori classroom achieves balance between content, purposeful movement, time on task, concentration and social interaction. Perhaps the greatest benefit is the social interaction with students learning to manage themselves while working with their peers.





THE LEARNING ENVIRONMENT IS SET UP TO ALLOW EACH CHILD TO FLOURISH. IT IS THEIR CLASSROOM, AND THEY LEARN TO CARE FOR IT IN AN ORDERLY, ORGANIZED MANNER.



The multi-age Montessori classrooms allow children the flexibility of a three-year cycle to develop specific skills. The true beauty of this is that children explore what interests them whenever it captures their attention, without them being labeled as slow or behind. The youngest children receive stimulation from the older ones. The older children benefit by helping the younger ones.

First Discoveries Montessori Academy, at 5200 E. HWY 377, combines the traditional Montessori classroom with full-time child care. Julie Fazio has been an owner and director of private and non-profit preschools in Texas, from Houston to Ft. Worth, for the past ten years. Two of these schools were a blended model of the Montessori style and traditional private school. "I just recently purchased First Discoveries in October of 2018. My husband and I were looking for a smaller community to raise our daughter in and move away from the downtown Houston life. We observed First Discoveries and the city of Granbury for about two months and decided it was the right fit for us."



**LAKE GRANBURY
MONTESSORI ACADEMY (PG 22)**

2400 Fall Creek Highway

Follows the GISD calendar and offers flexible two-, three- and five-day schedules.

**FIRST DISCOVERIES
MONTESSORI ACADEMY (BELOW)**

5200 E. HWY 377

Combines the traditional Montessori classroom with full-time child care.

Julie’s primary goal is for the children to be passionate about learning and proud of their accomplishments. They enjoy coming to school, having the freedom to choose what they want to learn, and using activities that interest them. Julie encourages the children to work together. Students who have mastered certain lessons have the opportunity to “teach” other students, which helps build self-confidence and team work.

At Frist Discoveries, kids learn they are truly a family who loves one another, who supports one another and who feels they are loved in return. They leave knowing addition and subtraction, and can write simple stories. Most children in a preschool setting that is based on education will receive what they need to learn, so they can be somewhat successful in Kindergarten. “What makes us different is that our kids want to

come to school, enjoy school while they’re here, want to learn and feel truly challenged with the lessons we have. They learn just as much from each other as they do from the teachers. I could be an owner who sits in the office part of the day and come and go as I please, but I can’t do that. I need to know what is going on with each child, good or bad, where their struggles are and come up with ways to help them overcome. I am in the classrooms from open to close 7:30 am - 5:30 pm every day! I will always be that way. I want my students to know I am there as part of their lives on a daily basis. I want to see them learn and grow. At the end of the day if they feel loved and cared for, then we have done our job. They will learn each day, but that trust and relationship of student and teacher is the most important responsibility we have to grow.”





In contrast to the traditional classroom, the Montessori teacher is called the director, a guide rather than a dispenser of knowledge. The director prepares the foundation for knowledge in the following ways:

- Prepares the learning environment
- Gives key presentations demonstrating qualities of various pieces of learning equipment (which are used to discover a concept)
- Keeps accurate records on each child's progress
- Invites the child to explore his entire world
- Is the catalyst to link the child to the didactic materials
- Understands child psychology and physiology
- Practices gentle restraint in interfering in a student's work
- Offers intelligent help when needed

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TO MARKET WE GO



Words by [Brandy Herr](#) | Photography provided by [Seventh Lens Photography](#)

THE GROWING OPTIONS FOR LOCAL, FRESH PRODUCE IN GRANBURY ARE CHANGING HOW WE THINK ABOUT FOOD.

Americans have changed the way they look at food in recent years. Organic sections in big box grocery stores are growing and flourishing. Monthly home delivery packages for those who enjoy a culinary adventure are on the rise. Even fast food restaurants are beginning to offer vegetarian options. People are starting to pay attention to what they put into their bodies.



The local farmer's market, a longtime companion of fresh produce, has now become a worthy competitor to the larger grocery companies. In Granbury, the locally-grown scene has exploded with a variety of options, allowing its citizens ample opportunity to choose the freshest ingredients for their home cooked meals.

The Acton Local Market began in 2015 by a small group of friends who simply wanted to create their own outlet for selling their products. It only took that first year to spark the attention of Hood County Development District #1 who reached out for collaboration. Since then, the Acton Local Market has expanded to include hand crafted soaps, canned goods, baked goods, and fresh eggs. Now coming into its fifth season, they "have something for everyone," according to Stacy Grider of the Acton Local Market. The Acton Local Market takes place during the second and fourth Saturday of the month from April to September. Grider says she sees people of all ages and demographics shopping at each event.

Since the inception of the Acton Local Market, other options for fresh produce have "popped up" around Granbury, including the Pop-Up Farmer's Market held at The Pan Handle every Wednesday during the market season. The popular kitchen store on Granbury's historic downtown square has partnered with Scott Farms Produce from Cisco, Texas to provide the citizens of downtown Granbury with fresh fruits and vegetables each week.







The response received from this second farmer's market has been encouraging. "Creating the concept for my in-store farmer's market, and hosting it weekly as the growing season permits has boosted my already vibrant and growing retail business," said Sara Monroe, owner of The Pan Handle.

The Pan Handle caters to shoppers who consider themselves "foodies," those who love culinary experiences and getting the most out of their work in the kitchen. As such, the shoppers who frequent her Pop-Up Farmer's Market tend to fall within that niche as well.

"Today's farmer's market patrons are those who appreciate and understand the love and labor needed to grow quality produce. People who love cooking good, fresh food at home and who are typically not big-box retail shoppers," said Monroe.

If the citizens of Granbury are not content with

purchasing their locally grown produce during select times of the year, a third option has recently sprouted. Roots, a family-owned shop specializing in fresh produce provided by local growers whom the owners have gotten to know by name. Practically locally grown themselves, Dwayne Andrews and his wife Debbie began their family business after having lived in Granbury for more than thirty-five years.

A staple of the farmer's market formula is variety. Roots, like the Acton Local Market, has something for everyone to enjoy. "From our Black Rifle coffee, to our local honey, and our wide-ranging selection of both organic and non-organic fruits and vegetables, all the way to our line of Harry Potter offerings to our local meat and dairy products, we have it all," said Andrews.

Though farmer's markets might be one of the oldest ways for shoppers to purchase their food products, the



rise of the big market grocer had previously pushed the smaller venues to the background. However, the ever increasing popularity of the organic movement has created a powerful comeback, turning the farmer's market into a force to be reckoned with.

"There have always been produce stands and farmers markets available across our nation. What's changed is the speed of the information market, coupled with customers' desires to know what's going into their bodies," said Andrews.

"The organic movement caused the consumer to rethink their experience with purchasing food. Demanding better quality from reputable growers has been a huge catalyst in the foundation of the farmer's market as we know it today," Monroe said.

As more information is readily available, consumers are thinking more critically about what they ingest. Peo-

ple have become more health conscious and focused on longevity. Food can be fuel, comfort, fun, medicinal, or all of the above, and consumers are looking for ways to maximize its benefits. From fresh, whole foods to extracts and essential oils, people are beginning to understand and explore the wealth of options available to them.

"Take our elderberry syrup for example. With the ever rising costs of medicines and medical treatments and the extremely high costs of medical insurance, there's a growing segment of our community looking for cost-effective, holistic approaches to their health and well-being. Elderberry syrup has been medically evaluated and is proven to help cut the average life cycle of the common cold," said Andrews.

This new push toward health and wellness, to preventing disease rather than curing it, has a reach of influence that has hit the mainstream. Smaller, more local growers



have burst back onto the scene as consumers want to put a name and a face to the foods they eat.

“There is an ever-increasing pool of resources to purchase locally/regionally grown produce, cheeses and meats online,” said Monroe. “Many big-box retailers are even tapping into this niche market.”

According to Grider, the organic movement has directly influenced the mainstream market. “Larger grocers now advertise where their produce is grown, especially produce grown in Texas,” she said.

The ability to purchase fresh produce is spreading to other areas that are less likely to be near a farmer’s market. Roots has recently created a delivery service of fresh meats and produce to those who might not be able to easily travel to their location on a timely basis.

And if it’s still not possible to travel to a location that provides fresh and healthy food ingredients? Grider has a simple solution. “Get your hands in the dirt and start your own garden! It doesn’t take much space to start a garden. The rewards are endless!”

The face of food is changing. No longer content to settle for foods with unpronounceable ingredients, citizens across the country are making the switch to


locally grown goods.

“People crave an experience where they connect with the provenance of their food. Authenticity and quality are becoming the driving forces behind purchasing decisions in the culinary world,” said Monroe.

Granbury’s farmer’s market scene and its ever growing access to fresh foods and vegetables are allowing its citizens to eat healthy and stay healthy at a new level. As consumers continue to think more critically about what actually goes into the foods they eat, the smaller farmers will have a better chance to showcase their products and the care spent in creating and cultivating them.

“Customers want to know what’s going into their food, and going to a farmer’s market gives you the opportunity to ask the

farmer what was used in the growing process,” said Grider.

Thanks to options like the Acton Local Market, The Pan Handle Pop-Up Farmer’s Market, and stores like Roots, the citizens of Granbury have several unique options to truly get to know their food. As the people work to boost their immune system, they give a boost to the economy of local growers and the businesses that feature them. 

“AUTHENTICITY AND
QUALITY ARE BECOMING
THE DRIVING FORCES
BEHIND PURCHASING
DECISIONS IN THE
CULINARY WORLD”



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Carb.....	.13g
Vit A.....	.0%
Fib.....	.1g
Vit C.....	.25%
Iron.....	.4%
Calc.....	.0%
Pota.....	.420mg



Buying Tip

Yukon potatoes are a little yellower and creamier than white potatoes. Ideal for mashing, boiling or steaming.

YUKON GOLD
\$0.71/lb



“THE VOICE” OF GRANBURY THURSDAY, JANUARY 17, 2019

Granbury Opera House

Photos by Shad Ramsey

The “Voice of Granbury” is a karaoke competition featuring ten local talents, where the audience determines the winner.

Our lineup includes Jerry Allen, Matt Beutner, Angela Burkey, Tony Hedges, Matt Mills, Amanda Peterson, Trish Reiner, Micky Shearon, Scott Squires, and Susie Strong. All Proceeds benefit the charitable work and educational programs of the Lake Granbury Kiwanis club.



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Leta Andrews

LIFE AFTER BASKETBALL

Words by **Richard Allen** | Photography by **White Orchid Photography**

Leta Andrews has won more basketball games than any coach on the entire planet.

But she'd trade every one of her 1,416 victories over 52 seasons for one more minute with David, her beloved husband. He passed away last March after 62 years together.

"David drove the bus on every one of those trips. We had a lot of good times," the legendary coach said, unable to hold back a tear. "Nothing's any sweeter than coming home on a yellow bus with a victory."







She gave David so much of which to be proud. So many wins over her career at Tolar, Gustine, Comanche, Granbury (twice) and Corpus Christi Calallen, including a state championship at Calallen.

But if anyone ever thought victories were all there is to the depth of Leta, David would quickly correct them. More than anything else, Leta takes pride in shaping the lives of a plethora of young ladies who called her coach.

"Of course I miss the competition side, I have always loved to compete, but more than that I had a burning desire to teach my young ladies the correct way to do things," she said. "And that wasn't just on the basketball court, but in life. A lot of the things we learn in sports, if we do them correctly, they carry over into life."

As Leta, now 81, grew up on her family farm just outside Granbury, she and her siblings hit the floor each day knowing they had chores before school. They were required to keep their studies up, and they knew if they wanted to play sports - which they all did very well - that and getting their daily work done were not negotiable.

The same held true for each of Leta's players. Long before the state enforced a no-pass, no-play policy, it was Leta's policy.

"Leta is a class act, a great teacher and loved what she did," Granbury Athletic Director Dwight Butler said.

"She got the very best out of every young lady that played for her, which got them ready for a productive citizen in life. She knows the game of basketball and life and lives it."

Ironically, Leta did not originally want to be a coach, even though she was among the state's best players in high school, leading the Granbury Lady Pirates to back-to-back state runner-up finishes in 1953 and 1954.

"I wanted to be a teacher. I did my internship in first grade. I went home and told David, 'I can't do this,'" she said with a laugh. "I went back and got my secondary degree and taught high school (English and kinesiology)."

In fact, Leta said the greatest accomplishment of her career isn't having the most victories, or winning state. It's not being inducted into numerous Halls of Fame. It was being rewarded for her work in the classroom.

"In 1992, when I was elected Walt Disney Teacher of the Year, that's my greatest moment," she said. "I had to travel for Disney as an ambassador, and I had to keep coaching. There were a lot of sweet moments in my basketball career, but that's hard to beat."

And, of course, capturing that elusive state title in 1990 is also high on the list, she added with a smile. She'd had some of the best teams in Texas that came very close before that team reached the summit.





Cardboard cutout of Leta and NBA legend Bill Walton, who narrated her documentary

"I'd heard from so many people that Calallen couldn't win a state championship," she said. "When you get beat in overtime, double overtime, even triple overtime, you come so close, it just means so much more when you do win it."

She coached the Granbury Lady Pirates to state in 1978 before leaving for Calallen. She came close to taking the Lady Pirates back there on a few occasions after returning in 1992, something she wishes she'd been able to accomplish.

She said it was her heart that brought her back to Granbury.

"Corpus Christi had Petro chemical plants, and that school district paid their teachers well, so that was hard to leave," she said. "But after 12 years there, when I learned Granbury needed a coach, I had to come back. David had retired and we just wanted to come back home."

Leta and David had three daughters,

all of whom played for their mom and later went on to be standouts for the University of Texas Lady Longhorns. Ironically, none played for her at Granbury, however. Linda Waggoner and Sissy Andrews-Tiberia graduated from Comanche, while Lisa Parker graduated from Calallen.

"They all went to that institution (UT) with a full ride and walked out debt-free," Leta said proudly. "And now they are all fine adults."

Leta stays busy these days, even finding time for basketball. She conducts two camps, one at Fort Worth Country Day School, where she has a family connection, and one in San Angelo for a family friend.

And players still come from near and far to learn from Leta, who admits she can't say no when it comes to helping young people.



"When you get a hundred phone calls asking can you help my daughter, you just want to do it," she said.

Sometimes the calls aren't even connected to camps. In fact, she has to hurry after this interview to get to Godley and watch a young boy play at the request of his parents.

"Their son wanted Leta Andrews to come see him play, and they wanted me to critique him," she said.

"No one has a bigger heart. Some people may see her as tough and ruthless, but she loved her players," Granbury Lady Pirates Golf Coach and longtime friend Becky Addison said. "She knows everyone around her in a personal sense. She speaks to everyone, regardless of their station in life. She sends more handwritten cards than you can possibly imagine to say thank you, condolences, get well, and just to say she is thinking of you."

Leta travels to do public speaking, though she doesn't leave the state now that David isn't around to accompany her. She delivers Meals on Wheels regularly, and she loves serving first responders, she said. And, of course, she loves seeing her four grandchildren and great grandson every chance she gets.

She often hears from her former players, and she keeps

up with them consistently. In fact, she has paper files she keeps at home with how to contact and other information about them over the years.

"I've got records back to when we didn't even have computers," she said with a laugh. "Every now and then I'll send them something, and sometimes they send me things."

And there's the 46-acre farm at home that still needs tending. Two other pieces of property are over 50 acres each. Her family helps out, of course, but it's also another way to miss David.

"I'm on a tractor a lot," she said. "But David just did so much around here. Every time I look around I just miss him so much.

"I'll never forget our first date. We were walking the halls of Granbury High and he said, 'Do you want to go with me to Northside Coliseum and see Elvis Presley?' I said, 'Who's Elvis Presley?'

"He said to me once before he expired, 'If I go first, I want you to continue to go to church, and if you go, I'll continue to go.' I'm looking forward to holding his hands with him again in Heaven." 🕊️



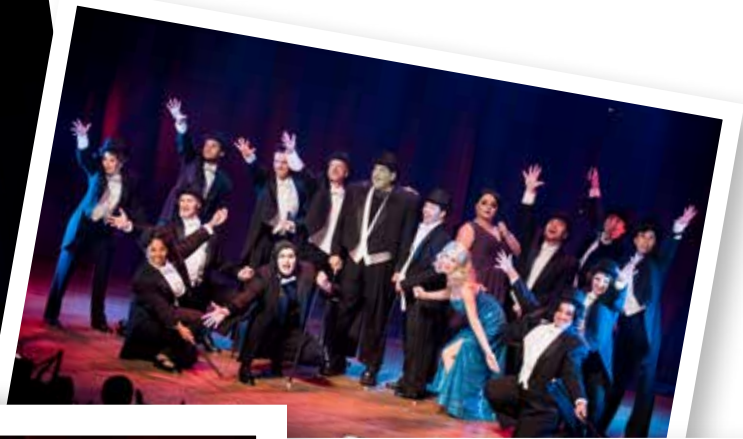
YOUNG FRANKENSTEIN OCTOBER 19 - NOVEMBER 11, 2018

Granbury Opera House

Photos provided by Shad Ramsey

This Granbury Theatre Company production of Young Frankenstein was an instant hit for local audiences. Kept true to Mel Brooks' cult classic, audiences were entertained with this very funny spoof-tribute to classic horror films. To view a list of upcoming shows visit granburytheatrecompany.org









ZEN DEN WELLNESS CENTER

Photography by **The Seventh Lens**

For many years now, the combination of yoga and meditation have been used in tandem with conventional health practices to ease or completely eradicate the effects of stress on the body. Through her mother's influence, Lauren Scott, co-owner of the newly opened Zen Den Wellness Center in Granbury, began taking yoga as a child and has been faithfully practicing it ever since. She finds yoga and meditation to

be an incredible help for anxiety. As an ambassador for an international relief and development organization and a board member of two non-profits who deal with poverty and abuse, yoga and meditation help her deal with stress professionally, as well. "I'm always high strung so meditation saves me daily," explains Lauren. "I can just go to my mat for five or ten minutes—or even if it's just a breathing meditation—and it helps me."



DID YOU KNOW?

For many years now, the combination of yoga and meditation have been used in tandem with conventional health practices.

But never on the radar was a desire to open her own yoga studio. Yet, she increasingly grew tired of making the trek to Fort Worth to satisfy her need to de-stress. Then, a few months ago the idea to open her own studio/wellness center was passionately born in a dream one night. The next day she called her long-time “soul sister” friend, Summer Darvischi (a fellow yoga enthusiast who has her own private crystal healing practice). She asked Summer to be her business partner and open a wellness center with her. She eagerly agreed.

The word quickly got out. Many people in the metroplex jumped on board to help. All the details seemed to easily come together in only 12 weeks. It was “nothing less than divinely orchestrated,” marveled Summer.

“It seems like Granbury already knew about this before I had a name picked

out!” Lauren added enthusiastically. The name, Zen Den (a “beautiful” suggestion from a friend), perfectly summarizes what the pair have to offer.

Yoga comes from the Vedas, a collection of hymns and other ancient religious texts written in India between about 1500 and 1000 BCE. It includes liturgical material as well as mythological accounts, poems, prayers, and formulas considered to be sacred by Vedic practices. Yoga practices didn’t gain prominence in the West until the 20th century. The term “yoga” in the Western world often denotes a modern form of Hatha yoga, which includes the physical practice of postures, called asanas, and breathing exercises.

Even though there are religious connections involved with yoga, Lauren says they believe in the “co-exist” philosophy in that everyone is free to practice their own religious beliefs and that none of



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the teachers impose their religious beliefs on any of their students. “We are not a religious organization,” explained Summer. “We believe in the all-inclusive love of God. We’re here to support your journey.”

Through the wellness center, Lauren and Summer hope “to offer an all-inclusive loving community that comes together to help with the transformation of body and soul, empowering women and men and whole families (kids camp is offered).”

Zen Den offers trapeze, kundalini, vinyasa, restorative, hot, power, acu-spinal flow and prenatal yoga. Also offered are Zumba classes, meditation classes, classes with Qi Gong, energy medicine, plant medicine (there’s a certified herbalist on staff), sound relaxation, Reiki, Shamanism, art as meditation and crystal healing. Classes are taught by ten well-qualified instructors. “I have the most incredible staff in Granbury,” says Lauren. “Between all of us we have over 30 years of yoga experience and all of us have been

certified for no less than three years and most of them have been working in the Granbury area. We are either certified internationally or registered as a certified teacher with Yoga Alliance. My teachers are 200 to 500 hours certified in the different types of yoga.”

Trapeze yoga is Lauren’s favorite form of yoga. “I was a big dancer growing up so I have knee issues. Trapeze yoga takes off the strain of some poses of mat yoga that I will never be able to do again fully.” She just completed her certification in trapeze yoga and will be assisting in the yoga trapeze classes to get more hours of hands-on training. “I think a lot of Granbury people are super excited about it because aerial yoga is so big right now,” Lauren says.

Summer has been enthusiastically involved with Kundalini yoga for three years. Kundalini usually has 30 minutes of physical exercises and 30 minutes focused on just breathing and meditation. She looks forward to learning other styles of yoga, as well, at the studio.



DID YOU KNOW?

Yoga practices didn't gain prominence in the West until the 20th century.

Besides space for yoga classes, as you walk into the center, you'll notice the entire left side has many shelves stocked full of different colored, glimmering crystals. "We got this amazing opportunity to buy out a crystal store," explains Lauren. "We were thinking, 'what a beautiful co-existence--it just goes together.'" Summer already had an online crystal store called Crystal Blessings and the pair thought it was perfect to combine the two businesses.

Crystals are thought to positively interact with the body's energy field or chakras. These shiny stones are said to alleviate stress, while others are thought to improve concentration or creativity. Crystal healing is something Summer stumbled upon and she says, "...totally changed my path. Four-and-a half years ago, I was a math and science teacher. I was an extremely stressed out person with an extremely stressful personal life. I thought I was going to have a heart attack at 38 years old." After finding that crystals and meditation radically changed her life, she incorporated her knowledge of herbs and essential oils and started her own holistic private practice. "Meditation and crystals have given me a different life. I'm just like everyone else--I get stressed but it doesn't overtake me anymore."





In a crystal healing class, Summer has students pick out a few crystals that capture their attention and spread them out on the edges of their mat. She plays soft music and speaks softly throughout the class, leading them in meditation. “A lot of people are intimidated by meditation because they think that if their mind isn’t totally still that they’re doing it wrong,” says Summer. “There’s no wrong way to do it.” Summer emphasizes that the staff is there to lead students during meditation, hopefully taking the intimidation factor away.

Summer also leads sound meditation classes with “singing bowls.” Similar to running your finger around the top of a wine glass to create a humming sound, a leather-wrapped mallet is rubbed around the top of several bronze bowls, emitting rich sounds that can bring a deep peace, easing

feelings of depression or anxiety. Sometimes she uses chimes or tuning forks as well as the bowls in a dimly lit room, focusing on breathing exercises to get rid of “monkey mind chatter” while students relax on mats or in chairs.

Whether it’s a sound meditation class or a trapeze yoga class, the two friends happily bring their complete yoga/wellness center experience to the Granbury community. “There is something for everyone here. It is just fun,” says Lauren. “It’s really incredible that we get to do something that is our passion and that we feel is our purpose in life and have the backing of so many people that have come before us in the community and elsewhere.” Whatever your preference, there’s no doubt that sharing a positive, healing experience with others is powerful. ¹⁶¹

FOR MORE INFORMATION VISIT: WWW.ZENDENWC.COM



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7



10



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8



12



9



Spring Recipes

Words and Recipes by **Carly Terrell**
Photography provided by **Shad Ramsey Photography**

“If we had no Winter, Spring would not be so pleasant” – Anne Bradstreet
As I no longer need to be bundled indoors and can open the windows to let the fresh breeze in, I know that Spring has sprung! Now is the time to take advantage off the fresh citrus or perhaps a passed-down strawberry rhubarb pie recipe. Let’s give ourselves a break from the hecticness of recent holidays and enjoy the warmer, longer days. Would the appearance of green grass and new leaves be so wonderful if they hadn’t been absent? Spring is here, and it is to be enjoyed with all of your senses.



Meet Carly Terrell

Born in Nebraska and raised in Arizona, Carly Terrell, now a Granbury resident, has been honing her cooking skills since she was a young child. Given her changes of scenery along the way, she has certainly picked up a thing or two! Carly is also the proud wife of a railroad engineer and mother of two young boys, who keep her quite busy. In her downtime of the hectic railroad life, she has put her foodie efforts into her successful cooking blog of family loved recipes. She has been fortunate enough to have been featured in Taste of Home magazine, Good Housekeeping, Readers Digest and on ABC’s The Chew... but always has plans for more!



Hummingbird Cookies

INGREDIENTS:

- ½ cup unsalted butter, softened
- 1 cup packed light brown sugar
- 2 tsp pure vanilla extract
- 1 ripe banana, mashed
- ½ cup pineapple tidbits, drained and mashed
- 2 Tbsp + 2 cups flour
- 1 tsp salt
- 1 tsp baking soda
- ½ tsp cinnamon
- 1/8 tsp nutmeg
- ½ cup pecans, chopped

Frosting

- 8 oz cream cheese, softened
- 2 tsp pure vanilla extract
- 2 cups powdered sugar
- ½ cup pecans, chopped

DIRECTIONS:

Use a spoon to fill measuring cup with flour. Packing will result in a dense, heavy cookie.

Preheat oven to 350 degrees. Line cookie sheets with parchment paper.

In a stand mixer, combine butter and brown sugar. Mix in vanilla, mashed banana and mashed pineapple. Stir in 2 tablespoons flour. Mix well.

In a separate bowl, combine the flour, salt, baking soda, cinnamon, nutmeg. Add to wet ingredients and mix until combined. Stir in pecan pieces.

With a medium size cookie scoop, portion dough onto your prepared cookie sheets. Press each cookie gently with your palm to flatten; bake for 10-12 minutes until golden brown on edges.

While cookies are cooling, make the frosting. Mix the cream cheese, vanilla and powdered sugar until creamy. Frost the top of each cookie and sprinkle with the pecan pieces.



Chicken Salad Carrot Crescents

INGREDIENTS:

- 2 (8oz) cans crescent roll dough
- 1 egg, whisked with 1 tsp water (can add food coloring if desired)
- 2 cups cooked chicken, shredded or cubed
- ½ cup grapes, halved
- 1/3 cup celery, diced
- ¼ cup red onion, diced
- ¼ cup pecans, chopped
- ½ cup mayonnaise
- 1 tsp celery salt
- Salt and pepper
- Fresh parsley or dill, garnish

DIRECTIONS:

In a large bowl, combine the cooked chicken, grapes, celery, onion, pecans, mayonnaise, celery salt and salt and pepper to taste. Cover and refrigerate until ready to use.

Preheat the oven to 400 degrees and line baking sheets with parchment paper. Unroll the crescent dough and pinch seams together. Using a pizza cutter, cut lengthwise into 6-8 equal strips. Brush each strip with egg wash and roll each strip out to about 16", like a thick spaghetti noodle. Repeat.

Using either a cream horn mold or foil shaped into a cone, wrap one rolled strip of dough around the mold. Apply more egg wash/food coloring if desired. Place on prepared baking sheets and bake for 7-8 minutes until golden. Allow to cool for 5 minutes and then carefully remove mold.

Fill each "carrot" with chicken salad (or salad of choice) and top with a parsley or dill sprig.



Pimiento Cheese Drop Biscuits

INGREDIENTS:

- 2 cups flour
- 2 tsp baking powder
- 2 tsp freshly ground black pepper
- 2 tsp sugar
- ½ tsp garlic powder
- ½ tsp baking soda
- ½ tsp cayenne pepper
- 1 cup sharp cheddar, shredded
- 1 cup whole buttermilk
- ¼ cup mayonnaise
- ¼ cup pimientos, diced
- Melted butter, for brushing the tops
- Flaky salt, for garnish

DIRECTIONS:

Preheat oven to 450 degrees, line a baking sheet with parchment paper and set aside.

Whisk together flour, baking powder, pepper, sugar, garlic powder, baking soda and cayenne pepper in a large mixing bowl. Add the cheese and toss to coat. In a separate bowl, whisk together the buttermilk and mayo, add to the dry ingredients until combined and fold in the pimientos.

Drop heaping teaspoons of dough onto the prepared baking sheet and brush with the melted butter. Sprinkle with salt and bake for 10-12 minutes, until golden brown. Serve warm.



Springtime Tortellini Pesto Soup

INGREDIENTS:

- 1 Tbsp olive oil
- ½ cup onion, diced
- 3 cloves garlic, minced
- 8 cups (64oz) chicken broth
- ¼ cup prepared basil pesto, plus more for garnish
- 2 (15oz) cans great white northern beans
- 16 oz frozen tortellini
- 1 pound asparagus, cut into 1-inch pieces
- 6 oz fresh spinach leaves
- Chicken sausage, sliced (i.e. HEB Naturals Apple Gouda)
- Fresh parmesan cheese, garnish
- Kosher salt and ground black pepper, to taste

DIRECTIONS:

In a large Dutch oven, heat olive oil over medium heat. Add onions, garlic and a hefty pinch of salt and pepper and sauté for 5 minutes.

To the onion and garlic, add in the broth and whisk in the pesto. Add in the tortellini and white beans and bring to a simmer for 20 minutes.

Add in the asparagus, spinach leaves and sliced sausage and simmer until warmed through, about 5 minutes.

Ladle into bowls and top with more pesto and parmesan cheese.

Crispy Baked Artichoke Hearts with Lemon Garlic Aioli

INGREDIENTS:

- 1 (15oz) can quartered artichoke hearts, drained and patted dry
- ¼ cup unsalted butter, melted
- ½ tsp garlic powder
- 1/3 cup Panko breadcrumbs
- ¼ cup parmesan cheese, grated

Lemon-Garlic Aioli

- ¾ cup mayonnaise
- 1 Tbsp fresh lemon juice
- 1 clove garlic, finely minced
- 1/8 tsp kosher salt

DIRECTIONS:

In a small bowl, combine the mayonnaise, lemon juice, garlic and salt till incorporated. Cover and refrigerate until serving.

Preheat oven to 425 degrees and line a baking sheet with parchment paper. Set aside.

Place drained artichoke hearts in a dish and thoroughly pat dry with a paper towel. In a small bowl, combine the melted butter and garlic powder. In a separate bowl, combine the parmesan and Panko breadcrumbs.

Dip each artichoke heart into the melted butter, followed by the breadcrumbs. Place on prepared sheet and repeat with all remaining artichokes.

Bake for 20 minutes or until golden brown. Serve alongside the lemon-garlic aioli.



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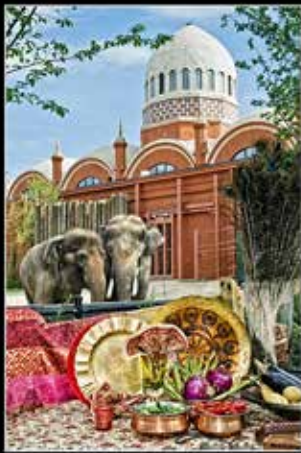
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SPRING INTO FITNESS

SUMMER IS COMING

Words by [Lindsey Powell](#)

Spring is right around the corner, and before you know it that certain season we all dread will be here: "Swimsuit Season!" As I like to tell my daughter, "Beauty is on the inside," but still, the majority of us want to look good and feel comfortable in our summer clothes. For a lot of us the thought of donning our bathing suits and heading out into public is what led to our weight loss resolutions! So now is no time to get discouraged or distracted; make no mistake... **SUMMER IS COMING!**

In my last article we talked about New Year's resolutions and ways to start working towards yours goals of being a happier and healthier you. Now that we're well into the New Year and we've all managed to stick to our resolutions, I want to help make sure we keep this train rolling and don't get derailed by the seemingly endless cycle of feasts, holidays, and vacations that fill winter and spring. Today I want to talk about one in particular, Spring Break, and the possible setbacks you could face.

That Ski trip you may have planned, while offering plenty of exercise and activity, can also mean vacationing

on your diet. For those of us with kids, a week off school can make it hard to get to the gym, go for that run, and all but impossible to workout at the house. Do I even need to mention our bi, and sometimes tri, polar weather? But I guess it really does no good if I just continue to list out road blocks, so let's stop talking problems and start talking solutions!

VACATION = ROADBLOCK

For most of us when it comes to vacations and food, I won't even mention alcohol, "I'm on Vacation" tends to be the go-to excuse for **WRECKING** our diets. Stay strong and fight those urges! You can have that amazing dessert or that awesome looking drink, but maybe don't have the bread filled appetizer, carb heavy meal, chocolate covered dessert, and alcoholic drink all at one time! Just remember to enjoy all things in moderation and try to make healthy choices whenever they are available. Make sure you have a daily meal plan set in place, don't get caught just trying to grab something in a rush... that's how we get suckered into bad decisions!



Photo by A+C Photography

ABOUT **LINDSEY**

In short, I am a 32 year old mother of two, a hometown girl, and an absolute fitness junkie with a passion for helping others reach their health and fitness goals.

I am a Nationally Certified Yoga Instructor through Yoga Fit. I have five years of group and individual instruction experience, with a focus on rehabilitation and weight loss. I am also a Nationally Certified Personal Trainer and Group Exercise Instructor through ISSA and the YMCA, with extensive experience in program design, strength training, weight loss, and healthy aging. Professionally, I have trained with multiple gyms and private training studios, and currently train and instruct at the Hood County YMCA.

As stated above, I am the mother of two wonderful children with my high school sweetheart, husband of 13 years, and fellow fitness enthusiast, Michael Powell. We have an 11 year old son and a five year old daughter that keep us very active. I am also a Granbury High School graduate (Class of 2004... Go Pirates!), the former Mrs. Fit Texas, and the current Mrs. Granbury.

Why should you listen to anything that I have to say? Okay, so I know what you're thinking... "Great, another skinny chick that's never had to struggle with diet or weight a day in her life is going to tell me how easy it is to be fit!". Well, before you stop reading, let me tell you about my struggles and my fitness journey.




KIDS = ROADBLOCK

If you are like me, and will be staying home for spring break, there can also be a lot of hurdles in your fitness path. Your normal day-to-day schedule will be altered for at least a week while kids are out of school, making it even harder to get to the gym, go for a walk, or go to your favorite class. That schedule change can also have a big impact on our diet plans too!

Again, it is important to make sure you have your food plan set for the week! Meal prepping is the easiest way to stay on a healthier path. This method works best for me due to the fact that my kids do not eat the same things I eat and also when I am hungry I will find whatever is easiest to eat right that second. With an already prepped meal I can just throw it in the microwave for a few minutes and feed the "hangry monster" as my husband likes to say.

The kids will want to be entertained every second of the day and steering clear of all day long video games on a gorgeous Spring Day is something my husband and I strive for. Granbury is very family-friendly when it comes to outdoor activities. The Moments in Time Hike and Bike trail is one of my personal favorites. While on this beautiful path there are places you can stop and play. Baseball Fields, Dog Park, Skate Park, Hewlett park, the Disc Golf Course and a nice stroll around the square!

Juggling a job and entertaining kids while on break can also be challenging. In addition to the YMCA Day Camp during Spring Break, you can also send your kiddos to Camp El Tesoro for their Spring Break Camp!

I am excited about Spring Time! Spring offers new beginnings and a time for growth. Enjoy every minute exploring our community and what it has to offer. 

Diets are not the only thing that vacations tend to derail. Your workout routine is often the second casualty in the spring break battle and dropping that routine now will make it even harder to get back into the swing of things. The "I'm on Vacation" excuse catches most of us on this one too. You can try to avoid this pit fall in a couple different ways. First, if you are going to a resort or hotel, use their facilities! Most hotels and resorts have gyms, however, they may be limited on equipment, so rather than skipping out altogether just try waking up a little earlier and grabbing a quick workout to start your day!

Another great option is to skip the need to work out all together and just plan an active vacation! Skiing, hiking, biking, rafting, swimming, snorkeling... and the list goes on and on! Don't just kick up your feet and kick back drinks, go out and explore the wide and wonderful world!

WEATHER = ROADBLOCK

As the weather warms up and the flowers begin to bloom, there is nothing better than heading outside to enjoy one of Texas' best seasons of the year! You have a plethora of opportunity to continue on your fitness journey with outside activities such as local runs, hiking, biking, swimming, kayaking, etc.

But what happens when the weather is not so pleasant? After all this is Texas... and while it may be 75° today it could be 40° and raining tomorrow. Your favorite gym is a perfect place to be during these times, do not let random Texas weather be one of your setbacks! The YMCA offers group exercise classes as well as child watch plus a day camp for kids during Spring break.

All gyms can also become overcrowded during spring break, if you are looking to avoid the masses there are a few exercise ideas you can do at home at the end of the article!





SPRING BREAK BOOTCAMP:

Equipment needed: Dumbbells and Mat

UPPER

25 Reps each or timed, circuit

- Push-ups
- Bicep Curls (using Dumbbells)
- 8-count (a burpee with push-up and plank jack)
- Tricep Kickbacks (Using Dumbbells)
- Chest flys (using Dumbbells)
- Dips

LOWER

(Try and use weights with each of these exercises)
Timed or 25 each, circuit

- Wall sit
- Weighted Deadlifts (using Dumbbells)
- Lunges
- Jumping Jacks
- Squats
- Speed stairs
- Skaters or Heisman Hold

CORE

25 each

- Crunchy Frog/In-and-Outs
- Leg-Raise/Pulse Ups
- V-up Roll-ups
- Oblique V-ups or Side-plank Hip Raises
- Russian Twist
- Sit-ups

8 sets

Timed 30 seconds on 10 second transition

- Superman to Banana
- Bicycle crunches to toe tap crunches

PARTNER OR GROUP IDEA

- Wheelbarrow
- Leg lifts/push
- Wall Handstand Push-ups
- Plank while partner sprints gym/track

STRETCH

LOCAL FUN RUNS:

RUN FOR YOUR PEEPS 5K

Sat 13th Apr 2019
Granbury, Texas, US
Run 5km

ACTON NATURE RUN

Sat April 20, 2019
Granbury, TX US 76049

JURASSIC TRAIL RUNS

June 22, 2019
Dinosaur Valley State Park,
Glen Rose, Texas
Choose from a 5k, 15k or 13.1
mile trail run

DECORDOVA DASH 5K

Jul 6, 2019
5K run | kids run





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- Seasonal Outdoor Water Park
- Heated Indoor Pool
- No annual contract

TOGETHER WE MAKE MORE POSSIBLE

Through monetary donations the Hood County YMCA is able to provide more for children, families, adults and seniors in our community. 100% of every dollar donated is invested in providing financial support for summer camps, sports, wellness programs, water safety and much more. Donors, volunteers, members, neighbors and partners provide the support needed that enables the Y to meet the growing needs of our community.

For Youth Development

Nurturing the potential of every child and teen. We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

Programs at Hood County Y: Swim Lessons, Youth Obesity Prevention, Karate, Kids Triathlon, Youth and Government, Day Camp Youth activities at Oak Trail Shores, Swimming for Rancho Brazos youth.

For Healthy Living

Improving the nation's health and well-being. In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

Programs at Hood County Y: LIVESTRONG at the YMCA, Diabetes Prevention Program, Group Exercise, Silver Sneakers, Boot Camps, Personal Training, Membership

For Social Responsibility

Giving back and providing support to our neighbors.

Programs at Hood County Y: Youth and Government, Partnership with Hood County, Partnership with GISD, help coordinate volunteers with advocacy groups and programs.



**YMCA MISSION:
TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE
THROUGH PROGRAMS THAT BUILD HEALTHY
SPIRIT, MIND AND BODY FOR ALL.**




Pedi-cured

Words by **Dena Dyer**



About Dena

Dena Dyer is a professional writer and speaker, as well as the author of eight books and hundreds of articles. Her most recent book, written with her husband Carey, is *Love at First Fight: 52 Story-Based Meditations for Married Couples*. In her day job, Dena is the Director of Communications and Development at Brazos Pregnancy Center. She and Carey have been married nineteen wonderful years, and a couple more they don't talk about. They live in Granbury with their two sons (Jordan and Jackson) and a spoiled dog, Princess. Dena loves coffee with hazelnut creamer, traveling, reading, shopping at thrift stores, and watching British television.



I might have guessed that the pedicure would not go well when the woman who greeted me brusquely asked what color I wanted my toes painted. When I answered, “pink,” she pinched her face up and parroted, “PINK? Why PINK?”



It was a beautiful spring day. Several friends had generously given me a certificate for a free pedicure, and I planned on taking advantage of it.

As I strolled into a local salon, I looked forward to a therapeutic experience. After all, I was the mother of two energetic, crazy boys who sometimes acted like Kramer from Seinfeld. (There's my husband, too, but he's another story). I DESERVED pampering. Yay verily, I desperately needed it.

I might have guessed that the pedicure would not go well when the woman who greeted me brusquely asked what color I wanted my toes painted. When I answered, "pink," she pinched her face up and parroted, "PINK? Why PINK?"

Sigh. Suddenly, my spirits plummeted. I simply had no desire to re-create Elaine's infamous Seinfeld appointment.

Her reaction left me flummoxed, not relaxed. Dear reader, is it not my choice what color I want my toes to be? Pink is my favorite color. Would the salon employee get a commission if I instead picked cerulean or ochre? Why did they offer pink as a choice, if it was not an option? Did Ms. Salon have a traumatic memory of rose or rouge?

I decided to leave the unanswerable questions aside and stuck to my pink plan. However, the foot care I received was rough at best and tortuous

at worst. In all fairness, the sides and back of my feet have calluses as big as Jerry Seinfeld's royalty checks.

Finally, I was instructed to put my feet under the sun lamp to dry the polish, but because Ms. Salon was a "low talker," I didn't understand a word. When I asked her to repeat what she said, she rolled her eyes and clucked her tongue. Say what?!

Listen, lady, I wanted to say, I'm not one of the high-rise Hollywood elite; I seldom have the extra money or time to pamper myself. When I do, I'd much rather get a massage than a pedicure (especially now). And you have just given me the most stressful treatment I could have imagined. Not exactly what I was going for. Plus, you have a Newman-esque attitude!

However, I gathered all the lessons I'd learned growing up in the South, smiled my biggest, sweetest Texas smile, and resolved to talk to her boss. Maybe she read my mind, because as I was giving her the gift certificate, she talked to the other employees (again, too low for me to hear). Her gestures and body language told me all I needed to know about what she thought of me.

In the future, I'll take my tootsies elsewhere or pamper them at home...where I can watch my favorite Seinfeld and exfoliate in peace.





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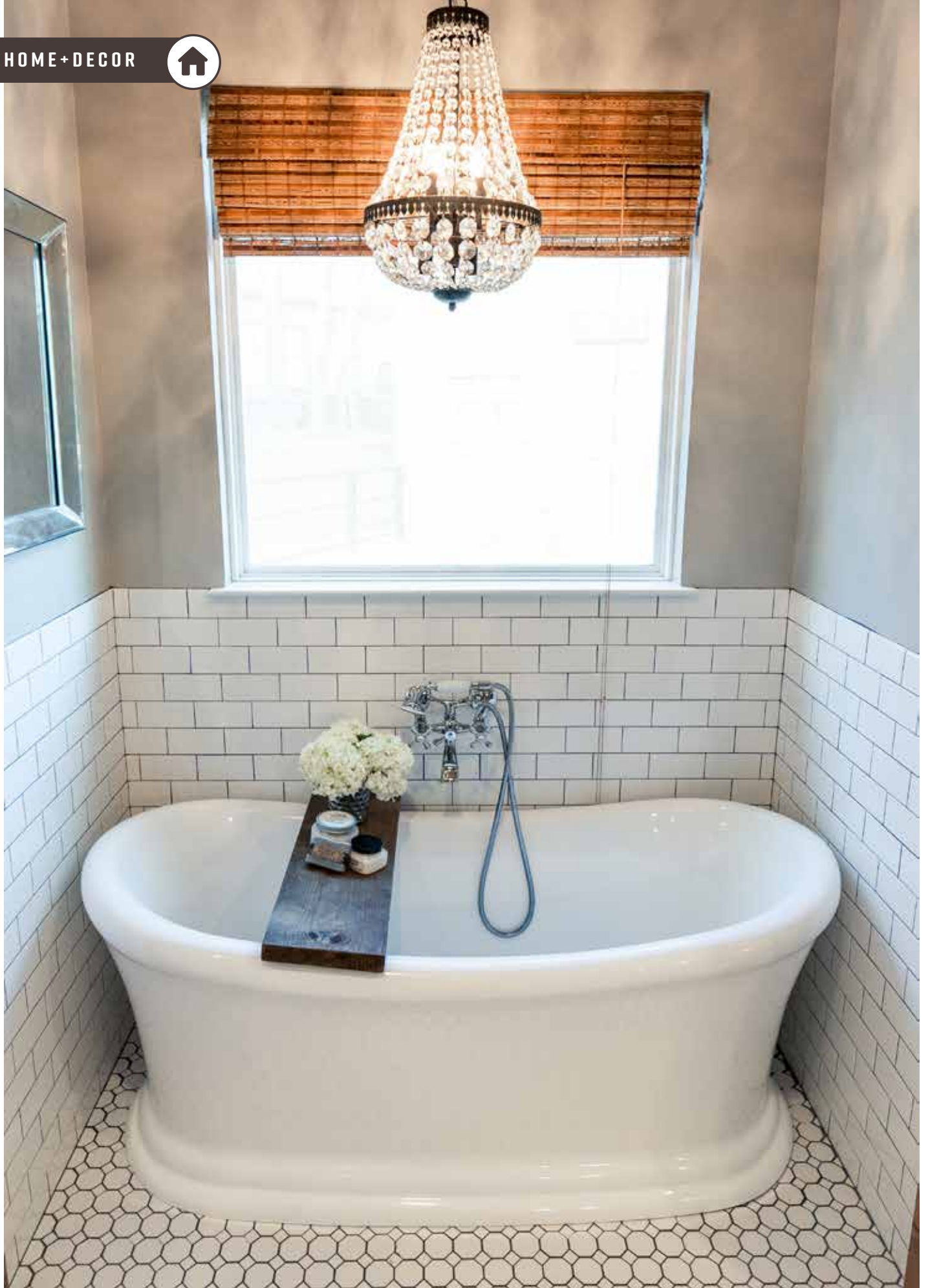
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HOME & DESIGN WITH *Maggie Walton*

Words by **Maggie Walton**
Photography by **Killingsworth Photography**

The Journey Towards Simplicity

The start of a new year always has me itching to clean out, to simplify both my home and life. By the end of January, my holiday decorations are put away and I welcome the clean, bare home that remains. After a season of such abundance, of overwhelming plenty, there is something refreshing about a clean slate, a fresh start. Once February hits, I am typically done with the cold weather and eagerly anticipate the warmer temperatures that come with the Spring.

Spring is a season of renewal and transformation in nature, and I always find myself longing for that in my home as well.



About Maggie

WWW.MAGGIEWALTONDESIGN.COM

[f](#) [i](#) [p](#) @MAGGIEWALTONDESIGN

I'm Maggie Walton, owner + designer of Maggie Walton Design. I was born and raised in Granbury, Texas and love this town for so many reasons. After graduating from Baylor University and marrying my high school sweetheart, there was no question that we would raise our family in Granbury. We have three energetic boys ages 8, 6 and 4 and we recently moved into our new construction "Modern Farmhouse". Creating beautiful spaces has been a love of mine for as long as I can remember. I enjoy spaces that are both comfortable and sophisticated, where my kids can run around and make a mess, and where dinner parties and baby showers can be hosted. While my style has evolved over the years, I would currently describe it as modern farmhouse + country cottage, with a few traditional pieces thrown in. Helping a client create a beautiful, comfortable, functional home that they are proud of is one of my greatest honors.



I just finished the widely publicized and wildly popular Netflix television series, “Tidying Up with Marie Kondo”. For those who have yet to see it, the series describes the “KonMari” method of cleaning and organizing your home, and of removing clutter that no longer “sparks joy” in your life. I watched the series over a period of a few weekends and was immediately inspired to simplify, to create spaces that left room for our family to live life, unencumbered by the excessive, unnecessary plethora of things that filled our home. Rather than dreading the monotonous chore of cleaning and tidying up, I was excited by the challenge in front of me. I found myself cleaning out every cabinet and closet in our home, purging things that no longer served a purpose to our family. For the longest time, I thought I needed to be more organized. What I realized through this process was that I just needed less stuff.

While the advice she gives seems remarkably simple, the results in my home have been transformational. As I worked my way through each area of our home, I immediately felt lighter. There was room to breathe. The newly created space also gave more visibility to the items I really loved. Family heirlooms, my favorite milk glass collection, even my own children’s artwork became focal points in our home - all things that had been lost in the clutter. Even more importantly, the time not required to clean, organize, and manage our “stuff” provided more meaningful time with my family.








Spring is for simplifying,
and beauty lies in
simplicity. Don't be afraid
this Spring to leave space
for something new to
be born in your home.



After taking this journey towards minimalism and simplicity, the thought of decorating for Spring had me stumped. I felt like my resolve for keeping my home this way was being tested for the first time. When your home is simple and the backdrop is neutral, removing and adding just a few pieces can give each room an entirely different feel. This year I added pops of pink and green to make our home feel cheerful and life-giving. One of the easiest way to incorporate color is with flowers. Whether you use faux florals or splurge on fresh blooms, incorporating some Spring arrangements into your home is the perfect touch. In a powder bathroom that guests frequent, I also love to incorporate a hand towel in a fun pattern that reflects the season, as well as a candle with a fresh, breezy scent that doesn't overpower the space. Spring is for simplifying, and beauty lies in simplicity. Don't be afraid this Spring to leave space for something new to be born in your home. 

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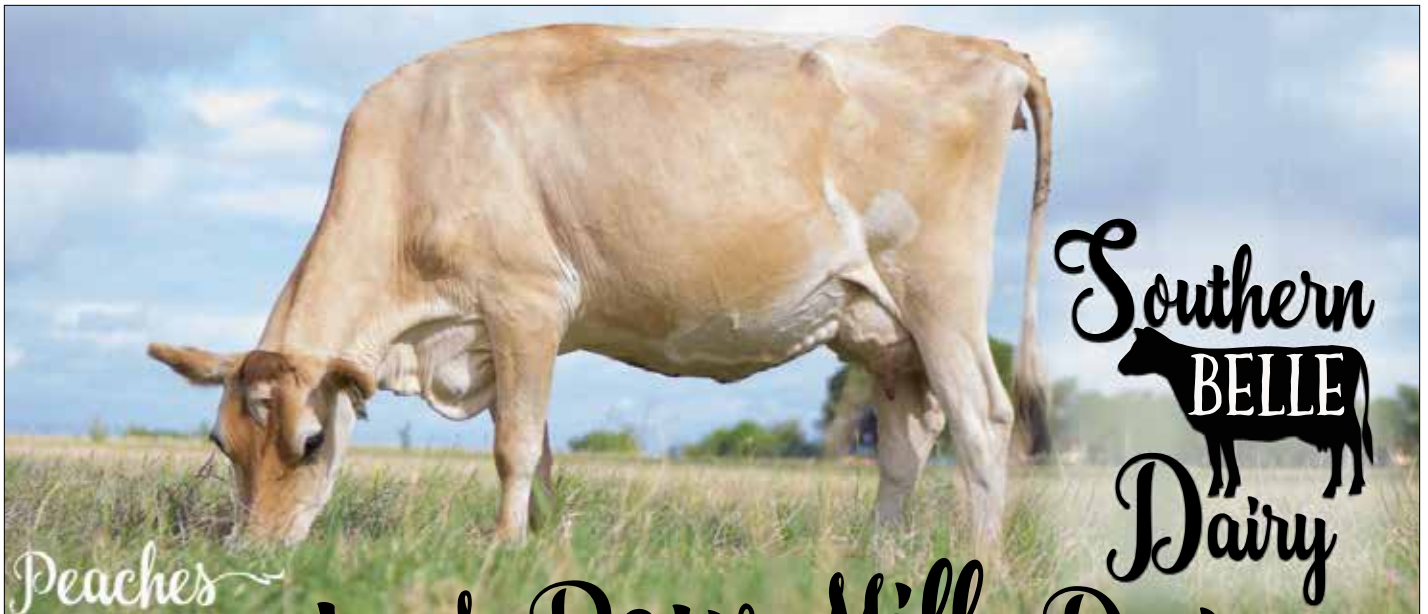
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FEATURE STORY

Hood County Habitat for Humanity

Words by **Melissa McGavock** | Photography by **Landi Whitefield Photography**



“No one lives in dignity until everyone can live in dignity. We believe that every person has something to contribute and something to gain from creating communities in which all people have decent, affordable places to live. We believe that dignity and hope are best achieved through equitable, accountable partnerships.”

Hood County’s Habitat for Humanity enters its 23rd year in August and after building homes for more than 100 families, there is no end in sight for this dynamic, life-changing organization. Worldwide, Habitat for Humanity has made immeasurable differences in the lives of almost 7 million people and there is an unmistakable impact that giving back has on its volunteers. With the construction of new homes, renovation of existing homes and a whole-hearted investment in our communities, Habitat breathes new life into many families who simply need a leg up. This principle is practiced with every single build, and also right here in Hood County.



At the core of Habitat for Humanity are the volunteers. These individuals are made up of student groups, church organizations, business employees, veteran associations and retirees. If you ask any volunteer what it is they find most fulfilling, they will tell you it's about putting on that hard hat and doing work that actually means something. Some volunteers would swear Dedication Day, the ceremony when the family receives their key and enters their own home for the first time, is a spiritual experience.

Affordable housing is an issue in Hood County for many families. The volunteers at Habitat are doing their best to build homes and hope. At this time, there are two homes under construction and many volunteer opportunities on site. Additionally, a new home construction will begin in one month and there will be work to do through May, 2019 (Habitat for Humanity breaks in the summer and picks back up every September). There's room for everyone at Hood County Habitat for Humanity and with continued community support for this worthy organization, together we can make a positive change now and for future generations.

GET INVOLVED

VOLUNTEER TO BUILD TOGETHER

Wednesdays and Saturdays

9:00am - 2:00pm

Lunch is served every workday to the volunteers and families.

NOT ABLE TO VOLUNTEER?

DONATE LUNCH!

Lunch is donated by individuals and groups

(churches, community organizations, local businesses, as well as small social groups, like bridge and golf clubs)

More information for volunteers and for families is available on the website.

habitatofhoodcounty.org



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LOOKING FORWARD

Philanthropic Happenings this Spring

● REACHING NEW HEIGHTS DINNER & AUCTION

Benefitting the Granbury Optimist Club

DATE: April 18, 2018

TIME: 6:00 pm - 9:00 pm

LOCATION: Granbury Resort and Conference Center

EVENT DESCRIPTION:

The Granbury Optimist Club grants scholarships to GHS graduating seniors. As well, they support local public recreation areas such as the Granbury City Park, and local youth support and educational efforts such as Operation School Supplies, Junior Livestock Show, Christmas for Children, and the GISD Education Foundation. Join us for an enjoyable evening and share the magic of optimism while raising money for the youth of Hood County. Admission tickets include dinner as well as silent and live auctions. granburyoptimist.com

CONTACT INFORMATION:
817-219-8803

● 11TH ANNUAL ACTON NATURE RUN

Benefitting the Acton Nature Center

DATE: April 20, 2019

TIME: 10:00 am - 12:00 pm

LOCATION: Revolver Brewing

FEES/ADMISSION:

Entry Fees: Race Day - \$35 per person
Teams of 5 (or more): Race Day - \$30 per person
Entry Fees for 10 and under or 70 and older - \$10 per person
No pets please!

EVENT DESCRIPTION:

Sponsorships welcome! The Acton Nature Center invites you to join us for the 11th Annual Acton Nature Run at Revolver Brewing. The Acton Nature Run began in 2009 and has been a wonderful fundraiser for the Acton Nature Center. It provides the funding for many projects, such as the entrance, Butterfly Garden spring plantings, picnic pavilion, Bird Blind and Habitat with water feature, and regular grounds maintenance schedules. In addition, the programs hosted at ANC, the Monarch Tagging event, Feather Fest., Reptile event, and Star Parties, are all FREE of charge, thanks to our once-a-year Fun Run. The Run will begin at Revolver Brewing, proceed up Matlock Road, and back to the finish line at Revolver where they will provide one Drink and one glass to participants 21 years and older providing picture ID. Stay for Brewery Tours that begin at 12 noon for \$10. Race Day Event Services will help to coordinate and run the time clock on the day of event, using chip technology. Runners, walkers, teams and families are invited to enjoy this morning of community participation that serves to maintain our beloved Nature Center! actonnaturecenter.org/annual-fun-run

CONTACT INFORMATION:
hcdd_1@yahoo.com

● UNITED WAY OF HOOD COUNTY HAVANA NIGHTS SPECIAL EVENT

Benefitting the United Way of Hood County

DATE: May 2, 2019

TIME: 6:00 pm - 9:00 pm

LOCATION: Warren's Back Yard
2901 Weatherford Highway

SPONSORSHIPS LEVELS:

\$1,000, \$2,500 and \$3,500
Individual Tickets: \$125.00

EVENT DESCRIPTION:

United Way improves lives by mobilizing the caring power of communities around the world to advance the common good. United Way advances the common good by creating opportunities for all. Our focus is on education, income and health—the building blocks for a good quality of life. Join them at their annual special event for music, drinks, and cuban themed food. Dress to impress in your fedora and "cruise wear"! There will be a silent and live auction to raise money for United Way's cause. To register for tickets go to www.unitedwayhoodcounty.com

CONTACT INFORMATION:
817-579-5100
office@unitedwayhoodcounty.com

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Springtime in Granbury

FESTIVE HAPPENINGS THIS SPRING

THE NEW GRANBURY LIVE

"The Most Intimate Venue in Texas"
See thenewgranburylive.com for ticket prices and show updates. These events sell out fast, get your tickets today!

Lee Roy Parnell
MAR 1 8:00 pm

America's Hope: A Salute to America
MAR 2 2:00 & 7:00 pm

The Road Less Traveled with Erick Willis & Drew Kennedy
MAR 3 2:00 pm

Moe Bandy
MAR 9 7:30 pm

The Road Less Traveled with Curtis Grimes
MAR 10 2:00 pm

Jim Stafford
MAR 15 7:30 pm

You've Got a Friend
MAR 16 2:00 & 7:00 pm

The Road Less Traveled with Kylie Rae Harris
MAR 17 2:00 pm

Dion Pride
MAR 22 7:30 pm

The Best Show Ever!
MAR 23 2:00 & 7:00 pm

The Road Less Traveled with Ben Danaher
MAR 24 2:00 pm

The Road Less Traveled with Sam Riggs
MAR 31 2:00 pm

The Road Less Traveled with Courtney Patton
APR 7 2:00 pm

Radney Foster and Darden Smith
APR 11 7:30 pm

T.G. Sheppard
APR 13 7:30 pm

Ty Herndon
APR 14 3:00 pm

John Conlee
APR 26 7:30 pm

The Lost Shaker of Salt Band-a Tribute to Jimmy Buffett
APR 27 7:30 pm

Langdon Big Band
APR 30 7:00 pm

The Cash and Cline Show
MAY 3 7:00 pm

GENERAL GRANBURY'S BIRTHDAY BASH AND COOK-OFF

MAR 16 + 17
Historic Granbury Square
Have a piece of birthday cake and ice cream to kick-off the birthday bash at 10:00 am. Sample the best beans and BBQ, explore new and exciting craft and food vendors.

Cheer for your favorite competitor in the epic outhouse race! Build an outhouse made for speed, and race against the most fierce outhouses in the racing game! Do you have what it takes? Gather your fastest outhouse, two of your closest buddies and let's get this potty started!

Email questions and complete vendor applications:
Brenda Hyde Event Planner
granburyhgma@gmail.com
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GRANBURY WINE WALK

APR 26-27
Historic Granbury Square

It's time to sip and savor on authentic Texas wines! The celebration begins with the prominent VIP "Sip & Savor" Event on Thursday evening, April 25. Attendees enjoy a taste of Texas with hors d'oeuvres from North Texas' favorite celebrity chefs paired with carefully selected wines from wineries at the Wine Walk. The rest of the event kicks off Friday, April 26 and again, Saturday, April 27. Wine Walkers can enjoy live local music at clusters of booths, each cluster offering Texas flavors in wine, food and art.

To learn more and purchase tickets go to:
granburywinewalk.com

GRANBURY OPERA HOUSE

Granbury Theatre Company at the Granbury Opera House. There is something for everyone at the Granbury Opera House. The 2018 season brings a diverse collection of shows. Join us for classics, rock bands, and little known shows to round out your theatre season experience!

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Forever Plaid
MARCH 29 - APRIL 14

Seven Brides for Seven Brothers
APRIL 26 - MAY 27

Visit granburytheatrecompany.org for ticketing information.



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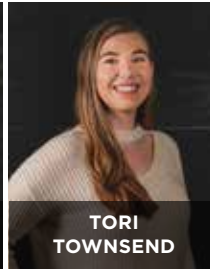
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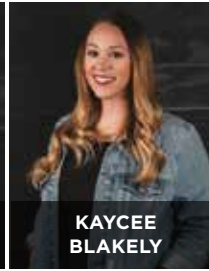
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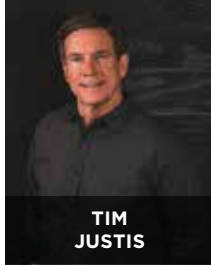
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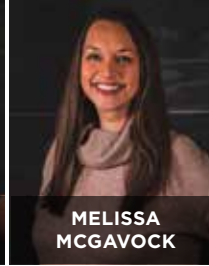
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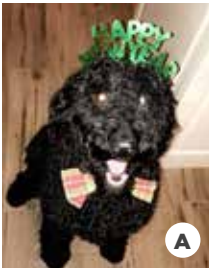
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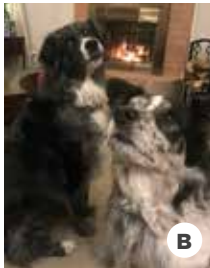


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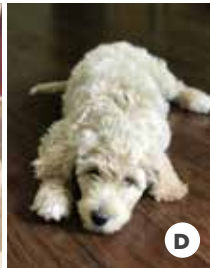
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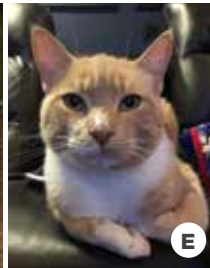
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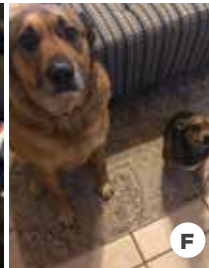
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CORNBREAD



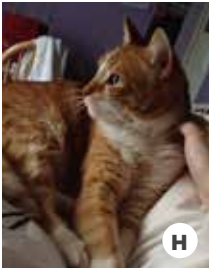
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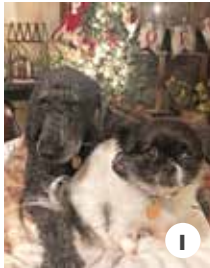
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H

CHEERIOS



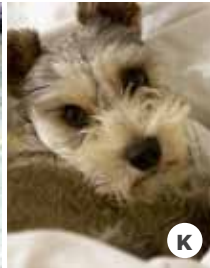
I

BAILEY & DARLIE



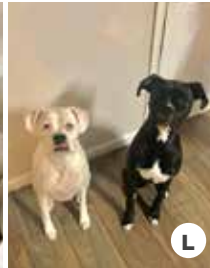
J

SOPHIA MARIA



K

HIGGINS



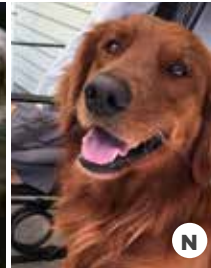
L

DALLAS & COLLINS



M

DARREL



N

RUSTY

ANSWERS
Britney Lopez: N, Samantha McComas: L, Tanner Hanley: G, Autumn Grant: K, Tori Townsend: H, Kaycee Blakely: A, Amy Winters: F, Dawn Skinner: C, Lindsay Milson: J, Lindsey Moore: L, Lindsey Grant: D, Eric Wilkins: I, Tim Justis: J, Dawn Skinner: C, Kaycee Blakely: A, Aaron Meeks: M

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