

Larry Hagman gives up steaks for spinach

When Larry Hagman returned to Big D last fall to film the new version of *Dallas*, he came back with a few more years under his belt, a little more gray hair and that same dastardly twinkle in his eye. He also returned as a vegetarian.

My first impulse was to wonder how not eating beef would affect his stature at the E-Bar-S Ranch, Hagman's local ranch-away-from-home, where Eugene and Mary Ann Smith have long over-



Larry Hagman

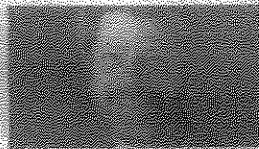
seen the quintessential Texas cattle family. Their son, Bragg Smith, proudly displays a bumper sticker urging people to "Eat More Beef." Bragg's sisters, Fay Sheehan and Ann Barbier, have a friend from their junior high

days, Nancy Gibbons Addison, who happens to be one of the most respected vegetarian lifestyle promoters in these parts.

So sure enough, Hagman met Nancy when he was in town filming, and she became his personal nutrition counselor and chef for five months. They were introduced by Linda Gray (aka Sue Ellen Ewing), a friend of Nancy's who became a vegetarian while spending time with her in Dallas.

Now Nancy is coming out with a new book called *How to Be a Healthy Vegetarian* and Hagman is singing her praises. On the back cover he proclaims, "Nancy Addison knows what she is talking about. When I first started eating vegetarian food, I was hungry all of the time. Then I met Nancy and started eating her delicious food.... Within the first week, I could feel the effect of healthy food and healthy living and am embracing the vegetarian world. I have more energy than I ever had and I feel great. She has opened my eyes to a different world."

Inside the book, which includes more than 100 recipes, his testimonial goes even further. "Nancy's food is really, really, really delicious, and now I feel full and satisfied. I never in a million years thought I would be eating this kind of food and loving it! Going from steak and eggs for breakfast, barbecue pork for lunch, and fried catfish for dinner, with



KIRK DOOLEY
Contributor

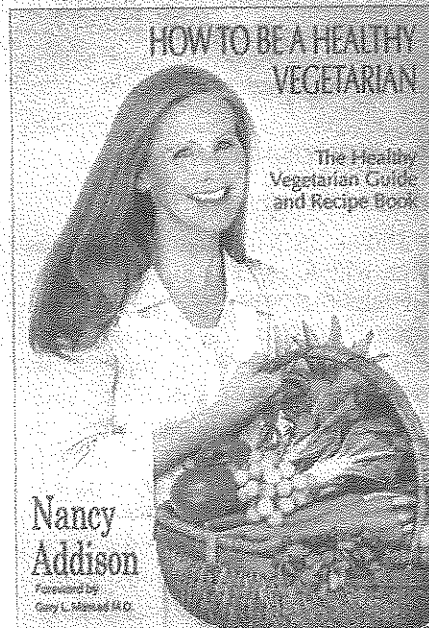


Photo submitted by KIRK DOOLEY

"How to Be a Healthy Vegetarian" by Nancy Addison has a forward by new Dallas resident, Larry Hagman.

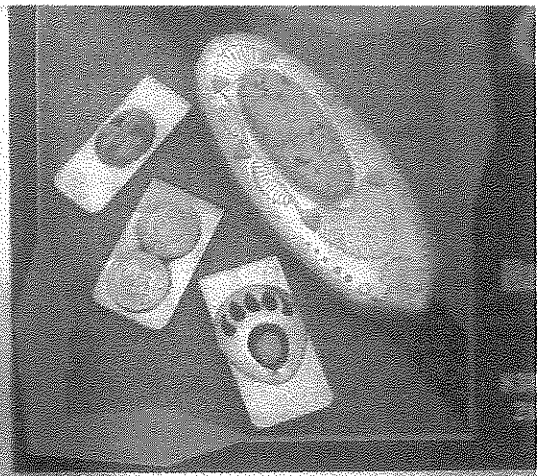
mashed potatoes with healthy helpings of pie and ice cream, I have embraced Nancy's philosophy of vegetarian food. For me at 80, this sounded like an enormous undertaking and commitment.

Hagman concludes his testimonial with, "I believe in Nancy so much that I will even pay you to enjoy this book."

And there printed on the page is an autographed copy of \$10,000 bill from The United State of Texas.

To find out more about Nancy and to order her book, go to her website — organichealthylifestyle.com. She has been a vegetarian for 26 years and has been promoting that lifestyle for two decades. Obviously, she made a big impact on 80-year-old Hagman, television's most famous Texas oil baron and cattle rancher. As J.R. Ewing himself would say, it looks like she taught an old dog a new trick.

Kirk Dooley is a University Park



BALDING TH

We have been improving hair for men with Clinical scalp therapy. Ask us about how you can take photos to show progress, PRP treatment for dandruff, itching, dry or oily scalp, and solutions for ethnic hair problems. Separate department for women's hair.

Hair & Scalp Clinic
214.340.0

12989 Jupiter Rd., Suite 100
Open Wednesday - Saturday - After 1

DUX The Bed

Where Comfort Meets

The DUX Bed offers the most comfortable sleep experience. Thousands of supportive springs in the DUX spring position, keeping your spine aligned. At night, the unique DUX spring system moves with your body weight evenly to maximize circulation and keep you truly relaxed: DUX—legendary comfort for

DUXIA

ADVANCED TECHNOLOGY
DUXIANA.COM 888