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To end the misery caused by Bulging DISCS, you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

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

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 613-1533 or visit www.nowmagazines.com.



Editor's Note

Hello, Weatherford Friends!

What is it about Christmas that brings a smile to my face? I'm honestly not that sure. I have always loved this season more than any holiday or time of the year. Perhaps my mind drifts back to childhood and the memories I hold so dear. Now, I'm the one with the opportunity to share new traditions with my children and grandchildren. I'm the one who gets to make gifts they hopefully treasure, to make yummy foods and provide an atmosphere of love.

This year has been a little challenging for me personally, but out of the tough times, I received the greatest gift — knowing without a doubt the love of family and friends. I can't think of anything I want more. This year, I plan on enjoying everything about the season and those closest to me.

May this Christmas bring fresh joy to your life, too.

Lisa

Lisa Bell
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P.S. The publisher and staff of NOW Magazines wish you and your family a very merry Christmas and the happiest of holiday seasons!

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Municipal Annexation Reform Petition For All Parker County Residents
Petition of Parker County Residents related to SB86 of the 85th Texas State Legislature Special Session: Municipal Annexation

Opt Parker County into Tier 2

Gov. Abbott, who previously called involuntary annexation "taxation without representation" and "un-Texan", recently signed the new Municipal Annexation Reform Law. This law prevents municipalities in the ten largest Texas counties (considered Tier 2) from forcibly annexing property without providing the landowner a vote. Parker County residents do not automatically qualify for this new Tier 2 Status.

The new law requires all Tier 1 counties, including Parker, to submit a petition of signatures from 10% of all registered voters to be granted Tier 2 status. The completed petition will then go through a validation process before the Parker County Commissioner's Court orders the issue to be placed on the ballot in the next general election.

All Parker County registered voters can sign this petition. Each person's information must be complete & written legibly on the petition. Once we obtain approximately 10,000 signatures, they will be

turned in to the Election Office no later than March 1, 2018.

Please protect property rights in Parker County by completing this petition and mail it to:
Laura Hester
2551 Zion Hill Loop
Weatherford, Tx 76088

For more info, call Laura 817-773-6016 or visit the Facebook Page: Stop Involuntary Annexation in Parker County

Petition of Parker County Residents related to SB86 of the 85th Texas State Legislature Special Session: Municipal Annexation

We, the undersigned registered voters of Parker County, Texas hereby request that the Parker County Commissioner's Court hold an election in accordance with the terms and provisions of the Texas Election Code, Title 17 in Parker County to classify Parker County, Texas as a Tier 2 County as it relates to Municipal Annexation as described in the SB86 from the 85th Texas State Legislature Special Session. It is the hope, purpose and intent of the petitioners of whose signatures appear hereon to see Parker County classified a Tier 2 county as described in SB86 of the 85th Texas Legislature Special Session in regards to Municipal Annexation.

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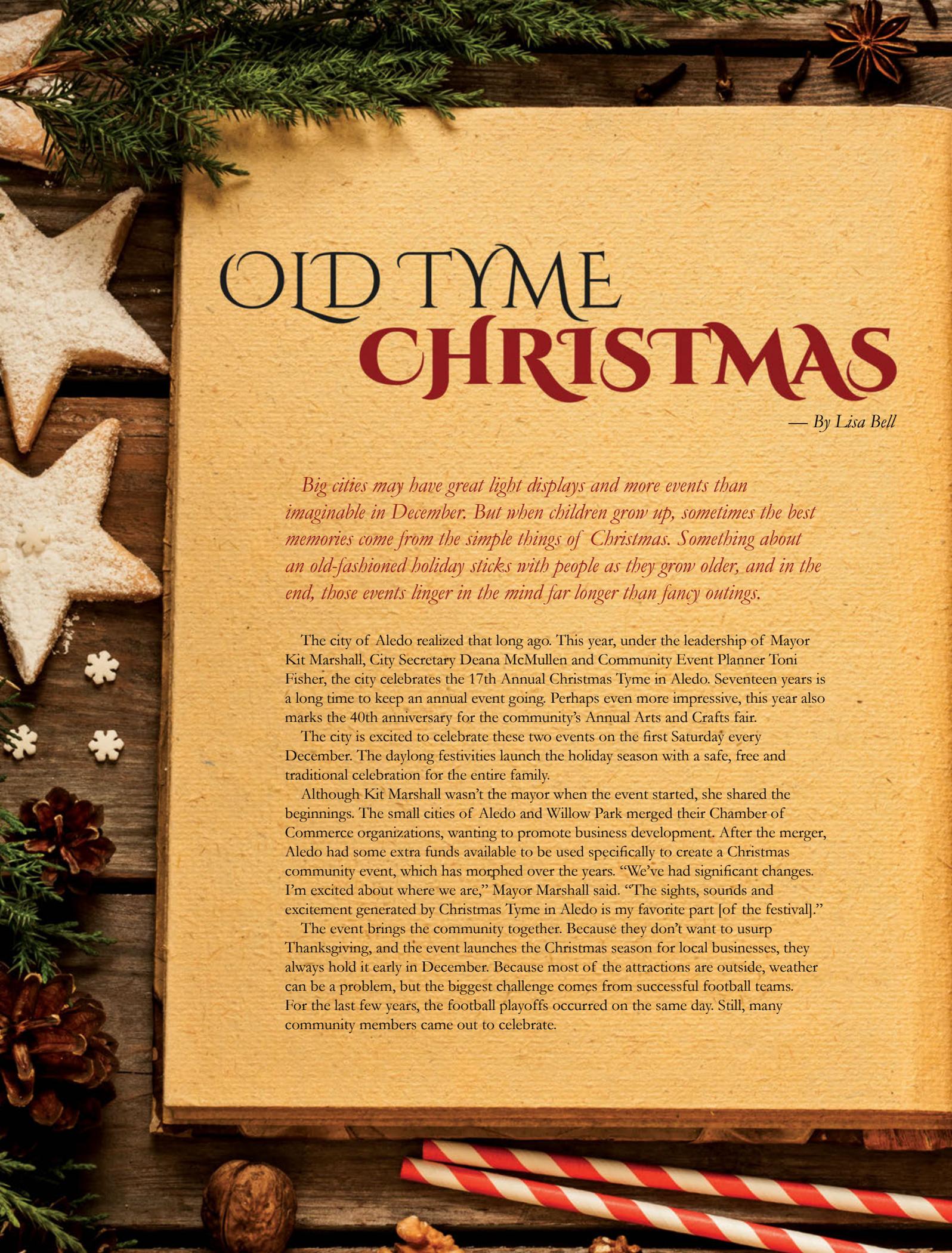
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OLD TYME CHRISTMAS

— By Lisa Bell

Big cities may have great light displays and more events than imaginable in December. But when children grow up, sometimes the best memories come from the simple things of Christmas. Something about an old-fashioned holiday sticks with people as they grow older, and in the end, those events linger in the mind far longer than fancy outings.

The city of Aledo realized that long ago. This year, under the leadership of Mayor Kit Marshall, City Secretary Deana McMullen and Community Event Planner Toni Fisher, the city celebrates the 17th Annual Christmas Tyme in Aledo. Seventeen years is a long time to keep an annual event going. Perhaps even more impressive, this year also marks the 40th anniversary for the community's Annual Arts and Crafts fair.

The city is excited to celebrate these two events on the first Saturday every December. The daylong festivities launch the holiday season with a safe, free and traditional celebration for the entire family.

Although Kit Marshall wasn't the mayor when the event started, she shared the beginnings. The small cities of Aledo and Willow Park merged their Chamber of Commerce organizations, wanting to promote business development. After the merger, Aledo had some extra funds available to be used specifically to create a Christmas community event, which has morphed over the years. "We've had significant changes. I'm excited about where we are," Mayor Marshall said. "The sights, sounds and excitement generated by Christmas Tyme in Aledo is my favorite part [of the festival]."

The event brings the community together. Because they don't want to usurp Thanksgiving, and the event launches the Christmas season for local businesses, they always hold it early in December. Because most of the attractions are outside, weather can be a problem, but the biggest challenge comes from successful football teams. For the last few years, the football playoffs occurred on the same day. Still, many community members came out to celebrate.



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“As the Aledo commons (grounds inside Aledo Trail) changes, so will the event,” Mayor Marshall added. “I think Aledo is a charming town. We’ve retained our heritage, and this is a fun event for the community and visitors.”

The event includes the entire community, not just a part of it, and everyone is welcome. Deana became the city secretary six years ago and stated that the event has grown every year since she’s been there. While keeping the traditional parts of Christmas, they try to add a new feature each year.

In 2016 the arts and crafts fair grew so big, they decided to hold it at Church at the Crossing’s gymnasium. More than 50 vendors will offer unique gifts available for purchase. In the past, many commercial vendors took part in the fair. But this year, Toni shared that all first-time vendors must make what they sell. While some may choose to purchase products and package them in a unique way, the majority of the vendors will offer handmade items, which returns the arts and crafts fair to its original intent. “It’s a good place to give the kids a little money, and let them shop for Christmas,” Toni said. Her eighth-grade daughter enjoys the arts and crafts.

This part of the communitywide event begins at 11:00 a.m. and ends at 7:00 p.m. All other activities are located in the historic downtown district and run from 5:00 to 9:00 p.m. Instead of encompassing only a small area, the festivities span the entire downtown area. The shops and restaurants usually offer specials for the night.



Mayor Kit Marshall and Shawn Powell, family life minister at Church at the Crossing, help make the season bright in Aledo.



Community Event Planner Toni Fisher works to keep Christmas Tyme in Aledo running smoothly.

At 6:00 p.m., Santa arrives by firetruck at the Aledo Community Center, lights the town Christmas tree and officially kicks off the season. He will have his reindeer at the event, too, anxiously waiting in pens for attention from those walking by. The reindeer love visitors. Afterward, Santa will take his place at the Community Center, where children can spend some time with him and have a free picture taken. The Aledo 4H Club will have concessions available at the center. With tables set up, families can enjoy a meal or snack together either from the 4H Club or one of the many food trucks scheduled for the event. Kid zones provide a designated area with toys, where children can play safely while their moms and dads catch their breaths.

Local businesses participate by keeping their shops open late and providing holiday treats and activities. Toni has worked hard to bring in live entertainment. From dancing to music, she hopes to set the mood for the holidays. This year, she hopes weather cooperates, and she can involve Aledo ISD bands and choirs to help create a festive air.

In past years, the event has had a mini-train ride, carriage rides, bounce houses, photo booths and more. Last year, an ice-skating rink appeared for the first time. Toni said that the rink will be available again this year, contingent on weather. In addition, The Summit Church in Aledo will present a live nativity. She also hopes to bring back Human Hamster Races, which was a popular activity at Aledo-Fest.

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“I think it’s a really great fun and friendly event,” Deana said. “We try to make it fun for everyone.”

While the event started to promote local businesses, it became so much more. The festive atmosphere creates a perfect backdrop for families to make memories of the place where they always go to see Santa. Being outdoors, although sometimes challenging, also allows people to experience something more intimate than many places. Because it’s local, friends run into each other and perhaps share a moment around a fire, roasting marshmallows and putting together a tasty s’more or two.

Without traveling, children can try out something new, such as ice-skating. Let’s face it — Texas isn’t known for outdoor ice skating rinks, so the uniqueness of this event allows kids of all ages to do something they may have only seen in movies. This is the stuff of memories — one evening with a fun atmosphere, you don’t experience any other time of the year.

For some people, Christmas Tyme in Aledo means a head start on shopping for unique gifts. For others, it’s simply a day of fond memories they hope their children and grandchildren remember far into adulthood. That’s what keeps these city women planning and making the event a reality. They all look forward to the event growing larger every year. **NOW**



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Christmastime is more about quality than quantity for Britton and Jamie Schweitzer of Weatherford. Their busy work schedules don't leave much time for decorating, so Britton and Jamie display only a few collected keepsakes, in addition to their Christmas tree, and make the most of those extra moments with their children. Spending more time with Brayden, 10, and Grayson, 8, has become essential during this time of year and has led to a new tradition at their family's home.

Family Together

At Home With Britton and Jamie

Jamie is an ER nurse at Texas Health Harris Methodist Hospital in Fort Worth, so she often is required to work either Christmas Eve or Christmas Day. Until last year, the family spent her day off traveling to visit relatives in the local area. Now, they enjoy family time lounging around in their PJs, allowing the children time to sit and play with their gifts. Relatives are invited to enjoy a meal — often grilled out back by Britton, whose extensive background in the restaurant industry shines through in his dishes.

This Christmas will be the Schweitzers' fourth in their custom-built home. They purchased the 1-acre property and decided on a floor plan similar to one they had seen during an open house near their former Clear Lake neighborhood in Weatherford. Jamie liked the natural feel of wood and rock featured throughout the home. The design process during the build was not a difficult one for the couple. "Our style is pretty much the same," Jamie stated. "We definitely like the open concept. There isn't any wasted space. There isn't a formal dining room that we're not going to use. It's very family-friendly." Light, neutral paint throughout the home brightens the space, and large



Business

and Jamie Schweitzer

— By Amber D. Browne

windows in the dining area overlook the wooded backyard, where a playset and trampoline long for attention from the children.

Britton designed the kitchen, which includes stainless steel appliances and a gas stove. “Gotta have gas. It’s a chef thing,” he said. The kitchen features granite countertops mounted on dark wood cabinets and an island, which lends counter space just a step away. During the holidays, the kitchen becomes Jamie’s domain. She bakes



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The kitchen opens into Jamie's favorite room in the house — the living area, where the family spends time relaxing in front of a gas fireplace on their L-shaped brown leather sofa. Four stockings, decorated by Jamie's mother, hang from the mantel. Each is named for its owner and embellished with beads, sequins and trinkets. The 10-foot tree includes ornaments

from Jamie's childhood and others collected for their children each holiday season.

The children decorate their own small tree in the entryway of the home. They also hang holiday decor on their bedroom doors. Grayson's bedroom is the most brightly colored room in the house, thanks to the hot pink decor. "And, it has enough room for cartwheels," she shared. Grayson often spends afternoons dressing up dolls in her



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Barbie Dream House. Jamie's modern pink artwork and a painting of ballerinas by Britton's grandmother pop on the walls in her room. Another of Britton's grandmother's paintings can be found in Brayden's room, where posters tell visitors about his favorite pastimes, including Minecraft and all things *Star Wars*.



Britton has a "man cave" to call his own, which doubles as his office. He sold his two restaurants, Fire Oak Grill and Weatherford Downtown Café, several years ago and recently left the restaurant industry to pursue a career at Clark Real Estate Group. His home office is his favorite room in the house. "All my toys are in there," he shared. His disc jockey table and collection of records are housed in the room, and a quilt touting T-shirts from shows and concerts he attended and deejayed at hangs from one wall. Britton's prized trophy mounts including a white-tail deer, a big horn sheep and more are also on display. The hunting expeditions were part of the Texas Parks and Wildlife Grand Slam. Britton won the top prize in 2011, after buying tickets while renewing his hunting license. "It was an opportunity of a lifetime."

An avid outdoorsman, Britton enjoys spending time hunting and fishing. Anything he harvests, he cooks. "I do all the processing myself," he said. "Being able to do that is enjoyable." Just down the hall from his "man cave" is the garage, which serves as storage for his hunting and fishing equipment, kayaks and meat-processing station.

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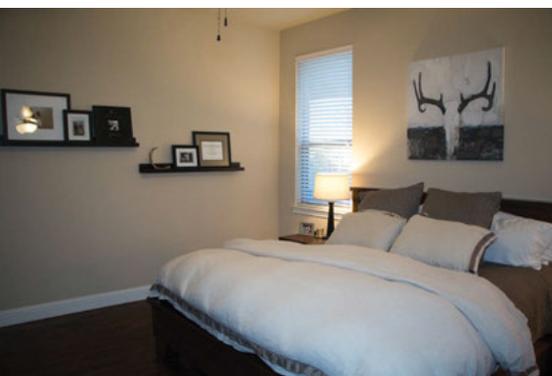
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“He has all these mounts now, and it meets up with our style,” Jamie shared. Dark brown wood and stained concrete floors are a stunning contrast to the cream-colored walls and light stone façades on the fireplace and in the kitchen. In the master bedroom, more shades of brown are featured in the bedding and on three canvases painted by

Jamie. She enjoys painting, when she can find the time, as well as exercising in her yoga room. Floating shelves feature wedding and family photos, while antlers add a rustic touch. The oversized walk-in closet with three rows extending to the ceiling also features an antler jewelry hanger constructed by Jamie’s stepfather.



Britton even has his own section full of camouflage gear.

Britton and Jamie graduated from Weatherford High School a few years apart. They knew each other while at school, but didn’t start dating until after Jamie graduated. They married in May 2002, after a 10-year courtship, and returned to Weatherford from Fort Worth. “I couldn’t imagine being anywhere else,” Britton shared. He serves as president of United Way of Parker County and on the Doss Heritage and Culture Center Board, while Jamie volunteers at the children’s school.

They enjoy taking Brayden and Grayson to Christmas-on-the-Square festivities and Holiday in the Park at Heritage Park each year. Later this month, they’ll be in the kitchen together as a family, making feed for Santa’s reindeer. **NOW**

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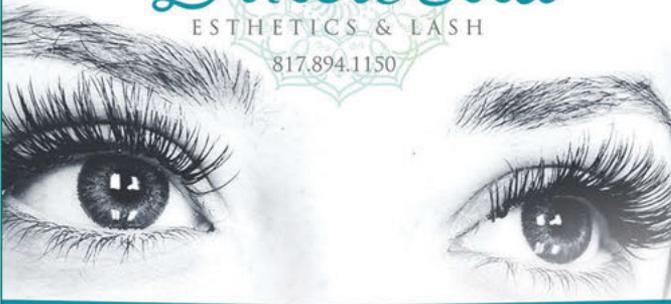


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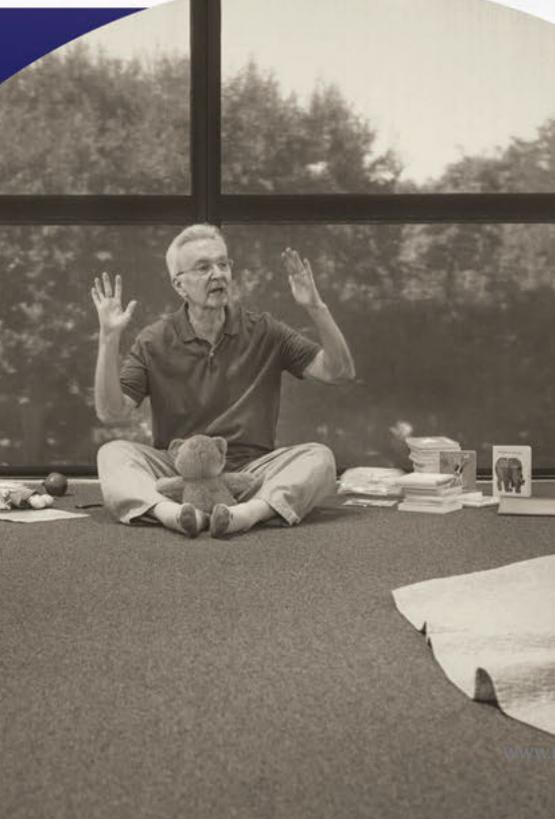
— By Lindsay L. Allen

GENIUSES

Dr. James “Jim” Thomas isn’t your average professor. He isn’t working with students who are seeking higher education. In fact, they are seeking their very first education. He isn’t lecturing with charts and slides but is singing, signing and sharing books to meet the developmentally appropriate levels of his students. He isn’t trusting that the students do all this independently, like your average professor would, but is counting on the parents to learn and grow with their little ones.

He has spent the last 15 years teaching parents and young children pre-reading skills through his Opening Doors to Early Literacy sessions. His students include parents, early childhood educators and even infants up to age 5.

Dr. Thomas’ qualifications for early literacy programs and workshops stem from his numerous academic degrees



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in English, library science and early childhood education, along with his work experience at universities and libraries. Surprisingly, his passion for this topic results from his *lack* of education.

"I was born in 1945, post war, and my parents, like most, were struggling to make ends meet. I only saw my mother read recipe cards and my father read newspapers," he recalled. "I was never read to, never taken to a public library and didn't have any books of my own — no fault of my parents — they were just trying to survive. Knowing what we know now about the importance of early literacy and reading readiness, I believe 100 percent that no child should struggle when it comes to reading. I lagged behind in my education because of my inability and fear to read. My education and experiences tell me that children need these skills early on."

With each age group, Dr. Thomas is always sure to make the content developmentally appropriate. "When I have 20 babies and their parents, it's a roomful. I can capture their attention for a 30-minute program and have no tears because everything I offer is right for their stage of life," he said.

With children being divided into different age categories, he stresses different techniques, all with the same six early literacy skills at the core: print motivation/loving books, print awareness/using books, vocabulary/understanding the words, narrative skills/story awareness, letter knowledge/understanding letters and phonological awareness/understanding words. For

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“Babies can’t speak yet, but they can communicate, and so we teach them to sign as their form of communication.”

instance, for the infant class, he focuses on techniques for hearing our language. One-year-olds learn how to make sense of our language. With the toddlers and up, he focuses on techniques for responding to our language.

Part of his instruction is teaching infants 62 sign-language signs. “Babies can’t speak yet, but they can communicate, and so we teach them to sign as their form of communication,” he said. “At 13 months old, my granddaughter was able to string together signs she knew and tell me, ‘Change diaper, wet,’ when I was babysitting her. At this age, she could put signs together and make a complete sentence to communicate with me!”

Understanding developmentally appropriate skills is not just his job, but his passion. Dr. Thomas has spent more than 20 weeks, over the course of three trips to Australia, coaching early childhood educators, in addition to the many workshops and programs he teaches stateside. “I was grabbing lunch one day, and a lady kept staring at me. I finally asked if we knew each other. She replied, ‘You probably don’t know me, but my daughter was in several of your programs as a child, and to this day, I still think you are the reason for her love of reading,’” Dr. Thomas recalled. “That is why I do this and why I keep doing this at my age, because it is making a difference.”

At 72 years young, Dr. Thomas could slow down, but he chooses not to. “I do this because I feel like I have a legacy to pass on. All the years of experience



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I have, combined with the background my grandchildren have given me, put me in the position to share what I know with others," he said. "It keeps me young and my brain active, and I do it out of love and respect for our next generation. Seeing them react when I am singing and dancing, seeing their eyes light up and knowing it's registering, and knowing in the second week they are looking for me, makes all the effort worthwhile."

Relying on song, books, dancing and signing, Dr. Thomas engages all ages and relies on group settings for his programs and workshops. "Most of the workshops I give are through Workforce Solutions for early childhood providers," he said. With the programs for children and their parents, this setting with numerous families works well. As the group participates, the comfort levels go up, because it's a whole room full and not just one person singing to their child."

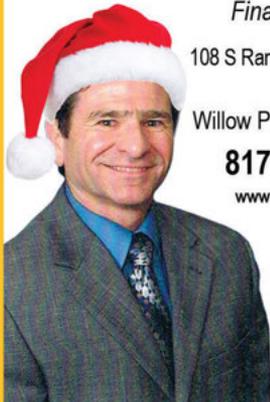
Dr. Thomas adds that because parents do not typically have the background to teach pre-reading skills to infants and young toddlers, he can always find a captive audience. "You can start teaching infants these skills, if you know what is appropriate for them," he said. "My hope is that the children are not just ready for kindergarten but have a head start and are ready to read. But first, you have to enable the parents to know what skills they should be teaching. Parents don't realize they can start teaching that young. We know that infants are like sponges, and we need to take advantage of this. It's the prime learning age." **NOW**

Editor's note: For more information, email Dr. Thomas at earlyliteracyworkshops@live.com.

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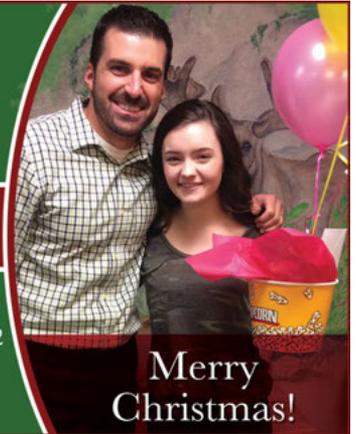
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A Texas Treasure

Five generations have kept Parker County families warm through 60 years of reliability. — By Melissa Rawlins

The owners of Texas Butane Co, Inc. are proud of the company's low-number license, granted by the Texas Railroad Commission in 1958. "We're proud of our reputation, too," Morris White said. Recently, the Texas Historical Commission recognized Texas Butane as a Texas Treasure for its 50-year, single-family history in Weatherford.

Morris joined the company in its early years and married one of its first employees, Judy White, née Kemp. The company they helped build has become their children's heritage, and every customer feels like family.

Judy rode with her parents on their trip to Austin, where her father, V.E. Kemp Jr., took the TRRC test certifying his knowledge of gas and how to deliver it safely to homes and businesses in Texas. When Judy and Morris bought the company

from her mother, Mary Kemp, after her father's death, their goal was for nobody to know it had changed hands. "Today, it's still like Mother and Daddy had it," Judy said. "You learn from the best to provide quality, service and safety, with the customer in mind."

For customers' benefit, the industry has changed over the years. For instance, butane is no longer the gas delivered by Texas Butane because propane is now known to be the most stable gas for temperatures in the winter. All sorts of other changes have required Morris and his sons to continually tweak tactics, tools and tanks. In their diligence, they've garnered experience galore.

Before delivering the bulk tanks that they sell or lease, they discern whether any retrofitting of old systems is necessary.

“You don’t keep a tank forever. Stuff wears out. If anybody in Parker County can fix an old tank, Morris can, and he usually can come up with the parts for it,” Judy said.

“I call it thinking outside the box — the innovation of how you get from here to there and make it legal and safe,” Morris said. To deliver heat to people all winter long, even during power outages, Texas Butane developed procedures for plumbing propane to whole-house generators for people who have offices and businesses within their homes. “If their electricity goes out, their heat still won’t. That goes back to our knowledge about what can be done and what you can’t do.”

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Family-run Texas Butane continues to serve generations of families in our area. Rod White helps with underground tank installations. Service Managers Judd White and Todd White are the company’s representatives to customers needing to purchase tanks or have appliances installed. And Todd’s wife, Jennifer, keeps precise records on every leak-check conducted. Call Texas Butane for all your gas needs, and become part of their family. **NOW**



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Eight-year-old Whitley Eppes of Aledo is selected as a member of the National TOPs Gymnastics Team.



The apes have arrived in Weatherford.



Center of Hope ladies are ready to battle if necessary in order to help people.



Best Value Hometown Pharmacy enjoys a ribbon cutting ceremony.



Trick or Treaters have fun in Weatherford.



Jennifer, Angel and Luis attend the grand opening of Saltwater in Weatherford.



A new semester of archeology students dig for artifacts around the Newberry cabin.



At the Dinner Tonight Healthy Cooking school, young audience members helped with a demo.



These students enjoy an evening of fun at A Night at the Arcade presented by Walsh Elementary Student Council to benefit the school's STEAM lab.



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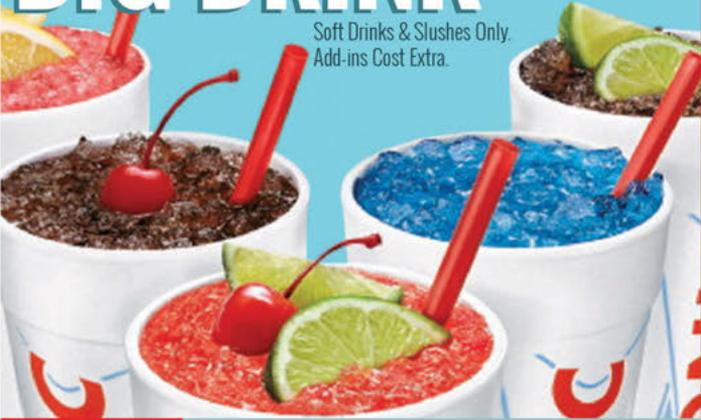
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Calendar

DECEMBER 2017

Through December 23

Folk Art Nativities of the Americas: 10:00 a.m.-5:00 p.m.
Tuesdays-Saturdays, Museum of the Americas, 216 Ft. Worth Hwy. Free admission. For more information, visit www.museumoftheamericas.com or call (817) 341-8668.

December 1

Careity Celebrity Cutting: 7:00 p.m., Will Rogers Memorial Museum, Ft. Worth. For more information and to purchase tickets, visit www.careity.org.

Theatre Off the Square Red and Black Gala: 9:00-11:00 p.m., Doss Heritage & Culture Center, 1400 Texas Dr. Celebration fundraiser. Honorary Host – Ruth Buzzi (from Laugh-In). Emcee – Tammy Dombeck (DFW Celebrity) \$50. For details and to purchase tickets, visit www.theatreoffthesquare.org.

December 1 – 17

World Premiere – *Doublewide, Texas Christmas*: Opening Night, 7:00 p.m. All other nights, **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m. Theatre Off the Square, 114 N. Denton St. Call (817) 341-8687 or visit www.theatreoffthesquare.org for more information.

December 2

Christmas at the Castle: 10:00 a.m.-3:00 p.m., Texas Pythian

Home, 1825 E. Bankhead Dr. This event is free and kid friendly. Bring your camera and explore the Texas Pythian Home. For details, visit www.pythianhome.org.

Parker Paw Fundraiser and Adoption Event: 11:00 a.m.-5:00 p.m., Christmas on the Square celebration, downtown Weatherford. For details, call (817) 694-5718.

Aledo 40th Annual Arts & Crafts Fair: 11:00 a.m.-7:00 p.m., Church at the Crossing gymnasium, 128 Elm St., Aledo. More than 50 vendors offering hand-made items. Visit www.aledo-texas.com for details.

Christmas Tyme in Aledo: 5:00-9:00 p.m., downtown district, Aledo. Holiday attractions with Santa and his reindeer. Visit www.aledo-texas.com for details.

December 7

Book Buzz with Penguin Random House: 6:00-7:30 p.m., Weatherford Public Library. Get the scoop on new releases. Attendees receive free goodies.

December 8

Holiday in the Park: 6:00-10:00 p.m., Heritage Park, 317 Santa Fe Dr. Free family event. Free shuttle parking at Weatherford College.

December 9

Parker Paws Adoption: 11:00 a.m.-2:00 p.m., Weatherford Petsmart, I-20 Exit 408. Contact Parker Paws (817) 694-5718 for information on adoptable dogs and cats.

Parker County Heritage Society 36th Annual Home Tour: 11:00 a.m.-7:00 p.m., multiple locations in Weatherford. Tickets available at Weatherford Chamber of Commerce, The Doss Center or online at www.parkercountyheritagesociety.com.

December 13

Teen Writers' Group: 4:00-5:30 p.m., Weatherford Public Library. For teens 12 to 18, learn new skills, share ideas and perfect talents as a writer.

December 14

Grown-up Recess: 6:00-7:30 p.m., Weatherford Public Library. Light refreshments, coloring, board games and other activities for ages 18 and older.

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

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In the Kitchen With Kay Cole

— By Lisa Bell

Kay Cole, a true Southern cook, believes cooking is a way to communicate with others and share the joy of a good recipe. Her mother taught her how to cook as a young girl. “My job was to watch the pots to make sure they didn’t boil over,” she shared. “When she baked cookies, I was allowed to eat the burned ones. The good ones were saved for guests.” Her mom always used good butter and plenty of vanilla.

Christmas — celebrating Jesus’ birth — is Kay’s favorite time of the year. “One benefit of cooking is that it brings family together at the dinner table. And every woman knows that the way to a man’s heart is through his stomach,” she said. She still treasures cooking for her family. **NOW**

Cranberry Nut Bread

- 2 cups sifted all-purpose flour**
- 1 cup sugar**
- 1 1/2 tsp. baking powder**
- 1/2 tsp. soda**
- 1 tsp. salt**
- 1/4 cup shortening**
- 3/4 cup orange juice**
- 1 Tbsp. grated orange rind**
- 1 egg**
- 1/2 cup chopped nuts**
- 1 cup cranberries, chopped**

1. Sift together flour, sugar, baking powder, soda and salt. Cut in shortening.
2. Combine orange juice and rind with well-beaten egg.
3. Pour all at once into dry ingredients, mixing just enough to dampen.

4. Carefully fold in chopped nuts and cranberries.
5. Put into greased loaf pan (9x5x3-inch); spread corners and sides slightly higher than center.
6. Bake at 350 F for about 1 hour. Store overnight for easy slicing.

Buttermilk Cake

- Cake:*
- 1 1/2 cups butter**
 - 2 1/2 cups sugar**
 - 5 eggs**
 - 1 cup buttermilk**
 - 3 1/2 cups sifted all-purpose flour**
 - 1/4 tsp. baking soda dissolved in 1 Tbsp. hot water**
 - 2 tsp. vanilla, or as much of any flavoring you prefer**

Lemon Glaze:

- 1 cup powdered sugar**
- 1/4 cup melted butter**
- 1/4 cup lemon juice**

1. *For cake:* Cream together butter and sugar.
2. Alternately add eggs, buttermilk and flour; add soda and vanilla (or other flavoring).
3. Bake 75 minutes (watch after 1 hour baking) or longer in a tube pan at 350 F.
4. Cool 10 minutes.
5. *For lemon glaze:* Mix all three ingredients; stir until smooth. Remove cake from pan and spoon on the lemon glaze.

Kentucky Butter Cake

Cake:

- 1 cup butter**
- 2 cups sugar**
- 4 eggs**
- 3 cups sifted flour**
- 1 tsp. baking powder**
- 1 tsp. salt**
- 1/2 tsp. soda**
- 1 cup buttermilk**
- 2 tsp. vanilla**

Butter Sauce:

- 1 cup sugar**
- 1/4 cup boiling water**
- 1/2 cup butter**
- 1 Tbsp. vanilla or rum flavoring**

1. *For cake:* Cream butter and sugar.
2. Blend in unbeaten eggs, one at a time, beating well after each addition.
3. Sift together flour, baking powder, salt and soda. In a separate bowl, combine buttermilk and vanilla. Alternately add the dry ingredient mixture and the buttermilk mixture to the butter/sugar mixture. Begin and end with the dry ingredients. Blend well after each addition. (Use low speed on an electric mixer.)
4. Pour into a 10-inch tube pan, greased on the bottom, and bake at 325 F for 60-65 minutes.
5. Run spatula along the edge and stem of pan. Prick cake with fork.
6. *For sauce:* Combine sugar, boiling water and butter. Heat until butter is melted. Do not boil; add vanilla or rum flavoring.
7. Pour hot sauce over cake. Cool before removing from pan.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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