

Weatherford

Aledo | Hudson Oaks | Willow Park

M A G A Z I N E

SEPTEMBER 2014

NOW

The Need for Speed

Seth Cooke focuses
on his rodeo future

Growing Together

At Home With
Casey and Amanda Beck

View From Below
Destination: I Do
Playing for Progress
In the Kitchen
With Candy Frizzell



Serving Hood, Parker, Tarrant & Johnson Counties

See What People Are Saying About
DT Roofing 

"In 2011, DT Roofing reroofed my house. I have not had one issue with my roof and refer them often."

~ Tim Clark, Clark Real Estate Group, Weatherford

"We have had an extremely pleasant experience in dealing with DT Roofing in replacing our roof. They exceeded our expectations in promptness, quality workmanship and professionalism."

~ Ike and Trisha Thomas

"We can't thank DT Roofing enough for their timely and truly professional job with the replacement of our metal roof. We understand why they were voted #1 in Hood County."

~ Chip and Zana Davis

"DT Roofing is a great, local company. They were highly recommended, and I had an exceptional experience."

~ Jace Foreman, State Farm



DT ROOFING

WWW.DTROOFING.NET

CALL 817-579-7800 FOR FREE INSPECTIONS

Locally Owned & Operated • Residential & Commercial • Local References • Insured



WHY NOT use a Realtor who...

Saves You Money?

Save Thousands! Call...

817-440-SAVE

PARKER COUNTY'S BEST REAL ESTATE PROGRAM!

DON'T PAY 6%!



Ray & Clare Lucera Saved \$4725
at 190 Forest Creek Circle!



Tom, Julie, & Squirt Rizzo Saved \$3825
at 2201 Burning Tree Ct!



Ken & Edie Rowe Saved \$3675
at 207 Miramar Circle!



Scott & Debbie Furlow Saved \$2677
at 175 Overlook Trail!

Greg & Dawn Willis, Owners

Expect Exceptional!

Read what people are saying about
us at ... www.WillisReviews.com



Purchase a Series and Save!

BODY CONTOURING With Radiofrequency

Offering breakthrough treatments for cellulite, fat reduction and skin tightening for the face and body.

BEFORE



AFTER 5 TX



BEFORE



AFTER 5 TX



VIORA
REACTION™



MONTHLY SPECIALS FOR SEPTEMBER

RESTYLANE OR **PERLANE**

SAVE \$75.00 OR BUY 2 AND SAVE \$200.00

SCULPTRA

SAVE \$100.00 OR BUY 2 AND SAVE \$300.00

DYSPORT

For the temporary improvement of frown lines

\$3.50 per unit

CLARISONIC SKIN CARE BRUSH

SAVE \$50.00

MEDICAL WEIGHT-LOSS PROGRAMS

BIO IDENTICAL HORMONE THERAPY

LASER AND RADIOFREQUENCY
SKIN REJUVENATION

Dr. Bruce N. Epker DDS, MSD, PhD,
Board Certified

Dr. Meagan Hill, MD

• *Gift Certificates Available* •



Facial Cosmetic & Surgical Center

1020 Ft. Worth Hwy., Ste 800 | Weatherford
817-596-7666 | www.BestFaceForYou.com

Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Weatherford Editor, Amber D. Browne

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Erin McEndree

Gregg Davis . Betty Tryon

Editors/Proofreaders, Pat Anthony

Randy Bigham

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Eduardo Barajas . Kristin Bato

Martha Macias . Felipe Ruiz

Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Sarah Claussen

Sarah McVean

ADVERTISING

Advertising Representatives,

Steve Randle . Cleta Nicholson

Rick Ausmus . Teresa Banks . Linda Dean

Mark Fox . Bryan Frye . Melissa McCoy

Lisa Miller . Carolyn Mixon . Jami Navarro

Lori O'Connell . John Powell

Linda Roberson . Joyce Sebesta

Shelby Veldman

Billing Manager, Angela Mixon

ON THE COVER



On horseback, Seth Cooke experiences the thrill of rodeo.

Photo by Sarah McVean.

CONTENTS

September 2014 • Volume 4, Issue 9



8 **The Need for Speed**
Family and friends help Seth Cooke with his rodeo pursuits.

16 **Growing Together**
At Home With Casey and Amanda Beck.

24 **View From Below**
The Lanes find the success of birding is in the experience not the numbers.

30 **Destination: I Do**
Combining the wedding and honeymoon can be a memorable and cost-saving way to celebrate your special day.



36 BusinessNOW

38 AroundTownNOW

40 FinanceNOW

44 CookingNOW

WeatherfordNOW is a NOW Magazines, L.L.C. publication. Copyright © 2014. All rights reserved. *WeatherfordNOW* is published monthly and individually mailed free of charge to homes and businesses in the Weatherford and Aledo ZIP codes.

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

Hi there, WeatherfordNOW readers!

I can't believe how time flies! September is here, and we'll soon have to pull our jackets from the closet to comfort us during the cooler temperatures this fall.

With fall now here, so is football! Professional athletes are playing on the big screen, and local students are taking the field. Why not catch an entertaining game at one of the local stadiums? The game would be fun for the entire

family and will support our schools and students.

September is also a reminder of the dreadful day that brought our country together 13 years ago. Each September 11, members of the Rotary Club of Weatherford display bright red, white and blue flags around Weatherford's Downtown Square. Take time to reflect on Patriot Day about the lives lost and the strength of our great nation.

Take care,

Amber

Amber D. Browne
WeatherfordNOW Editor
amber.browne@nowmagazines.com

**1802 SANTA FE DR.
WEATHERFORD TX.
HOURS 10:30 - 12:00 AM**

817-598-9025

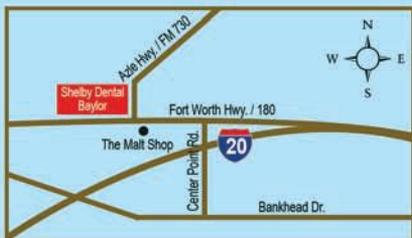
**BUY ONE
CLASSIC
BURGER
AND GET
ONE FREE**

MON. - FRI. 10:30 TILL 4 PM

NOW LEASING WEATHERFORD MEDICAL OFFICE SPACE



Please call Louie Lu at (817) 944-7681



BAYLOR
Institute for Rehabilitation
Outpatient Service at Weatherford
817-599-9271
Come welcome
Tara Haney Copeland, DPT, Clinic Manager



Shelby Dental

Complete Dental Care of the Entire Family



Dr. Michael D. Shelby, DMD
and his staff
Family Dentistry

New Patient Gift Certificate
Call today! 817-598-1900

\$75

Off Any Treatment

New patients only. Offer cannot be combined with other offers. Code SDNM1002. Expires 10/31/14

\$15 EXAM

- Oral Exam
- Necessary X-rays

New patients only. Code SDNM1001. Expires 10/31/14

2035 Fort Worth Hwy, Ste 500 • Weatherford, TX 76086
www.shelbydentalweatherford.com

"We treat you like family!"

Willow Park

REHABILITATION & CARE CENTER



NOW OPEN

Skilled Therapy Services

Post-fracture or Joint Replacement Rehabilitation
Stroke Recovery • Cardiac Rehabilitation
Diabetic Rehabilitation • Acute Medical Condition Rehabilitation
Skilled Medical Care Following Hospitalization
General Rehab Due to Deconditioning

Features

Private / Semi Private Suites Available
Flat screen TV / WiFi / Direct Dial Phones
Common Areas / Chapel / Life Enrichment Room
Nutritional Meals & Snacks • In-room showers • Salon / Spa

Long Term Care

Semi / Private Rooms • Physician Care
WiFi / Flat-screen TV Provided / Cable

24-hour Nursing Care

Respiratory Care • Wound Care
Medication Management • Personal Care

**300 Crown Pointe Blvd.
Willow Park, TX 76087**

817-757-1200



TAG

Benefits Group

Employee Benefits • Consulting
Communication • Life & Health



Becky Tenseth
817-613-0048

Concerned about how
Health Care Reform
will affect you? Call us.

**At TAG,
YOU'RE it!**

117 N. MAIN ST. • WEATHERFORD

Wallace

INSURANCE AGENCY



Weldon "Wally" Wallace
Agent
817-341-7766

AUTO • HOME
FARM & RANCH • COMMERCIAL

*"With Wallace Insurance, It's Not Just Business ...
WE Make it Personal."*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE PART OF SOMETHING SPECIAL

At the Y, a supportive community is a big part of wellness.
At every age and every level of activity, you'll find people just
like you looking to live a little bit healthier!



BENBROOK YMCA
1899 Winscott Rd.
Benbrook, TX 76126
817-249-0500

WESTSIDE YMCA
8201 Calmont Ave.
Fort Worth, TX 76116
817-244-4544

FREE SEMINAR

HUNTING THE RUT

LEARN TO:

- Hunt pre, peak and post rut periods
- Hunt primary and secondary scraping
- Use grunt calls and rattling effectively
- Use deer scents correctly and effectively
- Control human odor



Don Bell, Inventor of Code Blue® deer scent and America's foremost whitetail scent specialist introduces his Top Secret® deer scents and presents "Hunting the Rut" seminar.



Date: Saturday, September 6th
 Time: 11 AM
 Location: Gibson's Products
 411 S Main St
 Weatherford, TX



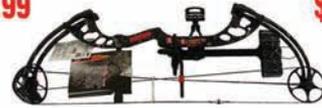
Drive LT • 336 FPS
 Ready to Shoot in Skull Works Pattern
 70 lbs. pull adjustable down to 50 lbs.

\$599.99



Surge • 320 FPS
 Ready to Shoot in Infnit Pattern
 70 lbs. pull adjustable down to 50 lbs.

\$499.99



Fever 1 • 312 FPS
 Ready to Shoot in Skull Works Pattern
 60 lbs. pull adjustable down to 40 lbs.

\$399.99



Tidal Wave • 30 lbs. to 40 lbs. Pull
 Ready to Shoot in Reaper Pattern
 With 2 Arrows Reel & Rest & No Gloves

\$379.99



Stalker Recurve Bow
 Right Hand • 60 lbs. Pull

\$149.99

*While supplies last. Prices good through 9/30/14.

LARGE SELECTION OF NEW AND USED GUNS AVAILABLE

Gibson's Sporting Goods

411 S. Main / Weatherford, Texas

817-594-8711

Mon-Sat 8am-8pm / Sun 9am-6pm



Pulliam Pools would be honored to build your outdoor stay-ca-tion destination!

Innovative Pools Built on Experience Since 1916 • 98 Years Strong!

- New Pool Construction
- Renovations
- Outdoor Kitchens
- Fire Pits/Fireplaces
- Dedicated Service Team

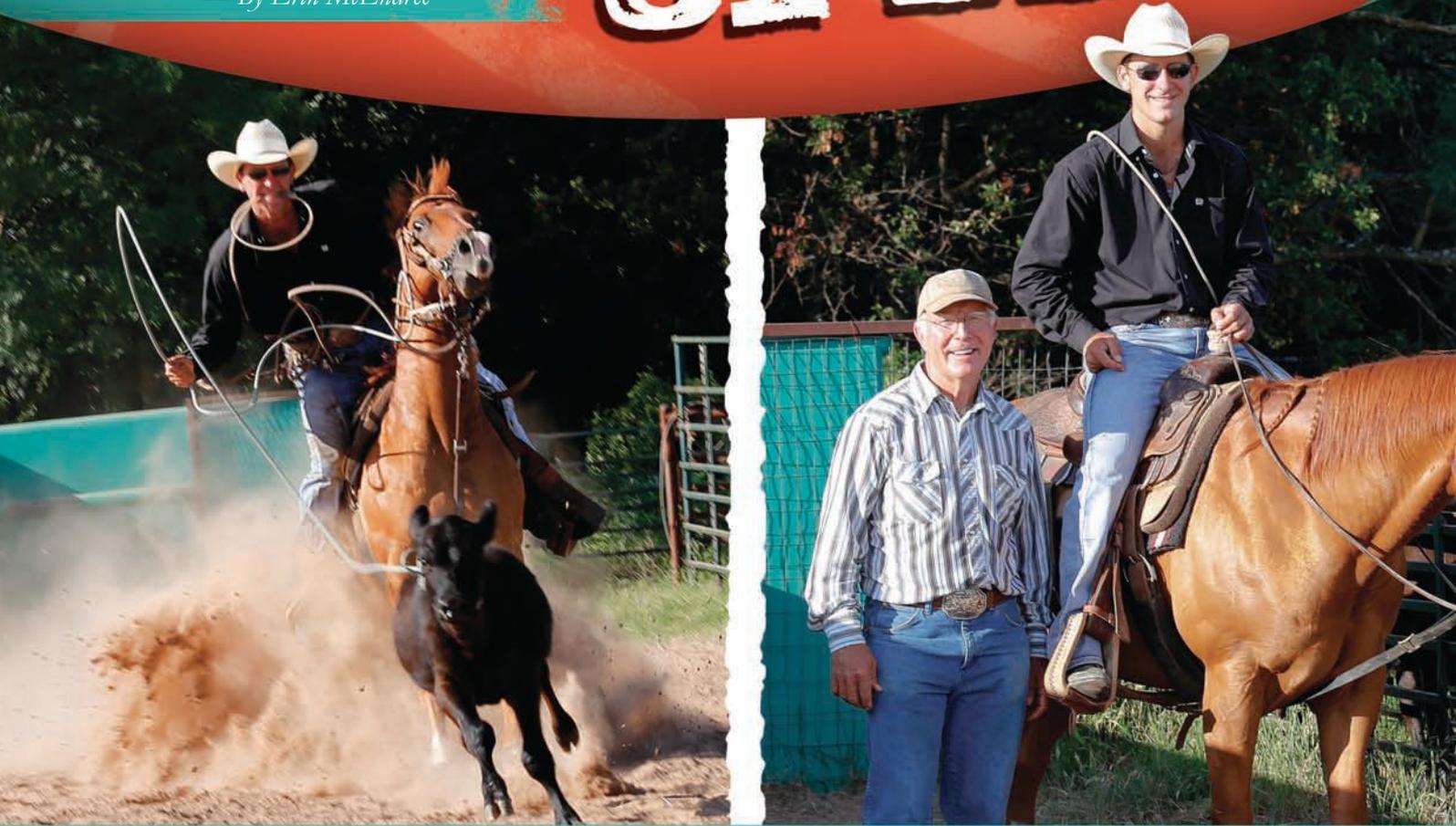
817-613-1910
 3292 Fort Worth Hwy.
 Hudson Oaks, TX
 www.pulliam.com

Ranked Top 7 Pool Builder in the Nation in 2013 by *Pool & Spa News Magazine*
 Ranked Number 1 in Philanthropy in 2012 by *Pool & Spa News Magazine*
 Member of United Aqua Group - Aquatech Society of Pool Builders
 Awarded 2014 Talk of the Town Award for Customer Service (for the 3rd consecutive year)
 Awarded 2013 Best of Fort Worth Award in Pools Category
 Ranked Number 1 in Customer Service in 2013 by *Pool & Spa News*



THE NEED FOR SPEED

— By Erin McEndree



The crowd waits anxiously for Seth Cooke to nod. He looks for just the right moment to spring the calf from its narrow chute. The timing has to be perfect, and the barrier cannot be broken to ensure a clean ride. Rooster is pawing and stomping the ground in anticipation. He knows what to do and is fidgety and uneasy waiting for permission to burst down the arena in pursuit of the 200-pound calf. Seth has looked

down the arena hundreds of times. He hopes all his practice and hard work pay off. He needs a clean ride and points to keep him near the top of the standings on the leader board.

As a kid, Seth went to school in Weatherford and helped his dad on their ranch near Cool. They baled hay and bred horses. “My dad, Joe, was a vet and in the race horse business. He taught me how to shoe and produce long, tall horses for speed,” Seth said. When Seth was in the eighth grade, he started roping



with the Texas Junior High School Rodeo Association. "As for rodeos, Dad and I learned that together, and friends helped along the way with advice."

Joe and Seth decided the body style of a race horse was not built for calf roping or steer wrestling, which is also known as bulldogging. "We started buying horses that were short and stout with a quick start," Seth said. "There were many men who gave me pointers. I worked on how to add their suggestions to my program." One of those men was Bobby Ralls, who was involved in roping. Bobby supplied Seth with knowledge and techniques he could apply when calf roping.

"A lot of young boys who are successful in rodeo owe it to their dads who competed in rodeos, too. But, I'm a veterinarian," Joe said. "My friends helped Seth get to where he is today, and he has made tremendous progress." As a freshman in high school, Seth won first in calf roping at the Texas High School Rodeo Association (THSRA) Region III Calf Roping Championship. He won Best All-Around as a sophomore and senior in Region III and third in steer wrestling at state as a senior. "There are many good ropers with whom Seth contends over and over at rodeos. Seth's age group is tough," Joe said. "It's very competitive, but Seth keeps getting better and better."

**Full Custom Restoration is what we LOVE to do!
We restore to its original beauty!**



**Call Today
for a FREE
Restoration
Estimate**

DADDY'S
Classics And Restoration
817.444.3227
704 NW Parkway, Aylee, Texas 76020
www.daddysclassiccars.com

We breathe new life into classic and custom cars, muscle cars, hot rods and much more! We also buy and sell classic and collectible cars.



Seth attends Weatherford College and plans to keep training, learning and saving until he goes pro after college. When Seth is not at school or studying, he is in Cool. "I rope in the morning when it's not so hot. Then I may shoe some horses. I bulldog in the evenings," Seth said. "I love everything about rodeo: competing, winning and practicing. I love being outside."

Attending three or four rodeos a weekend is not uncommon for Seth. He competed at United Professional Rodeo Association-sanctioned events this past summer, and as of the July 4th weekend, Seth was ranked second in both of his events and first in the All-Around category. Standings are



131 Chappel Hill Ct., 76087/ Saddle Club Estates

Spacious home on landscaped acre cul-de-sac lot with oak trees. Open floor plan features large family room with wood-burning fireplace, 4 bedrooms, 2.5 baths, large bonus room, formal dining and large kitchen with breakfast area and oversized 2-car garage. Move in ready! Call SHARON STEPHENS.



Beautiful custom built home situated among 3 acres. This country charmer is located in a quiet subdivision NW of Weatherford. This home has a fantastic floor-plan which features spacious bedrooms with 2 master suites, 2 bedrooms share a jack-in-jill bath, 2 massive living areas, a wonderful kitchen featuring granite counter tops, gas cooktop, double ovens and SS appliances. Call Skeeter Shook 817.304.6700 for a private showing.



Making memories with friends and family is what life is all about! This home features 5 spacious bedrooms, large living area, newly remodeled kitchen with granite countertops and appliances and a large formal dining room or office. This treasured home is perfect for entertaining friends and family and includes 2 lovely treed acres. It sits among other lovely homes of it's kind on a quiet cul-de-sac just minutes from downtown Weatherford.

Call Skeeter Shook to preview this great home!



Skeeter Shook
Direct: 817-304-6700
skeetershook@remax.net
www.skeetershook.com

RE/MAX TRINITY

Call one of us to power up your buying or selling capabilities.

We stand behind you every step of the way!



Sharon Stephens
Office: 817.596.8000
Cell: 281.795.6570
sharon.stephens@earthlink.net
www.sharonstephens.info



calculated by earnings, so Seth tries to make it to as many rodeos as possible. "You'd be surprised how many you can make it to in one weekend," Seth said. "There are people I see all the time who have become friends." Marty Yates is a friend who helped Seth. "Sometimes I was on top. Sometimes he was on top. His family helped me a lot," Seth said. He would watch Marty's style and try to apply it to his competition.

Bulldogging consists of chasing the steer, dropping from the horse's side, grabbing the animal's horns and wrestling it to the ground by twisting the horns. The best steers are between 450-600 pounds. "I've only torn my pectoral muscle. That is the worst I've done,"



DREAM HOMES. For what you value most.
Family building since 1957



5TH BEST PLACE TO RETIRE
"Money" magazine

New Models Now Open!

At Sandlin Homes, our family-owned and operated business has been building homes for 57 years in top D/FW locations.

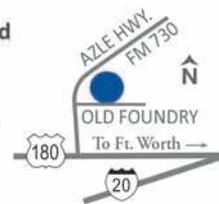
We're building beautiful designs in **Bedinger Place**, a peaceful community in the acclaimed Weatherford ISD, just minutes from **Lake Weatherford**.

See what's so exciting about our Sandlin Homes. Visit us online or give us a call.



Homes from the \$170s to \$220s

**Weatherford
Bedinger
Place**
\$170s-\$220s
Phase IV
Now Open!



SandlinHomes.com
(800) 821-HOME (4663)

Guild Mortgage Company
John Kasperbauer
817-283-LOAN (5626)



Fancy's

Plus Size Resale Shop
 Sizes XL - 5X
 Buy • Sell • Consign
Clearance items added weekly!



We Also Carry
 Shoes, Jewelry,
 Purses & Accessories

Accepting
 Fall Items
 Sept. 2

318 D Santa Fe
 Weatherford
817-599-4944
 Mon. - Fri. 10:00 - 5:30 • Sat. 10:00 - 4:30

www.fancypussizersaleshop.com



Seth explained. “Steer wrestling gets kind of *western* sometimes. You are running your horse about 25 miles an hour, and the steer can be unpredictable. I’m lucky I haven’t broken anything.” Rope Myers helped Seth during high school. Rope won the 2001 World Finals in steer wrestling. Seth gives credit to Rope for helping him achieve eighth at the National High School Finals Rodeo.

Seth admits he works more on calf roping. “There is more opportunity, and we have more horses for it,” Seth said. “That is my primary event.” Calf roping, also known as tie-down roping, is a timed event. The rider must rope the



calf around the neck, dismount from the horse, wrestle the calf to the ground and restrain it by tying three legs together. This event originated from actual duties on a working ranch. Restraining calves was needed when branding or medications were required.

Training is all about strength, speed and timing. Seth runs drills for himself, as well as his horse. “The horse has to give the calf a head start, or it is a 10-second penalty,” Seth explained. “But, if the

“Our goal is to serve every family as if they are a part of our own!”

Serving Parker County for over 50 Years!



Galbreath-Pickard
 FUNERAL CHAPEL

James R. Plowman
 jamesplowman@gpfcnet.com

Norma Plowman

913 N. Elm St., Weatherford, TX 76086
 817-594-2747 | 800-593-2747



We Have Everything For Your Fall Projects

5% OFF
any purchase. When you mention this ad.

We sort and classify our used pipe into several different grades which allows you, our customer, to meet your structural and budgetary needs.



VARNER PIPE, LLC

Oilfield Tubing & Casing

- Stocked Used Tubing
- New & Used
- Sucker Rods
(Used and Reconditioned)

Structural Pipe & Sucker Rods

- With Several Grades
- Pre-Cut Fence Post
- Sucker Rods

We provide forklift and trucking services for our customers' own pipe needs, as well as pipe that Varner Pipe, LLC sells. Delivery charges are based on distance and order size.

3290 Ranger HWY, Weatherford, TX • 817-599-9590 • www.varnerpipe.com

White's Funeral Home

Our family serving your family since 1908



Front left to right: Anita White, Bob White, Kari Drake, Mark Reynolds
Back left to right: Jim Cleaver, Bruce Duncan, Richard Woodman, Jay Morrill

Full-service Funeral Home • Cremation Services • Pre-need Plans

Azle • Springtown • Mineral Wells • Weatherford • 817-596-4811 • www.whitesfuneral.com
130 Houston Ave. • Weatherford TX

Shipping & Storage.

Boxes to fit your every need.

Additional Services

- Shipping Services
- UPS/FedEx/USPS/DHL
- Packaging Supplies
- Moving Supplies
- Office Supplies
- Notary
- Mailbox Rental
- Color/B & W Copies
- Shredding
- Passport Photo
- Faxing
- Laminating
- Binding
- Wide Format Printing
- Greeting Cards
- Gifts
- Boxes of All Sizes
- Mobile Printing



Next door to Kincaid's Hamburgers
220 Adams Drive, Ste 280
Weatherford, TX 76086

Phone: 817-599-6607

Email: aim115@aimmailcenters.com

Web: www.aimmailcenters.com/115



Store Hours:
Mon-Fri 9am-6pm
Sat 10am-4pm
Sun Closed

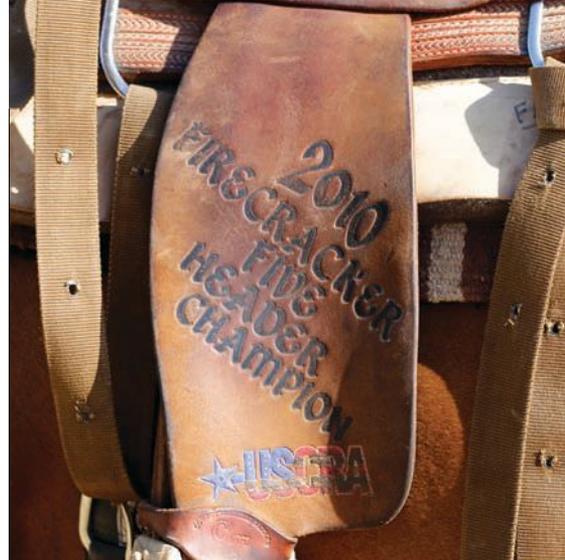


\$10 OFF

Offer Expires: 9/30/14

Any UPS or FedEx Shipment
Minimum of \$20 or More.

Valid at participating AIM Mail Center locations. Not valid with any other coupon or discount. Additional restrictions may apply. Each AIM Mail Center location is independently owned and operated. ©2014 Annex Brands, Inc.



horse is too late, he has to run farther.” The goal is getting out of the box swiftly every time. Consistent practice is the only way to apply a technique. “You want that horse, while you’re running down the rope, to pull the calf back toward you. The horse has to know to respond to the pressure on the saddle horn to pull until you get the calf flanked, which is terminology for throwing the calf to the ground. The horse has to know how to hold the calf still while you are tying,” Seth explained. “All our horses take training, but when you have a good horse, it is better.”

Seth had the opportunity to help with the THSRA outreach program called Rodeo 101 Camp. The program promotes family values and provides families the chance to “try out” rodeo events in a safe environment. Seth participated when the program was in Abilene. “I taught kids how to rope and ride,” he added.

Seth nods. The calf is let out of the shoot. Seth spurs Rooster out of the box. Dust is flying. Seth’s movements are automatic, as he prepares to let the rope fly. When the loop hits its mark, Seth jumps off his mount. Rooster knows what to do and pulls the rope taut. Seth grapples the calf down and ties three legs with the pigging string. When the tie-down is securely on, Seth raises his hands, and the time stops. His only hope is that his time keeps him at the top.

“You play like you practice and practice like you play.” Seth takes this popular quote seriously. Friends and family will be watching. His coach at Weatherford College, Johnny Emmons, will continue to guide Seth in the future and encourage his need for speed in all his rodeo events. **NOW**

WANTED: ROOM TO ROAM

call
KEVIN CANADAY
(817) 487-2505
or
KODY KING
(817) 932-2650

WE FINANCE:

- Farm, ranch and recreational land
- Country homes
- Country home construction
- Rural homesites
- Farm and ranch operating needs
- Livestock and dairy operations
- Agricultural equipment and machinery
- Agribusiness

AG TEXAS
FARM CREDIT SERVICES
THE *First Choice* IN AG LENDING
www.agtexas.com

Part of the Farm Credit System

EQUAL HOUSING LENDER



Have You Herd?

PlainsCapital Bank's newest branch now open in Aledo. For over a quarter of a century we have served the great state of Texas, forging long-lasting relationships and proudly utilizing our financial strength to help individuals and businesses prosper and grow. Visit us today!

126 S. Ranch House Rd.
Aledo, TX 76008

817.840.4444

PlainsCapital.com



© 2014 PlainsCapital Bank  Equal Housing Lender Member FDIC

**AT 2033 AUTOMOTIVE
& TRUCK REPAIR WE HAVE
FACTORY-TRAINED TECHS.**

**\$5 OFF ANY OIL
CHANGE**

WHEN YOU MENTION THIS AD.

**CALL FOR DETAILS
817.341.2033**

**2033MOTORSPORTS.COM
2033 FM 920 (Peaster Highway)**



Only Authorized Castrol Dealer in Parker County.

"WE ARE YOUR DEALERSHIP ALTERNATIVE"





At Home With Casey & Amanda Beck

Growing Together

— By Amber D. Browne

Casey and Amanda Beck's home in Weatherford is full of life and laughter. Built on two acres at the end of a country road in 2001, the house has undergone many changes over the years. These busy people always have a project underway, and their creative spirits shine through in the end result.

Most friends and relatives who visit aren't expected at the front door but, instead, are welcomed through French doors that open into a sunlit game room. Wooden bars line two walls near the pool table. Amanda says she hasn't picked up a pool stick in a couple of years, but the pool table is used by guests and brings back memories of her late husband, Kevin Groff. "Kevin was in pool tournaments all the time," she stated.

Amanda met Casey about a year after Kevin passed away due to complications from a kidney transplant. Casey and Amanda both attended Azle High School but graduated five years apart. "It's funny. I didn't know Casey in high school, but Kevin and I went on a date with Casey and his girlfriend one night," Amanda recalled. "I didn't remember it, but Casey reminded me."

They've been together just over seven years and will be married five years this month. They plan to renew their vows in Las Vegas, where they tied the knot. "We tried to get Elvis to marry us, but the cab lost all four gears. We tried to pay the guy to go in reverse," Casey said, "but he chickened out. He went a little way and happened to chicken out right in front of the justice of the peace."

Their family has grown over the past five years from Casey, Amanda and Jaden, 9, to include Carter, who will turn 2 this January. With the growth of their family, the Becks decided to increase their living space. Handy with tools, Casey is often enlisted by Amanda to complete projects around the house. They undertook a massive addition to the home in 2012, knocking out one wall in the two-bedroom house and adding a hallway and master suite. "We had it framed, but we did mostly everything else," Casey explained. One wall of the master bedroom is lined with windows, offering a serene view of the pool. Under the windows, a long, cushioned seating area provides baskets for storage underneath. On the opposite accent wall, Amanda added green grass cloth, implementing color and texture to the room. An antique kitchen cabinet, complete with a flour sifter, is used for storage in the bedroom. Another antique cabinet, refinished by Amanda's friend, Janis Patrick, holds family photos. Six layers of paint were stripped from the piece to reveal about a half dozen types of wood. The





Celebrating
25 Years
of Business!

CHRIS' SERVICE MUFFLER SHOP



Chris' Service Muffler, Inc.

1102 Ft. Worth Hwy. • Weatherford, TX 76086
(817) 613-0011 • www.chrismuffler.com
Mon-Fri 7:30-6pm • Sat 7:30-2pm • CHRIS NEWTON, Owner

Complete Exhaust Service • Performance Diesel Custom Pipes
Catalytic Converters - EPA Appr. • Brakes • Shocks • Struts • CV Joints

OCTOBER 4



Clark Gardens
Half Marathon/5K

8 AM START



11 AM - 3 PM

CHILI FOR CHARITY • VENDOR PLAZA • SALSA TASTING
PHOTOGRAPHY CONTEST EXHIBIT • MUSIC & ENTERTAINMENT
SCARECROW STORYBOOK VILLAGE



CLARKGARDENS.ORG

Fall Seasonal Hours/Open to the Public
Aug. 29-Nov. 30
Mon-Sat: 8am to 6pm
Sunday: 10am to 5pm

567 MADDUX ROAD, WEATHERFORD, TEXAS 76088
940.682.4856



Becks added a master bathroom and large closet to the suite. Casey hoped to use the closet as his safe room. "I gave in," he grinned. "That's now going to be shoe storage for Amanda."

The original master bedroom was transformed into Jaden's room. It includes a full bathroom and a large closet. Carter's room is also original to the house. While the family was at the hospital for Carter's birth, Amanda's friend, Melinda Mobley, painted and decorated the baby's room in shades of gray and blue. She also created a sign above his crib that reads *Every little thing is gonna be alright*, paying homage to the late reggae musician, Bob Marley. "I love Bob Marley. He always puts me in a good mood," Amanda shared.

Dark wood flooring and new paint were added to the hallway, living and dining areas during the remodel. Chairs at the large dining room table provide a glimpse of the pool. Cozy couches offer seating for those wishing to relax inside for a bit. On the wall near the entertainment center hangs an antique piece Amanda plans to convert into a desk. "It's the back of a chuck wagon where they would keep all of their spices," she explained. Casey needs to add a couple of chains to the pull-down door to finish the project.

The kitchen features pine cabinets and an island topped with a butcher block. Amanda recently painted the base of the island sage green and is contemplating painting the cabinets to match. "We don't

Furniture & More

YOUR ONE-STOP SHOP

Sealy Posturepedic MATTRESSES

LAYAWAY & FINANCING AVAILABLE

- Living Rooms • Dining Rooms
- Bedrooms • Mattresses
- Accessories
- Occasional
- Recliners

1508 Fort Worth Hwy • 817-341-4449
www.furnitureandmoretexas.com

MILLWOOD HOSPITAL
 Center for Mental Health and Chemical Dependency Care
We Believe in People
 220 Ft. Worth Hwy. Ste. 125

Weatherford Access Center offers no-cost, no-obligation assessment to identify the most appropriate care for people struggling with:

- Mental Health issues, including thoughts of harming self/others
- Behavioral Health issues, for geriatrics, adults, adolescents or children
- Chemical Dependency issues, drug & alcohol detox with on-going counseling to stay sober

One call can make the difference in the life of you or someone you love.
(817) 374-7911

EVERY LITTLE THING IS GONNA BE ALRIGHT



“We love to be out in the yard. Normally, we come home, and we spend all our time in the backyard.”

BEYONDfaith
Homecare & Rehab, LLC

Believing That Love Makes the Healing Difference

Nursing • Therapy • Social Workers
Home Health Aides
Joint Commission Accredited

109 Larson Rd. Suite 100 • Aledo, TX
817.441.2747
BeyondFaithHomeCare.com

W
ENDEAVOR WALL HOMES
AVAILABLE NOW!
IN ALL 4 WEATHERFORD NEIGHBORHOODS

CLAIRE VISTA (ALEDO)
235 BEAR CLAW • 4,058 SQ. FT.
4 BD, 4 BTH, OWNER'S RETREAT,
OVERSIZED FAMILY ROOM, 1-ACRE LOT.

MASON'S POND
123 HOWELL LN • 1,100 SQ. FT.
4 BD, 2 BTH, LARGE FAMILY ROOM,
SOLD

PARKER OAKS
141 ADDISON • 2,424 SQ. FT.
3 BD, 2 BTH, MEDIA ROOM,
3-CAR GARAGE, 1-ACRE LOT
COMPLETED HOME

RED EAGLE RANCH
NEW PHASE NOW OPEN

CALL FOR APPOINTMENT
TO SEE THESE BEAUTIFUL HOMES

COLONIAL
NATIONAL MORTGAGE
A DIVISION OF COLONIAL SAVINGS, F.A.

Your Idea of **Home**[®]

NEW MODEL NOW OPEN!

- LOCAL BUILDER FROM \$160's TO \$400's
- CUSTOM CHANGES
- 4 PARKER COUNTY NEIGHBORHOODS
- NEW PHASES AVAILABLE NOW
- BUILD-ON-YOUR-LOT PROGRAM

VICKIE BRADDOCK
SALES COUNSELOR
(817) 276-3439
WWW.WALL.COM

LOCATED BEHIND MARY MARTIN ELEM.

APRIL MCCORMICK NMLS 454102
(214) 451-5111

HOLY GROUNDS COFFEE & GIFTS
(formerly Agape Gifts)
 Arthur Court
 Colonial Candles
 Thymes Bath & Body
 Willow Tree
 Crosses and More

BACK-TO-SCHOOL SPECIAL

Garden of Eat'n
 "Our menu is sinfully delicious"
 Gourmet Sandwiches, Wraps, Salads, and Fresh-made soups.
 We Offer: Gourmet family-style take-away meals.
 (One-day notice please)

Baked Daily: Fresh Cookies, Muffins and Scones
 Call In & Pick up at Window

New Ownership:
JUDY WALLACE
 Mon.- Sat. 6am - 8pm
 closed Sunday

Mention this ad and receive
10% OFF ANY PURCHASE
 (excludes Boutique)

Restaurant Owner
LEA WALLIS
 Mon.- Fri. 9am - 2 pm
 Closed Sat. and Sun.

108 Jearl St. | Aledo, TX 76008 | 817-441-7770



Williams Windows

LOCAL COMPANY, HIGHEST QUALITY WINDOWS

Andersen  817-781-6161

WILLIAMSWINDOWSDOORS.COM 

20% OFF
 ENTIRE PURCHASE
 INCLUDING LABOR
 WITH MENTION OF THIS AD

need any more projects," Casey chimed in, grinning.

Out back, where the family spends most of their waking hours, Casey has added a covered patio with stone flooring. He wants to trim the ceiling beams in cedar to match the cedar posts and planters. A television is also planned for the outdoor living space, which includes a grill. "You will be able to watch TV when you're playing in the pool or cooking," he said. Jaden spends a lot of



time in the pool with his neighborhood friends and practicing for his competitive swim team. Pups, Trixie and Coco, curl up outside as their humans enjoy the pool.

Jaden and Carter spend many afternoons bouncing on the trampoline, which was installed to be flush with the ground. Amanda enjoys landscaping, so they've added several retaining walls to the backyard, along with a lime tree and garden. The backyard oasis is home to a variety of other plants, with passion vine growing along the privacy fence, and Virginia creeper winding its way up the pool house. Hundreds of butterflies





flutter in each summer to enjoy the vines' flowers. "We love to be out in the yard," Amanda said. "Normally, we come home, and we spend all our time in the backyard." Casey and Amanda recently built a patio table from Hardie board and stained it. They hope to build more furniture for the outdoor living space once the project is complete.

Construction isn't just a pastime for Casey. He works in construction at the Fort Worth Zoo. His experience with animals is also rich. He graduated from Sul Ross State University with a degree in natural resource management. "I used to hunt and fish professionally. Since we've met, I haven't done it once," he laughed. Amanda has an associate degree from Tarrant County College and is a pricing



analyst at GM Financial. Days are busy at their jobs, but once at home, Casey and Amanda find time to relax. They recently purchased a recreational vehicle to use for camping across Texas and surrounding states. Casey and Amanda also enjoy taking trips to Mexico to swim at the beach and scuba dive.

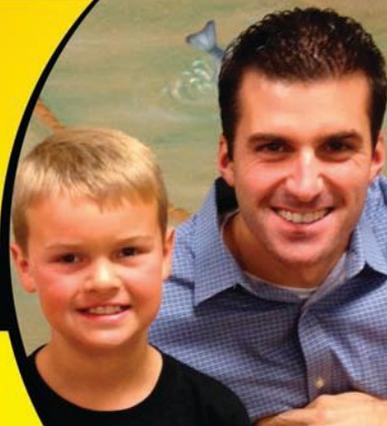
What's next on the to-do list? Casey and Amanda plan to add a carport to the shop to house their new camper. Until then, they'll finish up the projects currently underway, travel and enjoy their home and outdoor living space as a family. "We don't sit idle very long," Casey said. **NOW**

**M MYSER
ORTHODONTICS**

**Now in
Willow Park and Aledo**

**Schedule your complimentary
New Patient Exam today!**

AledoBraces.com



**Summer is coming to an end
but the ice cream
is still flowing!**

**Best Malt's
& Burgers
in Town!**

**2038 Ft. Worth Hwy.
at the Azle Hwy. (FM 730)**

Mon-Sat: 9:45AM - 9:30PM

Sun: 12 Noon - 9:30PM

817-594-2524



9 FLAVORS OF HOMEMADE ICE CREAM

**Buy any
Malt or Shake
GET 2ND
REG. SIZE
FREE**

(equal or lesser value)
With coupon only.
One coupon per visit, please.
Not valid with other offers.
Exp. 9/30/14

FREE
Pint of Ice Cream

Buy a quart of
homemade
ice cream and get
a pint for FREE

With coupon only.
Not valid with other offers.
One coupon per visit, please.
Exp. 9/30/14

**BUY ANY
SANDWICH
AND GET A
REG.
BURGER
FOR 25¢**

OR

**BUY ANY
SANDWICH
AND GET
SECOND
1/2 PRICE**

(Equal or lesser value)

(Cheese extra)
With coupon only. One coupon per visit, please.
Not valid with other offers. Exp. 9/30/14



North Texas Jellystone Park™



**WATERPARK
OPEN IN
SEPTEMBER**

Every Weekend



**Yogi Bear's™
Fall Fiesta**
EVERY WEEKEND
IN OCTOBER

**BOOK
NOW!**

NORTH TEXAS JELLYSTONE.COM

RESERVE NOW!
817-426-5037

Fall Tint Deals

\$30 OFF

Complete Ceramic Tint

Call for other specials.

OVER 28 YEARS
EXPERIENCE



COME SEE OUR SPECIALS DURING THE MONTH OF SEPTEMBER

**THE TINT
SHOP**

HAVE YOU BEEN TO OUR NEW LOCATION?

1137 FT. WORTH HWY

NE CORNER OF BANKHEAD AND FT. WORTH HWY

HOME • AUTO • COMMERCIAL
WINDOW TINT • SIGNS • BANNERS
VEHICLE GRAPHICS & MORE

ASK ABOUT OUR NEW WINDSHIELD TINT

817.694.0111

TINTSHOPTX.COM

Fort Worth Tree & Pest Specialist



Family Owned and Operated.

- Residential/Commercial Pest Control
- Insect & Disease Control For Trees, Shrubs & Turf
- Fertilization & Insect Soil Injections

Fire Ant Treatment ••• Oak Wilt Treatment



Certified Arborist & TX Licensed Pest Applicator



817-441-2276



CATERING FOR ALL YOUR
FALL NEEDS

ANY SIZE PARTY

\$7.99

Pork, Chicken or Turkey Sandwich,
Fruit Pie & 16-oz. drink.
With this coupon.



817-599-4229

1921 South Main St.

f t Weatherford YouTube
Open Daily 7AM - 9PM



Clayton
homes

SAVE \$1,000's
National Trade-In Event, We
Need Good Used Homes,
Top Dollar Paid

Got Land? Zero Down!
Guaranteed Financing
Numerous Lenders

Se Habla Español

817-237-6706

9900 Jacksboro Hwy. • Ft. Worth, TX. 76135
claytonhomesftworth.com

*Call for Details RB134240 (w.a.c.) We work with all Insurance Companies.

Catnapper
"Top Quality & Comfort at Low Prices!"

USA Built!

Sofa & Love Seat.... (both w/2 recliners) **Sale \$1,391**

Rocker Recliner..... **Sale \$498**

Pillow Top Mattresses

Twin Set	Queen Set	King Set
\$199	\$289	\$399
\$257	\$289	\$399

Layaway & Financing Available!

Distressed TV STANDS
Turquoise, White or Red
~~Was \$340~~ **NOW \$299!**

TV STANDS
~~Was \$290~~ **NOW \$223!**

Rustic Bedroom

King or Queen **BED ...Sale \$240!**

4-Drawer Chest... **Sale \$180!**

Rustic Roundup

1/2 Mile West of Hudson Oaks Wal-Mart
In Frontier Business Park
2602 Fort Worth Hwy. #116

817-594-9229

Hours: Mon. - Sat. 10am-6pm • Closed Sunday

You can now visit us online @ www.rusticroundup.com

RUSTIC & TRADITIONAL FURNITURE & MATTRESSES

SOUTH BOWIE
CHILD CARE
& PRESCHOOL

BOBCAT SUMMER CAMP FOR SCHOOL-AGE CHILDREN

Age 6 Weeks - 12 years
"Bobcat Den" for after-school children

- State licensed
- CCS vendor
- Security entrance
- Security passes to release a child
- No charge for days closed, 20 vacation days annually at no charge

CLOSED LABOR DAY SEPTEMBER 1ST AND NO CHARGE TO PARENTS

SouthBowieDaycare.com

817-596-0655

Monday - Friday 6:00 a.m.-6:30 p.m.
1718 S. Bowie Dr. • Exit 406 • Weatherford

COCKTAIL TANNING
Special

5 FREE SPRAY TANS
WITH THE PURCHASE OF:

2 MONTHS: PLATINUM TANNING

2 MONTHS: RED LIGHT THERAPY

OR

1 MONTH: PLATINUM TANNING & RED LIGHT THERAPY

SunKissed

Tan & Beauty Lounge
817 • 598 • 1999

f FOLLOW US FOR DISCOUNTS, CONTESTS & MORE!

3296 Ft. Worth Hwy, Hudson Oaks • just down from Ultimate Cup Cakes

View From

Below

— By Amber D. Bronne

Bird watching, or birding as the experts call it, can be an intense, yet relaxing, experience. Many birders watch the feathered animals feed and sing in their own backyards, while other birders may go to extremes to catch a glimpse of a bird they've only seen in books. Birding since the 1980s, Ed and Mary Lane fall in between the backyard birder and the



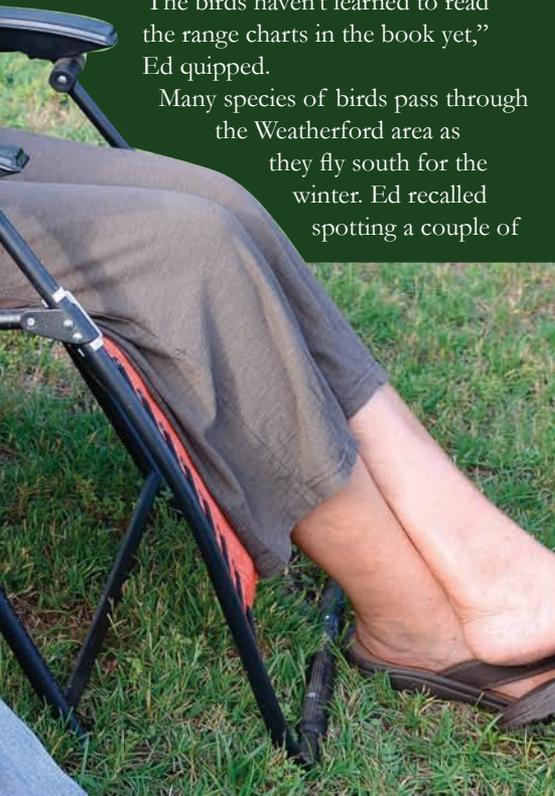


hardcore birder categories. "Ed is a far better birder than I am. He's got really good eyesight and a far better memory for the birds. But, I'm pretty good at spotting them," Mary said.

Ed and Mary often go birding with a group dubbed The Friday Gulls to catch a glimpse of as many species as possible. They became members about 10 years ago and have learned a lot over the years, including some of the best spotting sites in Weatherford and the surrounding area. The group spots birds at the Fort Worth Nature Center and Refuge, drying beds in Arlington, area lakes and even landfills. "We go places where there will be birds. Ridgmar Mall isn't a good place to go to see birds," Ed joked. They are familiar with most of the local species but many times spot birds not native to the area.

"The birds haven't learned to read the range charts in the book yet," Ed quipped.

Many species of birds pass through the Weatherford area as they fly south for the winter. Ed recalled spotting a couple of




The Yorkie Town Suites | Fuzzy Feet

Owners
Jan & Gary
Montgomery

Call for Appointment
Weatherford TX

817-565-3525

Pet Aesthetician:
Giving the Ultimate
Spa Treatments for
Dry Itchy Skin
••••
Luxurious
Accommodations
for Pet Boarding

**Adorable
Yorkie
Puppies**

jmontgomery@citbroadband.com
www.yorkietownsuites.com

Direct Mail Advertising Works!

Let *WeatherfordNOW* magazine present your advertising message to

over 33,600

Home & Business addresses in the Weatherford & Aledo ZIP codes

NOW
MAGAZINES
Bringing the best of the community home

Call for more information
817-613-1533



Brandon Waters
Owner

KINGWAY AUTOMOTIVE

REPAIR AND MAINTENANCE

FREE Honesty

(included in every service and quote)
No need to bring in this coupon to receive this deal!

FREE Integrity

(included when we stand behind our work)
No need to bring in this coupon to receive this deal!



817-598-1071 • 922 A. FT. WORTH HWY., WEATHERFORD

Ft Worth Hwy just East of the Court House at the Jack Borden light

- ENGINES ■ TRANSMISSIONS ■ BRAKES
- SHOCKS ■ STRUTS ■ EMISSIONS
- CHECK ENGINE LIGHT DIAGNOSTICS
- OIL CHANGES ■ TUNE-UPS



Whooping Cranes on Lake Weatherford one fall. He posted the sighting as an alert online, and the next day, about three dozen birders showed up to see the birds. "The Whooping Cranes put on a show. They hopped and danced and called for a while. And pretty soon, I guess they figured it was time to leave and head on down to the coast," Ed remembered.

Bird sightings can be posted on the North American Rare Bird Alert website. Die-hard birders may pack their bags and hop on a plane to catch a glimpse of an unfamiliar species. One year, Ed and his birding partner, Phil Craighead, received an alert about an Amazon Kingfisher that was spotted in Laredo. With their spotting scopes, binoculars and birding books in tow, the two hopped in a car and took a three-day trip to the area where the bird was last seen. They actually found the bird, and Ed added the Amazon Kingfisher to his bird-sighting résumé.

"That's part of the challenge, because they're not stationary. They might be migrating through, and you may have a limited amount of time to see them," Mary explained. The Lanes are always on the lookout for birds. They take birding trips to Canada and South Texas and challenge themselves to see how many species they can spot on any given day. Tallying up their sightings isn't the most important part of birding for Ed and Mary, but rather the excitement and experience of the journey.



Your Freedom Starts with a License

\$15 OFF WHEN SIGNING UP WITH A FRIEND!

Quality Driver's Ed

817-789-1973
www.maverickdrivingacademy.com

5189 E. I-20 Service Rd. Suite 101C • Willow Park, TX

Nails Spa

NOW OPEN SUNDAY
LOTS OF HOT DEALS IN SEPTEMBER!
Come see what we have!

Solar Nails (pink/white) ONLY \$35 WITH THIS COUPON

Does not apply to Solar Nail Fills. Not valid with any other offer. Expires 9/30/14

\$5.00 OFF Any Service \$38 or More

Does not apply to Solar Nail Fills. Not valid with any other offer. Expires 9/30/14

Complete & Professional Nail Care and Waxing for Women & Men

Walk-in or by appointment
Student discounts with ID
Gift certificates available

817.594.5225
112 College Park Dr. • Weatherford, TX 76086
Near Super Save Grocery

Mon-Fri 10am-7pm
Sat 9am-6pm
Sun 12-5pm

facebook.com/nailsspawf






Most of their daily birding is done in Weatherford and surrounding areas. The Fort Worth Audubon Society meets on the weekends at the Fort Worth Nature Center and Refuge for birding field trips. The FWAS also organizes competitions each year for teams of birders to get out and explore an assigned territory. The birders listen for calls and hone in on a section of tree where the bird is believed to be perched. Although Ed can't hear some of the higher frequency calls, he is able to spot the birds nestled in the trees.

Ed often takes photographs of birds through his scope to get proof of his sightings. "Having good optics is really nice. You can see the color and the definition of the bird," Ed explained. If a camera isn't available, birders must use memory recognition to identify the bird. The couple has about half a dozen bird books to refer to for identification.

"A juvenile bird looks different from an adult bird. You have to know the differences to confirm the ID. It's like a puzzle to try to figure it out. You really have to focus hard, unless you're a backyard birder and you just want to watch bird behavior," Mary said. Usually, it takes two people to get a positive identification on a bird. "Sometimes you want to see something, and you fool yourself."

At their home near Lake Weatherford, Ed and Mary have more than a dozen feeders outside their dining room



DDS Dentures & Dental Services

Thomas John Kennedy of Texas, DDS, PLLC • General Dentistry
Dr. Hassan Tawoosi, DDS • Will H. Goodwin, DDS • Stephan O'Brien, DDS

Immediate SMILES



Replacement Full Dentures
starting at
\$395
per set
w/Warranty!

DENTURES AND EXTRACTIONS IN ONE DAY!!
(In most cases)

Extractions with Dentures
starting at
\$39
Per Tooth

FREE New Patient Exam & X-Ray!
\$100 value

Includes comprehensive exam & panoramic x-ray

New patients only. Can not be combined with any other offer. One coupon per patient. Expires in 30 days. Coupon must be presented on initial visit.

Come take advantage of our BEST IMPLANT PRICES EVER!

817-563-5615

5715 W I-20, Suite 111 • Arlington, Texas 76017

www.immediatesmiles.com



Law Offices of Scott, McNeill & Burney, PLLC

Aggressive representation & creative solutions to resolve your legal issues.

Your best interest is our top concern.

- Family Law
- Personal Injury
- Criminal Defense
- Traffic Tickets



(817) 441-1919 | 9946 E. Bankhead Hwy., Aledo, TX 76008 | www.aledolegal.com

Better Health Market

YOUR NATURAL HEALTH STORE



20% Off
TOTAL PURCHASE
1 coupon per customer, per visit.
Not valid with any other special offers.
Exp. January 31, 2015

1716 SANTA FE DR. • WEATHERFORD, TX 76086 | 1450 E. HWY. 377 • GRANBURY, TX 76048
817-596-8818 | **817-578-3131**

BRAZOS EXTERIORS

Quality Rock & Cedar Construction

Serving Parker, Hood, Johnson & Tarrant Counties.

- PATIO COVERS
- DECKS
- FIRE PIT
- ROCK PATIOS
- PERGOLAS



FREE
Estimates.
Call Today!

Jay
817-243-2652

Dayson
682-229-4404

window. They can sit for hours and watch the birds feed and interact with one another. Blue Jays, sparrows, cardinals and even a Red-bellied Woodpecker partake in the smorgasbord of food. "You don't make eye contact with the people you're sitting with, because you're watching the birds," she laughed.

Their resident mockingbird entertains them with songs. The mockingbird doesn't have its own recognizable call and instead, imitates other birds. "An alert birder can figure out what birds are in the area by listening to the mockingbird," Mary stated. Ed and Mary watch Turkey Vultures flying high above and have a flock of turkeys that struts around their property. Mating rituals are interesting to watch, and many birds return each year to raise their young. Screech owls zoom by at dusk, and humming birds often flutter nearby, giving Ed and Mary an up-close-and-personal view of their fast-moving wings. Mary's favorite bird is the Scissor-tailed Flycatcher. "I like to watch them soar and fly." For Ed, it's the Painted Bunting.

South Texas seems to be a popular location for Ed and Mary to appreciate birds. They've attended hawk watches, where thousands of hawks will kettle up and fly overhead. They've reported bird counts to certain organizations over the years. To do so, they count birds in a small section of sky and estimate the total number of birds flying through the area.

Ed and Mary have always enjoyed spending time outdoors, partly due to their upbringing on farms in Illinois. Due to Ed's work in the military, they relocated to Weatherford. Their love of birding increased when Ed retired from the Air Force at Lockheed Martin, and Mary from Texas Christian University. They now spend most of their free time searching for birds and educating others about the hobby. They also volunteer at Clark Gardens. Ed enjoys woodworking, and some of his handmade bird houses hang from trees in their backyard. Mary works with the East Parker County Library and is a member of the Parker County Gardeners' Club. They also enjoy spending time with their children and grandchildren. Ed and Mary will celebrate their 50th wedding anniversary this December and plan to spend many more years together spotting fascinating birds from below. **NOW**

Pro Battery

New & Environmentally Friendly Reconditioned Batteries
And Recycling Center

STARTING AT \$34.99



We Carry Batteries For:
Auto • Trucks • RVs • Lawnmowers • Boats
Golf Carts • Commercial Equipment

New & Reconditioned
NEW LOCATION!

2413 Ft. Worth Hwy / Hwy 180 Weatherford, TX
WWW.PROBATTERYTX.COM

Two locations to serve you: Weatherford • 817.594.5599 or Ft.Worth • 817.885.7474



Bella's
PET GROOMING & BOARDING
817.594.4196
Over 20 Years Experience
1222 B. Fort Worth Hwy • Weatherford
\$5.00 Off
Any Groom
Expires 9/30/14

MOP HEADS
Cleaning Services
"Let Our Family Help Your Family"
Carpet cleaning
Commercial
Residential
Apartments
817-692-1031

THE **HOPE CHEST**
FURNITURE | APPAREL | AND MORE
thehopechestresale.com



GRAND OPENING

Weatherford's Newest Upscale Resale

Thursday, September 4th
Door Prizes • Great Savings
Don't miss the 10:30AM ribbon cutting!

- ✓ Apparel
- ✓ Furniture
- ✓ Home Décor
- ✓ Housewares
- ✓ Baby Items
- ✓ And more!



Store Hours:
Tues - Sat
10AM - 6PM

Proceeds benefit:  **Center of Hope**
PARKER COUNTY

1020 FW Hwy. | Weatherford, TX | 817.757.4410



3rd Annual FREE Health Fair

Multiple Vendors

Sponsored by

PARKER
County Medical Society



Free Flu Shots

Free T-Shirts

Cancer Awareness

Ask A Physician

Drawings for Door Prizes

Free Children's Helmets

Cholesterol Screening & Much More!

October 11, 2014
9:00 a.m. - 12:00 noon

North Side Baptist Church
910 N. Main • Weatherford, Texas




For more information, contact 817-599-6222

CC

THE DIFFERENCE




MERLE NORMAN
CC CREAM BROAD SPECTRUM SPF 30
1g (1/2 NET WT. 1.25)

"My skin looks brighter and more evenly toned."

CC CREAM BROAD SPECTRUM SPF 30
A multi-benefit complexion corrector that gives you the benefit of a skin care product, sunscreen and light-coverage foundation!

MERLE NORMAN
MADE IN THE USA

MERLE NORMAN COSMETICS & MORE
817-599-9848
173 College Park Drive • Weatherford, TX

Come party with us and celebrate Christmas in September on Monday, September 8th.
All boutique items will be 50% OFF on this day only.

© 2014 Merle Norman Cosmetics, Inc. **MERLENORMAN.COM**
Merle Norman Cosmetic Studios have been independently owned and operated since 1931.



WORLD FINANCE CORPORATION
World Class Loans & Tax Services
120 East Simmons St., Suite 103 • Weatherford, TX 76086



Kids are back in school, do you still need some catch-up cash?

817-599-0777 We Offer Loans Up To \$3,000.00*
* All Loans subject to our usual credit underwriting policies.

- Fast, Friendly Service • First-Time Borrowers Welcome • Phone Applications Taken
- Loans for All Occasions

Call or Come Visit Us Today!

TAXES
Professional Tax Services
Free Dependent Tax Returns**
**When we file a qualifying parent's return.

World Class Products
World Class Customer Service

World Class Buying Club
Offering Electronics & Appliances with Convenient In-Store Financing
"Why Rent When You Can Own?"

GET MORE FOR LESS

PROMOTIONAL PRICES START AT **\$19.99/mo**
FOR 15 MONTHS NOT ELIGIBLE FOR HOPPER OR HD.

ACT NOW AND ALSO GET:
FREE PREMIUM CHANNELS
for 3 months

HBO **CINEMAX** **SHOWTIME** **starz** **BLOCKBUSTER @HOME**

Offer subject to change based on premium channel availability.
All offers require 24-month commitment and credit qualification.

CALL OR VISIT YOUR LOCAL SHOWROOM

dish
AUTHORIZED RETAILER

SOUND EXPRESSIONS
212 SANTA FE DR.
WEATHERFORD
817-594-2423

Offers end 1/16/15. Restrictions apply. Ask for details. RETAIL_9612_11336

DESTINATION:

I Do

— By Shannon Pfaff

Planning a wedding can be a hectic experience. The preparation can take months, yet the actual wedding day passes so quickly. With all the details that go into planning the wedding, it seems like the honeymoon is the time to recover. Why not get the vacation started early with a destination wedding? A destination wedding can be a unique and exciting way to get married and have a honeymoon all in one shot!

When considering a destination wedding, it may seem like it would be more expensive than having a traditional wedding at home. Depending on the type of wedding and the location, having a destination wedding may actually save money. Many resorts will include the ceremony for free when you stay and have the reception at their location. This will save you from having to find two locations for the ceremony and the reception. Several resorts also offer credits toward the ceremony package to include: flowers, linens, chairs and the officiant, as well as room upgrades for the bride and groom. Some packages even include table settings and the wedding cake. The cost to the couple is the food, drinks and any additional guests not covered by the package.



The expense of the event will also vary depending on the number of guests and any additional activities paid for by the bride and groom. Since you are requesting for people to travel for your wedding, it makes sense to plan some fun for you and your guests. Destination weddings tend to be more intimate affairs with a smaller guest list, which helps keep costs down. While the couple is responsible for the ceremony and reception expenses, wedding guests should expect to cover their own travel expenses. To help their traveling guests, the bride and groom can arrange a flight and room block to help guests with making arrangements. Some hotels offer group discounts when booking several rooms, which will help your guests save money. This is a great incentive to start the planning process early.

Because the party generally pays for their own accommodations, the bride and groom should choose their attendants as soon as possible. Once the attendants are chosen, the couple should inform them of their plans to have a destination



wedding. This gives each person in the wedding party time to set aside funds for their trip. Encourage your guests to book early as well, which will help them save money. Be prepared to make necessary changes if someone you ask cannot afford the trip. If you can afford it, you can always help someone who is in financial need, but this is not a requirement. Consider having a reception

BEST BUY WALK-IN BATH TUBS

Locally Owned & Operated

Installed pricing from \$6,499.00

BUY LOCALLY

Family Owned Lifetime Guarantee Against Leaks

Visit Our NEW LOCATION: 3411 E. Hwy. 377 Granbury TX.

682-205-3532
WWW.BESTBUYWALKINTUBS.COM

GREAT FOR CIRCULATION, ARTHRITIS, STIFF JOINTS AND RELAXATION.

MasterCard VISA Discover Novus

GRANBURY CHAMBER BBB A+

Interior & Exterior Remodeling • Tile • Painting • Sheetrock Repair

Chapman's Carpentry

Off-duty Firefighter

817-946-6787

Quality Work at a Reasonable Price • 31 Years Experience

No Job Too Small!

Fall is the perfect time for camping
in a New or Used RV from

Bennett's Camping Center

We have something for every budget & every tow vehicle!

Bennett's Camping Center & RV Ranch

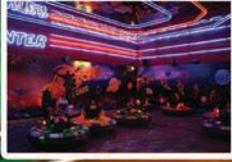
817-279-7500
2708 E. Hwy. 377, Granbury
View Inventory at
bennettsrv.com

NOW OPEN!



- Indoor
- Blacklight Miniature Golf
- Spin Zone Bumper Cars
- 3 Batting Cages
- 2 Practice Tunnels
- State-of-the-art Arcade Room
- Full Snack Bar
- 4 Party Rooms (Booking NOW!)

Like us on Facebook for up-to-date info & specials.


Buy One Miniature Golf Get One FREE!

1819 S. Main St. • Weatherford, TX 76086 • 817-599-6520
(same building as Tractor Supply)

www.holeinfunentertainment.com



STREETER ELECTRIC

FREE ESTIMATES
 Licensed and Insured
 Over 15 Years Experience
 24-hour Emergency Service
 Locally Owned and Operated
 Residential, Commercial & Industrial

Steve Streeter
 Master Electrician, TECL #227695

New Homes • Remodels • Additions • Hot Tubs
 Phone & TV Outlets • Generators • Ceiling Fans
 Landscaping Lighting • Service Calls • Security Lighting
 Panel Upgrades • Pools • Spas • Specialty Lighting • And More!

"We Do It Without Shorts!"

\$10 OFF

ANY SERVICE CALL

With mention of ad.
Expires 9/30/14



817-776-6224

info@streeterelectric.com • www.streeterelectric.com

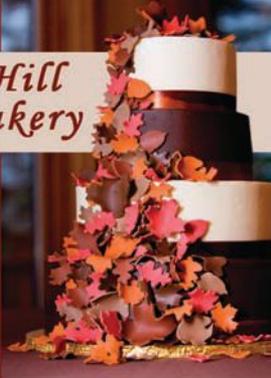




Windy Hill Farm Bakery

Let Us do the Baking!

Call Today (817) 565-0585



Participants Wanted for Yard Sale

Saturday, October 25, 2014

9 a.m. - 3 p.m.

On the grounds of St. Francis Church
 117 Ranch House Road
 Willow Park, 76087

Sponsored by
Gardener's Club of Parker County
 \$20 for 15'x15' space
 Call 817-919-6280 for info.

later on to include those who could not attend your wedding.

If you are planning to travel out of the country, make sure your passport is up-to-date and that you meet all the necessary requirements to get married in that location. Some countries have residency restrictions, so it's important to plan ample travel time to meet the required number of days, if necessary. A wedding planner at your destination is a great tool to help you understand the country's requirements, communicate with vendors, set up travel arrangements and make your dream a reality. A wedding planner close to home is also a great source to help you coordinate your wedding. Whether they help you plan the entire event or just assist you in some of

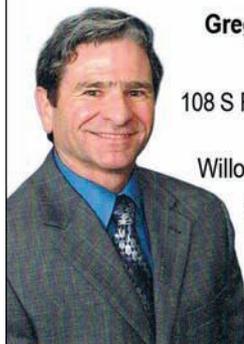


the details, they can help save time and money in the planning process.

Another wedding professional you should consider hiring is a travel agent. A travel agent can help simplify your travel arrangements. They can research destinations, compare prices, negotiate with hotels, as well as help plan excursions. It's best to select a local travel agent that you can meet personally. When selecting a travel agent, make sure you check their certifications. This will ensure they are certified with credible agencies. You will also want to interview the agent before selecting one. Ask them about their experience and their fees.

Selecting a destination is important in determining the wedding type, travel time and budget for the event. Some popular

Keep a level head in an up-and-down market.



Gregg Davis, AAMS®
Financial Advisor

108 S Ranch House Road
Ste. 300
Willow Park, TX 76008
817-441-6612

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Photo Lobby
Photo Booths

Book Us For A Fall Party or Wedding
Events • Weddings • Parties

Shirley Clark • 817-901-4747
www.PhotoLobbyPhotoBooths.com
email: info@PhotoLobbyPhotoBooths.com

Eagle Mountain Auto Salvage, Inc.

Over 2500 Cars Full of Parts.
All Parts Guaranteed.
WE BUY CARS & TRUCKS!

817-237-3350

9901 Jacksboro Hwy.
Fort Worth, 76135
eaglemountainsalvage.com

The **TASTE, TOAST, and TALK of TEXAS**

WAXAHACHIE CHAUTAUQUA ASSEMBLY

SATURDAY, SEPTEMBER 27, 2014



PROGRAM SCHEDULE:

11am-4pm: Demos, Tastings and Sales in Getzendaner Park featuring H-E-B, Ann's Health Food, Rita Hodges with Texas A&M Extension Agency, Arlene Hamilton and Susan Clark, The Roses, and more!

12:15 pm: Elizabeth Engleheart, SOUTHERN FOOD MATTERS: Stories From The Dinner Plate

1:00pm: Steven Bailey, URBAN ACRES: Building Community Through Real Food

2:00pm: Daniel Vaughn, THE PROPHETS OF SMOKED MEATS: A Journey Through Texas Barbecue

3:00pm: Sherrie McLeRoy, GRAPE MAN OF TEXAS: How T.V. Munson Saved The World's Vineyards

4:00pm: Hank Fincken, NOT "JOHNNY" IF YOU PLEASE: A Conversation with Johnny Appleseed

OPENING CEREMONIES BEGIN PROMPTLY AT NOON

FOR MORE INFORMATION PLEASE VISIT

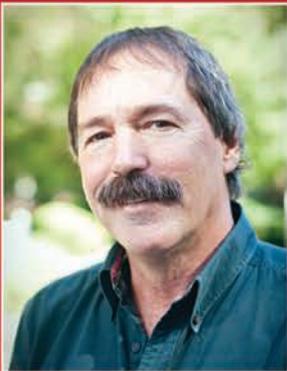
WWW.WAXAHACHIECHAUTAUQUA.ORG

Direct Mail Advertising Works!

Let WeatherfordNOW magazine present your advertising message to

over 33,600

Home & Business addresses in the Weatherford, Aledo, Hudson Oaks & Willow Park ZIP codes



Steve Randle



Cleta Nicholson

For more information please call your local advertising representative.

817-613-1533

NOW
MAGAZINES
Bringing the best of the community home



choices are Hawaii, Canada and Europe. If your budget is limited, consider traveling a little closer to home. There are several beautiful locations that are just a drive away.

Whichever location you choose, make sure you research the weather patterns when setting a date. Keep in mind that optimal weather conditions usually coincide with high tourist season, which will mean higher prices. Shoulder season is the best time to travel for good prices and great weather. This is the time that falls between high season and low season when tourists are few and the weather is on the edge of ideal. During this time, resorts are lowering their rates due to receding tourism. The Internet is a great source for understanding the best times to travel to various locations.

Once you have chosen your destination, selected a date, advised your attendants and family, the fun truly begins in the planning process. With all of the major and more difficult decisions out of the way, you are free to think about planning your trip. There will be other wedding details to consider, but you should also think about some fun with your friends and family. Consider planning a welcome dinner when everyone arrives. A destination wedding is a great way for you to celebrate a significant moment in your life. You will be able to spend time with close friends and family and make memories that will be part of the foundation of your future together. **NOW**

Du Monde Furnishings



Du Monde Furnishings is changing the way you buy high quality luxury home accessories by working with suppliers who design and produce affordable luxury products in Europe - with nothing produced in China or Mexico.

800.348.1258

info@dumondefurnishings.com

www.dumondefurnishings.com





Pediatric Rehab

1836 Santa Fe Dr.
Weatherford, TX 76086
(817) 341-7611
Fax: (817) 599-7655
www.pedi-rehab.com
info@pedi-rehab.com

Hours:

Monday-Friday: 8:00 a.m.-6:00 p.m.



Diane Beaver, owner, and Beth Heronemus, office manager, stand ready to assist patients and their families at Pediatric Rehab.



Playing for Progress

Helping children reach their goals is the No. 1 priority at Pediatric Rehab.

— By Amber D. Browne

Caring for children who may need a little extra help to make it in today's world is how therapists and staff at Pediatric Rehab spend their days. They work with the children in occupational, physical and speech therapy to ensure the youngsters reach their fullest potential.

Diane Beaver, owner of the state-certified outpatient rehab facility, said their clients range from infant to 20 years old. Babies may be treated for problems with swallowing, and older children receive therapy for a number of issues. "We see a lot of children for speech and language disorders," Diane stated. Others may be developmentally delayed or have been diagnosed with a form of autism.

In speech therapy, therapists may work with children in receptive and expressive language or intervene in stuttering. Children who are developmentally delayed receive therapy to improve muscle coordination, strength and flexibility. For occupational therapy, children can learn handwriting, fine motor skills, such as how to hold a pencil, and basic socialization skills. "When you think of occupational, you think of a job. But, a kid's job is their school, their play, social interaction," Diane explained, "and being able to get dressed, eat and tie their shoes."

In every case, Pediatric Rehab must have a doctor's approval before they begin treatment. "Early intervention is the most important thing," Diane said. Developmental scales provide

Business **NOW**

information on where a child should be progressing. The child's primary care physician will check development at yearly wellness visits, and if therapy is needed, the doctor will refer the child for treatment. Parents can also call Pediatric Rehab to refer their child. Pediatric Rehab will send a referral form to the child's primary care physician, and once the doctor signs off on the referral, a licensed therapist will evaluate the child and create a plan of care. "If you think your child may have a problem, get it checked out. If you can get on it while they're young, you're going to help that child meet his or her life goals," Diane shared.

The child will usually receive therapy twice a week, if he or she can tolerate it. Parents are advised of daily progress, and monthly reports are sent to the primary care physician. The therapist will re-evaluate the child after six months. "If they've met their goals, and there aren't any new goals, we'll say they graduated. We'll give them a certificate." If the child hasn't met goals, or if there are new goals, the therapist will revise the plan of care.

Pediatric Rehab has a casual atmosphere, perfect for children. Several therapy rooms are available for treatment, and swings, crash pads and other equipment are located in a gym area for children with sensory processing disorders. "The child comes in, and the therapist makes it play," she said. "It doesn't look like a doctor's office." Safety and cleanliness are important, so the children must wash their hands before every treatment.

The Weatherford location opened about a year ago and is one of three Pediatric Rehab offices. Diane opened the first location in Fort Worth in 2007. A Granbury location opened this past spring to serve additional clients. Pediatric Rehab accepts various insurance plans, including Medicaid, Amerigroup, Aetna, Blue Cross Blue Shield and Cook Children's STAR/CHIP, among others.

"The kiddo is our emphasis," Diane said, "but we treat the whole family. They're not just a number or a patient." At Pediatric Rehab, therapists and staff treat the children and their families like their own. **NOW**



WWW.PEDI-REHAB.COM

Pediatric Rehab

Providing quality therapy services for children



1836 Santa Fe Dr.
Weatherford, TX
817-341-7611

3550 Hulen St., Ste. D.
Fort Worth, TX
817-377-2535

300 S. Morgan
Granbury, TX
682-205-3340

PROVIDING:

**Interactive Metronome Therapy • Speak-EZ for Apraxia
Picture Exchange Communication-PEC
Handwriting Without Tears • Sensory-based Treatment**

NOW HIRING THERAPISTS

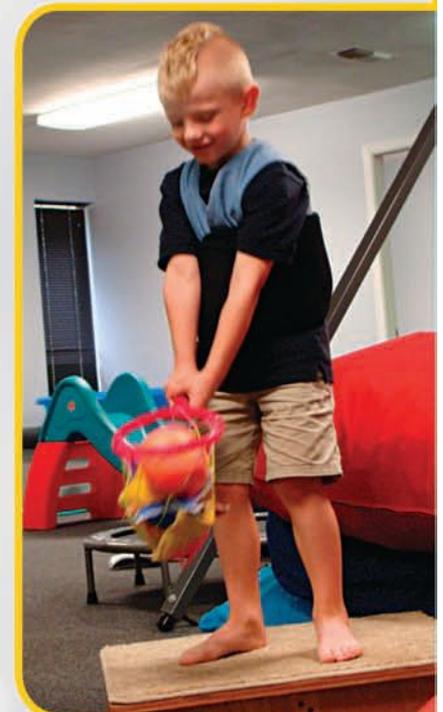


Pediatric Rehab

Occupational Therapy

Physical Therapy

Speech-Language Therapy



Accept Medicaid and Commercial Insurance. Call for more information.



Tom Meeks, Don Wade and Jose Castillo get ready to ride in the Peach Pedal.



Eloisa Gallegos and Christina Berger shop at the Rustic Spur.



Diane Taylor stocks the shelves at the Elephants Nest Boutique in Aledo.



The Rodriguez family enjoys the day at the Parker County Peach Festival.



Alexandria Robertson gives Shelby Wiley and De'Aun Johnson a tour of Weatherford College.



Team members of the 2014 Aledo Black T-ball All-Stars end a great season at the Pony Baseball State Tournament in Burlison.



The winners of the 2014 Parker County Peach Festival Food Competition are recognized at an award ceremony.



Trinity and Alex Howard spend the afternoon at the Parker County Peach Festival.



These children grab a few treats at The Candy Store in Aledo.



Aisle Ten Boutique manager Jamie MacDonald adds merchandise to the racks.



Burleson's new wellness center is now open! Joining us will be our beloved Dr. Don Haygood DC, DASA. Specializing in acupuncture, Dr. Haygood is dedicated to his love of health and alternative healing therapies. Not only will Burleson's new wellness center provide chiropractic services, we will also have an entire organic boutique! We are here to offer unique and healthy choices for you and your family! Come, get healthy!

Dr. Don Haygood DC, DASA • Chiropractor Certified in Acupuncture • www.haygoodwellness.com

135 SW Anderson St., Suite 101 • Burleson, Tx 76028
+1 (817) 371.2551 • www.frankyandmyrrhwellnesscenter.com

NOW OPEN!
Franky & Myrrh
Chiropractic and Wellness Center



A portion of all proceeds from Franky & Myrrh will go to a local charity.

We Offer:

- Zyto scans
- dōTERRA therapeutic-grade essential oils
- erbaviva full organic baby & mom bath line
- Therapeutic-grade aromatherapy bath bombs
- Herbs & healing teas
- Accessories such as gifts, organic bath & body towels, baltic amber teething necklaces, handmade aromatherapy flax seed pillows, glass containers for essential oils, & much more.
- Essential oil blending bar -
Choose your oils and have us show you the correct way to blend your essential oils into spray bottles, misters, roller bottles and other amber glass containers.
- Special order aromatherapy cupcakes for any special occasion or event.
Call for details!



\$25
1ST TIME WELLNESS VISIT
NEW PATIENTS ONLY
BOOK BEFORE OCT. 1ST



Lashes & Locks

129 NW Ellison, Burleson Tx • www.lashlocks.com



Lashes & Locks Welcomes

Tanner Goff,
Stylist

817.999.6010



Kim Wilson,
Stylist

903.452.1889





Work to Become a Better Investor

On Sept. 1, we observe Labor Day — a celebration of the American worker. Of course, you work hard at your own job, but, when you think of it, every worthwhile endeavor in life requires significant effort — and that’s certainly the case with investing. The harder you work at it, the more likely you are to make progress toward your goals. So as you think about investing, consider the following areas in which you will need to apply yourself:

Work to identify your goals. It’s important that you know just why you’re investing. Do you want to send your children (or grandchildren) to college? Do you want to retire early? What sort of retirement lifestyle do you envision? What kind of legacy do you want to leave? Identifying your financial goals is the necessary first step toward achieving them.

Work to know your own risk tolerance. It’s essential that you know your own investment personality — that is, how much risk you can comfortably handle. If you think you can handle a relatively high level of risk, but you find yourself worrying excessively over every drop in the market, you may need to re-evaluate your risk tolerance and adjust your investment habits. Conversely, if you believe yourself to be highly risk-avoidant, but you find yourself frustrated over the relatively low returns you get from conservative investments, you may need to revise your thinking — and your actions.

Work to avoid bad habits. Many investors chase after “hot” stocks or try to “time” the market. However, hot stocks can cool off quickly, while efforts to predict market highs and lows are

doomed to fail, because no one can accurately forecast those points. You will want to be especially diligent about learning to look past the headlines and beyond short-term price movements in the financial markets, because too many people overreact to these events. If you can avoid these bad investment habits, you’ll be doing yourself a favor.

Work to follow a consistent investment strategy. If you invest over the course of several decades, you are going to see a lot of ups and downs in the financial markets. And when the markets get choppy, you may be tempted to take a “time out” from investing. But if you do this repeatedly, you will certainly interrupt the progress you need to make toward your financial goals. If you can develop the discipline to follow a consistent investment strategy and to keep investing in all types of markets, you have a pretty good chance of “smoothing out” the effects of market volatility over time. And, as a bonus, you’ll be far less likely to concern yourself over day-to-day price fluctuations.

Work to review your progress. Along with your financial advisor, consistently review your progress toward your goals. Your investment professional should establish your portfolio review frequency and meet with you to discuss your investments at least once a year.

So, there you have it — some ideas on how you can work to be a better investor. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.

Architectural Vignettes of New Orleans

New Orleans, with its richly mottled old buildings, its sly, sophisticated air and its Hispanic-Gallic traditions, has more the flavor of an old European capital than an American city. Townhouses in the French Quarter, with their courtyards and carriageways, are thought by some scholars to be related on a small scale to certain Parisian “hotels” — princely urban residences of the 17th and 18th centuries. Visitors particularly remember the decorative cast-iron balconies that cover many of these townhouses like ornamental filigree cages.



One of the truly amazing aspects of New Orleans’ architecture is the sheer number of historic homes and buildings per square mile. Orleanians never seem to replace anything. Consider this: Uptown, the city’s largest historic district, has almost 11,000 buildings, 82 percent of which were built before 1935 — truly a “time warp.”

The spine of Uptown, and much of New Orleans, is the city’s grand residential showcase, St. Charles Avenue. The St. Charles Avenue streetcar line represents the nation’s only surviving historic streetcar system. All of its electric cars were manufactured by the Perley Thomas Company between 1922 and 1924 and are still in use. Hurricane Katrina flood waters caused severe damage to the steel tracks along the entire Uptown and Carrollton route and had to be totally replaced and re-electrified. The cars themselves survived and are included in the National Register of Historic Places. New Orleanians revere them as a national treasure.

Creole cottages and shotgun houses

dominate the scene in many New Orleans neighborhoods. Both have a murky ancestry. The Creole cottage, two rooms wide and two or more deep under a generous pitched roof with a front overhang or gallery, is thought to have evolved from various European and Caribbean forms.

The shotgun house is one room wide and two, three or four rooms deep, under a continuous gable roof. As legend has it, the name was suggested by the fact that because the rooms and doors line up, one can fire a shotgun through the house without hitting anything. Some scholars have suggested that shotguns evolved from ancient African “long-houses,” built here by refugees from the Haitian Revolution, but no one really knows.

It is true that shotguns represent a distinctively Southern house type. They are also found in the form of plantation quarters houses. Unlike shotgun houses in much of the South, which are fairly plain, New Orleans shotguns bristle with Victorian jigsaw ornaments, especially prominent, florid brackets. Indeed, in many ways, New Orleans shotguns are as much a signature of the city as the French Quarter.

New Orleans’ architectural character is unlike that of any other American city. A delight to both natives and visitors, it presents such a variety that even after many years of study, one can still find things unique and undiscovered. **NOW**

Photos and text courtesy of the New Orleans Metropolitan Convention and Visitors Bureau, 2020 St. Charles Avenue, New Orleans, LA 70130 • (504) 566-5019 www.neworleanscvb.com.





In the Grip of a Cramp

— By Betty Tryon, BSN

Muscles that contract are doing what they were made to do. A problem occurs when the muscle does not return to a relaxed state. A muscle or muscles can create incredible pain when the contraction continues and becomes a cramp. Involuntary muscle cramps can last a few seconds to almost an hour. Regrettably, on occasion, they can last longer.

We have three types of muscles: smooth, cardiac and skeletal. Smooth muscles line the inner organs in the body. For example, they are what propel food through the digestive system or cause you to regurgitate something unpleasant. Cardiac muscles power the functions of the heart. Smooth and cardiac muscles are involuntary, meaning you can't control their action. Skeletal muscles are voluntary and can be controlled by you. They are what allow you to move your arms and legs at will. The majority of muscle cramps occur in the skeletal muscles. You can see the muscle bunch up and become hard while in the grip of the cramp.

Muscle cramps can be alarming, but they are not uncommon. They occur most often in older adults. Cramps can be caused by a variety of conditions. Injury to a muscle or nerve can cause cramping. Dehydration, cold weather, pregnancy, depletion of certain minerals and deficiencies of some vitamins can be the source of muscle cramps. Overusing a certain group of muscles or even being in one position an extensively long time might trigger cramping. Cramping can be the side

effect of some medications. Medical problems, such as peripheral artery disease, can also be the cause of cramps because of inadequate blood flow to an area.

The treatment for muscle cramps is relatively simple. If it occurs from injuries, then medications such as muscle relaxants and/or anti-inflammatory drugs, may be prescribed. Usually, stretching alleviates the cramped muscle. Relief can also be found with the use of heating pads or soaking in a tub of warm water. Massage can bring a reprieve from the pain. If the disorder is occurring from a medical or physical condition, then that needs to be addressed. If you develop cramps from dehydration, rehydration should solve the problem.

Prevention of muscle cramps should focus on the reason the cramp is taking place. If cramps occur in a calf muscle from running, then stretching adequately before exercise will help. Make sure you are well-hydrated before exercising. For nighttime cramping, stretching before bedtime may help. If you think a medication is causing your cramping, consult your doctor. Do not discontinue medication before seeking the advice of your physician. With a little investigation and preparation, you may be able to keep muscle cramps at bay. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

September 1

Weatherford Fifth Annual 2014 DFW Free Day of Yoga: Class times vary, Indra's Grace, 131 W. Church St., Ste. 200. Visit www.indrasgrace.com for more.

September 5

Shot in the Dark Golf Tournament: 6:00-11:45 p.m., Canyon West Golf Course, 160 Club House Dr. Teams will play nine holes with glowing golf balls. Dinner and a cash bar will be available. Register online at www.eastparkerchamber.com.

East Parker County Chamber Women's Business Alliance Luncheon: 11:30 a.m.-1:00 p.m., Tucker Red's Banquet Hall, 4971 East I-20 Service Rd. N., Willow Park. Register at www.eastparkerchamber.com.

September 6

11th Annual Food Drive: 10:00 a.m.-2:00 p.m., Walmart, 1836 Main St. Snow Garrett Williams Certified Public Accountants will host the food drive that benefits the Center of Hope of Parker County. For more information, call (817) 596-9301.

September 11

Gardeners' Club of Parker County meeting: 10:00 a.m., St. Francis Church, 117 Ranch

House Rd., Willow Park. Barbara Shepard will speak and give demonstrations on garden crafts. For more information, call (817) 819-6280.

Build Strong Luncheon: Noon, North Side Baptist Church, 910 N. Main St. Trinity Habitat for Humanity Parker County will host the annual fundraiser to assist new homeowners. Call Linda Tingle at (817) 614-1061 for more.

September 13

13th Annual Garden Safari: 6:30-9:30 p.m., Clark Gardens Botanical Park, 567 Maddux Rd. Funds raised will benefit Freedom House of Parker County. For ticket or sponsorship information, call (817) 596-7543.

September 16

Healthy Woman Seventh Anniversary Celebration: 4:00-8:30 p.m., Southwest Ford, 3000 Fort Worth Hwy. Cost is \$25 per person. Find out more by calling (682) 582-1753.

September 17

Careity Rocks: 6:00-9:00 p.m., Cendera Center, 3600 Benbrook Hwy., Benbrook. The event benefits Careity Children's Cancer Fund and Pediatric Palliative Care at Cook Children's. Call (817) 882-4100 for more information.

September 20

Ride United Parker County: 8:00 a.m., Parker County Sheriff's Posse Arena, 2251 Mineral Wells Hwy. It benefits health and human service programs supported by United Way of Parker County. Go to www.rideunitedparkercounty.com for more information.

September 26, 27

Quilter's Guild of Parker County Bi-Annual Quilt Show: **Friday:** 9:00 a.m.-5:00 p.m., **Saturday:** 9:00 a.m.-4:00 p.m. Parker County Sheriff's Posse Rodeo Grounds Building, 2251 Mineral Wells Hwy. For more information, visit www.quiltersguildofparkercounty.org or call (817) 771-4325.

Parker Paws Fundraiser Garage Sale: 8:00 a.m.-2:00 p.m., 506 E. First St. Gently-used items will be offered for sale. All proceeds benefit the pets in the organization's foster program. For more information, call (817) 694-5718.

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

Ride with the #1 car insurer in Texas

With competitive rates and personal service, it's no wonder drivers trust State Farm.®

Like a good neighbor
State Farm is there.®

CALL FOR A QUOTE 24/7

 **State Farm**®

Mader-Bagley Agency
www.mader-bagley.com

1916 Martin Drive, Weatherford, TX 76086-6701
(817) 594-0241 - (817) 596-0241 - Toll Free: (800) 861-3579

HOME, AUTO, LIFE & HEALTH INSURANCE

Customer service
comes first.
Our bilingual team
is here for you.



In the Kitchen With Candy Frizzell

— By Amber D. Browne

Candy Frizzell appreciates the challenge of trying a new recipe. She will first follow the instructions, but afterwards, she will change the recipe by adding or deleting ingredients. “Sometimes it is a winner and other times, not so much!” she exclaimed. Candy has invented tasty dishes over the years, but on occasion, she forgets the ingredients. The dish then evolves into a new mouthwatering creation. Her recipes are often influenced by seasonings native to New Mexico, which is where Candy was reared. She grew up in a family of 12 and learned to cook large meals with her mother. When her daughter’s family now visits from Oklahoma, Candy shares her kitchen with her grandchildren. “I enjoy teaching them how to make simple recipes,” she said. **NOW**

Apple Pie Enchiladas

- 1 21-oz. can apple pie filling
- 6 8-inch flour tortillas
- 1 tsp. ground cinnamon
- 1/2 cup butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 cup water
- 1 tsp. vanilla

1. Lightly coat an 8x11-inch dish with cooking spray. Spoon about 2 Tbsp. of pie filling evenly down the center of 1 tortilla; sprinkle with cinnamon. Roll tortilla and place seam down in prepared dish. Repeat for each tortilla.
2. Combine butter, sugars and water in a medium saucepan over medium heat. Bring to a boil and stir constantly; reduce heat and simmer 3 minutes; remove from heat and stir in vanilla. Pour sauce over enchiladas and let stand 45 minutes. Bake in preheated oven at 350 F degrees for 35 minutes or until golden. Serve with ice cream.

Caramel Apple Dump Cake

- 2 21-oz. cans apple pie filling
- 1/2 cup caramel sauce
- 1/2 tsp. cinnamon
- 1 box yellow cake mix
- 2 sticks butter, melted
- 1/2 cup pecans, chopped (optional)

1. Grease a 9x13-inch baking dish. Mix together apple pie filling, caramel sauce and cinnamon in a bowl. Spread evenly on bottom of dish.
2. Pour dry cake mix directly on top of pie filling mixture; spread evenly. Top with melted butter and pecans. Bake at 350 F for 50 minutes, or until golden brown and apple filling is bubbly around the edges. Serve with ice cream or whipped cream.

Cowboy Caviar

- 2 11-oz. cans Mexican
- 1 10-oz. can Ro-Tel

- 2 cups shredded cheddar or Mexican-style cheese
- 6 green onions, chopped
- 1 cup mayonnaise
- 1 cup sour cream

1. Mix together all ingredients in a bowl and enjoy.

Low-carb Simple, Easy Dish

- 3 zucchinis
- 1 Tbsp. olive oil
- 1/2 tsp. garlic powder
- 2 tomatoes, sliced
- Salt and pepper, to taste
- 4-6 oz. Parmesan-Romano mix cheese or mozzarella cheese

1. Preheat oven to 375 F
2. Wash zucchini thoroughly; cut 1/4-inch off tops and bottoms and slice lengthwise. Place zucchini sliced side up in greased 8x11-inch baking dish.
3. Brush zucchini generously with olive oil and sprinkle with garlic powder. Top with sliced tomatoes, salt and pepper; sprinkle cheese on top of zucchini. Bake for 20-30 minutes, or until soft.

Taco Pasta Salad

- 1 16-oz. pkg. spiral pasta
- 1 lb. ground beef
- 3/4 cup water
- 1 envelope taco seasoning
- 2 cups shredded cheddar or Mexican-style cheese
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 2 2.5-oz. cans sliced ripe olives, drained
- 1 16-oz. bottle Western or Catalina dressing

1. Cook pasta according to package directions.
2. In a skillet, brown beef over medium heat; drain. Add water and taco seasoning; stir and simmer uncovered for 15 minutes.
3. Rinse cooked pasta in cold water and drain; place in a large bowl. Add beef and next 5 ingredients to pasta; mix well. Add dressing and toss to coat. Cover and refrigerate for at least 1 hour before serving.

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



FREE FIRST 6 MONTHS
Weekly Pool Maintenance
with each new pool build

- ▶ WEEKLY SERVICE
- ▶ NEW CONSTRUCTION
- ▶ RENOVATIONS & REMODELING
- ▶ EQUIPMENT REPAIRS/UPGRADES
- ▶ PLASTER, TILE & COPING

- ▶ OUTDOOR KITCHENS
- ▶ DECKING
- ▶ SALT SYSTEMS
- ▶ WATER FEATURES



We ALSO offer Landscape Lighting
Let us light up your life and add beauty to your outdoor surroundings!

You can just have a pool, or you can have a BlueWater pool!
Our showroom is located at 10424 FM 1902 • Crowley, TX



817.297.7120

www.BlueWaterCustomPools.com

LITTLE FEATHER EQUESTRIAN CENTER



Hunter/Jumper

Board • Training • Lessons • Sales

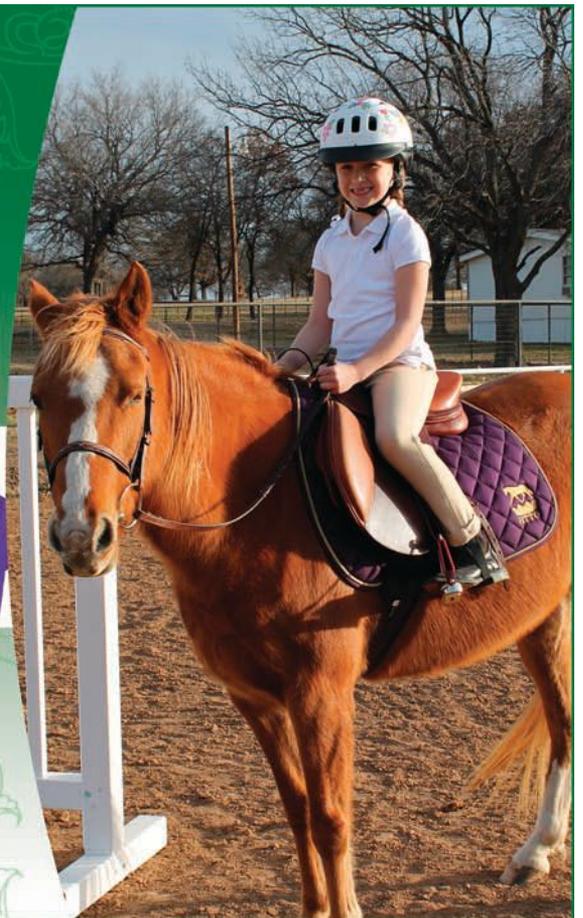
- Trainer has more than 10 yrs. Professional Experience
- Certified by the American Riding Instructors Association
 - English riding lessons for all levels (ages 7 & over)
 - New students get a free 30-min lesson

Back-To-School

4-30 minute lessons and a
Little Feather Tee for only \$115.
(\$135 value)



Contact Rebecca
432-853-1008
871 Pamela Kay Ln., Weatherford, TX
www.littlefeather.org



PARKER COUNTY HEALTH FOUNDATION

9th Annual Pink Luncheon



GUEST SPEAKER
Jill Conley
jillswish.com

October 10, 2014
11:30 to 1:00



Hudson Oaks

*Sponsorships and individual seats
available at*

www.pinkluncheon.com

TITLE SPONSORS

George & Amy Mercer **First National Bank**



First National Bank

220 Palo Pinto Street ♦ 139 College Park Drive ♦ Weatherford, Texas
817-598-4900 ♦ www.fnbweatherford.com



MEMBER
FDIC