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SEPTEMBER 2018

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the second art and wine
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Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging DISC. That's when one of your spinal discs are bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

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.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

FACT: Not true. Dr. Carl McAfee in Weatherford is currently offering an initial consultation with one of their specialists for just \$29.

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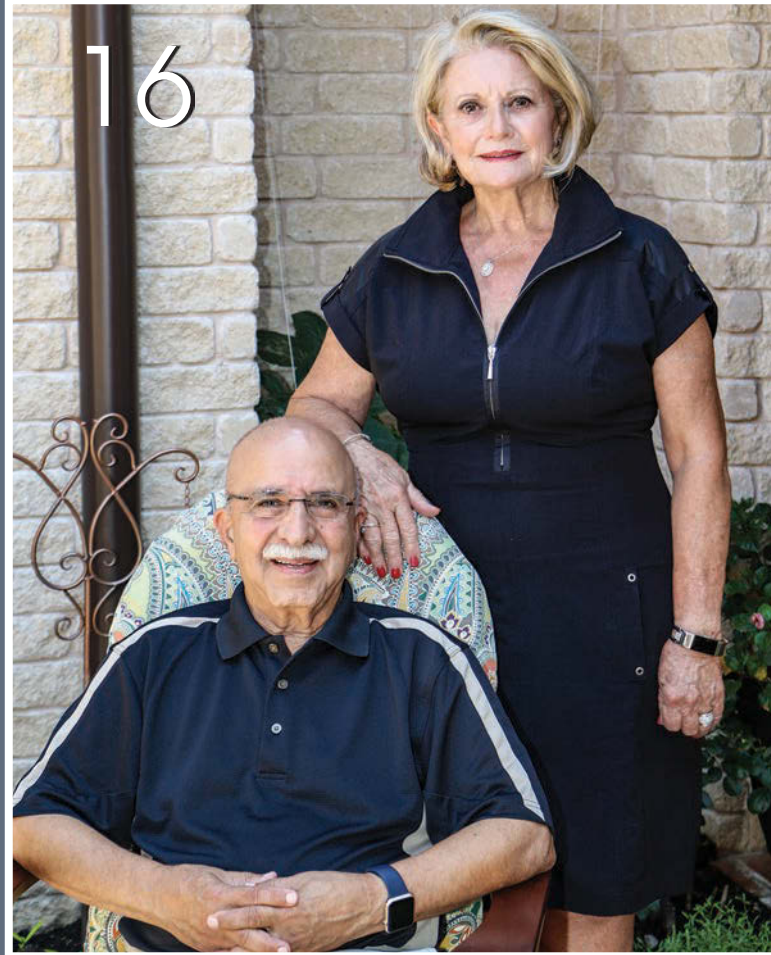
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ON THE COVER

Chuck Tordiglione supports the Aledo area with wine and art.

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Lisa

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EDITOR'S NOTE

Do you ever think about perpetual learning?

Perhaps as September begins, my mind drifts on soft, warm breezes back to days of sitting in a classroom. After all, school is well under way — for the children as well as for the college students. Did my mind take a summer vacation? Or have I learned something over the lazy, hot days this year? And now as I hope for at least cooler evenings, I long for something new to encompass my ever-thirsty brain.

And what a joy to know that we have so many opportunities in this community. With multiple museums in the area, we can open our minds to different cultures, history and interests. Plus, the public library offers learning opportunities every month beyond simple reading and online adventures. Area groups and guilds open their doors and welcome new members and guests. The senior center is another venue for making friends and learning something fun or interesting. It's enough to boggle a mind and keep a person busy potentially every day. Seriously. Anyone can find something to learn and occupy time — much of it free or low cost.

So many Weatherford residents already know this secret. And even those who are advanced in age stay busy in this town. It's a challenge to those of us who are younger.

Happy learning this fall!



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LINDSEY KENNIMER, CPA



Lindsey has worked for Snow Garrett Williams since 2005 in the audit and tax departments and holds a BBA from the University of Texas at Arlington.

She is a Weatherford High School graduate and attended Weatherford College before transferring to UTA. Lindsey is married to Charlie Kennimer, a CPA at a regional public accounting firm in Fort Worth.

Lindsey decided to study accounting and become a CPA during her freshman year at Weatherford College and had the good fortune of being hired as an intern at Snow Garrett Williams while attending UTA as an accounting student. She is a member of the American Institute of CPAs, Texas Society of CPAs and Fort Worth Chapter of CPAs. Lindsey serves on the Board of Directors for United Way of Parker County as President-Elect and is also a member of the Fort Worth TSCPA Under Forty Professional Group, Weatherford Young Business Leaders and serves on the Texas School District Accounting and Auditing Conference Committee.

Lindsey enjoys traveling with her husband, Charlie, and spending time with their two dogs, Lainey and Suzie.

JENNY MILLER, CPA



Jenny has worked for Snow Garrett Williams since 2005 in the tax, audit and accounting services departments. Prior to moving to Weatherford, she worked in Tyler, Texas for seven years. Jenny holds a BBA and an MBA from Angelo State University.

Originally from Sweetwater, TX she moved to Tyler after college graduation and marrying her husband, Roscoe Miller. They have been married 20 years and have two boys, Ryland and Brody, who will be in the

tenth and sixth grades at Peaster ISD this fall.

Jenny knew she wanted to study accounting and become a CPA before high school graduation. She is a member of the American Institute of CPAs, Texas Society of CPAs and Fort Worth Chapter of CPAs. Jenny is also a member of the Weatherford Chamber of Commerce Board of Directors and was Parker County's Pick for Best Accountant in October 2017.

Jenny enjoys playing golf and tennis with her family and watching her boys play their favorite sports — baseball and tennis. She is an avid Texas Rangers fan and loves to read. The Miller family attends Trinity Bible Church.

Jenny's favorite vacation destination is anywhere in Colorado ... summer or winter ... the family loves the scenery, cooler summer months and snow skiing in the winter.

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the

Picture a parklike setting where live music floats along cooler fall breezes, while people enjoy a vast variety of wines, food and all types of art. As your mind captures the scene, you catch a vision of what Chuck Tordiglione imagined for his Aledo Wine and Art Festival. "This isn't a beer fest," he said. "It's an event geared toward wine and art lovers."



TASTING *Dream*

— By Lisa Bell

There is no admission fee to the event itself, and the public is welcome to join in the festivities. Those who want to taste wines, of course, can purchase a ticket in advance through the event Facebook page. The festival begins with a VIP dinner on Thursday, September 6, at 6:00 p.m. The festival itself opens at 4:00 p.m. on Friday and noon on Saturday.

As he investigated potential venues for the event, Chuck discovered Stillwater Meadow — a prime location between Fort Worth and Weatherford and near the new Walsh

Ranch development. “Aledo and Parker County needed this type of event,” he stated.

As Chuck thought about bringing the event to Aledo, he learned from people involved with the Granbury Wine Walk, but didn’t want to mimic that event. He wanted to make the Aledo Wine and Art Festival a unique experience with its own special flair. Last year, the community supported the inaugural festival. September 6-8 marks the second time around, and Chuck expects this year to be even bigger and better than the first.



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Most importantly, all profits will go to two worthy organizations. The first organization is Cuisine for Healing, a nonprofit that prepares and delivers healthy meals to those combatting life-threatening illnesses, while educating about the healing benefits of food. Those who can pay for meals do, but those who need the service and can't afford to pay receive food for free. Based in Fort Worth, the organization wants to expand to Parker County. Besides the Aledo Wine and Art Festival providing needed funds, it also helps raise awareness of the organization and find volunteers to make its expansion a reality.

The second organization, Aledo Advocats, strives to help fulfill and aid with unmet needs of children in the area. All funds received by this group go toward medical needs, clothing, living expenses, field trips, senior expenses, dental care, school supplies



and counseling. Like most nonprofit organizations, they too need more volunteers. The festival gives everyone involved a chance to have fun, but in the process, it also helps these two groups reach their goals.

Chuck's expertise helps ensure the festival's success. His family has been making wine in Italy for 100 years. He's been making wine for about four years, distributing to fine restaurants throughout Fort Worth and Granbury for the last two. In May 2018, his winery opened to the public. "We are passionate about our wines," he said of his award-winning Bull Lion Ranch varieties. Chuck admits that they are all award winners and recently earned the Lone Star International Gold Medal award in Cabernets.

With 10 fine wineries, all from Texas, the festival provides exceptional wines where guests can purchase a glass or bottle to take home, if desired. Those included



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all feature award-winning wines, making this festival a top one among those who truly enjoy the nectar of vineyards. The punch system encourages visitors to try varieties from each of the participating wineries rather than spending all "tickets" at one place.

Fine artwork from local artists will be set up for display in air-conditioned buildings, which allows guests to get out of the weather if needed. Chuck hopes to include primarily local artists who can share and sell their pieces during the event.

For musical entertainment, Chuck partnered with Hank FM Radio station to provide the top 10 performing artists from the area. The station is known for identifying local artists, having joined with Granbury Live in a talent contest during the past year. Different bands will play throughout the weekend.

In addition, the event hosts special food vendors with all types of cuisine available. But Chuck didn't stop there. He also has spots reserved for special interests and demonstrations with woodworking, Painting by the Glass, Painting with a Twist, and arts and crafts. Other vendors, such as Dr. Botox, will also

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provide demonstrations in their area of expertise.

In planning the festival, Chuck wanted to include interesting demonstrations for guests, not only vendors selling something. "Come prepared to spend some time and have fun," Chuck said.

For Chuck, the festival is an unexpected accomplishment. In the 1990s, he was a homebuilder and has also been a baseball coach. His own vineyard/winery was a retirement dream for him and his wife, Cyndi, who supported the festival opportunity, too. "Cyndi is an inspiration and my motivation. She is the support I need to do these things," Chuck admitted. "She is a giving person, a wonderful wife and mother, and my better half."

With 30 years of marriage behind them, Chuck and Cyndi had dreams, which became goals. And those goals with hard work became accomplishments. Through the Aledo Wine and Art Festival, the couple gives back to the area they've called home most of their marriage. "We love Aledo and Parker County," Chuck said. **NOW**



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Finding Rest

— By Lindsay Allen



At Home With Aslam and Joyce

Aslam and Joyce Malik are not your typical neighbors, and their home is not the typical “house next door,” but both are unique. Before you can understand the thought put into the design and decor found in their home, you have to know the Maliks’ story, which began many miles away.

After graduating from medical school in his home country, India, Aslam was working in a Wales hospital where he met a beautiful Welsh nurse, Joyce. After marriage, the two managed to pack up and move to Dubai, England, Scotland and Ohio, before planting their roots in Texas in 1974.

Three children later, the two remained in the Fort Worth area for 43 years, before building and moving into their Aledo home in the fall of 2017. While they may have stayed in the same geographic area for over three decades, they haven’t missed an opportunity to travel, going back to India, Wales, Brazil, Argentina, China, Canada, Italy, Spain, Mexico, Greece, Peru, Australia, Turkey and New Zealand. Much of the decor in their home reflects their heritage and pieces they’ve acquired from their travels.





Malik

After retiring as a surgeon, Aslam knew he wanted to play more golf, and Joyce, who also plays golf, supported the decision that led to purchasing a lot right on the golf course with views of four greens. "I have never seen another home that offers that many views of holes," Aslam said. "Three sides of the home look out over the course because we sit at the end of a cul-de-sac."

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out one of the many windows to get a sense of rest. The front of the home has a custom courtyard with an outdoor living room, kitchen, four-tiered bird fountain and lots of



seating for the 10 grandchildren when they visit.

"I have always loved to garden, and while we saw many homes in Europe with courtyards, I still couldn't find a design of what I was looking for when we began building our home," Joyce remembered. "I have the courtyard at the front of the home, verses a side or the back. We really love sitting out here, and it's also the perfect location for me to do yoga."

The outdoor living room is decorated with India-influenced

furniture and a fireplace. Easy access to the back patio leads to beautiful views of the course.

Aslam added that, unlike other courtyards, featuring only one side with a wall perimeter and the other three sides screened in, their courtyard is completely unseen to those driving by, but still visible to those looking down from the guest room on the second floor of the home. Beautiful wooden shutters open behind the outdoor kitchen to the golf course, and sunlight comes in through the roofless area, while the media room and other entrances to the home all lead to the courtyard, as well.

A guest suite is accessible via the courtyard through a dome-shaped doorway into the suite's kitchenette featuring a gray granite countertop. In the bedroom of the guest suite is an original painting above the bed that their daughter made and represents the Indian culture, and the bathroom



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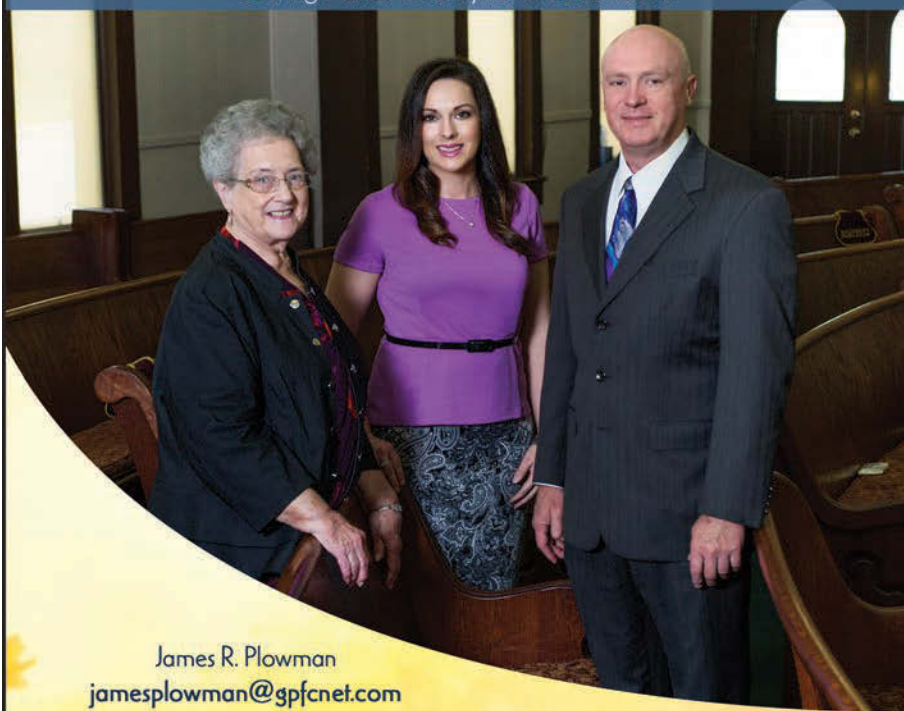
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has a South American vibe from the antique alter that Joyce turned into a sink and decor from her and Aslam's trip to Peru. "The shower has a herringbone tile because I'm always trying to mix modern in with the old," Joyce said.

While guests are treated to secluded quarters at the Malik home, they can also visit the wine cellar located in the house. With the room chilled to perfection, Joyce is working on a categorizing system for the storage of the wines. The room is painted teal with Turkish lights as accents. Near the wine cellar and entrance of the home is an original painting by Eqbal Mehdi, a painter from India. The study overlooking the golf course has English decor.

When Joyce was decorating the home, she didn't have to look too far. "Between many years of marriage, our travels and living in the same geographic area since the '70s, I didn't have to buy much. I used what we collected throughout our excursions," she said.

Besides the hand-scraped, white oak wood floors throughout the home, another consistency you can find are chandeliers in almost every room. In the master bedroom, Joyce opted for chandeliers above the nightstands to avoid the cluttered look of lamps, and in the master bath, master closet, dining room, guest rooms and more you will find chandeliers decorating the room. In addition to the chandeliers, large Persian rugs appear throughout the home.

When the courtyard doesn't offer the peace and relaxation they need, they have a dry sauna with two levels

to relax in, as well as a steam shower. "When we were building, I knew the dry sauna and steam room, were 'must haves' for our home," she said. "That and my super pantry."

The kitchen offers everything a chef would need, along with the outdoor kitchen, but Joyce's pantry offers more than most could even dream about. With its own sink and refrigerator and plenty of space, along with a window overlooking the golf course, the area makes cooking fun. "I love being able to leave all my appliances out on the countertops in the pantry," Joyce said. "I never have to look for anything or reach for it, they just all stay out within arm's reach for me." The super pantry was strategically placed between the kitchen and outdoor kitchen, but also easily accessible for when Joyce is bringing in groceries from the garage.



You could easily reference the master closet as a super closet, as well, with built-ins all around and three levels of clothes hanging, complete with an oversized chaise lounge chair in the middle and double full-length mirrors and windows. The shared closet offers the ultimate storage and space.

Another thing that was important to the couple as they began building was making the home a smart home. As a result, it is well-equipped with all the technology from automatic blinds, music throughout the home and more. This beautiful home with a Mediterranean style on the outside is suited for outdoor living and the perfect display of the Malik's many travels and places lived abroad. **NOW**

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M A G A Z I N E S



Here to Help

— By Lisa Bell

In every community, crisis happens. From fires or weather events to individual losses, each day can bring trials. But Kent Marrs and other REACT — Responding to Every Assault and Crisis Team — volunteers step up to meet needs during those tough times. REACT trains for all possible situations. Whether it involves many people, a family or one individual, two team members go in and offer comfort to adults, care for children or sometimes simply sit quietly, waiting. Sometimes, they don't know what to say, but crying with a hurting person speaks more powerfully than any words.

Since the first training academy in 1999, REACT has responded in various ways. In one case, they provided space for rest during a high-profile trial. Volunteers brought in food and drinks for involved families and offered a place of peace and quiet. They kept away curious

onlookers and reporters and offered comfort if needed.

Most of the time, the volunteers are there to call a pastor, family member or friend. They carry a kid-friendly box in their vehicle at all times in case they need some crayons, a coloring book or stuffed animal. They may accompany police officers on notifications or get called in following an arrest. The volunteers can stay behind and point someone in crisis to the right organizations. “Even in the worst of things, some good can come,” Kent stated, noting he has seen tragedy change a family for the better.

Kent spent most of his life in the area. In 1965, he pastored churches in Brock and Dennis, and most of his ministry years took place in the Weatherford area. He served as a chaplain in several small towns in Texas, and also in Arlington at one time. After retirement, REACT fit him well. “You may retire from getting paid,” he said, “but never from ministry.”

Kent serves as the chaplain for REACT and for the Weatherford Police Department, but he's the first to admit it takes all of the volunteers to make the program work. “Alecia Durham [WPD special events coordinator] is the

thread that holds it all together. She's a wonderful young lady," he said.

After a training course, which lasts 8 to 12 weeks, volunteers meet monthly. Usually they go Dutch treat to a local restaurant, or one may donate food for them to meet at a public venue. Both men and women join with a chance to share their encounters from the month. While being part of the team isn't always fun, these people who tirelessly give of themselves use this meeting to regenerate and strengthen their bonds with each other. "Similar experiences bind you together," Kent admitted.

During the meeting, they can also share personal feelings. If things get too difficult emotionally, volunteers also have a team at WPD they can reach out to — the Critical Incident Management Stress Team. Here, professional counselors, experienced ministers, nurses and teachers debrief volunteers and help them work through any issues that may arise after dealing with one or many crisis situations.

As a nonprofit organization, REACT relies on fundraisers and private donations. "The golf tournaments are fun," Kent shared. Volunteers sell concessions and mulligans for the event and manage to have a good time in the process. REACT also supports other organizations when possible.

Although REACT isn't for everyone, Kent encourages people to check it out. Going through the training doesn't commit a person to becoming part of the team, and it teaches anyone how to help someone going through a crisis. Most people face calamity at some point and having someone like a REACT volunteer present can make it easier to weather the storm. "Sign up — come see us," Kent said. "The needs are growing as Weatherford and Parker County grow." **NOW**

Editor's Note: For more information, visit www.parkercountyreact.com.

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CookingNOW *In the Kitchen With* DAVID CARTER

— By Amber D. Browne

For David Carter, outdoor cooking is his preference for preparing meals. David owns several grills and a smoker, and he's always in the mood for entertaining family and friends. A fire pit is his go-to cooking method during the cooler months. "We drag up chairs and sit around them to eat."

Although he never studied the art of cooking, he has been inspired by others over the years. "My mother was the most inspiring person for me to learn from. She was always trying new recipes," he shared.

Rather than using recipes, David prefers trial and error. "I start thinking of things that might work, and they usually do." Most of his recipes include wild game, such as venison and hog. He incorporates his catch into various recipes. **NOW**

Grilled Fish

- 2 Tbsp. butter**
- 1 Tbsp. garlic salt**
- 1 Tbsp. Cajun seasoning**
- 1 Tbsp. Mrs. Dash Original Blend**
- 3 lbs. striped bass**

- 1.** Preheat grill to 300 F. You can also use mesquite wood, pecan wood or charcoal on an open-flame grill. Heat to 300 F. Let flame burn down.
- 2.** Coat a large piece of foil with butter; sprinkle seasonings onto foil. Place foil onto grill. When butter melts, place the fish on it. Slide the fish around to get a good coating; flip and repeat for the other side.
- 3.** Cook for 5 minutes; flip fish. Cook second side for 5 minutes. When done, the

fish should be flaky. Use a spatula to remove a piece at a time or slide the foil onto a plate. Serve with vegetables or as fish tacos.

Fajitas

- 1 2-lb. pkg. pre-seasoned chicken or beef fajita meat**
- 2 Tbsp. olive oil**
- 2 red bell peppers, julienned into 1-inch strips**
- 2 orange bell peppers, julienned into 1-inch strips**
- 2 yellow bell peppers, julienned into 1-inch strips**
- 2 green bell peppers, julienned into 1-inch strips**
- 2 onions, quartered**
- 2 16-oz. cans refried beans**

- 24 flour tortillas**
- 1 lb. Longhorn Colby cheese, shredded**
- Guacamole, to taste**
- Salsa, to taste**

- 1.** Light mesquite fire; once it dies down to 300 F, put the meat on the grill. If using chicken, cook on each side until no longer pink. For beef, cook to your preference. Remove from heat.

- 2.** In a fire-safe skillet, add olive oil. While oil is heating over fire, slice meat into strips; add to skillet. Add peppers and onions to skillet; stir every minute for about 30 minutes, or until vegetables are soft.

- 3.** In a separate cast-iron skillet, cook refried beans on grill until warm. Scatter tortillas on grill to warm.

- 4.** To assemble fajita, add layer of refried beans on a tortilla, then add meat and vegetables. Top with cheese, guacamole and salsa.

Fish Tacos With Slaw

- Prepared Grilled Fish**
- 1 cup Mexican sour cream**
- 1/3 cup chipotle peppers in adobo sauce**

1/2 head purple cabbage, chopped
1 medium onion, diced
Pre-formed corn taco shells, to taste
8 oz. shredded cheddar cheese

1. Use David's Grilled Fish recipe.
2. For slaw sauce: Mix together sour cream and chipotle peppers in adobo sauce.
3. Mix together cabbage, onion and prepared slaw sauce.
4. Heat corn taco shells as instructed. Fill each a little less than half full of fish. Add cheese and slaw. Enjoy.

Fire Pit Chicken-fried Venison and Pork Steak

Serves 10.

2 1/2 lbs. venison
2 1/2 lbs. pork
Salt and pepper, to taste
4 cups flour (divided use)
24 oz.-bottle peanut oil
1/2 gal. milk

1. Start fire using mesquite or wood of choice.
2. Cut deer and wild hog back straps into 1/4-inch strips. Tenderize by using a hand-crank tenderizer or a mallet. Salt and pepper, to taste; lightly coat with flour.
3. In a fire-safe skillet, add just enough peanut oil to fry 4-5 pieces at one time — about 1/2- to 3/4-inch deep. Heat oil to 300 F. Cook each floured cutlet about 1 minute on each side. Remove from oil; allow excess oil to drain off before putting them in a pan lined with paper towels. Add more oil to skillet as necessary during frying process.
4. Once the meat is cooked, reserve oil for gravy. Add enough oil to the skillet to fill about 1/2- to 3/4-inch deep. Add enough flour to dry up most of the oil. Stir for several minutes as flour cooks in oil. Add 1/2 cup of milk at a time, stirring continuously until gravy consistency is to your liking. Salt and pepper to taste.

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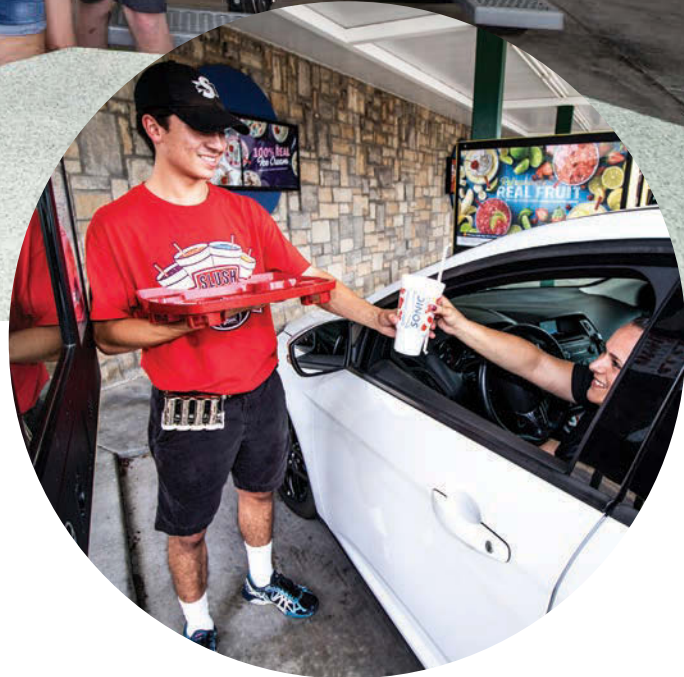
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Sonic Drive-In

— By Lisa Bell

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An icon in Weatherford for 48 years, Sonic Drive-In remains a favorite place to get fast food, yummy treats and delicious drinks — all without leaving the car. Melissa and Michael Aaron, franchise partners and location managers, both started their career with the company 25 years ago. In fact, they met while working together and got married 21 years ago. Melissa shamelessly admits he was her boss, but they became good friends, and the relationship went forward from there.

Family isn't foreign to Sonic Drive-In, and many siblings come to work at the different locations. Some of their employees now are children of former employees. "We have loyal employees," Melissa said. "Lois Wright at the Main Street store has been with us for over 30 years."

The Aarons' son and two daughters have worked for them as well. In many ways, Melissa feels like a mom to the young staff members, although they know she is the boss as much as a friend. "I always tell them it's the experience that sets them apart," she said.

The carhops know they have to give the customers a good experience to earn any tips. Melissa shared, "Our customers are amazing. I enjoy getting to know them."

Because they are a franchise, the couple doesn't necessarily control menu changes. If a customer asks, they can sometimes accommodate requests for a former menu item that no longer appears. Their offerings include typical favorites such as

hamburgers and hot dogs, but they also have many other items — including some that are healthier choices. A favorite on the menu is, of course, their slushes and milkshakes in a variety of flavors.

Sonic Drive-In led the way in happy hour drink specials with half-price drinks from 2:00-4:00 p.m. every day. Initially, they only had the specials on weekdays, but soon included weekends, as well. Each morning until 10:00 a.m., customers can also enjoy a 99-cent drink. And in summer months, they become the ideal evening stop for half-price shakes and cream slushes. In addition, a different special appears each month, broadening the value for customers.

As longtime residents, Michael and Melissa love the Weatherford area. Working for Sonic Drive-In gave Melissa the flexibility she needed, so she could always be there for her children. And the Aarons pride themselves on finding ways to support the community, especially its schools. They have community first cards, discounts for teachers and other possibilities for donations. Although they have limits to what they can give, they'll try to find a way to help when possible.

Sonic Drive-In is a well-established 60-year-old company. The reputation is important to Melissa, who manages the Hudson Oaks location, and Michael, who manages the Main Street one. "Manners are important for employees and customers," she said.

While a first-time visitor seems unimaginable, the staff never minds questions about the menu. With new menus mandated by the franchise, staff will clarify special orders when necessary, and they are more than willing to assist customers with payment options, too.

The look and menu changes at times, but the Aaron family does its best to make sure value and good service remain constant. Visit Hudson Oaks, South Main or North Main this month and enjoy a long-standing tradition in Weatherford. **NOW**

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TravelNOW

A Canadian Adventure

— By Alf Blanchard

From the stunning red cliffs, the miles of red and champagne beaches and the vibrant small-city scenes, there is only one way to describe Prince Edward Island — magical. If driving, you will be pleasantly surprised at the beauty of the highway. It takes you through towns and villages, scenic landscapes and coastal views. Every journey on the island is as special as the destination. Driving along the highway or one of the designated coastal drives, you will see a small glimpse of life on Prince Edward Island, and it will make you feel the need to explore.

Prince Edward Island is also known as Canada's Food Island. Once you take a bite of what the island has to offer, you will undoubtedly understand why. Not

only is the island abundant with fresh ingredients such as mussels, oysters and potatoes, artisanal cheeses, breweries, wineries and distilleries, its views will also take your breath away. Every September, you can attend Fall Flavours Festival, which includes the International Shellfish Festival. Visitors from all over the world come to enjoy these festivals.

The size of Prince Edward Island is one of its greatest assets. You can taste fresh seafood in a small fishing town and still only be a short drive to the capital city of Charlottetown for experiencing live music, theater and bars.

Visitors can spend their time basking in the sun on one of the 90 beaches, listening to the waves crash and

digging their toes in the sand. Prince Edward Island isn't just for relaxation though. Get your heart racing with paddleboarding, kiteboarding, hiking or cycling. The Confederation Trail is built on an abandoned railway that goes across the entire Island. It's 269 miles of rolled stone-dust surface — an incredibly unique way to experience Prince Edward Island.

If all that adventure isn't enough, Tourism Prince Edward Island offers hands-on activities led by local community leaders. Jigs & Reels, where you join Captain and multi-instrumentalist J.J. Chaisson onboard his boat, *Chaisson A Dream*, is one such activity. Learn about traditional music, step dancing and how to play a musical instrument.

At the Table Culinary Studio in New London, one can take classes or have an experiential meal. For instance, Marilla's Table — A Taste of the Past, begins with a visit to the birthplace of L.M. Montgomery, author of *Anne of Green Gables*, to see what life was like in Anne and Marilla's time, and ends with an authentic meal made from locally grown organic vegetables, while listening to stories from a historian who specializes in Montgomery history.

Speaking of Anne, if the book holds a special place in your heart, you will enjoy visiting the island. Head over to Green Gables Heritage Place and feel like you are part of the story, or visit the Anne of Green Gables Museum (operated by relatives of Lucy Maud Montgomery and part of the inspiration for the world-famous novel). In Charlottetown, see Anne on stage at the Confederation Centre of the Arts in *Anne of Green Gables — The Musical™*, or watch love bloom at the Guild in *Anne & Gilbert*.

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A New Way to Landscape

— By Zachary R. Urquhart

Landscaping can be one of the most time-consuming tasks for homeowners. Pulling weeds and trimming bushes are jobs that are seemingly never really finished. Instead of planting flowers, consider adding hardscapes, decorative structures or materials that add a different kind of beauty to your yard.

Patios and Walkways

- *Create a Walkway.* One of the simplest ways to enhance part of your property is with a patio or walkway. The most permanent route is to pour concrete, possibly even covering your new space with an awning or gazebo. For a simpler DIY project, you can lay stones to make your new walkway or patio.

- *Do It Yourself the Right Way.* If you decide to lay your own stone, there are some important choices to make.

You can buy square or rectangle stones and lay them end to end, leaving no space between. Or, you might want a more irregular stone, which necessitates putting a material like pebbles or crushed granite in the gaps. Whatever your finished product is, your first step should be laying down weed blocker. And the key to a solid, level walking surface is getting a good foundation of sand before you put your stones down.



Build What You Need

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Sometimes, hardscapes can be as much about necessity as beauty. If you need to build a retaining wall, you will want to carefully plan your project. Including pipe for drainage is essential, as is tamping down the soil while you backfill to cut down on the land's settling making your wall uneven. And to improve the aesthetic value, spread out any stones that are slightly discolored to give the wall a more artistic look.



• *Check for Codes and Cables.* If you decided to build stairs, retaining walls over a few feet or are pouring a new driveway, do not start the work on a whim. For some larger projects, city codes may dictate size restrictions and what materials you can use. For projects that require significant digging or trenching, you should always call 8-1-1 first, so you can ensure there are no pipes or cables underneath your project area.

Accent Pieces

• *Create Some Counterspace.* If you admire your friend's outdoor kitchen, but building something that large is not an option, consider building an outdoor island. Find a space, get your measurements and use simple right angles to design a counter for food prep. Large hardware stores and lumber suppliers will generally make cuts for you, so you will only have to put the wood together yourself. And if you want to add a small refrigerator underneath, it is easy enough to install an exterior outlet by tapping into an existing outlet inside.



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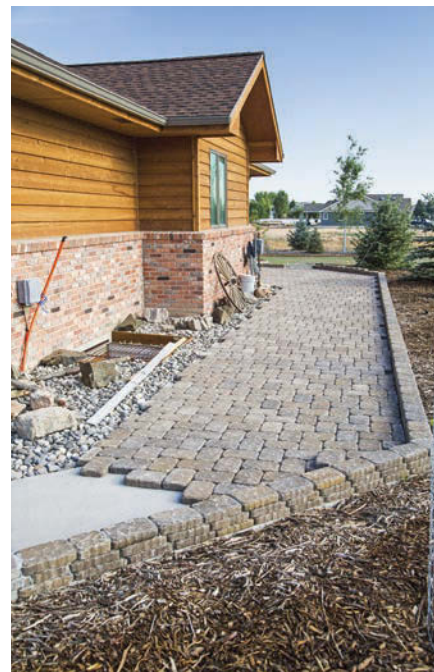
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Zoomed In: Mac Chestnut

By Lisa Bell

A former Marine and lover of music with a desire to impact students — that's Mac Chestnut, music teacher at Weatherford High School. Born in Wichita Falls, his family moved to Weatherford his freshman year. Mac started singing at church as a child and began piano lessons at 7. "When I joined choir in high school, I fell in love with it," he said. "Teaching music is something I always wanted to do."

As a teacher for 12 years, the last six in Weatherford, he was thrilled when this job opened up. In March, the WHS choir will perform in New York at Cathedral of St. John the Divine. "Our kids do very well," Mac said, hoping they're selected as an honor choir this year. He's also music director at Central Christian Church.



Evelyn and Elliott Hufnagle play with Mason and Christian Glover at a local park.



DebraSue Waters is named artist of the year 2017-2018 by the Weatherford Art Association.



Tanya Hodges, Steve Randle and special guest, Jaylee Hindman, have lunch during the Weatherford Chamber Ambassador meeting.



2018 State FFA Convention winners Jess Brockman, Elise Swanson, Taylor Allsup and Michael Hanson share information about Weatherford College.



Jill Harper wins artist of the month. Her work is on display at the Doss Center.



Kristina Stone enjoys the fun environment at her store, The Popcorn Corner.



At Northside Remedy, Zoey Ray serves the Lasater family who recently relocated back to Texas.



Gayle Orman displays her award-winning metal painting at Community Credit Union.

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FINDING A FUR-EVER HOME

— By Lindsay L. Allen



Parker County is known as a hub for equine living, but the number of cats and kittens roaming the area is just as high, if not higher. Fortunately, one “crazy cat lady” saw the crazy cat problem through her volunteer hours with the Parker County Animal Shelter and is working to increase the care and health of feral cats while decreasing their number. “I kept seeing an intake of cats at the shelter and such a limited number of people who could rescue them and help,” Carole Malugani said. “I decided we needed to start targeting the problem and fix it.”

Carole formed Weatherford Whiskers in August 2017 and received 501(c)(3) status in January 2018. The nonprofit rescues high-risk cats and barn cats from the local shelter or people in the community who need help, and then places them in foster homes until they are adopted. The group can also help with TNR (Trap, Neuter, Return or Re-home) and/or with feral colonies. “Unfortunately, every feral cat that is brought into the shelter is put on the euthanasia list because they are unadoptable,” Carole said. “I knew I needed to do something, and thus began the barn cat program through the shelter. Being in Texas, especially with so many horse people around here and the need for rodent control, I knew there was an alternative to euthanasia.”

In 2014, as a volunteer with the shelter, Carole began the barn cat program, and 500 cats were rescued. The number keeps increasing. Weatherford Whiskers has 50 volunteers. They help with all aspects of rescues, including the barn cat program, which operates under the shelter, but is executed by the nonprofit. The shelter has set aside a building for the barn cat program, where the unadoptable and untouchable cats are housed in crates before they spend two to three weeks acclimating to their new homes in the same crates.

“That two weeks is so crucial because it gives the cats time to adjust and understand that this is their new home, and these are the people who will take care of them,” Carole added. “New barn cat owners must promise to provide food and fresh water for the cats and shelter from predators and the natural elements. If at any time they change their minds about the cats, we promise to take them back and find a new home for them.”

Weatherford Whiskers tries to help and joins efforts with shelters anytime someone needs assistance, like when cats are found at hunting leases, in boats, sheds or attics. They also try to take in all the kittens advertised as “free.” When not given to the right people, kittens can and will often be used for dog fights, fed to pet snakes and much more. Because of this, the nonprofit spends its time daily searching for online requests for help with kittens and taking in the free ones to protect them.

Another huge area of support Weatherford Whiskers offers the community is with feral colonies. “We get calls all the time about people needing help with the stray cats



they are feeding,” Carole said. “TNR is a large part of what we do. We help people trap the cats, and with help from Dr. Glenn [Weatherford/Parker County Animal Shelter] and Texas Coalition for Animal Protection, we neuter them.

“We then return them to the property they are living on,” she explained. “I have heard so many stories from the people we help about how the cats they were feeding have turned into 30-40 cats, and they don’t know how to stop it. We want to help with the overpopulation of cats, and most

people mean well. They just don’t know how to control the colonies.” TCAP has a grant, which enables them to TNR 12 cats a day with a limit of four per person, while they’re open every Thursday and Friday.

Mia Frenzy has been volunteering with the group since its formation, and her home serves as a foster home. In the first year alone, she fostered more than 30 cats. “We don’t know the back story on the cats that come to the shelter, so we can’t ensure they are ready for adoption just yet. Some need to be re-socialized before going to a new home,” Mia said. “For instance, I had one cat whose owner passed away, and that person was the only person this cat knew. I had to work with it to be welcoming of others and playful with other animals.”

There are stages to fostering. Depending on the age, the cats may need to be bottle fed first. Those go to foster homes that can support bottle babies, as they need to be fed every few hours. They can be moved to another foster home when they are older.

All the foster cats receive their vaccinations and go through a probationary period in which their health is monitored. After they are deemed healthy, they can be integrated with the other animals in the house. “It’s always a plus when a foster home has children or dogs, because the ability to interact well with others is an important part of the adoption process,” Carole stated.

Weatherford Whiskers operates solely off of donations and volunteers. Everyone can do a little something. “Maybe you can’t volunteer or foster, but you can donate used towels, food or crates,” Carole explained. “Maybe you can take photos of our adoptable cats, help with fundraising or transport kitties from the shelter to foster homes.” **NOW**

Editor’s Note: To learn more about Weatherford Whiskers, visit their Facebook page or www.weatherfordwhiskers.org.

Calendar

September

7

Taking Control of Your Health: 10:00 a.m.-12:30 p.m., Texas A&M AgriLife Extension, 604 N. Main St. The group is limited to 18 people. For more information and to reserve your seat, call (817) 598-6168. Runs through **October 19**.

7 — 23

A musical ... *The 25th Annual Putnam County Spelling Bee*: **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.



8

Parker Paws Adoption event: 10:00 a.m.-2:00 p.m., Weatherford PetSmart (I-20 exit 408). Dogs only this month. Cats available for adoption all month in the Cat Adoption Center at PetSmart. Call (817) 598-0702 for directions.

14

Parker County REACT Golf Tournament: 11:00 a.m., Sugar Tree Golf Course, 251 Sugar Tree Dr., Lipan. Benefits the Parker County REACT (Responding to Every Assault and Crisis Team). For more information, visit www.parkercountyreact.com or call Freedom House, (817) 596-7543.

18

Careity Rocks: 6:00-9:00 p.m., Candera Center, 3600 Benbrook Hwy., Fort Worth 76116. Dinner catered by Reata. Benefits the Careity Children's Cancer Fund.

20

North Texas Giving Day, Parker Paws Donation Station: 11:00 a.m.-9:00 p.m., Fish Creek. Use free Wi-Fi to make a donation or leave a \$5 minimum donation and receive a \$5 Fish Creek gift card.

First Responders Appreciation Meal: Noon-7:00 p.m., Heritage Park Food Court, 315 Santa Fe Dr. Hosted by Patriots United for Heroes. On- and off-duty Parker County First Responders enjoy complimentary barbecue brisket meal with all the fixings. For more information, call (817) 243-1154.

21 — 22

Quilter's Guild of Parker County Quilt Show: 9:00 a.m.-4:00 p.m., Northside Baptist Church, 910 N. Main. A judged show of over 100 quilts, bed turning, vendors, country store and mini quilt auction. Admission \$7.

22

Parker County Cruisers Car Show: 9:00 a.m.-3:00 p.m., Heritage Park. Entry fee for vehicles or vendor, \$20. Open and free to the public. For information, call Rita, (817) 304-7556.

25

Bingo & Burgers: 5:00-8:00 p.m., Weatherford Senior Center. Grilled burgers and amazing bingo prizes. Benefits Parker County Meals on Wheels. For more information or to buy tickets, contact Michelle

Hernandez at (817) 596-4640. Tickets may also be purchased online at www.pccoa.org.

29

Ponies4Paws: 8:00 a.m.-6:00 p.m., Parker County Sheriff's Posse Arena. Fundraising event for Parker Paws. Fun event for adult and youth barrel racers. For details, visit Facebook page. www.facebook.com/events/246510912799897/.



October

6

Silverado on the Brazos Community Garage Sale: 9:00 a.m.-noon, Cutting Horse Facility (located between Weatherford and Granbury.) For information, contact Bridget Downing at (817) 372-1325 or idx134@gmail.com.

Ongoing:

Mondays

Lone Star Yoga Warriors: 1:30 p.m., Circle Y Yoga Ranch, 1303 Russell Bend Rd. Veterans are supported with science-based, trauma-sensitive exercises to regain resiliency. For more details, call (817) 609-6454.

Second Wednesdays

The Twentieth Century Club: Noon, 321 S. Main St. Women's volunteer organization meets each month except in July and August. Begin with

potluck lunch, followed by a short program and business meeting. For more information, call Karren Lucas (817) 613-6697.

Thursdays

Doss After Dark: 6:00-8:00 p.m., Doss, 1400 Texas Dr. Doss After Dark strives to build relationships across generations through fun programs that appeal to a broad audience. For more information, visit www.dosscenter.org.

First and Third Thursdays

Connect Camp for Adults with Dementia: 12:30-2:30 p.m., Clubhouse behind St. Stephen Catholic Church, 1812 Bethel Rd. Offers a respite for caregivers with physical and cognitive exercises and social interaction for "camper." Donation-based. Registration required. (817) 609-6454.

PTSD Family Support group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. Free support group provides information and encouragement to families and friends of those suffering with PTSD. Call (817) 594-3030 to find out more.

Second Thursdays

Gardeners' Club of Parker County: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. For more details, call (817) 919-6280.




Second Fridays

PCWNC General meeting: 9:30 a.m.-noon, FUMC Family Life Center, 301 S. Main St. Monthly meeting for Parker County Women's and NewComers Club. \$11 for lunch. Reservations required. For more details, visit www.pcwnc.org.

Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time musical with bluegrass, gospel and country music. A concession stand is available with all proceeds going toward expenses. Free and open to the public. Visit Spring Creek Musical on FB.


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For the Love of the Game

— By Lindsay L. Allen

Since 1953, Weatherford Little League has been providing families with the opportunity to get involved with baseball and softball. After 65 years and thousands of children utilizing the program, the nonprofit still seeks to provide a healthy environment for playing the game. President of the board, Roger Martinez, has been involved since 2012, when he began coaching his son's team and continued through 2017, before being elected to the board and serving as president.

"This is a competitive environment, but there is still room for kids to make mistakes and create growing experiences," he said. "We want these players to succeed, and our job as the volunteers is to provide that open environment for the kids to grow in the game of baseball."

Children can begin playing at age 4 with T-ball, focusing on learning the fundamentals of the game. "They don't keep score. The experience is focused on fitness, fun and fundamentals and growing the player's love for the game, while capturing the kid and the family, so that they want to continue playing," Roger explained.

The next division for both softball and baseball players is coach pitch, where players learn more about stopping a runner from advancing and where more rules of the game are enforced before heading into the minor division. "It's at this stage we have the players pitching to other players and preparing them for the major division, for kids ages 10-12," Roger said. "The major division is the age where teams are able to qualify for the Little League World Series in Pennsylvania that are broadcasted on ESPN." After the major division is the last division, junior, before players age out of the league.

The league relies on volunteers for coaching and leading the league and is always looking for parents to coach, so that more teams can be formed. "If we have enough teams, we don't have to travel to play, which we know is a burden for families, and we want to prevent that as much as possible," Roger stated.

With district and all-star games continuing through the summer, players have the opportunity to play year-round if they qualify for summer games. The league is focused on keeping everything family-friendly and offers players the opportunity to go through every stage of the learning process. **NOW**

Editor's Note: To find out more about the league, or to register or volunteer, visit weatherfordlittleleague.com or the Facebook page Weatherford Little League.

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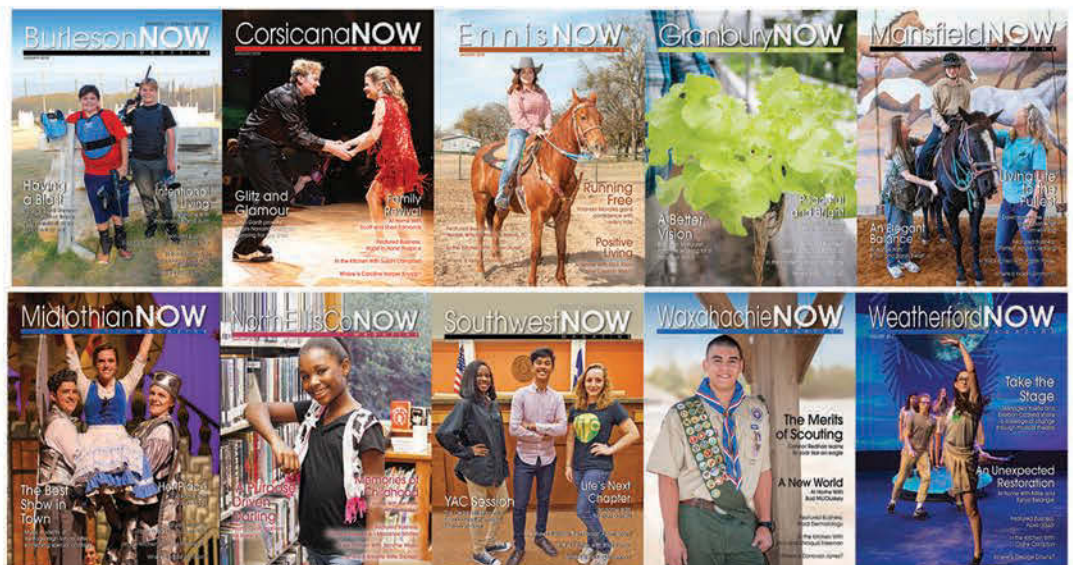
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