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MAGAZINE

NOW

OCTOBER 2011

LIKE MOTHER LIKE DAUGHTER

Loree Ellis continues
her family's rich Parker
County heritage.

The Game of Life

Also Inside

Quite an Extended Family

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On The Cover



Loree Ellis sews clothes for Civil War reenactments — without using patterns!

Photo by Opaque Visuals.

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Editor's Note

Exciting news at *WeatherfordNOW Magazine!*

We are adding some new friends to our mailing list — welcome Aledo! That's 32,000 magazines being direct mailed into Parker County! Be sure to send me story leads about interesting people in your area, and then keep an eye on our magazine each month. You might see someone you know.



What do you like to do during autumn? The crisp, cool air makes me want to hike, bike, camp and ride horses. Anything sounds nice that will get me out into the sun and crank up my joy — and my Vitamin D.

This issue reveals how cancer has touched so many lives. These details about your neighbors' lives coincided by chance with this month's Pink Luncheon hosted by Parker County Health Foundation, whose goal is to provide breast cancer screenings for local residents. While awareness matters, so does prevention. I urge you to eat right and drink pure water. Your family will reap the rewards.

Melissa

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LIKE *Mother* LIKE *Daughter*

— By Melissa Rawlins

Every roadside historical marker beckons Loree Ellis to stop and read it. Because she wants to know about what happened there, her husband and her daughters have caught the bug. A self-professed “weird history nut,” Loree loves the way things used to be, from the Antebellum South to Medieval Europe. This summer, she and her mother went on a 15-day trip to visit castles in England, Scotland and Ireland — a gift from her dad. “I’ve gone to lots of Civil War reenactments, including the 135th anniversary of the Battle of Shiloh in 1997,” Loree said. “I love the simpler life they had. Everything was produced on their own property. I know it was hard, but in other ways it was easier. They didn’t have to deal with a lot of the things we have nowadays.”



Loree is a cheerful, chatty member of the Parker County Heritage Society and volunteers for the annual Talking Tombstone event. “They take a theme — be it business people, civil war soldiers or the influenza epidemic — and they go through the Old City Greenwood Cemetery, telling the history behind the forefathers of our community.” Wearing full 1860’s regalia, Loree escorts groups through the cemetery where presenters share their life stories dressed in period attire, which Loree helped to sew.

Her husband, Wade, caught Loree’s intrigue with reenactments. With their two girls, 5-year-old Rebecca and 11-year-old Elizabeth, the family outings involve dressing up as though they were living during the War Between the States. “Last spring, we took our 5-year old to her first one. She tells me she is playing *House on the Prairie*,” said Loree, who learned cooking and sewing from her mom, Threasa Leatherman, as well as through active practice for 4-H and

A woman dressed in 1860s-era clothing, including a black top hat, a long white dress with vertical stripes and a high collar, and a dark patterned sash. She is smiling and holding a light-colored fan with a green and white pattern. To her left is a large, ornate circular graphic with a red and gold floral design, containing the text 'LOREE ESCORTS CEMETARY TOURS WEARING 1860'S CLOTHING.'

LOREE ESCORTS CEMETARY TOURS WEARING 1860'S CLOTHING.

FHA. She now sews her own clothes for the reenactments. “I try to make it as authentic as I can without a pattern. Nine times out of 10 they didn’t have patterns, just made their clothes to fit their children.”

As a long-time member of the South Main Church of Christ, Loree poured her passions into marking their 150th anniversary in 2007 and sewed a special dress to wear to the celebration.

“The dress is black and white cotton — all-natural fibers because it breathes so much better than synthetics,” Loree explained. “People who are very, very into reenactments will weave their own stuff. I’m not a thread counter. I do have some homespun, looser-weave fabric dresses. But my husband and I are more what you call Motel Militia: when we go to a reenactment, we stay at the Holiday Inn where we have showers!”

She learned well, from having grown up on the family farm in western Parker County, that there is some value in newfangled inventions. “My Grandpa Elmo said if he had an air-conditioned

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tractor he would have farmed another 20 years,” Loree said. “My parents bought 10 acres of the family farm and raised my brother and me on the farm where my dad grew up. My husband and I also live on the farm, so my children will grow up there as well. Elmo Leatherman, a 90-year-old cancer survivor, no longer farms the place. My dad, Dalton Leatherman, still farms and ranches it, running cattle and keeping a big garden and raising lots of hay — well, not this year. No rain, no hay.”

Raining love on others, Loree stays busy. “Why is my life so crazy and insane? I like helping people,” Loree said. “I like doing things for others. I just try to live Christ’s example as much as I can, and do for others, because that’s what it says we should do. I have lots of volunteer jobs, and only one that pays.” She has worked as secretary at South Main Church of Christ since April 2007.

This year she was put in charge of the Jane Doe Project to assist the woman from Whitt who was kidnapped. After the woman was located by Parker County Sheriff Larry Fowler, the Church of Christ worked with the Freedom House of Parker County and with the sheriff’s department to mail out letters to all the churches in Parker, Palo Pinto and Jack counties. “We had an interview on Channel 8 news one night about it, and donations just started rolling in! We raised about \$17,000, plus much labor was donated by different businesses. Everything just fell into place for us,”

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Loree said. "With the money donated, we bought her a small mobile home that she was able to move into this summer. She's doing good."

Loree's mother's ancestors did not have the same kind of help when they first moved to Texas. They were part of the Peters Colony and settled in Parker County before the Civil War. At that time, the women in the family joined forces to work and to strengthen each other. Quilting evenings were common. "That's how they would entertain each other. They were working on a quilt to keep the family warm at night, but it was their social time. My

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dad remembers going and sitting around listening to his grandmothers tell stories while they quilted.”

Now, Loree's family has found a reason to come together and quilt again. Cancer, and the battle against it, inspires 13 members of the Leatherman and the Ellis families to meet in Elmo's living room throughout the fall and winter to create a quilt that their family Relay for Life Team will raffle off at next spring's Weatherford Relay for Life (WRFL). Loree has volunteered with the WRFL for the past three years, ever since one of her church members — who is a cancer survivor — asked Loree to help her form a team. That first team grew with so many church members and so many from Loree's family that they split into three teams.



Loree's family team includes Zachary Felton, her 17-year-old nephew, who was diagnosed with Lymphoma at age 9, and 43-year-old Tammy Malone, who was diagnosed with melanoma within the last two years and is now cancer-free. “She lives up at Bowie, and she and her husband and son drive down to quilt with us,” said Loree, who was the WRFL co-chair for the last two years and in 2012 will be the survivors' chairperson. “Rather than planning the entire event, I'll be planning the special lap for all those affected by cancer, plus other special activities for our cancer survivors.”

On top of that, Loree will be hard at work with her family each weekend. When her sisters-in-law, aunt and a few friends meet at Elmo's house to quilt, everybody sits around telling jokes, accomplishing a shared goal and enjoying each other's company. “It is so much fun to spend an afternoon sitting there telling stories,” Loree said, “in the same manner our ancestors did.” **NOW**

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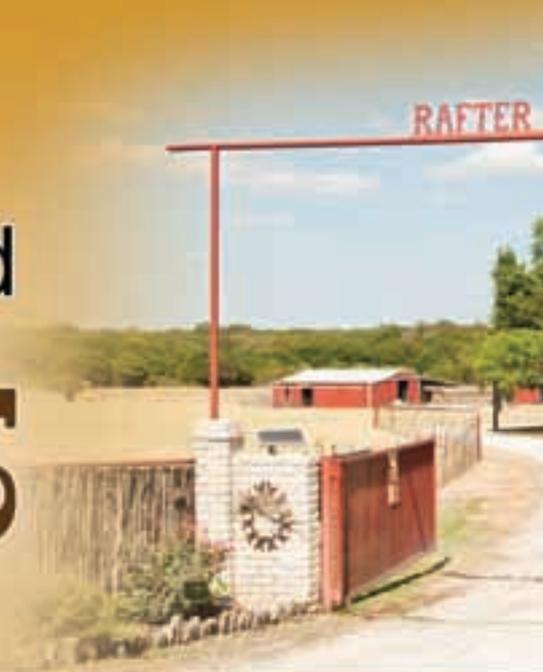
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Cowboys and INDIANS

— By Carolyn Wills



AT HOME WITH David and Chip Stanley

David and Cynthia “Chip” Stanley first met 11 years ago at a team roping event. Whether through fate or by well-meaning friends, these two were destined to meet. “We knew we had a permanent relationship in the first few weeks,” Chip smiled. “A mutual friend had already given David my telephone number, so at the team roping, I said to him, ‘You didn’t call me,’ and he replied, ‘I’m going to call you now.’” The two have been together ever since.

At the time, Chip was living in Aledo, and David in River Oaks. “We wanted a place where we could unload the horses after a team roping and be home,” Chip said. They looked for almost two years before stopping for directions one day and hearing about an available metal house with acreage. “I wasn’t interested in living in a metal home,” Chip said, “but we decided to look anyway and, instantly, I knew we were home.”

The house sits on 20 acres off a winding road north of





Weatherford. “We call it the Rafter DS Ranch,” David said. Rafter is one of the universal livestock symbols and, paired with David’s initials, the Stanley’s brand is officially registered in Parker County. The Rafter DS brand identifies a private entrance leading to the large metal home, several barns and tree-bordered pastures.

The house was designed as an all-in-one home — workshop and barn. “It had two bedrooms and was attached to a shop that opened into an area with a stall,” Chip said.

“Literally the first day that we saw a mouse run from the barn into the

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shop, David said, "We're not having this," and started building a separate barn." Today, the house looks out onto a red, four-stall, horse barn, an alpaca barn and a hay barn.

The house was also given a major transformation. "I drew the end of the house that used to be the shop on graph paper," Chip said, "David's cousin is a builder, and he did the renovation from my design. We added 1,300 square feet of living area." Today, the house is about

2,600 square feet with three bedrooms, two-and-a-half baths, two living areas, kitchen, dining area, reading nook and laundry room.

A long narrow kitchen borders the original living room and is adjacent to the dining room. "We peeked through the front window when we first saw the house, and the kitchen told us how special this home is," Chip said. The kitchen cabinets are made of hand-hewn hickory and mesquite, and each cabinet



front is etched with a brand from one of the top 10 ranches in Texas.

The Stanleys have owned their property for nine years now and clearly have stamped it with their style. "I like to mix things up," Chip grinned, "so I call our decor cowboys and Indians and hunting." The cowboy part is seen in items like the rich leather furniture,

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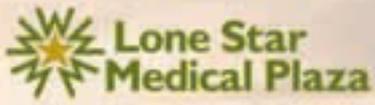
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David's crafted boot lamps, massive cedar posts, wall displays of Western chaps and bareback riggings and the exceptional his-and-hers wedding spurs crafted by their good friend, Joe Spiller. The hunting part is seen in the collection of taxidermy, like Chip's 8-foot Alaskan brown bear and the mounted javelina, deer, bobcat and wild turkey. "David and I loved hunting even before we met," Chip said.

Added to the cowboys and Indians theme is an overlay of what is best described as whimsical elegance. "When I finally see the perfect item, I know it," Chip said. "I love our Italian marble coffee table, zebra rug and the 25-year-old, Henredon chenille sofa. I also think it's perfect to have a pool table in the dining room and a wonderful little reading nook in front of a wood-burning fireplace." She believes in putting the same great color in every room. In their case, each wall is painted in a shade of roasted corn by Ralph Lauren. The whimsy comes in little surprises tucked into each room, like the stuffed rabbit peeking around a chair, their wedding bouquet in a shadow box or the Rafter DS brand etched into the shower door.

Chip and David have powerful personal styles. Chip worked in management for American Airlines for 23 years. "I was nicknamed Cowchip in flight training class because I'm from Texas," she said. "My name is Cynthia, but even my family calls me Chip." She has a smile for everyone, and her clothing and jewelry are as eclectic and striking as her interior decorating. She loves David and family, animals, horseback riding, hunting, shopping and history. "David is the funniest man I've ever met," she smiled. "He's my muse and has given me a lifetime of joy and entertainment in our 11 years together."

David practically grew up on a horse. He is a member of the Parker County

Posse and an advocate for promoting the Western heritage of Texas. He wears an old West mustache and goatee, starched shirt, tall boots on the outside of his jeans, cowboy hat, scarf and buckled belt, and speaks quietly, with ma'ams and sirs. Before retiring, he worked with his father in the commercial window business they owned for 24 years. He is also inventive. "David invented a dog saddle," Chip said, "for my Corgi to ride my horse with me. It's called the saddle pup and has been such a hit that we've decided to manufacture and market it commercially."

Eventually, Chip and David traded team roping for pleasure riding after David suffered an accident that sent him to the hospital for two months. "The horse and I had a difference in directions," he grinned. "These days, Chip and I do pasture gathering and walking the fences. I also ride with the Parker County Posse in parades and demonstrations and, sometimes, we sign on as welcome riders at parties and events."

The Stanleys also raise and show



alpacas and produce saddle blankets made solely of alpaca fiber. "The fiber is softer than cashmere, durable and fast-drying," Chip said. Currently they have 44 alpacas plus Sam and Pearl, two Great Pyrenees on a mission to guard the alpacas. "We also have Friendly Fred, the pasture goat," Chip said. "He stays with the two horses, and then there is Peanut the Corgi and Parker the Catahoula."

Rafter DS is a showplace, a working ranch and a reflection of two life-loving people who know no strangers. "We love this area," Chip said. "We're very much at home in Weatherford. I'm always so proud to drive through our gate. David and I love to sit outside, cook on the grill, look out at the pastures and watch the alpacas." **NOW**

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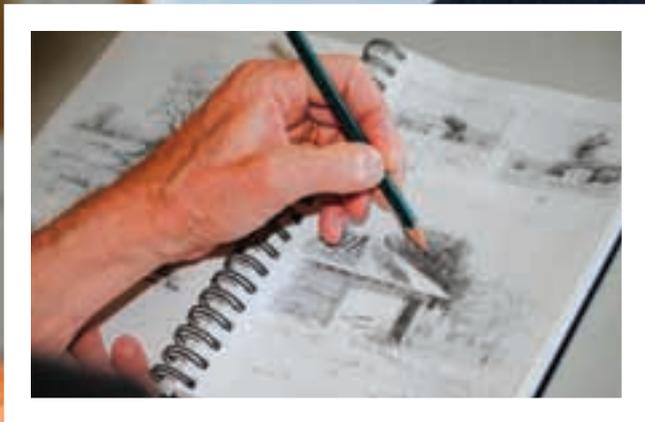
Painter of the H



Tucked away on a secluded road, landscape painter, Blair Currin, mixes his oil paints to bring Texas landscapes to life. Blair does not wait for inspiration to strike, but lives among his subjects. When purchasing his land 19 years ago, Blair and his wife, Janelle, a graphic artist, took their time finding the best piece of property. They came across a parcel of land for sale on a hilltop in Annetta and knew this was the perfect place for their artistic lifestyles. They spent the next four years studying and cataloging the land, animals, trees and plants on it. With the help of an architect, they designed their home around the view. Since the home also serves as their studio and workplace, they situated their studios to overlook the hillside.

illside

— By Sydni Thomas



When Blair was 13, his grandfather, Harold Roney, a landscape artist, gave him his first painting lesson. Blair's first painting was done outside, plein air, and he was hooked. His grandfather continued to teach him over the years. In the summers, Blair and his brother attended an art school in Cloudcroft, New Mexico, where Harold taught. "I remember how the school always smelled

like turpentine," Blair said. "By attending this school, I was able to get a rock solid foundation. I pursued the basics and fundamentals. When you look at paintings, you can usually tell if the artist spent time learning these things."

After graduating from Southwest Texas State University (now called Texas State University – San Marcos or simply TSU) with a bachelor's degree in

commercial art, Blair took his first job. His hopes of making \$5 per hour were smashed when the best job he could find paid \$3.50 per hour. Ten hours a day, four days a week became torture for Blair's active nature. He stuck with it, telling himself that better things would come. After 25 years, Blair took the leap and began his adventure as a full-time painter. He has continued to do so over the past

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six years. “The painting bug bit me,” Blair said. “My first passion was painting. I spent 25 years in the graphic art business, but my heart was in painting.”

Just as in most jobs, Blair works from 8:00 a.m. to 5:00 p.m. in his studio Monday through Friday. He begins the day by eating a bowl of oatmeal and turning on the radio, one of the few pieces of technology he uses during the day. Blair finds music without words, or words he does not understand, helps him paint throughout the day. From 8:00 a.m. to 10:00 a.m. he reads a book, usually on the subject of art. At 10:00, he sits in his chair and stares at the easel and decides which way to approach his current painting that day. Then he begins painting for the next few hours, stopping around noon for a lunch break. He picks up his brushes again after lunch and paints the rest of the afternoon. “Whenever I begin a painting, I ask myself questions,” Blair said. “How do I want to paint it? What do I want it to say?”

Some paintings take an hour, and others take weeks. At the beginning of each year Blair sets a goal of how many paintings he will create. This year, he planned to finish at least one a week. There are times when he has six to eight landscapes in the works. Not every painting created is a keeper though. The select pile of around 50 pieces is then framed, named and photographed to make them gallery-ready and sellable.

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“Some paintings fight you,” Blair said. “They are determined not to work out. I’ve been coming back to one painting for three months. It won’t take a painting, and I’ve painted over it three times already. Some people think every painting you make turns out, but that’s not true.”

Over the years, Blair has photographed parts of Texas and New Mexico he thought could turn into a painting one day. Janelle creates slide sheets of possibilities from the hundreds of photographs Blair has taken. Out of those, he chooses one or two he feels could translate into a painting. Blair does not limit himself to painting strictly from photographs. Some days he will take his easel out to the deck overlooking the Annetta hillside. Finding inspiration for each painting is an important step for Blair. While many Texas landscape artists draw their inspiration from notable areas, like the Texas Hill Country, Blair finds his at home here in North Texas. “Places like the Hill Country are just waiting to be painted,” Blair said. “My favorite places to paint are in North Texas. It’s more of a challenge finding the landscapes around here. They *are* here; you just have to look for them.”

Galerie Kornye West in Fort Worth represents Blair. Many of the pieces he has created are on display there. Twice a year, Blair participates in Gallery Night at Kornye West. He had seven pieces for sale this past September. “Selling a

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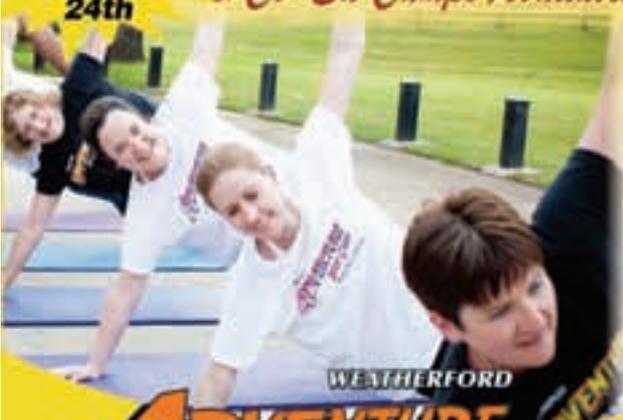
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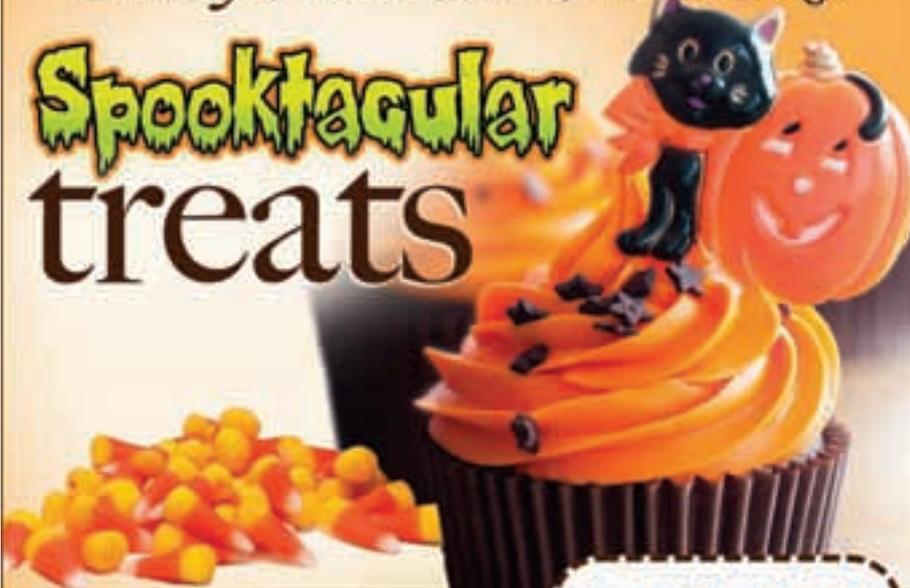

painting is thrilling,” Blair said. “It means someone likes your work enough to buy it. It’s a fun thing to do.”

Collaboration between other artists has been a key aspect in Blair’s career. A group of fellow artist friends will travel with him around North Texas and surrounding areas to paint out in the open, at the stockyards and the botanical gardens. Once a year his uncle, James Lee Currin, a retired architect turned painter, flies in from Norway to participate in their annual plein air tour. The two of them spend six days creating 11 paintings on 8x10 pieces of plywood. They create challenges and tasks that must be overcome during their painting sessions. Each day the tour begins with a large breakfast served down the street at a little cafe. They work through lunch and come back to a meal created by Janelle. “Eating is part of the experience,” Blair said. “I almost always eat oatmeal for breakfast, so when he is here we eat a lot. After our day of painting, we will take our easels out to the deck and compare our paintings side by side. It is an intense process, yet rewarding. I always learn a lot.”

Painting every day can be draining. If he’s feeling uninspired, and music doesn’t pull Blair through, or the book he’s reading doesn’t give him an extra push, he will sketch. If that still doesn’t work, Blair paints it out. “It’s critical to paint out of the funk,” Blair said. “I keep the painting going whether it’s good or bad. Self-discipline is hard, but you have to keep it going. This is the most critical point in painting. If you stop, you won’t go back.” **NOW**

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The Game of Life

— By Amber D. Browne



“Football involves so many people. There’s just some

In almost every Texas town, Friday nights in the fall are all about football. Football has so many moving parts: the players and coaches, the band, the drill team, the cheerleaders. And, you cannot forget about the parents and the crowd, who take their seats each week to cheer. Texas

high school football brings the community together. “Football involves so many people. There’s just something about the spirit of the game,” Weatherford High School head coach, Reid Waller, said. “There’s something about the game that has a lot of energy and excitement.”

This season is Waller’s 29th year of coaching. He was hired as head coach in 2010, but this school year is his first full year as head coach at Weatherford. He is more passionate about the game now, than ever before. “I love the kids more than I ever have,” he admitted. “I love the game more than I ever have — because of what it teaches.” Coach Waller believes the football field is the best classroom when teaching kids life lessons. “It’s a hot sport,” he added. “You





thing about the spirit of the game.”

put on gear and you knock the snot out of people, and you get it knocked out of you. But, life's like that a lot, too.”

The game of football is not just about moving a pig skin 100 yards for six points. “It's about learning to work with people, learning about being responsible and accountable,” he explained. “Just like the rule of life, it's about giving up self for others, and when you finally give up self for others then everything else falls into place. It's a commitment to a cause greater than self.”

The game of football teaches accountability and work ethic. Coach Waller believes the game also puts emphasis on the golden rule: Do unto others, as you would have them do unto you. There are rules the players must follow in the game, in life and within society. “It's almost like the game puts pressure on you to live life right,” he said.

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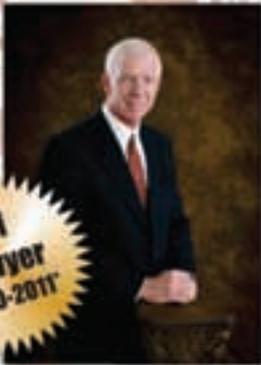


Coach Waller knew he wanted to be a coach since the eighth grade. His biggest influences were his father and mother, but outside the home, it was a coach. In his office, he displays a picture of himself posing alongside his football coach from Jacksonville High School, Coach Dick Sheffield. "My love for football has just grown and grown as I've seen what the game will do for you and to you," he said.

Coach Sheffield passed away two years ago, but he taught Coach Waller things that he'll never forget. "One bit of advice was: Before you get mad, act mad," he remembered. "When you act mad, you can control what you say and what you do." Coach Sheffield was also involved in Coach Waller's personal life. When Coach Waller and his wife, Sarah, got engaged, Coach Sheffield asked her if she was sure she wanted to marry a



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guy who was going to be a coach. Coach Waller recalled sitting on pins and needles waiting for his former coach and future wife to finish their conversation. "After they got through, I was thinking, *She won't marry me now*," he laughed. He calls Sarah, who teaches kindergarten at Curtis Elementary, a great coach's wife. They have known each other since he was just 5 years old and have been happily married for the past 32 years.

He spends long hours at his job, but says that would not happen if he didn't enjoy what he does. "I'm blessed to be in this game and to be around coaches and kids. When I hit the field, I coach with intensity," Coach Waller said, admitting he has a lot of enthusiasm for the game. "I've earned the right to coach my kids hard."

Coach Waller and his coaching staff have a rule when coaching the players



hard. "If you make a withdrawal, you've got to make two deposits in your ego and your psyche," he stated. "You have to leave this place every single day feeling better than when you came in."

Staying focused on the job at hand will help you reach your goals, Coach Waller advised. "In life, I think it's really important to enjoy the journey. Enjoy the people you work with." He has a work ethic that extends to the entire coaching staff.

Although he may make some mistakes, Coach Waller holds to the principles of the game and tries to keep those standards. The coaches all get along very well and spend time together away from the field. He believes that helps in the work environment because the players

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see them having fun, and then they have fun, too. "We have to work hard," he said, "but we still want to have fun in what we do.

"They never quit fighting," Coach Waller proudly said as he referred to the players. Their goal as a team is to continually improve and get better. They have made great strides, and many of the players are seniors this year. Coach Waller does not like to predict the future, but he thinks the players will continue to play hard and play better. "I think we're going to play smarter," he said. "I think we're going to play more experienced."

He's excited about this year's team and compared it to a family. "Once they go through our watch, like it or not,

"I'm blessed to be in this game and to be around coaches and kids."

they're kind of our kids," Coach Waller said. Two of his former students worked out in the Outback weight room on the campus over the summer, and then went off to college. "You close the door and you tear up," he admitted, when seeing his former players go off to school. He will keep track of them and make sure they are taking care of their grades.

Some kids he has coached have also gone on to become coaches themselves, which he admitted is one of the greatest moments in coaching. He builds relationships and bonds with the players, and Coach Waller does not know where else in life you can get that feeling. He has attended former players' weddings and reunions, catching up on old times and seeing them doing well in life. "A game is said and done, but those things in life live on forever," he said.

The highlight of his life is not a great game or a championship. The greatest moment for Coach Waller is when a player looks him in the eye and smiles, knowing they just played the game as well as they could. They did it. They ran onto that field and played hard. **NOW**

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Norma and James Plowman in the newly renovated funeral chapel. Families can choose among many cremation urns and customizable caskets.



Quite an Extended Family

At Galbreath Pickard Funeral Chapel, James Plowman and his family serve your family as if you're a part of their own.

— By *Melissa Rawlins*

Since it is impossible to predict when death will occur, James R. Plowman, president and manager of Galbreath Pickard Funeral Chapel, will answer the phone even if you call at 2:00 a.m. If he is on vacation, you will be helped by James' mother, Norma Plowman, who is also the owner of the funeral chapel. "The phone will be answered by someone who either works for me or is kin to me," said James, who began directing funerals here in 1980.

His wife, Cathy, has worked by his side for 25 years. Their daughter, Angie, will be an accountant in the family business, and her sister, Misty, is an experienced after-care helper — following in Norma's footsteps. James' brother, Bill, has the special task of setting monuments for veterans. Several other funeral

directors care for families immediately after the passing: William Thornton, Frank Ford, Melody Turner, Mark Worthy. The compassionate staff is rounded out by Kitty Jamieson, Kenneth and Anna Box, Eva Heatley and Donald Jones.

Norma began caring for families in Weatherford as a newlywed when her husband, J.V. Plowman, went to work for the Galbreaths and the Pickards. Norma remembers first sitting on the beautiful, antique chapel pews in 1955. This year, she and James decided the pews needed an update and hired a Dallas company to completely restore and reset each pew in the chapel.

More and more families want a traditional service yet desire cremation. So the funeral chapel offers two different styles of ceremonial caskets for lease, in which families can present the

body during the chapel service prior to cremation. James' woodworking hobby fits in nicely with the family business. He builds many of the wooden cremation urns displayed in the arrangement office.

When a person passes away, some families simply sit and cry with James. "I have other families that will spend an hour with me talking, joking, laughing, remembering their loved one," James said. Because people deal with grief differently, the professionals at Galbreath Pickard Funeral Chapel personalize every funeral to benefit each family. James, his family and his staff help families to transition from a life with their loved one present to a life without him or her.

After more than 50 years serving local families with Galbreath Pickard Funeral Chapel, Norma Plowman agrees, "My husband was instrumental in what we do now. He understood families need guidance. Our mission is to meet their individual needs while they're here."

Norma and James appreciate the feedback they get when Misty calls families after the funeral to find out what more the funeral chapel could do. "There are people who will give us kudos," James said. "Also, people can tell us their perceptions of things that didn't go right, and that gives us the opportunity to correct those things or improve our service."

Year after year, Galbreath Pickard Funeral Chapel produces a holiday memorial service on the first Sunday in December. James, a worship leader at Oak Ridge Church of Christ, knows that during the holidays, families need encouragement through messages of hope and healing combined with praise. "There are always uplifting songs to help people we've done funerals for, and if we know people who have had other deaths in their family, we'll send invitations to them, as well."

That family feeling at Galbreath Pickard Funeral Chapel extends well beyond the Plowmans. "Numerous families have told us that when they came in here they felt like they were among family," James said. "We have a very large family, because we serve hundreds of families a year." **NOW**

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Jinnie Little, Debra James, Shirley Smelley, Jerritt Joslin, Theresa Hocker, Mistie Cadman, John Shephard, Molley Lepard, & Lori Sulak pose during "The Walk to End Alzheimer's" fund raiser at The Wild Mushroom restaurant.



Townes and Delaney Phillips, with their father, Attorney Roger Phillips, and his legal assistant, Rhonda Tatman, after lunch at Dona Ana's.



Baseball is most fun when avid fans are in the stands. Tracey West, Tom Ashburn and Aida Sorenson cheer on their team.



Pam Benson, owner of the Farm to Table Restaurant, Clear Fork Station, serves a slice of birthday cheesecake to Helen O'Neill.



The North Side Baptist Church youth group hangs out at Fuzzy's Tacos.



Brittany, who recently moved here from Spain, takes time to "smell the roses" in Greene's Florist.



The WHS Blue Belles reunite with Forever Belle Lucretia Harrell (Class of 2011) who is a Trinity Valley Community College freshman.



Tiffany (mom) enjoys an afternoon of downtown shopping with her daughters, Allie and Carlie.



Nikki Williams & Precious Atlas enjoy a walk on their way to lunch.



Michael Baumgartner putts for a birdie at the Weatherford Disc Golf Park.



Whoever said ribbon cuttings were boring should come join the fun bunch at the Weatherford Chamber.



Mark Holbert power washes the roof at the Weatherford Radiator Shop.



Breast Cancer Screening Essential for Women of All Ages

— By David D’Spain, D.O., Jessica Hals, D.O. and Thanh Nguyen, M.D.

Over the past decade, news and information about breast cancer have helped increase awareness about the disease tremendously. Every October, the color pink adorns everything from ribbons to household items. While awareness of breast cancer has improved, the disease unfortunately remains the second-deadliest cancer among American women.

As physicians, we know that the earlier we detect the cancer, the more likely the patient will survive. When breast cancer is detected early before it spreads, women could have as much as a 98-percent survival rate at five years.

While this all may sound very simple, in my own practice, I see many women with more advanced stages of breast cancer. In 2011, an estimated 92 women in Parker County will be diagnosed with breast cancer, and 15 women will die from the disease.

Many of these deaths are preventable with yearly mammograms, especially for women over the age of 40. However, a National Health Interview Survey found that women age 40 and over getting mammograms actually declined from 70 percent to 67 percent from 2003 to 2005.

While mammograms will detect 80-90 percent of breast cancer in women who don’t have symptoms, they are not the only way to detect the signs of breast cancer. Women should also screen themselves for signs of breast cancer through monthly breast self-exams, which they should begin to administer in their 20s. Any irregularities or concerns that are detected should immediately be reported to a physician. Finding breast cancer in early, more treatable stages leads to higher cure rates.

Physician-administered clinical breast exams are recommended for women in their 20s and 30s every three years and every year for women over 40 for the early detection of breast cancer.

Screening is especially important for women who have increased risk factors for breast cancer. However, it is important to remember that even women without clear risk factors should have regular screenings and mammograms. Risk factors may include:

- Age: Approximately two-thirds of breast cancer cases occur in women over age 55, though the disease can occur at any age.
- Family history: If a woman’s mother, sister or grandmother had the disease, that woman potentially has an increased risk for breast cancer.
- Race: Breast cancer is the most common cancer and leading cause of cancer death in Hispanic women. Hispanic and African-American women are more likely to be diagnosed with late-stage and larger tumors, and more likely to die of breast cancer than white women. Ashkenazi Jewish women are more likely to carry the breast cancer gene that makes them susceptible to breast cancer.
- Weight: Excessive body weight increases your risk for breast cancer.

While screenings may detect cancer early on, it’s also important to watch out for warning signs and symptoms, including:

- Change in breast size or shape
- A lump or thickening in the breast
- Swelling, warmth, redness or darkening of the breast
- New pain in one spot
- Dimpling or puckering of the skin
- Itchy, scaly sores or a rash on the nipple
- Pulling in or retraction of the nipple or other parts of the breast
- Nipple discharge that starts suddenly
- A lump in the underarm

If any of these symptoms are detected, contact a physician immediately to start receiving proper medical care. Researchers continue to make advances in the fight against breast cancer every day. Until a cure is found, regular screenings, awareness and healthy lifestyle choices, such as eating well and exercising regularly, are among the best tools a woman has to reduce her risk and survive the disease. **NOW**

Drs. David D’Spain and Jessica Hals are medical oncologists and Dr. Thanh Nguyen is a radiation oncologist at Texas Oncology–Weatherford, 911 Foster Lane, Weatherford.

October 1

Clark Gardens Fall Festival and Half Marathon/5K: Run: 8:00 a.m.; festival: 10:00 a.m.-4:00 p.m., Clark Gardens Botanical Park, 567 Maddux Road. Visit www.clarkgardens.com or call (940) 682-4856 or e-mail beverly@clarkgardens.com.

October 7

Aledo Children's AdvoCats 4th Annual Feast and Fashion: 11:00 a.m.-1:00 p.m., The Parker Room at Fire Oak Grill, 114 Austin Ave., Weatherford. Raffle proceeds and 10 percent of retailer purchases benefit Aledo AdvoCats. Please bring new undergarments and "no show" socks for all ages and genders to help support the Clothes Closet.

October 8

Weatherford ISD Education Foundation Gala: 6:00 p.m.-midnight, Omni Fort Worth Hotel, 1300 Houston Street, Fort Worth. For more information, call (817) 598-2956.

October 13

Weatherford Chamber of Commerce Annual Banquet: 6:30 p.m., South West Ford. For information or reservations, please call (817) 596-3801.

October 14

Pink Luncheon: 11:30 a.m.-1:00 p.m., Victory Baptist Church Life Center. Parker County Health Foundation (PCHF), with title sponsors First National Bank of

Weatherford and George and Amy Mercer, present the Pink Luncheon to raise money for providing breast cancer screenings for local residents. Learn more at www.parkercountyhealthfoundation.org or call (817) 594-1990.

Salute The Troops: 7:00 p.m., Central Christian Church Fellowship Hall, 1602 S. Main St. The Pioneers Square Dance Club of Weatherford will be celebrating our "Reveille" dance at Swingtime Center. Early Rounds at 7:00 p.m. with Toby Thomason, followed by Square Dance Workshop, with callers, Danny Blagg and Toby Thomason. The Grand March begins at 8:00 p.m. (682) 429-4612.

October 22

3rd Annual Weatherford Fall Festival: Noon-6:00 p.m., Parker Country 4-H Youth Center, 2753 Tin Top Road. Proceeds benefit the Senior Center building fund and local 4-H programs. The whole family will enjoy old-fashioned family fun, with games, food, cake walks, hayride, crafts, music, costume contest and more. (817) 598-0160.

Small Town Civility 1861-1865: 1:00-4:15 p.m., Old City Greenwood Cemetery, 300-400 Front Street. Sponsored by the Parker County Heritage Society. Docent-escorted tour groups visit sites throughout the cemetery where period-attired presenters share their life stories. Tickets: \$10 for 9 years and older; \$5 for children ages 5-8. (This

event is not recommended for small children or those needing walking assistance). No on-site restrooms. Call Jonelle Bartoli at (817) 658-3580.

Letting Her Light Shine: 6:30 p.m., Craig's Music Store, 115 Spring Street. The public is invited to enjoy Kathleen Wildwood's original stories and songs, with harp playing. Tickets: \$10 per adult; \$5.00 per child. Contact (817) 599-8021 or visit www.craigsmusicstore.com.

October 31

BOOtanical and Costume Competition: 4:00-8:00 p.m., Clark Gardens Botanical Park, 567 Maddux Road. Admission is a nonperishable food item, which will be donated to areawide food banks. Visit www.clarkgardens.com or call (940) 682-4856 or e-mail beverly@clarkgardens.com.

Through October 31

Paintings by Blair Currin: Tuesday-Friday: 10:00 a.m.-5:00 p.m.; Saturday: 11:00 a.m.-5:00 p.m., Galerie Kornye West, 1601 Clover Lane, Fort Worth. Aledo artist Blair Currin, an invited guest at the Fall Gallery Night continues to show his paintings. www.kornyewest.com.

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

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In The Kitchen With Cheryl Caudill

— By *Melissa Rawlins*

Parker County native and breast cancer survivor Cheryl Caudill has discovered the comfort and healing of fresh, flavorful, home-cooked food. Her grandmother taught her a very important lesson: “Happiness is life served up with a scoop of acceptance, a topping of tolerance and sprinkles of hope,” Cheryl said. “Sharing recipes with others can make your heart smile again even during the most difficult time of ones life.” That is one reason she decided to print and publish her own cookbook. *3 Chilies and a Bean - The Cookbook* presents 350 recipes submitted by friends and family in support of Breast Cancer Awareness. For Cheryl, the only thing better than a good friend is a good friend with chocolate — so dessert is always on her menu. **NOW**

Cheesecake Pops

6 oz. bittersweet chocolate, chopped
1 frozen purchased or homemade cheesecake, cut into 1-inch cubes
Lollipop sticks
Sprinkles, coconut, nuts or candy bits (optional)

1. Microwave chocolate on 75-percent power until melted, about 2-3 minutes.
2. Cut frozen cheesecake into 1-inch cubes. Gently press a lollipop stick halfway into each cube.
3. Dip cheesecake sticks in the chocolate and roll in sprinkles, coconut, nuts and/or candy bits, if desired.

Spring Greens & Pear Salad with Toasted Walnuts

1 small shallot, minced
2 Tbsp. extra-virgin olive oil
2 tsp. white wine vinegar

1/4 tsp. Dijon mustard
1/8 tsp. black pepper
1/8 tsp. sugar
6 cups baby spring greens
2 red pears, thinly sliced
1/3 cup blue cheese crumbles
1/4 cup walnuts, toasted and chopped

1. Combine the first six ingredients in a large bowl; stir well with a whisk.
2. Add spring greens, sliced pears and blue cheese to the dressing in the bowl; toss well to coat.
3. Place 1-1/2 cups spring greens on 4 salad plates; sprinkle with 1 tablespoon toasted walnuts.

Cheesy Squash Swirls

5 yellow squash, sliced lengthwise 1/8 inch thick
1 tsp. salt
1/4 tsp. black pepper
5 oz. herbed or vegetable cream cheese spread

Chopped fresh herbs, for garnish (whatever you like)

1. Toss sliced squash with salt and pepper and let sit for 10 minutes; pat dry.
2. Grill over high heat until well-marked on both sides, about 3 to 4 minutes.
3. Spread each with heaping teaspoon of cheese spread. Roll up, secure with toothpick and top with fresh herbs.
4. Keep warm until ready to serve.

Broccoli Mushroom Quiche

1 1/2 cups broccoli, chopped
1 small onion, chopped
1 cup mushrooms, sliced
1 cup green, red and yellow peppers, chopped
2 Tbsp. butter
1 pie shell, uncooked
1 cup cheese (cheddar or Mexican cheese), shredded
6 eggs
1 3/4 cups milk
1 tsp. salt

1. In a large skillet, sauté broccoli, onion, mushrooms and peppers in butter until tender.
2. Spoon into pie shell; sprinkle with cheese.
3. In a large bowl, whisk the eggs, milk and salt. Pour over cheese.
4. Bake at 350 F for 45-55 minutes or until a knife inserted near the center comes out clean. Let stand 10 minutes before cutting.

Sweet Chicken Bacon Wraps

4 chicken breasts, cut into 1-inch cubes
1 lb. bacon, cut into thirds
2/3 cup brown sugar
2 Tbsp. chili powder
Cooking spray

1. Wrap chicken cubes with bacon and secure with toothpick.
2. Stir together brown sugar and chili powder. Dredge wrapped chicken in mixture.
3. Coat a rack and broiler pan with nonstick cooking spray. Place chicken wraps on rack in broiler pan. Bake for 30-40 minutes or until bacon is crisp and chicken is cooked through.

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

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