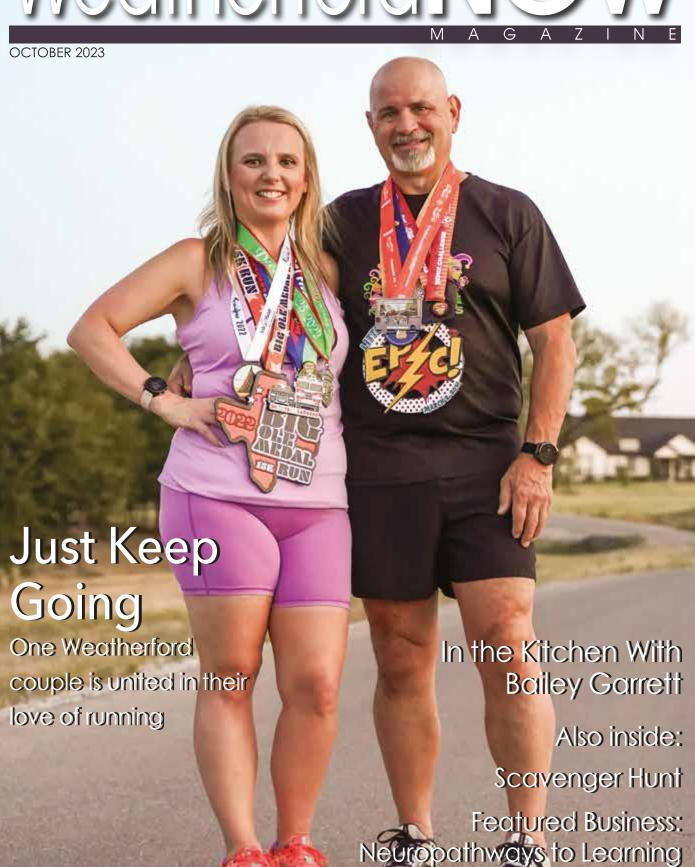
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ON THE COVER



David and Rebecca White attempt to run a half marathon in every U.S. state.

Photo by Sarah Brown.

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EDITOR'S NOTE

Happy fall, y'all!

An eerie feeling surrounds the month of October for me. Maybe it's the decor of All Hallows' Eve lining the shelves at local storefronts or the skeletons and headstones popping up in local neighborhoods. Maybe it's the horror movie marathons that take over our televisions or the trailers for new films that aim to give cinema fans a fright. Maybe it is because the sun sets a little earlier bringing darkness to our days or that spiders are weaving webs on our porches and trees. Or could it be the month of October holds a history of the macabre and supernatural traditions passed down from generation to generation?

According to History.com, Halloween is traced back two millennia to the Celtic festival of Samhain. The Celts believed that on October 31, which marked the coming of winter, the veil between the mortal and spirit worlds thinned providing people with the power of prediction. They commemorated the day with bonfires and animal sacrifices to their deities and wore costumes in an attempt to foretell the future of others.

Halloween has evolved over the centuries, becoming more about family fun and less about superstitious traditions. In America, children and adults alike dress up as their chosen personas for neighborhood get-togethers or "Trunk-or-Treat" events at local churches. Spending more than \$10 billion on candy, costumes and decorations in 2022, according to the National Retail Federation, Americans seem to enjoy this spooky holiday season. So, on October 31, don those costumes, enjoy a haunted hay ride, carve a pumpkin and meet some neighbors while the little ones fill their bags with tasty treats.

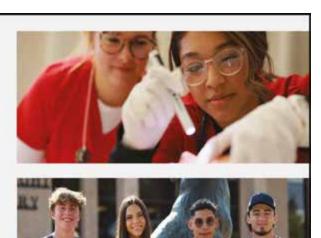
Happy Halloween!

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Running long distances takes more than physical endurance. It is a matter of mindset, one devoted to finishing the task regardless of physical pain. It takes thoughts that are stronger than doubt and a belief committed to going the extra mile. David and Rebecca White have goals of running a half marathon in every U.S. state. After years of experience, they have built the mental strength and the physical capacity necessary to reach this goal.

David began running cross-country as a young teenager and continued this passion while serving in the U.S. Marine Corps. He has competed in IRONMAN Triathlons, 50-mile and 100-mile competitions, and he runs four days each week, mostly on local trails. For David, running long distances is a stress relief and a challenge. He does not want to fail, regardless of pain or mental anguish.

"It's the endorphins in your brain, and you're pushing yourself harder," he said. Once David gets to that point, he wants to see just how far he can go. "There's so much that you learn about yourself around that, that you can teach to others." Through a managerial program, David mentors young adults about how to gain such mental strength.

Rebecca focuses on frequency of running, not distance. Running has been part of her life since 2010 when she moved to Texas. With a newborn son, she wanted to do something for herself, so she started running in her neighborhood. "I could not run a block without stopping," she admitted. She trained for several months and ran her first 5K.

Running went by the wayside as her family grew by three more children. After her fourth child, Rebecca said she was unable to lose weight. She and David married in 2018 and after noticing David's consistency with running, she made a formal commitment to get more serious about her running goals. "My word is everything," she said. Rebecca has now lost 70 pounds.

Rebecca joined David for her first half marathon in San Antonio in December 2021. Since then, she has not missed a day of running. She joined Streak Runners International, a group of like-minded individuals who run at least one mile each day. At the time, David told her if she made it to 90 days, they would go to her favorite restaurant. She met that goal, and the prizes promised by David have continued. At a year, they went on a cruise. At 18 months, they got a hot tub.

Rebecca's favorite race is the half marathon, and she's finished about 30 of them. "It's doable, but it's still challenging,"

THERE'S NO ONE
BODY TYPE, NO ONE
LOOK THAT MAKES
YOU A RUNNER. THE
ONE THING THAT
MAKES YOU A
RUNNER IS PUTTING
ON YOUR SHOES AND
GOING OUTSIDE OR
GETTING ON THE
TREADMILL.

she shared. As for David, he has run hundreds. The Weatherford couple is committed to participating in half marathons in all 50 U.S. states. By the end of 2023, they will have participated in races across 15 states including Arizona, Maine, Maryland, Nevada, New Mexico, Texas and others. For each half marathon, they add a state-shaped sticker of a race photo to their map.

Prior to any race, they enjoy a breakfast of a McDonald's McGriddle for David and coffee for both. They also try to get to the race two hours early to find parking and prepare for the run. They attempt to stick to the routine because it can affect the race. "It could just be a mental thing," Rebecca admitted.

Rebecca prefers solo running to move at her own pace. David typically runs faster than she does, and he will often joke around with her to keep their spirits high. "He likes to run up and do circles around me to push me harder. It



drives me crazy," she laughed. Rebecca challenges herself to break personal records, while David is inspired to finish long-distance races, which are his forte. "I have no desire to do that type of thing," she said, citing the threat of injuries with further distances.

While running a 50-mile race, David



broke several toes, developed blisters and had contusions on his elbow and face. He explained that the physical pain is nothing compared to the mental battle. "What you realize is there's no such thing as physical pain. It's all mental," he said.

During a long-distance race, an aid station or crew station is available for runners to grab food, refill water bladders, change socks, check shoes and possibly add moleskin if toenails have been lost during the race. "It's just part of the game," David shared.

Rebecca admires David's tenacity to take on such physically and mentally demanding races. "You appreciate the pain and the distance, and he's doing it," Rebecca said. "That is amazing."

One of David's goals is to complete the Bigfoot 200, which is a 200-mile race around Mount St. Helens. Race participation is based on a lottery with a waiting list. "That would be on my bucket list," David said.

Running has become somewhat of a family adventure. David has run long-distance races with his adult son, Damon, and of Rebecca's children, Kaneyn, Kinnick, Koben and Piper, the eldest and youngest have recently shown interest in learning more about the sport.

"There's no one body type, no one look that makes you a runner. The one thing that makes you a runner is putting on your shoes and going outside or getting on the treadmill," David said. For those who might want to try running, headlights and a flashing vest add extra safety measures if running after dark. A good pair of running shoes and a supportive sports bra for women are other suggestions. They remind drivers to stay off the cell phone and cut down on distractions.

For now, the couple has booked several races for 2024. At some point, they plan to run one marathon each day in three different states over three consecutive days. Regardless of the race distance, they will have support from family, friends and fellow runners. "The running community is so amazing," Rebecca said. "We've met such great people." NOW

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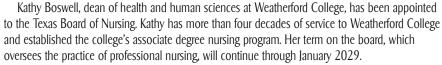


Around Town



Zoomed In: Kathy Boswell

By Amber D. Browne



"It is an honor and a privilege to have been asked by the governor to serve on the Texas Board of Nursing," Kathy said in a news release. "I am excited to begin my term and join the current board members who serve this great state and the profession of nursing."

Kathy is a member of the Texas Association of Deans and Directors of Professional Nursing Programs and the Texas Association of Vocational Nurse Educators.



Young campers learn all about cheerleading at Aledo ISD's Mini Cheer Camp.



Chris, Ana and Kierian Gore enjoy the afternoon at Friendship Playground at Heritage Park in Weatherford.



Students at Weatherford ISD are greeted on the first day of the 2023-2024 school year.



Aledo Bearcat Ambassadors greet the community at Bearcat Nation 101.



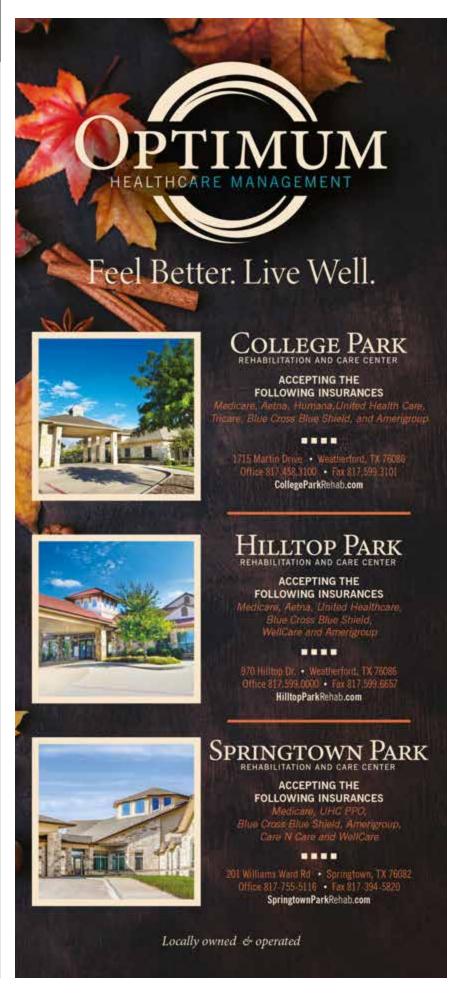
The new Reading Roos mobile library, offering more than 15,000 books, is available to students at home varsity football games.



Joseph and Rachel Colafrancesco enjoy lunch with their little ones. Nova and Lucan, at Jakes Burgers in Aledo.



Kayla Leegan and Missy Danley help with auto registrations at the new East Parker County Sub Courthouse on Old Weatherford Rd. in Aledo.





BusinessNOW

Neuropathways to Learning

By Amber D. Browne

Neuropathways to Learning 107 Larson Ln., Ste. 200 Aledo, TX 76008 (910) 257-7800 debbiehume824@gmail.com neuropathwaystl.com Facebook: facebook.com/neuropathwaystolearning

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Training your brain. Is it possible? The answer is a resounding "yes," and as a licensed nurse and educational therapist, Debbie Hume, RN, M.Ed., does just that at Neuropathways to Learning in Aledo.

Debbie's primary focus is brain mapping and neurofeedback training, which is recommended for attention-deficit disorder and has been validated by the American Psychological

Association and the American Academy of Pediatrics. "Once the brain has received training and symptoms improve, the need for medication is reduced or no longer needed," Debbie stated. Children and adults who have been diagnosed with ADD, learning disabilities, sensory processing disorder, anxiety, obsessive-compulsive disorder, depression or who are on the autism spectrum could benefit from the training.

The process begins with brain mapping, which is an assessment tool using an electroencephalogram (EEG) cap to acquire data from the brain to determine a baseline. The EEG cap is placed on the client's head to collect electrical signals as they watch a relaxing video. The data is sent to an encoder and compared to "normal" EEGs to determine areas in the brain that are out of sync. Brain mapping is used to develop personalized neurofeedback protocols, which help increase the individual's state of awareness and train them to self-regulate mind and body.

Neuro means brain, and feedback is the message the brain receives to give guidance and correction. Neurofeedback training is motivational by giving the brain a high percentage of rewards, leading it into a more energy-efficient state.

For training, the client can choose either a video game and receive points or watch a movie where the feedback will be an effect like bubbles or rain over the screen. When the brain is learning while watching a movie, the bubbles will ebb and flow on the screen as the brain figures out the direction the trainer is asking it to go. Over time, through repetition and training, the brain figures out how to be more efficient.

"I started doing this because my son had ADD," Debbie stated. Her son was referred to receive neurofeedback training. At the time, she worked as the director and clinical coordinator for the special needs division of Grace International School in Chiang Mai, Thailand. She began training in neurofeedback for ADD and used her newfound knowledge on her son, training him throughout 40 sessions. "We saw such wonderful results, and I thought, Well, if it works for him, it can work for others, too."

Because of their results, the Thai government commissioned Debbie to develop the neurofeedback and brain mapping program for the Child Development Center in Thailand. "I'm a consultant for their research publication and have continued working with them overseas to advance neurofeedback." She is also approved by the Biofeedback Certification International Alliance to mentor others getting certified in the neurofeedback field.

Another service offered at Neuropathways to Learning is the Interactive Metronome, which is a clapping/tapping movement exercise used to improve sports performance or to improve attention in ADD. She also provides Irlen screenings, which detect visual distortions that create reading challenges.

Debbie offers free consultations to understand the concerns of potential clients, who range in age from 5 years old to adult. Debbie is not licensed to diagnose or prescribe medications. She accepts private pay for services. Her Aledo office is adjacent to Dr. Janet O'Donnell, a child psychologist, who provides neuropsychological testing. They are separate entities but often collaborate for the benefit of their clients. NOW

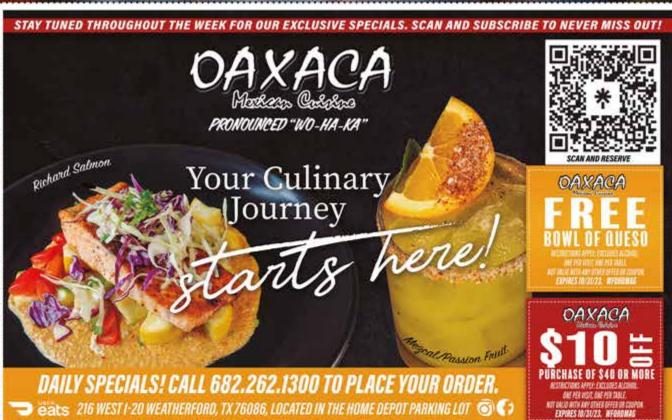




THE LOCAL TABLE

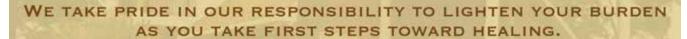
One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf













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"I am a foodie." For Bailey Garrett, food is a way to express her creativity. She also considers cooking her love language. "I love broadening people's horizons to food, getting them to open up and try something they normally wouldn't cook for themselves or order at a restaurant."

Bailey's eagerness to learn about cooking began at the age of 7. She was given free rein in her grandmother, Mamo's, kitchen to experiment. Bailey's curiosity surrounding food remains as she explores new cuisines, techniques and ingredients, often recreating her favorite restaurant dishes to make them her own. She also finds inspiration from TikTok and Pinterest.

Although she is not vegan, some of her favorite dishes are. She often adds air-fried chicken or shrimp to complete the meal. NOW

Jerk Chicken

6 whole green onions

4 garlic cloves

2 habanero peppers

1 1.5-inch piece or 1 Tbsp. fresh ginger

1/3 cup lime juice

1/4 cup soy sauce

1 1/2 Tbsp. brown sugar

1 Tbsp. fresh thyme or 1/2 Tbsp. dried thyme

I tsp. black pepper

1 tsp. ground allspice

1/2 tsp. cinnamon

1/2 tsp. nutmeg

Chicken thighs, boneless/skinless or bone-in/skin-on

1. Add all the ingredients, except the

chicken thighs, to a blender or food processor: blend well.

- **2.** Place the chicken thighs in a container; pour the mixture over the chicken. Marinate 3-24 hours.
- **3.** Cook the chicken on a grill or in an air fryer until the internal temperature reaches 165-175 E

Mother Earth Bowls

Chicken:

2-4 boneless and skinless chicken breasts

Salt, to taste Pepper, to taste

Garlic powder, to taste

Onion powder, to taste

Sweet Potatoes:

4 sweet potatoes, peeled and cut into

1/2- to 1-inch pieces

1 1/2 Tbsp. olive oil

1 tsp. salt

1 tsp. pepper

1 tsp. garlic powder

I tsp. onion powder

1 tsp. cinnamon

1 tsp. paprika

Mushrooms:

2 Tbsp. butter 16 oz. mushrooms, washed and sliced Salt, to taste Pepper, to taste

Cucumbers:

2 cucumbers, diced 2 Tbsp. sesame seeds 1/2 Tbsp. crushed red pepper flakes 1/2 cup rice vinegar or white wine vinegar

Arugula Pesto:

3 cups arugula (divided use) 1/4 cup pine nuts or walnuts 1/2 cup extra-virgin olive oil 2 Tbsp. butter Juice of 1 lemon 4 garlic cloves

- **1.** For chicken: Butterfly the chicken breasts. Season with the remaining ingredients. Cook on the grill or in an air fryer until the internal temperature reaches at least 165 F. After the chicken is cooled, dice and set aside.
- 2. For sweet potatoes: Preheat an air fryer or oven to 400 F. In a large bowl, toss the sweet potatoes in olive oil and the remaining ingredients. Place in an even layer on a baking sheet; bake at 350 F for 20 minutes, or until thoroughly cooked and slightly charred. Set aside.
- **3.** For mushrooms: Melt the butter in a sauté pan. Add the mushrooms and the remaining ingredients. Sauté until the mushrooms are cooked; set aside.
- **4.** For cucumbers: Add all the ingredients to a bowl: combine well. Refrigerate until ready to assemble.
- **5.** For arugula pesto: Add 2 cups of arugula and the remaining ingredients to a food processor; blend to desired consistency. Add more oil if pesto is too thick.
- **6.** Add all components to a bowl. Add the remaining 1 cup of fresh arugula; enjoy!





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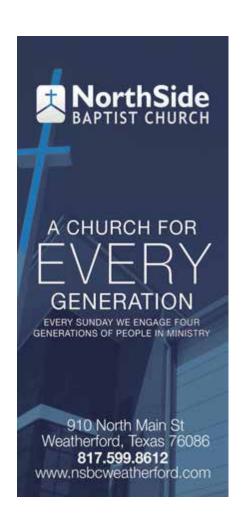






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10/6

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10/7

Weatherford Wine & Whiskey Walk:

Enjoy a full day of music, food, wine, whiskey and artisan-type vendors. Downtown Weatherford. \$15-\$150. d-winc.org.

10th Annual Fall Fling Car, Truck and Motorcycle Show: Look at awesome autos and grab some food from vendors at this event hosted by Parker County Cruisers. 9:00 a.m., Weatherford Heritage Park, 317 Santa Fe Dr. parkercountycruisers.com.

Pioneer Heritage Festival:

Free entertainment, interactive activities. 10:00 a.m.-4:00 p.m., Doss Heritage & Culture Center, 1400 Texas Dr. dosscenter.org.

Monster Bash 2023:

Enjoy music from 80s Gadgets, haunted hayrides, food and drink vendors, candy and a costume contest at this free event. 7:00-10:00 p.m., Heritage Park Amphitheater, 503 Santa Fe Dr. For more information, visit experienceweatherford.com/events.

10/19

Go West Community Showcase:

Enjoy vendors and food trucks. 4:30-6:30 p.m., Walsh Ranch Founders Park, 13805 Walsh Ave., Aledo. eastparkerchamber.com.

10/23-10/27

Poker Run:

Donate candy at participating businesses to win a playing card for a chance to win prizes.
4:00 p.m. daily, locations vary. weatherford-chamber.com.

10/26

Parker County Committee on Aging Burgers & Bingo:

Benefits Meals on Wheels and the Senior Center. Tickets: \$20 per person. Dinner: 5:30-6:30 p.m., bingo to follow, 1225 Holland Lake Dr. (817) 596-4640.

10/28

27th Annual Texas Country Reporter Festival:

Join Kelli and Bob Phillips, hosts of the weekly TV show, for this one-day arts and music festival, including a free concert with Neal McCoy. More than 350 booths and three food courts. Free. 9:00 a.m.-7:00 p.m., Downtown Waxahachie.

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









Debra Lindsey - \$50 Cash

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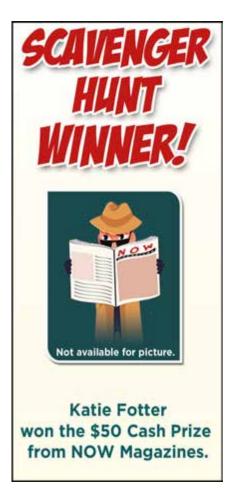
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Kingway Automotive.com

Aledo Location: (817)441-9025 121 N FM 1187 . Aledo, TX 76008

Weatherford Location: (817)598-1071 922 Fort Worth Hwy . Weatherford TX, 76086



901 A EAST HIGHWAY 377

4 lb. Thick Bacon

60 LBS.

ALL FOR ONLY

GRANBUR /RANCHERSFEDBEEF YOU'VE TRIED THE REST NOW TRY THE Best

WE ACCEPT E.B.T.

FF GROCERY STORE PRICES

FRESH CUT BEEF FOR YOUR FREEZER

HOURS: Mon to Sat 9am - 6pm • Sun 12pm - 5pm

MILITARY

WE DELIVER 7 DAYS A WEEK

Local Texas Beef - Know where your beef comes from! Most trusted service for all your meats.

FAMILY SAVER

8 lb. Ground Beef

3 lb. Rib Eves

5 lb. Rib Steaks 4 lb. Sirloins 3 lb. T-Bones

6 lb. Chuck Pot Roast 6 lb. Short or BQ Ribs

6 lb. Whole Chicken

3 lb. Farm Sausage

4 lb. Country Pork Ribs 53,59.95 3 lb. Chicken Breasts

5 lb. Tenderized Round Steak

FREE WITH PURCHASE OF FAMILY SAVER:

10 CENTER CUT PORK CHOPS

FOR THOSE WHO LIKE TO SAVE MONEY AND EAT GOOD

2 Beef

Steaks, Roast, Ground Beef, Ribs, Brisket, Soup Cuts, **All Your Cuts** 30 lb. Pork & Chicken FREE Avg. Weight 275 lbs.

*Available in Prime Choice Also

AVAILABLE TEXAS PRIME **CHOICE CERTIFIED** CORN-FED BEEF

THE CATTLEMAN'S PACKAGE

Texas Grass-Fed Grain-Finished Beef



100% GUARANTEED

FREEZER WRAPPED

& LOADED FREE

ALL FOR

ALL ORDERS CUT FRESH

CUT OUT THE MIDDLEMAN

and eat the best meats at a

HUGE SAVINGS!

WE MAKE

THE BEST

JERKY!

• 8 - 8 oz. Tenderloin Steaks (Filet Mignon) • 6 - 16 oz. Bone-in Ribeyes (Cowboy Cut)

• 6 - 16 oz. T-Bone Steaks CUSTOM CUT!

• 8 - 10 oz. Sirloin Steaks

• 4 - 24 oz. Full Cut Tenderized Round Steak (Chicken Fried)

 6 - 20 oz. Chuck Eye Steaks (Delmonicos) • 2 - 24 oz. Porterhouse Steaks (King Cut)

5 lbs. Seasoned Skirt Fajitas (3 packages)

• 12 - Ground Chuck Patties (approx. 8 oz. each)

• 6 - 1 lb. Packs, Ground Chuck (85/15)

1 -10 lb. Smoker Ready Brisket
1 - 7 lb. Pork Shoulder (for Pulled Pork)
3 lbs. Beef Short Ribs (Great for Smoker)

• 3 lbs. Thick Texas Bacon • 3 lbs. Farm Sausage

12 - Thick Pork Chops

2 - Racks St. Louis Pork Ribs

3 Whole Chickens (Great for Smoker)

NEW MEXICO BISON & ELK Ribeyes Italian Tenderloin

· Andouille Cheese,

Jalapeño Sausage Ground Bison

Bison Patties

Ground Elk

Elk Sausage Elk Tenderloins

· Elk Back Strap

OUR FAMOUS LINK SAUSAGE

Sicilian

German

Chorizo

Polish Texas Hot Links Scallops

Farm Breakfast

Sausage

GULF OF MEXICO FRESH SEAFOOD

Texas Gold Shrimp

Red Fish
 Black Druy

Grouper

· Halibut

Orange Roughy Red Snapper

Salmon
 Catfish

• Tuna

 Dog Treats Dog Bones

 Dog Food · Beef Hearts

· Beef Liver

· Beef Fat

· Cheek Meat

· Pork Belly · Ox Tails

and much more!

SAMPLER ASSORTMENT

4 - Pork Chops

4 - T-Bones (10 oz.) 4 - NY Strips

4 - Filet Mignons (8 oz.) 4 - Top Sirloins 2 - Beef Roasts

3 lb. Spare Ribs

4 - Chicken Fried Steal

2 lb. Pork Sausage 2 lb. Bacon

12 - Ground Beef Patties 2 lb. pgks. of Ground Beef

> FREE WITH PURCHASE OF SAMPLER:

5 LB. CHICKEN BREASTS (BONELESS & SKINLESS)



PACKAGE

\$299.95

4 - 8 oz. Filets

4 - 12 oz. NY Strips

4 - 12 oz. T-Bones

1 - 3 Rib Prime Rib

4 - 12 oz. Top Sirloin 1 lb. Large Scallops

1 lb. Texas Jumbo Gulf Shrimp

2 - 14 oz, Main Lobster Tails

4 - Chicken Breasts

4 - 12 oz, Rib Eves

SPLIT **1/2 BEEF** °700.00

FREEZER WRAPPED / CUT FREE All The

Beef Cuts 15 lb. Pork & **Poultry FREE**

RIB EYES

10 One Pounders

\$119.95 16 oz. cut. **Grass Fed** and Grain Finished

TEXAS **FILETS** 20 8 oz. Steaks ONLY 139.95

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