# WeatherfordNow

FEBRUARY 2020

# Dancing for the Kids

Fun and fundraising meet with Aledo's Project Celebration

## Something More

Kim Locke fell in love with Careity's purpose

In the Kitchen With Olivia Kechnie

Featured Business:
Baker's Ribs

GTR TRESPO SANTROG E U GIAQ XT RAJJAQ XTRAJJAQ C25C\$ TIMITEQ

....ECHM28 EDDW....





www.texasforthem.org • 817-426-3777

Bring ad for Free Rabies vaccination \*Limit 1 per household



Services: Spay and neuter, vaccinations, dental cleaning, microchipping, heartworm testing, flea/tick control



1302 S Main St #114 Weatherford, TX (next to Rio Mambo) Walk-in vaccine hours: Thursdays & Fridays 9 am - 12 pm

# So you had an MRI and your back still hurts... Now what?



Here's a little known and often surprising fact:

"If you've been waiting months or spent thousands privately to get an MRI in the hope that you'll get rid of your back pain... it's probably going to do very little to help you get rid of the pain or even accurately pin point where the problem is coming from."

And even if the MRI did show you that you have bulging discs, experts in back pain will be quick to point out that 99% of the time MRIs are taken lying down and don't reveal what's happening to the disc under pressure. A lying down MRI is not a functional test, and this is why MRIs are known to be very poor at finding the cause of a person's back pain. The Journal of Family Practice states that:

"The overall evidence for the appropriate use of MRI in low back pain is limited and weak'

And yet this diagnostic technology is touted by many as being the definitive answer for the question of why someone might be suffering with pain.

No wonder so many people are struggling to get rid of their back problems when they go down the conventional route...

And this will leave <u>you</u> still suffering with shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs with little indiction that this is ever going to go away.

In severe cases you've waited so long for help that you've started to notice muscle wasting or numbness and constant tingling down to the tip of the toes.

There is a better way and you get seen almost immediately...

Specialist help is available for people with back pain in Weatherford, and it works really well even when you have been diagnosed with disc problems like slipped discs, bulges, herniations, prolapses etc.

31 year old research from China has shown that these specialist spinal techniques have a 76.8% success rate in treating people suffering from back pain from disc problems

Research conducted in 2014 into more advanced specialist techniques have a 88% success rate even when there are multiple damaged discs involved, and that's with zero recorded adverse events.

What are these specialist techniques? Known as "Non-Surgical Re-Constructive Spinal Care" These are the exact techniques used at McAfee Chiropractic.

The team of fully trained spinal care specialists at McAfee Chiropractic have helped over 4,026 patients find relief from their agonizing back pain and sciatica.

According to Dr. McAfee, "We use a combination of technology that has higher specificity for diagnosing the causes of back pain, and it's not found elsewhere in Weatherford.

Assuming we find that we can help we will develop a unique program for each individual to repair the damaged area causing the pain; this means superior long-term results for most people."

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your back pain and sciatica...

All you have to do to receive a thorough diagnostic examination and a comprehensive easy to understand report on your state of health is call 817-594-0281.

Mention this article (CODE: NCE43SCSP10hb) and McAfee will happily reduce their usual consultation fee of \$275 to just \$27. But hurry, due to obvious reasons – this is a time limited offer – with only 50

reader consultations available at this exclusively discounted rate.

Don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you. Book a consultation with the McAfee team now by calling 817-594-0281, they are waiting to take your call today.

They actually treat the cause of your pain.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated thousands of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$27, the normal cost of such an exam is \$275 so you will save \$248!

Cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message with their answering service to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

Call 817-594-0281 NOW and leave a message if it's a Friday or the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now at 817-594-0281 and quote this special discount code: NCE43SCSP10hb











DANCING FOR THE KIDS

> Amy Dube and others ensure Aledo High students celebrate safely after prom.

12 SOMETHING MORE

After surviving cancer, Kim Locke chose to give back.

## **26** THE DEBAKEY DIFFERENCE

American Heart Health Month and a Texas medical pioneer go hand in hand.



- 18 BusinessNOW
- 20 Around TownNOW
- 22 CookingNOW

Publisher, Connie Poirier | General Manager, Rick Hensley

#### **EDITORIAL**

Managing Editor, Becky Walker | Weatherford Editor, Lisa Bell Editorial Assistant, Rachel Smith Writers, Angel Morris . Alan Whiteshoes Editors/Proofreaders, Lisa Bell . Sally Fuller . Virginia Riddle

#### **GRAPHICS AND DESIGN**

Creative Director, Chris McCalla | Artists, Kristin Bato . Beth Davis Martha Macias . Anthony Sarmienta

#### **PHOTOGRAPHY**

Photography Director, Chris McCalla Photographer, Peace, Love & Realty Productions

Advertising Representatives, Steve Randle. Cherise Burnett Dustin Dauenhauer . Bryan Frye . Kelsea Locke . Linda Moffett Lori O'Connell . Keri Roberson . Linda Roberson . Joyce Sebesta Melissa Stacy

Billing Manager, Angela Mixon



#### ON THE COVER

Amy Dube is one of many parents dancing for the kids.

#### Photo by

Peace, Love & Realty Productions.

WeatherfordNOW is a NOW Magazines, L.L.C. publication. Copyright © 2020. All rights reserved. WeatherfordNOW is published monthly and individually mailed free of charge to homes and businesses in the Weatherford and Aledo ZIP codes.

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

# Gregory Gates for Parker County Sheriff

As a highly successful owner of Parker County businesses generating revenue over the past 35 years, I understand fiscal accountability and management. I am the CANDIDATE who has built businesses from the ground up. I am aware of the problems we have and realize it will take someone with knowledge and experience. A short example: the wasteful spending—like the 8 million dollars of your hard earned tax dollars that are being paid to a private Louisiana for-profit corporation to manage the Parker County Jail.

While I am not a "Law Enforcement Officer," the job of Sheriff is more of an administrative position. If you feel this is a necessary qualification, then you must also feel that President Trump should not have been elected President as he was not a politician either.

Thank You.

R

Gregory Scott Gates



WWW.GATESFORSHERIFF.COM

Plt. Ad paid for by Gregory Gates Campaign



Early Voting Feb. 18th Primary March 3rd







I have worked in Law Enforcement for over 31 years. I am an experienced leader who has served as a Police Officer, a City Marshal, a Deputy Constable as well as a Police Chief. I have experience in both Civil and Criminal Law Enforcement and currently hold a Master Peace Officer License. I am licensed by the Texas Commission on Law Enforcement as a Police Instructor, a Firearms Instructor and an Intoxilyzer Operator. I have served the citizens throughout Parker County with honor, integrity, ethics and dedication. I strongly believe the citizens of Precinct 2 deserve and expect their constable to serve with these traits. I look forward to the chance to serve as your next Constable.

I am happily married to my lovely wife Ramona. We have 6 children between us, along with 10 grandchildren and 1 great grandchild. Ramona works for Campbell Clinic and loves working with people and children. Ramona was instrumental in the creation of the Feeding Heart's Ministry who feed and clothe the homeless population. We love Parker County, Texas and have lived here in Weatherford for over 25 years and are also members of the Willow Park Baptist Church.

Your most qualified candidate A clear choice <u>rileyforconstable.com</u>





R I L E Y

E

E



Lisa Bell WeatherfordNOW Editor lisa.bell@nowmagazines.com (817) 269-9066

#### **EDITOR'S NOTE**

February, the season of love ...

By now, we have settled into 2020 and see hearts everywhere. I have to admit, the idea of red and pink together only happens in February. Seriously. Didn't your first sense of color coordination lead you to believe that red and pink, side by side, clash? Red and purple or pink and purple — fabulous. But red and pink? Well, yeah, they sort of work, don't they? If you pick a floral pattern, it might contain the two colors we usually see only this month. What does that have to do with anything? Nothing really. The thought struck me as a bit humorous this month. Laughter matches most any color.

As we turn our attention toward love this month, perhaps we need to include a bit of laughter, which is the best medicine. Love, too, keeps us strong and healthy — and not necessarily the romantic kind of love, either. After all, passion and feelings wax and wane. True love dives deeper, accepting regardless of faults but prompting us toward achievements we can't imagine by ourselves.

This month, consider those you love. How can you encourage them? Can you spur them to accomplishments with words and actions? After all, love shown means more than words alone can convey. Reach out this month and share love with someone in a tangible way, Ironically, when we give love away, we tend to get more in return. And if we don't, we still know we brightened someone else's life.

Happy Valentine's Day!

## **Financial** strategies built just for you.



Gregg Davis, AAMS® Financial Advisor 108 S Ranch House Road Ste. 300 Willow Park, TX 76008 817-441-6612 www.edwardjones.com

Edward Jones





DON'T PAY

\$ave Thousands! Call...

817-799-SAVE

PARKER COUNTY'S BEST REAL ESTATE PROGRAM!

# Full Service Real Estate Without the High 6% Fee!





Greg & Dawn Willis, Broker & Owners
Over 32 Years Combined Experience

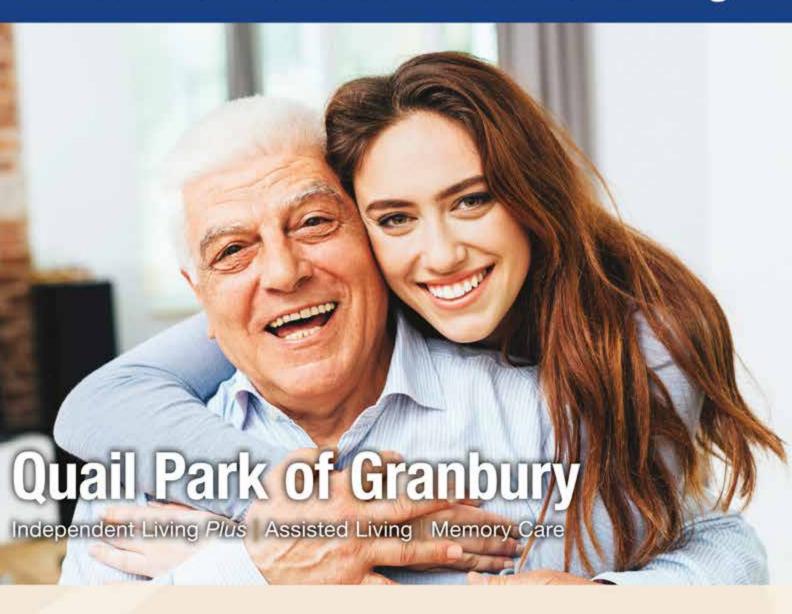
#### FULL SERVICE FOR LESSI

Read what people are saying about us at...

www.WillisReviews.com



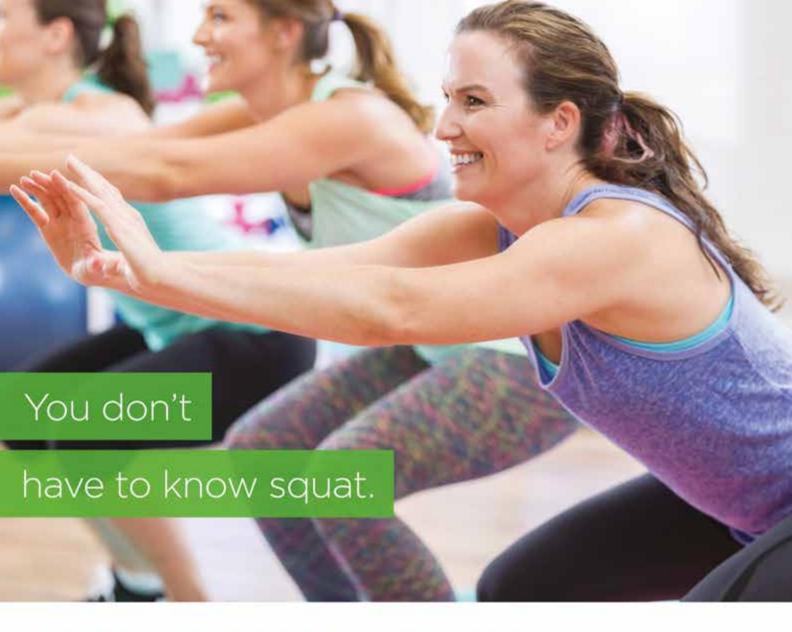
# **Your Best Choice for Senior Living**



Assisted Living at Quail Park of Granbury is designed to meet all our Residents' needs. Our team strives every day to help each Resident engage in living well to the best of their abilities, while being sensitive to each individual's personal choices, independence, and dignity.

2300 Paluxy Highway in Granbury





#### Get started with our Nationally Certified Personal Trainers.

Whether you're new to fitness or renewing your fitness goals, our friendly personal trainers are here to help you live healthy and stay active. In addition to clean, spacious facilities and premium equipment, we offer a host of services and amenities with no contracts or long-term commitments required:

- · Group exercise classes offered
- Nationally Certified Personal Trainers (Functional Movement Screenings available)\*
- Complimentary towel service

- · On-site childcare\*
- · Smoothie bar\*
- Well-appointed locker rooms

Call today for our current promotion. 817-381-5946 TexasHealth.org/WPFitness









— By Alan Whiteshoes

Graduating high school is always something to celebrate. In Aledo, it's also something to dance about, thanks to Amy Dube and her fellow members of Project Celebration. Taking their cue from the popular TV show, Dancing With the Stars, the folks at Project Celebration added a new twist to their fundraising efforts last year. The second edition of their homegrown version, which features adults from the Aledo community, is taking place in February at the Masonic Temple in Fort Worth.

"We have to raise money to fund all these events, and this was a fabulous idea," said Amy, a member of the nonprofit Project Celebration since 2011 and president of the 2021 graduating class. "Last year, Becky Reese had the idea. Her son, Weston, is a senior this year. It was a huge hit, so, of course, we brought it back this year."

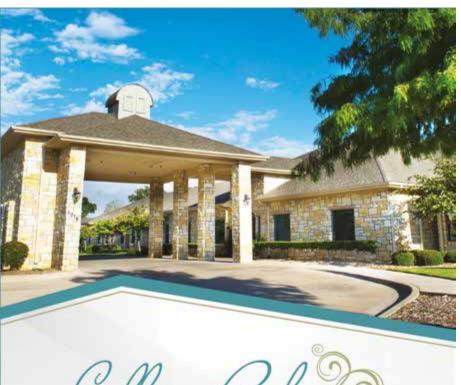
Project Celebration is exactly what the name says, a chance to celebrate. However, the program focuses on holding the after-prom celebrating in a safe place, such as the Main Event in Fort Worth. After prom, students go to the facility, or are driven there in a bus, spend the night enjoying games, fellowship, food and fun (with about 30 or 40 volunteer parental chaperones). They then go home — or take the bus back to the high school — when morning arrives, around 5:00 a.m.

"Our goal is to give the kids a safe, fun place to be after prom," Amy explained. "They've had bowling tournaments and ping pong tournaments. It's a great place for them to hang out together one last time before they graduate. We chose prom because after graduation kids are ready to move on. They tend to want to be with family. Grandparents and family members come in from out of town."

Project Celebration also raises funds and volunteers for such things as a senior breakfast, which is often held at one of the area churches on a school morning. "We feed them, love on them and get them back to school," Amy said. "We always show the senior video, the same one we show at graduation."

The senior video is also something special. So is the Promenade, when a red carpet is literally rolled out in Aledo High School's main gym for all the students attending prom. "It's a chance to see the kids dressed up before they go to prom," Amy said.

And Project Celebration raises money to pay for the senior gift. This is a present from the graduating seniors to the school. In the past, they've remodeled the teachers' lounge, provided



## College + Rehabilitation and Care Center

#### Feel Better. Live Well.

Private suites available

Newest building in Weatherford

Rehab-to-home programs

Orthopedic consulting doctor

Advanced wound care/IV antibiotics

Physical, Occupational and Speech Therapy

Long-term Medicaid beds available

Accepting Medicare and most insurance plans





1715 Martin Drive . Weatherford, TX 76086 Office 817.458.3100 . Fax 817.599.3101 collegeparkrehab.com



granite benches and a nice, new podium. "It's a way for students to say 'thank you' and give back to the teachers and administrators," Amy said.

Amy has brought two sons through graduation, Luke in 2013 and Johann in 2017, when she was also president of the graduating class. Luke graduated from Texas A&M and now works for U.S. Congressman Marc Veasey, living in Washington, D.C. Johann is currently attending Texas A&M. Amy's son, Max, is a junior at Aledo High School. She became involved with Project Celebration the same way many do. In 2011, she was invited by a fellow mom. "She said, 'We have a meeting. Would you like to go?' I said, 'OK,' and I've been doing it ever since," Amy shared.

Along the way, she has seen many fundraisers. The group sold Bearcat blankets, hosted poker tournaments, received proceeds from painted parking spots at the high school and the annual clay shoot.

"When my son attended Aledo Middle School, I began to hear the words 'Project Celebration' and asked questions to find out exactly what those words meant," Becky conveyed. "The details were explained to me, and I asked, 'How much does it cost?' I was not prepared for the answer that I received — \$50,000 to \$60,000."

So, Becky came up with an idea. If the TV show was so popular, why wouldn't a local live version of Dancing With the Stars also work? She was correct. It did. "I didn't want to have to be raising money my son's senior year. I wanted to be able to enjoy it as best I could. I was wondering, what big fundraiser could we possibly do

that would make enough money to accomplish this goal?" she explained.

"I discussed it with my daughter in Louisiana, and she is who told me that Dancing With the Stars had raised nearly \$100,000 in the small community that she lived in. She said that if the small Catholic school my grandson attended had raised that much money, then surely if we did it in Aledo, it would be a success. She gave me the contact information of the lady at the school, and the rest is history."

## "Our goal is to give the kids a safe, fun place to be after prom."

While Becky is happy to take credit for the event and its success, she acknowledges it couldn't have been done without a hardworking board of directors. The board included Kristi Rawley, Carol Bruno, Arlene Chapin, Laura Clements and Laura Brooks. "The event brought the community together in a wonderful light. Fans came dressed in costume to support their favorite dancers. They were in circus costumes, thrift store costumes, '50s costumes, '80s and '90s costumes, Elvis costumes, Aledo sports costumes, 1920s-type flapper costumes and more," Becky said.

Voting for this year's event can be done online at www.aledopc2021.com or in person at the event. Each vote will cost \$1. Also, dance participants get sponsors. Two awards will be handed out for Most Money Raised and Fan Favorites. "We will give away two disco ball trophies," Amy said.

Amy claimed she and her fellow members of the Project Celebration team have "servants' hearts." But they also benefit from making lifelong friends through the group. "We still keep up with a lot of the students long after they've grown up," she said. "You get to know people from all walks of life. We've done vacations together. We've become like family." NOW

# Are you smiling?





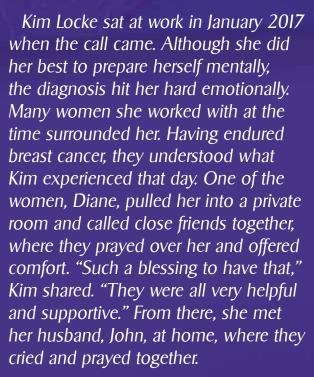
Before

Actual patient of Dr. Wright's, chosen from the thousands of smiles he has transformed.

Transform your smile with Implants or Veneers in as little as one day!



Justin Wright, DDS, General Dentist www.justwrightdental.com (817) 420-7844 | (469) 732-1987

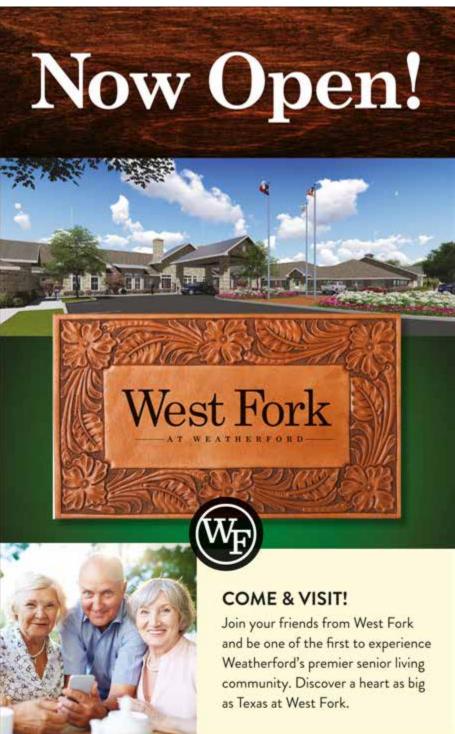


Although they didn't know next steps, within days, Dr. Gunter's office called to schedule an appointment. As the couple tried to wrap their heads around the diagnosis, the "knowing, yet not knowing" proved excruciating. After meeting the doctor, she walked away armed with information. "She made me feel that there was nothing in my reports or diagnosis she couldn't handle," Kim said. "Dr. Young, my oncologist, explained everything in detail, too."

# Something //







Schedule Your Tour Today: 682-228-3138

980 Hilltop Drive, Weatherford, TX 76086 • WestForkAL.com ASSISTED LIVING & MEMORY CARE









With great insurance and a husband with military benefits, Kim felt extremely blessed. In the aftermath of her diagnosis, she didn't worry about bills. And the fact that her primary care physician discovered the lump early helped Kim recover quickly and fully. After a lumpectomy on a Thursday, she returned to work the next Monday, followed by five weeks of radiation to make sure they beat the dreaded disease. "Sitting and thinking about it wasn't an option," she admitted.

Later in 2017, Kim left her job and began volunteering with a national organization many of her coworkers supported. "I knew there was something," she said. "This journey was taking me and changing me. I knew I had something to do and needed to give back."

Around that same time, John learned about the annual Careity Celebrity Cutting Event. Because Dr. Gunter rides in that event, they wanted to support it. They liked how Careity uses the majority of donations in direct support of those who have no insurance or who have inadequate coverage. The foundation is also there when people simply need direction to take the next steps.

The foundation isn't just about breast cancer, either. Careity provides direct patient services, breast care, pediatric palliative care and a men's initiative. For those who can't afford routine preventative measures, they want to make sure the services are available and keep more people from losing to all types of cancer. Kim didn't need Careity's resources, but she realized many people depend on such an organization.

817-594-2747 | 800-593-2747 | Fax: 817-596-7806

913 N. Elm St., Weatherford, TX 76086 | 4941 I-20 Frontage Road, Willow Park, Texas 76087

A 501(c)(3) nonprofit, Careity partners with the Center for Cancer and Blood Disorders, existing to provide direct care that saves lives, gives hope, eases pain and allows cancer patients and families to focus on healing. An award-winning team, the foundation continues getting people through a tough time in life, and Kim wanted to be part of something like that.

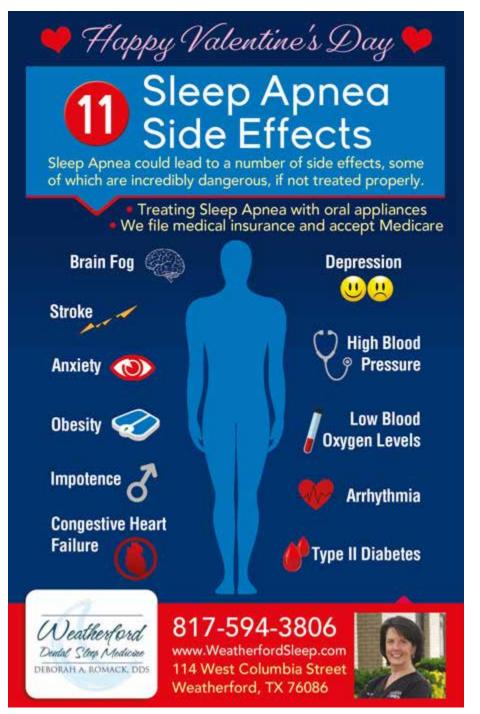
During the 2017 Careity Celebrity Cutting event, Kim jumped on board, volunteering from 9:00 a.m. until 4:00 p.m. Early the next year, she reached out to founders, Beverly Branch and Lyn Walsh, who started the foundation in 2003 after both lost their mothers to cancer. They needed help in the office, which fit Kim perfectly, so she began volunteering on a regular basis. In 2019, as Kim prepared to search for a job, Lyn and Bev offered her a position with Careity. She couldn't be more thrilled.



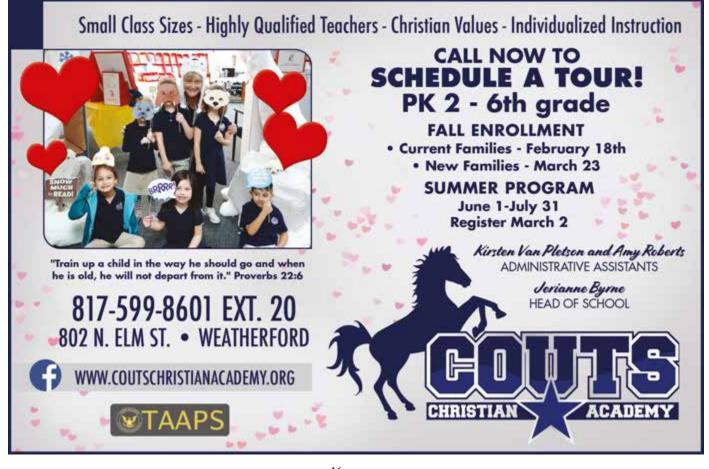
Every day, Kim receives emails and phone calls, and in speaking with the person on the other end, she identifies with their emotions and the quandary of not knowing what comes next or where to turn for the answers they desperately seek. "I didn't ask for cancer — didn't want breast cancer, but it has been a huge blessing because I've come to know so many amazing doctors and people," she said. "I've been able to help someone. I feel that's the reason I went through it."

Many times, people confirm that Kim made a difference for them. While she admits her trials were small compared to what many endure, she relishes being able to do something more through a local organization that truly takes care of people in the community. "Please get a mammogram, and let friends and family know about Careity," she said. "We're here to help." NOW















#### **BusinessNOW**

## Baker's Ribs

— By Lisa Bell

**Baker's Ribs** 1921 S. Main St. Weatherford, TX 76086 (817) 599-4229 www.bakersribs.com

Hours: Sunday-Thursday: 9:00 a.m.-8:00 p.m. Friday-Saturday: 9:00 a.m.-9:00 p.m.

On March 1, 2020, Baker's Ribs in Weatherford celebrates its 20th anniversary. For any business, that 20-year mark deserves a big celebration, and keeping in line with their logo and claim to fame, Brian and Dee Anna Krier plan a huge party with all things "PIG," although they offer far more than pork.

"My husband can cook anything," Dee Anna admitted.

The couple is wise enough to include others who complement his talents. Their enormous fried pies made them famous, drawing in tourists and local customers alike. The restaurant offers all kinds of barbecue and tempting sides, all made from scratch, which means the staff works harder and

puts in far more time in the kitchen. The results, however, show off their efforts. From peeling potatoes to chopping cabbage for coleslaw, they take pride in using fresh ingredients for all the food they serve. Each day, they make pies by hand. Whether in the restaurant or catered for a special event, they strive to remain true to quality.

Brian chooses hickory wood when slow cooking the best cuts of meat, giving them a unique flavor that blends with the signature rub. The meat cooks from 2:00 p.m. until about 7:00 or 8:00 in the morning, using a process refined by years of experience. "This is Brian's baby," Dee Anna said. "His strength is his commitment."

Born into a family who owned other locations of Baker's Ribs, Brian worked for his uncle at one time. Dee Anna admitted she married into it. When they wanted to move out of Dallas, an uncle suggested Weatherford. The couple moved their family, opening their location on Main Street. While other communities also have Baker's Ribs locations, they own only the one in Weatherford, and it keeps them busy.

"We love Weatherford's hometown feeling. We're just blessed," Dee Anna said. "We can worship God here. We're free to be Christians, and the community is supportive and friendly."

> Whether in the restaurant or catered for a special event, they strive to remain true to quality.

As a business, Baker's Ribs gives back to the community. Involved with both the Weatherford and East Parker County chambers of commerce, they also support the college, churches and schools, as well as other local organizations. They sponsor events, especially those helping kids going to state competitions or the Special Olympics bowling team. After moving from Dallas, Dee Anna immediately got involved with the community. They still have a daughter, Hannah, at Weatherford College, who does graphic design and social media for the business. Their other daughter, Heather, currently serves in the U.S. Navy.

With staff members who have worked with them for a decade or more. Baker's Ribs strives to maintain a family atmosphere for employees and customers. On the patio, they welcome dogs — inside is restricted to service dogs only. With occasional live music and the covered area, customers can enjoy a relaxing meal while kids play and dogs hope for a dropped crumb.

Dee Anna attributed their longevity to community support and doing what they do best. They tried offering other types of foods, but in reflecting, she said, "When we stay in our lane, that's when we're successful. God always has first place. Commitment to family and community are second, and lots of hard work all come together, creating success. But we couldn't do it without our staff." Check out their daily specials and enjoy feeling like family. NOW







## **Around Town**

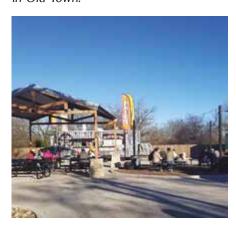


Bryan and Lindsey Muncy take advantage of a warmer winter day in Old Town.

# **Zoomed In:**Charlie Simmons

By Lisa Bell

By his admission an "old retired mailman," Charlie Simmons started building dog houses about 10 years ago. "I had nothing to do," he said. At least nothing to do other than visiting the nursing home and doing whatever he possibly can to serve the Lord. "That's my main concern," he added. "Serving Him. Unless the Lord builds the house, the laborer builds it in vain." Charlie enjoys talking with people who happen by his home during events at Heritage Park, and if you need a dose of faith, he's more than happy to share a little of his — along with a warm smile.



Food trucks stay busy during winter First Mondays.



Weatherford College Fine Arts does a great job with The Little Shop of Horrors musical.



Mary Harkins, Chef J and Nancy Stone give customers a fun cooking experience at H-E-B.



Living her dream, Tina Morris keeps history alive with horse-drawn carriage rides in Weatherford.



Congratulations to Proud County, Rhonda Lynn and Taylor Bonham, for winning the Ranch Local Music Hall of Fame.



Diane Thorn enjoys a sunny winter day outdoors with 1-year-old Pepper.





Be active. Live vibrantly. Experience compassionate care.



ASSISTED LIVING . MEMORY CARE

SCHEDULE YOUR TOUR TODAY! 682.498.8080

101 Watermark Boulevard, Granbury, TX 76048

WaterviewLife.com



A Sagora Senior Living Community AL 307447 MC 104368 🕮 🕹 🕜 🔾 🎎 🕝









Taking one cooking class at 7 years old, Olivia learned most of her cooking skills from her parents and grandparents. "All of them love to cook or bake," she said. "I have many recipes from them." Olivia loves cooking for her family. "They will be honest about how it tastes, and I like to make them happy and show them I love them by making great food."

Inheriting a love of pepper from her dad, Olivia enjoys using the simple spice. "I love how you can change an entire dish with just a little sprinkle." In addition to cooking, she has varied interests. Her favorite book is *Wonder*. She loves to dance and hopes to one day become a Blue Belle. She also helps care for two horses and is active at school and church. NOW

#### Mom's Strawberry Pretzel Salad Serves 12.

2 cups pretzel sticks, crushed 3/4 cup butter, melted

1 cup, plus 3 Tbsp. sugar (divided use)

- 8 oz. cream cheese, softened
- 8 oz. Cool Whip
- 6 oz. strawberry gelatin, unprepared
- 2 cups boiling water
- 2 10-oz. pkgs. frozen strawberries, partially thawed

- **1.** Mix pretzels, butter and 3 Tbsp. sugar; press into the bottom of a 9x l3-inch pan. Bake at 375 F for 8 minutes. Let cool completely.
- **2.** Beat 1 cup sugar, cream cheese and Cool Whip in a medium-size bowl; spread over pretzel crust.
- **3.** Mix strawberry gelatin and boiling water until dissolved; pour over strawberries in a large bowl.
- **4.** Put the bowl of strawberries in the refrigerator for about 2 minutes to allow the gelatin to firm up some, but not to the

point it is completely gelled. Pour over cream cheese mixture. Refrigerate at least 4 hours before serving.

#### **Apple Cider Glazed Pork Chops** *Serves 4.*

1/2 cup apple cider

2 Tbsp. maple syrup

2 tsp. Dijon mustard

1/4 tsp. dried thyme

4 boneless pork chops, 3/4- to 1-inch thick

1/2 tsp. salt

1/2 tsp. sait

1/8 tsp. pepper

1 Tbsp. oil

- **I.** In a liquid measuring cup, whisk together apple cider, maple syrup, mustard and thyme. Season the pork chops with salt and pepper.
- **2.** Heat oil in a 12-inch skillet over medium heat for about 1 minute.
- **3.** Cook chops, without moving, until well browned on the first side, about 5 minutes. Flip chops; reduce heat to medium-low.
- **4.** Carefully pour apple cider mixture into the

skillet. Cook until the chops register 145 F on a meat thermometer, about 5 minutes.

- **5.** Transfer chops to a plate; cover with foil to keep them warm. Increase heat to medium; cook apple cider mixture in the skillet, stirring often, until thick and syrupy, about 2-3 minutes.
- 6. The sauce will be very bubbly when it thickens. Turn off heat; spoon over chops.

#### **Easy Yummy Peach Cobbler**

- 3 15.25-oz. cans sliced peaches in heavy syrup (must be sliced and in heavy syrup) I pkg. yellow cake mix I cup butter, melted Whipped cream (optional) Vanilla ice cream (optional)
- 1. Preheat oven to 350 F.
- **2.** In a 13x9-inch baking dish, dump 2 cans of peaches and syrup. Drain the third can; add only the peaches to the baking dish.
- **3.** Top peaches with dry cake mix; spread it out evenly across the entire surface of peaches. Drizzle cake mix with butter.
- 4. Bake 55 minutes to 1, hour, or until top is deep golden brown and fruit is bubbly. Top with whipped cream or vanilla ice cream before serving, if desired.

#### **Chocolate Sheet Cake**

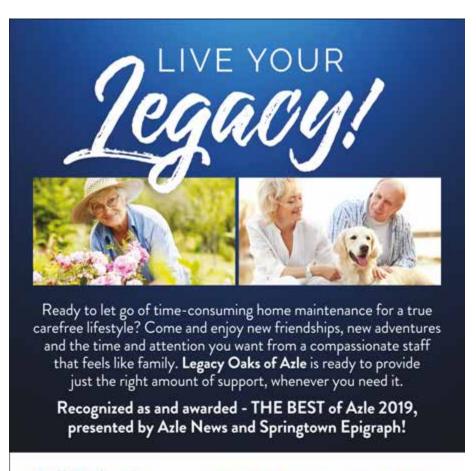
#### Cake:

- $1 \, 1/2$  cups sugar
- 1 1/4 cups all-purpose flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 1/3 cups semisweet chocolate chips
- 1 cup milk
- 3/4 cup Dutch-processed cocoa powder
- 2/3 cup vegetable oil
- 4 large eggs
- I tsp. vanilla

#### Icing:

- 1 3/4 sticks butter
- 4 Tbsp. cocoa powder
- 6 Tbsp. milk
- I tsp. vanilla
- 1 lb. powdered sugar
- 1. For cake: Preheat oven to 325 F. Spray a 13x9-inch baking pan.
- 2. In a medium bowl, whisk together sugar, flour, baking soda and salt.
- **3.** In a large saucepan, combine chocolate chips, milk and cocoa. Place saucepan over low heat; cook, whisking often, until chocolate chips are melted and mixture is smooth, about 5 minutes.
- 4. Turn off heat; let mixture cool slightly,









Independent Living · Assisted Living · Memory Care 1364 Southest Parkway, Azle, TX 76020 · LegacyOaksAzle.com







about 5 minutes. Add oil, eggs and vanilla to chocolate mixture; whisk until smooth.

- **5.** Add flour mixture; whisk until smooth, making sure to scrape corners of saucepan.
- **6.** Pour batter into the baking pan. Bake until a toothpick inserted in the center comes out with few crumbs attached, about 30-35 minutes.
- **7.** For icing: Melt butter in a saucepan over medium-low heat. Add the cocoa powder; stir until smooth. Add the milk and vanilla.
- **8.** Add powdered sugar; stir together.
- **9.** Immediately after removing the cake from the oven, pour the warm icing over the top. *Note:* You want to avoid much spreading, so try to distribute icing evenly as you pour.

#### Avocado and Egg Toast Serves 2.

I large ripe avocado
I tsp. lemon juice
Salt, to taste
Pepper, to taste
Butter, to taste
2 slices large, crusty bread
2 large eggs



**1.** Mash avocado with lemon juice, salt and pepper. Butter the bread and toast in toaster. Spread avocado mixture evenly on the toast. **2.** Meanwhile, fry each egg to desired

**2.** Meanwhile, fry each egg to desired doneness in an oiled skillet. Transfer 1 fried egg to each slice of toast.

## Aunt Cathy's Christmas Eve Potatoes

Serves 8.

10 medium potatoes Dash of salt 1 8-oz. pkg. cream cheese 2 Tbsp. butter Splash of milk Salt, to taste 2 eggs 6-8 oz. extra-sharp cheese, shredded Paprika, to taste

- **1.** Peel, slice and boil potatoes with salt until cooked and soft.
- **2.** Drain. Mash while hot; beat in cream cheese, butter, milk and salt.
- **3.** Cool a little; add eggs. Put in a 3-qt. greased or sprayed casserole dish. Cover with grated cheese; sprinkle with paprika.
- **4.** Cook for 1 hour at 350 F, uncovered, until heated through and top is nicely browned. *Note:* Leave 1-2 inches clearance on casserole dish, as it will rise.

# To search for more great recipes

from any of the

9 NOW Magazines

publications, visit www.nowmagazines.com.

# CONCERNED ABOUT YOUR WATER WELL'S PRODUCTION?

Texas Well and Pump utilizes modern equipment, including doppler water level indication, combined with 20 years of experience, to diagnose the condition of your well. We carefully gather the necessary information to devise the best way to maximize your well's production and efficiency, while keeping the project affordable to you.





## White's Funeral Home

Our family serving your family since 1908

Full-service Funeral Home Pre-need Plans Cremation Services

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



# NOW OFFERING THERMIsmooth face

Through the years, our face and body begin to reveal the signs of aging. Although there is a wide spectrum of cosmetic solutions, patients are increasingly gravitating towards non-invasive options that offer natural looking results without surgery or downtime.



Also offering THERMIva® For Women's Intimate Wellness



BIO-IDENTICAL HORMONE THERAPY Enjoy Life Again!

Increases:

- Energy, focus and mental clarity Lean muscle mass
   Bone density Libido and sexual performance Weight loss
   Decreases
- Fatigue Depression Anxiety and irritability Joint pain

\$50 OFF Biote

Must present coupon. Offer valid for new patients only. Offer expires 2/29/20



Dr. Penelope Aikin Jackson, MD, FAAP
Dual Board Certified Internal Medicine and Pediatrics
DRPENELOPEJACKSON.COM
2005 Rockview Drive • Granbury, TX • 817-579-1005









#### Tales of Texas

## The DeBakey Difference

#### - By Angel Morris

The American Heart Association reminds us that one in four deaths each year in the United States is a result of heart disease. In response, American Heart Health Month takes place each February to raise awareness of the disease and how to prevent it.

Longtime Texas resident, Dr. Michael DeBakey, was a pioneer in cardiology whose accomplishments centered around heart health. Namesake of the Houston Methodist DeBakey Heart and Vascular Center, Dr. DeBakey performed the first successful removal of a blockage in the carotid artery, establishing the field of surgical treatment of stroke, in 1953.

While today, Dr. DeBakey's name can also be found on other Texas research facilities and schools, it was not his birth name. After immigrating to Louisiana from Lebanon, the Dabaghis decided DeBakey was a more suitable, anglicized version of their name.

Born to Shaker Morris and Raheehja DeBakey in 1908, Michael is said to have shared his parents' thirst for knowledge and discipline. Shaker was not only a pharmacist, but also an investor. Michael's compassionate spirit no doubt came from his mother, who was an activist for nonprofit organizations.

In 1926, Michael graduated high school as valedictorian, then earned his bachelor's degree from Tulane University in 1930. While finishing his medical degree at Tulane's School of Medicine in 1932, DeBakey invented the roller pump — a tool helping blood flow continuously during operations. The device went on to be used in the first open heart surgery two decades later and was the first of more than 50 surgical heart and artery instruments credited to Dr. DeBakey.

Volunteering for military service at the start of World War II, DeBakey is credited with changing the way the Army handled casualties. Serving four years in the Office of the U.S. Surgeon General, he pursued movement of medical facilities nearer to the front lines, speeding the care of wounded soldiers and increasing their chances of surviving.

In 1945, he received the Legion of Merit Award for these efforts, which resulted in the Army's standardization of MASH units — Mobile Army Surgical Hospitals — which were first utilized in the Korean War a decade later, with helicopters and airplanes used to transport wounded soldiers from front-line care centers to surgical hospitals.

As a result of DeBakey's efforts, reports suggest soldiers who made it to MASH units had a 97 percent chance of surviving. With ongoing concern for servicemen, Dr. DeBakey also developed the Veterans' Administration (VA) Medical Center System and VA's Medical Research Program to try and ensure the treatment of soldiers returning from war and veterans with certain medical issues.

Moving to Houston in 1948, Dr. DeBakey became a staff member at Houston Methodist Hospital and joined the Baylor College of Medicine faculty. Houston Methodist's website credits the doctor as "essential to the Texas Medical Center's evolution into the largest medical complex in the world."

DeBakey recruited doctors and researchers who, with him, developed many innovative treatments. Other significant accomplishments by Dr. DeBakey include the invention of the Dacron graft — tubes which can replace or repair blood vessels — which he initially prototyped using his wife's sewing machine in 1954. This method would save DeBakey's own life decades later, when he suffered a dissecting aortic aneurysm at age 97, and doctors performed his own procedure on him.

In addition to his Dacron graft development, DeBakey performed the first aortocoronary artery bypass in 1964, and in 1968, the first multiple-organ transplant of a heart, one lung and both kidneys from one donor to four recipients. Working into his 80s, the medical statesman is credited with more than 60,000 surgeries.

Dr. DeBakey ensured Houston would continue to be synonymous with heart surgery treatment by teaching at Baylor College of Medicine, training thousands of surgeons, conducting ongoing research and co-authoring some 1,300 published articles. In 2001, Houston Methodist DeBakey Heart and Vascular Center officially opened. In 2008 at age 99, Dr. DeBakey died at Houston Methodist Hospital, where he had served a significant portion of his career and had greatly advanced cardiovascular medicine.

You can honor Dr. DeBakey's legacy by recognizing February as American Heart Health Month in large or small ways. Visit yourethecure.org for tips on living longer, healthier lives. Here you can also learn about supporting causes that promote heart health, such as being aware of upcoming health legislation and holding food companies accountable. In the spirit of Dr. DeBakey, the website helps you make decisions with heart. NOW

**Source:** houstonmethodist.org Photos courtesy of Houston Methodist.





Specializing in surgical & nonsurgical treatment of the foot and ankle



Richard M. Adams, DPM Certified in Foot Surgery by the American Board of Foot and Ankle Surgery Podiatric Medicine



Paval R. Patel, DPM Certified by the American Board of

## We Treat Ankle Sprains & Strains

Arthritic Feet & Ankles Ankle/Foot Injuries Athletes Foot Diabetic Foot Care Fractures Fungal Toenails & Warts Endoscopic Heel Surgery Ingrown Toenails Plantar Fasciitis Wound Care & Much More

#### Most Insurance Accepted

Call and schedule a visit at one of our two convenient locations

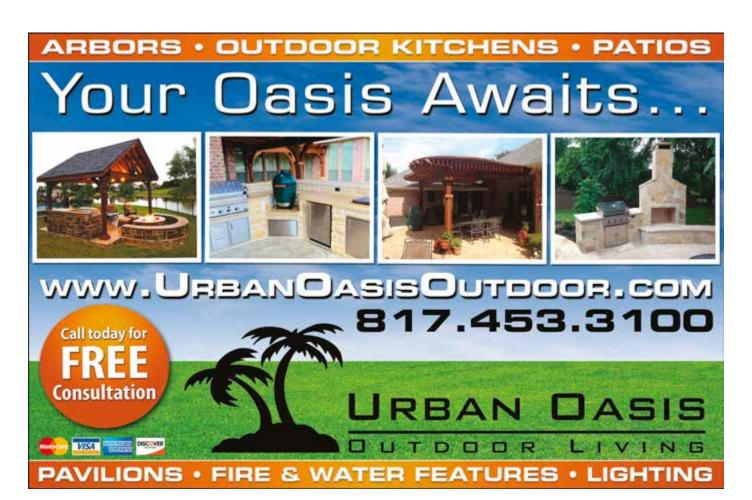
In Granbury 1008 Paluxy Rd Granbury, TX 76048

In Weatherford 925 Santa Fe, Suite 112 Weatherford, TX 76086

familyfootcaretx.com









# THE LOCAL TABLE

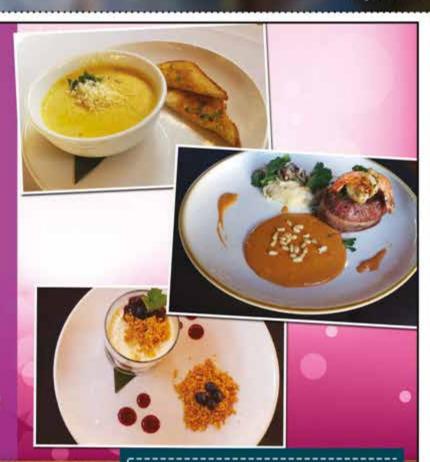
One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf

Valentine's
Dinner
for Z

3 Course Meal for Two Includes 2 Glasses of Champagne

Call or text to make your reservation NOW! 817-629-9467



# OAXACA

Mexican Cuicine (WO-HA-KA)

(682) 262-1300 216 West Hwy. 1-20 Weatherford (In the parking lot of Home Depot)



CALL TO Reserve your table!

# \$10 OFF

\$35 OR MORE
One per visit. One per table. Cannot be

combined with any other special or offers. Dine-in Only. Expires 2/29/20

## FKEE CUP OR BOWL OF QUESO

Depending on party size. One per visit.

One per table. Cannot be combined with any other special or offers. Expires 2/29/20

# THE LOCAL TABLE

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

- Virginia Woolf





OFFER EXPIRES 2/29/20. No cash value. Copies, sale, or internet distribution or auction

prohibited TM & @2013 America's Drive In Brand Properties, LLC.





#### **Crossword Puzzle**

1	2	3	4		5	6	7	8	9	
10		1	-		11	1		1	T	
12	T	T	T	13		T			T	14
15		t		16	T	T		17	T	t
		18	19		T		20		T	t
21	22		$\vdash$	$\vdash$		23		$\vdash$	$\vdash$	t
24	T	T	T		25		$\vdash$	$\vdash$		
26				27		T		28	29	30
31	t		32		T	t	33			T
	34	1	-	T	T		35			T
	36	+	+	+	+		37		+	+

Crosswordsite.com Ltd

- 1 First part of a Web address
- 5 Stylish
- 10 Via
- 11 Playful prank
- 12 Entrées
- 15 Ad follower
- 16 Classic Ford
- 17 --- Man (arcade classic)
- 18 the crack of dawn
- 20 The Beatles' meter maid
- 21 Settled
- 23 Head of the line
- 24 Pile
- 25 Cuckoo
- 26 And not
- 27 Trim, in a way
- 28 Letters in an open slot
- 31 Temperature reading of a sort
- 34 Get to know
- 35 Love god
- 36 Old Democrat --- Kefauver
- 37 About

#### Down

- 1 WWW code
- 2 Like tom yum soup
- 3 Feeders
- 4 Low form of comedy
- 5 "Ivanhoe" writer
- 6 She was urged to come into the garden (Tennyson)
- 7 Loan abbreviation
- 8 Hospital breathing machines
- 9 Dog rewards
- 13 Clothed
- 14 Hightail it
- 19 Vigor
- 20 Manipulate
- 21 "Say it ain't so!"
- 22 Persons in general
- 23 Deer in a petting zoo
- 25 Thugs
- 27 Bog
- 29 Rorschach test piece
- 30 Too
- 32 Southampton Insurrectionist ---
- 33 Shooter ammunition

For online versions, visit nowmagazines.com

Solutions on page 36







### Sudoku Puzzle

Easy Medium

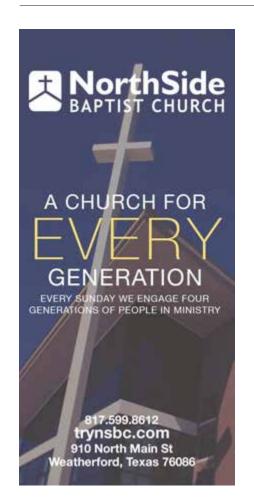
			1					
6		8				4		1
	7			2			5	6
	3	2		6			7	
			5					
	1	5			3	9		
	9			7	1		3	
	8		3				9	

8				4			5	2
	5		1				9	4
		6			3	1	7	
					9		1	
						4		
								3
	3		8		4			
9		7		5				
5			2					9

For online versions, visit nowmagazines.com

Crosswordsite.com Ltd

Solutions on page 36

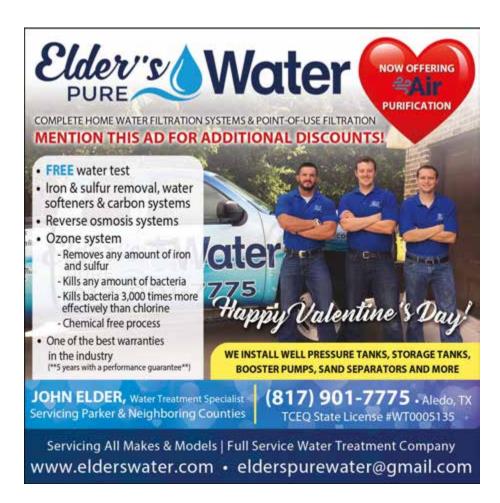




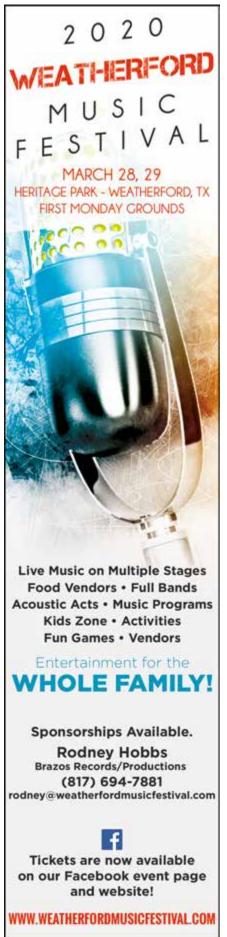


















# Crossword Sudoku Solutions

'н	<sup>2</sup> T	3 T	<sup>4</sup> Ρ		<sup>5</sup> S	<sup>6</sup> М	<sup>7</sup> A	*R	<sup>9</sup> T	
10 <sub>T</sub>	Н	R	U		"C	Α	Р	Е	R	
M	Α	1	N	13 C	0	U	R	S	Ε	14 S
L	1	В		16 L	Т	D		17 <sub>P</sub>	Α	C
		18 U	19 <sub>P</sub>	Α	Т		20 R	1	Т	Α
0	<sup>22</sup> P	Т	E	D		23 F	-1	R	S	Т
H	E	Α	Р		25 G	Α	G	A		
N 8	0	R		27 M	0	W		28 T	<sup>29</sup> B	30 A
0	Р	1	32 N	1	0	N	33 <sub>P</sub>	0	L	L
	34 L	Ε	Α	R	N		35 E	R	0	s
	36 E	S	Т	Ε	S		37 A	S	Т	0

#### Easy

I						6			
I	6	5	8	9	3	7	4	2	1
	9	7	1	8	2	4	3	5	6
ſ	8	3	2	4	6	9	1	7	5
	7	6	9	5	1	2	8	4	3
I	4	1	5	7	8	3	9	6	2
I	5	9	4	2	7	1	6	3	8
I	1	8	6	3	4	5	2	9	7
	3	2	7	6	9	8	5	1	4

#### Medium

8	1	3	9	4	7	6	5	2
7	5	2	1	6	8	3	9	4
4	9	6	5	2	3	1	7	8
3	2	5	4	8	9	7	1	6
1	7	9	6	3	2	4	8	5
6	4	8	7	1	5	9	2	3
2	3	1	8	9	4	5	6	7
9	8	7	3	5	6	2	4	1
5				7				

THIS VALENTINE'S DAY,

# BUY \$100 in gift cards

# GETA \$25 promo card



MASSAGE | FACIALS | STRETCH

A Massage Envy gift card is a great way to share all the benefits of facials, massage, and stretch with someone special. Now through February 14, 2020.

#### **HUDSON OAKS**

100 S. Oakridge Drive, #140, Hudson Oaks, TX 76087 (817) 550-1665 M-F 8a-10p | S 8a-8p | Su 10a-6p

"Promotional offer ends February M, 2020. Gift cards must be purchased at a Massage Envy franchised location. Offer is not valid ordine, from a third-party intalier, or for previous purchases. Minimum S100 per transaction to be eigible to receive the S25 Promotional Card. Gift cards are not independent for cash or criedit except whem required by law. Promotional Cards must be redeemed between February 15, 2020 and May 14, 2020, and are subject to instrictions on use (See Promotional Card for details). Rates and services may vary by franchised location and session. For a specific list of services, visici with specific franchised location or visit MassageEnvy com. Additional taxes and free may apply. TERMS AND CONDITIONS APPLIED TO PROMOTIONAL CARD. Each location is independently invend and operated. 6/2020 ME SPE Franchising, LLC. 3803



P2P Payments
Sending \$\$ to friends just got easy!



# First National Bank

220 Palo Pinto Street + 1401 Santa Fe Drive + Weatherford
2880 Fort Worth Highway + Hudson Oaks
ATM - 709 N. FM 1187 + Aledo
817-596-0345 www.fnbweatherford.com

