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ON THE COVER

Donna Chambers loves her Sweet Thing even at home.

Photo by
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Lisa

Lisa Bell
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EDITOR'S NOTE

Hello, Weatherford Friends!

I love having readers contact me. Feedback, ideas, questions — they all let me know you really are out there. Recently, I had a phone call from Suzann, a new resident in Weatherford. Having been there only seven days, she hoped I could help her find a place she visited and left something by accident. Although I wasn't much help, I did give her some suggestions. More importantly, we gave each other a precious gift of laughter on that somewhat gloomy afternoon.

During the course of our conversation, we broached the subject of how word meanings change over time. I'm not exactly sure how we got there, but once we arrived, we both ended the conversation with laughter. She confided, "You turned my tears to laughter." Not one of the best of days for me personally, she did the same for me, and I am grateful. One day, I hope to meet this sweet lady in person. She was absolutely a bright spot in my afternoon.

We must never forget that we do not know another's trials of the day. Perhaps a smile and one encouraging word can change everything for someone. Words carry great power, and laughter is, indeed, good medicine.

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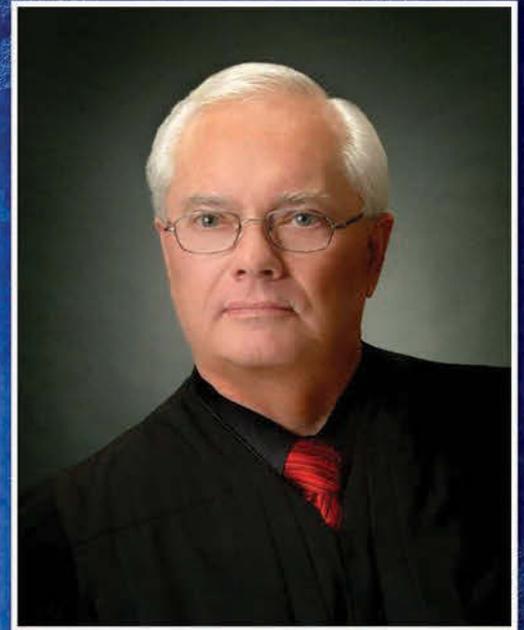
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- Married to Dr. Brandi Buckner since 1977
- Lived in Parker County since May of 1979
- Successful law office in Weatherford from May of 1979 until elected Judge, January 1, 2007
- Two grown children & five grandchildren
- Volunteer Enlistment in United States Navy with an Honorable Discharge
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You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

To end the misery caused by Bulging DISCS, you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

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

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

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

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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

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BEAUTIFULLY

Restored

— By Lindsay L. Allen

"I love TO BE ON THE ROAD, BUT I ALSO LIKE TO FEEL AT *home*, AND SWEET THING OFFERS ME MY OWN *special* SPACE WHEN I TRAVEL ON THE WEEKENDS."

"Sweet Thing" isn't your average camper. She is a beautifully restored 1959 Airstream Pacer, owned by Donna Chambers, that sits proudly under her covered gazebo, receiving attention all day from those who pass by. At just 18 feet long, she is the perfect amount of coziness for Donna and her sidekick, Gus, an 11-year-old Rat Terrier. "I spent over two years looking for my Airstream. My ritual was to wake up, grab my cup of tea and peruse the Airstream forums and classifieds online," Donna shared. "The only problem was I wasn't the only one who was searching for an Airstream. Several times while en route to look at one I'd found, it would sell before I could even get there."

After a lengthy search, Donna finally found one in Dallas, around 7:30 a.m. in June 2013, and as luck would have it, her husband, Dan, was headed that direction for a meeting. By 10:00 a.m., Dan was looking at it and asked the gentlemen to hold it until Donna could arrive to take a look. After finishing up her work, Donna headed to Dallas and by 4:00 p.m. was hitching Sweet Thing to the back of her



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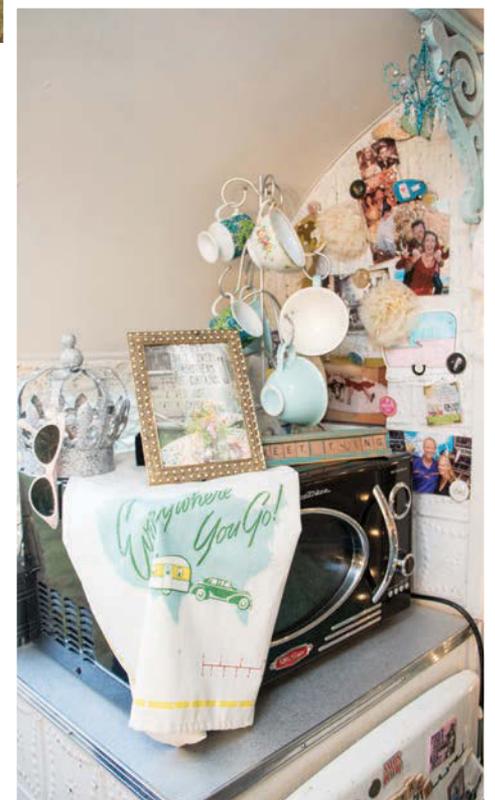


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husband's truck to take home. "I saw her and said, 'Oh, she's such a sweet thing,' and the name just stuck," Donna recalled. "She needed lots of attention, as she was used for a deer lease previously. I had this vision for restoring her."

The restoration took more than two years and included refurbishing the cabinets, installing



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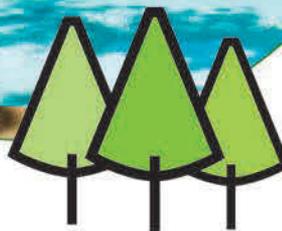
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A/C, painting the walls and adding aluminum mini blinds to replicate the original. Donna's added flair included vinyl, booth-style seating in the kitchenette, complete with a chandelier.

A true girly-girl by nature, Sweet Thing reflects Donna's love of all things that sparkle and shine. The trailer has a shabby chic feel, which is perfect, considering Donna hauls her to promote her business, DsignrGals, at various antique and vintage shows. "We moved to Weatherford about six years ago, and that's when I changed careers to focus more on our land and rescue animals. I started setting up booths at various antique and vintage shows around Texas," Donna said. "I love to be on the road, but I also like to feel at home, and Sweet Thing offers me my own special space when I travel on the weekends."

With a 6-foot-3-inch husband, Donna said her quaint little Airstream isn't so comfy for him. However, she enjoys hitting the road with her dog for her shows or traveling with Sisters on the Fly, an outdoor adventure group for



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women. "With Sweet Thing sitting in the driveway, she has a polish job so well done that you can put your makeup on using her finish as a mirror," Donna said.

Sweet Thing obviously gets a lot of looks from those who drive by. "I had a lady stop, after noticing her, and ask me if I had heard of Sisters on the Fly. She told me about the group of women all over the country who meet up to camp and enjoy the outdoors," Donna added. "It sounded perfect, and I have enjoyed the fellowship and adventures that come with traveling with these fun-loving ladies."

Donna hasn't ventured out of Texas with Sweet Thing but has made plenty of rounds throughout the state with stays at Buffalo Gap, Round Top, Levelland, Blanco and Cleburne, to name a few.

It's not just Donna that enjoys staying in her restored Airstream but her grown children, as well. "We use her as guest quarters when they visit, and it actually turns into a bit of a challenge to see who gets to stay in Sweet Thing and who stays at the house," she said, "They say the hum of the AC and the peacefulness, combined with the cozy space, make it the best sleep ever."

They aren't the only ones who spend time with Sweet Thing when she is parked at home. Donna often finds herself taking her work out to the Airstream, opening all

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the windows and just enjoying the fresh air. Her grandchildren also like hosting tea parties out at the gazebo. Donna looks forward to the day when she can load them up and take them all on a trip with Sweet Thing. Surrounded by a serenity garden and ample seating for a dozen around a fire pit, Sweet Thing has been the ideal spot for many weenie and marshmallow roasts for the Chambers family.

“My grandmother taught me to appreciate antique things — things with history and character, and if I find something special I love, I find a home for it. Sweet Thing has allowed me an outlet to have the shabby chic, vintage, girly-girl decor I love, as I have to be fair to my husband and not go over the top in our home,” she laughed. “I have filled my Airstream with lace, silver and muted colors, and I’ve given it a feminine flair that reflects the soft, romantic styles I love.” **NOW**



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THEIR

At Home With Jason and

PEACE

— By Melissa Rawlins

The concrete driveway leading into Jason and Laura Green's garage brings their story up to date. Ember marks from multiple neighborhood gatherings around their mobile fire pit prove they've found the refreshing friendships meant for them.

After meeting on Facebook eight years ago, these Weatherford lifers have become the center of each other's lives. In 2015, they decided to complete the dream in their very own three-bedroom, two-bathroom, 1,870-square-foot, brick-and-stone home. Its front porch clinched the deal for Laura. She placed two chairs and a table there, so the couple can sit and watch their energetic 7-year-old son, Colton, ride bikes.





Laura Green

But, when the end of the week rolls around, it's Friday Night Hangout in the driveway. They make a fire, neighbors arrive with their chairs and coolers, and all the kids come and go while eating pizza. Only when it's rainy or extremely cold do they bring the party inside. "For me, personally, I don't have to go out to have a good time," Jason said. "Everything we do here is my fun."

He shares Colton's preference for the game room, although early on it was designated as Colton's space. "He was my first child at 41, and Jason's second child at 39," Laura said. "They had told me I couldn't have kids, and he's our little miracle baby. He was born at 3 pounds, 10 ounces full term, and Weatherford Regional Medical Center said he was the healthiest, smallest baby they'd ever seen."

When they moved in, they had the full intention of making his game room an inviting place for playing with his friends on the Wii U or the Xbox. They can also do karaoke or play pinball, surrounded by posters of



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superheroes Colton loves. From the corduroy-covered couch, Colton can see the jersey signed by his namesake, Colt McCoy. A sports lover himself, Jason likes to hang out there, too, especially when Colton and Laura are watching one of his not-so-favorite television programs in the living room. Then again, the game room is the only room with Netflix, so sometimes all three snuggle under a quilt and watch a good movie.

It's easy to see why the Greens are so content in their home. They have everything they need, and the calm colors and uncluttered walls and counters encourage them to spread out and relax. The unusual, refurbished metal table-and-chair set in the dining room is as perfect for playing Clue as for eating dinner. Laura spray-painted the metal chair cushions, once white, with fabric paint to match the reds in the house. They are both drawn to reds, yellows and all bright colors.

Without over-decorating, the Greens choose little things that really stand out. "We would rather have less that expresses more rather than clutter," said Jason, who used to own a gift shop. "Many of our art pieces were pieces I had with my mother at The Copper Pumpkin."

The colorful, geometric art in the living room appeals to this active family, which sometimes gathers there to build things with LEGOs. Unless it's a hot day, Laura will likely light a fire. "It makes things homey, and our kiddo loves a fire every day," she said. She decorates the fireplace mantel under the flat-screen TV with the candles, bottles and crosses that were gifts at their wedding. The white-painted, brick-and-stone hearth is punctuated with metallic vases filled with curvy willows.

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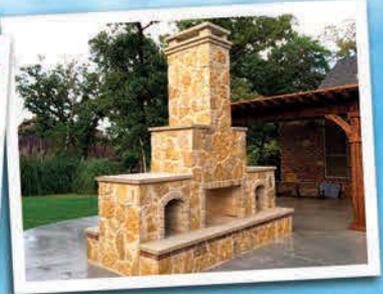
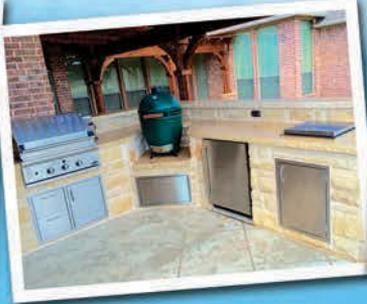
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the kitchen is earthy, with deep and speckled granite counters, dark brown wood cupboards and a skylight bringing natural light in. “When raindrops hit the plastic, I like listening to the sound,” Laura said. “I use the island as part of my prep area when I’m preparing food for a party, but basically it’s a focal point with a lot of storage inside. This is a kitchen where I can have people over and have food out!”

When guests are milling around, they can enjoy very special family photos in the geometric entry and hallway. The couple purchased the metal art for the entry, and the blown glass sculptures in the niche down the hall. Colton bought a metal cross as a Mother’s Day present at Teskey’s Saddle Shop, and Laura hung it in the hall. “I love metal, I guess. I did not realize it until I looked around one day and noticed all the metal in this house. I like the shininess,” she said.

In Colton’s bathroom hangs a sweet painting by Laura in turquoise, brown and green of two birds singing to each other, with the word, *Believe*, over their heads. She matched the towels, rug and shower curtain to the painting.

Colton’s room is decorated in Minecraft, from his bedding and posters to curtains. “The bed itself was passed down from a really good friend, whose stepson used to use



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it. The trundle underneath, plus its little secret hideout, makes it fun for Colton,” Laura said. While she was pregnant, the toy box was built for him. “I’m glad I got surprised! What a blessing he has been.”

The bedroom she and Jason share is simply decorated with furniture gifted to them by the same friend who gave them Colton’s bedroom suite. An electric fireplace in the corner warms the room that is colored by her favorite purple tones. In one corner, a tall-backed, queenly chair, upholstered in purple, reminds them of their royal mission to care for the people in their lives.

As spring and summer draw nigh, the family will do more things outside, whether tending the lawn, working on their flowerbeds or taking walks with the dogs. “It’s my peace to walk outside at night,” Jason said. “Here, we can see the stars and moon!” **NOW**

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Did You Know ... Everything Really Is Bigger in Texas?

— By Derek Jones

Anyone who has lived in Texas for any length of time has heard the old saying, “Everything is bigger in Texas.” This famous adage can be found on bumper stickers and billboards, and is often cited in various ad campaigns. While there is no consensus on when the phrase was originally coined, it is commonly accepted that the saying refers to the geographical size of Texas. This stands to reason as Texas is the largest of the lower 48 states, with only Alaska being bigger. The state is roughly the size of France and takes more than 14 hours to drive across.

When driving through The Lone Star State, one will encounter many attractions, which serve to illustrate that everything *is* bigger in Texas. A traveler might encounter the world’s largest pecan in Seguin, large whimsical sculptures like that of Cadillac Ranch in Amarillo or the statue of Sam Houston outside of Huntsville, billed as the largest statue of an American hero. There is no limit

to the imagination of Texans when it comes to creating images that represent the size of their beloved state.

Texas is home to many larger-than-life icons, which serve as a source of pride and identification for Texas residents. For example, who can forget the image of Big Tex himself standing watch over the State Fair of Texas each year giving his customary cowboy greeting to guests? No one but Big Tex could fill his 95-gallon hat. The size of the famous cowboy is appropriate as the event draws some of the largest crowds of any state fair in the U.S., and what better place for the State Fair of Texas than the sprawling metropolis of Dallas, which is also referred to as *Big D*.

If size matters, then one only needs to look to the city of Austin — the home of the Texas State Capitol. From its entertainment industry to politics, Austin exhibits the big Texas spirit. The city bills itself as “The Live Music



Capital of the World,” and this is demonstrated by Austin’s many music festivals and venues. Even the State Capitol reveals the spirit of largeness by standing as one of the tallest state capitol buildings and one of the few which stands higher than the U.S. Capitol in Washington, D.C.

During the summer months, hundreds of people can be spotted in the evening by Congress Avenue Bridge (also known as Bat Bridge) waiting to see the world’s largest urban bat colony emerge from under the bridge in a frenzy of flight in search of food. The robust atmosphere of Austin makes it the perfect location to serve as the capital of such a grand state.

When it comes to everything being bigger in Texas, perhaps the state’s most prolific mark is in that of wide-open spaces that lend themselves to romantic thoughts of Texas cowboys roaming the range on horseback. Two national parks are located within the borders of Texas — Big Bend National Park and Guadalupe Peak National Park. Guadalupe Peak is home to the tallest mountain in the state, which rises 8,751 feet, and stands taller than famous El Capitan in Yosemite National Park. From its summit, a hiker can see the floor of Texas spread out beneath them.

Big Bend National Park serves up seemingly infinite miles of wilderness with the Rio Grande flowing along

its border. If in the mood for a different landscape other than desert, Padre Island will offer a needed change in scenery. Padre Island is the world’s longest barrier island and presents white sand dunes, endless ocean vistas and beautiful Texas sunsets. These open and wild spaces conjure up images deserving of a state that prides itself on size.

Sometimes, however, bigger is not always better. In 2017, Hurricane Harvey, one of the largest and most costly hurricanes to hit the United States, made landfall on the gulf shores of Texas. Although government aid was essential during this crisis, it quickly became clear it would not be enough. As the extent of the destruction of the hurricane began to surface, so did incredible stories and images of regular people helping one another. Neighbor helping neighbor became a prominent theme emerging from news sources and demonstrated the true depths of human compassion and the size of Texans’ hearts. Hurricane Harvey was no match for the size of the spirit of Texas.

Whether you were born here, moved here as quickly as possible or are just passing through, the uniqueness and grandeur of The Lone Star State is enchanting. The slogan, “Everything is bigger in Texas,” is part of the state’s tradition, and it holds true that many things really are bigger here. **NOW**



More Than 100 Years

— By Lindsay L. Allen

All throughout the 20th century, a group of ladies cared and provided for the community of Weatherford, and when that century came to an end, the work did not. While the club name, The 20th Century Club, may cause one to think differently, the group, which was formed at the turn of the 20th century, has been meeting and serving Parker County for 117 years — well into the 21st century!

The group was originally formed as a literary club and quickly turned into a service organization. It is part of the General Federation of Women's Clubs, which is located all over the country and even internationally, and the Texas Federation of Women's Clubs. The nationwide chapter was founded in 1890, and the Texas chapter in 1897. By 1900, Weatherford had its own, known as the 20th Century Club,

with 27 charter members. By 1901, there were 132 chapters within Texas.

“Our motto is that we care for the community, and we really do. We want to help wherever we can and take care of our county and those around us,” Jill McClendon, club president, said. Jill joined the club after she and her husband retired and moved to Parker County. Her mother-in-law invited her to participate, and she has for the last 15 years.

“It was a great way for me to take care of our neighbors while meeting many ladies, since I was new to the area,” she said.

Throughout the year, the ladies raise money, mostly their own, to support the citizens of this county in various ways. They collect travel-size items for those who have escaped domestic violence to donate to the Freedom House, adopt angels on the Manna Angel Tree, donate paper goods to the senior center and help keep the Manna pantry stocked with the items they need desperately — like peanut butter and jelly and soaps and shampoos. They also help in any way they can with Parker County veterans, the animal shelter, Meals on Wheels, Weatherford College's Safe Halloween, St. Jude's Children Ranch and book and supply collections with Weatherford ISD.

The ladies are also quick to send money for the Texas and national chapters' projects, like Heifer International, a group dedicated to ending poverty and hunger across the globe, K9 Companions for Veterans and Ronald McDonald House.

"One of our favorite events to serve and support is the Weatherford Veteran's Day Parade. We host a breakfast for veterans and first responders prior to the parade and line the streets to cheer and wave flags, while passing out warm beverages. It's so much fun and a focus our club has always had. After World War I, our club planted Sycamore trees along Bankhead Highway in honor of our veterans, and during World War II, we were the only USO-certified group in Parker County and took the lead on caring for many of the veterans of that war," Jill stated.

The club meets once a month for a business meeting and program by a guest speaker, with topics such as Americanism, history, education and art, and is always looking for new topics to learn about. The home the ladies meet in and own is available for rent for various events like reunions, business meetings, parties, baby showers, receptions and more and helps fund a lot of the activities they support in the community. "Our club is actually a historical landmark because of the work we have been doing for well over 100 years, and we are proud to continue the work that was started in 1900 here in Weatherford," Jill noted.

With the underlying roof shingles being original to the home, which is almost as old as the club itself and in need of repair, the ladies are excited to host several events this coming year to support the repair, like selling jewelry and hosting game nights. Additionally, they are always looking for new members. **NOW**

Editor's Note: For more information, contact Jill at mcclenpj@hotmail.com, or to reserve the hall, call (817) 304-3747.

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CookingNOW

In the Kitchen With KATHY SEARS

— By Lindsay L. Allen



Kathy Sears was destined to be in the kitchen after growing up with a mother who was known for her cooking and never needed a recipe. “Everyone thinks their mom is a great cook, but mine really was. My only regret is that when she passed away, all her recipes went with her. So, I always encourage others to write down the recipes for the dishes they love,” Kathy said.

A teacher at Peaster High School, Kathy helped introduce and teaches a culinary class to the students and has found that many families are so rushed these days that little to no cooking is taking place in the home. As part of her course, she teaches students how to read a recipe and about food safety. **NOW**

Runza German Burgers

2 loaves frozen bread dough
2 medium shallots or onions, diced
1 Tbsp. butter
1 head cabbage, shredded
1 lb. ground beef
Salt and pepper, to taste
Melted butter for brushing tops
Cheese slices (optional)

1. Remove dough from the freezer; place it in the refrigerator a day ahead of time. Remove dough when ready to prepare.
2. Let dough rise for 60 minutes at room temperature; preheat oven to 350 F.
3. Sauté shallots or onions in butter until transparent. Add cabbage; cook until soft.
4. Brown ground beef; add to shallot/cabbage mixture. Add salt and pepper.
5. Divide each bread loaf into two equal portions; divide meat mixture into four equal portions.
6. Roll out one section of dough; fill the

dough with one portion of the meat mixture. Fold the bottom and top edges of the dough into the center and place fold side down on a greased cookie sheet. Brush top with butter or margarine. Repeat until you have four runzas.

7. Bake at 350 F for 20-25 minutes, until bread is golden brown; remove from oven. If adding cheese, cut horizontally, place a slice of cheese on top and serve immediately.

Green Bean Bundles

1 pkg. thin-sliced bacon
2 cans whole green beans
1/3 cup butter, melted
1/3 cup brown sugar
Dash of garlic salt

1. Cut bacon slices in half. Gather 6-8 green beans; wrap the bacon slice around them.
2. Continue to do this, placing the green bean bundles on a 9x13-inch pan with the seam side down.

3. Mix melted butter with brown sugar and garlic; pour over green beans. Bake at 350 F for 25-30 minutes.

Keeley's Favorite Meatloaf

1 lb. lean (at least 80 percent) ground beef
1/4 cup shallots or onions, finely chopped
2 eggs, beaten
1 cup oatmeal
1 Tbsp. Worcestershire sauce
1/2 cup milk
1/4 cup ketchup

1. Preheat oven to 350 F. In a large bowl, mix beef, shallots/onions, eggs, oatmeal, Worcestershire sauce and milk; press mixture into a greased 8x4-inch loaf pan.
2. Bake for 40 minutes; remove from oven and spread ketchup (or substitute BBQ sauce) evenly over the top. Bake for an additional 15 to 20 minutes, or until a meat thermometer reads 160 F.
3. Let stand for 10 minutes before serving.

Whole Wheat Brownies

4 eggs
1 1/2 cups sugar
2 tsp. vanilla
1 cup butter, melted
1 cup Ghirardelli sweet ground chocolate
1 1/3 cups whole-wheat flour
1/2 tsp. baking powder

1/2 tsp. salt
1 cup pecans, chopped (optional)

1. Mix the eggs, sugar, vanilla and butter; set aside.
2. Sift dry ingredients together; add to the moist mixture. Add nuts if desired.
3. Bake at 325 F for 25 minutes in a greased 9x13-inch pan.

Nannie's Olive Dip
(aka: Texas Caviar)

2 large tomatoes, diced
3 green onions, chopped
1 small can chopped black olives
1 4-oz. can chopped green chilies
3 Tbsp. olive oil
1 tsp. garlic salt
1 1/2 tsp. white wine vinegar
2 jalapeños, de-seeded and chopped
2 Tbsp. juice from jar of jalapeños

1. Mix all together; refrigerate for a couple of hours before serving with chips.

Simple Bread Pudding

3 large eggs
1 1/2 cups milk
2 Tbsp. butter, melted
1 cup heavy cream
1 1/2 Tbsp. vanilla
1 cup granulated sugar
1/2 cup lightly packed brown sugar
1 tsp. cinnamon
2 1/2 cups 1-inch sourdough bread cubes (Note: Any leftover bread will do. My mom used leftover cinnamon rolls, and it made the best bread pudding.)
Whipped cream, for topping

1. In a large mixing bowl, beat the eggs; add milk, butter, cream and vanilla.
2. Add the sugars and cinnamon, stirring until dissolved.
3. Place bread cubes in mixture; fold until all bread is coated with egg mixture.
4. Pour into buttered baking dish; let sit for a few minutes, allowing the bread to absorb the mixture.
5. Bake at 325 F for an hour. Top should be golden brown. Serve with whipped cream.

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



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BusinessNOW

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— By Lisa Bell

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In 1975, Petro opened a truck stop in El Paso, followed by their second place in Weatherford. Since July 4, 1976, this local restaurant has been a favorite travel stop, especially for professional truck drivers and travelers. In 2007, Travel Centers of America acquired Petro, becoming the largest truck stop company in the United States. And they weren't about to shut down the most successful location in Weatherford — one that has existed for 42 years.

Today, the Iron Skillet restaurant remains part of TA/Petro Travel Stops. But it's not just for travelers. They are a strong force in the Weatherford community, starting with great food at reasonable prices. Some say they have the biggest and best salad bar in town. The family atmosphere makes it a great place for locals to dine, and with the purchase of an adult entrée, kids eat free on Sundays. Whether ordering from the menu or enjoying the buffet or soup and salad bar, the staff at Iron Skillet works hard to offer great service to all of the customers.

Although they appeal to professional drivers, they are no longer an old, smoke-filled truck stop. Neighborhood Ambassador Virginia Robertson said, "The old version of a truck stop is the No. 1 stigma we want to overcome." In the bright, clean, remodeled restaurant, they welcome families. And although they provide a specially designed space for professional drivers, they have ample room to sit individuals or small and large groups. A newly redesigned

back room also gives them the opportunity to host private meetings and events. In addition, the Iron Skillet provides catering within a 20-mile radius.

These things make them unique among most travel stops. The Weatherford site is still premier. It is a training center for all TA/Petro locations.

For truck drivers and other travelers, the center offers exceptional showers. "They are great," Virginia said, "complete with all the towels you need, shampoo, soap, a private dressing area and more." The travel center also has a movie theater available for those who need a longer break before returning to the road.

The travel center offers a vast number of fueling stations for both regular vehicles and big rigs. The store carries normal convenience items, along with a selection of books, music and movies, as well as some souvenirs and gifts, and a small clothing section.

Iron Skillet often hosts fundraising events for Center of Hope, 20th Century Club, Habitat for Humanity, Sanctified Hope and other nonprofit organizations, as well as area churches and schools. Of course, they are big on collecting donations for Toys 4 Tots during the Christmas season. "Our drivers are so generous," Virginia said. "They are good guys with big hearts."

Sometimes, she brings out the spinning wheel. For any donation, a customer spins the wheel for a prize, donated by the company. They recently hosted a Valentine's Day Pop-up Vendors Sale to raise funds for 20th Century Club's new roof. Watch for the big event coming the last Saturday in April to support Sanctified Hope.

With signature foods like a great breakfast buffet, barbecue and lightly battered fried chicken, TA/Iron Skillet hopes to see more local people come try them out and become regular customers. There's always something going on and constant changes. Visit their Facebook page to see the latest events. **NOW**

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TravelNOW

An Ozark Haven for Art and Architecture

— By Linda DeBerry

A forested hollow in the Ozarks may seem like an ordinary place for a nationally recognized art museum, but Crystal Bridges Museum of American Art in Northwest Arkansas, is no ordinary place. This jewel of a museum brings together art, architecture and the natural landscape for a total package unlike anything you've likely experienced.

The museum itself is an architectural wonder. Designed by international architect Moshe Safdie, the structure is nestled into a ravine in a 120-acre wooded park. Its monolithic concrete walls and curved copper roofs make the building appear to be almost a part of the surrounding landscape. A stream runs through the complex, its waters slowed by a series of weirs to create ponds encircled by the museum's galleries. Two glass-sided bridge structures span the ponds and inspired the museum's name.

Inside, massive oak beams support the soaring ceilings of the galleries, and the walls are graced by hundreds of American masterpieces. You'll encounter familiar favorites like Gilbert Stuart's portrait of George Washington, Norman Rockwell's *Rosie the Riveter*, and Andy Warhol's *Dolly Parton*, as well as breathtaking works that are sure to become new favorites. From colonial portraits to contemporary works, the entire history of America is laid out here in art. Quiet reflection areas offer an opportunity to relax, as well as to take in views of the museum's breathtaking landscape and architecture.

Architecture is central to the Crystal Bridges experience. On the museum's grounds are works by two American icons of architecture and design: Frank Lloyd Wright and Buckminster Fuller. The Bachman-Wilson House, designed by Wright and

built in New Jersey in 1956, was relocated to Crystal Bridges' grounds in 2015. It is located near the museum's south entrance and is open for public viewing. On the museum's north lawn is a 50-foot dome designed by theorist and architect Buckminster Fuller. Constructed as a prototype for a revolutionary affordable and efficient style of housing Fuller envisioned, the "Fly's Eye Dome" is built of fiberglass — a new material in the early 1980s — and covered in round openings like the lenses on a fly's eye. It, too, is open for public viewing.

Crystal Bridges' expansive grounds are another attraction. The native hardwood forest is threaded with walking and biking trails, and the landscape features natural springs, soaring trees and stone outcrops, as well as several outdoor sculptures scattered along the way. Crystal Bridges' trails connect with downtown Bentonville, offering independent restaurants, galleries, shopping and the modern luxury of a 21c Museum Hotel. Just 40 minutes away is the lively nightlife of nearby Fayetteville, and the funky, artistic Victorian Ozark village of Eureka Springs is just an hour away.

Northwest Arkansas, as a whole, offers an additional array of outdoor activities. From kayaking the beautiful Buffalo River — the United States' first National River — to boating on Beaver Lake, trout fishing at the White River and hiking the many trails at Devil's Den State Park, adventures abound that will make it clear why Arkansas is known as "The Natural State." If cycling is your thing, the area's mountain bike trails are rated among the best in the nation. And the Razorback Regional Greenway is a 36-mile, shared-use trail system that links six communities from Bella Vista to Fayetteville.

Year-round, it's fun to explore the area beyond Bentonville and Crystal Bridges. All you need is a map and a car. But beforehand, check out www.crystalbridges.org/visit/#regional for help planning your total experience. **NOW**

Photos Courtesy of Crystal Bridges Museum of American Art, Bentonville, Arkansas.

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Herbs and Honey

— By Zachary R. Urquhart

As food from around the world has become more readily available, a trend has developed with people growing their own crops. If you want to plant an organic garden or harvest honey yourself, here is a quick guide to help get you started.

Have a Plan

- *Know Your Goal.* You may be trying to avoid certain chemicals, wanting to control what goes into your body or just trying to save money. There are many good reasons to start a garden or harvest honey, but different goals might require different plans. You may need other materials for a varied garden than you would if you hope to be the neighborhood tomato supplier.

- *Pick Your Spot.* Before you start tilling soil or installing beehives, make sure you have the right location in your yard. Some cities either prohibit beekeeping or require a

permit, but even if that is not a concern in your area, you will want to keep your hive or garden away from your lot lines so that you do not impinge on your neighbor's yard.

- *Set a Budget.* As with any big project, you will have some cost as you get started. Something to keep in mind is this: If your garden does not produce in its first year, how much money are you willing to invest in the project? If you use your whole budget and get little



to no return, you could face the choice of spending more money or calling it quits.

Get the Right Supplies

• *Organic Can Mean Simple.*

Depending on your location and soil quality, you may only need to put seeds in the ground and keep them appropriately watered. If you do need to buy soil or fertilizer, you can get materials at any lawn and garden supply store. Just make sure you see *Organic* on the bag. For ground covering, you can use your own grass clippings or mulched leaves for a cheap and easy solution.



• *Bees Take a Little More.* You will need a beehive, a suit and a few tools to begin harvesting honey. Unless you happen to live near a specialty bee supply store, you will have to order your supplies online. There are brushes and tools for separating the honeycombs, as well as a smoker, which is crucial for keeping the bees calm as you collect your honey. And, of course, you will have to buy bees from either an existing, local beekeeper or an online retail site.

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- *Let Your Bees be Bees.* While there is more involved in the original setup for your beehive, once you get the bees in their hive boxes, they will do most of the work. Early spring is a great time to start a hive, but you should anticipate it taking several weeks before you can start collecting honey.

Growing organic crops and collecting your own honey can be a money-saving and fun new endeavor to start this spring. **NOW**



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Zoomed In: Peggy Hutton

By Lisa Bell

Peggy Hutton (seated) works for the Weatherford Chamber of Commerce where she is the director of development. She's been there for almost 11 years. "Time flies when you're having fun and even when you're not," she said.

Still, she enjoys her job because of events like the Amelia Earhart luncheon. "We always hold the luncheon in January to honor Amelia because it is her birthday month," Peggy shared. "The luncheon supports a scholarship fund for young women pursuing aeronautics engineering or a related field." Peggy's position enables her to meet others, like Lynn Johnson (also pictured). Her personality lets her call them friends.



Laurie Moore speaks about her writing journey at the Women, Wine and Words event.



Clay Wheat, Evon Markum and Angel Martinez enjoy a little after-hours networking.



The Aledo High School cheerleaders placed 6 out of 63 teams during the UIL State Championships.



Monita Remmich and Gayle Godfrey spend quality friend time shopping in the baby section at Tuesday Morning.



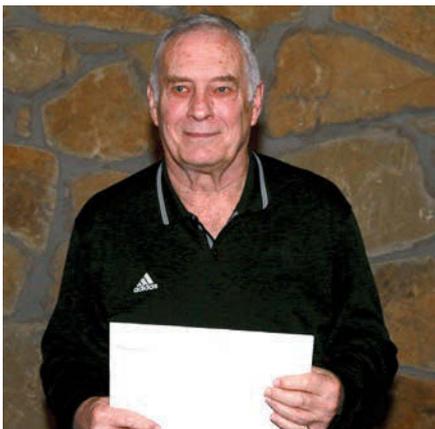
Andy Hutchinson leaps from retail sports manager to financial advisor.



Zonta International's Amelia Earhart Luncheon benefits their scholarship program.



Trinity Christian Academy students, Hannah Baker, Baylor White, Andrew Ludwig and Audrey Wortham, take 1st Place in Calculus at the Coyote Area Math Championship.



Bob McKinley celebrates 40 years as a staff member of Weatherford College.

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He is risen... Matthew 28:6

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Calendar

8

Native Plant Society, Cross-Timbers: 6:30 p.m., Cherry Park Community Center, 313 W. Davis St. Program topic, Rainwater Harvesting. Details at www.npsot.org/wp/crosstimbers.

9 — 25

Farce of Nature Live Play: **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m., Theatre Off The Square, 114 N. Denton St. Play by Jones Hope Wooten. Call (817) 341-8687 or visit www.theatreoffthesquare.org.



10

Second March for Meals 5K: 8:30 a.m.-3:00 p.m., Parker County Senior Center. This fun-filled event raises awareness and funds to support the nutritional needs of Parker County seniors. For details and to register, visit www.pcco.org.

13

Wildlife on the Move: “The Unhuggables”: 11:00-11:45 a.m., Weatherford Public Library. All ages welcome, best for ages 6 to 13 years. Free ticketed event. Tickets available starting 10:00 a.m. on **3/5/18** at the library.

16 — 31

10th Anniversary Passover Experience: **Fridays** and **Saturdays**, 10:00 a.m.-5:00 p.m., 10700 FM 920. Visit www.capernaumvillage.com for details and tickets.

17, 18

Charity Celebrity Softball Tourney: various times, Holland Park Sports Complex. St. Patty’s Day tournament benefits Miracle League of Parker County. For times, registration and more information, visit www.miracleleagueparkercounty.com.

19

Adult Spelling Bee: 7:00 p.m., Antebellum Ale House, 321 E. Oak St. Compete as a team of 2-5 players. Winning team advances to multi-library bee to compete against other cities’ winners. For details visit www.weatherfordtx.gov/142/Library.

23

Coyote Jazz Fest concert: 7:30 p.m., Alkek Fine Arts Center, Weatherford College. Culminating concert after a daylong festival of area jazz bands. Free admission. For details visit www.wc.edu/Alkek20.



25

18th Annual Go Greek: 3:00 p.m., Jerry’s Chevrolet Board Room, 3118 Fort Worth Hwy., Hudson Oaks. Parker County Senior girls and/or mothers receive information about college sororities. For details, call Jo-Alice Davis (817) 271-1847 or Jan Tonroy (817) 235-6244.

27

American Red Cross Blood Drive: 12:00-6:00 p.m., Weatherford Public

Library. For appointments, visit www.redcrossblood.org and search for sponsor code [parkercountyarc](http://www.parkercountyarc.org) or call 1-800-REDCROSS.

29

Romance in Bloom Author Event: 6:00-8:00 p.m., Chandor Gardens, 711 W. Lee Ave. Presented by Weatherford Public Library, seven DFW-area romance authors available for conversation and book signings. Event is free.



Ongoing:

Mondays

Aledo Farmers Market: 3:00-6:00 p.m., Aledo Community Center Parking Lot, Aledo. Runs weekly until November. Support your local farmers. For more information, contact City Hall at (817) 441-7016.

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Weatherford First Monday Trade Days: 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. One of the oldest open-air markets in Texas with a new look, attractions and fun activities. Contact rhamilton@weatherfordtx.gov or (817) 598-4359.

Second Wednesdays

The Twentieth Century Club: Noon, 321 S. Main St. Women’s volunteer organization meets each month except in July and August. Begins with a potluck lunch, followed by a short program and business meeting. For more information, call Karren Lucas (817) 613-6697.

Thursdays

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

First and Third Thursdays

Post-Traumatic Stress Disorder (PTSD) Family Support Group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. Free support group provides information and encouragement to families and friends of those suffering with PTSD. Call (817) 594-3030 for info.

Second Thursdays

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

Third Thursdays

Ladies Night Out: 5:00-8:00 p.m., Historic Downtown. Once-a-month, late-night shopping event. Lots of fun and great bargains.



Quilter's Guild of Parker County: 6:30 p.m., Northside Baptist Church, 910 N. Main St. For more information, call Marsha Corley (817) 629-0632 or visit www.quiltersguildofparkercounty.org.

Parker County Cruisers: 6:30 p.m., Harberger Hill Community Center, 701 Narrow St. The group for those

interested in classic cars and specialty vehicles. Call (817) 994-0074 for details.

Second Fridays

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

Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time bluegrass, gospel and country music. Concessions stand available. All proceeds go toward expenses. Free and open to the public. Visit Spring Creek Musical on FB.

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HealthNOW

Breathe Deeply

— By Betty Tryon, BSN

One of the most overused words in the English language is *stress* — with good reason. Stress, a normal and necessary part of life, can lead to serious consequences if managed poorly. Stress is the body's response to meeting a challenge with enough energy, alertness and strength. A common way of understanding stress is to see it as the fight-or-flight response. For example: A danger is perceived, such as a car suddenly veering into your path. You immediately assess the situation and swiftly take defensive action. The fight-or-flight response can also be triggered by a circumstance that does not put your life in danger, such as nervousness about a presentation at work or a final exam at school. When that happens, stress hormones are released.

The heightened reaction on your senses caused by this explains why some people say they operate best under pressure. In that type of situation or to aid in removing one from danger, stress is good. Stress becomes harmful when the body does not settle down after the situation is over. Times of ongoing stress — financial problems, divorce, chronic illness, etc. — can cause stress hormone levels to remain high.

At the first sign of stress, the body springs into action

by releasing adrenaline (also known as epinephrine) from the adrenal glands and cortisol. These are your fight-or-flight hormones. They work to increase your heart rate, respirations, metabolism and dilate your air passages so more oxygen can be taken in to prepare you for action. They also contribute to increased alertness and increased glucose level in the bloodstream to give you energy to flee.

If you must meet danger head on, these hormones give you a fighting chance to meet that challenge. Under normal circumstances, once the challenge has been met, the body will go back to normal. Lingering problems, which cannot be solved quickly, will cause the hormones to stay in the body, creating all sorts of mayhem. This may be the cause of sleeplessness at night or feeling nervous or edgy during the day.

Stress is a part of life. You cannot always control what happens to you, but you can find some peace in determining how you respond. Yoga is a popular retreat for those seeking ways to stay calm in stressful situations. Exercise helps to work off a lot of tension. Give yourself a chance to start your day strong by getting a good night's sleep. If necessary, ask for help from a professional counselor or your spiritual adviser. Peace of mind and a healthier life are worth the extra effort. **NOW**

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



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