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MARCH 2019

Artist at Heart

In Jack Wolfsen's world, creativity spills over every day



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Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker | Weatherford Editor, Lisa Bell
Editorial Assistant, Rachel Smith
Writer, Kelly Shannon
Editor/Proofreader, Angel Morris

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen
Martha Macias . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla
Photographer, Kenzie Axtell

ADVERTISING

Advertising Representatives, Steve Randle . Cherise Burnett
Dustin Dauenhauer . Trent Dean . Bryan Frye . Kelsea Locke
Linda Moffett . Lori O'Connell . Melissa Perkins . Keri Roberson
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Billing Manager, Angela Mixon



ON THE COVER

The art of Jack Wolfsen blooms from a creative mind.

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EDITOR'S NOTE



Lisa

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

It's spring!

At least according to the calendar, spring begins this month. No guarantees — we live in Texas. Many of us suffered with allergies this winter as temperatures froze, heated up and lingered somewhere between the two.

Isn't that life, though? Change happens. Sometimes, we choose to change on purpose. Other times, life demands that we give in, albeit reluctantly, to changes. I experienced a reminder of how unexpected, demanded change can actually be a good thing. Through a series of events beyond control, I had to replace sub-flooring and carpet in my master bedroom.

Ironically, I wanted to change the wall color and replace worn-out carpet in that room. Time, money and energy kept me at bay for years. Even the very idea of moving furniture chased me to the sofa for a nap. But when circumstances demand change, you kind of have to go along with it. Fortunately, my son-in-law did most of the work, and my favorite home-improvement store had a carpet sale with free installation.

Now I have a lovely oasis with "Cream in my Coffee" brightening my walls and "English Toffee" carpet squishing beneath my feet. I wake up with an outside view, a nice morning greeting. I detested the discombobulation during the process. Change isn't always easy. It wasn't on March 2, 1836, when Texas became an independent country. And it isn't today. Often, we don't welcome change in daily living. But all things work together for good, even when change doesn't come easy.

Here's to positive changes!



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

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Artist at Heart

— By Lisa Bell

A non-artist might see Jack Wolfsen's studio as chaotic. The large shed actually is well-ordered, filled with metal, barbed wire and more tools than imaginable. Behind the studio, more materials wait for a master artist's touch to become a piece of art with truly unique qualities.

Both Jack's dad and mom were artists. To keep him busy and quiet in church, they gave him a pencil and paper. Before long, he learned to draw sermons. "Me and God and the Bible — got it simplified," he said.

His art still captures Jack's faith, although sometimes in subtle ways. He simply always created. Even while deployed in Vietnam, he had a small studio. "Artwork got me through life, actually," he admitted.

Jack first published his work in 1968 with a historic rendering of the Kennedy Tailing Wheel, a painting which now lives in a California museum.

Born into an artistic family in Sutter Creek, California, Jack had a father who worked as a mason. Jack and his brother both followed in their father's footsteps and laid brick, using their creative sides in the process. In 1981, bricks brought Jack and his wife, Yvonne, to Weatherford, Texas, her family's home.

Because Jack learned to create cast stone, much of his work appears throughout the United States. On University Drive in Fort Worth, his longhorns show up near the Fort Worth Zoo. Many colleges and universities display his work in their buildings, and he also cast the entry design for Barnes and Noble. These are only a few examples of his cast stone work created over decades in the masonry business.

While Jack still occasionally gets requests for cast stone, he didn't stop learning with that medium. He learned to sand blast vehicle windows and stones, creates sculptures, paints and draws.

Jack also loves working with metal and using the unlikely medium of barbed wire. The beauty of creating something out of slightly rusty, used fencing gives him an edge, and ranchers are more than willing to let him haul it off their property. "They're happy for me to take it," Jack said, although he admits being a little picky. "I prefer the short-barbed without too much rust."

In Jack's hands, old Texas fencing material becomes amazing scenes for clocks, wall hangings and sculptured pieces. To bend and twist the wire, Jack uses gloves and tools. He seldom sketches his sculptured pieces, although he admits to doodling while







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on the phone or at other times. "God blessed me with a crazy mind," he shared. "My mind is so full of stuff I want to do, I just want to create."

With a vision in mind, Jack goes to work. Some of his current most-loved pieces include wire treehouses. He can customize each piece to include swings coming off the tree and representing children or grandchildren.

The 80-foot pecan tree in Jack's front yard inspired him to create tree sculptures, but the creative vein inside of him continues making each one unique. He also shared that people can dust a tree with baby powder to "winterize" it. Then later they can hose it off to return to the original look of their art piece.

Crosses and a burning heart are among Jack's popular pieces, as well. Working with Stacey Watkins in Granbury, owner of Your Private Collection art gallery, Jack also creates dogwoods with flowers that glow in the dark. "I make something and turn it over to her," Jack admitted, trusting Stacey to add the glowing touches that give their collaborative works a matchless design.

Jack adds plasma-cut leaves or designs to barbed-wire clocks for a fresh look. Combining copper-colored roses with a wire stem brings life to a single stem or a bouquet depending on his mood.

Twisting up to six strands of wire, Jack creates a beautiful chandelier. Horseshoes paired with the wire allow him to create a unique western-themed lamp. At times, he'll add paint to change up the color or achieve a rusty look. "Nothing is sacred," Jack said with a chuckle, recalling that he once used an old tire to create a shelf.





In Jack's personal space, creativity isn't limited to his art. When he has a unique need, his mind goes to work. For instance, to hold back wires while using a plasma cutter or welder, Jack rigged a clamp. Many of his tools are on wheels, and he changes band-saws instead of blades.

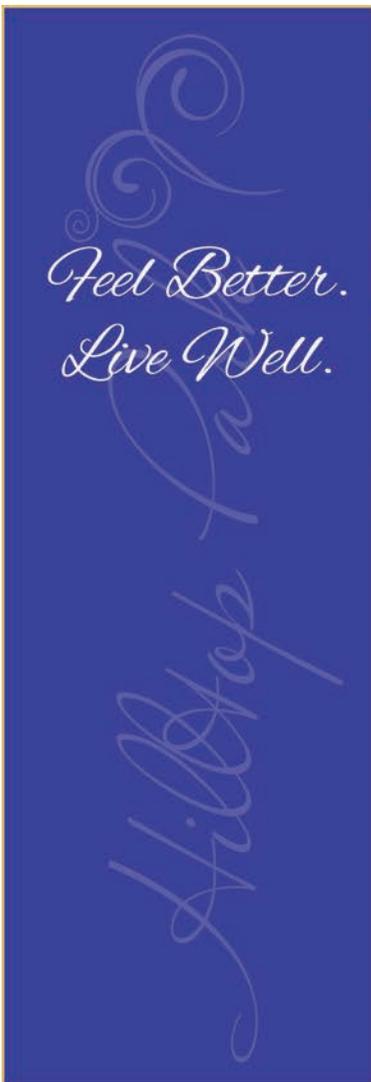
If Jack plans to make multiple renditions of something, he creates a pattern. He also doodles patterns for his wife's quilting. His mother-in-law knows when she needs something, Jack can usually find a solution fairly quickly. He used a salon chair to make a rotating easel.

A 4-foot table that tilts works great for Jack's resin work, while he created a table that turns and spins to make teddy bears. His mind simply finds creative solutions, carrying over from art pieces to everyday life. Watching him work and seeing his studio fascinates a normal mind. For him, it's simply the way he works and thinks.

People often ask whether Jack gets hurt while working with barbed wire. His response was to pose for a photograph with fake blood all over his face and arms. Jack also has a sense of humor.

In reality, Jack takes great care with safety while in his studio/workshop. Riley, a new companion and young rescue dog, keeps him company and looks out for him while he works.

Among Jack's favorite artwork, he points to a self-portrait where he is stuck in mire. In one hand, he clutches a Bible and the other reaches up to the large hand of God. He admits that is how he feels. Triple crosses point to "in sin, for sin, and to sin" — another example of his faith showing through art. Jack creates every day, producing a beautiful life filled with art in all he does. **NOW**



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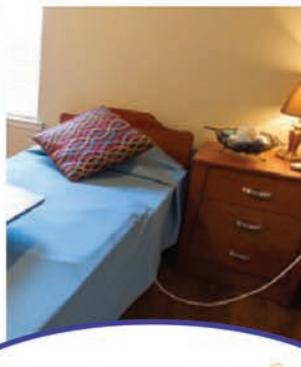
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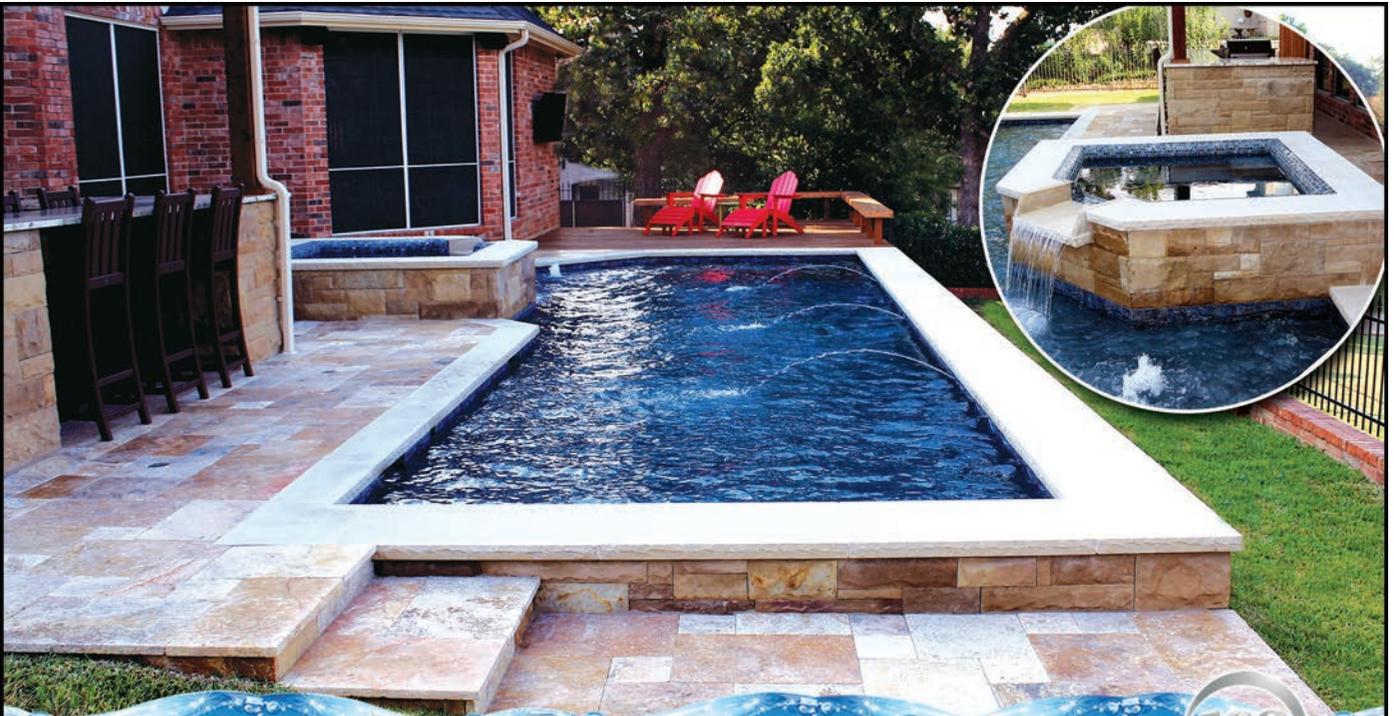


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For almost half a century, a local organization poured into the lives of children. But the coaches and leaders of Junior League soon learned they got back more than they gave. Many of those involved today, like Shannon Scoggins and Jimmy Day, started when their children were young. Now, they have grandchildren playing basketball.

Other coaches played as kids and now coach their children. Shannon has been with the organization for about 16 years and currently serves as the president. She is quick to admit without people like Jimmy, who became involved more than 20 years ago, she couldn't keep the league going.

Junior League isn't just about 6-year-old to sixth-grade kids playing basketball. "It's a ministry," Shannon said. "And oh, by the way, we play basketball."

Every child plays at least two periods, regardless of skill level. Junior League is a play-to-play league, not a play-to-win league. Jimmy, one of the coaches, admitted they all want to win, but some things are more important. "I like the relationships," he said. "Good place, good word, good people." Throughout the decades, most of his friends came from his Junior League involvement.

The league began soon after the YMCA left Weatherford. Members from First Baptist Church and Coups United Methodist Church started a boys' league. Other area churches soon joined. "Without the support and use of facilities at North Side Baptist, Victory Baptist, Coups Methodist, Harmony Baptist and Spring Creek Baptist, we wouldn't have a league," Shannon said. "We truly appreciate these churches."

The league grew and incorporated girls, as well. Regardless of a child's ability or inability, all are welcome to the eight-week program. Kids with mental or physical disabilities and those who are homeschooled may never get a chance to play basketball in school, but they experience the sport because of Junior League. In return, the kids grow up and still recognize the coaches, usually showing respect and affection for them.

Decades of Basketball

— By Lisa Bell



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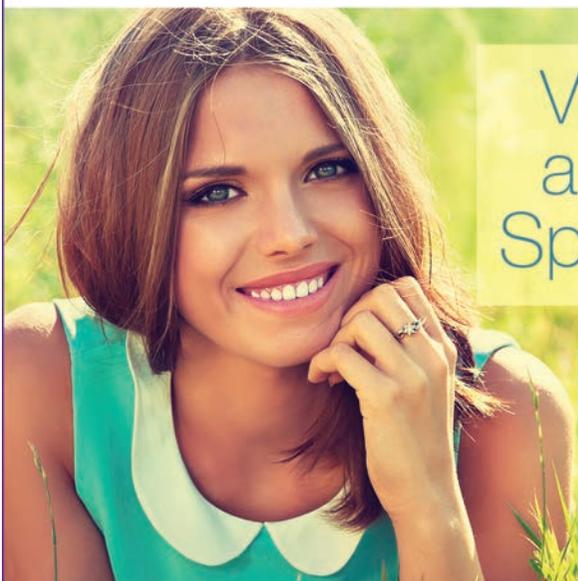
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Shannon became part of the leadership when her girls were young and played. They grew up helping with registration, books, concessions and other volunteer areas. Over the years Shannon kept volunteering, and this year she watched her grandson start playing. Her favorite part is watching the first-graders, who do more dancing than playing on the court, then mature into sixth-graders, who actually play. Some of them go on to play basketball in middle school, but even those who don't, have a chance to enjoy the game.

Leo Neely, one of the early coaches, is now 71. He started in 1979 before he had kids old enough to play. His first daughter joined in 1985. Leo put in 27 years with Junior League, sometimes coaching as many as six teams because of a lack of coaches. Although he no longer coaches, Leo sees middle-aged adults who still refer to him as coach. "I'm not sure they know my name," he said with a chuckle. "I'm just 'Coach.'"

Tasha Cummings shared that all three of her kids went through and played in Junior League. One of her daughters still does, and she agrees it feels more like an extended family than a sports league. On September 11, 2017, her son, Braydon, suddenly experienced numbness in his feet and legs. After a diagnosis of acute transverse myelitis, he became paralyzed from the waist down. "They [Junior League] were there for my family," Tasha said. Although Braydon hasn't played with the league since his illness, he could.

And that is one of the things that makes Junior League special. The games cover a short season — from January to mid-March. They begin after the holidays and finish prior to spring break.





By using random selection for team placement, they help children create new friendships and avoid a team built only to win.

Although Junior League teaches the basics of basketball, they also spend time teaching morality. Supported by churches, they pray together and present Christian lessons to meet spiritual needs of the children and their families. "It's like eight weeks of vacation Bible school with basketball thrown in the mix," Shannon explained.

At one time, the league had 600 participants. With changing demographics and other leagues in the area, their current number is around 350. Jimmy and Shannon admit they need more volunteers. The set up and tear down alone requires numerous people. And they can always use more coaches. At times, the schedule must accommodate a coach's need to travel to different locations between games. Jimmy is one who coaches more than one team.

The league always uses adult referees. The annual \$75 fee covers the cost of referees plus insurance, a T-shirt and medal for each child. Shannon pointed out that they do have some scholarships available, never wanting to leave out a child for any reason.

The relationships built among the families over 49 years has always been more important than the sport. And hundreds of people in Weatherford remember when they played. Shannon hopes more will come back with their children and grandchildren and take an active role.

Shannon has no plans of quitting anytime soon, but when that time comes, she's sure someone will step up and continue a legacy that means so much to the community. Jimmy said, "The kids learn respect, rules and a lot more than basketball." **NOW**

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What began in Denton in 2013 spread to Frisco and Dallas, and then, eventually, Texas Vein & Aesthetics expanded west. They now have one satellite office in Weatherford, two in Fort Worth and one in Graham, in addition to their primary location. Dr. Scott Powell and Physician Assistant Justin Patten felt like there was a need in the area. Having a clinic closer helps their patients. “Our goal is to have a place where people can access us,” Justin shared.



Texas Vein & Aesthetics provides vascular diagnostics and treats varicose veins, as well as circulation in legs. They do cosmetic all the way up to conditions where a patient is at risk for amputation. Most of the time it is the same problem to varying degrees. The outward signs come from poor circulation — symptoms of underlying issues, which can be serious.

The Weatherford clinic shares space with Lone Star Pain Medicine and performs procedures there every other Friday. Some of the staff live locally. Justin actually lives in Azle, so they are familiar with the community. “We’re a passionate group,” he said.

From answering phone calls to seeing the PA or Dr. Powell, they strive to maintain a positive environment. “I’m usually the first person they see,” Justin stated.

After a leg ultrasound, they determine if a patient has a circulation problem, and then develop an appropriate treatment plan. The doctors intentionally do not start with a surgical

procedure. Most often, after diagnosis, they start with compression socks and see how that impacts the condition.

Justin points out that not all varicose veins are visible, and anyone with persistent problems should make an appointment. Some signs of varicose veins include leg or ankle swelling; leg pain, aching or cramping; visible varicose or spider veins; leg heaviness or fatigue; burning or itching skin; and skin changes or rashes.

“PEOPLE WALK OUT FEELING COMFORTABLE WITH THE PLAN AND KNOWING SOMETHING CAN BE DONE.”

Dr. Powell is one of the most experienced venous insufficiency doctors and has performed more than 13,000 procedures. He is a front runner with the newest techniques and technology, often driving them. But Texas Vein & Aesthetics also takes pride in giving patients individual attention. “We give a new patient a lot of information during a 30-minute period. People walk out feeling comfortable with the plan and knowing something can be done,” Justin said. “We try to slow down and answer questions.”

Although venous insufficiency is largely genetic, it is treatable. While one can't do much to prevent varicose veins, compression socks and leg elevation can help. Justin stated diet, pills and exercise won't prevent it. The symptoms don't develop because of weight, although pregnancy may contribute to the development of vein problems. Still, he never wants someone to think they just have to live with pain and other symptoms.

Justin was exposed to the treatments fresh out of school and fell in love with the results. The before and after of a safe procedure fascinated him. “People didn't know there was a problem or that there's a solution,” he said. And the appreciation from patients keeps him loving his job at Texas Vein & Aesthetics. **NOW**

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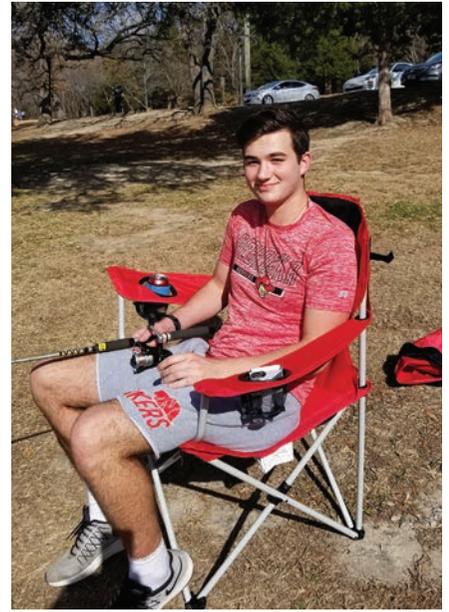
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A college student from Nebraska, Gage Lofberg enjoys the warmth of Texas.

Zoomed In: Chelsea Cleveland

By Lisa Bell

As a foster mom, Chelsea Cleveland often finds adoptions bittersweet. With Oliver, it may be even more difficult to say goodbye. “Even as a little girl, I always picked up rescues and strays,” she said. This little dog was rescued with broken jaws. The three buttons on the upper and lower jaw are part of a technique used by Dr. Nolan, allowing him to lap up formula with his tongue. Even though she doesn’t want to think about Oliver’s adoption date, Chelsea is glad she gets to take care of him until he’s ready for a forever home where he’ll be cherished. And, she enjoys fostering dogs. “Sometimes it’s hard,” she admits. “But it’s my way of helping animals and giving back.”



President Brenda Cook and Treasurer Donna Couch have fun at Zonta’s Amelia Earhart luncheon.



Savana, Abid and Shannon celebrate the Dickey’s Barbecue Pit opening in Weatherford.



Family friends take some time out to ride bikes.



Stephanie Marino and Tami Mills have a deep discussion about the Bible in 24 Hours.



Every day, Denny Ludlow feeds the ducks at Holland Lake.



Ashtyn White takes her new puppy, Diego, on a shopping trip.



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CookingNOW
In the Kitchen With
LAQUITA GRUVER

— By Lisa Bell

“Baking is my favorite way to cook,” Laquita Gruver admitted. “Probably because I love sweet things. It makes me happy to share with others and see their happy faces.” Laquita grew up in the Texas Panhandle, which had little cooking influence. “Except we weren’t afraid to use butter,” she said. “I learned a lot from my mother, grandmother, 4-H and Girl Scouts.”

She likes reading cookbooks and trying out new recipes. “Not all turn out well, but others do and become favorites,” she said. “I do have quite a few recipes handed down from my mother and grandmothers.” Laquita enjoys cooking for family and friends and takes pride in handing down her love of baking to her daughters and grandchildren. She also loves to crochet, knit and sew. **NOW**

3. Pour batter into prepared pans; bake for 20 minutes, or until center springs back to a light touch.
4. Cool for about 10 minutes; turn out onto cooling racks until completely cool.
5. *For frosting:* In a large bowl, beat butter and cream cheese until creamy. Beat in 1/4 cup reserved strawberry puree; add powdered sugar in small amounts.
6. Beat until smooth. Frost between layers, top and sides. Garnish with fresh strawberries, if desired.

Strawberry Cake

Cake:

- 1 box white cake mix
- 1 3-oz. box strawberry gelatin
- 1 15-oz. pkg. frozen strawberries in syrup, thawed and pureed (reserve 1/4 cup for frosting)
- 4 large eggs
- 1/2 cup vegetable oil
- 1/4 cup water

Frosting:

- 1/4 cup butter
- 1 8-oz. pkg. cream cheese
- 2 1-lb. boxes powdered sugar
- Fresh strawberries (optional)

1. *For cake:* Preheat oven to 350 F. Grease and flour 2 9-inch round cake pans.
2. In a large mixing bowl, combine cake mix, gelatin, pureed strawberries, eggs, oil and water; beat until smooth.

Chocolate Pound Cake

- 1 cup butter
- 1/2 cup shortening
- 3 cups sugar
- 5 eggs
- 1 tsp. vanilla
- 3 cups flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 4 Tbsp. cocoa
- 1 cup milk

1. Cream butter and shortening. Add sugar, then eggs, one at a time, beating after each addition. Add vanilla.
2. Sift together all dry ingredients; add to creamed mixture alternately with milk.
3. Bake in a 10-inch tube pan at 325 F for 80 minutes.

Martha Washington Candy

This candy is moist on the inside with a hard chocolate coating outside. Stays fresh for several weeks.

- 2 1-lb. boxes powdered sugar
- 1 stick butter
- 1 can Eagle Brand Milk
- 1 tsp. vanilla
- 4 cups pecans, chopped
- 1 1/2-lb. pkg. bitter chocolate
- 1 1-lb. block paraffin wax

1. Cream the sugar and butter; add Eagle Brand Milk and vanilla. Blend well.
2. Add pecans; roll into balls the size of a walnut. Use powdered sugar to dip hand in as you roll.
3. Melt the chocolate and paraffin over low heat. Dip balls into this mixture one at a time, holding each with a toothpick. (A tsp. may work better for dipping.)
4. Drop onto waxed paper; let harden.

Strawberry Divinity

- 3 cups sugar
- 3/4 cup water
- 3/4 cup light corn syrup
- 2 egg whites
- 1 3-oz. pkg. strawberry gelatin

1. Bring sugar, water and syrup to a boil. Reduce heat when mixture comes to a rolling boil.
2. Continue to cook without stirring until mixture reaches the hard boil stage; remove from heat.
3. Beat egg whites until fluffy. Gradually add gelatin while beating. Beat until stiff peaks form.
4. Slowly pour hot syrup in thin streams into egg whites, beating constantly.
5. Beat just until candy loses its gloss and holds shape. Drop by teaspoonfuls onto waxed paper; let cool and harden.

Southern Chess Pie

- 1 unbaked 9-inch pastry shell
- 1/2 cup butter
- 1 1/2 cups sugar
- 3 eggs
- 1 Tbsp. white vinegar
- 1 tsp. vanilla

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1. Prepare pastry shell; chill.
2. Heat butter and sugar in a saucepan until butter melts. (Do not boil.) Cool slightly.
3. Beat eggs in a large bowl until frothy; add vinegar, vanilla and butter-sugar mixture. Mix well; pour mixture into unbaked shell.
4. Bake on lower shelf of oven at 375 F for about 45 minutes, or until center is almost set, but still soft. Cool thoroughly before cutting.

Starlight Mint Surprise Cookies

- 1 cup butter
- 1/2 cup brown sugar, packed
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- 3 cups flour
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1 pkg. Pearson's thin solid chocolate mint candy wafers
- Pecan or walnut halves

1. Cream butter and both sugars together well. Add eggs and vanilla; beat well.
2. Blend in the dry ingredients. Cover; chill for at least 2 hours.
3. To shape cookies, enclose each wafer in about 1 Tbsp. of dough.
(Note: This may be done by forming a ball



Strawberry Cake

- in floured palm, inserting wafer, and then flattening dough to conceal wafer.)
4. Place on ungreased cookie sheet about 2 inches apart. Top each cookie with a pecan or walnut half. Bake at 375 F for 9-12 minutes.

Angel Biscuits

- 5 cups flour
- 1 tsp. salt
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1 cup shortening

- 1 pkg. yeast, dissolved in 2 Tbsp. warm water
- 2 cups buttermilk
- Butter

1. Sift together first four ingredients.
2. Cut in shortening; add yeast/water. Add buttermilk; mix.
3. Knead about 10-15 times; roll out on a floured surface to 1/2- to 3/4-inch thickness. Cut with a biscuit cutter; place on ungreased baking sheet.
4. Place 1/2 pat of butter in center of each biscuit; fold over edge in half. Bake 20 minutes at 400 F.

To search for more great recipes from any of the 10 NOW Magazines publications, visit www.nowmagazines.com.

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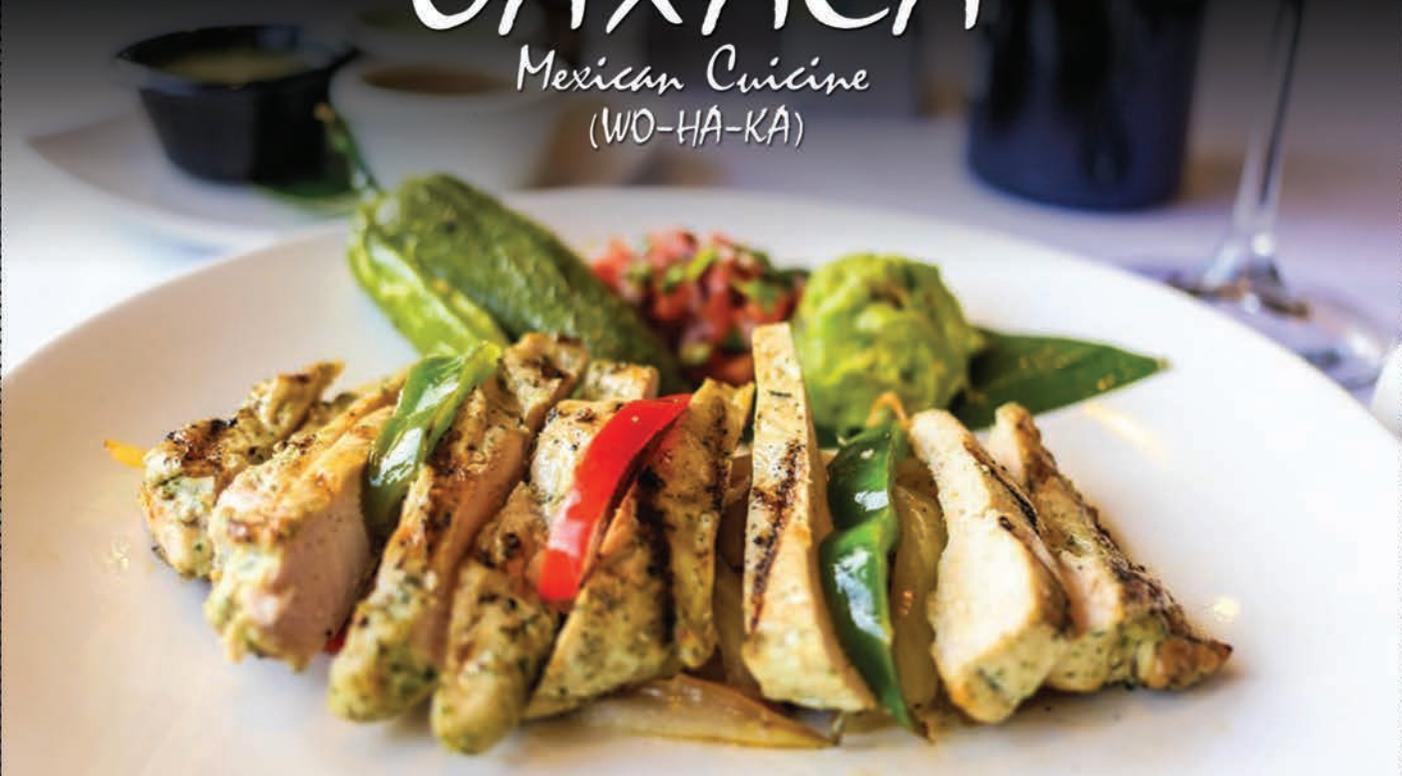
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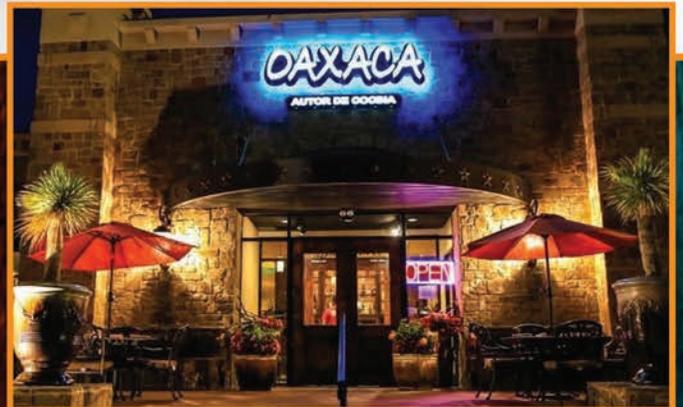
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TravelNOW

Endless Options

— By Kelly Shannon

Imagine rolling mountain terrain, breathtakingly beautiful waterfalls, thriving woodlands and 170 miles of winding rivers. This paradise is known as the Pocono Mountains, a 2,400-square-mile region in northeastern Pennsylvania just waiting to be explored.

The Pocono Mountains, also known as “the Poconos,” is teeming with history. A popular destination to many on the East Coast, it’s a short drive from major metropolitan areas, such as New York City, New Jersey, Philadelphia, Baltimore and Washington, D.C. Within reasonable driving distance of many airports, Allentown is the closest, and Philadelphia and Newark are the next closest. From Dallas-Fort Worth, that’s only about a 3-hour flight. Once at a nearby airport, a rental car is the best option to be able to fully explore the Poconos, which is about the size of the entire state of Delaware.

Natural scenic beauty; fun-filled, year-round activities; and luxurious accommodations make the Pocono Mountains the perfect

place for a romantic stay. The region has become a haven of world-class, luxury spas incorporating breathtaking, natural surroundings. Romantics indulge in decadent amenities, such as saunas, massage tables, log-burning fireplaces and whirlpool baths.

Accommodations are as varied as the Poconos’ landscape. Consider a bed-and-breakfast atop a mountain peak overlooking one of the Poconos’ many quiet coves, or an inn nestled among rolling hills and scenic mountains. Alternatively, visitors can stay in a historic, downtown boutique hotel that caters to romance with its vintage charm and warm hospitality.

The past decade has transformed the region into a family-friendly destination. Endless entertainment is provided, whether it be in the form of indoor water parks, arcades, adventure parks, NASCAR races, scenic train rides, festivals, ski/snowboard lessons, snow tubing or a resort with daily activities tailored to children. Options

are endless, and families return time and time again.

The Poconos' bountiful nature makes the destination shine. There are nine states and two national parks, more than 261 miles for hiking and biking, dozens of majestic waterfalls, rivers for whitewater rafting, more than 35 golf courses and lakes for boating, fishing and jet skiing. Even just driving around, visitors can catch grand scenic overlooks.

Winters offer guests the opportunity to ski or snowboard 163 ski trails, snow tube (including galactic tubing and family-style tubing), snowmobile and even snowshoe their way through snowy wonderlands.

The family will love the Pocono Mountains' miles of snowmobile trails in the winter and its wonderful selection of family-friendly resorts, motels, cottages and condos just steps away from the many lakes in the summer.

The region's water park resorts welcome families to splash and stay in any season, as they are always 84 degrees. Full-service hotels and resorts serve up extensive amenities and make for a well-appointed home base while exploring. A variety of campgrounds can be found along the rivers, lakes or in the woods.

Foodies will have a field day at a variety of restaurants around the region. Find upscale French flair at the Delmonico Room at the Hotel Fauchere, or at the French Manor Inn & Spa. End the family-fun day at Kalahari's indoor water park with a juicy burger and a milkshake — topped with a donut at B-Lux Grill & Bar. Share a sunset toast with your travel buddy at The Dock on the third largest lake in the state, Lake Wallenpaupack.

While exploring the quaint downtowns, visitors find unique cafés, bakeries, ice cream parlors and coffee shops. The local breweries and wineries offer some of the tastiest beverages on the East Coast.

The Poconos' year-round cultural tours and art exhibitions, abundant antiques, brand-name shopping and full calendar of festivals showcase the heritage, music and food of the Pocono Mountains. If you are considering a vacation to this region, the friendly professionals who manage the Pocono Mountains Visitors Bureau are happy to help. **NOW**

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The region's water park resorts welcome families to splash and stay in any season, as they are always 84 degrees. Full-service hotels and resorts serve up extensive amenities and make for a well-appointed home base while exploring. A variety of campgrounds can be found along the rivers, lakes or in the woods.

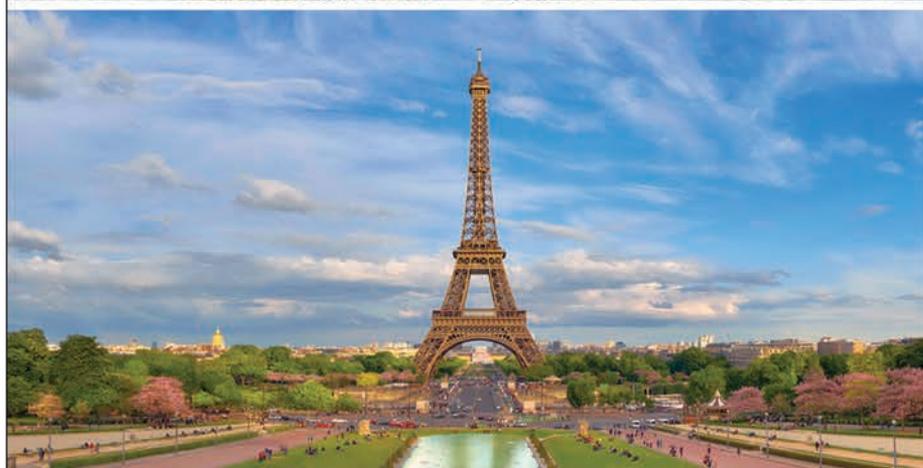


Foodies will have a field day at a variety of restaurants around the region. Find upscale French flair at the Delmonico Room at the Hotel Fauchere, or at the French Manor Inn & Spa. End the family-fun day at Kalahari's indoor water park with a juicy burger and a milkshake — topped with a donut at B-Lux Grill & Bar. Share a sunset toast with your travel buddy at The Dock on the third largest lake in the state, Lake Wallenpaupack.

While exploring the quaint downtowns, visitors find unique cafés, bakeries, ice cream parlors and coffee shops. The local breweries and wineries offer some of the tastiest beverages on the East Coast.

The Poconos' year-round cultural tours and art exhibitions, abundant antiques, brand-name shopping and full calendar of festivals showcase the heritage, music and food of the Pocono Mountains. If you are considering a vacation to this region, the friendly professionals who manage the Pocono Mountains Visitors Bureau are happy to help. **NOW**

Photos courtesy of PoconoMountains.com.



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Parker County Center of Hope

This Christ-centered ministry works to break the cycle of poverty by building relationships and accountability. They provide immediate assistance to those in need, but also work to help them become self-sufficient.

www.centerofhopetx.com
(817) 594-0266

Safe Harbor Counseling Center

Formed in 2004, this nonprofit is dedicated to providing professional counseling from a Christian perspective. They desire to be an extension of God's grace, mercy and healing at affordable prices based on a family's or individual's income.

www.safeharborcounseling.org
(817) 441-9345

Joseph Thomas Foundation

This organization works to support the needs of families with medically fragile children. They focus on spiritual, financial and emotional pressures by sharing funds and experiences with the families.

www.josephthomasfoundation.org
(325) 725-1380

Aledo Advocats

Women volunteers of this organization strive to help meet the needs of local children and their families. They use charitable donations to provide for medical and living expenses, clothing, field trips and senior expenses.

www.aledoadvocats.com
president@aledoadvocats.com

Parker County Gold Star Families

This organization exists to honor fallen soldiers and support the families left behind. They also raise funds to complete and maintain the beautiful Veteran's Memorial at Soldier Spring Park.

www.parkercountymemorial.com
Facebook: ParkerCountyGSF
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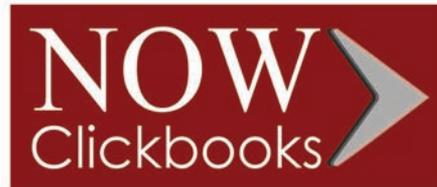
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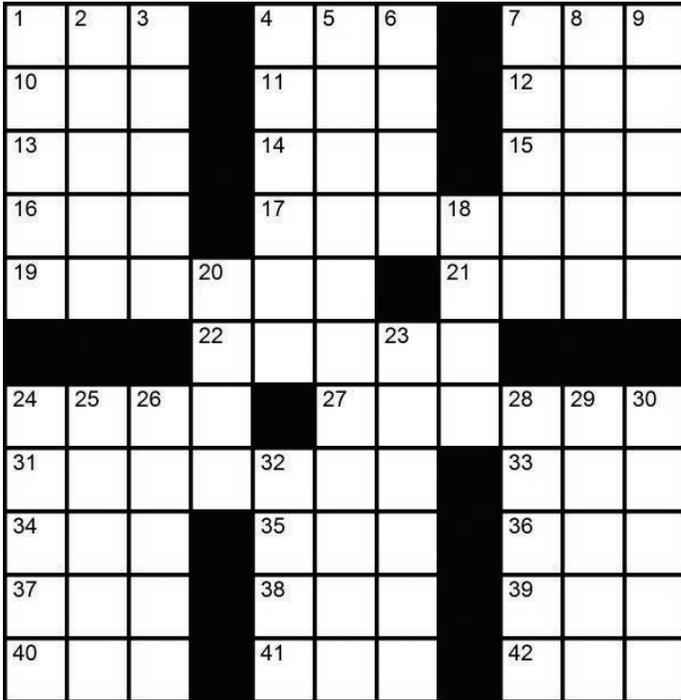


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Crossword Puzzle



Crosswordsite.com Ltd

Solutions on page 44

Across

- 1 British Delta Force equivalent
- 4 Short change?
- 7 Iraq war *casus belli*
- 10 Presidential advisory grp.
- 11 "Figured it out!"
- 12 Weeding implement
- 13 Diamonds
- 14 Actor --- Gibson
- 15 Admiration
- 16 Fiver
- 17 Built
- 19 Party, south of the border
- 21 Blades
- 22 Drop by unannounced
- 24 Transfer legally
- 27 Cover completely
- 31 Drafted
- 33 Observe
- 34 Free
- 35 El operator
- 36 Highest mountain in Crete
- 37 Repetitive behavior condition, for short
- 38 Atmosphere
- 39 Crackpot
- 40 Might
- 41 Statute
- 42 Navigational aid

Down

- 1 Smell
- 2 Computer data character set
- 3 Part of an act
- 4 Woke up
- 5 Healing
- 6 An auction
- 7 "Oh, --- Beautiful Mornin'"
- 8 Lawn-care buy
- 9 Real estate documents
- 18 Nam force
- 20 Vomit
- 23 To a certain extent
- 24 Information holder
- 25 "Fear of Fifty" author --- Jang
- 26 Annie's Lieutenant-General
- 28 On drugs
- 29 Introduced, with "to"
- 30 Achievements to be proud of
- 32 College sporting org.

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Sudoku Puzzle

Easy

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

Medium

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

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Solutions on page 44

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Fido for the Family

— By Amber D. Browne

For most couples with little ones, a pet is a necessity. Dogs provide hours of playtime for children, teach responsibility and offer unconditional love and companionship. But which dog breeds are best for children? The answer varies for each family depending on multiple factors including yard space, allergies and the child's age, among other things.

Soon-to-be dog owners with large, enclosed yards could choose more energetic breeds, since the dog has plenty of outdoor room for exercise. According to the American Kennel Club, the Labrador Retriever is friendly



and active, and as America's most popular breed, fits well with families. The Golden Retriever is obedient and devoted to its owner. Because of its patience, the breed does well with young children. The Beagle is also known to be great with children. The breed enjoys companionship, and its playful demeanor will provide hours of entertainment.

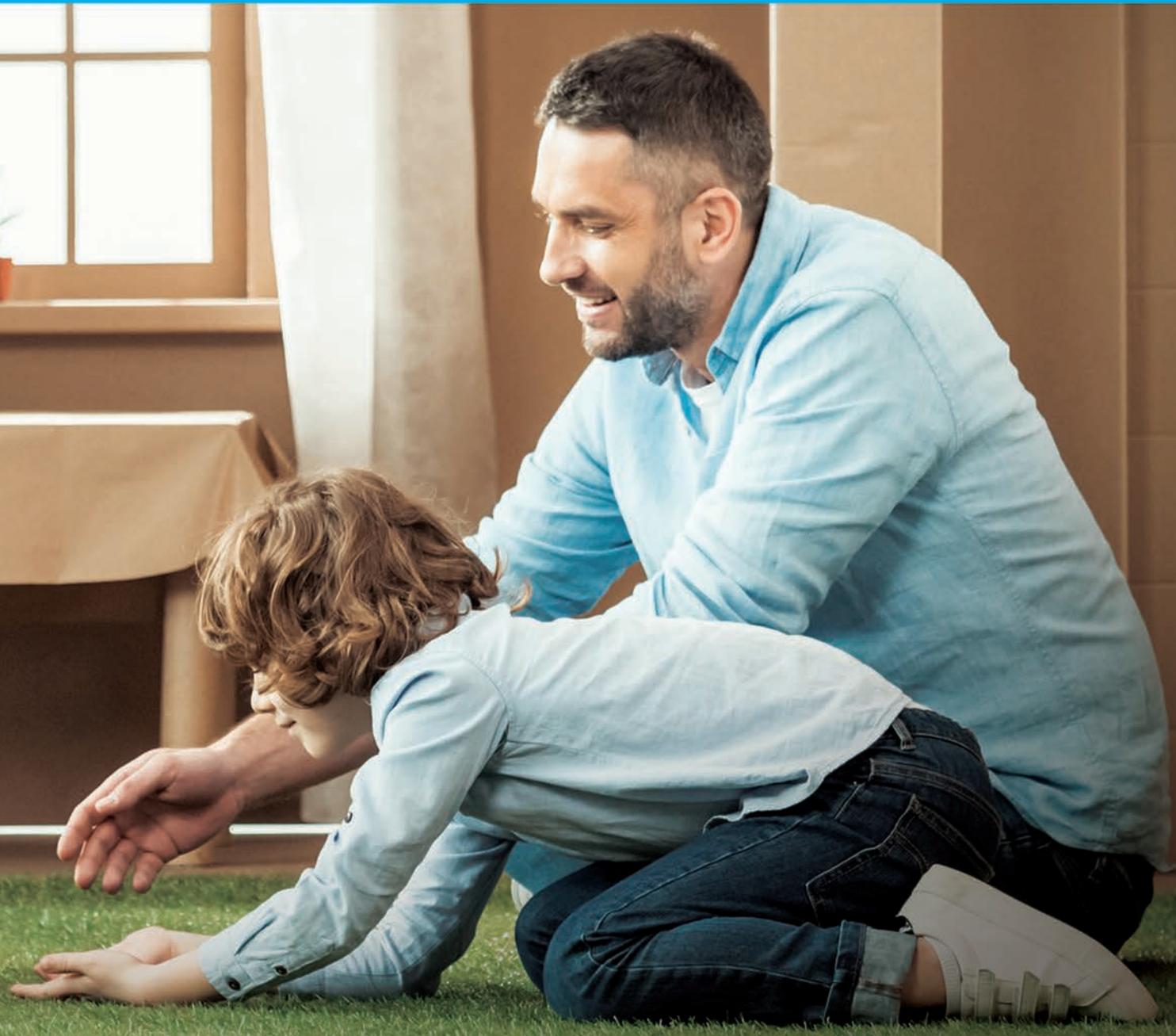
Apartment renters or homeowners with limited yard space could decide to add a smaller breed to the family. Small- to medium-sized breeds include the Bulldog, which is a patient pup, and the Bull Terrier. The Bull Terrier can be mischievous, but was bred to be a companion dog and is good with older children. Another popular breed for families is the Poodle. With multiple

sizes available, a miniature Poodle might be an option for families living in an apartment.

Because it is hypoallergenic, the Poodle is one breed better fit for families suffering with allergies. Another breed for allergy sufferers is the Soft Coated Wheaten Terrier, which has a happy disposition and is a devoted companion. Depending on the age of the child, parents must decide if a puppy or mature dog would be the perfect fit for the family. Puppies need to be trained, but the dog will grow and mature along with the child. An older dog will most likely have some training and can provide several years of companionship for an older child. As the child ages, he or she can take on more responsibilities when

caring for the pup. Younger children can help brush, feed and water the dog. Older children can walk the dog or even bake fresh puppy treats in the kitchen.

Whether parents decide to purchase or adopt the pup, they must do their research. Most adoption or rescue agencies know the breed or have an idea of the breeds if the animal is mixed. Whatever the case, families should look for a calm and friendly temperament, how the breed might interact with other pets, research possible health problems and determine if the dog will incur grooming expenses. Although adding a furry family member to the pack is a big responsibility, the memories made with children and adults alike are unforgettable. **NOW**





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3/8-3/24

Cocktails With Mimi:

Live production. **Fridays and Saturdays**, 8:00 p.m.; **Sundays**, 2:00 p.m. Theatre Off the Square, 114 N. Denton. (817) 341-8687 or www.theatreoffthesquare.org.

3/12

Spring Break Event:

Storytime/Steam Lab at the Doss. 2:00-3:00 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. (817) 599-6168 or www.dosscenter.org.

3/13

Spring Break Event:

Art Hour, 10:30-11:30 a.m., Homeschool Day, 1:00-3:00 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. (817) 599-6168 or www.dosscenter.org.

3/14

Spring Break Event:

Mobile Dairy, 10:30-11:30 a.m.; Ice Cream Lab, 2:00-3:00 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. (817) 599-6168 or www.dosscenter.org.

3/15

Spring Break Event:

Duck Tape Madness, 10:30-11:30 a.m.; Murder Mystery Night (Teens only), 6:00-8:00

p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. (817) 599-6168 or www.dosscenter.org.

3/15-3/16

Junkin' in the Hood:

Hosted by Granbury FUMC, features junk, vintage finds, antiques and chainsaw carvers. 2:30 p.m. auction on **Saturday** only. 9:00 a.m.-5:00 p.m., Warren's Backyard, 2901 Weatherford Hwy., Granbury. Joni Berry, (817) 219-4859, warrensbackyard@gmail.com or Kathleen Reed, (817) 408-7687, katreed05@sbcglobal.net.

3/21

Steam Lab at the Doss:

Free educational program. 4:30-5:30 p.m., Doss Heritage and Cultural Center. 1400 Texas Dr. (817) 599-6168 or www.dosscenter.org.

Quilter's Guild of Parker County:

Internationally known quilting artist, Jodi Barrows, speaking this month. Visitors welcome. 6:30 p.m., North Side Baptist Church, 910 N. Main St. www.quiltersguildofparkercounty.org.

3/28

Sanctified Hope Round Up:

Fundraiser for Sanctified Hope organization. Chuck Wagon Cuisine catering. Bring your friends, office or family. Tickets:

\$50. Tables and sponsorships available. 6:30-8:30 p.m., Parker County Sheriff's Posse, 2251 Mineral Wells Hwy. Contact Sharon Klahm-Hibler at sharon@sanctifiedhope.org or visit www.sanctifiedhope.org.

4/5

Friends of Weatherford Public Library Annual Luncheon:

11:30 a.m.-1:00 p.m., North Side Baptist Church, 910 N. Main St. Tickets available, Gail Greenfield, (817) 594-4473 or email gail.greenfield@sbcglobal.net.

4/6

Spring Fling:

Celebrate the long-awaited spring season with music, food, area artists and craftsmen. Admission: \$1/person. Free to vendors. 10:00 a.m.-3:00 p.m., Chandor Gardens, 711 W. Lee. www.ChandorGardens.com, (817) 613-1700, scross@weatherfordtx.gov.

Mondays

Lone Star Yoga Warriors:

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

First Mondays

Weatherford First Monday

Trade Days:

Event held on the first **Monday** of every month and the **Friday-Sunday** prior. One of the oldest open-air markets in Texas steeped in tradition and located in the heart of the historical district. Old traditions with a new look, attractions and fun activities. 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. For information, email rhamilton@weatherfordtx.gov or call (817) 598-4359.

Tuesdays

Storytime at the Doss:

Free educational program. 10:30 a.m., Doss Heritage and Cultural Center, 1400 Texas Dr. (817) 599-6168 or www.dosscenter.org.

Third Tuesdays

Parker County Cruisers:

The group for those interested in classic cars and specialty vehicles. 6:30 p.m., Mount Pleasant School, 213 Raymond George Way. (817) 994-0074.

First

Wednesdays

Zonta of Parker County:

Zonta is an International organization empowering women worldwide. Guests are always welcome. 11:30 a.m., North Side Baptist Church, Room 118. Brenda, (817) 771-9713.



PCCOA's 3rd Annual March for Meals:

5K walk and community event benefits Meals on Wheels and raises awareness. Following the 5K, enjoy a community festival with food trucks, live entertainment, a Doggie Fashion Show, exhibits and more. Registration, 8:30 a.m.; event, 9:00 a.m.-2:00 p.m., Weatherford Senior Center, 1225 Holland Lake Drive. Registration to walk or as a vendor, contact Michelle Hernandez (817) 596-4640 or www.pcco.org.

Second Wednesdays

The Twentieth Century Club:

Women's volunteer organization meets each month except in July and August. Begin with potluck lunch, followed by a short program and business meeting. Noon, 321 S. Main St. For information, call Karren Lucas at (817) 613-6697.

First and Third Thursdays

Connect Camp for Adults

With Dementia:

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

Second Thursdays

Gardeners' Club of Parker County:

10:00 a.m., St. Francis Church, 117 Ranch House Road, Willow Park. (817) 919-6280.

Third Thursdays

Ladies Night Out:

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

Second Fridays

Spring Creek Musical:

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

Second Saturdays

Living Waters Writers:

Christian writing group for encouragement and feedback. Open group and no charge. 10:00 a.m.-noon, call for temporary location in Granbury. Lisa, (817) 269-9066 or LisaBell@bylisabell.com.

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



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Jacob Sanchez
Diagnosed with autism

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1	S	2	A	3	S	4	C	5	T	6	S	7	W	8	M	9	D
10	N	S	C			11	A	H	A			12	H	O	E		
13	I	C	E			14	M	E	L			15	A	W	E		
16	F	I	N			17	E	R	E			18	C	T	E	D	
19	F	I	E			20	S	T	A			21	O	A	R	S	
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24	C	E	D	E			27	E	N	G		28	U	L	F		
31	D	R	A	W			32	N	U	P			33	S	E	E	
34	R	I	D				35	C	T	A			36	I	D	A	
37	O	C	D				38	A	I	R			39	N	U	T	
40	M	A	Y				41	A	C	T			42	G	P	S	

Easy

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

Medium

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



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