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APRIL 2015

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### ON THE COVER



*The Texas Pythian Home is an integral part of Kristin Watson's past and present in Weatherford.*

*Photo by Sarah McVean.*

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## Editor's Note

*Hi there, WeatherfordNOW readers!*

Warmer temperatures are here, and it's time to get outside and enjoy what the Weatherford area has to offer. As I take in a little fresh air walking around the downtowns of Weatherford and Aledo, I'm happily surprised by all of the businesses popping up in our area. With unique shops offering chocolates and the newest fashions to antique stores full of history and trendy restaurants with delicious

fare, our area is growing. Take an afternoon to discover the treasures we have in our own backyard, whether it be town favorites or the new business on the block.

Easter falls on Sunday, April 5 this year. Children will soon begin decorating brightly colored eggs and spend the afternoon searching for them with family and friends. At NOW Magazines, we wish you all a Happy Easter and a fun and safe April.

Take care!

### Amber

Amber D. Browne  
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# Family Bond

— By Amber D. Browne

*Family has been referred to as the nucleus of society. Family is what binds us together and plants roots for the tree of life. For Kristin Watson, family is what she was born into and what she has accepted into her heart along the way.*

Kristin and her family have a long history at the Texas Pythian Home in Weatherford. When she was an infant, Kristin's parents, Chris and Lisa Watson, became the dorm parents for Dorm B. She grew up with eight brothers from the dorm. "I'm an only child, so it was really neat to share my parents," Kristin said. "These kids felt so loved and so at home with my mom and dad, they even called them mom and dad." She lived in the dorm with her parents until she was 10.



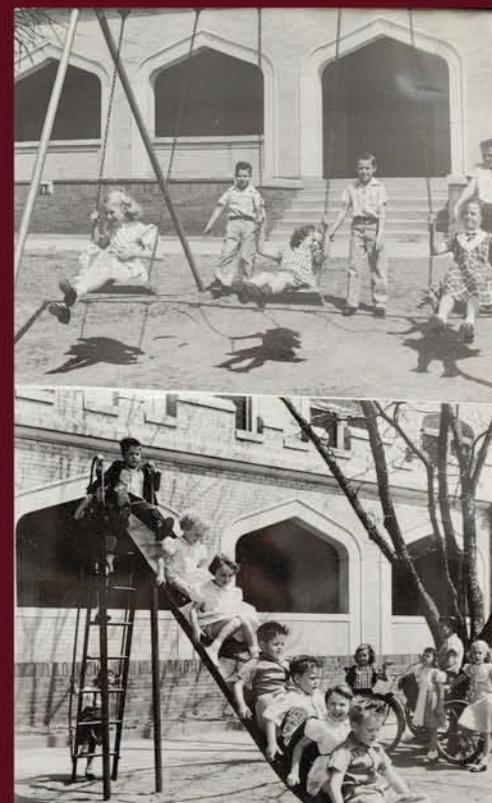


The Texas Pythian Home has been a family affair for the Watsons. Kristin's grandfather, Bob Watson, spent his childhood at the home. He became a member of the Knights of Pythias and remained active with the Pythian Home until he passed away in 1994. Over the years, his wife, Judy, worked as a cook and is now head of the kitchen at the Pythian Home. Kristin's parents came on board as dorm parents, and her mother is now the administrator. Her father is head of the maintenance department, and her aunt, Mitzi Davis, works in the kitchen. Although she no longer lives there, Kristin remains involved with the home.

When Kristin was 17, her mother became the administrator, so they moved back. "And I just moved out this past August," Kristin giggled. Growing up in the Texas Pythian Home, she learned a lot about the values of the Knights of Pythias and the Pythian Sisters. "To me, that was pretty cool. I really wanted to

be a part of it," she said. She is now a member of the Pythian Sisters and serves as the grand manager of Texas. "Our motto is purity, love, equality and fidelity. We're taught to give back. Since we are Pythian Sisters, I want to give back to the Pythian Home."

The Texas Pythian Home first opened in March 1909. Originally, it housed widows and orphans of Knights of Pythias members. The home has evolved over the years and is now a place for Texas children, ages 3 to 14, whose families need caretaking help. Parents voluntarily place their children into the home and keep their parental rights. "When they're ready, they can come and get their kids back. When the kids are with us, we try to show them as much of a model and structured family as we can," Kristin explained. The children attend Weatherford ISD during the school year and attend summer camps with the school district's Kids Unite program from June through August. Kristin has worked for the Kids Unite program for several years. During



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the summer, she teaches swimming lessons and is the lifeguard during their field trips to the Pythian Home pool.

Throughout the year, she volunteers in several capacities at the home. "I am the self-proclaimed Pythian Home historian," Kristin quipped. She frequently gives tours to visitors. She is working on a history degree at Tarleton State University and will graduate in May with a Bachelor of Arts in history. "I'm pretty sure I enjoy history because I grew up at the Pythian Home. I like history and old things," she said.

Kristin helps with the children's programs at the Pythian Home. Each year, she is responsible for teaching the young residents a dance to perform at area Pythias lodges. She also coordinates dance routines for the annual





homecoming event at the Pythian Home held each October. Prior residents and Knights of Pythias and members of Pythian Sisters from across the state attend the events.

Her passion for teaching children will expand once she receives her teacher certification through continuing education. She was recently hired as an instructional aide at Weatherford High School and previously substituted for the district. The children who live at the Pythian Home often greet Kristin with hugs when they see her at school, referring to her as sister. Kristin would like to teach middle school history and dance once she is certified.

Dance comes naturally to Kristin, and with 21 years of experience under her belt, she has plenty to offer the younger generation. As a member of the Blue Belle dance team at Weatherford High School, she entertained crowds at events across the U.S. "I've danced at the Macy's Thanksgiving Day Parade. I've danced at the Cowboys half-time for Thanksgiving three times," she said. After graduating high school in 2008, she joined the Apache Belles at Tyler Junior College. Kristin now shares her love of dance as a freelance choreographer for students in Weatherford. "I get to make up the dance. I get to see my ideas on a dance floor and see someone perform it," she added.

Dance isn't the only artistic form Kristin enjoys. Singing has been a constant pastime for her. When Kristin was in seventh grade, her church asked some of the youth to sing solos. She selected a Dixie Chicks song to belt out on stage. "I didn't know if I could sing or not. I was just singing," she shared.



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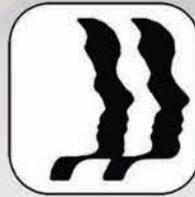
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Now, Kristin mostly sings in the choir at New Faith Baptist Church. However, she and her father are often caught singing Christmas carols throughout the year. “It makes me happy. It puts me in a good mood.”

Kristin’s future holds a career in education and a dream of having a family one day with her fiancé, Cody Johnson. Although weddings are held at the Pythian Home, Kristin doesn’t plan on getting married there. “It would be like getting married at my house,” she laughed.

When Kristin’s not spending time with her fiancé, in school or working in education, she’s at the Pythian Home. “We’ve always been involved with it one way or another. It’s very fulfilling to your heart,” she shared. “It’s a choice to work here and spend your time here. You know you’re doing the right thing when you see these kids.” The Pythian Home receives no government funding and survives on the generosity of others. Many local businesses and nonprofits support the Pythian Home with cash donations, pizza parties and more. “It’s cool there are so many generous people who want to help.”

The Pythian Home is known by other names — Castle on the Hill and The Castle That Love Built. Love is definitely the foundation of the Pythian Home. From the volunteers and staff to the dorm parents and residents, love and family are priorities. “It really does melt your heart. It’s a very rewarding job. It’s a very rewarding place,” Kristin shared. “You know these kids are being taken care of.” **NOW**



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# LEADING *With* EXPERIENCE

— By Amber D. Browne

*Atop a sturdy horse, nestled into the leather saddle sits a true cowboy. With his rope in hand, he holds on tightly as his horse jumps to get a quick start out of the gate. Hooves are pounding on the dirt, gaining speed. The cowboy releases his rope toward the calf. Stepping off his horse, he ties the animal, stopping the clock. Those were the days of competitive rodeo for Johnny Emmons.*

Rodeo has been a part of Johnny's life since the beginning. Johnny's late father, Johnny Emmons Sr., roped and owned a rope company in Mansfield. Johnny first got involved in roping at the age of 5, and with an arena in the backyard behind the shop, he got plenty of practice. "There were always cowboys and ropers coming through Mansfield who would stop by the rope shop," he explained. Seeing those cowboys follow their dreams gave Johnny the drive to pursue rodeo.

At age 10, Johnny began competing in junior rodeo and continued at Mansfield High School and Vernon College. "I turned pro right after that," Johnny explained. And what a professional career he's had. Inducted into the Texas Rodeo Cowboy Hall of Fame in April 2014, Johnny's photograph now hangs inside the Historic Cowtown Coliseum. "It was a great honor," he stated. "It's nice to be recognized and have people remember what





you've done," Johnny shared.

Over the years, Johnny competed professionally as a calf roper and in team roping. He won the Fort Worth Stock Show and Rodeo in 1989 and went to the Professional Rodeo Cowboys Association for the first time that year. The following year, although Johnny

**PARTICIPATING  
IN RODEO IS AN  
IMMENSE  
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AND TAKES  
A LOT OF  
DETERMINATION.**

finished 16th in the world, he didn't make it back to the national finals. At the time, he was married, and his father advised him to continue in professional rodeo or stay in Mansfield to work at the rope shop. "It's really tough to make a living in rodeo. Having a new wife and a baby, I guess I was a little scared to go out on the road. I chose to stay home and work in the family business," Johnny said. He competed in rodeo part time and qualified for the Texas Circuit Finals each year. He took home the title of that competition five times over the years. When his best friend, Bud Ford, qualified



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for the PRCA Wrangler National Finals Rodeo, Johnny began competing again full time. "I remember going out there and watching him and thinking that's what I'm supposed to do. I got really inspired to try it again," he added. Johnny picked up a few sponsorships and consistently competed in the PRCA Wrangler National Finals Rodeo during his career.

Johnny's final qualification for the Texas Circuit Finals, which includes the top 15 rodeo competitors in the Lone Star State, came in 2007. That year marked 20 consecutive years for Johnny to receive the coveted spot. "I'm probably as proud of that as anything I've done because of the longevity of it," he shared. He decided to step away from the competitive side of the sport about three years ago, but rodeo remains an integral part of his life.

In 2005, Johnny became the assistant head coach of the rodeo program at Weatherford College and is now in his third year as head coach. "I was nearing the end of my pro rodeo career," he shared. "I was searching and looking for things to do. I was still competing, and I had a little tack shop in Grandview where I used to live. I was doing a little bit of



everything just to make a living." He interviewed with then-head rodeo coach, Mike Brown. "Everything went well, and here we are."

As a kid, Johnny dreamed of becoming a coach and teacher. "At that time, I never realized there was such a thing as a rodeo coach. It came at a good time in my life, and it's something I wanted to do," he remarked. From managing the team each day and recruiting to taking



care of the school's rodeo facilities and the animals, Johnny stays busy. "I feed the cattle, mow and weed eat. I do it all," he laughed. Weatherford is a big draw for a lot of college students, especially in rodeo, so Johnny doesn't spend much time recruiting. "Weatherford is definitely a nice town. It's pretty here. There are a lot of horse people here." Numerous rodeos are held locally, so the Weatherford College rodeo team has ample opportunities to practice. Rodeos are held at the Cowtown Coliseum every weekend and throughout the year in Stephenville, Glen Rose, Decatur and Alvarado.

Participating in rodeo is an immense responsibility and takes a lot of determination. "It's like any sport," he said. "Rodeo will teach you humility, because you lose more times than you win." Johnny often gets compliments from other teachers about his rodeo students. "I think it's the students' upbringing. They start at a young age. They have a lot of responsibilities taking care of their animals and all the practice and hard work it takes to get good enough to compete at that level."

The co-ed team currently has nearly 60 members, which is the highest number to date. The students compete in multiple events including bareback riding, bull riding, steer wrestling and calf roping. Johnny's daughter, Krista, is on the team and competes in breakaway roping, goat tying and barrel racing. His daughter, Kayla, also participates in various rodeo events including Windy Ryon Memorial Roping in Saginaw.

The college is in the National Intercollegiate Rodeo Association's Southwest Region, which holds 10 rodeos each year. Students travel to compete in Alpine, Lubbock and Eastern New

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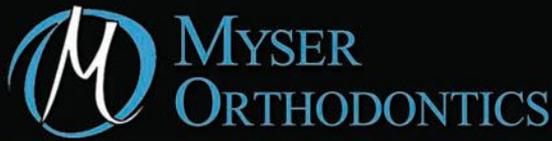
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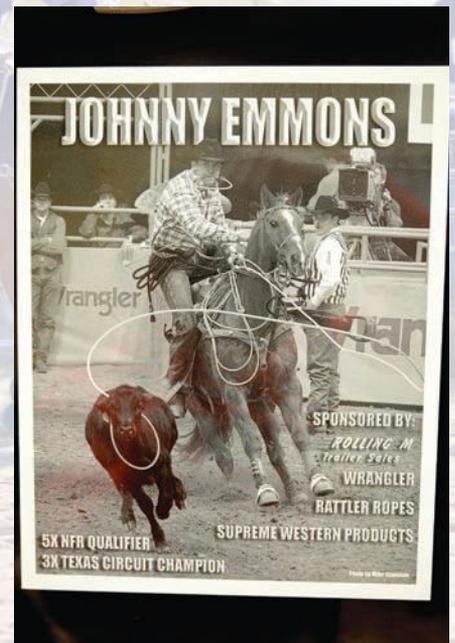
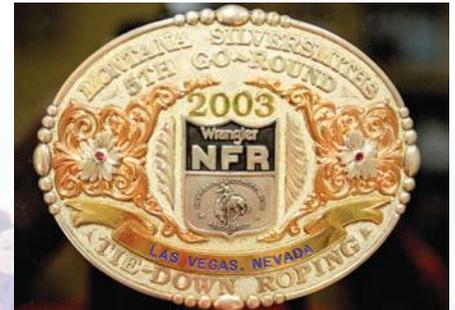


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Mexico, among other areas. Total scores from all 10 rodeos place the top three winners in each event into the College National Finals Rodeo.

“Teaching and mentoring college kids is a blast,” he shared. “It’s always a challenge with something new every day. I can’t ever see getting tired of it.” And students and other coaches within the Southwest Region must have noticed



his passion. They voted him 2013-2014 Coach of the Year.

Since beginning his coaching career at Weatherford College, Johnny has not only taught students, he got behind the desk again. He received his associate degree at Weatherford College and his bachelor’s at Tarleton State University. Now, he wants to work toward a master’s degree.

Johnny and his fiancée, Tonya Clifton, who competed in high school, both enjoy being in the saddle. Thinking back to his competitive days, Johnny’s face brightens. “It was always like a job or business for me,” he said. “I didn’t do it just for fun. But, now, with a job, I get to do it for fun.” **NOW**

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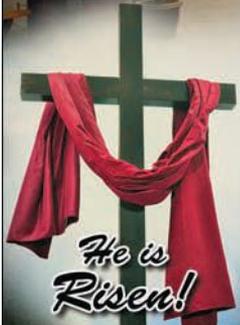
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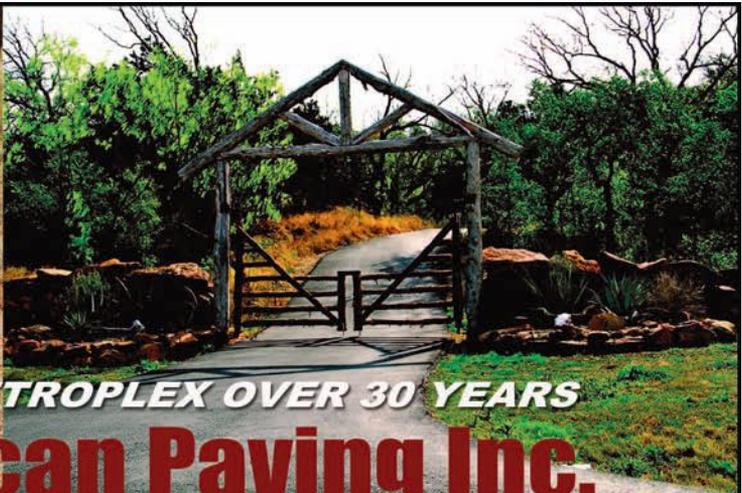
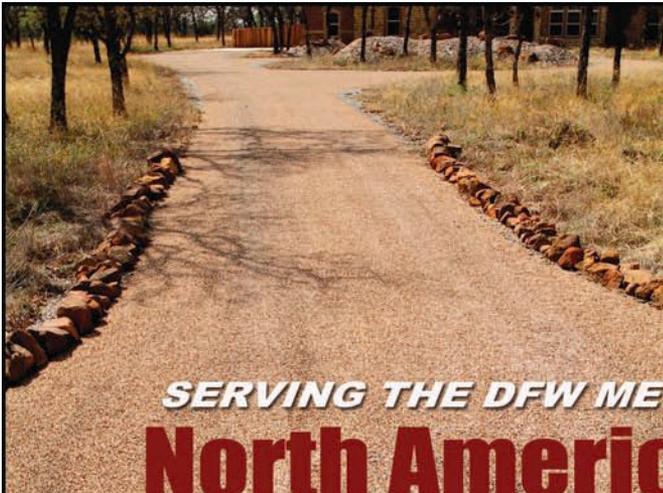
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# Milking the Blessing

— By Lisa Bell

*When Shirley married Don Smelley, she expected he would be a teacher, never dreaming they would run a dairy instead. “I couldn’t teach her to milk a cow,” he said, chuckling.*

Shirley credits God first for their many blessings, but those smelly cows had a part. “We owe all we have, all we are and all we hope to be to God and udders,” she said.

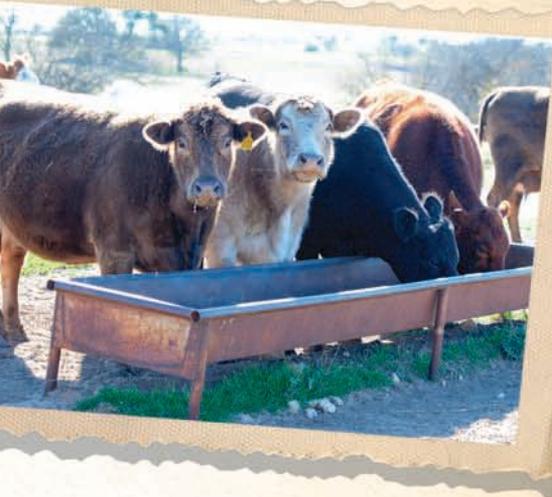
Don grew up on the same land he and Shirley now call home. A mutual friend introduced the couple while she was attending Texas Woman’s University. “I was chasing girls,” he said.

Shirley just shook her head. “He was student teaching at the time,” she said. Don claimed he chased her for two or three years. She simply



SMELLEY





## AT HOME WITH Don and Shirley Smelley

smiled and disagreed. Eventually, they married and lived happily ever after — most of the time. Through the years, they experienced good days and some excruciating ones. “We couldn’t have made it this far without the Lord,” Shirley said.

When their original dairy burned in 1960, they used land across the road to relocate. There, they built a state-of-the-art dairy and a four-bedroom home. After retiring from the dairy, they moved back to the original property and downsized to their current home. Throughout the house, three important things stand out — their faith, love for family and the cows, of course. Every room has one or all of these elements.



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Few people come to the front door. Most guests enter through the back. The couple often grills in the back and enjoys watching the animals and scenery. A welcoming atmosphere laced with love and friendship cements an invitation to relax. If the visit is timed right, the cows and llamas will greet

visitors, too. Although retired, Don still runs a cow and calf operation and does some farming. "It keeps me out of the pool halls," he said. The grin on his face suggests he never spent much time inside one.

Neither he nor Shirley had time to get in trouble. Running a successful dairy, serving on the boards of the school and Associated Milk Producers Inc., winning awards and raising five beautiful daughters have kept Don busy. Besides taking care of the girls and Don, Shirley won her fair share of awards, too. She sewed and ran a gift shop located at their dairy for a time. Both were very active in the school, community and North Side Baptist Church. Today, the couple volunteers more at church and at the Center of Hope once a month. They still enjoy going to Peaster volleyball and basketball games.

When entering their house, the view opens to the dining and living room. The kitchen is separated by a counter but still feels open to the other rooms. On two sides, windows without panes allow a connection between rooms, as

well. Counters and cabinets surround the kitchen, enabling lots of space to cook for family get-togethers. An old metal table belonging to Don's grandmother sits in the center of the kitchen, much like an island. Shirley has dubbed it the snack table. A unique pantry gives the kitchen a special touch. At first glance, it seems like an ordinary pantry. Inside, the middle shelves roll out and to the side, revealing hidden storage in a surprising double use of space.

Daughters — Sherri, Sheryl, Sherron and Shirley — and their families join the couple to celebrate birthdays over Sunday dinner most months. This month, they will celebrate a momentous 57th wedding anniversary.

The living room looks out to the front porch where they can sit on an old church pew to watch the cows. Shirley particularly likes seeing Don drive up in his red truck with the cows following him all the way to the feeding trough. They acquired the pew when their church did a sanctuary remodel. From the dining room, living room or front porch, they watch passing traffic. "I like it because I



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can sit here and see who's coming to see me," Don said.

Many pieces of furniture in the Smelley home represent a piece of history passed down through the generations. A refurbished rocking chair belonged to Don's grandmother. Her Victrola commands a corner, waiting to play the vinyl records stored inside. The walls host a myriad of family portraits, including one with all six of their grandchildren posed on a ladder when they were young children. While Shirley wants to update the photo, they aren't quite sure how to fit all of them on a cute little ladder any longer.

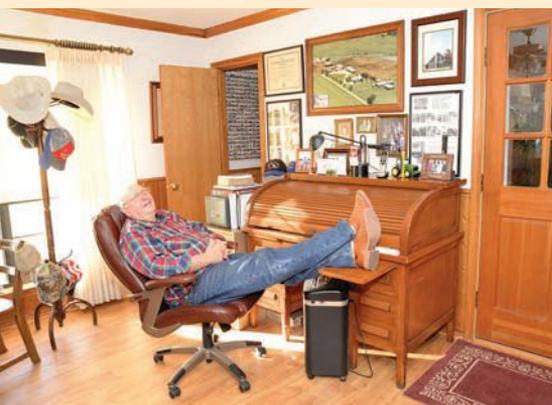
In the family room, which also doubles as Don's office, they have more antique pieces. A quilt box, handmade for Don's mother, acts as an end table. An upright piano, antique phone and other pieces all preserve history. One wall features the many awards and acknowledgements Don has received throughout the years. Above his desk, an aerial shot, like a pictorial history, reminds them of their dairy. A landscape painting hangs above the piano, one of two pictures in the house created by their daughter, Sharla.

The half-bath off the family room/office contains more cows than imaginable, a tribute to the means of their success. A corner sink adds a nice touch to the small room. The spare bedroom serves as Shirley's office, where she does genealogy. Several more family heirlooms decorate the room. One wall honors Sharla. A song she wrote and sang for her Papaw hangs framed on a wall in one bathroom. On her way to a bright future in mission work, a drunk driver silenced her at 23. Their daughter remains loved by her family.

Shirley remembers the day vividly. She and her eldest daughter had been out shopping. They came home to a



yard full of cars and people everywhere. The outpouring of support is what they love most about living in the community. As she tells the story, Don sobs. The love of a father doesn't end because his daughter passes away.



"He loves his girls, and they love their daddy," Shirley said. The county commissioner kept asking Don to rename the road leading to the dairy. After Sharla's death, he quit asking and renamed it in her honor.

While most of the house has neutral colors, the master bedroom has hunter green carpet and one green wall. Splashes of maroon complement the green and represent Texas A&M University. A portrait Shirley painted of Don is hung over the bed.

The same colors extend into the master bathroom. When they were designing the house, Don thought they might want a stained-glass window with a cow. After all, cows enabled them to build their beautiful new home. So, above their garden tub, a cow watches over them. Sunlight shines through the window, highlighting the green and maroon colors. Smaller cows sit around the tub, a gentle reminder every day of what brought them to where they are — God and udders. **NOW**



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# Outdoor Living

# Texas Style

— By Carolyn Wills

*Understandably it's no surprise Texans have long loved the joys of cooking and eating "out." Where else (OK, besides California) is the climate so conducive to outdoor living and the people so inclined to share great weather and food with family and friends? Texas is where perfectly prepared barbecue reigns as the undisputed goal for bragging rights, the governor's inaugural celebration fare and clearly the all-time favorite at holidays, family gatherings and Western-style weddings.*



Even our original and beloved TV show, *Dallas*, is credited with affecting America's outdoor cooking. According to [www.lagrillislands.com](http://www.lagrillislands.com), when the Ducane Company, a grill manufacturer, was asked to create a special island grill for the wealthy oil-drilling and cattle-ranching Ewings, their prefab design, consisting of dual grills surrounded by spacious counters, not only fulfilled the Ewings' needs but resulted in a huge demand from homeowners, which in turn, led to a whole new product line for the grilling industry.<sup>1</sup> The original *Dallas* series aired from 1978 to 1991, and today, that special prefab grill remains a backyard standard for many outdoor cooks.



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Dallas, though, is not alone in its influence. Today, broadcast channels like HGTV and DIY Network have introduced homeowners to the bigger, brighter, fancier world of fully functioning outdoor kitchens. Outdoor kitchens, aka patio or summer kitchens, have been around for decades, but according to [www.outdoorkitchenfranchise.com](http://www.outdoorkitchenfranchise.com), it took a collapsing housing market to spark their super surge in popularity. In



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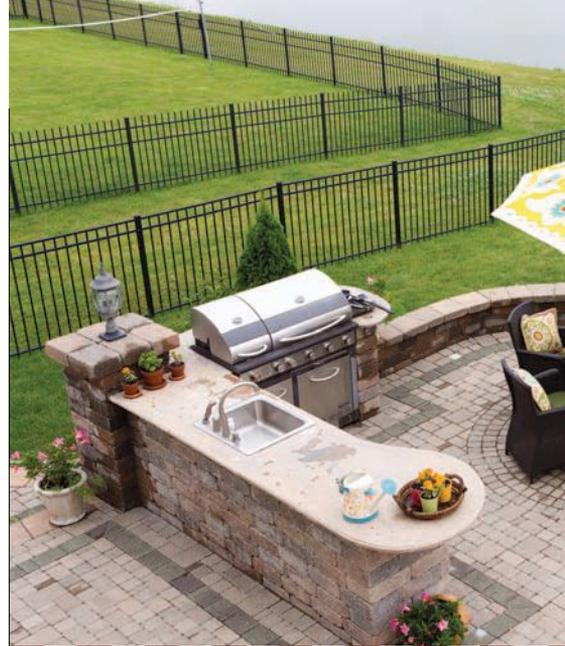
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the mid-2000s, the housing market plummeted and many homeowners saw the wisdom in and even necessity of staying home, remodeling. In the process, they realized the advantages of outdoor living, especially in climates like Texas.<sup>2</sup>

In a 2012 Residential Trend Survey, the American Society of Landscape Architects found America's infatuation with outdoor kitchens is continuing. So, what's it all about, then, this interest in cooking, dining and entertaining in the wide (or not-so-wide) expanses of the backyard?

### *First, the Downsides:*

- An outdoor kitchen is forever linked to weather conditions.
- Kitchenware and appliances can suffer from exposure and, potentially, are also vulnerable to theft.
- Noise, smoke and odors might challenge neighbors.
- Depending on layout, materials and features, an outdoor kitchen can be costly to build, and without careful consideration of standards, values and market conditions, their end return could prove negligible.
- Costs are not declining. From a few simple features to a chef's dream, outdoor kitchens range in cost from \$3,000 to upwards of \$100,000. According to *The Wall Street Journal*, high-end outdoor equipment manufacturer, Kalamazoo Outdoor Gourmet, says their average outdoor kitchen built in 2012 cost \$40,000, up from \$30,000 in 2010.<sup>3</sup>

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## Now, the Upsides:

- Outdoor kitchens are fun, which is the No. 1 reason to have one. They encourage time outside, cooking, relaxing with family and friends, swimming (if there's a pool), watching TV, having parties or intimate dinners and enjoying food that can only taste so good because it's cooked outside. Let's face it, nothing compares to the flavor of a grill or an outdoor pizza oven.
- They add to a home's livable space and entertainment options.
- They help equalize cooking duties and encourage group participation with meal preparation and cleanup.
- They engender a certain pride of ownership. With luck, when it's time to sell they become a hot selling point with potential profit on investment, or at the very least, an extra drawing card for potential buyers.
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### *What You Need to Know:*

- Outdoor kitchens designed with homeowners' needs and budgets in mind offer the greatest return on enjoyment, investment and peace of mind.
  - The grill must be the star attraction.
  - Hiring a contractor is a good idea. (Some projects may allow for do-it-yourself skills, but professionals are needed when plumbing, electrical and gas are involved.)
    - Use wisdom: Be aware of neighborhood home values, stay close to that standard and beware of overbuilding.
    - Permits, codes and standards vary by city. In Texas, permits are generally required for any home improvement beyond painting or simple cosmetics. Be aware and adhere to codes and standards (another advantage in hiring a contractor).
    - When designing an outdoor kitchen, it's smart to complement the home's exterior, decorate for the comfort of the indoors and resilience for the outdoors and to pay attention to flooring, walls and ceilings.
    - Within budget, it's advisable to buy top-of-the-line appliances starting with the best barbecue grill.

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For homeowners who love cooking, entertaining and the outdoor lifestyle, the upsides of having a personal outdoor kitchen greatly outweigh the downsides. Options are endless. Building can involve do-it-yourself, budget-conscious work and the whole process can be done in stages. Texans, other than the Ewings, can also afford the joys of an outdoor kitchen, since Texas is the perfect place to have one! **NOW**

### Sources:

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— By Amber D. Browne

Growing up with a father in dentistry, Michael Shelby, DMD, was naturally inclined to move into the family business. His father, David Shelby, owned a practice in a small town in Montana. “I’ve always loved it. I was raised around it. I enjoy it very much,” Dr. Shelby shared. Dr. Shelby graduated from the University of Montana with an undergraduate degree in biology. He then received a doctorate of dental medicine from Nova Southeastern University and began his career in general dentistry at his father’s practice and owned a dental practice for seven years. When someone offered to purchase his practice, Dr. Shelby and his family decided to move south in 2013.

After visiting several cities in the Lone Star State, they purchased a home in Weatherford. “When we saw Weatherford,

everything was so perfect here,” he said. “It just felt right.” Dr. Shelby worked briefly for a larger practice in Fort Worth and then traveled to and from North Dakota and Montana to provide general dentistry services at smaller practices. “There is a direct flight to Fargo,” he laughed.

Dr. Shelby discovered the perfect spot for his practice on Fort Worth Highway. “Louie Lu, the owner of the building, has been such a great landlord and friend to all his renters,” he said. A week before Shelby Dental opened its doors in February 2014, Dr. Shelby and his wife, Kathleen, welcomed a fourth daughter to the family. Their school-aged daughters attend Weatherford Christian School. “We really love the religious and family-oriented community. That’s very important to us.”

Dr. Shelby feels the Weatherford community has been a good fit for his dental practice. “We’ve had a really good response. We have great patients,” he explained. Shelby Dental is taking new patients and accepts most major insurances. Patients of all ages are welcome, and once in the dental chair, they can expect to be treated like family. “We will go out of our way to make sure you are taken care of. We make sure everyone is treated well and feels comfortable,” he stated. The Shelby Dental staff includes three other employees. Diana Cocanour is the certified hygienist, Tiffany Stephens is the assistant and Candace Hardin works the front office.

Shelby Dental provides general dental work from cleanings and exams to fillings, bridges and extractions. The office refers orthodontics, root canals and complicated extractions, such as wisdom teeth, to specialists. Cleanings are recommended every six months, with exams and X-rays scheduled annually. Dr. Shelby suggests making an appointment if you experience pain or sensitivity. “It could be as simple as something you notice is different in your mouth,” he said. “The best thing is just to stay on a regular schedule for exams and cleanings.”

Dr. Shelby enjoys working with patients, using cosmetics to achieve their perfect smile, and offers teeth whitening kits and veneers, among other aesthetic services. “I really like the art and the science of dentistry. In dentistry, you have to be quite artistic, especially in aesthetic cases. You have to pick different colors and shapes. You design how someone will smile,” he explained. “It’s also nice to help people.”

Sometimes, patients may be hesitant to go to the dentist. The reason could be because it has been awhile since they have had a dental exam or maybe they are nervous. “We do see a lot of people who may be uncomfortable with where they’re at, and I would say 95 percent of the time, it’s something simple,” he stated. “Just relax. We’re going to take good care of you.” **NOW**

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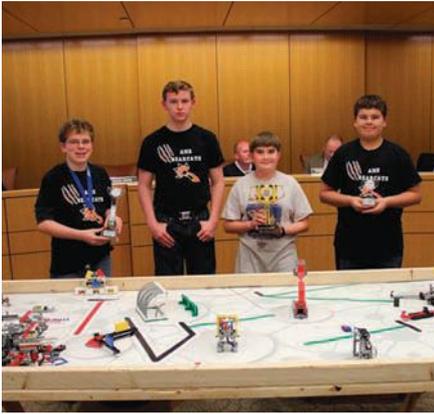
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*The First Lego League team at Aledo Middle School shows off their robots to the school board and community members after winning a spot to participate in the regional competition.*



*As part of the Great Kindness Challenge 2015, students in Mrs. Kelly Varbola's fourth grade class at Curtis Elementary offer appreciation letters to City of Weatherford Sanitation Department workers.*



*Weatherford Christian School students learn how to build and test experiments from Lockheed Martin representatives during National Engineers Week.*



*These folks enjoy a cold one at Antebellum Alehouse.*



*Ryan, Sarah and Madison Franklin enjoy breakfast for dinner at the Rotary Club of Weatherford's Annual Pancake Supper.*



*Jill and James Albritton enjoy lunch at Slice the Pizza Spot in Aledo.*



*Weatherford College officials and Texas Health Resources representatives tour the Don Allen Health Science Building and discuss potential partnership opportunities.*



*Parker County Quilt Guild Auction chairman Mary Williams shows off the Churn Dash quilt, which is one of many available at the group's Annual Quilt Auction.*



*Laura Enlow, City of Willow Park Development Department planning and permit technician, takes a look at some drawings.*



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# Protect Seniors From Financial Abuse

It's unfortunate but true: The elderly population is targeted for financial abuse or exploitation. In fact, by some estimates, this type of targeted abuse results in *billions* of dollars in losses each year. If you have elderly parents, what signs should you watch for to determine their vulnerability? And what can you do to help protect your parents from being victimized?

In regard to the first question — signs of vulnerability — the most important thing to watch for is your parents' mental state. As you know, many people go through their entire lives with their faculties intact — but even if this is the case with your parents, you still may want to be on guard against them falling prey to unscrupulous operators. And if you have noticed your parents becoming forgetful, confused, overly agitated or showing any other signs of possibly diminished mental capacity, you may want to be particularly vigilant for the appearance of financial irregularities.

If you don't think your parents are, as yet, victims of fraud or abuse, you can take steps to help protect them. Most importantly, maintain constant communication with them and be aware of what's going on in their lives. Also, consider the following actions:

- **Advise parents on precautionary measures.** Suggest to your parents that they take several common-sense steps to avoid financial scams. For example, urge them to never give personal information over the phone or in response to emails. Since these types of requests are the most common methods used to perpetrate scams, encourage your parents to put all such solicitations — as well as requests for money — in the “trash” folder. Also, ask your parents to remove paper mail promptly from their mailbox. Resourceful identity thieves have been known to steal mail and extract key pieces of personal information from financial statements or correspondence from Social Security. And if your parents don't already have

a paper shredder, present one to them as a gift and show them how to use it to delete old statements, credit card offers and similar documents.

- **Check for legal documents.** Your parents, like everyone, should have a will and a durable power of attorney. These documents will enable someone they trust implicitly to handle their finances if they can't. Discussing these types of issues with your parents may not be easy, but it's certainly important.

- **Review parents' situation regularly.** Many parents are not comfortable sharing the specifics of their financial situation with their adult children. Yet, as much as you can, try to periodically review your parents' insurance, banking and investment statements. These meetings give you good opportunities to look for irregularities or suspicious activities, such as significant changes in their spending patterns, unusual cash withdrawals or transfers from their bank accounts, or sudden transfers of assets to a relative or someone outside the family.

- **Know the professionals.** Your parents may not be totally at ease involving you with their financial and tax advisors. However, using your discretion, see if you can accompany your parents when they meet with their advisors. If these people are legitimate professionals, they will not object to your interest in your parents' affairs — in fact, they should welcome it.

Your parents have done a lot for you. You can help repay them by doing your part to help protect them from threats to their financial security. **NOW**

*Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.*

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.*

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# Measles Again

— By Betty Tryon, BSN

What is going on with measles? The United States was well on its way to eliminating this viral infection from this country. But today, measles (*rubeola*) is making a distressing comeback in big numbers. Recently, a visitor to Disneyland ended up bringing more than expectations for a fun-filled day. This person brought measles, which set off a reaction of contagion across multiple states and involving over 100 people. Many of those who were diagnosed with measles were directly connected to the case at Disneyland.

Over the years, there has been a steady decline in immunization rates. More and more citizens are traveling to countries that are still battling the disease. Reason dictates if you haven't been vaccinated, travel to a country with measles and come in contact with someone with the infection, you are more than likely to contract the infection and bring it home with you. Those who come in contact with you who have not been immunized will more than likely get measles, too. And, so the cycle will repeat itself until the immunization rates start to rise again.

Measles is highly contagious, which makes it so easy to catch from another person. Adding to the difficulty of contagion, measles is transmissible about four days prior to the rash's appearance. The symptoms of coughing, runny nose, sore throat, fever and conjunctivitis are symptomatic of many respiratory

illnesses. Unless someone knows they have been exposed to measles, the diagnosis of measles probably will not be made until a rash known as Koplik spots appear.

Measles is not a benign illness. Thirty percent of people who get measles also develop secondary infections such as pneumonia, bronchitis, inflammation of the brain, diarrhea and ear infections. Measles in pregnant individuals can lead to premature birth or even pregnancy loss.

If you do contract measles, rest as much as possible. Take palliative measures to ease your symptoms, such as fever reducers and drink lots of liquids. Fever can be dehydrating. A humidifier can be helpful for your cough and sore throat. Check with your doctor before taking herbal supplements or vitamins for your symptoms.

If you want to eliminate your chances of contracting measles, then immunization is the most recommended course of action. If you choose not to take advantage of immunization, then please follow your doctor's instructions on what to do in case of a local outbreak. The only way to avoid the illness is to get your shots. **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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### April 4

Chandor Gardens Spring Fling: 9:00 a.m.-3:00 p.m., Chandor Gardens, 711 W. Lee Ave. The event features artists, crafters and food vendors. Admission is \$1 ages 12 and older; children 11 and under are free. Call (817) 613-1700 for more.

### April 4, 11, 18, 25

Parker Paws Adoption Events: 11:00 a.m.-2:00 p.m., PetSmart, 138 E. Interstate 20. Furry friends will be available for adoption. Visit [www.parkerpaws.org](http://www.parkerpaws.org) or call (817) 694-5718 for more information.

### April 9

Gardeners' Club of Parker County monthly meeting: 10:00a.m., St. Francis Church, 117 Ranch House Rd., Willow Park.

### April 11

Parker County Master Gardener Spring Plant Sale: 8:00 a.m.-noon, Texas A&M AgriLife Extension Office 604 N. Main St. A variety of annuals, perennials and more will be available for sale. Call (817) 598-6096 for more information.

### April 16

2015 Chamber Spring Swing Golf Tournament: 1:00 pm-7:00 p.m., Sugar

Tree Golf Club, 251 Sugar Tree Dr., Lipan. Tournament cost is \$100 per person or \$400 per team. Find out more at [www.weatherford-chamber.com](http://www.weatherford-chamber.com) or by calling (817) 596-3801.

Annual Quilt Auction: 6:30 p.m., Grace First Presbyterian Church, 606 Mockingbird Ln. The Quilter's Guild of Parker County will offer quilts for bidding. Find out more at [www.parkerquilts.com](http://www.parkerquilts.com).

### April 16 — 18

*Oklahoma:* **Thursday — Saturday**, 7:00 p.m.; **Saturday**: 1:00 p.m., Texas Opry Theater, 319 York Ave. Trinity Christian Academy will present the musical by Rodgers and Hammerstein. Tickets are \$10 for adults and \$8 for students and senior citizens. Visit [www.tcaeagles.org](http://www.tcaeagles.org) for more information.

### April 18

13th Annual Moritz Chevrolet Ride for Heroes: 8:30 a.m., Aledo High School, 1000 Bailey Ranch Rd., Aledo. Cyclists will bike on various routes to benefit area fire departments, the Parker County Sheriff's Reserve, Center of Hope and the Weatherford Citizen Police Academy Alumni Association. For more information, visit [www.rideforheroes.org](http://www.rideforheroes.org).

Take Back Meds Program: 10:00 a.m.-2:00 p.m., North End Parking Lot at First Monday Grounds, 200 Santa Fe Dr. Residents can turn in unused or expired medications to help prevent drug abuse and protect the environment. For more information, call (817) 598.4275 or visit [www.weatherfordtx.gov/expiredmeds](http://www.weatherfordtx.gov/expiredmeds).

### April 25

5th Annual Weatherford Blooms — Home and Garden Festival: 9:00 a.m.-3:00 p.m., Weatherford Downtown Square and York St. Vendors will offer plants, home decor and more. Call (817) 598-4034 to find out more.

### May 1

Friends of the Weatherford Public Library Spring Luncheon: 11:30 a.m.-1:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Author and daughter of legendary motivational icon Zig Ziglar, Julie Ziglar Norman, will speak at the luncheon. Email [friendsofwpl@yahoo.com](mailto:friendsofwpl@yahoo.com) or call (817) 594-4473 for more.

*Submissions are welcome and published as space allows. Send your event details to [amber.browne@nowmagazines.com](mailto:amber.browne@nowmagazines.com).*



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## In the Kitchen With Michelle Frank

— *By Amber D. Browne*

Cooking at home is a must for Michelle Frank. “I like to eat, and it might as well be something good. It’s a bonus if it’s healthy, too,” Michelle shared. Michelle is inspired by food bloggers and finds new recipes online and in magazines. She often changes ingredients to customize dishes.

The oldest of five children, Michelle was young when she learned how to cook from her mother. With her husband, Matt, by her side, Michelle now shares cooking tips with their 10-year-old daughter, Madison.

Although busy as a real estate agent, Michelle finds time to do yoga, hike and swim. Most years, her family vacations along the Florida coast. “We make it our goal to eat as much seafood and try as many new things as possible.” **NOW**

### Lasagna

**1 lb. Italian sausage, ground beef or ground turkey**  
**1 36-oz. jar spaghetti sauce**  
**1 cup water**  
**2 eggs**  
**16-oz. ricotta cheese**  
**16-oz. lasagna noodles**  
**2 cups mozzarella cheese, shredded**  
**1/2 cup Parmesan cheese, shredded**  
**Italian seasoning (optional)**

1. Brown and crumble meat; drain. In a bowl, mix spaghetti sauce with water. In a separate bowl, beat eggs and mix in ricotta.
2. In a 9x13-inch pan, pour a layer of spaghetti sauce mixture; add a layer of uncooked lasagna noodles. Spread ricotta mixture on noodles; add a layer of meat and cheeses; repeat, topping with layer of noodles, more sauce and cheese.
3. Sprinkle Italian seasoning on top. Cover tightly with foil; put pan on a cookie sheet.

Bake at 375 F for 1 hour; remove foil and bake for an additional 10-20 minutes or until cheese turns golden brown.

### Chicken Parmesan

**1 lb. chicken breast or tenders**  
**1/3 cup Italian breadcrumbs**  
**1/3 cup Parmesan cheese, shredded**  
**1-2 Tbsp. olive oil**  
**Salt and pepper, to taste**  
**24-oz. spaghetti sauce**  
**3/4 cup mozzarella cheese**  
**Spaghetti noodles, cooked**

1. Pound chicken breast to 1/2-inch thickness and cut into smaller pieces. In a bowl, combine breadcrumbs and Parmesan cheese; coat chicken with mixture.
2. Heat olive oil in large skillet on medium-high. Lightly brown a each side of chicken. Salt and pepper chicken while in pan; turn heat to low. When chicken is cooked thoroughly, spoon about 1/2 cup of

spaghetti sauce on top of chicken; top with mozzarella cheese. Turn heat off and place lid tightly on skillet to melt cheese. Serve with spaghetti noodles and sauce.

### Shrimp and Mushroom Pasta

**1-2 Tbsp. olive oil**  
**1 medium onion, chopped**  
**2-3 cloves garlic, minced**  
**8-oz. fresh mushrooms, rinsed and sliced**  
**1/2 cup half-and-half**  
**1 cup Parmesan cheese, grated**  
**12-oz. shrimp, peeled, detailed and deveined**  
**Salt and pepper, to taste**  
**Garlic powder, to taste**  
**10-12 oz. bowtie pasta**

1. Heat oil in a skillet on medium-high; add onions and reduce to low heat. When onions soften, add garlic and mushrooms. Cook until mushrooms and onions are tender.
2. Turn heat to medium-high; stir in half-and-half and bring to a boil.
3. Turn heat to low; add Parmesan and stir until cheese is melted. Add shrimp and seasonings, cover and turn off heat.
4. Cook bowtie pasta according to directions. If sauce is too thick, add a little pasta water to achieve desired consistency. Add pasta to sauce and enjoy.

### Spaghetti and Meatballs

**1-2 Tbsp. olive oil**  
**1 medium onion, chopped**  
**2-3 cloves garlic, minced**  
**1 lb. ground beef or turkey**  
**2 Tbsp. Worcestershire sauce**  
**1 14.5-oz. can diced tomatoes**  
**1 14.5-oz. can tomato sauce**  
**14.5-oz. water**  
**Spaghetti noodles, cooked**

1. Heat oil in a skillet on medium-high heat. Add onions; reduce heat to low. Soften onions; add garlic.
2. Roll ground beef or turkey into small meatballs; add to onions and garlic. Place lid on skillet and allow meat to cook about 5 minutes, turning once. Add next 4 ingredients. Bring to rolling boil. Place lid on skillet and simmer for 20-30 minutes, until sauce reaches desired consistency. Serve over noodles.

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