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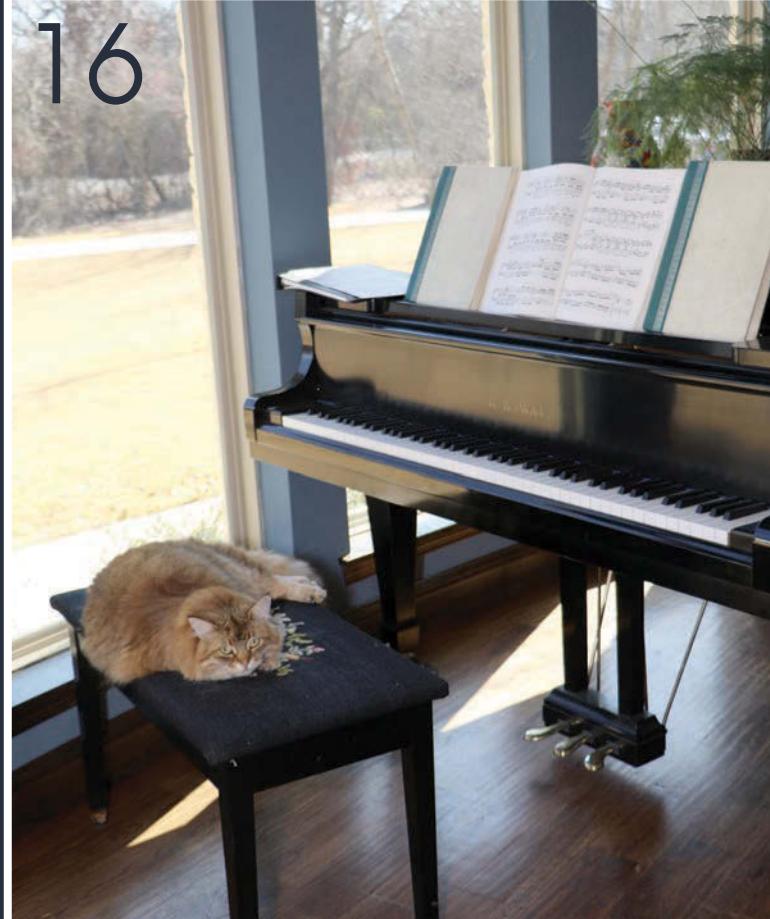
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ON THE COVER

Sarah Porter and her Arabian horse share mutual love and admiration.

Photo by
Kenzie Luke.

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Lisa

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EDITOR'S NOTE

Hello, Weatherford Friends!

The wonder of spring still amazes me — new life sprouting up everywhere. Even in my own family, I have a newborn grandson and a granddaughter soon to follow. The face of a baby reflects awe I find in few other places. Pondering tiny fingers and toes leaves me wowed. But then, I'm easily astonished. Every spring, life appears everywhere I turn. Yet, when I see tiny buds on trees, green grass appearing among the brown blades and flowers popping up out of nowhere, they all still command my attention.

This year, I realized Easter falls on April Fool's Day. That astonished me, since I don't remember ever seeing this particular thing before. In fact, according to www.bitsandpieces.us, the last time the two coincided was in 1956 — slightly before my time. The congruent days won't happen again until 2029. So, perhaps I'm right to stop for a moment and reflect on this happening. I'm not sure what to make of it. The two really don't complement each other, although the resurrection we now celebrate on Easter certainly seemed like a cruel joke to some people. For me, personally, Easter isn't about the bunnies, chicks and eggs. It's about life. And celebrating life of all kinds any day ought to produce a sense of awe.

Happy April!

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You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

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

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

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

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

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

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

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

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

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

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

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

MYTH: DISC Bulges or herniations require surgery.

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

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

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

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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

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TOP TIER LEADER

Entering the arena on the back of an Arabian horse, a rush of adrenaline fills Sarah Porter. She takes a deep breath as the music begins. She focuses in on the flesh beneath her and tunes out everything but her horse and two voices on the rail — her trainer, Josh Quintus, and her aunt, Robin Porter. Matched in appearance, style and grace, Sarah and her horse move in perfect timing, making it look easy and effortless. Chemistry flows between the two, creating a picture-perfect image capable of winning awards. After 10 years of riding and showing, she knows the drill and, with the horses, takes it all in stride.

ER

— By Lisa Bell





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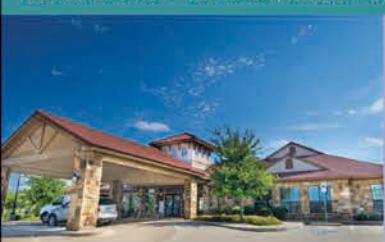
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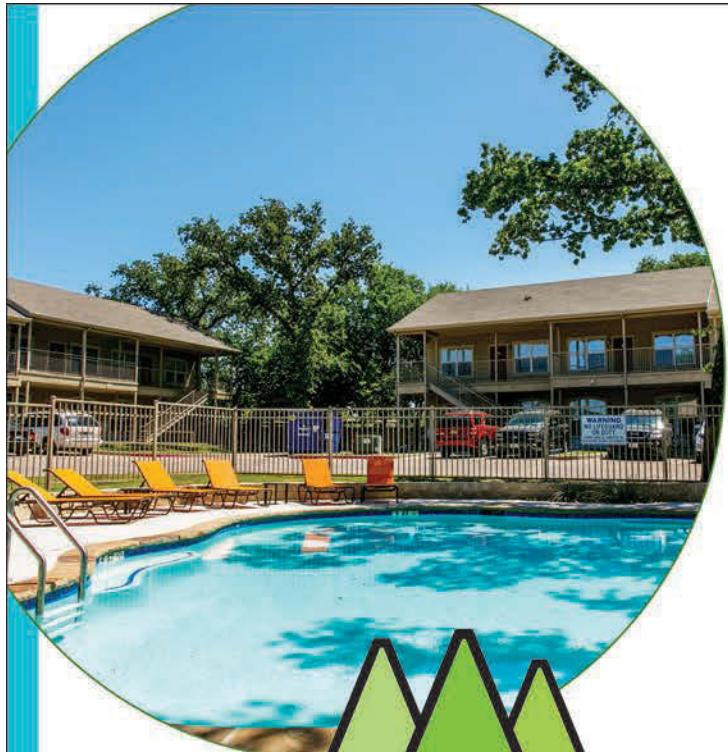
At 7 years old, Sarah rode and showed hunters, a type of horse, but not a distinctive breed. But her aunt bred Arabian horses. Once the little girl got to know the unique personalities found in Arabians, she fell in love with them and never looked back. Although Josh doesn't normally take youth riders, he accepted the role of trainer for Sarah when she was 9. "That was the biggest blessing in my life," she said. Now at 17, she owns two of her own, Junie Moon HA and Russell Crowe. When Josh found Russell, he was pretty beat up, much like Maximus in the 2000 movie, *Gladiator*. So, they named him after the lead actor.

Sarah shows her horses, plus one belonging to her aunt, Caliente Virtuoso. In doing so, she has become embedded in the Arabian Horse Association world. For her, winning isn't the most important

Sarah and her horse move in perfect timing, making it look easy and effortless.

thing. It's about the horse and the ride. She still cries every time. Both Robin and Josh tell her the same thing repeatedly. "As long as you learn something, you won." Nevertheless, she has enough awards that she doesn't remember the number offhand. Each horse show generally includes three showings, so she has multiple awards, including many at the national level. She takes pride in the titles but cares more about knowing she did her very best.

This lovely young woman is learning more than just about horses. At 17, she is the vice president on the Board of Directors for the Arabian Horse Youth Association. She hopes to run for director and plans to seek a college scholarship through the organization. Region 9 covers Texas, Oklahoma, Arkansas and Louisiana. As the youth director for the region, Sarah gets to handle events. She'd like



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to be director for the nation. She is also the chairperson for fundraising and membership. In these roles, Sarah is honing a valuable skill set, which will serve her well no matter what she does later in life. That's an added bonus she didn't necessarily plan or expect but recognizes as an extraordinary blessing.

Last year, she planned a charity event at Youth Nationals in July. They will repeat it again this year. The event, called Something Old/Something New, paired the experienced youth riders with non-riding parents. In one night, they brought in \$80,000. The funds supported Arabian Horsemen's Distress Fund, Youth Scholarship Fund, Friends of Vail and the Arabian Horse Foundation.

Sarah's parents, Kay and Howard, don't ride or show, but they support their daughter in her endeavors. They tell her, "As long as it's your passion, we'll support you in anything." Her grandmother, Maudi Fleming, is perhaps her absolute biggest supporter. A fellow rider, she and Sarah have a great relationship.

"I have pretty great parents," Sarah said. "I couldn't ask for better."

Her younger brother, James, is a freshman. "We're best friends," she confessed. "We would do anything for each other." The siblings are very protective of each other. James



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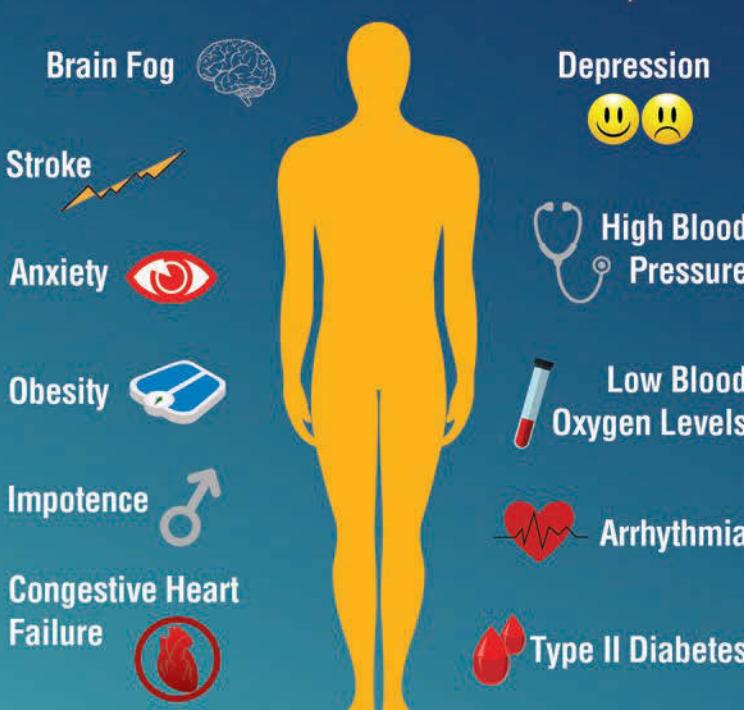
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likes horses, but he is much more interested in gunsmithing, firefighting and scuba diving. At 15, he is a certified rescue diver. The whole family holds diving certifications, but James is passionate about helping people, as well.

While Sarah loves horses in general, the Arabians are special. Believed to be the oldest breed of horse, they came from the desert and very harsh conditions, which gives them an immense amount of stamina. Families often shared food, water and even tents with their horses. Thus, over time, the horses grew in intelligence and fondness for humans. According to Sarah, they put in 110 percent every time, pushing her to give more. "We do our very best," she said. "That's what we train for and is our ultimate goal."

In the future, Sarah plans to continue riding and showing Arabian horses, while working toward a college degree filled with business management classes and majoring in marketing. At the same time, a life of continued leadership in the world of horses remains on her radar. She's thankful for the opportunity to ride and be part of the horse community. Lifelong friendships make her world special and blessed. Her barn family has a quote she loves. "Life's a journey — enjoy the ride!" For Sarah, it applies to much more than horses. It's a great life motto, one to which she clings tightly as she grows in the world of horses and beyond. **NOW**

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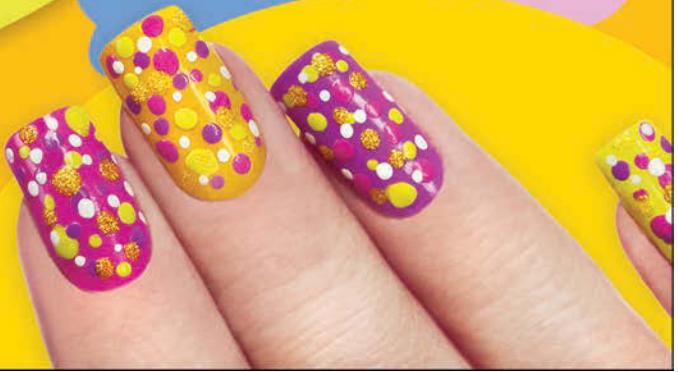


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At Home With Chuck & Soraya Myers

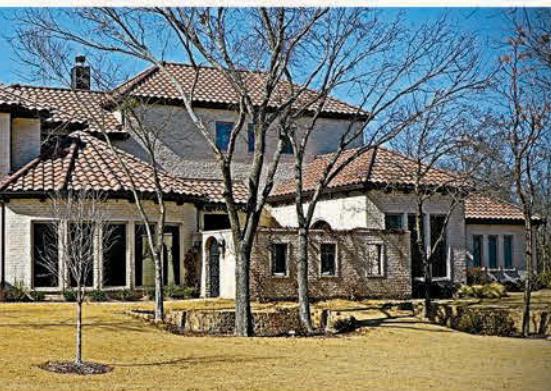
For a Realtor building a home, it might be tricky to add all the touches you have seen over the years. But, when Chuck and Soraya Myers began the process, Soraya knew exactly what she wanted. "I sketched out my ideas and took them to an architect who made it happen," she recalled. The couple moved into their Mediterranean-style home in December 2016, and one of the many unique designs she added was the path to the front door. One must enter the iron gate to the beautiful courtyard, which has three access points to the home.

With a true love for the outdoors, every room, including the pantry and master closet, has multiple windows, which are perfect for viewing two acres of scenery that surround the home. "I love looking out the windows and glass doors and seeing all the trees. I feel like we are in such an open space," Soraya shared. "It makes me feel like I am constantly on vacation, which also makes it hard to leave the house."

Fortunately, leaving the house isn't always on the agenda for the family, as they love to play host and have friends over. In the summer, they grill on the back patio that has a gas stovetop, fireplace, Big Green Egg smoker, refrigerator, sink and plenty of counter space. The wall behind the stovetop is covered with pallets

— By Lindsay L. Allen





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that brought materials when they were building. Soraya simply tore them apart, sanded and painted some and created her own paneling for the area, giving the patio the perfect rustic look. Also, outside is the half-basketball court that gets its fair amount of use with four boys, as well as space for the pool they hope to build soon.

If you need to find Soraya, she admits she can be found hiding in



her pantry or the master bath. "It depends on who you ask in our home. I call it 'pantry paradise,' but the rest of the house calls it 'pantry prison,'" she laughed. The pantry sits behind the kitchen, and because the home is designed to create an open space between the kitchen and living room, Soraya wanted a way to keep the kitchen clean and clear of clutter. The solution was an oversized pantry. With



its own dishwasher, oversized sink and refrigerator, Soraya has everything she needs and more in there and can access the high shelves from the library ladder on wheels that goes around the room.

The master bath is equally as impressive and inviting with a dry sauna and steam shower. The bathtub, which sits between the two, is placed under a beautiful 18th century chandelier. When building the home, the Myersons



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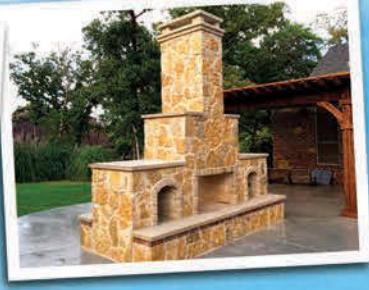
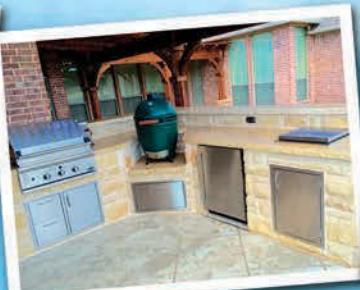


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were thoughtful about hiding electrical outlets, which are inside the cabinets of the long vanity.

The study is a large space designed for Chuck's baby grand piano and the pool table, complete with desk space, a fireplace and a perfect view into the courtyard. It opens up from a sliding barn door. "After work, we will come in here. I love to listen to him play," Soraya said. "This is also where we hang out when we have friends over. We love to play pool with them, and the boys will join in sometimes, too."

While Chuck uses the piano as his method of relaxation from work, Soraya paints. The courtyard is not only the preferred location for her to work when it's nice, but also to paint. Her art is found throughout the house, with the most noticeable being a gorgeous horse above the guestroom bed and near the framed embroidered peacock pillow her great-aunt sewed. This room is where Soraya added a feminine touch after ensuring the rest of the home was comfortable for the five males in the house. Another touch from Soraya is the fresh flowers around the home. She tries to buy flowers that can be planted in the courtyard later. "It was a lot of trial and error to figure out what worked and didn't work with the courtyard's morning sun," she admitted.

The wine cellar holds up to 1,000 bottles in the beautiful shelves Chuck and Soraya built themselves. It's next to the walk-through laundry room that provides the perfect amount of space for Soraya to sew, make soap and fold everyone's clothes. Since she spends so much time in the laundry room, as one could imagine with four boys, she made sure the room had a fan and, like most rooms in the house, a chandelier.

"This is our home," she said, "We didn't build it with resell value in mind. We built it with our family in mind." That is why the upstairs bedrooms have an alcove built into both rooms. Soraya and Chuck planned for the boys to bring back their future families and wanted enough space to accommodate everyone. The rooms are big enough to hold a full- or queen-sized bed, but

also another full-sized bed in the alcove, each with a twin-sized bed pull out. The Myersons' oldest son recently married, and with the other three approaching adulthood, it's only a matter of time until the added extra space becomes necessary for family visits.



The guest bath has a beautiful blue and yellow encaustic tile accompanied by an old buffet rearranged into a bathroom vanity. The tile is the same style found in churches and French cafes since the 1700s and is making its way back into newer homes.

While both Chuck and Soraya are from Fort Worth, Soraya's father is from India and her parents used to own an Oriental rug store. When it closed, Soraya's parents gifted her with some of the rugs, which serve as a precious reminder throughout the home. The rest of the décor in the home combines a modern and country Tuscan feel. Soraya is not partial to faux items. "I just don't like faux items imitating real items," she said, "which is why the living room fireplace has concrete balls versus fake logs." She also hates to throw things away and can craft anything into a nice decoration, like an old drawer she turned into a chalkboard menu for the week's meals.

Chuck, on the other hand, prefers to throw everything away, so the two balance each other well. It's hard to find curtains in the home, as there is only one set. Soraya tried to make the house "non-fussy" and curtains, which require cleaning, didn't fit that mold. It's all the little touches — from fresh flowers to large spaces to the windows and much more — that make the Myersons' home so welcoming and beautiful. **NOW**

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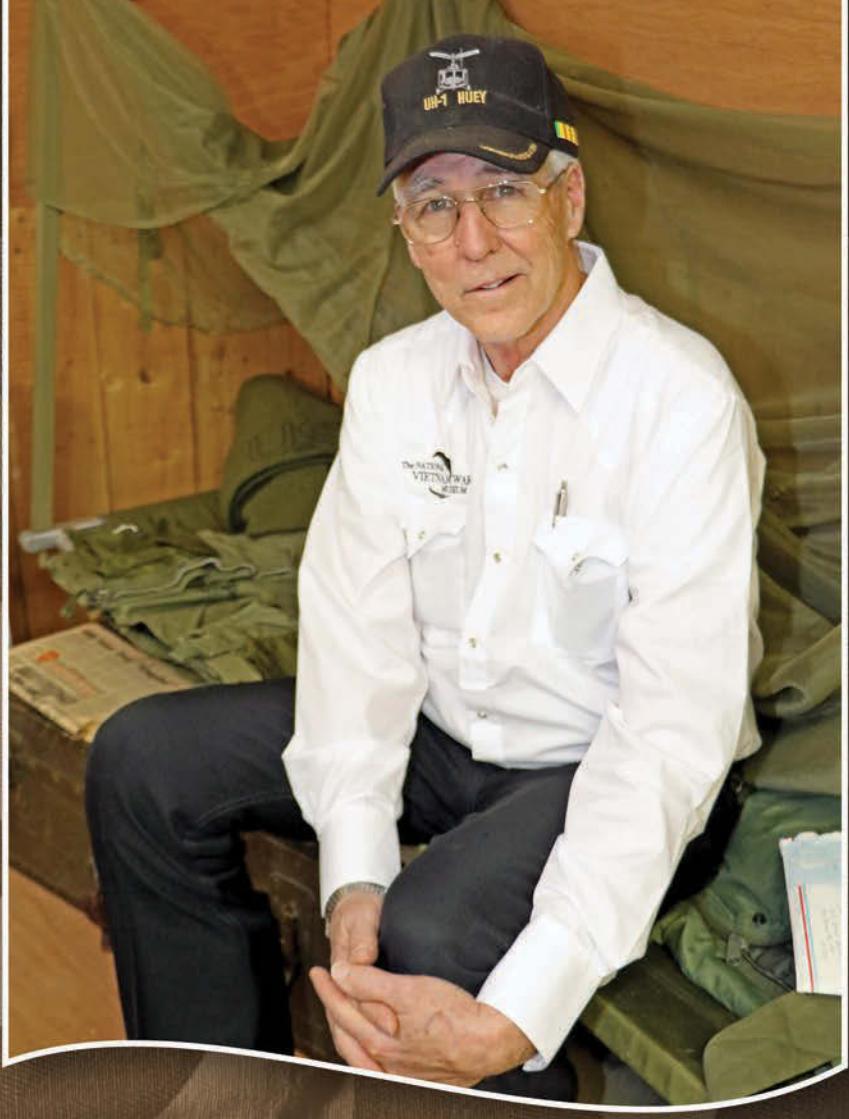
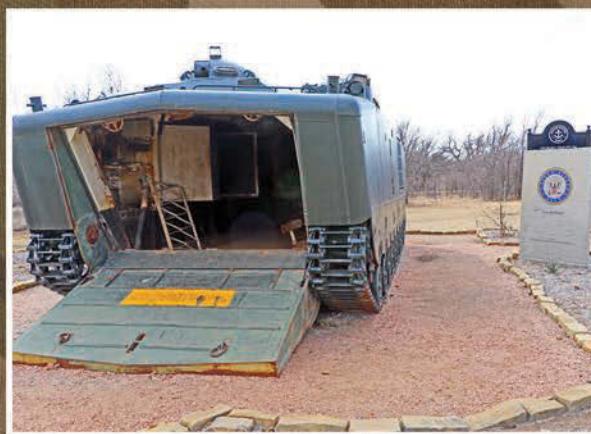
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Beneath the Huey

— By Lisa Bell

Suspended in the air not far from the Lake Mineral Wells Trailway, a Bell UH-1 Iroquois, nicknamed “Huey,” helicopter watches silently over a small museum destined to become a place of honor and pride for the area. Jim Messinger, treasurer on the board of The National Vietnam War Museum, said, “A lot of people see the Huey and have no idea what is located there.” The museum stemmed from a group called VHPA — Vietnam Helicopter Pilots Association. They wanted to do something. Someone said, “Open a museum.” With no experience and scant knowledge, they did exactly that.

The little-known museum houses artifacts from the war, memorabilia some may want to forget, but that no one should. Six gardens outside contain unexpected pieces. One — the Vietnam Memorial Garden — displays a 300-foot-long replica of The Moving Wall,

a one-half scale version of the Vietnam Memorial in Washington, D.C. Another garden houses the Huey, but also the only replica of the Camp Holloway Memorial Wall located on the post in Pleiku, South Vietnam. Four more gardens provide visitors with places for contemplation.

The George W. Bush staff used the current building, a doublewide, six-bedroom, three-bath house, on his ranch. “It’s an artifact in itself,” Jim said. Inside, they change displays based on items donated to the museum by vets or their families. “Their stuff is disappearing,” he shared. “Whatever people will give us, we’ll take.”

In existence for 24 years, the museum continues growing. Through donations, the 501(c)(3) organization now has enough money to cover the first phase of their expansion project. Their new building will cover 20,000 square feet. They broke ground in December 2017 and plan to complete the first phase this year. When finished, it will have a gift shop, a replica of the LBJ oval office and a Fort Wolters exhibit. A small training helicopter will also live inside the new building.

Jim is a professor at Weatherford College where he

has taught management science, math and computer sciences for 20 years. The museum has significance to him since he is also a Vietnam Veteran. "Flying helicopters is the most wonderful thing ever," he said. "More fun when being shot at." He logged almost 1,200 hours his first year. And although he somewhat jokes about being shot, he remembers only three times having bullet holes in his helicopter. "I was invincible," he said. But he knows his mother-in-law's prayers helped bring him home safely. He served from 1966 to 1972, and after four years, they called him from the reserves back into active duty.

Unlike many veterans of that time, when Jim returned home to Texas, he received support and respect. He wants to help preserve history specific to the Vietnam War. Along with many other volunteers, he supports the museum to honor and remember those who died in the war and those who live and still deal with things they never expected. And they want to share artifacts that teach future generations about a very real part of American history.

Beyond the need for financial donations, Jim stated, "We need help. Preferably people with experience in museums." The organization receives no government funding, so they depend on private donations. In addition to the first phase already in progress, they have plans for three more phases. Most volunteers are Vietnam vets. Their March annual fundraising event helped move them closer to their goal of having a quality National Vietnam War Museum in Parker County, but they hope more individuals offer support, too. **NOW**

Editor's Note: For more information or to make a donation, visit www.nationalvnwamuseum.org. You may also support them through Amazon Smile.



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CookingNOW

In the Kitchen With PHYLLIS PEEL

— By Lindsay L. Allen

Food is essential to the Peel family. It's the center of Phyllis' work with Pampered Chef for the past 20 years, but also essential to everyday life in their home. "We have a 'Celebration Plate' we bring out anytime something good happens in the family, be it a good grade at school, birthday, etc.," Phyllis said. "Whoever is being honored gets to eat from our special plate."

While she never cooked much prior to marriage, Phyllis has made up for old times and especially enjoys cooking the recipes her family makes special requests for. "I'm not a baker. I'm a cook. And in the winter, I keep the Crock-Pot out all season," she said. "In the warmer seasons, we enjoy grilling outside." **NOW**

Firecracker Marinade

1/4 cup peanut oil
3 Tbsp. soy sauce
2 Tbsp. balsamic vinegar
2 green onions, sliced
1 tsp. crushed red pepper flakes
1 tsp. brown sugar
1/2 tsp. sesame oil
1/2 tsp. garlic rub (or 2 fresh garlic cloves, minced)
1/2 tsp. ginger/citrus rub (or 1 tsp. fresh grated ginger)
Dash sea salt
Dash fresh ground pepper

1. Mix all ingredients and marinate meat for 3-5 hours before grilling. Great for salmon, chicken and pork.

Crock-Pot Ribs

Ribs:
4 lbs. pork baby back ribs

Oil, to taste
Salt, to taste
Pepper, to taste

Sauce:
2 cups ketchup
1 cup chili sauce
1/2 cup packed brown sugar
2 Tbsp. chipotle seasoning
4 Tbsp. white wine vinegar
1/2 cup dry white wine
1 Tbsp. Worcestershire sauce
Dash hot sauce

- 1.** Trim ribs and remove membrane. Place on a foil-lined sheet pan. Brush ribs with oil and season with salt and pepper.
- 2.** Bake at 400 F for 15 minutes. Flip over and bake for 15 more minutes.
- 3.** While baking, mix sauce ingredients together.
- 4.** Remove ribs from oven and stack them in a Crock-Pot. Pour sauce over all of them. Toss to coat.
- 5.** Cook 8-10 hours on low setting.

Family Favorite Cross Key Salad

Salad:

1 bunch green leaf lettuce, washed and dried
1/3 cup shredded Parmesan cheese
1/3 cup sliced, toasted almonds

Dressing:

4 oz. apple cider vinegar
8 oz. extra-virgin olive oil
1 packet Italian dressing mix

1. Mix all the salad ingredients together. Mix all the dressing ingredients.

2. Combine the two and enjoy.

Grilled Broccoli

Fresh broccoli, washed and cut into bite-size pieces
1-3 Tbsp. extra-virgin olive oil
1 lemon
Sea salt, to taste
Fresh ground pepper, to taste
1/2 cup shredded Parmesan cheese

- 1.** Place broccoli in a mixing bowl; toss with olive oil to coat.
- 2.** Squeeze lemon juice over it. Add salt and pepper, mixing well. Let sit for 30 minutes, stirring occasionally.
- 3.** Heat grill to medium-high temperature; place broccoli in a grill basket.

4. Grill for 20-30 minutes, stirring occasionally and to desired tenderness.
5. During the last five minutes of grilling, sprinkle with Parmesan cheese; cook until melted.

Spanish Rice

1 Tbsp. olive oil
1 medium onion, chopped
1 celery stick, cut into large pieces
1 cup medium grain rice
2 cups water
2 Tbsp. Caldo (tomato/chicken bouillon)
Favorite seasoning, to taste (Phyllis uses Julio's.)
Sea salt, to taste
Fresh ground pepper, to taste

1. Heat olive oil in a saucepan; add onion and celery. Cook over medium heat.
2. When onions are soft, add rice to the pan; brown lightly.
3. Add water, bouillon, seasoning, salt and pepper, mixing well.
4. Bring to a boil, reduce heat, cover and cook for 20 minutes, or until rice is tender and fluffy.

Loaded Red Potato Bites

10-12 small red potatoes, washed
Three Onion Rub, or 1 packet Onion Soup Mix (divided use)
4 oz. mozzarella cheese, grated
2 oz. blue cheese
1/3 cup mayonnaise
1/3 cup sour cream
4-6 slices bacon, cooked and crumbled
2 green onions, sliced

1. Cut potatoes in half, crosswise, and scoop out a little well in each half. Place halves, scoop side up, in microwave-safe dish.
2. Sprinkle onion rub over potatoes; cover with parchment paper.
3. Microwave on high for 10 minutes, or until tender.
4. Mix together cheeses, additional onion rub (1-2 Tbsp.), mayonnaise, sour cream and bacon.
5. Using a small scoop, spoon cheese mixture evenly into potato halves and bake at 400 F for 8-10 minutes.
6. Sprinkle with green onions; serve warm.

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

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— By Lisa Bell

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As a young boy, Robert Chapman became interested in working with wood. From the time he could hold a hammer, he started building things. In school, he took woodworking classes. By the time he got to high school, cars caught his eye, and he took time off to learn all about them. Nevertheless, he calls his abilities for working with wood a God-given talent, and he never lost interest in picking up a hammer and making something new.

Much of what Robert knows about carpentry came from trial and error. But with many years of practice, on top



of natural skill, he offers a finished product he can take pride in. From 1983 until 1991, Robert toyed around with carpentry, picking up a little extra money here and there. "I learned a lot by grace," he said. "The more you do it, the better you get. Then you just buy more toys."

As an adult, Robert became a firefighter and pursued that career until 2010, when he retired — or rather semi-retired. He still works part time as a firefighter. With two children, he wanted to supplement that income, so in 1991, he grew serious about the carpentry business. He now has five grandchildren.

Chapman's Carpentry does repairs, remodels and basic carpentry work, servicing Azle, Lake Worth, Weatherford and other nearby areas. When it comes to plumbing and electrical work, he leaves that to people or businesses

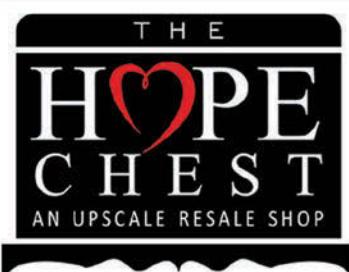
licensed in those fields, which is exactly the right call, since he isn't licensed in either one. Robert has a great network and can recommend companies to help with a job. He even has a person who understands and can assist with repairs and remodels in manufactured housing.

"No job is too small," he said. Robert understands that a little income from a small job today may result in a bigger job later. Even if it doesn't, he still creates a good working relationship with the customer.

Robert sees a lot of repeat business, and many of his referrals come from his customers. He strives to make sure every customer is satisfied. "If I like the work, the homeowner will be happy with it. If I don't like it, they usually won't either," he said. Honesty, dependability and quality are three areas he relies on to reach the level of satisfaction he expects of himself. "I like to sleep at night," he admitted. "I'm not out there taking advantage of people."

As an active firefighter, Robert makes sure he treats people with respect and integrity. "I represent my station everywhere I go," he said. While that serves to help keep his character in check, he also has his own standard to uphold. Referrals and repeat business indicate his ability to do so.

When considering a remodel or repair, Robert suggests knowing what you want, as well as the amount you can and will spend. At the very least, have a good idea of the final look. He also recommends checking a contractor's background. Asking questions and requesting references provide peace of mind when hiring someone for any size job. He doesn't hesitate to give references when asked. From fixing a dragging door to building a covered patio, or finishing a complete remodel, Robert aims to make sure his customers and he both come away with a positive experience. **NOW**



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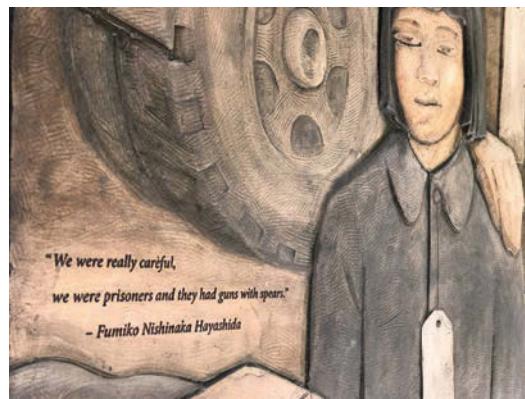


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TravelNOW Hidden Gems

— By Allison Burdick

What do gold, Bruce Lee, and strawberries have in common? They're all part of Seattle's heritage shared through not one, not two, but three National Park Service sites that explore the area's history, culture and community.

History: Pioneer Square

All hail to the Klondike!

Situated within historic Pioneer Square (Seattle's original neighborhood) is a restored building known as the Cadillac Hotel. Constructed in 1889, it is now the home of Klondike Gold Rush National Historical Park, which shares stories from the 1897-98 gold rush in the Yukon Territory of Canada that swept gold-seekers through Seattle and up toward the Klondike gold fields. History buffs are exposed to Seattle and the Pacific Northwest's past through the eyes of stampeders looking to strike it rich, including John Nordstrom and how

he managed to start a shoe empire. Kids can earn Junior Ranger badges by completing activities, while they explore the park. Short films and rotating exhibits are also part of the experience and help visitors delve deeper into the impact of the gold rush on Seattle.

Culture: Chinatown-International District

Enter the Dragon!

A short walk from Pioneer Square is the Chinatown-International District, a neighborhood rich in restaurants, shops and public art. The Wing Luke Museum of the Asian Pacific American Experience, an affiliated area of the National Park System, celebrates the art, history and culture of Asian-Pacific Americans through vivid storytelling and inspiring experiences. Learn how the neighborhood shaped Seattle's most famous martial artist and world icon, Bruce Lee. Take a historic building tour and catch preserved scenes of the everyday lives of the

hundreds of Chinese, Japanese and Filipino immigrants who once made this building their home. A menu of other guided tours takes you through the neighborhood — including one led by your stomach — with different seasonal dishes that may include dumplings, noodles, rice and barbecue.

Community: Bainbridge Island

Nidoto Nai Yoni — "Let it Not Happen Again."

A short, and extremely scenic, ferry ride from Pioneer Square takes visitors to Bainbridge Island, a community that encourages us all to learn from a dark chapter in our nation's history. Japanese immigrants first began arriving on the island in the 1880s, and strawberry farming was introduced in 1908. Many Japanese Americans went on to own and operate farms on the island and became integral to the community. However, immediately following the attack on Pearl Harbor, the United States government began arresting and facilitating the mass removal of all individuals of Japanese ancestry from the West Coast. The Bainbridge Island community was the first to have its members of Japanese ancestry forcibly removed from their homes. The Bainbridge Island Japanese American Exclusion Memorial, a unit of Minidoka National Historic Site, is an old-growth red cedar, granite and basalt memorial that honors all 276 Japanese and Japanese Americans who were exiled from the Bainbridge Island community. These were the first of what would become 120,000 individuals of Japanese ancestry — two-thirds of whom were United States citizens — forcibly removed from their homes and incarcerated during World War II. Visitors can check regularly for tour schedules.

Whether you are looking for stories, activities or new cuisine, the Seattle area is your destination with three National Park Service sites to visit, all easily accessible through public transit. For maps and other planning tools, visit www.nps.gov/state/wa/index.htm. **NOW**

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Better Safe Than Sorry

— By Zachary R. Urquhart

If it has not happened yet, you can expect to get the first tornado scare of the year any day now. Late spring to early summer is the height of storm season in North Texas, and you will want to be sure you are prepared for an emergency situation. Here are some ideas for what to stock up on and how to be as ready as possible if severe weather comes your way.

Have a Plan

- *Know your home's safest spot.* Depending on your house, this could be a simple one. You want to stay away from windows, ideally staying close to interior walls without much that could fall on you. Most importantly, make sure everyone in your home knows where to go in case of danger, so you do not have children panicking and missing if storms are happening.



- *Know how to leave.* One of the saddest sights when major storms hit are the thousands of cars along the freeways trying to find refuge. Be sure you know the major evacuation routes, so if you have to evacuate, you can get somewhere to stay for a while.

- *Know if you can bunk with a friend.* If your house does not offer a good safe spot, plan ahead to have a place you can go when severe weather is expected. You might

have friends who have a bunker, or at least a better safe spot than you do. Storm shelters are not the norm in this part of the country, but more and more contractors are offering to build or install them.



Have Supplies

• *Get food and water now.* If you want to avoid the price gouging that sometimes happens in a storm's aftermath, go ahead and stock up on bottled water and canned foods. One easy plan is to always have a surplus of those items, and every few months, consume what you have and buy replenishment. Be sure to include food for your pets when you are making your grocery list. And remember that your pets will increase the amount of water you need.

• *There are other useful items.* If you lose power, you may not be able to do much about your refrigerator and cold food, but you can be ready to stay warm with plenty of blankets. And just like you should have a stock of sustenance, be sure you have a supply of the

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An advertisement for Mike's Westside Rental. The background features a large orange excavator against a sunset sky. In the foreground, there is a table set with wine glasses, silverware, and a red napkin. The text "FROM DIGGING TO DANCING" is prominently displayed in the center. At the bottom left is the company logo "MIKE'S WESTSIDE RENTAL" with the website "WWW.MIKESRENTAL.COM". At the bottom right, the location "WEATHERFORD" is listed along with the address "449 SW RIC WILLIAMSON HWY.", "WEATHERFORD, TX 76088", and the phone number "(817) 594-7117".

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• *Use the radio in the mornings.* Each morning, before you press play on your favorite CD or turn to your satellite music station of choice, tune into a station that includes regular news and regular updates. Forecasters never know exactly when storms might sprout up, but they usually have an idea at least a few hours in advance. In the same vein, keep a television turned on and tuned to a major network. You don't have to do anything more than watch for a break from regularly scheduled programming to bring a breaking weather update.

• *Download a Weather App.* There are many options, so many in fact that the only bad choice is not having one at all. Apps like WeatherBug or AccuWeather will not only warn you of tornadoes and extreme conditions, they also track lightning, so you know whether it is smart to be outside in less severe conditions.

Hopefully, you will never need any of these tips. But, if the worst does happen, your best plan is to be prepared. **NOW**

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Zoomed In: Alline Winstead

By Lisa Bell

When a friend went in for surgery, Alline Winstead (center) went to work. "She's a very dear friend, and I wanted to make a quilt to comfort her," Alline said. While shopping for the backing, she ran into fellow-quilters, Linda Pore (left) and Jerre Dale (right).

The recipient is also a friend to Linda, who shared, "We quilt for fun." Although Jerre doesn't know this lady, she has the same compassionate heart. "I just bumped into them, so I'm helping with colors." Alline and these ladies often make quilts to share with strangers. But in this case, she set out to do something for a person who means a great deal to her. Wouldn't we all like such a friend? And to be one, as well.



Kierstan Garlington works on Sydnee Seigler's eyebrows at Brow Boss inside 2Ten Salon Studios in Willow Park.



Clint Christopher and his daughters, Ava and Olivia, spend the afternoon feeding ducks at Lake Weatherford.



Old-time music comes to life at the Spring Creek Tabernacle every second Friday of the month.



Paxton, son of executive director Michael Grabham, gets a cow kiss at the new Hudson Oaks Chick-fil-A.

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Rulene Berry delights in the many vendors at Antiques on the Square.



Amanda Wears attempts to walk out her first baby with three-time grandma, Deedra Moody.



Kelly Woods hangs around in her store, Recaptured Charm.

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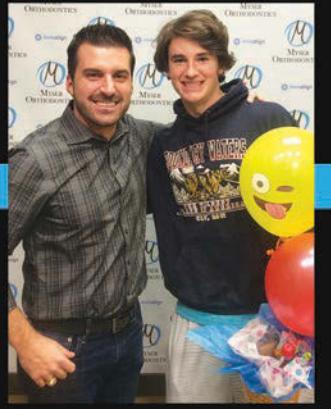
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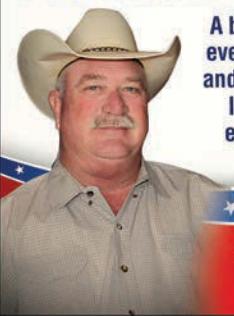
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Calendar

7

Spring Fling: 10:00 a.m.-3:00 p.m., Chandor Gardens. This popular event features music, food, area artists and artisans. Free to all vendors. Admission \$1/person. For details visit www.ci.weatherford.tx.us/170/Chandor-Gardens.

Scarborough Renaissance Festival
Opening Day: 10:00 a.m.-7:00 p.m., 2511 FM 66, Waxahachie. Weekends of interactive fun, 16th century style. Visit www.srfestival.com or call (972) 938-3247.



“Celebrating the American Songbook” concert: 7:30 p.m., Alkek Fine Arts Center, Weatherford College. Celebrates the most influential American popular songs. Tickets \$10. For details visit www.wc.edu/Alkek20.

9

Student Art Reception: 6:00 p.m., Texas Hall, Weatherford College. Admission is free. For details visit www.wc.edu/Alkek20.

10

Parker County Extension Ed Assoc. Spring Fling: 10:00 a.m.-2:00 p.m., Couts UMC, 802 N. Elm St. \$12/ticket includes lunch. For more information or tickets, call (817) 598-6168.

12

Native Plant Society, Cross Timbers chapter: 6:30 p.m., Cherry Park Comm.

Center, 313 W. Davis St. Details at www.npsot.org/wp/crosstimbers.

14

Parker County Master Gardener Plant Sale: 8:00 a.m.-noon, Texas Agrilife Extension Office, 604 N. Main St. Plants, soils and information available. Proceeds fund horticultural educational and community projects in Parker County.

Native Plant Sale: 10:00 a.m.-4:00 p.m., Heritage Park. Sponsored by Native Plant Society, Cross Timbers chapter.

17

The Master Chorale concert: 7:30 p.m., SWBTS Truett Auditorium, 2001 W. Seminary Dr., Ft. Worth. Choral music by English composer, Ralph Vaughan Williams conducted by Mark Taylor. For more details, visit www.swbts.edu.



18

Weatherford College Earth Day Celebration: 11:00 a.m.-1:00 p.m., 225 College Park Dr., Kramer Flag Plaza. Student and community orgs honor the local environment with a variety of booths and activities. For more information, email Allison Stamatis at astamatis@wc.edu.

20

“N’Awlins Gumbo Kings concert: 7:30 p.m., Weatherford College, Alkek

Fine Arts Center. Music celebrating the Big Easy. \$20. For details and tickets, visit www.wc.edu/Alkek20.

21

3rd Annual April Pools Day: 10:00 a.m.-1:00 p.m., Heritage Park. Water safety demos, booths and games. Lifejackets given to the first 200 kids in attendance. Details available at www.AprilPoolsDay.org.

27

Friends of the Library 32nd annual spring fundraising luncheon: 11:30 a.m.-1:00 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. Speakers are Kaye Price Hawkins & Shane Price. Tickets \$25. Contact Kathy Ott at (817) 994-7360 or Kathy_2r@hotmail.com.

27, 28

Renaissance Fair, Shakespeare Festival and Crafters Market: **Friday**, 4:00-9:00 p.m.; **Saturday**, 11:00 a.m.-5:00 p.m., Heritage Park Amphitheater. Free family-friendly event sponsored by TOTS. MacBeth live play at 6:30 p.m. on **Friday** and 1:30 p.m. on **Saturday**.

Ongoing:

Mondays

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

First Mondays-Fridays-Sundays Prior Weatherford First Monday Trade Days: 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. One of the oldest open-air markets in Texas steeped in tradition and located in the heart of the historical district. Old traditions with a new look, attractions and fun

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activities. For more information, contact rhamilton@weatherfordtx.gov or (817) 598-4359.

Thursdays

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First and Third Thursdays

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6:00 p.m., South Main Church of
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group provides information and
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Call (817) 594-3030 to find out more.

Third Thursdays

Ladies Night Out: 5:00-8:00 p.m.,

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Parker County Cruisers: 6:30 p.m., Harberger Hill Community Center, 701 Narrow St. The group for those interested in classic cars and specialty vehicles. Call (817) 994-0074 for details.



Second Fridays

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

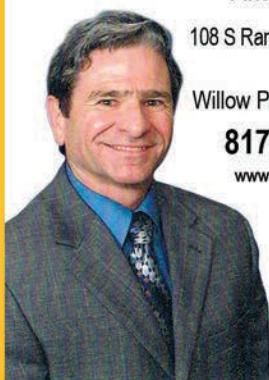
Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time musical with bluegrass, gospel and country music. A concession stand is available with all proceeds going toward expenses Free and open to the public. Visit Spring Creek Musical on FB.

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

A close-up photograph of a newborn baby's feet being held gently by an adult's hands. The baby's feet are small and pink, with toes slightly curled. The adult's hands are large and provide a sense of scale and care. This image serves as a visual metaphor for the gentle touch and specialized care provided by the podiatrist.

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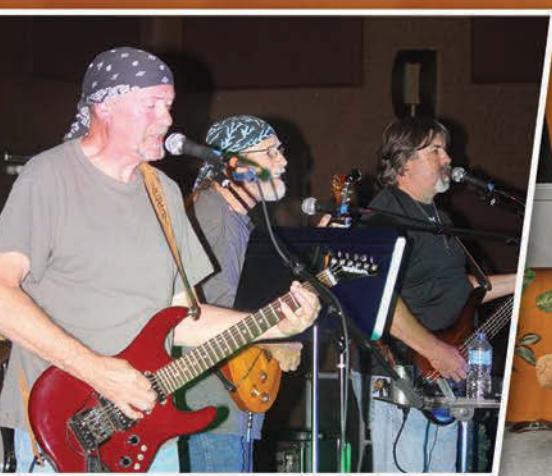


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Pushing Boundaries

— By Amber D. Browne

With decades of experience performing in bands, the five members of the Christian band, Atomic Apostle, know best how to share their instruments' sounds with the audience and create lyrics that often push boundaries. The bandmates' musical knowledge guides Atomic Apostle's ability to share God's message with the world.

Weatherford resident Brian Fleming, on keyboards, founded the band in 1999, and Jim Comfort, joined soon after as drummer and lead vocalist. Although members have come and gone over the past two decades, the current lineup appears to be the perfect union. Joe Love, guitarist and vocalist, became part of the group in 2003, and Dean Bullock joined in 2009, as percussionist and vocalist, but stepped in as bass player after teaching himself the instrument. Jay Hubbard joined several years ago for guitar and vocals.

The band members live and work across the Dallas-Fort Worth Metroplex, but Jay is the only member native to Texas. The others grew up in various states and just happened to be in the right place at the right time to join the band. "How all of us got together in one place to play was just extraordinary," Jim shared.

They have been showcasing their musical talents since they were children, and Jim and Dean both performed with the United States Marine Drum and Bugle Corps. Performing in secular bands over the years has given Atomic Apostle members an opportunity to develop style and ability. "I've been playing for 30-some years, and they're probably the best players I've ever performed with," Jim shared.

Although Atomic Apostle is labeled a Christian band, it is not traditional praise and worship, but encompasses a variety of genres. "We can go into a church and play or go into a rock club to play, or a festival. We have a lot of material," Brian stated. Brian typically writes song lyrics, but the final product is a collaboration of all the band members. The original lyrics stem from an experience — something the members have lived through, found a solution for and want to share with listeners. "We have to be genuine."

The band meets at Brian's home to jam. That's where most of their ideas are shared. "The song comes together when you all look at each other and go, 'That's it, man. We got it,'" Jim shared.

The sound of Atomic Apostle has matured over the years. Their first album embodies more of a rock format, while their latest album, *Approaching Storm*, has a country vibe, although they are still a Christian rock band. It includes a 13-minute progressive rock epic that tells a story through instrumentals. "We just want to put out good music," Brian said. "When we go out and play, it's all about honoring the Lord." **NOW**



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