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The can-do spirit of Texas is one of resilience, compassion and faith. From localized, natural disasters like tornadoes, floods or fires to regional ones like Hurricane Harvey, Texans rally together when there is a crisis. Together, we fight the problem, and together, we solve it.

The COVID-19 social distancing measures may feel completely unnatural to how we normally deal with emergencies, but, actually, by following these guidelines and keeping each other safe, we actually *are* all fighting this *together*. We can also fight together by supporting local businesses, calling or messaging loved ones, buying groceries for people in high-risk populations and praying for one another.

Here at NOW Magazines, we are committed to helping our local economies by helping promote our local businesses. We hope to help ease some of the discomfort of social distancing by bringing some of the best of the community home to you through our stories on local residents. And though some of the events or competitions mentioned in some of this month's articles may have been cancelled after we went to press, we hope that you will be encouraged by reading about the good and positive things that are a part of your hometown.

Becky Walker, Managing Editor | NOW Magazines

WE ARE TEXANS. AND WE ARE STRONG - TOGETHER.



For more information, contact your local or county health department or contact the Texas Department of State Health Services COVID-19 Call Center at 1-877-570-9779 or coronavirus@dshs.texas.gov Monday-Friday: 7:00 a.m.-6:00 p.m.

SAVING

<u>HIS</u>TORY

At Home With Kevin and Melinda Garman.

14 FEATURED BUSINESS:

Little Feather Equestrian Center

16 AROUND TOWNNOW

18 IN THE

KITCHEN WITH

Eric Tonips



Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker | Weatherford Editor, Lisa Bell Editorial Assistant, Rachel Rich Editors/Proofreaders, Lisa Bell . Sally Fuller . Virginia Riddle

GRAPHICS AND DESIGN

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

PHOTOGRAPHY

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

ADVERTISING

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

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ON THE COVER

Owning a historic home fulfills a dream for Kevin and Melinda Garman.

Photo by

Peace, Love & Realty Productions.

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



Here's a little known and often surprising fact:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

reader consultations available at this exclusively discounted rate.

Don't suffer a moment longer...

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

They actually treat the cause of your pain.

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

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

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

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

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

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

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

EDITOR'S NOTE

It's spring!

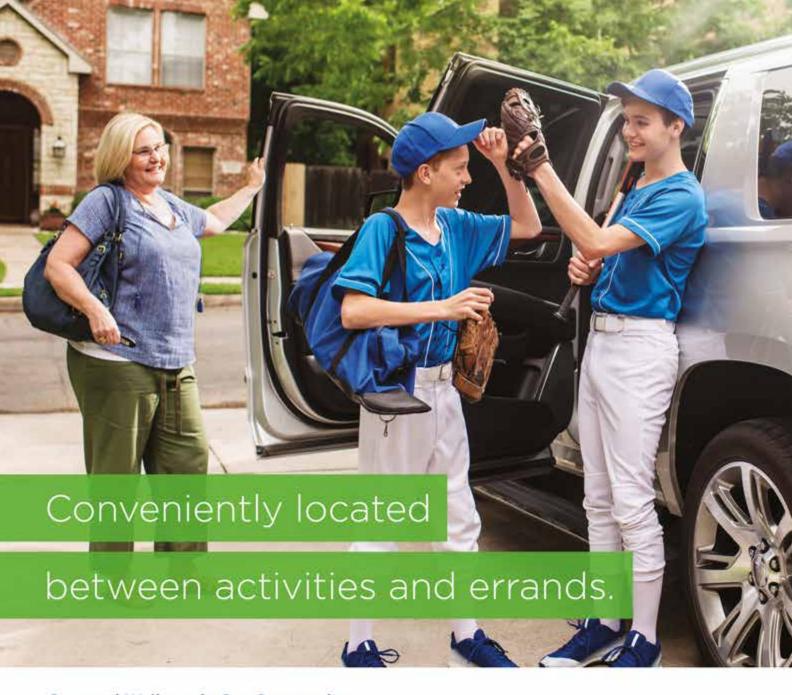
Well, at least it's close to spring. Admittedly, we live in Texas, where it often feels like spring in January, so this attitude has little to do with the weather. Still, this time of the year, new life peeps out. Warm breezes replace harsh northern winds, and our minds turn to Easter and, perhaps, spring-cleaning. Well, some minds turn to spring-cleaning in a ritualistic, serious way. Others of us consider possibilities of washing down windows, sweeping away cobwebs, deep cleaning everything and culling out those items we no longer want, need or use. Then after careful pondering, we may take care of a few things before shrugging our shoulders and going back to normal routines.

We so often look at the physical world around us, but this year, as I contemplate the idea of spring-cleaning, I wonder if, perhaps, my soul might need a little scrubbing. Do I have emotions I should clean up? Perhaps my thoughts and attitudes need a bit of dusting, too. And perish the thought — my body definitely needs some adjustment to what goes into it and the amount of activity coming out. Is all of what I ingest into my mind best for me? As I reflect on this time of year that represents sacrifice, hope and eternal love and life, it motivates me to consider internal cleaning as well as the physical freshening up of my home. Neither is a bad idea.

Happy Easter, happy spring!







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Saving HISTORY

— By Lisa Bell

Of all the things Kevin and Melinda Garman did in their lives, they never lived in an old house — at least not until March 2019. That's when they bought the intriguing house built in 1890, known to some as the Fant Home. "Saving old houses and neighborhoods is so important," Melinda said.



Both Kevin and Melinda grew up in Plano, but when his previous job brought them to Weatherford, they loved it. "Texas is home to us, and Weatherford is the style of life we wanted," Kevin shared. They lived on a ranch for seven years, where they hosted a charity for kids. The equine therapy they offered with their daughter, Maddie, an equine therapist, is now transitioning to become a foundation supporting animal therapy.

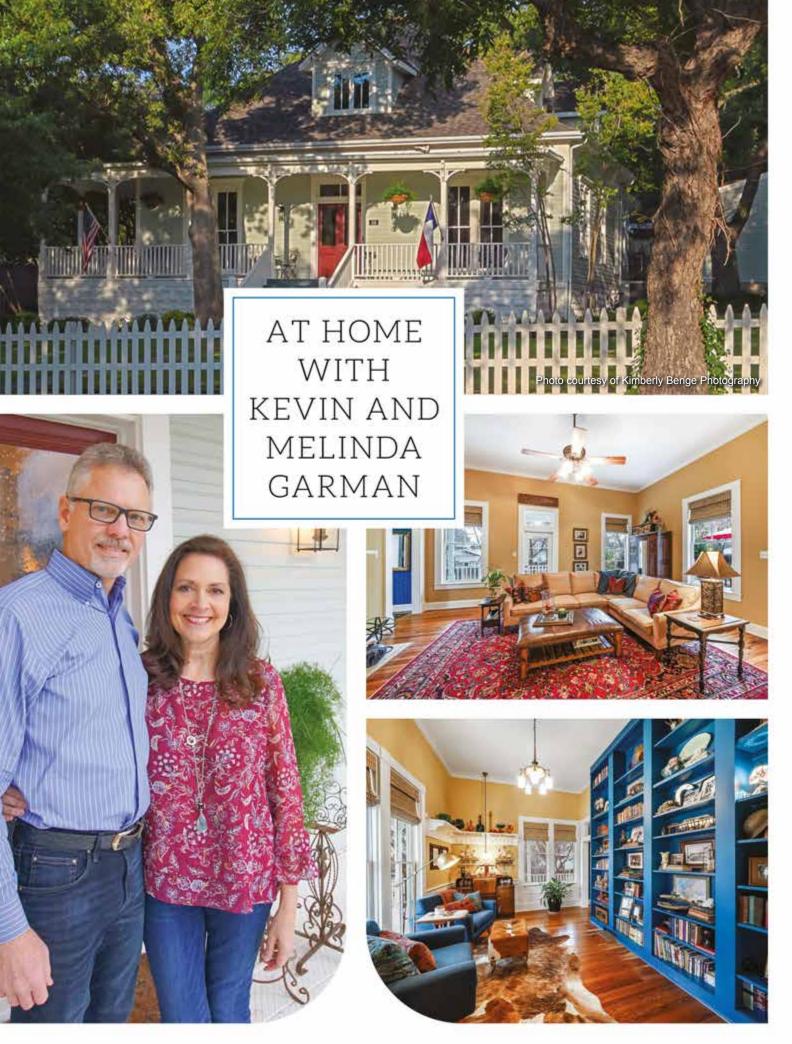
Although they loved the ranch, they had more land than they wanted. One night, they took a walk through Weatherford's historic district. The childhood home of Mary Martin, which was for sale at the time, triggered their interest in buying a historic home. When they began looking, their Realtor happened to know the Fant Home owners. While it wasn't for sale, they agreed to sell it to the couple.

"The McBrides left us with good bones, although the house needed some TLC," Kevin said. "We moved in, and set our budget. And then we doubled it. There are always surprises." They insisted on using local companies to do the work, and they all went above and beyond. Because old homes need to have their foundations checked, Entek provided engineering. CertaPro Painters of Weatherford took care of painting/extensive drywall repair, and Stalworth Construction did porch restoration and custom shelving. "The history of Weatherford is important, and we wanted to be a part of it. We wanted to be part of the community," Kevin added.

Melinda shared, "We agreed to be on the tour of homes in support of the Heritage Society." Both she and Kevin remained at the house, welcoming visitors and sharing the history of their home during the 38th annual tour.

As with many older homes, the porch transports visitors back to the days when families sat in the cool of the evening, chatting and enjoying neighbors. Inside, the home retains the sweet charms of its beginnings with some modern updates and decorating at the hands of both Kevin and Melinda.

Throughout most of the home, the original hardwood floors remain, with the dining area as an exception. In







2008, a fire originated on a side porch, caused by a space heater put out for a cat who knocked it over. Destroying much of the back part of the home, the dining room was rebuilt, and a large, modern kitchen was added, complete with a breakfast bar. The former owners left the antique island. "Melinda is a great cook," Kevin stated. She is thankful for the island and abundant counter and cabinet space. Their love for family shows in upper, lighted glass cabinets where they store dishes and other pieces from family members. A window over the sink looks out on the backyard, where a pool and outdoor kitchen beckon anyone to come play. Kevin agreed that he doesn't mind doing dishes with the large window transporting him outside.

As a historic memory, they placed the original phone from Melinda's family in the dining area, where reclaimed wood from a Hill Country home matches the original wood perfectly and blends the dining area into the living room. Small scorch spots on the floor in that room memorialize the fire, remnants of flying embers that add to the home's story.

Another bedroom downstairs hosts the grandchildren when they visit. At Christmas, Melinda displayed a train from her childhood. With little money at the time, her mother created the train from boxes and cans. Melinda cherishes such memories, and many things in their home reflect both the history of their family and that of others.

In a dressing area between the downstairs master bedroom and bath, the couple placed an item they found in the basement. Although Melinda has yet to discover the connection, she believes the mirror marked with *Dorothy Perkins* perhaps came from a local department store that used to serve Weatherford. She wonders how and why previous

owners acquired this piece of history. "I like the stories that go along with an old house, and our stories will become part of it, too," she said.

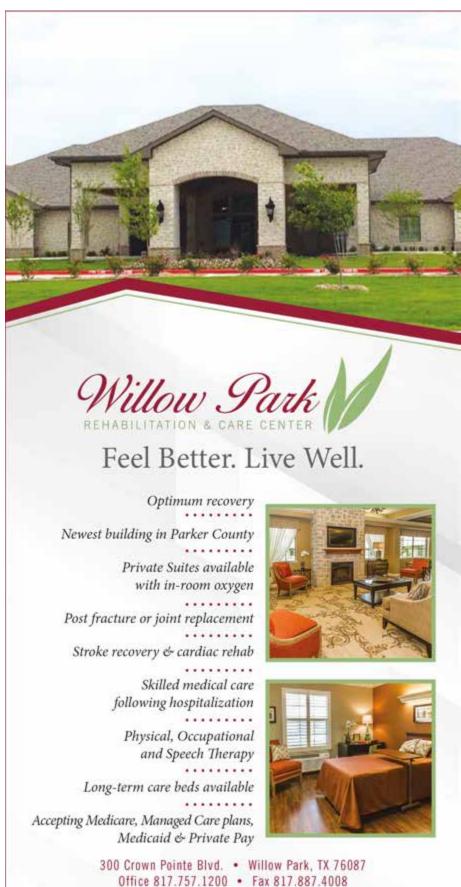
In a front room, music plays softly. "She calls it the library," Kevin admitted. "I call it the bar." Without a TV in the room, the couple uses it to sit and talk. wind down and decompress. They spent a long time looking for the perfect antique bar to complement the floorto-ceiling shelves that hold many family mementos in the room.



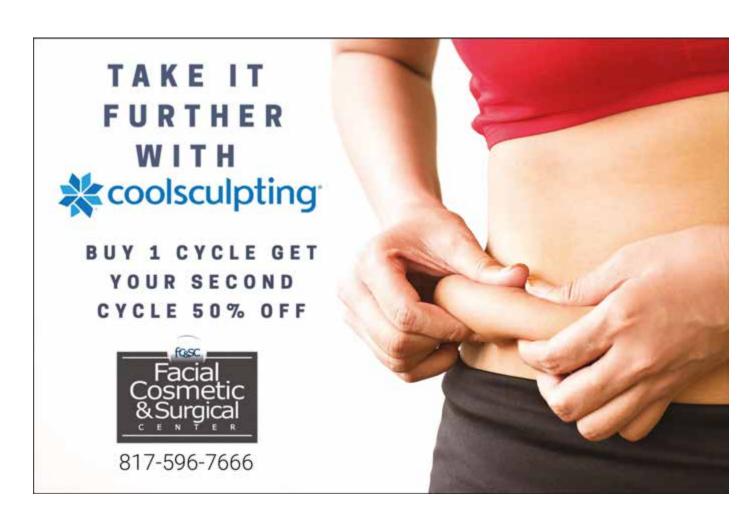
Upstairs, Melinda and Kevin share an office. After a year of retirement from New York Life, which Kevin called his recharge year, he needed people. "Golfing and mowing get old fast," he said, chuckling. At that point, they started Greater Texas Wealth and Risk Management. Working virtually with 15-20 agents and brokers, Melinda thrives in the back-end tasks. Kevin prefers interaction with people, so they don't spend every moment of the day together. And because they can choose when to work, they spend much of their time with other activities, including hanging out with grandkids and traveling.

Between the office and an upstairs master bedroom, a sitting area offers a pleasant place to stop in the busyness of life and relax. With oversized windows, they can view much of Weatherford, in one of the best places of the home, graced by the picturesque setting of their beloved community.

Eventually, Kevin wants to remodel the basement, converting part of it into a wine cellar and the rest into a space where the grandkids can play during hot Texas summers. In the meantime, they love heading to the backyard and building a fire to make s'mores and new history. NOW



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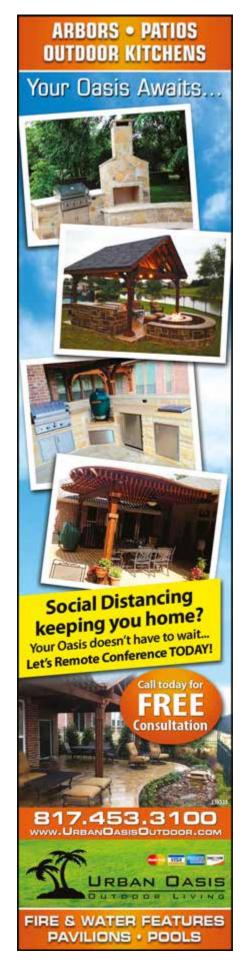
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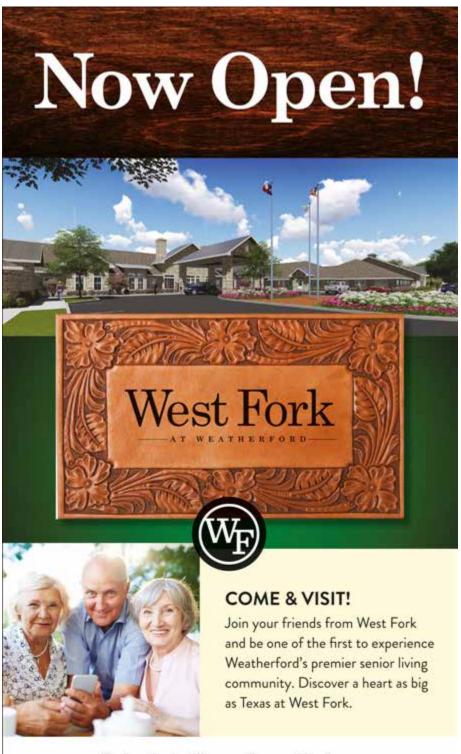


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— By Lisa Bell

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Hours: Monday-Saturday: 8:00 a.m.-8:00 p.m. Responds to voice mail: 10:00 a.m.-5:00 p.m.

As a child, Rebecca Innerary became obsessed with horses. The only horse person in her family, her parents did all they could to support and encourage her passion. "I had a great trainer as a child," she shared. That relationship influenced her career as a trainer.

Rebecca pursued her passions, and about 10 years ago, she started teaching in Kentucky. Certified by the American Riding Instructors Association in equitation, she relocated from Lexington in 2013 following three years of training there. She wanted to be closer to her family in Texas.

Weatherford drew her attention as the perfect spot to live her dream. A large horse community, she realized others trained riders, but not in the English disciplines. With two horses, she bought property and opened Little Feather Equestrian Center. "I knew it was gonna be a slow build," she admitted. Initially, the property had no arena, but she built it and her business. "The North Texas community is wonderful. Some clients are neighbors, who live on property their families have owned since the 1800s. Others are new to Texas from all over."

Riding lessons comprise the bulk of her business, with many being children, but she also teaches adults. Starting with care of horses, training begins before mounting a horse. She focuses on basic horsemanship and riding techniques. Some students switch to barrel racing, cutting or other types of riding later.

Little Feather Equestrian Center also offers strict training for horse owners. "Unlike other sports, our equipment is alive, and it isn't always safe," she said. "Weather and other things can affect a horse's behavior, but they deserve respect and care."

Rebecca also deals with equine PTSD, retraining horses who have been mistreated. She can provide an evaluation, determining whether she can make a horse safe for riding. She can teach most horses how to be safe, jump or ride trails.

Riding lessons comprise the bulk of her business. with many being children, but she also teaches adults.

At times, Rebecca purchases horses, trains and resells them, or she acts as a consultant for those looking to buy. Because of her business, she often knows of people who want to buy and sell and connects the two. Prospective buyers can utilize her skills to find the best horse for their needs. At Little Feather Equestrian Center, horse owners can take additional lessons as needed to help with transitioning a new addition to their families.

Rebecca loves her job, being out in nature and spending time alone or with her horses. "I'm incredibly blessed that this is my life," she said. "It's an incredible feeling checking on my horses or riding, and I love and appreciate my clients." She takes time with young girls seriously, knowing they look up to her as a role model like she did with her childhood trainer. "I need to make that count," she said. It drives her to live as a strong woman with good morals.

Always taught to share blessings, Rebecca supports many local charities. Her family and the Weatherford community provided her total support, helping her become established. "April is a great time to start," she said. She plans to offer discounts for summer, but hopes to host a weeklong camp this year — a first at Little Feather Equestrian Center. NOW







Zoomed In: Jami Scull

By Lisa Bell

Jami Scull enjoys capturing nature and people with her camera. An award-winning photographer, she brings added depth to her work by printing the photographs on metal and acrylic, a newer technique made possible through technology advancements. The different medium creates a high-definition rendering of the photo. "I share the beauty that surrounds us every day," Jami said.

One of her favorite pieces reflects the beautiful innocence of her daughter. "I found the red shoes when she was little. Then I bought the dress later," she remembered. "She happened to look up just as I took the picture." Often the best shots happen that way for Jami — priceless moments that are unrepeatable, captured through her lens and creativity.

Around Town



The Grundler family displays their art at the opening of Aledo's Art Collective.



Gail Simko, Marilyn Vantine and Sheri Hooks shop at the new Hope Chest location.



Lady Coyote fans "Dee Up" in support of Dee McKinley's battle with cancer.



Volunteers and staff love the new Center of Hope building.



Texas Book Company supports Weatherford College in big ways.

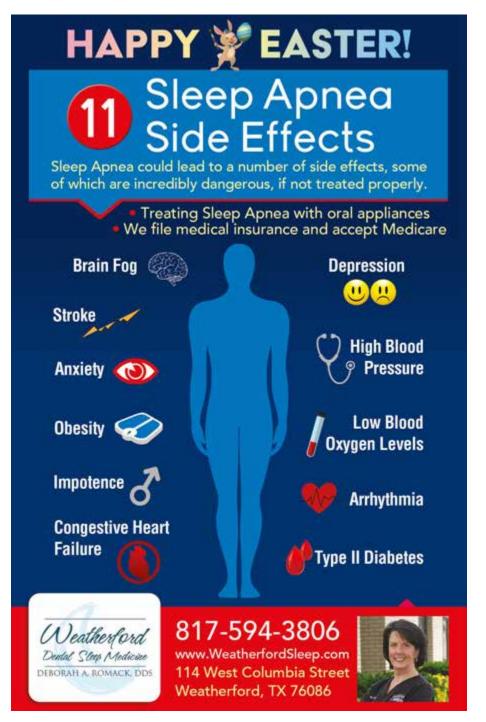


Little Harrison and Papa Don Lagaly have fun during an afternoon at the park.



Lavon Ballard, Paige Ellison and Terri Wilhite enjoy lunchtime at Boo-Rays.







"I love to eat," Eric Tonips said. But at a young age, he realized a passion for the science behind food. His mother not only inspired him but also saw his interest and allowed him to experiment. "My first recipe to fully complete, without her guidance, was a butter pecan cheesecake," he added. Fresh out of culinary school, Eric wanted to be a 5-star gourmet chef. Now he likes making comfort food taste great.

"I really enjoy teaching others how to cook," Eric admitted. "My top two kitchen staff started as a dishwasher and waitress, with no kitchen experience before that." When not working at Comfort Kitchen to Go, he spends time with his wife and seven children, especially on Sundays their family day. Now

Carnitas

- 4 lbs. skinless, boneless pork butt or shoulder
- 1/4 cup canola oil
- 2 Tbsp. kosher salt
- 1 tsp. black pepper
- 1 Tbsp. dried oregano
- 1 Tbsp. ground cumin
- 8 cloves garlic, smashed
- 2 limes, juiced

- 1/2 cup apple cider vinegar 2 large oranges, juiced I onion, cut into wedges 2 bay leaves 1/2 cup honey
- 1. In a large bowl, rub the pork with the oil, spices and garlic.
- 2. Place in a 6-qt. slow cooker; pour in lime juice, vinegar and orange juice; add onions and bay leaves. Pour honey on top.

3. Cover: cook on low for 8-10 hours or high for 5-6 hours (until the meat falls apart). Remove pork; shred with two forks. Save liquid for making empanadas.

Spatchcock Chicken

- 1 4.25-lb. whole chicken
- 1 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1/2 tsp. garlic, granulated
- 1 Tbsp. fresh rosemary, chopped
- 1 Tbsp. fresh sage, chopped
- 2 Tbsp. fresh parsley, chopped
- 1 Tbsp. avocado oil
- **1.** Preheat a convection oven to 425 F. Use kitchen shears to cut along both sides of the chicken backbone: discard the bone, or save it to make chicken stock or bone broth.
- **2.** Flip the chicken over; press down firmly between the two breasts, flattening the chicken; pat chicken skin all over with a paper towel, soaking up as much moisture as possible.
- 3. Season the whole chicken with kosher

- salt, black pepper, garlic and herbs; rub the oil evenly over the chicken.
- **4.** Heat a large cast-iron skillet on medium heat; place chicken in hot skillet, skin side down; sear until the skin is golden brown.
- **5.** Flip the bird; place the skillet in the hot oven. Roast for about 40-45 minutes, or until the breast registers 160 F.
- **6.** Let the chicken rest for 10 minutes after roasting, so the juices redistribute. The chicken will continue to cook slightly, to 165 F. Enjoy!

Macaroni and Cheese With Smoked Brisket

- 4 Tbsp. butter
- I tsp. kosher salt
- 1/8 tsp. cayenne pepper
- 1/4 tsp. white pepper
- 4 Tbsp. flour
- 2 cups whole milk
- I cup sharp cheddar cheese, plus extra for topping
- I lb. smoked brisket, chopped
- 6 cups cooked macaroni
- **I.** Put butter in a saucepan; melt at low heat. Add salt and spices.
- **2.** Add flour; stir the mixture until it turns bubbly. Add milk.
- **3.** Keep stirring until the sauce gets thick. Throw in 1 cup cheese and chopped brisket. Gently fold the macaroni and brisket into the sauce.
- **4.** Top with more cheddar; bake in an ovensafe dish at 350 F for 20 minutes, or until cheese is melted.

Chocolate Chip Brownies

- 4 eggs
- I cup sugar, sifted
- I cup dark brown sugar, sifted
- I cup melted butter, salted
- 1 1/4 cups cocoa, sifted
- I tsp. Mexican vanilla
- 1/2 cup flour, sifted
- I cup chocolate chips
- **I.** Preheat oven to 325 F In a large bowl, whip eggs until fluffy and light yellow; add both sugars. Add remaining ingredients; mix to combine.
- **2.** Pour batter into a greased and floured 9x13-inch baking dish; bake for 25 minutes. Check for doneness by inserting a toothpick into the center of the pan. It should come out clean.
- **3.** When done, remove to a rack to cool. Resist the temptation to cut into the brownies until they're mostly cool.







Carnitas Empanadas Makes 8 empanadas.

Pastry:

3 1/4 cups all-purpose flour

3/4 tsp. sea salt

1/2 lb. cold butter, cut into small pieces

l egg

1/2 cup ice-cold water

2 Tbsp. white vinegar

Sauce:

4 Tbsp. butter

3 Tbsp. flour

2 cups pork broth, saved from cooking Carnitas

1 tsp. cumin powder 1/2 tsp. garlic powder Salt, to taste Pepper, to taste

Pork Mixture:

2 Tbsp. canola oil

I onion, chopped

2 cloves garlic, finely chopped

1 7-oz. can diced green chiles, drained

2 chipotles, seeds and stem removed, chopped

1 tsp. cumin

2 Tbsp. fresh oregano, finely chopped

1 tsp. kosher salt

1 lb. carnitas (see separate recipe)

6 oz. Pepper Jack cheese, shredded

Egg Wash:

1 egg

2 tsp. water

I. For pastry: Add flour, salt and butter to a food processor; pulse to combine until crumbly, but small pieces of butter are still visible.

2. In a small dish, whisk remaining ingredients together; sprinkle over the flour mixture. Pulse until mixture begins to clump into a ball.

3. Turn pastry onto a lightly dusted work

surface; gently shape together. Divide in half; flatten each section into a round disc. Wrap in plastic wrap; refrigerate for 2 hours.

4. For sauce: Melt butter over medium-low heat. Add flour; cook and stir for 1 minute. Whisk in next three ingredients.

5. Continue to whisk for another 2-3 minutes until the sauce thickens. Add salt and pepper. Remove from heat. Cover; set aside.

6. For pork mixture: In a large skillet over medium heat, heat oil. When hot, add onions; cook and stir for 2 minutes.

7. Add next 6 ingredients. Add carnitas and cheese; toss mixture together with 2-3 Tbsp. of the sauce. Remove from heat; allow to cool.

8. To assemble empanadas: Preheat oven to 400 F; line a baking sheet with parchment paper. Remove pastry from refrigerator.

9. Roll out each pastry dough to 1/8-inch thick; cut into 6-inch discs. Prepare egg wash in a small bowl by whisking egg and water.

10. Brush edge of each disc with egg wash. Place pork and cheese mixture in the center of each disc. Fold over top of disc to cover meat; pinch to close edges.

11. Lay empanadas on work surface and lightly press edges together with a fork. Place filled empanadas on prepared baking sheet. Brush with egg wash; bake 20-25 minutes. Serve with remaining reheated sauce.



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THE LOCAL TABLE

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

- Virginia Woolf







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Crossword Puzzle

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40	1	+		41	+	+		42	+	+

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- 30 Finished
- 32 Pace

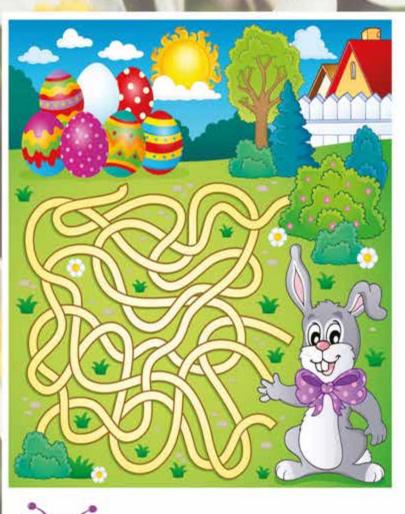
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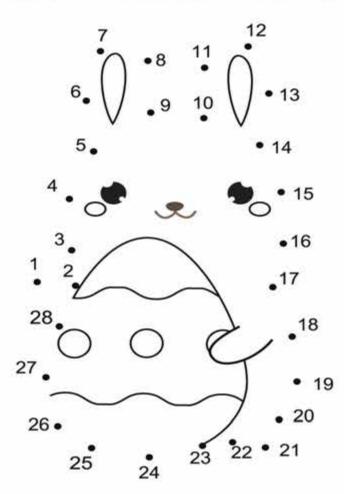






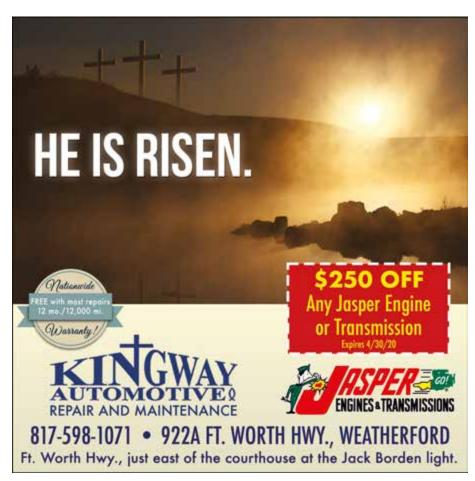
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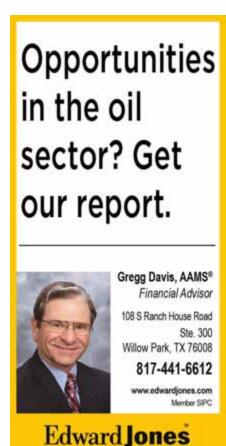












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Crossword Sudoku Solutions

1 A	² T	3 V		⁴ A	5 N	⁶ D		⁷ P	⁸ A	9W
10 B	0	0		11 _R	0	Е		120	L	Ε
130	W	L		14C	R	Т		15 _P	1	N
16 M	Ε	G		17 S	Т	0	18 _O	Р	Ε	D
¹⁹ B	R	A	²⁰ Y		²¹ H	U	М	Α	N	s
			²² M	23 A	D	R	Е			
24 _T	Я	ΈE	С	-1	Α		27 N	28	29 L	30 E
31 R	Ε	М	Α	R	K	32 S		33 N	0	N
34	N	С		35 B	0	Т		36 _P	0	D
37 A	С	E		38 A	Т	E		39 U	s	E
⁴⁰ L	Е	Е		4TG	Α	P		#2 _T	E	D

Easy

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

Medium

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

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