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JUNE 2023

The Art of Brewing

Ben Garcia shares his
pastime with family
and friends

2023 Peach Festival
Shopping Guide

In the Kitchen With
Jolie Thomas

Also inside:

Scavenger Hunt

Featured Business:
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ON THE COVER



The popularity of craft beer is flourishing.

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EDITOR’S NOTE

It’s summertime!

Although the Texas heat can become unbearable at times, the summer season is the perfect opportunity to get out and enjoy the warmer weather with family and friends. The local area has a plethora of places to visit for an afternoon of fun, and events scheduled throughout the month of June will have many marking their calendars.

The Frontier Days PRCA Rodeo runs June 6-10 with nightly events at the Parker County Sheriff’s Posse Grounds. Summer camps for the kiddos are abundant, and Cherry Park’s swimming pool is open to the public. The city of Weatherford maintains about a dozen other parks including Holland Lake Park and Patsy Hooks Dog Park at Heritage Park, as well as Town Creek Hike and Bike Trail. You might want to saunter through Chandor Gardens or Clark Gardens to enjoy the sites and smells of fragrant florals. Many local restaurants and watering holes offer patios to savor local fare and sip cold beverages.

Lake Weatherford is the ideal setting to cool off in the water, go boating or lie out on the beach. Don’t forget your fishing rod! Remember to protect yourselves with sunscreen and stay hydrated if you are out enjoying the summer sun.

If families are looking to escape the heat, performances will entertain at Theatre Off the Square. Other air-conditioned options include borrowing a book or attending a summer event at the Weatherford Public Library or East Parker County Library. Whatever type of entertainment suits your fancy this June, enjoy it. I plan to do the same.

Have fun out there!



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The ART of BREWING

— By Amber D. Browne

The craft beer scene has become popular in recent years, as brewmasters develop flavorful creations to tempt area residents and visitors to local breweries. For many professional brewers, the art of brewing began as a hobby. Ben Garcia got his first taste of homebrewing more than a decade ago, and his hobby turned into a passion that he enjoys sharing with family and friends.

"I think people appreciate the craft of it. I think it turned the beer world upside down," Ben said. "I think people appreciate the different flavor profiles that you can get, and we're learning as time goes on."

Ben's craft beer appreciation began with the introduction of Sierra Nevada Pale Ale. The flavor sparked an interest, so Ben decided to take a brewing class. Ben and his friend, Brian Miller, who now owns Rickhouse Brewing in Mineral Wells, purchased an IPA brew kit and got to work. "It was like, 'Wow, this is pretty good,'" Ben admitted.

Ben bought a small homebrewing system and continued to educate himself on the craft. "For the past 10 years, I've just been evolving techniques, trying different recipes, formulating my own recipes, tweaking them, trying to keep notes and make adjustments."

To begin the brewing process, the grains are placed in a basket inside a mash tun. Ben uses a Grainfather for this step. Grains used for brewing beer are typically malted barley or malt extracts. Depending on the type of beer, different grains are available. "You have the amber colored ones. You have the roasted ones. You have the pale ones."

The mash tun circulates the pH-stabilized water and maintains the temperature to convert grain starches into sugar, which develops into alcohol. "One hour later, you can rinse the grains with a different temperature water to stop that conversion process, and then you boil it for an hour."

Depending on when you add flower or pellet hops to the boil kettle, the bitterness, flavor and aroma will differ. With about 15 minutes left in the boil, an additive tablet is added for clarity. Dry hop is also an option when the hops are not part of the boiling process but are instead added a few days before bottling. "So, you're only getting aromas and flavor from those hops."





After boiling, the mixture must be cooled. Ben uses a Counterflow Wort Chiller that has a cold-water line to do this. "You can go from a 212-degree boil to 100 degrees in minutes." Once cooled, the mixture is called wort, which is basically sugar water. The brewer uses a hydrometer to measure how much sugar is in the wort to later calculate the alcohol by volume (ABV) percentage.

The wort must be aerated before fermentation, and then it is moved to a fermenter. Yeast is added to begin the fermentation process. "Yeast eats the sugar, and its byproduct of eating the sugar is alcohol and CO₂," Ben explained. An air lock allows the CO₂ to escape during fermentation.

Temperature control is important during the fermentation process, which varies by time depending on the type of beer the brewer is developing. "It might

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take a month to ferment a lager, where it only takes 10 days to ferment an ale.”

Ben usually continues the primary fermentation process for five to seven days. The yeast settles at the bottom in a conical, and the brewer can then remove the yeast from the beer. The beer sits for another week or so before the filtration process begins. Through a process called cold crashing, the temperature is decreased to the mid-30s, and the particles settle to the bottom leaving behind a clean, filtered beer.



The brewer will test the beer again to calculate the sugar content. “However much has been consumed will tell you how much alcohol is in it. You can either do the equations manually, or you can just use an app.”

Flavors can be added after the fermentation process, oftentimes right before the beer is transferred to a keg. For example, key limes can be added, and then the beer is tasted to determine whether to add additional key limes to increase the flavor. The key limes are then removed, and the beer is filtered before it is transferred to a keg or bottled.

Ben typically brews a five-gallon batch in about four hours. He might bottle the beer or add it to his kegerator that has one dedicated line for his brews and a second for carbonated water that his wife, Amy, enjoys with essential oils. The batch of craft beer costs about \$20, and the final product is 60, 12-ounce pours.

Brewing at home gives Ben control of what he drinks. Once he determines the flavors, he buys the ingredients to add during the brewing process. Ben brews a special recipe for a Chai Brown Ale.

Instead of adding chai tea, he develops a homemade tea with a dozen different ingredients that are ground, steeped on the stove and added to the batch. “A non-craft beer doesn’t go through all those steps,” he said.

Ben’s Jalapeno Pale Ale is a favorite, as well as his Russian Imperial Stout. His stout is a dark beer aged with Jack Daniels wood chips, and Ben adds lactose for a milky mouthfeel, plus a hint of vanilla. “I was pretty proud of that one,” he said.

Not everyone will like every craft brew, so Ben focuses on flavors he enjoys and then shares them with others. “For as old as time almost, beer and alcohol tend to bring community together. It creates a tight niche, something to share, something to laugh over. So, a lot of camaraderie,” Ben said.

Though he might eventually decide to microbrew professionally, he’s content with making flavorful brews at home. “I think most homebrewers have that underlying want to take it professional, and I almost have a few times, but the cards haven’t seemed to align there,” he said. “I want to keep it about the craft.” **NOW**



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Zoomed In:
Lyliann Duff

By Amber D. Browne

This September, 8-year-old Lyliann Duff will represent the community as Little Miss Parker County at an America’s Best Pageant national competition in Missouri. “I was so happy and grateful that they chose me.” Lyliann looks forward to competing at nationals. “It’s fun. I get to make new friends, and I get to talk to new people,” she said. “I’m hoping that I’ll win because I still have not lost to anybody.” Lyliann is a student in the Weatherford Independent School District and volunteers in the community. Recently, she donated dog food and treats to the Weatherford Parker County Animal Shelter. When she’s not helping others, Lyliann plays with her two parakeets and enjoys crafting. “I make the biggest messes in the house,” she laughed.



Leah Flippin, public services librarian, shows off the new paint and carpet following renovations at the Weatherford Public Library.



The Weatherford Art Association recognizes April Artists of the Month — Yvonne Tarrant, Carmen Davailus and Cindi Neverdousky.



High school seniors are recognized at Aledo’s Young Men’s Service League banquet.



Weatherford College recognizes John Forrest as its Alumnus of the Year and Distinguished Alumni Award honorees Harvey Catchings and David G. Rogers at the 2023 Alumni Awards Luncheon.



Nearly 700 attendees enjoy tastings at the Weatherford College Foundation’s 13th Annual Taste of Parker County at Heritage Park.



Community members gather at J’adore Rose to discuss the Aledo ISD bond.



Emily Meals, Parker County 4-H member and Extension Education scholarship recipient, is recognized by Laquita Gruver at the District 3 Texas Extension Education Association Spring Conference.

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BusinessNOW

College Park Rehabilitation and Care Center

— By Amber D. Browne

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Caring for an elderly loved one can become a difficult responsibility — one that might eventually need to be transferred to a professional, long-term care facility. Dealing with the emotional aspect of making this decision can be a challenge, but help is available at College Park Rehabilitation and Care Center in Weatherford. “When you come in and you feel a sense of peace and comfort, that’s where you need to be,” said Lauren Stoff, marketing director for Optimum Healthcare Management, which owns and operates College Park Rehab. College Park Rehab provides long-term care for residents in a safe and comfortable environment, as well as rehabilitation-to-home care.

“I always tell people to go in and tour. That’s the biggest thing,” Lauren said. “A lot of people have a preconceived notion of what nursing homes were like. That’s not at all what they’re like,” she explained. “We’re very homelike.”

College Park Rehab is continuously updated with new flooring, finishes, etc., to provide a clean and safe environment for residents. The long-term care and rehab-to-home care residents are separated by halls with a total of 120 beds. Skilled nursing services are available for all residents.

For long-term care patients, College Park Rehab is their home. Many short-term residents will participate in rehabilitation after undergoing hip replacements, total knee replacements or shoulder surgeries, or they have acute care needs that include medical support for congestive heart issues, chronic obstructive pulmonary disease (COPD) or stroke.

Physical, occupational and speech therapy are available for short-term residents. The resident will be evaluated by all therapy disciplines to determine their plan of care. Once the patient recovers to baseline or has plateaued with therapy, a discharge date will be set, or the resident can be transferred to long-term care.

The College Park Rehab staff includes physical, occupational and speech therapists, plus their assistants. A wound care nurse, wound care physician, registered nurses (RNs), licensed vocational nurses (LVNs) and medication aides are also on staff. The aides assist residents with daily living, such as getting dressed. “We do have quite a few of our own staff, our nurses, who have been here for a long time.”

College Park Rehab has an orthopedic consulting doctor, and IV antibiotic treatment and nutritional IV services are available. Each resident sees a primary care physician weekly or if there is a change of condition, and doctors are on call 24/7.

College Park Rehab offers daily activities for residents to mingle and stay active. Church groups from various denominations visit to sing and minister. “We have a pastor, and he will come around to the facility and ask who may need counseling or just to sit or pray. That’s a wonderful service to have,” Lauren said. College Park Rehab accommodates dietary needs and accepts Medicare and most insurance plans.

Optimum Healthcare Management also owns and operates two of College Park Rehab’s sister properties in Parker County that provide the same services — Hilltop Park Rehabilitation and Care Center, as well as Springtown Park Rehabilitation and Care Center.

Referring to their slogan, “Life is good when you feel better,” the College Park Rehab staff is committed to addressing physical, emotional and spiritual needs of their residents while providing professional, personalized services. “We are Weatherford’s newest facility. Our highest priority is your health and comfort during your stay.” **NOW**



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- Virginia Woolf

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CookingNOW *In the Kitchen With* JOLIE THOMAS

— By Amber D. Browne



Visitors to Jolie Thomas' home in Weatherford can deduce one thing — Jolie loves to cook! One kitchen wall is covered in handwritten recipes passed down to her by family members.

"I love old-fashioned recipes. Taking old cookbooks and recipes from my 'seasoned' friends and family and changing them to my own is a challenge that I love taking on," Jolie shared. Many of her recipes include one special ingredient — butter. "Butter makes everything better!"

Since cooking alongside her mother and nannie during her childhood, Jolie has felt at home in the kitchen. Jolie and her husband own and operate Tri-County Pool Service, but in her free time, she enjoys creating comfort food to share with family and friends as a stress relief and joyous affair. **NOW**

Spinach Artichoke Dip

1 stick butter
1 cup onion, finely chopped
20 oz. frozen chopped spinach, thawed and well-drained, or 1 16-oz. bag of fresh spinach, chopped
1 tsp. garlic powder
2 14-oz. cans quartered artichoke hearts, rinsed and drained
8 oz. cream cheese
8 oz. sour cream

1 cup Monterey Jack cheese, grated (divided use)
1 cup Parmesan cheese, grated (divided use)
2 Tbsp. Tabasco Green Pepper Sauce
Dash of salt

1. In a large skillet over medium heat, melt the butter. Add the onions; cook until soft. Stir in the spinach, garlic powder and artichokes; sauté until the spinach is cooked to your liking.

2. Add the cream cheese, sour cream, 3/4 cup Monterey Jack cheese, 3/4 cup Parmesan cheese, Tabasco and salt. Stir until well-blended and thoroughly heated.
3. Pour the mixture into a casserole dish; top with the remaining cheeses. Bake at 350 F for 10 minutes. Serve with chips or bread.

Simple Salad

Salad:

Romain lettuce, chopped
Iceberg lettuce, chopped
Parmesan cheese, freshly grated
Pimentos, chopped
Romano or Asiago cheese, freshly grated
Canned artichoke hearts, quartered
Red onion, thinly sliced

Simple Dressing:

1/4 cup vinegar
3/4 cup olive oil
1 tsp. salt
1 tsp. pepper
1 Tbsp. minced garlic

- 1. For salad:** Add each ingredient to your liking. Remember, it's all about having fun and adding ingredients that you enjoy eating.
- 2. For dressing:** In a bowl, mix together all ingredients. Do not chill. Drizzle over the salad and serve.

Pink Dip

Be sure to use the Pace Picante Sauce brand because it will affect the flavor of the dip.

- 16 oz. cream cheese, softened
- 16 oz. Pace Hot Picante Sauce
- 8-10 oz. Pace Medium Picante Sauce
- Party Size bag of Fritos Corn Chips

- In a large bowl, beat together the cream cheese and picante sauces with an electric mixer. Add more sauce until the mixture reaches a thick, fluffy Cool Whip-like consistency.
- Chill and serve with Fritos.

Lime Jell-O Delight

- 1 6-oz. box Jell-O Lime Sugar-Free Gelatin Mix
- 1 cup boiling water
- 1 cup Eagle Brand Sweetened Condensed Milk
- 1 cup Hellman's Real Mayonnaise
- 1 20-oz. can crushed pineapple
- 1 cup cheddar cheese, grated
- 1 cup pecans, chopped

- Dissolve Jell-O in boiling water; set aside to cool.
- Beat cooled Jell-O with a mixer. Add the remaining ingredients; combine well. Pour into a pretty glass container; refrigerate 4-6 hours to set.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.



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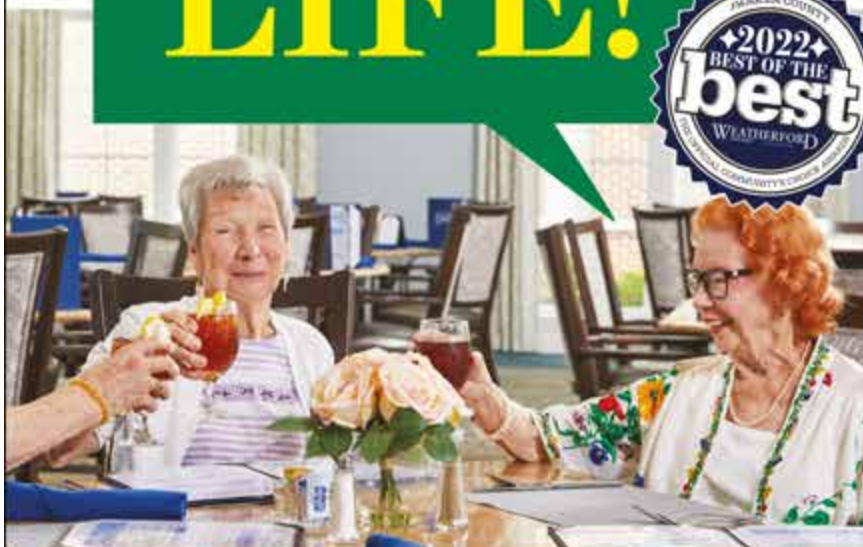
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1:00pm - 2:30pm 3:00pm - 4:30pm

Reservation is required. Please include the time at which you would like to attend and the number of butterflies desired.

RSVP to gpfcevents@gmail.com or 817-594-2747

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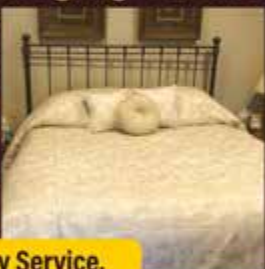
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JUNE

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

6/3

Secret Gardens of Parker County Tour:

Enjoy a self-guided journey through five unique gardens. Tickets \$12 online; \$15 day of event. 10:00 a.m.-4:00 p.m. Visit chandorgardensfoundation.org or call (817) 550-7762 for locations and ticket info.

PCSP Frontier Days PRCA Rodeo Week Kick-Off:

Bringin' In The Herd Cattle Drive begins at Heritage Society Log Cabins, 208 Fannin St., Millsap to the PCSP Grounds via Greenwood Rd., 8:00 a.m. Frontier Days Street Dance:

5:00 p.m.; Rodeo Parade: 6:30 p.m., Downtown Weatherford. <https://pcsp.net>.

6/6-6/10

Frontier Days PRCA Rodeo:

Enjoy rodeo events and bands during the event's 76th Anniversary. 7:30-11:55 p.m. nightly, Parker County Sheriff's Posse Grounds, 2251 Mineral Wells Hwy. Find tickets at pcsp.net/frontier-days-prca-rodeo/.

6/11

Memorial Butterfly Release:

This event honors the memory of loved ones. Proceeds benefit CASA-Hope for Children. 1:00-2:30 p.m.; 3:00-4:30 p.m., Chandor Gardens, 711 W. Lee Ave. Reservation required: (817) 594-2747.

6/20

Safe Sitter Course:

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

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V.I.P. PACKAGE

- 4 - 8 oz. Filets
- 4 - 12 oz. NY Strips
- 4 - 12 oz. T-Bones
- 1 - 3 Rib Prime Rib
- 4 - 12 oz. Top Sirloin
- 1 lb. Texas Jumbo Gulf Shrimp
- 4 - 12 oz. Rib Eyes
- 2 - 14 oz. Main Lobster Tails
- 4 - Chicken Breasts
- 1 lb. Large Scallops

\$299.95

**SPLIT
1/2 BEEF**

\$700.00
FREEZER
WRAPPED / CUT FREE
All The
Beef Cuts
15 lb. Pork &
Poultry FREE

RIB EYES

10 One Pounders
\$119.95
16 oz. cut,
Grass Fed
and Grain
Finished

**TEXAS
FILETS**

20 8 oz.
Steaks
ONLY
\$119.95