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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.

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ON THE COVER

Victory Baptist Academy's young soccer team excels.

Photo by
Lorraine Brown.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 613-1533 or visit www.nowmagazines.com.



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EDITOR'S NOTE



Lisa

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Moments in life change us.

That's a no-brainer. We do well to reflect on those experiences, which at the time seemed devastating. But in retrospect, hopefully, we came away with something useful for ourselves and to share with others. Redefining moments have a way of embedding themselves in our memories. August 19, 2017, became such a date for me. What was so earth-shattering? A stroke.

Yes. A bona fide, unexpected small explosion in my brain temporarily affected my left hand and peripheral vision and permanently decreased some cognitive abilities. No worries. None of the physical traces remain — other than miniscule droops in my eye and lips. That alone fascinates me. The brain part? What an amazing piece of complexity exists inside our skulls! The brain neurons actually reroute themselves around damaged cells. Some people call me a walking miracle. Perhaps. Not all stroke survivors fare well, so I never take it lightly that I'm doing incredibly well these days. I'm alive to celebrate this anniversary of sorts, and that's a big deal.

More importantly, this experience taught me to de-stress from life. It gets a little crazy at times, and we have to relax from everything. I listen to my body now. I missed the signs in spite of knowing something was off. Learn from me, and take care of yourselves.

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COMPETITIVE ALTERNATIVE

— By Lisa Bell

In a world surrounded by football, Jeff Peterson, athletic director at Victory Baptist Academy, opted for a different direction. “For a smaller private school, football wasn’t financially feasible,” he said. “Besides, none of the students or coaches were big into football.” Now in his fifth year heading up the sports programs at VBA, Jeff is excited about bringing Tyler Ebert on board as the new soccer and baseball coach.



During the 2017-2018 season, the soccer team made it to the playoffs. "We've done well growing the program," Jeff said. Many of the students are first-time players, and they want to keep it that way. The team is young, with predominantly underclassmen going into the new school year.

Tyler Ebert is excited about the youth of the team and having them around for several years. "I'm already getting to know some of the players and developing relationships with them," Tyler said, after arriving in Weatherford at the end of May. Tyler came from Pensacola, Florida, where he grew up





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and graduated from college there before moving to Texas.

He met the administrators of VBA during a career fair. Having grown up as a Dallas area sports fan, nearby access to all types of sports at a professional level drew Tyler to Weatherford. He looks forward to establishing his style with the players and developing a strong core with them. He hopes to give them a good base, regardless of whether they go on to play in college or perhaps beyond. He wants them to be able to take the overall lessons into whatever field they choose in the future.

Jeff attended a small, Christian school as well, but he always wished he could have played soccer or baseball during his high school years. By implementing soccer, he got to offer an opportunity to students he always longed for.

The school also has multiple sports available for their fourth- through 12th-grade students. They have coed cross-country and track, basketball for both boys and girls, soccer for the older boys and volleyball for the girls. Their league doesn't include girls' soccer, but they plan to add a junior high soccer team for the boys.

The Texas Christian Athletic Fellowship league includes about 75



varsity and junior varsity teams. Most of them are located in the Dallas-Fort Worth Metroplex. Although the school holds tryouts for all of the sports, most students who want to play make the teams. It isn't all about winning. Although, make no mistake, everyone involved likes to win and works hard to do so.

Most of the students involved in soccer also play other sports. "The more sports you play, the better you get at all of them," Jeff said. VBA is becoming known as a competitive school in sports, and that's a good



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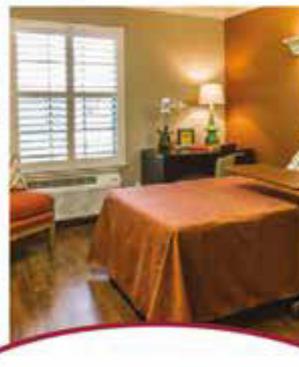
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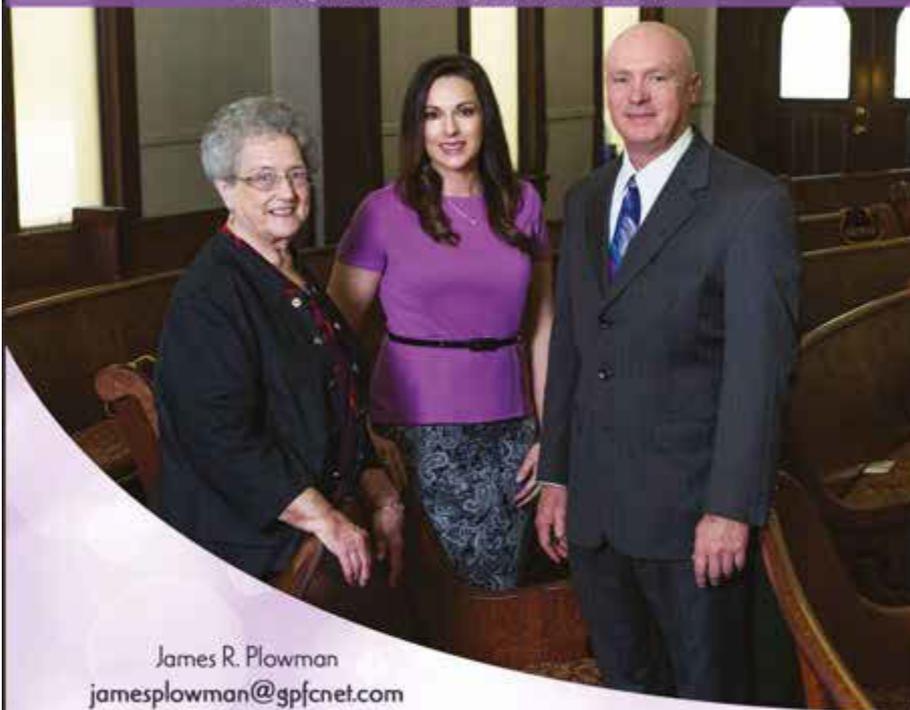
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Tyler Ebert proudly joins VBA as the new soccer and baseball coach.

feeling for the coaches. Although they work hard and take the games seriously, it's more about the team and relationships. They back the school's philosophy and "do it all to God's glory." Jeff is happy they can provide the experience of being part of a team. And if sports help a student go to college, that's an added bonus. Scholarships do happen, in spite of the kids coming from a small private school. The coaches and staff encourage and support students with continuing their education. Part of their job includes helping the students develop skills and choose the right school.

Jeff always loved sports, and his coaches were a big influence in his life. He wanted to have that kind of an impact on students as well, but with more opportunities than one or two sports would allow.

Tyler joins a well-established sports program. Linda McAfee heads up the cross-country and track teams. Jeff coaches boys' basketball, and Tara Cox coaches girls' volleyball. According to Jeff, the girls' basketball, under the direction of Rob Catuto, is the team to watch. After a successful



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season, they look forward to an even better year.

Although the academy is small, Victory Baptist Academy, founded in 2007, is a legitimate contender with any area school, and the coaches share responsibility for teaching some classes at the school, as well.



They expect 250 students this year, with a waiting list. In addition to core curriculum, they offer a VBA Distinguished Diploma program (which includes a third year of foreign language plus four other advanced measures), Advanced Placement, Honors and Dual Enrollment Opportunities. Future plans include a 4-H Club, as well. "Our school is growing," Jeff said. As the kids see him in the community, at school and church, he strives to show them consistency in the way he lives life.

When Jeff came to Weatherford, he saw leading the athletic department as a fun challenge. He found it to be a really cool experience. His wife, Carman, grew up in Weatherford, and they met at college. So, coming home for her wasn't a difficult decision. She also works at VBA.

"Soccer is a fall sport in our league," Jeff stated. With practices starting in August, they'll be ready for the first games and hope for another trip to the playoffs. But even after the season ends, they look forward to more success as the students grow both in relationship and as team players in each of their sports — and while VBA grows as a competitive alternative in Weatherford. **NOW**

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AT HOME WITH TODD AND WENDI STEGALL

SPACIOUS AND SEC

The saying, “When it rains it pours,” is one that resonates with the Stegall family, and it played a part in their desire to move 18 years ago. Todd wanted something completely different from their then-current Fort Worth home that had no trees and was on completely flat soil. Their Aledo home successfully offers the opposite, with total privacy provided by the many trees and a backyard with three elevation levels, leading to the pool and hot tub at the bottom.

Guests may enter from the front of the home, but they will stay in the back as the beautiful white rock levels offer plenty of seating and beautiful landscaping with lots of rose bushes. The top level has a built-in barbecue pit for when the family is grilling. When company is over, the second level has a beautiful pergola, complete with lounge, bar and dining seating, its own grill, refrigerator, sink and island, situated between an open grassy area and the pool.

“This is what I love, being back here with the family and friends and just enjoying the trees and the seclusion of our backyard,” Todd said.

The backyard ends with the creek that runs behind the house. Even though the Stegalls live in a neighborhood, you would never know it when spending time in the spacious backyard, which makes up most of the 1.7 acres their home sits upon. The front of the house offers the same secluded feeling, as the long driveway takes you down to the parking level of their two-story home. When traveling past it, you can only see the very top of the house before driving, literally, down the driveway to their home.



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— By Lindsay L. Allen



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With three kids — Madison, Parker and Brinklee — ranging from 12 to 18 years of age, the five-bedroom, four-and-a-half-bath house, complete with a game room, is the perfect size for the family. Madison just graduated from Aledo High School, where she was the varsity cheer captain. As the new semester starts, she will be cheering as a freshman at Texas Christian University.

“This is the only house the kids know,” Wendi said. “I even tried to get the two youngest to switch rooms a few years ago, so the girls would be sharing the Jack-and-Jill bathroom, but that didn’t pass with them. They wanted to stay in the same rooms — the only rooms they’ve ever lived in.”

The two rooms that share the Jack-and-Jill bathroom are neat in design. They have small stairs leading

up to the bathroom, and each room has beautiful wall-length built-ins. Brinklee’s room boasts a beautiful canopy bed with a vanity that Wendi refinished for her and a nook under the window that is perfect for the built-in storage area.

While the upstairs offers plenty of space for the kids, the family spends the majority of their time in the living room. “We have about two-and-a-half hours each evening with each other after everyone gets back from their extracurriculars,” Todd said. “We don’t really watch TV down here. We just hang out and catch up on what’s going on for the week and get ready for the next day.”



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The living room has an oversized coffee table with a matching oversized sectional and a beautiful built-in entertainment center that goes to the top of the high ceiling. It has been refinished with a deep turquoise color that complements the rock fireplace. With large windows that open up to the backyard, the natural light and views are plentiful.

Located right off the living room is the wine cellar, which used to be the playroom. It is now complete with a fridge and storage area and is protected by a neatly designed iron door. The wine cellar sits under the wraparound stairs and right off the foyer, which has one of the two Arabian horse heads on display that Wendi's mother gave her because she showed Arabian horses growing up.

To the right of the foyer is the study, boasting French doors and built-in shelves covering one wall. To the left is the formal dining room that has Wendi's grandparents' china and pure gold flatware from Todd's grandparents that came from Kuwait.

Wendi's kitchen has bar-style seating, along with an informal dining area and a gorgeous dark wood buffet piece she picked up at a horse show that complements the antique walnut-colored cabinets well. The stairs from the second floor come down and divide halfway down, with one split entering the kitchen and the other to the foyer.

"With three kids who are all actively involved in a number of





extracurriculars,” Wendi said, “the built-in mud bench and storage area located off the kitchen is perfect for the baseball and cheer bags that constantly come in and out of the home, as the kids head from school practice to select practice.”

A bit further from the mud bench is the pool bathroom. Its long design makes it unique, but also perfect for guests who need a place to shower off after swimming.

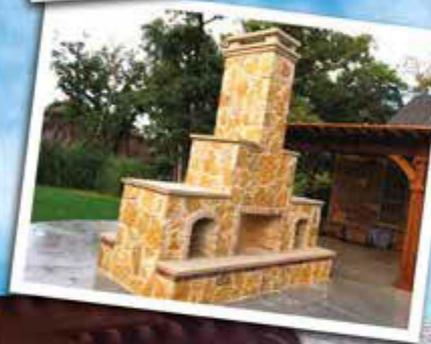
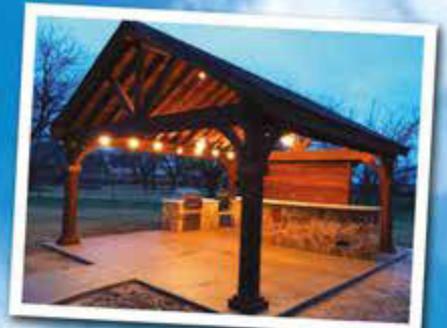
The master bedroom offers the perfect retreat for Wendi and Todd with its oversized area. The quilted headboard is a perfect shade of cream, blending well with the dark wood floors, and there is enough space for a couch. “We have the TCU chair in here to represent where our oldest is a freshman, cheering for the football team,” Wendi said. The master bathtub is surrounded by four pillars and is the first thing one sees when entering the bathroom.

The large laundry room also has space for a butler desk, and upstairs, the kids have their own built-in desk with granite countertops. With many other special touches and nooks, the home is the perfect size both inside and out for the Stegall family and their cat and four dogs.

With their own private backyard and entertainment space, talking the Stegall family into leaving their house might be a challenge. The home they’ve created fits the bill of everything they were looking for almost two decades ago when they made the move to Parker County. **NOW**

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No Shoes, Big Problem

— By Lisa Bell

What makes one person addicted to drugs or alcohol, when someone else has no problem with them? According to Eddie White, program director at Weatherford College, “Addiction is a mental illness, not a moral dilemma. Some never have a problem. Others become addicted at first use, and still others build dependency over a period of time.”

At the tender age of 12, Eddie began using drugs and alcohol. “I was a drug addict long before I was ever exposed to drugs,” he said. Over the years, his addictions eventually landed him on the streets. Finding a dumpster on its side, he lived in it from January to August 1989.

He woke one hot summer morning, and his shoes were gone. At that point, Eddie didn’t see a drug or alcohol problem. He walked barefoot several blocks to get food. In

a delusional state, he began hallucinating and thought he was dying.

Back at the dumpster, he told himself, “Man, you have a shoe problem.” Eddie knew something needed to change. Although he hadn’t talked to his dad in a couple of years, he called him to say goodbye. His parents gave him one more chance. His father picked Eddie up and got him into a 30-day program at Green Villa in Greenville. He stayed for 120 days.

From that time forward Eddie stayed clean, even leaving a relationship and taking full responsibility for two sons, who were toddlers at the time. The experiences left him with a deep-seated desire to help others who struggle with substance abuse. To do that, he needed an education. While preparing for the GED test, they discovered he had dyslexia. Reading at about a third-grade level, Eddie became very creative when he began classes at East Texas State University-Commerce in 1994. He recorded lectures and asked questions. He listened multiple times to each recording, while he worked and watched his boys. At the end of the first semester, he had a 4.0 GPA. He graduated

in 1998 with a 3.44 GPA and went for his master's degree. He passed the Licensed Clinical Social Worker certification and went on to become a therapist.

In December 2012, Joe Reed invited Eddie to teach at Weatherford College. "I just love teaching," Eddie said. He taught for four years. When Joe retired in 2016, Eddie applied for the program director position and got the job.

In addition to teaching classes, Eddie wants to educate people about drug and alcohol addiction. "You learn to live in an abnormal state," he said. "I will never be normal or ordinary."

He loves teaching about mental health. "I have a whole other side of me than substance abuse," he shared. Today, he enjoys a great relationship with his two sons, his daughter and two grandchildren.

As an educator, Eddie has sensitivity to special needs students. Having dyslexia himself helps him understand disabilities, disorders and other mental health issues. One of Eddie's lectures, Use, Abuse, Addiction and Dependency, helps others understand the world he overcame, teaching that addictions come from brain chemistry and the way a person metabolizes any drug. "My past is who I am," Eddie stated. "I embrace all of it — the good, the bad and the ugly." He sees in himself a precious gift of desperation. "God restored me to just enough sanity to know I'm insane. And there's some sanity in that!"

In the fall, the Wise County campus will offer a substance abuse counseling program. The Weatherford campus continues offering a human services program. Although Eddie wishes no one needed these programs, he is grateful. His past allows him to pour into others and teach them to recognize, overcome and help others — hopefully before they are without shoes and with a big problem. **NOW**

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CookingNOW

In the Kitchen With

JULIA MOSELEY

— By Amber D. Browne

For Julia Moseley, cooking hasn't just been an opportunity to share delicious meals while entertaining friends and loved ones. Being in the kitchen was also Julia's career choice during her 31 years of teaching home economics in Glen Rose and Springtown, until retiring in 2002.

Julia felt comfortable in the kitchen at an early age. "I must have been about seven when I cooked my first breakfast," she stated. She started by scrambling eggs, then frying the sausage and finally making biscuits from scratch. "Boy, were those eggs cold. However, I learned to schedule and time meals after that." Julia enjoys cooking all types of meals, but she tends to get excited about desserts and appetizers. Her husband of 50 years, Laurie Moseley III, is her most frequent taste tester. **NOW**

Spaghetti Amore

- 1 lb. ground beef**
- 1/2 cup onion, chopped**
- 1/4 cup green bell pepper, chopped**
- 1 10.5-oz. can undiluted cream of mushroom soup**
- 1 10.5-oz. can tomato soup**
- 1 cup water**
- 1 clove garlic, minced**
- 1 lb. spaghetti, cooked, drained and rinsed**
- 1 cup shredded cheddar cheese**

1. Brown and drain beef. Sauté onion and green bell pepper in skillet with beef. Once vegetables are soft, stir in soups, water and garlic.

2. Combine meat mixture with cooked spaghetti. Spray a 3-qt. casserole or

9x13-inch baking dish with cooking spray. Spread spaghetti evenly in dish; top with cheese. Bake at 350 F for 30 minutes, or until bubbly.

Shoepeg Corn and Baby English Peas

Salad:

- 1 large green bell pepper, seeded and chopped**
- 1 1/2 cups celery, chopped**
- 1 15-oz. can baby green peas**
- 1 cup green onion, chopped**
- 1 4-oz. jar diced pimentos, drained**
- 1 11-oz. can white shoepeg corn**

Dressing:

- 1/2 cup apple cider vinegar**
- 1/4 cup sugar**

- 1/4 cup canola oil**
- 1/4 tsp. salt**
- 1 tsp. dried dill**

1. *For salad:* In a large bowl that seals, add all salad ingredients. Toss to combine.

2. *For dressing:* In a separate bowl, mix together dressing ingredients. Pour dressing onto salad; mix well. Place top on bowl; refrigerate for at least 2 hours. Shake bowl about every 30 minutes to cover salad with dressing. Drain off most dressing before serving. Serve cold with slotted spoon.

Cranberry Salad

- 1 3-oz. pkg. Jell-O strawberry gelatin**
- 1/2 cup water**
- 2 cups fresh or frozen cranberries**
- 1 cup sugar**
- 6-7 Tbsp. orange juice**
- 3-4 Tbsp. lemon juice**
- Pinch of salt**
- 1/2 cup nuts (your preference)**
- 1 8-oz. can crushed pineapple**

1. In a saucepan, dissolve Jell-O in water. Add cranberries and next 4 ingredients. Simmer for about 10 minutes; remove from heat and chill until partially set.

2. Stir in nuts and pineapple. Pour into mold; refrigerate until firmly set.

Fresh Apple Cake

- 3 cups flour
- 1 1/2 tsp. baking soda
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1 tsp. salt
- 2 eggs
- 1 1/4 cups vegetable oil
- 2 cups sugar
- 2 tsp. vanilla
- 3 cups apples, peeled and diced
- 1 cup pecans, coarsely chopped

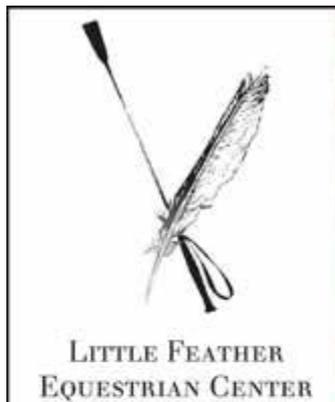
1. In a large bowl, sift together flour and next 4 ingredients.
2. In a separate bowl, beat together eggs and next 3 ingredients. Add flour mixture to egg mixture and blend.
3. Fold apples and pecans into mixture. Bake in a 10-inch stem pan for 1 1/4 hours at 350 F. Cool cake 5 minutes before removing from pan. You can instead use a mini muffin pan and bake for about 14 minutes.

Orange Slice Cookies

- 1/2 cup shortening
- 1 1/2 cups brown sugar, packed
- 2 eggs
- 2 1/2 cups sifted flour (divided use)
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 7 oz. orange slice candy, diced
- 1/2 cup shredded coconut
- 1/2 cup chopped nuts
- 1/2 cup rolled oats

1. Cream together shortening and brown sugar until light and fluffy. Beat in eggs.
2. Sift together 2 cups flour and next 3 ingredients. Blend into creamed mixture.
3. Mix orange slice candy with remaining 1/2 cup flour to cover; add candy to creamed mixture. Fold in coconut, nuts and rolled oats; mix well.
4. Roll into balls about 1 inch in diameter. Place on greased baking sheet. Press down with tines of a fork. Bake at 325 F for about 12 minutes, or until lightly browned.

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BusinessNOW

The Malt Shop

— By Lisa Bell

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On June 16, 1958, The Malt Shop opened for business. For the last 60 years, the pink building hasn't changed much, but last year, Janie and Donald Williams became the fourth owners of this historic restaurant.

Janie always said, "If I ever win the lottery, I'll buy this place." Well, she didn't win the lottery, but when the previous owner decided to sell, she partnered with Donald and took advantage of the opportunity. They kept all of

the staff. Many are longtime employees. One woman has worked there for 27 years. "She's part of the fixtures," Janie stated. "If it wasn't for the great people we have, The Malt Shop wouldn't be what it is today."

Janie worked at The Malt Shop off and on for 22 years as a second job, while also working in an Alzheimer's unit for 28 years. "I'd rather be here than anywhere else," she said. Her mom worked at The Malt Shop, as did both of her daughters, who grew up around the restaurant. The first one often sat on the counter as a baby watching her mom work.

Donald worked in construction most of his life and for the city of Weatherford for 10 years. None of that prepared him for cooking at the restaurant. "It's a new experience. I work hard," he said. But he is quick to admit Janie is one of the few who keeps up with demands, cooking and building burgers to order, even on their busiest days.

The Malt Shop offers typical old-fashioned foods, but they are most famous for their burgers and homemade malts. Over the years, they've gotten great reviews and recommendations from many Texas travel sites, including *The Texas Bucket List*. They intend to work hard and rank even higher on lists in the future.

One thing makes them unique in the fast-food business. Nothing is precooked. In fact, if they catch someone trying to cook burgers or fries ahead of time because they anticipate getting busy, that person is in trouble. So, customers may wait a little longer, but they can always count on freshness.

Since taking ownership, Janie and Donald watch Facebook. They meet negative comments with intent to correct. Friendly customer service is critical. Donald wants people to have a good experience every time and likes to joke around with customers. One couple drives from Fort Worth daily and has done so for years. All of the employees love seeing familiar faces, treasuring their regulars.

Janie's favorite time of the year is during the Parker County Peach Festival. She plans ahead for months. "It's like my Christmas," she admitted. Cars line up for blocks to visit them the first Saturday in July. They use fresh peaches during the summer for ice cream, shakes and other desserts.

Every other month, the Parker County Cruisers pay a visit with spectacular cars. You never know what they'll display, but it's always fun. Recently, they gave Janie a jacket with The Malt Shop's logo and her dream car, a '69 Camaro, on the back.

The Malt Shop supports local organizations as much as possible. They offer hamburgers for half price on Mondays after 5:00 p.m. and discounts to first responders. Be sure to watch for their *WeatherfordNOW*-advertised specials, too. **NOW**

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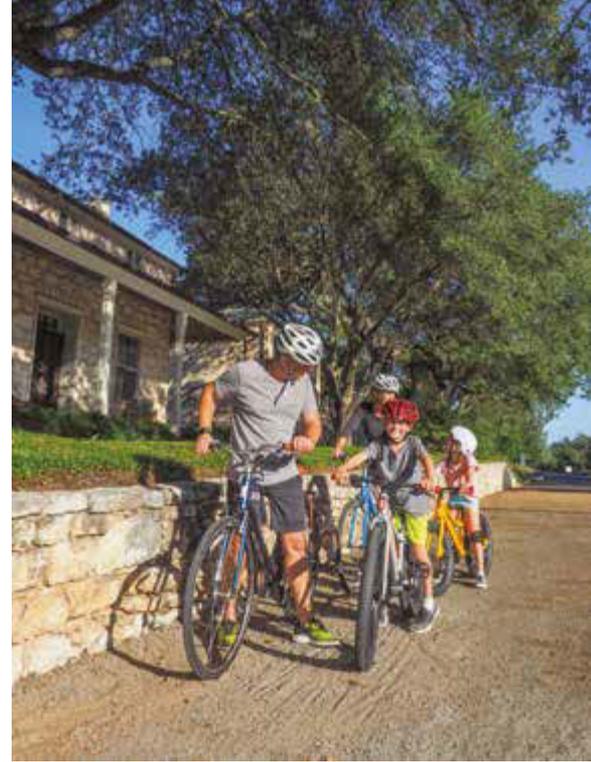
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TravelNOW Peach Perfect

— By Sean Doerre

It's impossible to visit Gillespie County, Texas, without getting directly to the heart of the Texas Hill Country. Its focal point is Fredericksburg, a place founded in 1846 by German settlers. This small-town Texas community continues to provide a unique blend of Texan hospitality and German tradition.

Fredericksburg is well-known for award-winning wine. In fact, the Texas Hill Country was designated one of the 10 Best Wine Travel Destinations in 2014 by *Wine Enthusiast Magazine*. With more than 40 wineries and tasting rooms in the Fredericksburg area, numerous wine tour companies and special wine events like the Fredericksburg Food & Wine Festival, Fredericksburg is at the center of Texas Wine Country.

With more than 150 shops, boutiques and art galleries lining historic Main Street, Fredericksburg is also a premier shopping

destination, offering the best of home decor, Western wear, fine art, kitchen wares, linens, antiques and more. On the weekend of the third Saturday of every month, Fredericksburg Trade Days features more than 400 vendors in seven barns and acres of shopping opportunities, along with great eats and live music in the Biergarten. Great food and wonderful dining is a fixture in Fredericksburg with more than 80 restaurants that feature everything from regional Texas Hill Country cuisine to German and Bavarian, to Tex-Mex and Italian, as well as numerous fine dining restaurants.

Gillespie County is one of the top peach-producing counties in Texas, and from mid-May through early August the town is filled with roadside stands selling peaches and other seasonal produce. Fredericksburg is also home to Wildseed Farms, the largest working

wildflower farm in the United States and a destination for any nature enthusiast.

Enchanted Rock, the second largest granite dome in the United States and a designated International Dark Sky Park, is located just outside of Fredericksburg and offers miles of hiking trails, rock climbing and a 360-degree view of the Texas Hill Country from the top of the Summit Trail.

With more than 700 historically significant structures preserved in the Fredericksburg historic district, history surrounds the city. The Pioneer Museum Complex provides a glimpse of early life in Fredericksburg through historic homes, a log cabin, an authentic Sunday House, a one-room schoolhouse and more.

The National Museum of the Pacific War, dedicated to all who served in the Pacific during World War II, also honors hometown favorite Navy Fleet Admiral Chester W. Nimitz. The 6-acre museum complex includes the George H.W. Bush Gallery, the Japanese Garden of Peace, the Memorial Courtyard and the Plaza of Presidents. Just down the street, is the Pacific Combat Zone, which recently underwent an \$8 million renovation and hosts living history demonstrations eight times each year.

In addition to historic attractions, Fredericksburg is always brimming with activity from more than 400 special events, concerts and festivals held annually. Typical Fredericksburg events and activities include Oktoberfest, live music at Luckenbach Texas, Fredericksburg's Fourth of July Parade, summer horse racing, the Hill Country Food Truck Festival, the Stonewall Peach JAMboree, First Friday Art Walk, the Gillespie County Fair and more. Fredericksburg has more than 1,100 hotel and motel rooms, more than 1,200 bed-and-breakfasts/guesthouses, and several RV parks and campsites ready to welcome travelers with plenty of warm, Texan hospitality. **NOW**

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Where Comes the Bride?

— By Zachary R. Urquhart

In a time gone by, most weddings tended to be at one of a few locations: churches, the courthouse or the family's backyard. Today, though, almost anywhere could be a wedding venue. If you are getting ready to plan a wedding, there are some new and unique locales to consider.

Something Old

• *Barns are back in style.* Trending with the popularity of house remodeling shows over the last decade or so, weddings in rustic farmhouses and barns are becoming more and more common. You can look for places online or reach out to friends who live in rural areas. You might be surprised how easy it is to find a barn you can use. With some old-world style lighting, a simple large shed can become an idyllic wedding sight.

• *Church is in session.* A unique spin on the tradition of a religious setting is to have your ceremony in an old church building. There are churches that are no longer functioning for local congregations, but that are available for special events. And if you are willing to host a destination wedding, you can find such buildings across the country.



Something New

- *Trendy restaurants make great wedding sites.* If you live close enough to a big town with cool restaurants that are only busy in the evening, you might be able to reserve the place for an early wedding time. What is even better, you will have a place for a ceremony and reception all-in-one.

- *Find a venue near you.* People are sometimes surprised to learn how many beautiful venues are hidden just around the corner. With anything from simple buildings that have the necessary amenities to locations providing outdoor wedding scenes, there are often myriad options within a short drive. Many wedding venues offer an all-inclusive package, with much of the planning provided with this option.

Something Borrowed

- *Public spaces can be great for private events.* Local parks have gazebos or pavilions available to rent for private events. If you are expecting a smaller wedding party, this can be a cute, quaint way to have an inexpensive wedding. Some more recently built parks even have spaces built with events in mind, so a wedding at a park does not have to feel like a wedding at a park.





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The Doss Center welcomes kids, a clown and Sheriff's Posse members to kick off summer's History Alive.

Zoomed In: John Bell

By Lisa Bell

John Bell commutes to Tarleton State University, where he is a senior majoring in agriculture and is looking forward to teaching. "I always wanted to be a teacher," he said. But there's a lot more to agriculture than farming and ranching. He wants to help overcome the stigma of agricultural careers. "From artificial turf to dairy cows, scientists who improve efficiency or help overcome livestock disease, and even florists, many jobs involve agriculture," he shared. "A person can live in a city and still use an agricultural degree."

In the meantime, he enjoys working at the Doss Center part time. As a future teacher, he loves the way they put a lot of effort into making sure activities are fun and educational — something he'll strive to do, too.



Roger Shrum has fun taking his grandsons, Owen and Luke, fishing.



Tanya Hodges and Virginia Robertson enjoy the newest Yesterdays Sandwich Shop in Aledo.



The community gathers for Boomin' 4th in Hudson Oaks.



Alexis Jelleber, Justin Gales and Harriet Followill serve library patrons with smiles.



Family and friends join to watch fireworks.



Long-time friends play Liverpool Rummy at the Senior Center.



An expectant class waits for instructions in paper quilling.



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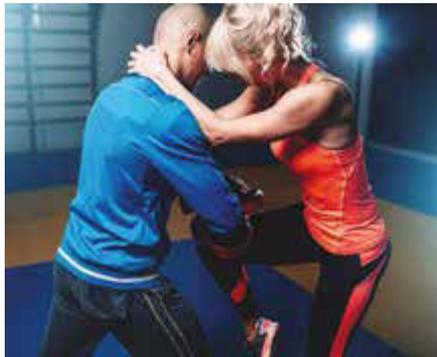
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Calendar

August

3

Basic Self-Defense with Chang Lee: 1:00-2:00 p.m., Weatherford Public Library. Defend yourself and train reflexes to react self-defensively. Class is free. Limited space requires registration at reeves@weatherfordtx.gov or (817) 598-4207.



Night at the Museum: 5:00-10:00 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. 3rd annual event for children 7-12 years old. \$20 includes dinner and a T-shirt (members \$15). For details, visit www.dosscenter.org/night-at-the-museum/.

11

Parker Paws Dog Adoption Event: 10:00 a.m.-2:00 p.m., Weatherford PetSmart, 138 I-20 (exit 408). Come meet adoptable dogs and visit with volunteers. For directions, call (817) 598-0702.

Weatherford Whiskers Adoption Center Grand Opening: 10:00 a.m.-4:00 p.m., 807 E. Park Ave. Free ice cream, face painting, activities, raffles. Come tour the kitty lounge and gift shop. For more information, visit www.weatherfordwhiskers.org.

Ms. Texas Senior America Pageant: 12:15 p.m. (exhibits); 1:00 p.m. (pageant begins), DoubleTree Hotel Dallas, 4099 Valley View Ln., Dallas.

Tickets \$15. Come out and support your favorite contestant. For more details, visit www.senioramerica.org/Texas.asp.

13

Movie Monday for Adults: 11:00 a.m.-1:00 p.m., Weatherford Public Library Auditorium. Matinee showing of *La La Land*. Bottled water and snack provided. For information, visit www.tx-weatherford4.civicplus.com/1670/Events-for-Adults.

20

Trivia Night at Antebellum: 7:00 p.m., Antebellum Ale House, 321 E. Oak St. Come as an individual or with a team. Watch Weatherford Public Library on Facebook for details on the night's theme.

25

Parker Paws Dog Adoption Event: 10:00 a.m.-2:00 p.m., Weatherford PetSmart, 138 I-20 (exit 408). Come meet adoptable dogs and visit with volunteers. For directions, call (817) 598-0702.



September

1, 2

Model Train Show: 8:00 a.m.-6:00 p.m. (1st); 10:00 a.m.-4:00 p.m. (2nd), Clark Gardens, 567 Maddux Rd. Model train heaven with additional events and food vendors both days. For details, visit www.clarkgardens.org.

Ongoing:

Mondays

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



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 activities. Contact rhamilton@weatherfordtx.gov or (817) 598-4359.

Third Tuesdays

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. For more information, call (817) 994-0074.

Second Wednesdays

The Twentieth Century Club: Noon, 321 S. Main St. Women's volunteer organization meets each month except in July and August. Begin with

potluck lunch, followed by a short program and business meeting. For information, call Karren Lucas (817) 613-6697.

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



PTSD Family Support Group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. Free support group provides information and encouragement to families and friends of those suffering with PTSD. Call (817) 594-3030 to find out more.

Second Thursdays
Gardeners' Club of Parker County: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. For more information, call (817) 919-6280.

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

Quilter's Guild of Parker County: 6:30 p.m., Northside Baptist Church, 910 N. Main St. For more information, call Mary Williams

at (940) 682-4631 or visit www.quiltersguildofparkercounty.org.

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 details, 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.

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How Can You Help Your Kids Pay for College?

It's still summer, but we're getting close to a new school year. One day, though, "back to school" will mean "off to college" for your children. Will you be financially prepared to help your kids cope with the costs of higher education?

Your first step, of course, is to know what you're up against, so here are some numbers: For the 2017-18 academic year, college costs (tuition, fees, room and board) were, on average, nearly \$21,000 for in-state students at four-year, public schools and nearly \$47,000 for students attending private colleges or universities, according to the College Board. And you can probably expect even bigger price tags in the years to come.

To help prepare for these costs, you might want to consider putting your money in a vehicle specifically designed to help build assets for college, such as a 529 education savings plan. All withdrawals from 529 plans are free from federal income taxes as long as the beneficiary you've named uses the money for qualified college, trade school or graduate school expenses. Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes on the earnings portion of your plan. (However, tax issues for 529 savings plans can be complex, so please consult your tax advisor before investing.)

You can generally invest in the 529 savings plan offered by any state. But if you invest in your own state's plan, you may be able to claim a tax deduction or receive a tax credit.

By starting your 529 plan early, when your children are just a few years old, the investments within the plan have more time for potential growth. Plus, you can make smaller contributions each year, rather than come up with big lump sums later on.

A 529 plan is not the only education-savings tool you can use, but it has proven effective for many people. Yet you may also want to consider ways to keep college costs down in the first place.

For one thing, your children may be eligible for various forms of financial aid. Some types of aid depend on your family's income, but others, such as merit-based scholarships, are open to everyone. But you don't have to wait until you get an offer from a school's financial aid office — you can explore some opportunities on your own. For example, many local and national civic and religious groups offer scholarships to promising young people, and your own employer may even provide some types of grants or assistance. Plus, your state also may offer other benefits, such as financial aid or scholarship funds. It can certainly take some digging to find these funding sources, but the effort can be worthwhile.

Here's another option for reducing college costs: Consider sending your child to a local community college for two years to get many of the "general" requirements out of the way before transferring to a four-year school for a bachelor's degree. Community colleges are typically quite affordable, and many of them offer high-quality programs.

A college degree is costly, but many people feel it's still a great investment in their children's future. And by taking the appropriate steps, you can help launch that investment. **NOW**

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

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