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AUGUST 2024

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# EDITOR'S NOTE

*It's summertime!*

Have you ever realized August hosts no official holiday on the calendar? Out of the 12 months each year, no official federal observances are scheduled for the final summer month, no official celebrations. So, why not create our own August holiday?

Maybe we could hold a gathering of family and friends to mark the end of summer. We could smoke a brisket and make homemade ice cream. Or, why not a back-to-school celebration? College freshmen are embarking on a new journey as many greet new roomies in the dorm, while older students in higher education prepare to meet new professors in the coming weeks. Students in grades K-12 will soon catch their first glimpse of teachers who will provide them with engaging activities throughout the upcoming school year.

We could even celebrate the simple fact that we are alive. Maybe we could call it, Holiday of Life. That's catchy. Life could be considered a holiday with all its exciting recreational experiences and relaxing downtime. It has its ups and downs, but being alive truly is a blessing and something that should be celebrated. It might be difficult to see sometimes, but on this roller coaster of life, the highs and lows balance out to provide a beautiful experience, one worthy of gratitude.

Of course, we could also celebrate dozens of observances that have been added to the August calendar over the years. National Friendship Day will be observed on August 4, National Tell a Joke Day on August 16 and Eat Outside Day on August 31, to name a few. There are so many things to celebrate. I need to remember that.

*Enjoy yourselves out there!*



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On Staff



# MAKING THE MOST OF IT



— By Amber D. Browne

*Prioritizing time is an essential habit for Dr. Kella Price. If an endeavor adds value to her life, this busy mother of four will carve out the time and resources necessary to accomplish her goals. Kella's service to others in numerous aspects is undeniable, as is her desire to grow through education and to share her expertise with others.*

Kella and her family moved to Aledo from Arizona four years ago after her husband of 25 years, John Price, retired from the U.S. Marine Corps. As a young married couple, the two unsuccessfully tried to start a family of their own. "We felt like God was leading us in a different direction," Kella shared. They decided to adopt children domestically through the foster care system.

While living in Arizona in 2008, they first adopted David, who is now 20. Shortly thereafter, Kella and John adopted three siblings — Luis, now 25 and happily married; Michael, 16; and Isaac, 15, who both attend Aledo High School. "It was definitely challenging, but we were up for the task," Kella shared. Although they were unable to adopt their sister, Angelina, Kella and John consider her family. Kella's children often assist during volunteer events, such as fundraisers for animal shelters and trail clean-ups for Rotary Club of Aledo. "They're always a part of the mix, and I hope it instills a need to serve and the importance of that."

Kella has always loved animals, and after seeing a need in the community, she was called to help. She now fosters dogs through Weatherford Wags and West Side Animal League. "It's so rewarding. Even someone busy like myself, can figure out how to give them some time, and it's so much better for the dog to be in a home than a shelter." She gets attached to each foster dog, but knowing they are going to a great place to be loved by someone else puts her mind at ease.

Serving is a passion for Kella. She became a member of Rotary International in Arizona nearly a decade ago and joined Rotary Club of Aledo after moving to the area. She now serves on the local board as past president. "Rotary is a vehicle to allow you to serve and create friendships with other individuals who like to serve," Kella explained. "We've done some great projects in the community."

Kella's service to others knows no bounds. For more than 25 years, she has volunteered with the American Business Women's Association, which aids women in their personal and professional lives. She currently serves as president of the local ABWA chapter, Outlook Positive Express Network. Kella also describes herself as a lifelong ambassador for the Cystic Fibrosis Foundation. "I've been fundraising and doing things for them since I was very little." Her late sister, Deanna Wolf, was





diagnosed with cystic fibrosis at birth, and at the time, Kella was just a toddler. Deanna passed away from the disease at the age of 30, but Kella continues to advocate for the cause.

Her diverse volunteering portfolio proves her dedication to make a difference in the world, and she stresses the importance of serving others. "If no one is willing to raise their hand and say, 'I will help,' our society is not going to be better," she said. "You can see the impact of what you're doing and how it benefits the community."

Service to others is only one aspect of all that is Kella. Growth through education is an important life goal, as well as sharing her expertise to inspire others to pursue their own ambitions. Her educational background includes undergraduate degrees in French, Spanish and business, a master's degree in exercise, science and wellness with an emphasis in sports nutrition, and a master's degree and doctorate in both business and human resource management. "My husband used to



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say I was a serial student,” Kella smiled. “They say if you stop learning, you die. It’s good for brain stimulation, but I think it’s always important to continue to better yourself and invest in yourself.”

She is a part-time professor at Northern Arizona University, where she teaches human resource management. She has published 14 books, primarily human resource training, as well as authored mental health books from the series, *The Girl Behind the Fence*. Kella also speaks professionally to organizations and nonprofits about HR,

business and health and wellness topics.

Kella’s background in wellness and nutrition education sparked a business opportunity while living in Arizona. She opened Healthy Fit Yuma and expanded the business into Texas with Healthy Fit Aledo, which offers personal training and meal planning. “If you don’t have a certain level of health and wellness, you’re not going to be able to do things that you want to do and love,” Kella explained. “It doesn’t really matter what type of exercise you do. Find something to move, so you’re not so sedentary.”

In addition to fostering dogs, serving the community and sharing her knowledge with others, Kella competes in the pageant world. She currently holds the title of 2024 Mrs. Texas Earth USA and Armed Forces Ambassador, and she recently received the Dr. Universe Lifetime Achievement Award (2024). “You only have one life, so you have to make the most of it,” she shared. “I encourage people to try new things because that’s what makes life more interesting. If all you do is sit at home and watch TV and stay in your little bubble, you’re missing out on so much that you could experience and creating lasting friendships, making an impact in the community, learning new things to feel better about yourself and improving your own self-esteem.”

Kella’s goals include a TED Talk and hosting destination yoga or business retreats. “I love to travel, and I want to enrich people’s lives and give them a way to experience health and wellness — and just create a better sense of peace,” she shared. “I don’t know what God has in store for me next. I’m always open to new opportunities and exciting things.” **NOW**






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## Zoomed In: Kacey Wenk

By Amber D. Browne

An out-of-this-world opportunity awaits one Weatherford woman. Kacey Wenk is one of 75 people selected through a Texas Lottery second-chance drawing who could win a trip to the edge of space.

Kacey and her husband, Joe, will travel to Kennedy Space Center in Florida in June 2025 to attend celebrations that include an astronaut meet-and-greet and cash prizes. While Kacey and Joe are there celebrating their 23rd wedding anniversary, officials will draw four names from the 75 winners. Those four people and their guests will win a seat on the Space Perspective flight. "Even if I don't win anything, it will be a cool experience just to be there," Kacey shared.

When she found out about the opportunity, childhood memories of watching *Space Camp* came flooding back. "I loved watching that," she shared. "I could be living out my childhood dream!"



Erik Vogt and children, Colton and Kailey, along with Jackie Hlavinka, AKA Mimi, stock up on fireworks for the Fourth of July.



Sarah Fino wins the Artist of the Year Award for Weatherford Art Association.



The Weatherford Chapter of Daughters of the American Revolution installs new officers for 2024–2026.



The audio, video and sound crew from Showtech prepares for Boomin' 4th in Hudson Oaks.





Tiel Jenkins, Weatherford ISD's Secondary Teacher of the Year, receives the Outstanding Community Partner Award from the Center for Community Health.



Luke Rosignol poses with Maggie after receiving the Gold Level President's Volunteer Service Award for 2023 from Golden Reward Sanctuary at a recent ceremony.



Local firefighters give truck tours and safety tips to attendees at Go West Community Showcase.



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**9/6** AT LAKE WORTH  
**9/13** AUBREY  
**9/20** SOUTHWEST  
**9/27** EAST LAKE  
**10/4** OPEN  
**10/11** EAGLE MOUNTAIN  
**10/18** AT MINERAL WELLS  
**10/25** BURKURNETT  
**11/1** AT GRAHAM  
**11/8** BRIDGEPORT



**8/15** MINERAL WELLS  
**8/22** AT BENBROOK  
**8/30** TOLAR  
**9/6** FERRIS (HOMECOMING)  
**9/13** AT JACKSBORO  
**9/20** AT EARLY  
**9/27** BOWIE  
**10/4** AT IOWA PARK  
**10/11** OPEN  
**10/18** PARADISE  
**10/25** AT PONDER  
**11/1** BOYD (SENIOR NIGHT)  
**11/8** AT VERNON







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**8/22** CENTENNIAL  
**8/30** L.D. BELL (SENIOR NIGHT)  
**9/6** AT AZLE  
**9/13** ARLINGTON (HOMECOMING)  
**9/20** AT ROYSE CITY  
**9/27** CROWLEY  
**10/4** AT LEGACY  
**10/11** OPEN  
**10/18** AT NORTH CROWLEY  
**10/25** LAKE RIDGE (PINK OUT)  
**11/1** BOSWELL (YOUTH FB NIGHT)  
**11/8** AT MANSFIELD

**8/22** AT MANSFIELD  
**8/30** AT DENTON GUYER  
**9/6** LANCASTER  
**9/13** AT BREWER  
**9/20** BIRDVILLE  
**9/26** AT FOSSIL RIDGE  
**10/4** DENTON RYAN  
**10/11** AT GRANBURY  
**10/18** OPEN  
**10/25** RICHLAND  
**11/1** AT AZLE  
**11/8** DENTON



**8/15** TBD  
**8/22** MILFORD  
**8/31** AT LOGOS PREP  
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BusinessNOW

# Vida Lux Salon & Suites

— By Amber D. Browne

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At Vida Lux Salon & Suites, locals can experience pampering or therapy, depending on the agenda for the day. Whether it is through one of the many relaxation and therapeutic massage options or with a mom’s day out for a cut and color, Vida Lux has a variety of services to feel refreshed and rejuvenated.

In May of 2022, Vida Lux Owner Jamie Lee Pollard



worked as a massage therapist at the location on Fort Worth Hwy. in Weatherford. “Everything is building up this way, so it’s a great location,” Jamie said. When the previous owner decided to close up shop, Jamie acted quickly on the opportunity and took over the lease.

The massage side of Vida Lux is elegant and relaxing with tenured therapists. Jamie has worked in massage therapy for 15 years and is one of four therapists on the team. Both Alexander Laughlin and Michelle Ellis have 20 years of experience as massage therapists, and Lacy Pepperman has been a massage therapist for six years. “I feel it’s important to find a massage therapist who listens to what you want out of a session and who can listen to what your body needs and merge them together,” Michelle shared.

Regardless of the therapist of choice, each works with the client to provide a massage that is tailored to the needs of the individual and creates a one-of-a-kind experience. “We’re really personable. We really like to get to know our



clients. We just love them,” Jamie said. The most popular massage service is the 95-minute, deep-tissue massage that includes hot stones, cupping and a peppermint scalp treatment. Other services range from sports, prenatal and couple’s massages, and various time lengths are available from one hour to two-and-a-half hours.

Massages at Vida Lux are not one-size-fits-all. They are customized to each individual and their needs, which might include an hour of relaxation or a more in-depth massage to focus on ailments such as headaches, lower back issues or sciatic pain.

“Life is hard. Life is stressful, especially for moms. There’s so much on our plates. We have so much pressure from every different angle. Those are my favorite people to cater to — the moms — because that’s me,” Jamie, a mother of four, shared. She explained that massage therapy helps with physical and psychological aspects. “Every cell in our body holds onto the stress that we carry, and massage literally helps to release that.”

For Jamie, massage therapy is a passion. “I get to help people and see the difference in someone I’ve worked on consistently. Giving people back life is really great,” Jamie said.

The other side of the business holds a fun and colorful space for two hair stylists who have been best friends for 22 years and in the industry for 19 — Stacey Carney, a color specialist, and Rachael Galbreath, an extension and color specialist. They first leased the area from Jamie in 2023. The space also includes a small boutique featuring funky home decor, thrifted items and eclectic gift ideas. “It’s really cool to have your hair done here for several hours and have something different to look at,” Jamie said.

All appointments for hair and massage are booked online. The massages are all-inclusive with no upcharges for services. “If you book a 95-minute massage, you get 95 minutes. There is no time taken off for undressing and paperwork and all of the other things that most places do,” Jamie explained. “It’s just a more personable experience.” **NOW**



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# CookingNOW *In the Kitchen With* TERRI GRIMES

— By Amber D. Browne

Terri Grimes' collection of inherited recipes is large, but she takes pride in inventing her own dishes, including several using rotisserie chicken and scratch-made broth. These meals are often shared between Terri and her mother, Peggy. "She is 102 and no longer cooks," Terri mentioned. "So, she loves it when I take her something."

Desserts are also a favorite, and Terri treats Weatherford College Rodeo students with sweets during a weekly Bible study. A favorite recipe is her scratch-made banana pudding, which she shared with two young ladies from church more than a decade ago. "They are both married now and still making it."

When she's not cooking up delicious dishes, Terri enjoys sewing, creating gifts with an embroidery machine and traveling. "I've been to Scotland twice and will definitely go back." **NOW**

## Chicken Noodle and Vegetable Soup

- 1 30-oz. rotisserie chicken
- 3 Tbsp. butter
- 1 large onion, peeled and chopped
- 1 14.5-oz. can green beans, drained
- 1 14.5-oz. can sliced carrots, drained
- 1 14.5-oz. can sliced potatoes, drained and cut into halves or fourths
- 1 14.5-oz. can whole kernel corn, drained

- 2-4 oz. angel hair pasta
- Garlic salt, to taste
- Pepper, to taste

1. To prepare the rotisserie chicken and chicken broth, pull off as much meat as possible; set aside. Add the bones and skin to a large pot; add enough water to cover. Bring to a boil.
2. Lower the heat; cover and cook for 30 minutes to make the broth. Strain the broth to remove the bones and skin. Add the

broth back to the pot. Remove additional chicken from the bones, if necessary. Cut the chicken into bite-size pieces.

3. In a large skillet on medium heat, melt the butter. Add the onions; sauté for 2-3 minutes. Add the chicken and a dash of broth. Cover; cook until the onions are tender and clear. Add more broth if it becomes dry.

4. Bring the pot of broth to a boil. Add the onion and chicken mixture, vegetables, pasta and seasonings. Stir to combine; cook for 30 minutes.

## Salmon Croquettes

- 1 14.5-oz. can pink salmon
- 1/2 stick saltine crackers, crushed
- 1 tsp. garlic powder (Use garlic salt if the crackers are salt-free.)
- 1 medium onion, diced
- 2 eggs
- Oil of choice, to taste

1. Drain the salmon; remove the large, round bones; the small bones are soft and will dissolve. Pour the salmon into a bowl.
2. Add the crackers and the next 3 ingredients to the bowl; mix well. Use a



large ice cream scoop to scoop the mixture. Form each scoop into a ball; flatten slightly. Set aside on a baking dish.

**3.** In a skillet, heat enough oil to cover at least the bottom half of each patty. Fry on each side until golden brown. Drain on a paper towel; serve.

**Fruit Nachos**

*Fruit Salsa:*

- 1 cup apples**
- 1 cup mangos**
- 1 cup bananas**
- 8 oz. frozen strawberries with added sugar, thawed**

*Cream Cheese Fruit Dip:*

- 8 oz. cream cheese, softened**
- 1/2 cup sugar**
- 1/2 Tbsp. Mexican vanilla**

*Cinnamon Tortilla Crisps:*

- 1/2 cup sugar**
- 1 Tbsp. cinnamon**
- 8 flour tortillas**
- 1/2 stick butter, melted**

**1.** For fruit salsa: Peel and dice the apples, mangos and bananas. Whip the thawed strawberries in a blender. Pour the strawberries into a bowl; add the diced fruit. Fold to combine.

**2.** For cream cheese fruit dip: In a small bowl, combine all the ingredients.

**3.** For cinnamon tortilla crisps: Preheat the oven to 400 F. In a small bowl, combine the sugar and cinnamon.

**4.** Right before serving, brush the tortillas with melted butter; sprinkle with the sugar and cinnamon mixture.

**5.** Cut into quarters; bake on a greased cookie sheet at 400 F until crisp and brown.

**6.** Spread the cream cheese dip onto the tortilla crisps; top with the fruit salsa. You can prepare the nachos or allow guests to create the fruit nachos themselves, so they do not get soggy.

To search for more great recipes from any of the **9 NOW Magazines** publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).

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# WELCOME Back to School AUGUST

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.

8/2-8/4

## Gooney Bird Greene and Her True Life Adventures:

Annual children's production presented by TOTS. **Friday and Saturday:** 7:30 p.m.; **Sunday:** 2:00 p.m., Theatre Off the Square, 114 N. Denton St. [theatreoffthesquare.org](http://theatreoffthesquare.org).

8/3

## Bearcat Nation 101:

This annual event welcomes new and existing Bearcat families to learn more about schools and resources. 9:00 a.m.-noon, McAnally Middle School, 14700 Old Weatherford Rd., Aledo, 76008. [aledoisd.org](http://aledoisd.org).

8/6 and 8/8

## Play at the Library:

Play with puzzles, games, LEGOs and more. **Tuesday:** 10:30 a.m.-12:30 p.m.; **Thursday:** 2:30-4:30 p.m., East Parker County Library, 201 FM 1187 North, Aledo, 76008. For more information, visit [epclibrary.com](http://epclibrary.com).

8/9

## Clays 4 Cabins:

Fundraiser event for the Pioneer Cabin Park at the Doss Center. 8:45 a.m., Defender Outdoors Clay Sports Ranch, 8270 Aledo Rd., Fort Worth. [dosscenter.org/clays-for-cabins/](http://dosscenter.org/clays-for-cabins/).

8/9-8/11

## Texas Tax-Free Weekend:

No sales tax on qualifying items including clothing, etc., priced less than \$100. [comptroller.texas.gov/taxes/publications/98-490/](http://comptroller.texas.gov/taxes/publications/98-490/).

8/10

## Weatherford Cruise Night:

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8/14

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8/31 and 9/1

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