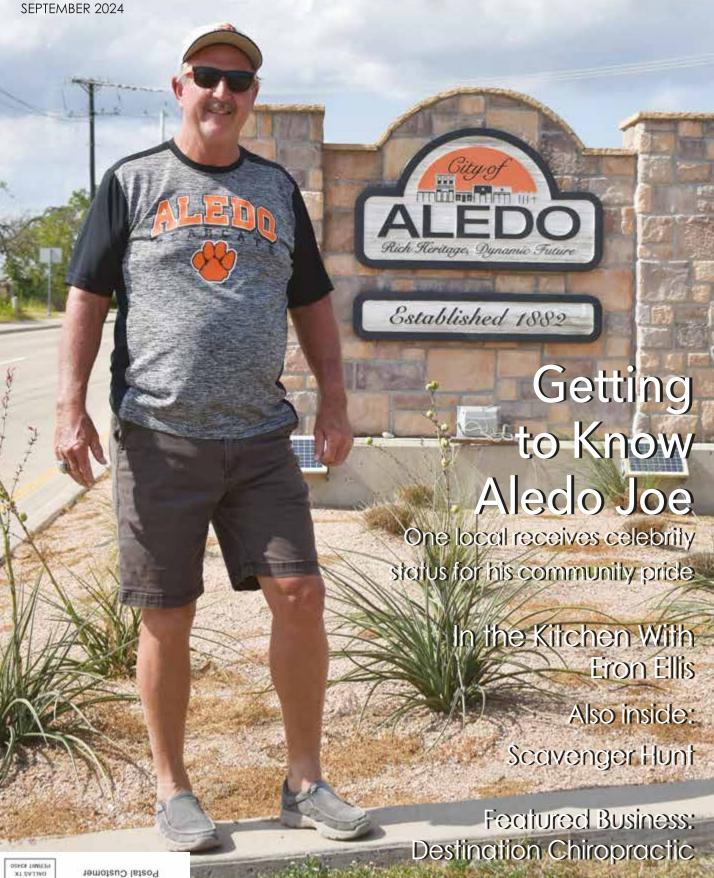
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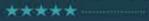






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ON THE COVER



Joe Bratcher's love for Aledo is apparent through his acts of service.

Photo by

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SCAN ME







EDITOR'S NOTE

It's fall, y'all!

All of the hustle and bustle of the school year is back as students head to the classroom to learn, play and socialize. Fall is the start of a new chapter for my family, as our daughter begins her first year off at college. There is so much excitement in the air, but this transition will take some time to fully incorporate into our lifestyle.

I chatted with a local mom recently about her son's first semester away at a university. She shared that it was a difficult road at first — moving all his things into a dorm, leaving him behind in a new chapter of life and arriving back home to an empty house. She and her husband had officially become empty nesters.

My husband and I are not there, yet, as our son is still in high school. However, I understand the emotions she portrayed sharing her story. The excitement for her child on a new life journey. The gratefulness for the opportunity. And the uncertainty of what is yet to come in her own life. I feel all of these emotions, but I am certain this new adventure will not only be a tremendous learning experience for our daughter but a learning experience for us, as well. It is a time of change and the start of something great, and I am blessed to be on this current path in life.

If you or someone you know has a life experience or a few favorite recipes to share with *WeatherfordNOW* readers, please reach out to me. We love sharing your stories!

Take care, friends!







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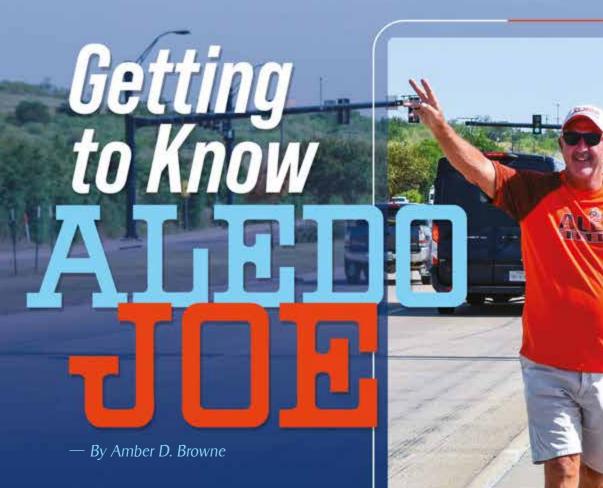
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On Staff



Taking pride in one's community builds a sense of belonging, and the benefits are numerous. Community pride can transpire by participating in tradition, cleaning area roadways, supporting local businesses, displaying patriotic flags or simply sharing a smile with others as they go about their day.

Joe Bratcher has called the city of Aledo home for nearly three decades, and his love for his community is undeniable. In 1996, the small-town feel of Aledo enticed his family to build a home near Aledo Middle School. "We just fell in love with it. I'm a big sports guy, a big high school football fan, and Aledo was just turning the corner on their football program," Joe shared. This North Texas town took on an even stronger meaning for Joe several years ago when he began walking the main thoroughfare in town — FM 1187 — and started his own tradition.

When Joe and his wife, Marilyn, and three daughters — Toni, Jodi and Lori — first moved to Aledo, Joe walked along the track at the middle school and in area neighborhoods to achieve his mile goals. Once the new sidewalks were installed along FM 1187 several years ago, he informed his wife about his new fitness idea to walk the six-mile roundtrip trek from his home, through town, across the Interstate-20 bridge and back. During his walks, he would notice trash along the roadside, so he decided to take action. He purchased a trash picker and packed trash bags for his walks.

He unofficially adopted the stretch of FM 1187 as his own.

Joe's walks began to evolve. "I always walk facing the traffic," he said. "One day, I just started waving to people as they came by. They thought it was a little strange because people don't usually do that." Some drivers waved back and honked to acknowledge him. Others, however, questioned his motives.

Stories he has heard over the years include questions about his mental health, if he was homeless or if he needed assistance. "I say, 'No, I'm just out here waving to people — just being nice and trying to spread joy," Joe said with a smile.

"I'm not doing this for myself. It's because I love Aledo, and I love the people," he shared, with tears in his eyes. "If I can put a smile on a person's face, it's worth it."

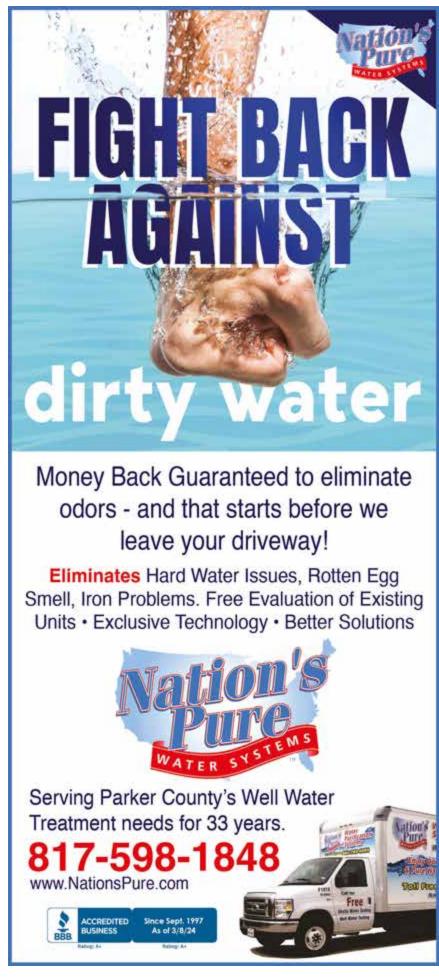
Joe feels like he is doing what others might want to do but are afraid to do. "My philosophy about life is to step out of the box. Don't stay in your safe zone. Get over here where



other people, all walks of life, can see you and identify with you."

During the Texas heat, Joe might be shirtless during some walks. "My physique is not the best in the world," he laughed. "Some may be a little offended by that. Either hate me or love me. Either way, this is me. I think everybody needs to be honest like that. Just do your thing. Don't worry about what other people think about you."

Joe has become somewhat of a local celebrity with students designating him with the nickname, Aledo Joe, during one of his walks by the middle school. He often hears young voices calling out "Aledo Joe" from back windows of vehicles as he picks up trash.



Joe is not afraid to show emotion when he speaks about the community of Aledo. "I think it's because I'm making a difference," he said. Several locals have shared stories after receiving a wave and a smile from him as they drove home. They may have had a bad day at work, were driving home from a funeral or had to make the difficult decision to euthanize a beloved pet. "They're down in the dumps, and they say, 'When I saw you smiling and waving, you didn't know what we were going through. When we saw you waving and smiling, that got us through the day.' That's the difference that I want to make — to change people's lives." Joe lives by the mantra to always be kind. "You don't know what somebody's going through," he said.

With a sense of pride in cleaning area roadways and brightening others' days, Joe is taking his community involvement a step further. Drop-ins to local businesses have become a common occurrence, and Joe often grabs a quick photo with business owners to post on social media with the hashtag, #shoplocalaledo. "I think



it's always good for the locals to support the local businesses. They're out here trying to make a living, too."

Although it can be cumbersome, Aledo Joe carries a Texas flag or U.S flag on occasion, including certain holidays, to show his patriotism while walking his route through Aledo. His current goal is to persuade local businesses to add flags to their exterior facades and for the city to erect a flag

pole near the city welcome sign along his stretch of FM 1187.

Another favorite pastime for Joe is running sideline chains at Aledo High School varsity football games. As a former Western Hills High School football player, loe was honored to be offered the spot several years back. And, after retiring from Lockheed Martin in December 2014, he had the time to do the job. When offered a chance to purchase state championship rings from AHS varsity football wins in 2022 and 2023, Joe jumped at the opportunity. He now proudly wears the 2023 ring.

The 70-year-old encourages others to become involved in their community and plans to continue his walks through town for years to come. "It's gotten to the point where I can't quit doing it because then everybody will question where I am. One day, I'm going to have to, otherwise I'll be in a wheelchair going up 1187 with an American and Texas flag on both sides and still reaching over to get trash. If it comes to that, then I'll do it because that's how much I love doing it and love the community." **NOW**



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Around Town



These Brock ISD students receive the Lone Star Award at the Texas FFA Convention.



The Andersons and Ramoses with the Aledo Chapter of Young Men's Service League volunteer at Harvest of Aledo.



The Weatherford Art Association announces the winners for Artist of the Month for August — Amy Smith, 1st; Diane Bolinger, 2nd; and Val Veirling, 3rd.

Zoomed In:Joey Johnson

The grieving process following the loss of a child varies for every parent. Willow Park resident Joey Johnson used his grief to found the Ashton Johnson Memorial CloudDancer Scholarship in memory of his son, who served in the U.S. Army and was working toward his private pilot's license when he took his life in 2021. The scholarship is presented to military veterans across the nation who are pursuing a career in aviation. "I can pour my energy into this, and something good comes from it," Joey explained. "We're changing people's lives for the better."

The nonprofit holds two fundraisers each year — one in the fall, which will be held in October, and the second in the spring. This month, the nonprofit will select five veterans to receive \$10,000\$ scholarships.



The crew enjoys a little downtime before attempting to make the world's largest peach cobbler for the Parker County Peach Festival.

By Amber D. Browne



Locals learn all about Aledo ISD and ways to get connected to the community at Bearcat Nation 101.



Erin Miller and daughter, Kadence, enjoy the day at the Parker County Peach Festival.



Tonya Schumacher and Shelley Scazzero enjoy peachy treats at Peaches in the Warehouse.

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By Amber D. Browne

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Chiropractic care has been an option for those experiencing pain or mobility issues since the first credited adjustment by Daniel David Palmer in 1895, according to the American Chiropractic Association. Dozens of chiropractic adjustment techniques have been developed over the past century. One such technique is the Torque Release

Technique, which is now an option in Weatherford at Dr. Tanner Kurz's new office, Destination Chiropractic.

"The technique I do is very niche. It's more neurological, and I don't do the twisting, cracking or popping. It's more of a specific, gentle approach, and I use an instrument to do it," said Dr. Kurz, who received multiple National Collegiate Athletics Association medals for swimming and competed in the 2016 U.S. Olympic Trials.

Dr. Kurz can provide manual adjustments, if needed, but his technique involves using a small, metal tool that fires at a high speed, sending a vibration into the nervous system. He said the tool gets to the root cause faster, offering quick results and longer-lasting effects. "The whole point is to get you healthy, so we can get off the drugs, medications and surgeries that are over-prescribed and underdeliver most of the time."

Adjustments are not strictly to ease back or neck troubles. He can also adjust extremities, including shoulders, elbows, wrists, knees, hips, ankles and more. His chiropractic services can treat a range of issues, including anxiety, ADHD,

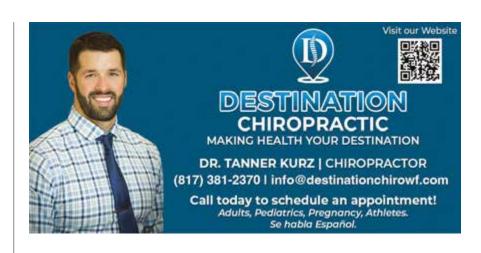
sciatica, headaches, migraines, vertigo, blurred vision, ringing in the ears and depression. Dr. Kurz is certified to treat any age from infants to geriatric clients, as well as pregnant mothers and athletes. "If you've got a spine, I can take care of you," he quipped.

To get to the root cause of the issue, Dr. Kurz offers an initial consultation that includes posture and nerve assessments, X-rays and other tests. He later reviews the findings and provides recommendations for a care plan, which typically includes in-office visits and at-home exercises over a threemonth period before the reassessment.

"What I found is to not overload the spine because it's already stressed out because of the three Ts of stress thoughts, toxins and traumas," Dr. Kurz said. Stressful situations, unhealthy food and drink choices, drugs, injuries and repetitive stresses on the body, such as sitting hunched over at a computer, can cause the physical body to suffer. "It's all about lifestyle and lifelong care making health the destination."

His desire to help others began as a young boy. His twin brother was diagnosed with scoliosis, sparking an interest to work in the medical field. After graduating high school in Delaware. Dr. Kurz received a fullride scholarship to swim at Indiana University, where he received a bachelor's degree in human biology. He gained additional knowledge about the physical body through weight training, rehabilitation and recovery for his competitive swimming. He graduated from Parker University in Dallas with a Doctor of Chiropractic in August of 2020. The hometown feel of Weatherford drew him to the area. and Destination Chiropractic opened in April of this year.

Discounts are available to clients' family members and through specials on social media and in WeatherfordNOW Magazine, as well as at Dr. Kurz's booth at First Monday Trade Days. Destination Chiropractic accepts multiple insurances, including Medicare and private payments. "My goal is to figure out issues before they happen, but of course, if there is an issue going on, we'll help with that," Dr. Kurz explained. "Come see me if you want to experience changes in your body." NOW





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- Virginia Woolf





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For Eron Ellis, the art of cooking is a gift of love. "There are few things better than gathering around a wonderful meal with people you care about to catch up and enjoy it together," Eron shared.

Eron learned timing and techniques while watching her dad cook and inherited recipes from her namesake — her grandmother. "She was an excellent country cook and would rarely eat when serving a crowd. It was like she filled up on the scents of the cooking and the sight of feeding those she loved."

With a firm grasp on flavors, Eron often finds several versions of new recipes and adjusts as needed. "I love to apply gourmet techniques and flavor profiles to standard items to make things quick, easy and delicious." Now

Braised Short Ribs

Olive oil, to taste

Dredge:

1/3 cup all-purpose flour

1 1/2 tsp. salt

l tsp. black pepper

1 1/2 tsp. garlic powder

1/2 tsp. cayenne pepper

Ribs:

2 lbs. beef bone-in short ribs

1/2 cup onion, diced

1/2 carrot, diced

1/4 celery stalk, diced

3 bay leaves

1 Tbsp. anchovy paste

1 Tbsp. tomato paste

3 Tbsp. garlic, minced

1/2 cup marsala

3/4 cup dry red wine
1 1/2 cups beef broth
2 Tbsp. Worcestershire sauce
1/4 cup sun-dried tomatoes, julienned
2 cups brown mushrooms, chopped
1/2 lb. broccoli, trimmed

- **I.** Preheat the oven to 325 F. Heat a heavy, oven-safe pan, such as a Dutch oven, on the stove. Add the olive oil; be careful not to bring to the smoking point.
- **2.** For dredge: In a large dish, add the flour and the remaining ingredients.
- **3.** For ribs: Dredge the short ribs; brown them slowly in the heated pan, bone side up, for 8 minutes. Work in batches, if needed. Set the browned ribs aside.
- **4.** Add the onions and the next 5 ingredients to the hot pan. Sauté about 5 minutes until the vegetables soften. Add the dredge flour mixture and garlic; stir and cook 2-3 more minutes until the flour begins to brown. Do not let the flour burn.
- **5.** Deglaze with marsala and red wine. Add the beef broth, Worcestershire sauce and sun-dried tomatoes. Arrange the ribs, bone

side up, in the braising liquid. Cover; braise at 325 F for 2 1/2 hours, stirring occasionally. **6.** Add the mushrooms to the pan; return to the oven to braise for 20 minutes. Remove the pan from oven; place on the stovetop on medium heat. Add the broccoli; cook about 5 minutes, or until tender.

Mediterranean Tacos

- 6 H-E-B Southwest Flour Tortillas or your preferred flour tortillas
- 1/2 lb. H-E-B Mediterranean Cheddar, cheddar or provolone, thinly sliced
- 1/2 lb. Piller's Caliente Salami. thinly sliced
- I tsp. olive oil
- 2 portobella mushrooms, sliced
- I red bell pepper, sliced into 2-inch spears
- 3 small zucchini, sliced into 2-inch spears

Italian seasoning, to taste Garlic powder, to taste Salt, to taste Pepper, to taste 1/2 16-oz. bag frozen corn

- 1. Preheat the oven to 400 F. Place tortillas on a baking sheet. Layer cheese, then salami onto each tortilla; set aside.
- 2. In a large skillet on medium heat, add the olive oil and the next 7 ingredients. Sauté until the zucchini browns.
- **3.** Place the prepared tortillas in the oven. Bake at 400 F; check occasionally for about 8 minutes until the cheese melts and the salami sweats. Remove from the oven.
- **4.** Add the corn to the vegetables; toss until warm. Add the vegetables to the prepared tacos: serve.

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





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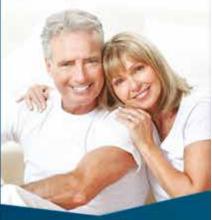
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Enjoy food, music and a silent auction benefiting Branch to Hope. Cost varies. 6:00-10:00 p.m., Branch to Hope Community Center, 699 Susie Ln., Aledo. Find ticket information at bthccaledo.org.

9/10 and 9/24

Food Park Lounge Night:

Enjoy live music and food. 6:00-9:00 p.m., Heritage Park Food Park, 317 Santa Fe Dr. experienceweatherford.com.

9/13-9/14

2024 Ranch Rodeo and Dance: Hosted by Parker County Sheriff's Posse.

Various times and events. Parker County Sheriff's Posse Grounds, 2251 Mineral Wells Hwy. Purchase tickets at pcsp.net/ranch-rodeo.

9/14

Sip & Support High Tea:

Join to support to Serve Ministry. Cost: \$40. 10:00 a.m.-noon. Trinity Bible Church, 4936 E. I-20. Willow Park. toServe.org.

Second Saturday **Downtown Market:**

Visit historic Downtown Weatherford for an outdoor market featuring local artisans, business owners and musicians. 10:00 a.m.-2:00 p.m.. York Ave. For more info, visit experienceweatherford.com.

commUNITY Day 2024:

Fun, food and resources for National Recovery Month. 10:00 a.m.-2:00 p.m., Heritage Park, 317 Santa Fe Dr. (817) 550-6188.

9/20-9/21

Biennial Quilt Show:

Hosted by the Quilter's Guild of Parker County. Admission is \$10. 9:00 a.m.-4:00 p.m., Texas Church of God, 2240 Fort Worth Hwy. quiltersguildofparkercounty.org.

9/21

61st Annual Lord's Acre Harvest Festival & Car Show:

Attend for a day of fun featuring vendors, children's activities, auctions, barbecue lunch and more. 9:00 a.m., Silver Creek Methodist Church, 2200 Church Rd., Azle, silvercreekmc.org.

9/28

Golden Workshop:

Weatherford Art Association hosts artist Justin Burns. Cost varies. 9:30 a.m.-4:00 p.m., 1225 Holland Lake Dr. weatherfordart.com.

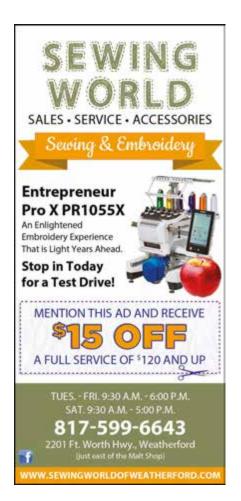
Submissions are welcome and published as space allows. Send your current event details to amber@nowmagazines.com.



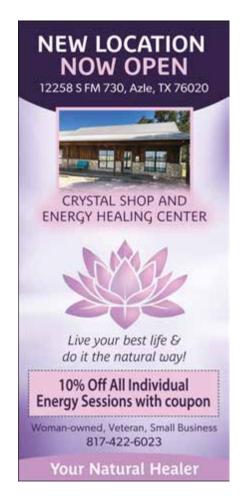




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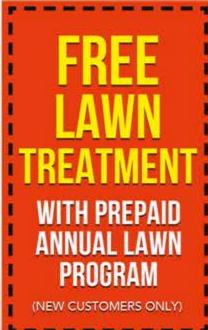
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