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OCTOBER 2018



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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.

**FACT:** Not true. Dr. Carl McAfee in Weatherford is currently offering an initial consultation with one of their specialists for just \$29.

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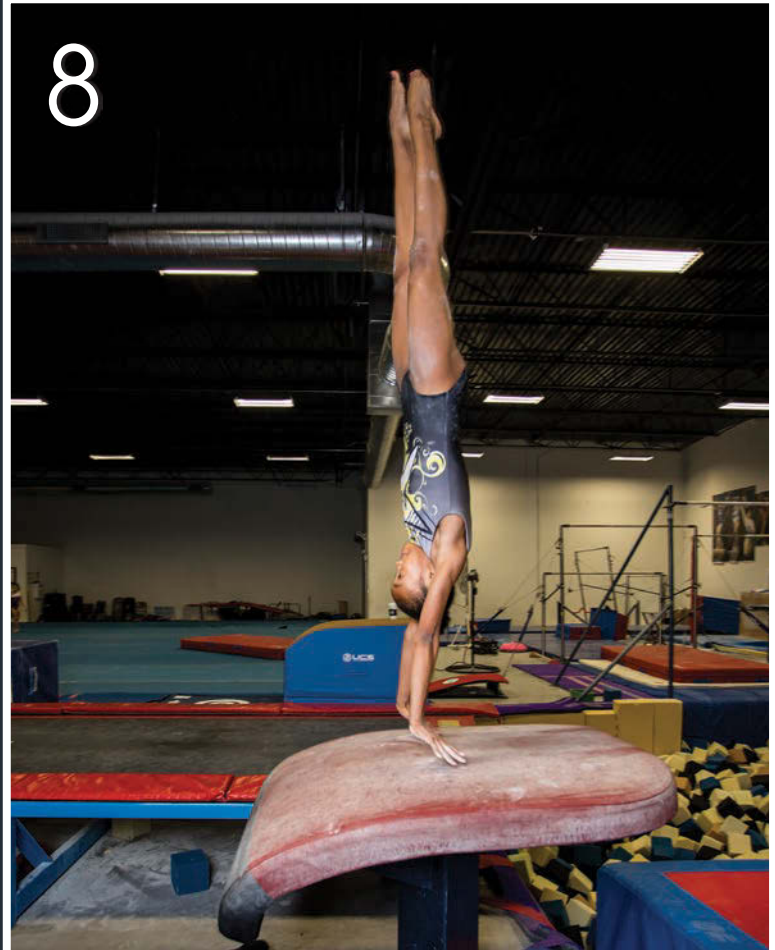
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Editorial Coordinator, Sandra Strong | Editorial Assistant, Rachel Smith  
Writers, Lindsay L. Allen . Amber D. Browne . Michele Goldberg  
Editor/Proofreader, Angel Morris*

## GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen  
Martha Macias . Brande Morgan . Anthony Sarmienta*

## PHOTOGRAPHY

*Photography Directors, Chris McCalla . Brande Morgan  
Photographer, Kenzie Axtell . SRC Photography*

## ADVERTISING

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## ON THE COVER

*Mikayla Butler fully focuses on her performance.*

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SRC Photography.

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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](http://www.nowmagazines.com).*





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## EDITOR'S NOTE



*Lisa*

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

*Ever consider your effect on the future?*

At the end of last month, my oldest grandson turned 15. Where did these hairy, man legs and deep voice come from? Surely that isn't the same little chubby guy who played in a dirt pile and got into mischief yesterday. And then, we will all welcome his newest cousin at the end of this month. Yes, I am well aware that I've already shared two babies with you this year. Bella will be number 12. I'm astounded by the exponential growth of my family.

How do I, as a grandmother (Nana to my even dozen), leave a positive impression on so many different ages and widely varied personalities? Every one of them is unique in their own ways. And all are beautiful and lovable (most of the time). I recently told one of my granddaughters (who turns 7 this month) that nothing worthwhile comes easy. The words left my mouth and turned around to smack me hard. Life isn't always easy. Being a good parent or grandparent can be rough, almost impossible, at times. But when we love, support and encourage our kids as much as we can, it is worthwhile. As we enter a season perfect for making memories, let's include meaningful touches and lots of fun times together.

Make some breathtaking October memories!

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WHEN IT COMES TO GYMNASTICS,  
MIKAYLA TAKES IT SERIOUSLY.

# REARCH FOR THE

*Although she's barely 13, Mikayla Butler knows the thrill of standing poised, waiting for the right moment. Adrenaline rushes through her body, every move tumbling in her mind. She takes a deep breath, and then her turn to compete commences. And most of the time, she takes the top spot. In fact, until April of this year, she won medals not only in vault, beam, uneven bars and floor exercises, but she also took home a top place in overall results, undefeated since 2015. At a regional competition in April of this year, Mikayla won a gold medal in the floor exercise, but missed out overall.*

"I like to win," she said. But being around her friends is also one of the things she loves about gymnastics. The rush during competitions fuels her. The performance and tumbling aspects make the floor exercise her favorite event, but that doesn't mean she works any less hard at the other events.

"She is one of our hardest workers," Coach Sydnie Evans said. "She is sweet and an honest athlete. If she skipped something, she admits it." Sydnie went on to share that the sport of gymnastics requires mental preparation that equals the physical piece. That fact, plus the enormous amount of self-discipline, prepares these young athletes for life, where they will encounter mental-versus-physical struggles. And, it prepares them to face future obstacles.



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— By *Lisa Bell*



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Mikayla started gymnastics as a 4-year-old little girl. Even with all the hard work, she still loves it, putting in more than 36 hours each week practicing. This year, she moved to homeschooling and uses a video program to aid in the lessons, thus freeing up more time for gymnastics. An A student, Mikayla loves algebra and math most. "It's easy for me," she shared.

Both parents support Mikayla, pushing her when necessary. Danny, her father, usually takes her to practice. She has a close relationship with him. She talks to him when anything troubles her, and he gives her a different perspective. When the coaches told him she was really good, he thought they said that to everyone. "Surprise for me," he said, "but she's committed."

He also sees long-term benefits of gymnastics, especially in the lifelong mental strength Mikayla develops now. And it's not just about the sports. "Impact is a great gym. They care about the kids and parents." Besides the obvious, the coaches also teach the students about community, health, good nutrition, taking care of their bodies, teamwork, self-discipline and behavior. They teach them to remain positive with themselves and with others. And those are all lessons that help grow kids into strong adults.

Like most young teens, Mikayla enjoys hanging out with friends,







swimming, jumping on the trampoline or simply playing. Making slime is one of her favorite hobbies, but recently she's latched on to posting pictures through Instagram.

When it comes to gymnastics, Mikayla takes it seriously. She understands how easily she can get hurt. Over the years, she experienced a sprained ankle, tendonitis in her shoulders and a wrist injury. But even after an injury when the doctor said she wouldn't be able to compete the next day, she did. And in that competition, she won every event. "I think about what I'm going to do. I run through corrections in my mind and apply it to the routine," she admitted. "I'm constantly thinking." She has one minute and knows she has to hit everything correctly. While she doesn't want to rush, Mikayla prefers getting everything in fast.

Although she gets mad at herself when she misses something easy, she isn't a quitter. Coach Sydnie encourages her, reminding her that she can still win. She just has to think correctly. During practices, they spend time with the mental aspects of the sport. They also set goals for improvement — usually achievable in one to three months. "I try my best to meet them before the three months," Mikayla declared.

Sometimes, a mental block inhibits the best performance, and Mikayla, or any gymnast, must work past that challenge. "Repetition is the key to getting over a mental block," Sydnie stated.



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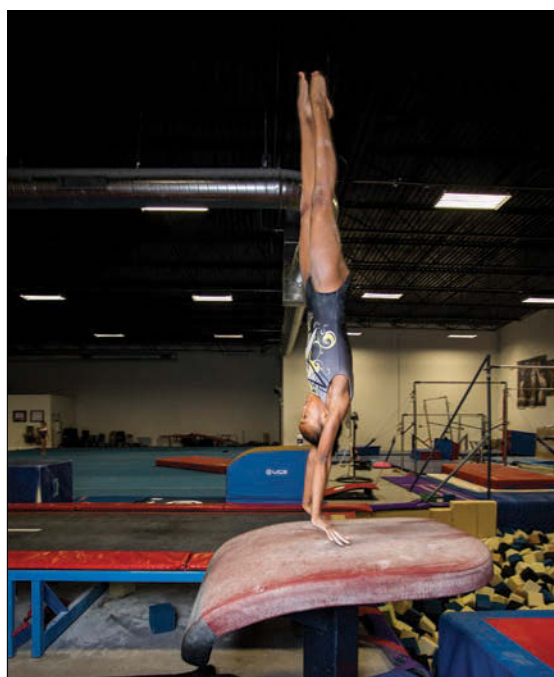


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Attacking a mental block often starts with asking for help from a coach, who will spot Mikayla, until she gets comfortable, and then she tries the move on her own. With enough practice, eventually she perfects the move and goes on to the next challenge.

Mikayla is part of the Junior Olympics Program, and some day she wants to make it to the Olympics — maybe when she is 19. They tend to take more time with gymnasts and don't rush little girls to that degree of pressure. Coach Sydnie said, "She can do anything she puts her mind to."

In gymnastics and life, the wisdom of this young lady shines. It's about getting over fears and becoming friends with someone you didn't like. But when they are teammates, they have to get along and learn to like each other. "Even if you physically lost, with a good spirit, you won," Mikayla said. "Trust yourself and everyone working with you, and do your best."

While Mikayla and Danny cannot tell you how many medals she has, they admit it's a lot. They display them on a rack made from a curtain rod. Although she hopes to continue gymnastics at UCLA, eventually, and work toward the Olympics, her future hopes are simple — have a good life and "that someone looks up to me and is inspired!" Reaching for those two goals is the absolute best anyone can do. **NOW**



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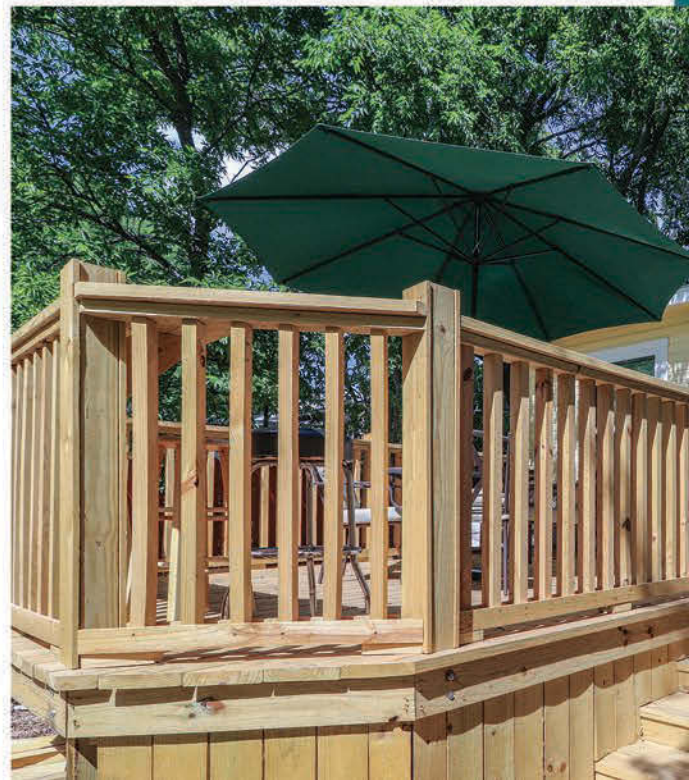


— By Amber D. Browne

# FAMILY FIRST



AT HOME WITH CHRIS AND TIFFANY THOMAS





For Chris and Tiffany Thomas, space is a necessity. In 2004, with their young son, Tyler, in tow, the couple moved into a 1956 two-bedroom home in Weatherford. At the time, the house was a perfect fit for their family. Years later, the need for additional space would present itself. "We had three more children," Tiffany shared.

The couple pondered if purchasing a larger home would be the best option or if a remodel was the answer. They decided to add 900 square feet to their current homestead, creating more space for their close-knit family. The Thomases did all of the remodeling work themselves. "It's one of those things you do as you have time and you have money," Chris shared.

Chris learned the ins and outs of drywall, electrical and mechanical during the process. "I needed to do it, so I figured it out as I went," he said. "It was out of necessity."

The remodeling process to increase the size of the home has been slow and chaotic. "It's pretty much chaotic around here most days anyway," Tiffany said, grinning.



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The original living room was transformed into the dining area, where Tiffany showcases her Precious Moments collection. Tyler's original bedroom is now little Levi's room. The chatty 5-year-old loves to play with his toys and is always ready to share a story or two.

The remodel included a new room for Tyler, who is a junior at Weatherford High School. When he's not finding solitude in his room, he's

playing basketball at Cherry Park or as a Kangaroo at school. "I just want to stay in high school. It's fun," Tyler said. "I like how social it is."

A favorite spot for several in the family, including the two Thomas daughters — Carlie, 12, and 8-year-old Allie — is the large living area. It was one of the first rooms added on to the original floor plan. The gray color scheme throughout the room adds a modern feel to the home.



Canvas photos of each of the four children flank a large *Blessed* sign above the couch. Levi tucks his toys away in cubbies in the family room coffee table. Chris often finds a spot at the piano to entertain his loved ones with a few tunes.

Although the ongoing remodel has been difficult, the children have not complained much. In the early stages several years ago, all of the floors were removed. Tiffany took the children to live with her mother for several weeks while Chris stayed home and worked on the addition.

The kitchen was completely torn out and the ceiling was removed to make way for the improvement. The

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open-concept kitchen includes white pine paneling that brightens the room, while hickory cabinets provide ample space for dishes. A large island with a farm sink supplies additional counter space for Carlie's baking adventures.

Although Carlie wasn't selected to compete, she made it to the final round of cuts for the Food Network series, *Kids Baking Championship*. Sweet treats are a staple in the home. "I can decorate and have fun with it," the seventh-grader shared. She plans to audition for the TV show again next year.

When Tiffany's not driving Carlie to swim practice or finding fun art and writing projects to keep the imaginative Allie busy, she enjoys quiet time in her new master bedroom. "They usually follow me in there," she laughed. "It's my getaway. It's just cozy."

A sliding barn door provides access to the master that includes an octagon-shaped recessed ceiling and accent wall of wood panels. Two metallic gold buck sculptures adorn the accent wall offering a glimpse of Chris' passion for hunting.

The master is home to Chris' keyboard and other musical equipment. He has been singing in church for the past 18 years and has played in several bands. Tiffany is known to secretly record Chris' music sessions and share them on Facebook. "Everybody loves it," she admitted.

The Thomas family enjoys entertaining family and friends. With the addition of a two-level deck out back, visitors can enjoy an evening of grilled fare and a movie on the wooden big







screen that Chris recently built. “We just started movie night,” he said.

A new wooden fence includes a gate to the adjoining neighbors’ backyard. “We like the neighbors,” Chris stated. “We like living here. We like the neighborhood.” Each Halloween, the children trick-or-treat nearby.

For the Thanksgiving and Christmas holidays, Chris and Tiffany’s families visit for the festivities. Tiffany’s parents live in Granbury. Chris’ father lives in the local area, and his mom resides in Palestine. “We’re in the center for everybody,” Tiffany said.

The family takes mini-vacations to East Texas to hunt and enjoy the serenity of Chris’ mother’s property. Back home, they work on completing the remodel. Some door frames need to be added, along with light fixtures and other accessories.

They don’t have much free time with the ongoing remodel and running the children to various activities. Chris works part time in home remodeling and helps Tiffany with her photography business, Giggle Snaps. She found her passion in photography while working for the high school newspaper and opened the family business 12 years ago. Chris and Tiffany both attended Weatherford High School and met through her cousin. They recently celebrated their 18th wedding anniversary.

Family is important to Chris and Tiffany and their four children. “If it’s not important, then they see everything else as important,” Chris stated. “We want them to see the care is here, so they don’t have to go look somewhere else for it.” **NOW**

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# Happy Trails

— By Lindsay L. Allen

To collect, preserve and interpret the history of Parker County through cultural and educational events that raise community awareness and pride in Western heritage is the mission statement of the James and Dorothy Doss Heritage and Culture Center in Weatherford. The newly added annual event, Pioneer Heritage Festival, aligns with this mission. Simultaneously, the festival is a direct answer to constituents' desires for an annual event at the center. In 2018, the first annual Pioneer Heritage Festival will take place on October 13 from 10:00 a.m. to 5:00 p.m.

"The mid-1800s were a rich time in Texas and Parker County history, and for our first festival we want to focus in on this time period and create a family-friendly event that offers many period-appropriate activities," Maureen Kenney, board member and volunteer at the center said. "Best part of it all is that not only is the festival free, but

year-round the Doss Heritage and Culture Center is free to the public."

The Doss Heritage and Culture Center is asking for canned good donations on the day of the festival to give to the Center for Hope in preparation for the upcoming holiday season. Once guests have arrived at the festival, the hardest part will be choosing what to do first. Games, vendors, crafts, historical interpreters and much more will provide unlimited entertainment for all ages.

"We want to show kids how to have fun without electronics, and at the same time, show them how people in the mid-1800s enjoyed being together," Maureen explained. "We are excited for the game area that will do just that with three-legged races, potato-sack races and more. In addition to many volunteers who will be in period-appropriate clothing, we will have a photo booth where guests can also get dressed up like a pioneer and take a photo!"

Artisans will be selling their handmade, one-of-a-kind items that are period-appropriate, and many of Parker County's nonprofits will be set up, as well,



offering information on the day of the festival. "A petting zoo will be available and we have also partnered with Weatherford College and their archaeology department to have an archaeological dig area, with the kids getting to keep the artifacts they find in the dig," Maureen stated.

Pioneer Park, which is comprised of almost 2 acres behind the center and is the home and future home of many log cabins, will be available for viewing. Pioneer Park is made up of several log cabin homes that belonged to citizens of the county or the city of Weatherford. With a desire by the owners to preserve the cabins and their history, the Doss Heritage and Culture Center has been working to build a log cabin village that will continue the center's mission to preserve history and educate the community.

"We are looking forward to the community coming out and enjoying this event and learning more about the pioneer days."

As guests roam the center and enjoy the festival, many volunteers will be dressed from the mid-1800s. They will provide facts from this time period in a fun and interactive way that ultimately leads to awareness and understanding of the pioneer days. "We are looking forward to the community coming out and enjoying this event and learning more about the pioneer days. The center is always looking for ways to appeal to the community, and this festival is a result of the community's desire for the center to host an annual event," Maureen said. "The hope is that each year we will focus on a different time period and continue to provide fun learning opportunities. We hope to see you there!" **NOW**



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Beautiful, immaculately kept, spacious home on a corner lot in Weatherford's Clear Creek Estates. This is a custom built home with lots of extras, fireplace with remote start gas logs, large walk-in pantry, three car garage.



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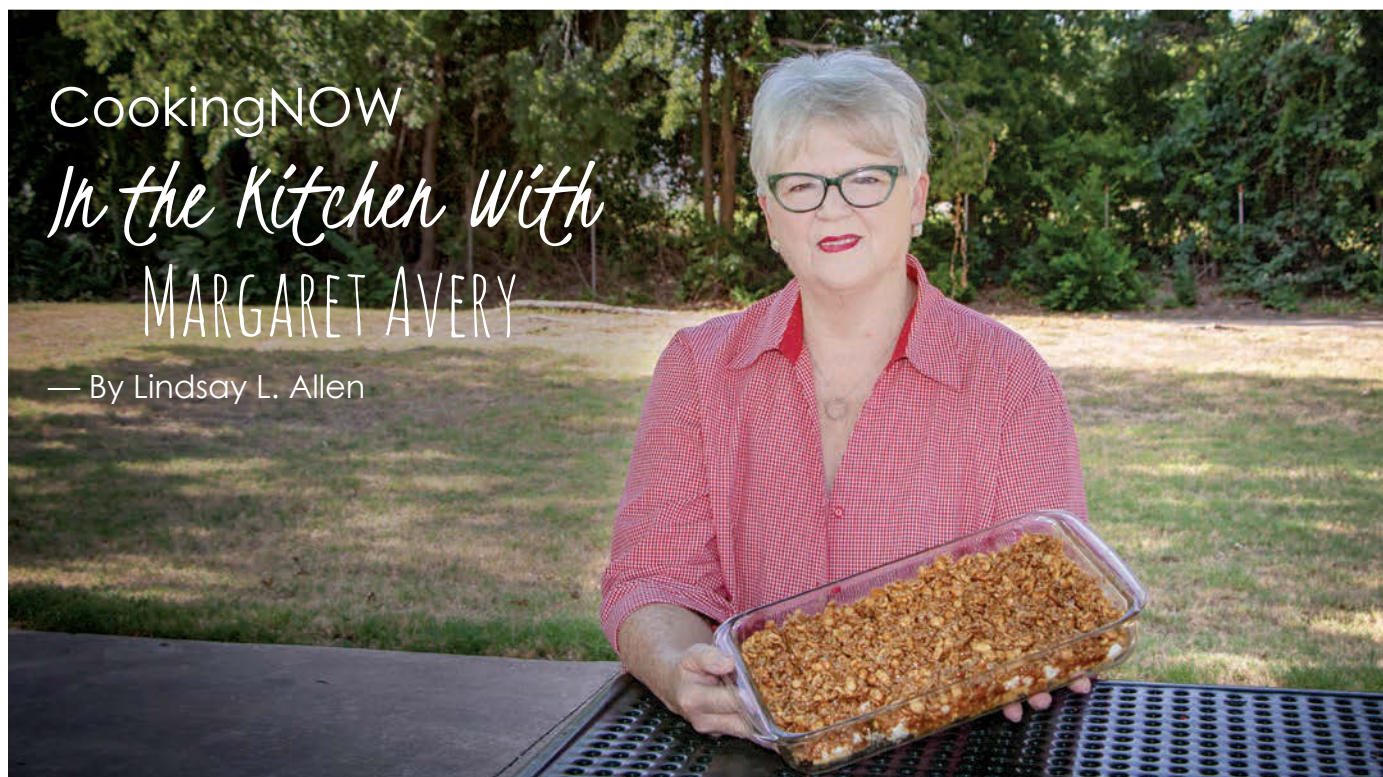


# CookingNOW

## *In the Kitchen With*

### MARGARET AVERY

— By Lindsay L. Allen



Margaret Avery remembers learning to cook in Springtown 4-H and entering food shows as a young girl before high school home economics, where she learned more cooking techniques. “My mother was one of the organizers of the 4-H club that we were active in,” she said. “Mother started teaching us to cook as soon as we expressed an interest. She was a great cook, and having three daughters, I think it was only natural that we all three started cooking together and having fun doing so.”

Using recipes from both her parents and grandparents, Margaret is always eager to bake whatever is needed for an occasion, especially pot luck dinners and receptions. She prefers using extra cinnamon and less salt than is called for. **NOW**

### Cream Style Corn

- 1/2 cup butter**
- 8 oz. cream cheese**
- 1 Tbsp. sugar**
- Salt, to taste**
- 1 32-oz. pkg. frozen corn**
- 2 Tbsp. milk**

- 1.** Place all ingredients in a slow cooker.
- 2.** Cook on low for 3 hours, stirring occasionally.

### Salted Peanut Chews

- 1 yellow cake mix**
- 1/2 cup butter (divided use)**
- 1 egg**
- 3 cups miniature marshmallows**
- 2/3 cup light corn syrup**
- 2 tsp. vanilla**
- 1 12-oz. pkg. peanut butter chips**
- 2 cups crispy rice cereal**
- 2 cups salted peanuts**

- 1.** In a large bowl, combine cake mix, 1/4 cup softened butter and egg until crumbly.
- 2.** Press into a 9x13-inch pan; bake at 350 F for 12-18 minutes, or until golden brown.
- 3.** Sprinkle with marshmallows; bake 2 minutes longer. Let the pan cool.
- 4.** In a 3-qt. saucepan, heat the corn syrup, remaining butter (not softened), vanilla and peanut butter chips until smooth.
- 5.** Remove from heat; add cereal and nuts. Immediately spoon topping over the marshmallows; spread to cover.
- 6.** Chill for 1 hour before cutting into bars.

### Fluffernutter Cookies

- 1 cup unsalted butter, softened**
- 1 1/4 cups granulated sugar**
- 1/2 cup light brown sugar, packed**
- 1 egg**
- 1/2 tsp. vanilla**
- 1 3/4 cups all-purpose flour**
- 1 1/2 tsp. kosher salt**
- 1/2 tsp. baking powder**

- 1/2 tsp. baking soda**
- 2 1/2 cups crispy rice cereal**
- 1 1/2 cups miniature marshmallows**
- 1/2 cup peanut butter chips**
- Milk chocolate (optional)**
- Sprinkles (optional)**

- 1.** Preheat oven to 350 F; line 2 cookie sheets with parchment paper.
- 2.** In a bowl, beat butter and sugars with a mixer on medium-high for 2 minutes, or until well combined. Scrape the sides of the bowl.
- 3.** Beat in the egg and vanilla until light and fluffy, about 5 minutes.
- 4.** Add in flour, salt, baking powder and baking soda; beat on low until just combined, about 1 minute.
- 5.** Stir in cereal, marshmallows and peanut butter chips.
- 6.** Drop dough by rounded tablespoons, 2 inches apart, on cookie sheets. Bake for 10 minutes, or until golden.
- 7.** Cool on a wire rack for 2 minutes; transfer cookies to wire rack and cool. If desired, drizzle with melted milk chocolate and top with sprinkles. Store in an airtight container up to three days.

### Sliders

- Hawaiian Rolls**
- Lunch meat of choice**
- Cheese slices**
- 3 Tbsp. butter, melted**
- 1 Tbsp. mustard**



**1/4 tsp. Worcestershire sauce**  
**1 Tbsp. dried onion flakes**  
**1 tsp. poppy seeds**

1. Slice rolls crosswise; place on a foil-lined cookie sheet.
2. Layer lunch meat and cheese slices on the rolls; place the tops on the rolls.
3. Whisk butter, mustard, Worcestershire sauce, dried onion flakes and poppy seeds together; pour sauce over sliders. Let sit for 10 minutes.
4. Cover with foil; bake at 350 F for 15 minutes, or until the cheese melts. Uncover; cook 3-4 more minutes, until the tops brown.

## Coleslaw

*Slaw:*

**2 pkg. Ramen noodles**  
**1 lb. cole slaw mix**  
**1 cup sunflower seeds**  
**3/4 cup green onions, chopped**  
**1 cup toasted sliced almonds**

*Dressing:*

**1/2 cup oil**  
**1/2 cup red wine vinegar**  
**1/2 cup sugar**

1. For slaw: Crush the Ramen noodles, but do not add the seasonings.
2. Mix and toss the uncooked noodles, slaw, seeds and green onions.
3. For dressing: Whisk all the dressing ingredients together; pour on top of coleslaw mix.
4. Mix and toss everything, except the almonds, together at least 30 minutes prior to serving. Top salad with almonds just prior to serving.

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# BusinessNOW

## North Side Baptist Church

— By Lisa Bell

### North Side Baptist Church

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[www.nsbweatherford.com](http://www.nsbweatherford.com)

**Hours:** Office: Monday-Thursday: 8:30 a.m.-4:30 p.m.  
Friday: 8:30 a.m.-3:00 p.m.  
**Sunday Service Times:**  
Contemporary Worship: 9:30 a.m. • Blended Worship: 11:00 a.m.  
Bible Study: 9:30 and 11:00 a.m.  
(Visit website for other ministries and times.)

More than 120 years ago, in June 1897, a group of people met for the first time, forming Second Baptist Church. Later, they changed the name to North Side Baptist Church. With limited methods of traveling, the Weatherford group simply wanted a church closer to home, north of the railroad tracks.

Today, the church has about 3,000 members under the leadership of Senior Pastor Van N. Houser. Joined by Executive Pastor Keith Warren and other staff, the church exists with a specific purpose. “Our goal is to be a strong presence in the community, supporting and preserving all that is special in Weatherford and Parker County,” Keith shared.

Although Keith pursued a business degree, he felt like churches needed business-minded people for organization and efficiency. After college, he felt God prepared him for working as part of a church staff. He loves people from all walks of life. “People are the best part,” he said. “God has called us to love our people.”

He’s quick to admit that every church exists for a reason. In that regard, North Side shares a similar mission with other churches in the community. Their vision,



however, includes ministering to four generations of families. From the newborn all the way to great-grandparents, they offer ministries that appeal to all ages.

More than 50 programs exist at multiple levels. The goal is to care for, reach and meet needs of infants, preschoolers and children, students, parents, families and senior adults.

But they aren't exclusive to only church members. "Some of the best things we do are for people outside of the membership," Keith admitted. "We become the church when we leave the campus."

With many great churches in the community, Keith believes they are blessed to be in Weatherford. While the church welcomes anyone to come and check them out, he suggests trying several churches to find the best fit for your family. Undeniably, they aren't the church for everyone. "If we're not the right church for you, I'll help you find one," he said.

Although singles ministry can be a challenge for any church, North Side is adding a young adult pastor who is tasked with ministry to college age, young singles and young married couples. Of course, older singles are also welcome as part of other ministries provided by the church.

During the summer, many of the programs take a break. However, as school gets back in action, so do Wednesday night programs. In October, North Side will host a craft fair on the 20th, which is open to the community. Then on Wednesday, October 31, they invite the community out for a family-friendly trunk-or-treat event.

For those new to the community or, for whatever reason, currently seeking a church home, North Side invites anyone to visit in person. Or check their website to view the many ministries and programs they offer. The staff is also available to answer questions or help when needed. **NOW**

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## TravelNOW MGM and More

— By Michele Goldberg

What do you get when you begin with our fantastically beautiful corner of classic New England, blend in dozens of unique attractions, swirl in some cool college vibe and top it all off with MGM Springfield, one of the most impressive new hotel casino experiences in the United States? Why, Western Mass, of course!

Long celebrated as a “triple threat” destination, the region bursts with top attractions and provides ultra-easy access and superb dollar value. High-profile places like the Naismith Memorial Basketball Hall of Fame, Yankee Candle Village, Six Flags New England and the Springfield Museums bring literally millions of visitors here annually. Quintessential college towns and major events like the Big E and Bright Nights — plus craft fairs, sporting events and the arts — draw millions more.

And it's getting even better and more diverse! The opening

of MGM Springfield, a state-of-the-art entertainment complex in the heart of the region's biggest city, provides excitement ranging from Vegas-caliber shows to top-shelf dining to incredible shopping and, of course, lavish casino gaming options.

Positioned at the junction of I-90 and I-91, Western Mass is regarded as the “Crossroads of New England.” Boston is a 90-minute drive, and New York City can be reached in less than three hours. The public is also served by train, as well as major bus lines. Bradley International Airport is only about 20 minutes from Springfield, making access by air a breeze.

MGM Springfield promises tons of excitement, but there'll also be no shortage of activities to keep young ones busy. Visitors to MGM Springfield will discover a movie theater, a classic New England bowling alley, restaurants and more than a dozen specialty





retail outlets. An ice-skating rink operates in the winter, and a farmers' market offers local produce in the summer. You don't have to be a grown-up to get a huge kick out of this place!

Near MGM Springfield, the esteemed Springfield Museums offer access to four world-class museums, plus the new Amazing World of Dr. Seuss Museum and the Dr. Seuss National Memorial Sculpture Garden, all under a single admission. Right there, you've got a day's worth of exploring on your hands.

Minutes away, the Springfield Armory National Historic Site recalls its days as a powerhouse of industrial manufacture of military firearms. This was America's first armory, established by George Washington.

We also invented basketball here in Springfield, and the Naismith Memorial Basketball Hall of Fame proudly traces its history. The Hall is completing a renovation featuring upgrades in their exhibits.

A few miles north in Holyoke, there's the Volleyball Hall of Fame, because we invented that game, too!

For more fun, there's Six Flags New England — home to an array of fabulous rides and attractions. During the month of October, the park transforms for its annual Halloween festival, Fright Fest, and winter brings Holiday in the Park.

One of the region's most-recognized attractions is Yankee Candle Village. This sprawling candle-focused experience boasts 200,000 candles on display in more than 200 fragrances, plus a wide variety of other activities. The opportunity to craft a wax likeness of your hand, create personalized candles and dip-your-own critters makes Yankee Candle a sure-fire day of fun for all ages. **NOW**

*To continue to explore Western Mass, visit [www.ExploreWesternMass.com](http://www.ExploreWesternMass.com). Photos courtesy of Michele Goldberg.*





*WeatherfordNOW goes to Disneyland thanks to Virginia Robertson.*

## Zoomed In: Regina Watkins

By Lisa Bell

Although Alex and Kendall Ogle are serving in Ecuador with the Peace Corps for two years, Kendall's mom, Regina Watkins, displays Alex's art. "They aren't opposites that attracted. They are kindred spirits," Regina shared about the couple. "They both have servant's hearts."

Kendall has traveled in more than 30 countries. She and Alex currently work alongside teachers, designing curriculum and lesson plans to improve English education in elementary and secondary schools. Alex, a 2009 graduate from Aledo High School and 2013 graduate of TCU, writes from the arts culture perspective, while Kendall, also an Aledo High School graduate, writes from the cultural perspective of the people. Regina added, "They love immersing themselves in cultures to help bring the world together."



*Sheila Yeates starts thinking about decorating for fall.*



*Bobbi Westendorf, Beth Batista and Donna Caudle present a \$10,000 gift to WC Foundation Executive Director Brent Baker for the Parker County Women's and Newcomers' Club Scholarship.*



*Zonta members connect during an East Parker County Chamber event.*





*Debbie Lipok receives the first ever Weatherford College Presidential Service Award for her positive attitude.*



*Magician John Greene performs at PapaPalooza 2018.*



*Stacey Watkins from Granbury takes her art to Weatherford.*



*Amanda Garner shares her art at the 2nd Aledo Art and Wine Festival.*

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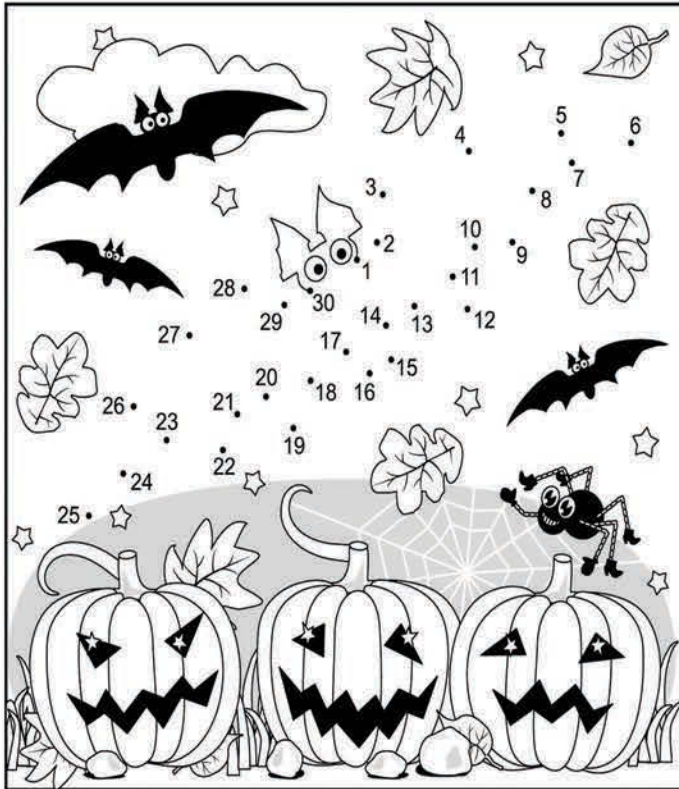
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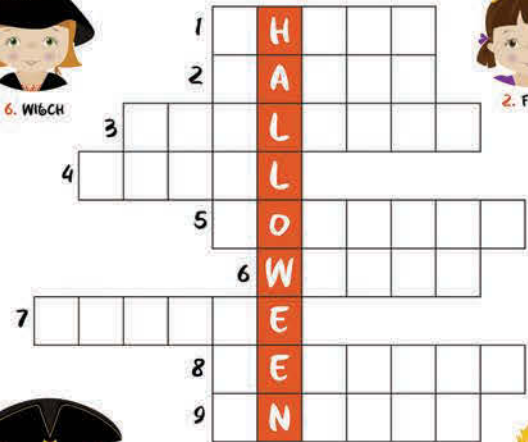
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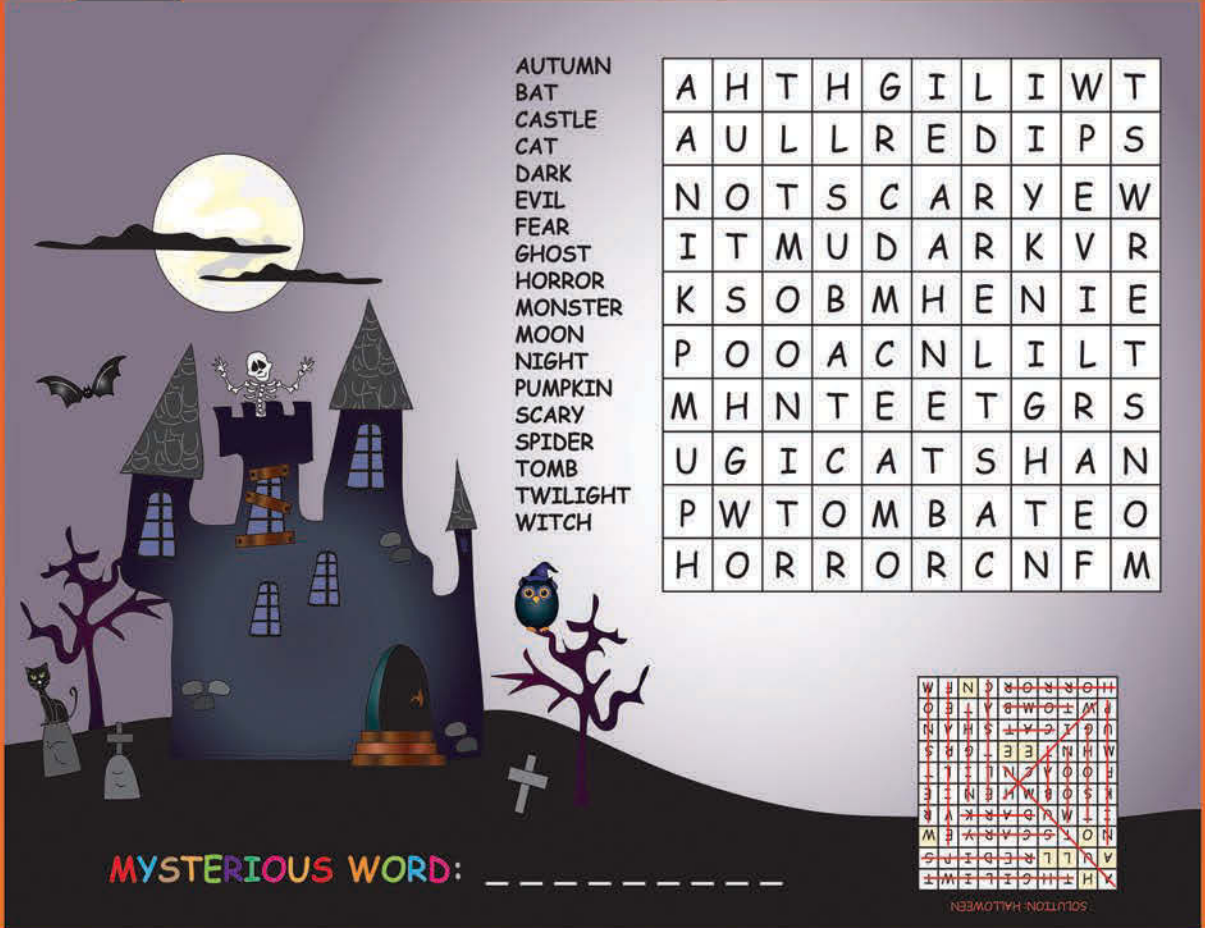
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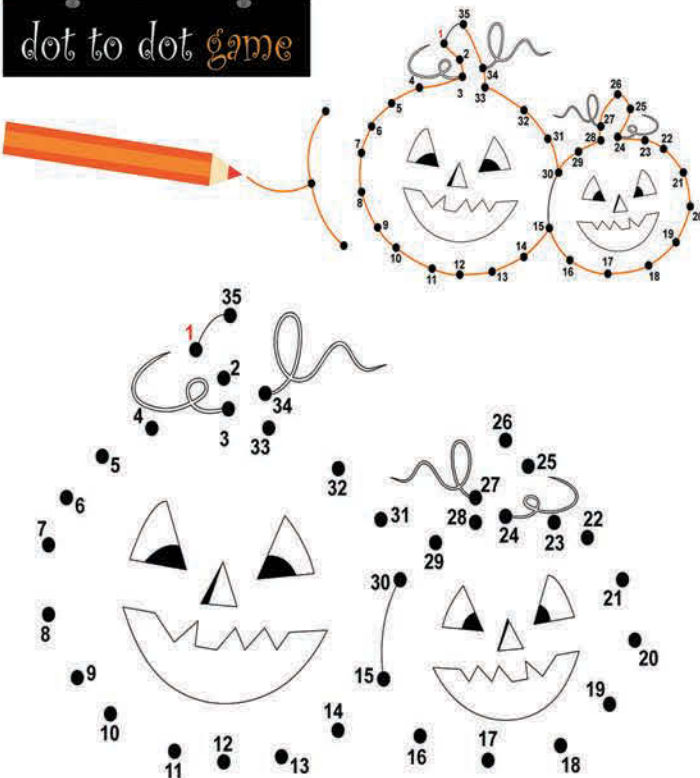
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M	H	N	T	E	E	T	G	R	S
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P	W	T	O	M	B	A	T	E	O
H	O	R	R	O	R	C	N	F	M

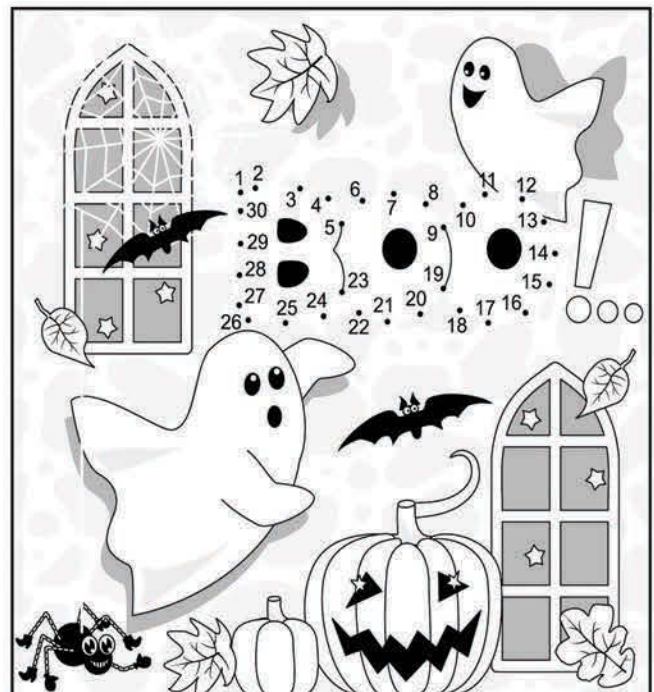
MYSTERIOUS WORD: \_\_\_\_\_

SOLUTION: HALLOWEEN

## dot to dot game



Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!







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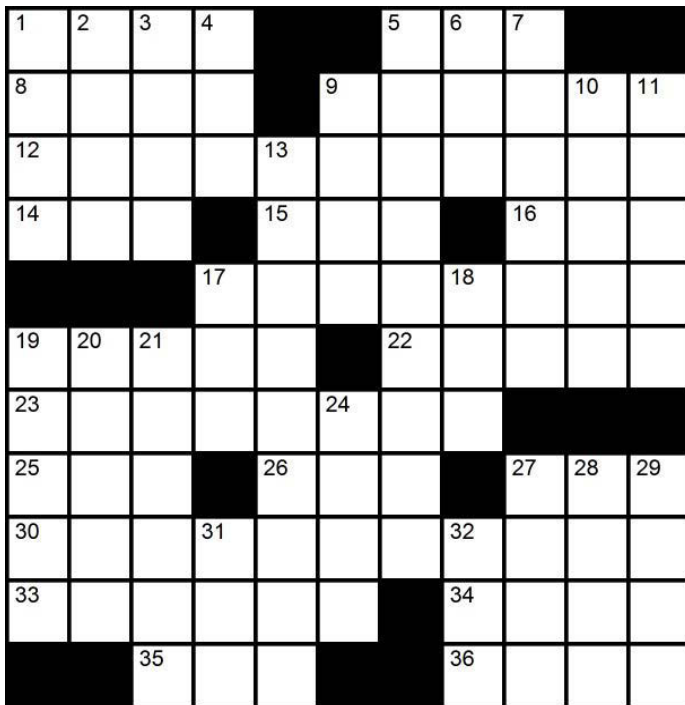
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# Crossword Puzzle



Crosswordsite.com Ltd

## Across

- 1 Substitution word
- 5 Opposite of 'tain't
- 8 One of the WWII Allies
- 9 Circles and such
- 12 Stand-in
- 14 Lock opener
- 15 Ask for a loan
- 16 Fuss
- 17 Interrupted
- 19 Diplomat's department
- 22 Tend the roast
- 23 Quixote's opponent
- 25 Well, --- monkey's uncle!
- 26 Air-pressure measure
- 27 Meet
- 30 They get elected
- 33 Wears slowly
- 34 Hess or Breckinridge
- 35 Deity
- 36 Noble

## Down

- 1 Wait in ambush
- 2 Now it makes sense!
- 3 Catch sight of
- 4 Online address
- 5 An event might be open to it
- 6 "--- the Walrus" (Beatles tune)
- 7 Talks
- 9 Mark left by a healed wound
- 10 Initiate the break-up
- 11 Rock
- 13 Went for
- 17 Usual amt.
- 18 Record-holder --- Ripken
- 19 Hit
- 20 Indonesian island
- 21 Not digital
- 24 Horn-wearing goddess
- 27 Jack's "Chinatown" co-star
- 28 Concerning, in legal memos
- 29 Former Russian ruler
- 31 Words to wed
- 32 Mischievous child

Solutions on page 38



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# Sudoku Puzzle

Easy

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

Medium

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

Crosswordsite.com Ltd

Solutions on page 38

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## Crossword - Sudoku Solutions


1	L	I	E	U			5	T	I	S		
8	U	S	S	R			9	S	H	A	P	E
12	R	E	P	L		13	A	C	E	M	E	N
14	K	E	Y			15	T	A	P		16	A
						17	S	T	R	U		18
												C
19	S		20	T	A	T	E			22	B	A
23	W	I	N	D	M			24	I	L	L	
25	I	M	A			26	P	S	I		27	F
30	P	O	L	I	T	I	C			32	I	A
33	E	R	O	D	E	S				34	M	Y
						35	G	O	D		36	P
												E
												E
												R


### Easy

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


### Medium

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

  
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# Founders Day Celebration 2018

**Old Town Burleson**  
**October 13, 2018 • 9:00am-5:00pm**

Founders Day is an annual celebration of the rich history of the Burleson Community. Burleson was founded – October 10, 1881

Burleson's Founders Day Festival hosts thousands of Burleson-area residents and tourists each year and offers participants the chance to spend the day enjoying numerous sights and activities such as:

- Community walk parade beginning at 9:00am (clubs, & individuals welcome)

• *Great Food • Blue Grass Festival • Period Attire Costume contest • Games & Children's Activities*  
• *Interurban Depot and Museum • Western gun fighters • Musical entertainment*  
• *Car Show • Arts and Crafts*

QUESTIONS PLEASE CALL: 817-447-1575

You may also find this application online at: <http://bit.ly/2016Foundersapp> Vendor Regulations:

1. Each Vendor is responsible for their own sales tax.
2. Food booths must have a food permit from Tarrant Co. Health Department 817-321-4960.
3. There is no alternative date. NO refunds will be given.
4. All Vendors must furnish their own tables, chairs and displays.
5. All vendors must have a sun cover 10 X 10, to cover their space. REQUIRED
6. Check in begins at 6:00AM. ALL cars and trucks must be removed to vendor parking by 8:00AM
7. ALL VENDORS MUST STAY FROM 9:00AM TO 5:00PM.
8. Food Vendors MUST be checked in by 7:00 AM.

**VENDOR DEADLINE: SATURDAY, OCTOBER 6, 2018**



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October

3

Growing & Nourishing Healthy Communities: 2:00-3:00 p.m., Weatherford Public Library. Five-week series. Attend all five weeks and get a free plant.



5 — 6

Holiday open house: 10:00 a.m.-6:00 p.m., Little House Antiques, 316 Dallas Ave. For more information, call Donna Morgan (817) 271-5293.

6

Holiday Harvest Fest: 8:00 a.m.-8:00 p.m., York St. Live music, food, furniture and crafts. For vendor information, call (817) 771-0696. Silverado on the Brazos Community Garage Sale: 9:00 a.m.-noon, Cutting Horse Facility (located between Weatherford and Granbury). For information, contact Bridget Downing at (817) 372-1325 or idtx134@gmail.com.

Parker Paws Fundraiser Concert: 4:00-9:00 p.m., Antebellum Ale House. Live music by local artists. \$10 donation at the door goes directly to Parker Paws.

11

Parker Paws Fundraiser – Speed Dating: 6:00 p.m., mingle & registration; 7:00-9:00 p.m., speed dating. Antebellum's Ale House. \$20 donation.

12

Parker County Women's and Newcomers' Club: 9:30 a.m., First United Methodist Church, Family Life Center, 301 S. Main St. Enjoy a Halloween program and costume contest. Buffet lunch, \$11. Make reservations by calling Shirley (817) 757-7379 or Lois (817) 946-1930 by **October 5**.

14

Gathering Hope 2018: 4:00-7:00 p.m., The Summit, 111 Maverick St, Aledo. Free community event to promote healing for women who've suffered pregnancy and infant loss. Register online at [www.GatheringHope.net](http://www.GatheringHope.net).

15

Weatherford's Got Talent: 7:00-9:00 p.m., Antebellum Ale House, 321 E. Oak St. Ages 18 and up. Registration is required for performing. Contact Rachel at [rreeves@weatherfordtx.gov](mailto:rreeves@weatherfordtx.gov) or (817) 598-4207 for more information or to sign up.



19

*The 39 Steps*: **Fri.** and **Sat.**, 8:00 p.m.; **Sun.**, 2:00 p.m., Theatre Off The Square, 114 N Denton St. Visit [www.theatreoffthesquare.org](http://www.theatreoffthesquare.org) or call (817) 341-8687. Through **November 4**.

20

Out of the Darkness Community Walk: 9:00 a.m., Heritage Event Center and Hike Trail. Details available at [www.afsp.org/weatherford](http://www.afsp.org/weatherford).

Aledo Fest: 1:00-5:00 p.m., Vandagriff Elementary. Live music, food, vendors, crafts, etc. and a family-friendly costume contest. Visit [www.aledo-texas.com](http://www.aledo-texas.com).



23

Dinner Tonight Healthy Cooking School: 5:45 p.m., doors open; 6:30 p.m., show starts, Coutts UMC, Fellowship Hall, 802 N. Elm St. For info, call (817) 598-6168.

27

FUMC Fall Festival: 9:00 a.m.-3:00 p.m., First United Methodist Church of Weatherford, 301 S Main St. Live entertainment, vendor booths, silent and live auctions and food trucks. Visit Facebook – First Methodist Weatherford Festival.

Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join hosts Bob and Kelli Phillips for this one-day arts and music festival. Admission is free. Entertainment all day and more than 250 booths for shopping. For more details, call (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

*Submissions are welcome and published as space allows. Send your event details to [lisa.bell@nowmagazines.com](mailto:lisa.bell@nowmagazines.com).*



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# A Helping Hand

— By Amber D. Browne

For many in Parker County, essentials for life are things they must seek from others. A fixture in Parker County since its inception in 1985, Manna Storehouse of Weatherford has been aiding needy families with necessities, such as food, clothing and funds for utilities and prescription medications. Catherine Smith joined as a volunteer one year after it was founded and has served on the Board of Directors as recording secretary ever since. She plans to continue her volunteer efforts until she is no longer able.

“I feel like it’s the one thing I can do that might help my neighbors that are in trouble. It’s the one thing I can do that might be worthwhile,” she shared. More than 100 others volunteer at Manna Storehouse, sorting donations and assisting clients as needed. “We’re always glad to see volunteers. It’s amazing. People walk in every day nearly. They find a little nook, and they seem to be very happy.”

Donations are sorted to provide for needy families or sold to the community. Manna Storehouse uses state income guidelines, and candidates must complete an application for assistance. Each client receives seven outfits every 90 days with an extra outfit donated at the beginning of the school year and around Easter. Families can receive three major items each year including a washer and dryer, table and

chairs and other furniture. In addition, other household items are distributed as needed according to what is available.

Utilities assistance is offered to families every 12 months, and prescription medications are paid for as needed. The Parker County Health Foundation helps with medication payments, and area churches, charitable foundations and residents also donate funds for assistance. Food is distributed every 30 days. “We’re always needing food drives,” Catherine said, “and, just plain ol’ money.” If a local family is affected by a house fire or other emergency situation, Manna Storehouse provides as much help as possible.

The organization opens its door to the purchasing public during First Monday Trade Days and on the second Friday of the month. “We sell at low prices with the hope that people who won’t ask for charity can come and get things they need.”

Their total 2017 donations to serve an average of 1,600 clients each month were down from the previous year, although client expenses were on the rise. For Thanksgiving last year, they donated 580 turkey dinners to needy Parker County families. Manna Storehouse partners with Center of Hope, which provides Christmas dinners. As a local Salvation Army representative, Manna Storehouse is in charge of the Angel Tree program in Parker County. Last year, the program assisted 1,350 children across the county. Catherine added, “I’m glad we have places they feel comfortable to let you know they need help.” **NOW**

*Editor’s Note: For additional information, visit [MannaStorehouse.org](http://MannaStorehouse.org).*



A photograph of three women outdoors. The woman in the foreground is smiling and wearing a bright pink jacket with a white ribbon pinned to it. Behind her, another woman in a white lab coat and pink top is looking down. To the right, a third woman in a pink tank top is partially visible. The background is blurred, showing trees and other people.

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