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Editor's Note

Hello, Weatherford Friends!

November is one of my favorite months. The air turns cooler, with a little nip in the mornings and evenings, sometimes for an entire day. Leaves cover the ground. Perhaps some of their cousins cling tightly to the tree before breaking free, dancing and twirling until they reach the ground, and wind blows them up for a final dance down the street. And the smells! Oh, the luscious scents of wood burning and sending smoke up chimneys, while sweet aromas linger throughout homes long after pumpkin-filled goodies exit the oven.

But I love most the awareness of God's goodness this month. Regardless of what happens outside of my control, I choose to focus on the many blessings I have in my life. Children, grandchildren, a man who loves me unconditionally, provision for all my needs — the list goes on, if I only take time to look at it. That's the beauty of this month — a time set aside to be thankful. Have you made your list?

Happy Thanksgiving!

Lisa

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State-of-the-art skin cancer surgery now available in Parker County

When Arnold Petroski was diagnosed with skin cancer on his face, more than crossed his mind. Will he look well in disguise? Will he be able to get the best treatment? In the past, the answer to Arnold's last question might have been "no". Now, the most definitive treatment for skin cancer is available in Parker County and surrounding communities.

Dr. Diego F. Mata is an expert in a highly specialized technique known as Mohs surgery. His practice recently opened a new, state-of-the-art facility in Weatherford dedicated exclusively to the treatment of skin cancer—especially lesions on cosmetically sensitive areas, such as the face. "It is a real privilege to be able to provide our patients with access to this treatment without requiring them to travel long distances," Dr. Mata says. "Many of our patients have family nearby, and it is very hard for them to get to us here in Weatherford. That allows us to treat their cancer in the most efficient manner, with the least disruption to our patients' lives," he adds. Dr. Mata, who trained at Harvard Medical School, has extensive experience in Mohs surgery and has performed over 10,000 of the procedures.

Mohs surgery is a precise technique that provides the highest chance of cure for skin cancer. Dr. Mata explains, "Skin cancers, many times, grow like trees, with roots that may extend sideways or deep. With the Mohs technique, we are able to track these roots under the microscope, to cut them out without guessing. This allows us to provide our patients with the highest chance of cure. And because we only remove cancer, we avoid this, it allows us to minimize scarring as well." Dr. Mata also received extensive training in reconstructive surgery and is able, in most instances, to reconstruct the wound the same day. "Our patients find great comfort in knowing that when they leave the office, their cancer is gone, their wound has been reconstructed and they can go on to continue living and enjoying life," Dr. Mata says.

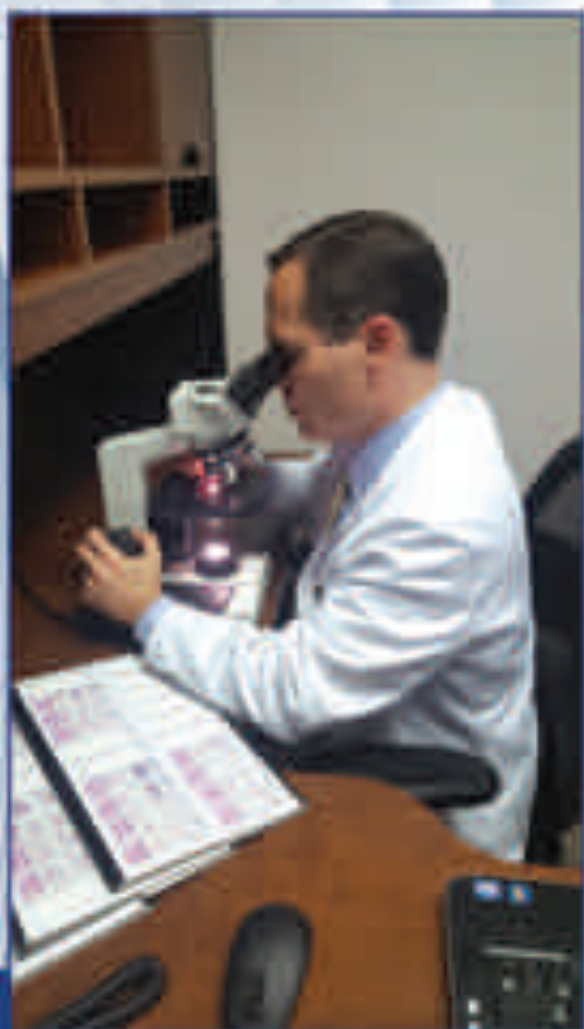
Arnold's experience is typical of many patients. He arrived in the office at 8:00 in the morning, and after a brief check-in, was called back by one of Dr. Mata's assistants. "Overhead in the office is no one," Arnold says. "Of course you are a bit nervous at first, but everybody is so professional and warm, you just

know they are going to take care of you." After having his cancer removed, Arraola had a shining pencil, and the three men talked to us in the laboratory for hours. "I was amazed at how comfortable the whole procedure was. When Dr. Marra told me he had already removed the cancer, I felt nothing. And all this time I had been worrying about pain!"

Because the Mito procedure can be so comfortably performed without requiring patients to leave medications, many patients come and go during the time it takes to check the specimen under the microscope to determine if the cancer is gone. Arraola says, "When we found Dr. Marra had given us the good news that I was cancer free, and he and his team immediately brought me back for my reconstruction without having a break."

Many patients having the Mito procedure are taken to medical activities shortly afterward. Dr. Marra says, "We have patients who can't afford to be off work, and I have many patients who have their cancer removed in the morning and go right back to work in the afternoon."

Having now completed several Mito procedures with Dr. Marra, Arraola could not be more pleased. "You can't even see the scar. My friends can't believe it, and I didn't even need to leave work!"



Dr. Marra's new facility is located at 1105 Santa Fe Dr., Suite 105. Consultations may be scheduled by calling (817) 921-3550.







FOREVER A Queen

— By Amber D. Browne

As the queen relinquished her crown to the newly selected Ms. Senior Parker County this past spring, she reminisced about the opportunities she had during her reign. Acting as a role model for the younger generation was an integral source of enjoyment for Ms. Senior Parker County 2015, Dancy Cramford, as was spending time with local seniors at the Senior Center. During her reign, Dancy was honored to appear in a half-dozen area parades and attend classic car shows, ribbon cuttings and groundbreakings, as well as grace the stage at Belk's spring and fall fashion shows. Recognition in the community was icing on the cake for Dancy, but her true honor was representing Parker County with grace and confidence.

Taking pride in her appearance is important to Dancy, and those who see her around town take notice. With purple polish on her nails, a few purple highlights in her hair and sparkling jewelry to complement her spirit, Dancy stands out in a crowd. "It's just me. I've always been this way. I don't go out unless I have makeup on. I love jewelry," Dancy shared. She has designed most of the jewelry she wears, including a crown pendant necklace and crown earrings. Jewelry making is just one of her hobbies. "I like to keep my hands busy," she explained.

Dancy's love of crafting helped secure her a position as an instructor at Michaels in Weatherford. She teaches students about scrapbooking and greeting cards, as well as mixed media and planners. "They've got me doing things I've never done before, but I love it," Dancy stated. In her spare time, she also enjoys photography, knitting and crocheting. For her talent at the Ms. Senior Parker County Pageant, Dancy showcased her crafts on stage.

Photography has been one of her favorite hobbies since childhood. "People are my biggest thing, and my second favorite is scenery," Dancy shared. "I love trees. I have certain trees that are traditional with my kids. They're old, gnarly trees — photogenic trees!" She's now capturing those mature trees in photographs with her grandchildren.

Her family lives across the country, and Dancy relishes her travels visiting them. Her son, George Rozansky Jr., in Arizona, and her daughter, Danelle Rozansky Grover, in Michigan, both have 9-year-old sons. So



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much of Dancy's time during visits is spent enjoying the company of her grandchildren. She also returns to her birthplace of Maryland to visit her sisters' families, cousins and granddaughter, Aly (Nic) Kirk.

Dancy was born on the campus of St. Mary's College of Maryland where her father worked. She was raised in Maryland and later attended the college of her birthplace. At the age of 21, she married her late husband, George Rozansky, and the couple moved to Michigan where Dancy worked for more than a decade before having children. With two young children, Dancy suddenly became a single parent in 1984 with the passing of her husband. "With the help of God, I just had to carry on," she shared. Her family asked that she move back to Maryland, but with a life built in Michigan, she wanted to stay there. Close friends were family to Dancy and her two children, and she continues many of those friendships today.

Over the years, Dancy dated a few gents but didn't find true love again until she met Weatherford resident Rodney Crawford in 2000. She wasn't looking for love. "I was very much against it," she



admitted. "He just won me over," she laughed. Dancy often shares the story of how the two met. "I love to say we met in Paris," she laughed, "but it was just in Paris, Tennessee."

Dancy was nearing retirement from the Michigan Department of Health and Industry Services when the two married in October 2000. She remained in Michigan until retirement and moved to Weatherford in March 2002. Rodney and Dancy will celebrate 16 years of marriage this month. "He is wonderful. He is a very caring man," she shared.

Rodney was extremely supportive during Dancy's reign as Ms. Senior Parker County 2015. After the pageant, with Dancy in her gown and Rodney in his tuxedo, the two went out for an evening on the town. "He looked very dapper," she shared. "He asked me, 'My wife is queen, so does that mean I'm king?'" she grinned. "He said, 'I wasn't that surprised at all. I knew you were going to win. You were the most beautiful lady there.'"

Dancy was first approached to compete in the pageant in 2014 but passed on the offer because of her scheduled travels. She asked the recruiter to check back the following year. "Well, she did," Dancy grinned. "I had so much fun getting ready for it. These ladies are so nice, and the cause is so great." Funds raised through each contestant's sponsor, including Dancy's — Brilliant Medical Boutique — support the Meals on Wheels program.

When her name was called on stage, Dancy couldn't believe it. "I was like, 'Did I hear my name?'" I looked over at my Red Hat friends sitting in the audience, and they were on their feet applauding. Then



Dancy appreciates the love and support she receives from Rodney.



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Kay Albanese, Ms. Senior Parker County 2014, honored Dancy as Ms. Senior Parker County 2015.

they started walking toward me with the crown. I guess they did say my name!" Her 6-year-old granddaughter, London Crawford, is her biggest fan and had a feeling her grandmother would win the crown last year. "She went there with the idea that 'Busia' was going to be queen," Dancy gushed.

Although Dancy doesn't have many family members in the area, she enjoys spending time with London and her baby brother, Major, who live in Weatherford with their parents. For Dancy, her friends are family. She's a member of two Red Hat Chapters — Sassy Spicy Peaches, where she serves as vice queen and "duchess of dance," and Wild West Women. She considers her Red Hat friends her sisters. "When we need a boost of morale," she stated, "we are there for each other."

Dancy presented the crown to Ms. Senior Parker County 2016, Carolyn Simmons, this past May. She is toying with the idea of competing in the Ms. Texas Senior America Pageant in the future. For now, she plans to volunteer her time recruiting for 2017 contestants and serving on the committee for the Ms. Senior Parker County Pageant. She supports the cause of Feral Friends and will continue to promote what the local area has to offer through her part-time job at the Weatherford Chamber of Commerce. Dancy considers Weatherford her home. "Weatherford is just special to me," she shared. "I'm here to stay. I belong here." **NOW**

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Built-in History

— By Lisa Bell



At Home With
Tim and Valerie Burge

In 1999, Tim and Valerie Burge moved to Weatherford because of a change to his job. They built a house in town, but they always wanted to live in the country. Both of them had country roots, and as a family, they loved camping and being outdoors enjoying nature.

Eventually, they started looking for land. Two years passed before the property where they now live went on the market. "I was the first one to see it," Valerie said. They purchased the land in 2005 and built a barn with living quarters, where the family lived for three-and-a-half years. The barn now serves as a guesthouse. During that time, they bought things they would eventually put in their new home. Scott Huffhines, Valerie's dad, is a Texas licensed builder. He began looking for pieces to go in the home, too, in anticipation of helping them build.

Around the same time they started building, the Burges' son, Josh, became involved with competitive shooting, which required a great deal of travel. Valerie always felt called to homeschool, so to support Josh's sport, she started teaching him, as a seventh-grader, and their daughter, Carrie, who was in fourth grade. Because of this, the kids had a wonderful opportunity to help with building their home. Tim and Valerie also did a great deal of the work, subcontracting when necessary. Scott came to live with them, staying in a travel trailer, returning sometimes to his East Texas home but always keeping an eye on the project.

"It was such a treat because my daddy got to come and live with us," Valerie said. "This is way more than a house to me. It's my heart and soul. My daddy."

The house has many special touches her dad included. "I was having a good time," he said.

As they went through the process, and before adding Sheetrock, family and friends covered the studs with Bible verses. Grandparents and

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parents showered Carrie and Josh with verses to carry them throughout life. When the walls went up, Tim and Valerie wrote notes to each other on the wall where their bed now sits. "I love being surrounded with the Word of God, because I love God's Word," she stated. The verses used are ones with special meaning in their lives.

Tim and Valerie celebrated their 25th wedding anniversary in October of this year. Most of those 25 years, they traveled to Colorado. Inspired by the mountains, they wanted a combination style of Texas Hill Country and mountain lodges.



"I wanted to bring nature inside as much as possible," Valerie shared. Floor-to-ceiling windows produce an abundance of natural light, along with the ability to see a wooded area and lots of wildlife. A deer feeder draws the gentle creatures to their property. "I have no interest in deer hunting, which Tim loves. Sometimes I feel like I live in a deer stand," she admitted.

Walls in the living room are made from rock, one of them cradling the fireplace with a cedar mantel that Scott created. A giant chandelier made from antlers hangs from the ceiling, creating the lodge



look. Tim and Valerie found the piece in Fredericksburg before they started building the house.

As a boy, Scott pulled up a cedar tree for his mother. She didn't particularly want it but had him plant it in the yard. Amazingly, the tree not only lived but grew to 50 feet tall. After his mother went into a nursing home, he cut down the tree. Learning from his grandfather, Josh scraped and sanded the tree to make a mantel. Scott also made several tables from the old cedar tree. "I wouldn't take a million dollars for it," Valerie said.

As a gifted host, Valerie thought about her kitchen design for five years before building. She loves having guests, and they always end up in the kitchen. With a breakfast bar dividing the kitchen and living room and a large island and dining



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area opening to both rooms, everyone can gather and enjoy friendship while food is prepared. They sometimes use the patio off the kitchen to grill and take advantage of beautiful views and cool, country breezes.

Throughout the house, reclaimed wood from old homes and barns creates beautiful flooring. Valerie's dad also created the long dining table from foundation planks out of a house built in 1918. Doors came from other homes torn down when Scott worked on new houses. The pantry door, in particular, holds sweet memories because it came from a home located in southern Louisiana belonging to Tim's grandparents. When the elderly couple passed, no one wanted the old house. The Burges recovered not only the doors but, also, the antique doorknobs for their home.

Valerie's favorite room is the kitchen. "Daddy added special touches I never thought of," she said. New Year's Eve 2006, before the Hard Rock Café on Pearl Street in Dallas was demolished, they attended an auction. Afterward, Scott gained permission to reclaim anything left. The wood they pulled out of the building became the kitchen island, a bedroom fireplace and wainscoting in Carrie's room. Outside, beside the back door, they proudly display the famous café's sign, which reads, *Open Daily 11:00 A.M.*





One of the best places in the house is in a hallway. Scott served as a Special Forces Army Ranger in Vietnam. On part of the wall, Valerie displays memorabilia from his military days. Among other pieces, the grouping includes a picture of him holding his baby daughter before deployment, A Montagnard bow and arrow, and a knife from a North Vietnamese soldier Scott captured. The hat from the same man stays at his house. He also found a historic piece at an estate sale. Covering the majority of the hallway wall, battered and torn, with many holes and 48 stars, the flag from a Navy ship hangs as a reminder of the patriotism the entire family shares. The former owner, a captain of a naval ship in the 1940s or 1950s, kept the flag. Although no one else saw the beauty of the old flag, Scott did and presented it to Valerie and Tim as the perfect thing to decorate their wall.



The bedrooms are simple, but in them and all through the house, little touches of patriotic pictures and Scripture give visitors an instant understanding of what the Burge family finds important. Valerie likes history and old things. She has an old violin and a treadle sewing machine purchased in 1931, used by her grandmother and great-grandmother. So many features in the house hold memories and historic materials, literally, building history into the home. And the best memory of all comes from a daddy pouring his love into the home and his daughter's family. **NOW**



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Work Hard,

Play Hard

— By Amber D. Browne

Although much of his life is spent in the fast lane, Dwayne Sieben makes the most of his downtime. His philosophy is, “work hard, play hard.” Speed has always enticed him. He grew up north of Tulsa, Oklahoma, where he raced cars and motorcycles at the midnight drags. “I’ve always loved muscle cars,” he said. In high school, he owned a 1970s Mustang Fastback. “Any kid could bring any car they wanted. After the big boys finished racing, they would give us the track,” Dwayne reminisced. “It was a registered track, not a street race. It was a safe way to race.”

"I never
dreamed of
where we
would be."



Dwayne purchased his first muscle car of adulthood when memories resurfaced while he installed an air conditioning unit in a hot rod shop. He currently owns a 1972 Chevrolet Camaro, a 2007 Ford Mustang, supercharged, and his favorite — a bright yellow, 2012 Dodge Challenger assembled to resemble a 1971 Hemi Cuda. "You get the modern cars made to look like an older car, and you get all the comforts," he said, smiling. Like Dwayne, the muscle cars don't sit idle for long. He

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drives them often and takes them to car shows with his wife of 23 years, Teresa.

Fate brought Dwayne and Teresa together at Lake Grapevine. Originally from Arlington, Teresa and her friend met for some fun in the sun, while Dwayne brought along his pup for a few hours of excitement on his Jet Ski. The couple and their two adult children, Stacy and Brad, still appreciate the occasional afternoon riding Jet Skis on Benbrook Lake.

Teresa was in college when they met, and both were working in their respective careers. "I never dreamed of where we would be," she shared. "Nothing has ever been handed to either of us, which is nice because we really do appreciate what we have. That's what we're trying to teach our kids."

Dwayne has worked in the air conditioning business for nearly three decades. The daily traffic to Mansfield from Southlake, where they previously lived, was taking its toll on Dwayne, so he and Teresa started looking for acreage elsewhere. The Siebens purchased their 15-acre property in Aledo about 11 years ago before the sprawling subdivision was built. They first built the barn and lived in it for about eight months while they built their home. Keeping the agriculture exemption was a top priority, so Dwayne began researching livestock. Although the American Bison, or what we call the buffalo, once ruled the plains of North America, spotting one in today's world may only become a reality by scanning the pages of a history book. However, Dwayne and his family only have to look out their back window to catch a glimpse of the majestic creature.

"Everybody raises cows, and I wanted something out of the ordinary," he stated.



After noticing an ad for tame buffalo, he jumped at the opportunity and bought one male, an adult female and a female calf.

The buffalo herd has grown over the years, becoming a source of enjoyment for Dwayne and his family. They've sold off a few of the male buffalo, referred to as bulls. The Siebens' first sale experience included one of their original bulls, which they lovingly referred to as Butthead. The family often reminisces about Butthead, sharing playful stories of him around the dinner table.

"He just wanted to butt everything," Dwayne explained. Buffalo are playful creatures, so Dwayne ensures they have toys to tinker with throughout the day. A 55-gallon barrel is a necessity for the Sieben buffalo. It was one of Butthead's favorites. "He would hit it up against the fence and eventually throw it over. Then, he would sit there all depressed," Dwayne recalled. A friendly neighbor would take notice and throw the barrel back over, so playtime could continue. Mealtime hay bales often become makeshift toys. Butthead would jump on the hay bales and roll them down the hill. The Sieben family believes the 1,900-pound buffalo's playtime ritual led to problems with his hip, so at 7 years old, Butthead was sold to butcher. His was the only meat the Siebens kept, and now, they sell other butchered bulls to friends and neighbors.

Butthead had always been curious. Once, when a few females were introduced to the herd, he took down the pasture gate and invited the girls into the backyard where they pruned all the plants around the house. "He wanted them to sample our vegetation," Teresa grinned. To get them back into the

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pasture, Dwayne took a bucket of range cubes and the tractor, and led them back into the pasture.

"They all have personalities. It's neat to watch," Dwayne said. "One of the things that intrigued me about them is that they're so easy to handle. They are not as susceptible to disease as cows can be. They're hearty."

"When it's cool, they will run around the pasture. You can see them prancing. They're playing," Teresa shared. "Our neighbors enjoy watching them. We see more pictures of our buffalo from our neighbors' posts on social media."

Neighbors message Teresa if they see a new addition to the herd. Buffalo carry their young for nine months and can birth calves each year throughout their 28-year lifespans. The Sieben herd has included nearly a dozen newborns. The buffalo are part of their family. "You have to learn to respect them, but they'll eat out of your hand," Dwayne said.

When he's not caring for the buffalo or taking a joy ride in his prized muscle cars, Dwayne is running Performance Heat and Air. He co-founded the company with his partner in Mansfield in 2010. He likes to stay busy in his downtime. "I get bored very easily," he admitted. Dwayne hunts throughout the year. "At the deer lease, I'm forced to relax." He takes an annual trip to hunt elk in Colorado, and the family travels to Mexico quite often. He also tinkers with projects around the house. Dwayne built a lounge swing that is now the perfect spot for a catnap by their pool. He also transformed wooden porch posts to display his soda-pop bottle collection. The posts hang from the ceiling in the barn, which also provides plenty of space to entertain guests. With family members living within the Dallas-Fort Worth Metroplex and in Oklahoma, get-togethers are cherished.

"It feels like God said we need to be here," Teresa shared. "I'm really proud of Dwayne. We're average people who are loving life." **NOW**

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Debbie Newkirk greets friends at her unique Weatherford store.

Customer-Friends

Debbie Newkirk strives to provide the ultimate backyard bird-feeding store.

— By Lisa Bell

Often people take for granted the sweet chorus coming from a variety of wild birds. With busy lifestyles, we often miss this beautiful gift of nature.

Debbie Newkirk's family moved to Weatherford in 1963 when she was still a young child. Although she left a couple of times, she always came home — back to the place where her grandfather chose to retire on a peach farm.

Growing up with parents who appreciated wild birds, Debbie learned about birds and grew to love them. Her mother had a passion for watching them at the feeders. Debbie enjoyed visiting the Wild Bird Center in Fort Worth with her mother and sister, and once said, "If I could

ever have my own business, this is what it would be." The peaceful environment drew her in and left a longing to stay there for a long time.

Later in life, Debbie and her husband, Jimmy, carried on the tradition of feeding neighborhood birds. But like most people, she didn't have much time to simply sit and enjoy her flying friends. That changed rapidly when the defense industry cut back, and she lost her job. Sitting on the porch watching the birds reminded her of the dream to own a bird shop. Meeting the founder of Wild Bird Center, George Petrides Sr., settled the decision for her, and Jimmy agreed. Becoming a franchise owner, Debbie opened

the unique store in Weatherford on April 1, 2016.

Like the parent company, she longs to be the ultimate backyard bird-feeding store for the area. Customers no longer need to make the drive to Fort Worth but can shop local and still obtain high-quality, bird-feeding products. The store has the same melodious, peaceful feeling she experienced. She carries many different types of feeders and seed, as well as some items for squirrels.

“Our motto is to serve the wild bird hobbyist with quality products and expert advice in an atmosphere where the customers are treated like friends, with warmth and respect,” Debbie said. Although she isn’t an avid bird-watcher traveling to spot rare birds, she can identify most varieties people will likely see in Weatherford. She admits not knowing everything, but if someone has a question she can’t answer, franchise resources provide the knowledge. Often, she learns as much from customers as they learn from her.

“We have the best customers,” she shared. “They are happy people and usually in a good mood. It makes my job easy.” Debbie takes pride in having the best products and being much more than a box store where people can grab a bag of seed. Customer service has to be absolutely excellent. All of the products at the Wild Bird Center of Weatherford have a 100-percent customer satisfaction guarantee. Many items have manufacturer warranties, as well.

Debbie offers a Birdie Buck Program to reward frequent purchases. She also runs promos on a monthly basis, some of which go out only to members of the program. She encourages feeding birds as not only a hobby but, also, as something the feathery creatures need — especially in extremely hot or cold temperatures.

She looks forward to some fun items for the Christmas season. And for that person you’re wondering what to buy, Debbie might have the perfect answer. **NOW**

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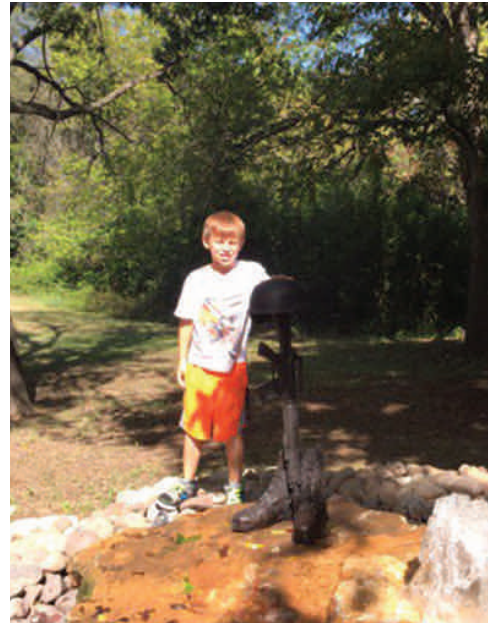
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Matt Swamy is restoring this old Gibson guitar at Craig's Music.



In memory of his dad, Austin Jordan, Kallen visits the new fountain located at the Veterans Memorial in Soldier Springs Park.



Elie Chavez, junior at Victory Baptist Academy, is appointed to the Weatherford Youth Advisory Council.



Julie Smith celebrates her 21st birthday with baby, Addison and her parents, Jerry and Tammy Minter.



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Guard Against Identity Theft — and Protect Your Finances

In 2015 alone, more than 13 million Americans were victimized by identity theft, according to the U.S. Department of Justice. What can you do to guard your identity and protect yourself from potential financial losses? Here are some ideas to consider:

- **Review your statements.** Closely review the monthly statements from your checking and other financial accounts. If you find any unfamiliar charges, contact your bank or other financial services provider immediately.
- **Order your credit reports.** The three credit reporting agencies — TransUnion, Equifax and Experian — are each required by law to provide you one free credit report a year. Make sure your name, address and other information are correct on your credit report, and if you find old or inaccurate information, have it removed.
- **Place a fraud alert.** If you suspect you have become a victim of identity theft, place a “fraud alert” on your credit reports by contacting any of the three credit reporting agencies. You can choose a short-term or long-term alert. And if you’re an active member of the military, you can request a special, one-year alert.
- **Feed your shredder.** Shred all old bank and investment statements, applications for new credit cards and any other documents that contain personal information.
- **Destroy digital data.** If you have a variety of financial accounts, you’re not just creating a paper trail — you’re also establishing a digital “footprint.” So, when you sell or otherwise dispose of a computer system or hard drive, you may want to take steps to destroy personal data. You might think that simply deleting it would be sufficient, but tech-savvy identity thieves can “undelete” files or recover information from a formatted drive. However, products are available that allow you to completely wipe out data on hard drives.

• **Change passwords.** It’s a good idea to change your Internet passwords every so often — especially those passwords that provide access to financial accounts.

• **Leave your Social Security card home.** Snagging someone’s Social Security number is a real “catch” for identity thieves, so do everything you can to thwart them. And you can start by leaving your Social Security card safely at home.

After all, there’s probably never a good reason to bring it out, anyway. In fact, be wary of anyone, or any business, that asks for your Social Security number, either in person or online. Except for a few obvious exceptions, such as your tax preparer, most reputable businesses don’t need to know anything about your Social Security information.

• **Watch for “phishers.”** If you’ve ever gotten an email, supposedly from your bank, advising you that your account will be “frozen” unless you provide personal details about your account, it’s a good bet that someone is “phishing” for this information — and they’re using the “freezing” threat as bait. What’s particularly alarming is that these “phishers” have gotten quite good at duplicating logos and using official-sounding language. However, a legitimate bank would never threaten you this way with an email, so, if you get such a message, contact the bank’s fraud department.

You can go a long way toward protecting yourself against identity theft by following these suggestions. So put them to work soon. **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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Tummy Ache or Big Problem

— By Betty Tryon, BSN

Inflammation is the bane and the beginning of so many disorders and illnesses in the body. Gastritis — inflammation in the stomach — could be inconsequential or, perhaps, a condition of something more serious. We all have that occasional upset stomach from eating too much, eating the wrong food or even going too long without eating anything. Your stomach can become swollen and irritated from too much of the wrong type of bacteria or even from some medications. These upsets tend to be self-limiting and easily remedied.

There are lifestyle changes one can make to avoid getting gastritis once you recognize that certain actions or behaviors can aggravate the situation. If anti-inflammatory drugs, such as aspirin, Advil or Aleve cause discomfort, another medication may have to be substituted. Avoid spicy foods, acidic foods and alcohol. Try to eat smaller meals more frequently and work on reducing stress.

Depending upon the degree of gastritis, symptoms experienced may be abdominal pain, which can be felt as burning, gnawing or cramping; bloating or a feeling of fullness; belching; nausea; and/or vomiting and diarrhea. In treating these symptoms, many times over-the-counter antacid medications, such as Maalox or Tums, are all that is necessary to neutralize stomach acid. Drugs that reduce the production of stomach acid like Zantac and Tagamet or medications like Prilosec and Nexium, which function by blocking the action in the stomach cells that produce acid, can be helpful.

However, there can be episodes of gastritis that can be serious enough to warrant medical attention. Some such episodes include: peptic ulcers, bleeding within the stomach that causes anemia and, rarely, cancer or serious bowel problems. The most common causes of gastritis are from the *Helicobacter pylori* bacteria, known as *H. pylori*, and from anti-inflammatory drugs. Both of these agents can create strong inflammatory actions and set up the stomach for a chronic problem. In addition to bacteria and drugs, some of the conditions that can cause gastritis are alcohol, viruses, stress, fungal infections and bile reflux.

Antibiotics prescribed in combination medication therapy are common to eliminate the bacteria. If taking anti-inflammatory drugs is creating a problem but the medication is essential, a balance of medications that either block or reduce acid production to be given with the anti-inflammatory drugs is needed. If possible, another alternative for pain management, other than anti-inflammatory medication, may need to be found.

For the most part, gastritis may just be an annoyance. But, should it become a chronic condition, it may be time to call in the professionals for help. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

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WC Fall Jazz Band Concert: 7:30 p.m., Alkek Fine Arts Center, 225 College Park Dr. Free admission. Visit www.wc.edu for details and more events.

November 5

Red, White and Blue 5K: registration and pickup, 7:30 a.m.; race 8:30 a.m., Holland Lake Pavillion, 1419 Holland Lake Dr. Online registration available at www.RedWhiteBlue5KForVeterans.itsyourrace.com/register. Details available, Kaye Jordan (817) 988-2202 or kayejordan11@yahoo.com.

WC Classical Guitar Concert: 7:30 p.m., Alkek Fine Arts Center, 225 College Park Dr. Free admission. Visit www.wc.edu for details and more events.

November 5, 6

Weekend Revival: **Saturday**, 7:00 p.m.; **Sunday**, 11:00 a.m., First Baptist Church Horseshoe Bend, 7156 Brazos Trail. Praise and worship with Made by Mercy. Visit www.horseshoebendchurch.org.

November 10

Home for the Holidays: 10:00 a.m.-1:30 p.m., Coutts Memorial UMC, 802 N. Elm St. Enjoy holiday gift, decoration ideas and presentations.

A light lunch served and more. For more information, call Texas A&M AgriLife Extension (817) 598-6168.

Badges, Bags & Bingo: 6:00-9:30 p.m., Parker County Sheriff's Posse Building, 2251 Mineral Wells Hwy. Visit the news page at www.casahopeforchildren.org.

November 11

Parker County Women's and Newcomer's Club: 9:30 a.m., FUMC Family Life Center, 301 S. Main St. Lunch \$11. RSVP by **Nov 6**: Donna (817) 613-9078 or Beth (817) 480-3263.

Duo Azul Piano Concert: 7:30 p.m., Weatherford College Alkek Fine Arts Center, 225 College Park Dr. Free admission. Visit www.wc.edu for details.

November 12

Annual Veterans' Day Parade: formation, 8:30 a.m.; parade, 9:45 a.m.-noon, 9th Grade Center grounds off Eureka. In honor of Veterans past, present and Future. Route includes South Main St. heading north to Oak Street. then left returning to the 9th Grade Center on Russell St.

Home for the Holidays: 9:00 a.m.-3:00 p.m., First Baptist Church of Weatherford, 222 W. Church St.

Craft and gift fair. Free admission. Visit www.fbcweatherford.org for more information.

Iron Skillet Custom Motorcycle Show: 10:00 a.m.-2:00 p.m., 2001 Santa Fe Dr. Benefitting Center of Hope. Family activities, free admission, register to compete for \$10 at 9:00 a.m. Visit Iron Skillet's Facebook Page for more information.

Inspiring Evening in Black & White: 7:00 p.m., Northside Baptist, 910 N. Main St. Dinner benefits Weatherford Christian School. For tickets or details, contact Leslie Chalmers at leslie.chalmers@wcsliions.org or (817) 596-7807.

Parker Paws Paws in the Park: 9:00 a.m.-3:00 p.m., Heritage Park. Family event, including pets, with a variety of activities. For more information, visit www.parkerpaws.org.

November 14

Quilters Guild of Parker County: 6:30 p.m., Northside Baptist, 910 N. Main St. (817) 366-9134, or visit www.quiltersguildofparkercounty.org.

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

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In the Kitchen With Sharon Pate

— By Lisa Bell

In Bishop — a small town in South Texas — Sharon Pate grew up surrounded by fabulous cooks. They prepared everything from scratch and made dinnertime a big deal for their families. “I have always loved to cook, and even at a very young age, I helped my mother in the kitchen. My job was to make the salads for dinner,” Sharon said. “My mother loved to cook and was actually a home tester for Betty Crocker. We were the guinea pigs for many recipes Betty Crocker later published.”

An Aledo fourth-grade teacher for many years, Sharon is now retired and teaches cooking in her church’s mentoring program, Apples of Gold. She loves reading, traveling with her husband, Bill, and spending time with family. Sharon enjoys making these salads for family and friends. **NOW**

Barbara’s Boat Salad

Amounts based on number of servings desired, or to taste.

1 package arugula
Olive oil
Sea salt
Walnuts, chopped
Apple, thinly sliced slivers
Parmesan cheese, grated
Balsamic glaze (available in most stores, or simmer 16 oz. balsamic vinegar with 1/2 cup sugar or brown sugar until reduced by half)

1. Toss arugula with olive oil and sea salt.
2. Add walnuts, apples and Parmesan cheese.

3. Drizzle balsamic glaze over the top and serve.

Sally’s Salad

Amounts based on number of servings desired, or to taste.

Romaine lettuce, torn into bite-size pieces
Olive oil
Garlic salt
Parmesan cheese (Kraft grated in the green tube is great.)
1 lemon, halved

1. Drizzle the Romaine lettuce with olive oil and sprinkle with garlic salt. Toss so the olive oil is distributed over the lettuce.

2. Sprinkle with Parmesan cheese, and toss salad a little bit more.
3. Squeeze the juice of half a lemon over the top; gently toss and serve.

Dora’s Massage Salad

Salad:

1 pkg. pre-washed kale salad greens
Sea salt, to taste
Olive oil, to taste
Grated Parmesan cheese, to taste
Handful sliced almonds
Handful dried cranberries

Dressing:

1 tsp. Dijon mustard
1 clove garlic, crushed
1 lemon
Olive oil, to desired consistency

1. *For salad:* Place kale in a large serving bowl; sprinkle with sea salt. Pour olive oil over the kale/salt mixture.
2. Massage the kale with both hands until it changes to a deep green and has been reduced by half.
3. *For dressing:* In a small bowl, combine all dressing ingredients; add to salad.
4. Sprinkle grated Parmesan cheese, almonds and cranberries on top. Toss immediately before serving.

Sharon’s Salad With Curry Dressing

Amounts based on desired servings, or to taste.

Curry Dressing:

Juice of 1/2 lemon
2 Tbsp. minced onion
2 Tbsp. minced parsley (optional)
1/2 tsp. curry powder, or to taste
2-3 dashes garlic powder
Salt, to taste
Pepper, to taste
1 Tbsp. wine vinegar
1/2 cup mayonnaise
Buttermilk (just enough to thin to desired consistency)

Salad:

Romaine lettuce, torn into bite-size pieces
Sesame seeds
Parmesan cheese

1. *For curry dressing:* Mix all ingredients in a jar and age for 2 hours before serving.
2. *For salad:* Place lettuce in a serving bowl. Pour curry dressing over lettuce and sprinkle with sesame seeds and Parmesan cheese.

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