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NOVEMBER 2017

Art in Motion

For Taylor Bray, creativity and athleticism blend

A Tiny Big Deal

At Home With
Brittnié Harris

2017 Holiday Shopping Guide

Remembering WWII

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Publisher, Connie Poirier

General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker

Weatherford Editor, Lisa Bell

Editorial Coordinator, Sandra Strong

Editorial Assistant, Rachel Smith

Writers, Lindsay L. Allen . Gregg Davis

Melissa Rawlins . Betty Tryon

Editors/Proofreaders, Pat Anthony

Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Morgan Christensen

Martha Macias . Brande Morgan

Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Kenzie Luke

ADVERTISING

Advertising Representatives,

Steve Randle . Shilo Treille

Cherise Burnett . Dustin Dauenhauer

Bryan Frye . Jennifer Henderson

Kelsea Locke . Lori O'Connell

Melissa Perkins . Keri Roberson

Linda Roberson . Joyce Sebesta

Billing Manager, Angela Mixon

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The kid in Taylor Bray comes alive when he rides.

Photo by Kenzie Luke.

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Editor's Note

Hello, Weatherford Friends!

In the past 12 months, have you experienced days when thankfulness was not part of your vocabulary? Life happens, pouring down sorrow, difficult times or straight-up hormones and emotions. If we're honest, most of us have days when we don't feel grateful. I certainly can point to times when I complained and grumbled, at least to myself. Living in that state depresses me, though. So I choose looking for reasons to express gratitude. If I start my day thankful for even the smallest things, I find myself with a heart filled with gratitude.

If I can stay thankful when life isn't great, that's a true heart of gratitude. November seems easier because everyone talks about Thanksgiving, and the day is a reminder to be thankful. If you don't feel grateful, start thinking today about what you do have that is worthy of gratitude. Try looking for something new each day this month, and see if it changes the way you feel overall.

Have an incredible Thanksgiving!

Lisa

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

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"you need to stretch more" and you want **REAL** answers? Then read on...

The key to finding out why you're waking up at night with intense and painful cramps in your legs is having the appropriate diagnostic tests.

Very often the typical tests don't pick up the problem that's causing this to happen, and in those cases all you're left with is weak advice like "you're just not stretching enough" or "you're not drinking enough water."

Seriously, if it was an issue of not drinking enough water, every muscle in your body would be cramping all at once since they all get the same amount of water. Right?

As for stretching, it does give temporary relief in the daytime, but do you want to lay in bed stretching at 3am? And if it's worse you have to get up and stretch, walk around and your sleep is completely disrupted. Who wants that?

You might get lots of other advice as well, all of which is just as deeply flawed, and you're likely to get something different from every healthcare provider that you speak to. They all have their own opinions.

But opinions won't help you stop the cramping. The solution to this problem comes from finding out what's really going on...

So what's the answer?

It's essential to understand that a muscle cannot cramp (contract painfully, uncontrollably and spontaneously) by itself.

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have seen this if you know someone who's been paralysed or suffered some other type of nerve damage in an accident. Nerves are the source of muscular activity in the body - **FULL STOP.**

When someone suffers from frequent and painful cramping problems, the first logical place to look should be nerve activity - but this is often completely overlooked and nerve misfires are usually never the suspected cause.

Nerve misfires are a cause of cramping.

When a nerve is chronically mechanically disturbed (twisted, compressed or stretched) it starts to misfire. Usually it will cause the muscle to get tighter and more likely to cramp. Very often there are no obvious signs or symptoms that this is happening and it quietly creeps up on you. Cramps can be the first obvious sign that something is wrong.

Recent advances in the technology used to measure nerve misfires have led to improved diagnostic methods, which can remove the "mystery" of what is causing you to have the painful cramps.

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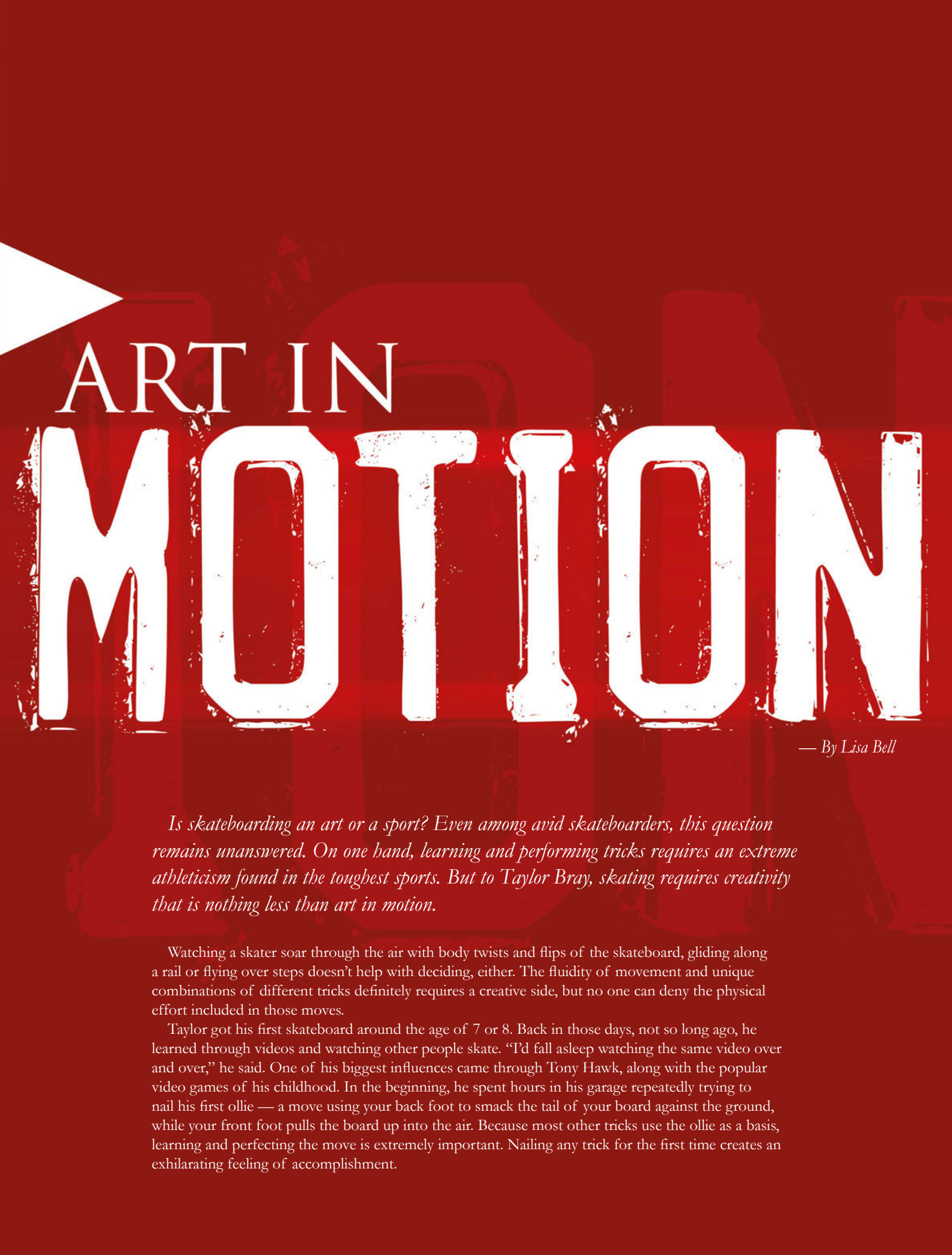
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ART IN MOTION

— By Lisa Bell

Is skateboarding an art or a sport? Even among avid skateboarders, this question remains unanswered. On one hand, learning and performing tricks requires an extreme athleticism found in the toughest sports. But to Taylor Bray, skating requires creativity that is nothing less than art in motion.

Watching a skater soar through the air with body twists and flips of the skateboard, gliding along a rail or flying over steps doesn't help with deciding, either. The fluidity of movement and unique combinations of different tricks definitely requires a creative side, but no one can deny the physical effort included in those moves.

Taylor got his first skateboard around the age of 7 or 8. Back in those days, not so long ago, he learned through videos and watching other people skate. "I'd fall asleep watching the same video over and over," he said. One of his biggest influences came through Tony Hawk, along with the popular video games of his childhood. In the beginning, he spent hours in his garage repeatedly trying to nail his first ollie — a move using your back foot to smack the tail of your board against the ground, while your front foot pulls the board up into the air. Because most other tricks use the ollie as a basis, learning and perfecting the move is extremely important. Nailing any trick for the first time creates an exhilarating feeling of accomplishment.

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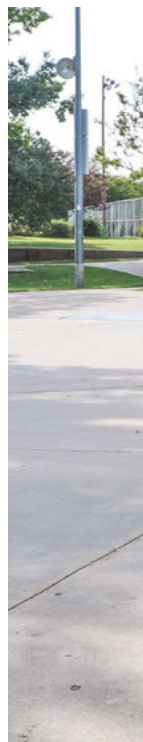


At 24, Taylor continues skating. "I can't stop," he shared. Growing up in Weatherford, he frequently visited the local skate park. Like many avid riders, he kept looking for places to perfect new tricks. The harder the move, the better. While he still loves the park in Weatherford, he would like to see new elements added, making it more enjoyable and inviting to new skaters who want to learn. "Learning is the best part," he expressed.

When Granbury built a new skate park, it became one of their favorite places to go. With adequate challenges, they happily stayed in the park. Realistically, skateboarding started on streets, and that was the only place to ride. Today, almost every city has some kind of skate park — some better than others. According to Taylor, the better parks draw avid skaters, both newbies and experienced. He loves going to a skate park and seeing parents there with their younger children, and this young man appreciates a police presence.

Taylor enjoys teaching younger kids new tricks, but he cautions them that a new move takes lots of practice. "You can't learn a trick in one day," he said. "You have to keep practicing until you can do it well." Nevertheless, he encourages them and gets a kick out of watching someone nail a move for the first time. The accomplishment beaming through the other skater's face inspires him, too.

Because of his love for and skill in the sport/art, Taylor landed a job in California, where he lived for about six years before returning home. During that



time, the company sponsored him at competitions, where he did well. Now he works for Gemini, and sometimes in addition to his regular pay, he gets paid for what he loves. Having given up the dream of becoming a pro skater, his new dream is to continue skating for as long as possible. He has friends in their 40s who are still skating, and recently he met a man in his 50s. "He's in better shape than I am," Taylor admitted, chuckling. While skateboarding is hard on the body, in many ways it is good because of the athletics involved.

In addition, skating keeps him young at heart. When he's on his board, he often feels like a 16-year-old, a fact that exasperates yet endears him to his girlfriend, Miranda Auger. They are expecting a son at the end of December. Taylor is excited about the future, and although he won't force his child to ride, he'll certainly introduce the concepts and be ready to teach. "I've seen videos of 1-year-olds going off a curb," he said. "There is no age limit on either end."

He also loves being able to skate year-round. He doesn't have to wait for snow or any other particular type of weather. Except for ice, nothing much stops him from pulling out a skateboard. Rain makes surfaces slippery, but even then, competitions continue. While he doesn't always wear pads and a helmet, Taylor will put them on if he tries



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something dangerous. He firmly believes every beginner and younger child should always wear kneepads and a helmet for safety. Getting a good board and the right size is imperative, especially starting out. He recommends going to a skate store instead of trying to pull one off the shelf at a big box store. Inexpensive skateboards can be more dangerous if they don't move well. A specialty store, available in both Weatherford and Granbury, can provide expertise from experienced skaters when choosing your first one.

For new skaters, learning comes from so many places. The Internet provides constantly changing videos to watch, along with step-by-step instructions in some cases. But older skaters can give younger ones more than the how-to of skating. For the ones who truly love skating, they may enter competitions and even win. But the real joy comes from friendships developed along the way. "I can go to a park and not know anyone there, but by the end of the time, I'll walk away with new friends," Taylor said. Perhaps the artist in these people allows for celebration of achievements over a competitive attitude.

Taylor never wanted involvement in a lifestyle that included drug and alcohol use, and for the most part, chose friends who felt the same. With this mindset, he became a role model for the younger riders.

A diverse reaction exists from the announcement of skateboarding in the 2020 Olympics. Taylor shared, "I'm not sure how they'll judge it." Currently, skateboarding has no rules. Each person does what he or she wants to do. Every skater has a different style. Taking away the freedom may reduce the passion in the heart of those who enjoy hitting the street or a park with their skateboard. Not for Taylor. As long as he can, he'll keep riding, learning and perfecting his own style — and teaching others. **NOW**



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A TINY BIG DEAL

— By Lindsay
E. Allen

AT HOME WITH BRITTNIE HARRIS



Buying your first home is often a big deal, but for Weatherford resident Brittnie Harris, it wasn't big at all. In fact, it was tiny! A self-proclaimed binge watcher of tiny home TV shows, Brittnie was full of ideas when she decided to build a tiny home on top of a 26-foot gooseneck trailer.

Tiny homes are literally just that, a way to downsize and live in a small area, while being able to "pack up" and move anywhere, if you build the house atop a trailer. They are becoming quite popular.

While Brittnie did become addicted to the home television shows highlighting tiny homes, she never considered living in one until her mom asked her if she would ever want to. "With college graduation nearing, I realized I would be paying over \$1,000 a month for an apartment that wasn't even mine. Building a tiny home just seemed to make more sense," she said. "My stepdad, Brian, already had a 26-foot gooseneck on their property, so I would walk around his trailer and mentally map out where I wanted everything to be in my tiny home."

Three months later, she purchased her own gooseneck trailer and was ready to start building. Luckily, she had plenty of help between Brian and her grandfather, Van. "If you asked my family, they would probably tell you this is 'our tiny home,' as everyone has pitched in," she said. "Brian and my grandfather have been the biggest help. Brian knows all things plumbing, electrical and welding, and my grandfather had just retired



from building homes, which meant I relied on them heavily throughout this whole process.”

Brittni's grandfather spent many days driving from Arlington to Weatherford to help teach her how to build her tiny home and understand the required building codes. With right at 360 square feet of space, counting the two lofts, Brittni designed the house to accommodate her large family. “I wanted to make sure that everyone could fit in here comfortably, and with the living room on top of the gooseneck and stairs that double as seats leading up to the living room, I think it does just that,” she said. “Most tiny homes overlook the living room area, but that was a priority for me.”

Covered in a white metallic wallpaper, to break up the cedar walls, the living room provides plenty of space for her guests and has a great view with a large window adjacent to the TV. A sectional couch folds out into a queen-size bed

11

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- Psalm 100.4



and has one section with a storage area under the cushion.

Brittnié and her grandfather built a barn door that slides in and out to separate the kitchen area from the bathroom. The bathroom offers plenty of space and houses the washer, dryer and a linen closet. Its yellow walls provide the calm feeling she was looking for, with accents of blue and green. The bathroom sits under her loft bedroom, but at 5 feet 4 inches, Brittnié has no trouble going up and down.

"I didn't want my house to feel like I was camping, and I was worried with the wood everywhere it would give that log cabin feel that I wasn't looking for," she said. "I wanted a modern/contemporary feel and have looked for pieces and opportunities to pull that look into my home. But with the wallpaper, painted bathroom and decorated tin in the kitchen I forget about the cedar everywhere else."

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feel. "The windows above the infrared fireplace and in the living room are repurposed, and I actually built around them. I wanted to make sure there were plenty of other windows in the house to provide a breeze and natural light," she added.

Brittnié's kitchen offers a large granite countertop peninsula and bar that is perfect for four to dine or that can be used as a large crafting space. The hammered sink and decorated tin on the walls provide the contemporary feel she hoped for and includes an apartment-size refrigerator and freezer. The kitchen backs up to the stairs, which lead to Brittnié's bedroom. The stairway leading up to her room has multiple storage options underneath it. "Most tiny homes have a ladder leading up to the loft, but I was not willing to modify my plans for stairs that served a dual purpose," she remembered.

Her room fits up to a king-size bed. There is also enough space for the bookshelf and storage she will build on both sides of the bed, in addition to the headboard, complete with a shelf that is in the works.

"Everyone who comes over wants my grandfather to help build them a tiny home," Brittnié said with a smile. "Most of my friends comment on how much bigger my tiny home is than they imagined, but I built it to have enough comfortable space."

For the last two years, she has loaded-up her tiny home, with the help of Brian, and hauled it to the Dallas Earth Day event to show how she is choosing to reduce. "It was fun to go because a lot of people remembered me from the



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previous year when my home was just a shell. They were so encouraging and excited to see my progress on the house,” she said.

While her tiny home is about 2 feet longer than most and is going to be more of a permanent structure than a mobile tiny home, Brittneé said it pulls great — so great they got up to 70 mph on the second trip to Dallas. Then they remembered they were pulling a house behind them and decided to slow it down a bit!

Building her home certainly took help from her entire family, and Brittneé is quick to recognize that help — even from her 2-year-old nephew who has spent a lot of time at the house while everyone was pitching in.

The hardest part of the whole building process, for her, was the decision making. “I like to think and dwell on things and take my time, but time isn’t always an option when building,” Brittneé said. “So I like to think I have become better at making quick decisions, since we bought the trailer in December 2015 and started building my tiny home.” **NOW**

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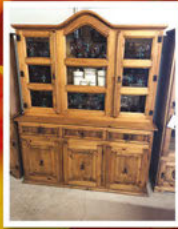
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In the fall of 1940, the United States instituted the first ever peacetime draft. With the turmoil in Europe, the deepest pacifist knew the country might soon join the war. Joe Hudson grew up in Parker County on a small farm near Brock, part of which is now Interstate 20. There, Joe received his notice, packed his bags and reported to Camp Bowie in Brownwood for a yearlong stint as part of the United States Army. And then Pearl Harbor happened.

In December 1941, Joe was nearing the end of his enlistment duty. After a relaxing weekend in Weatherford, he and some buddies drove back to Brownwood. When the news came over the radio, cold chills ran all over Joe. "You go to thinking, *What's next?*" Joe shared. "It was a strange feeling. Unexplainable." In a mix of emotions, he realized he was in for the duration. At that moment, the news meant little change for him. He was already used to being in the Army.

Soon, Joe transferred to Florida, then in July, he shipped out by truck to North Carolina — the perfect time for peaches as they traveled through Georgia. "Them gals were throwing peaches at us just like a baseball. And the guys were catching 'em," he said, chuckling. The girls lining the roads ran to the trucks and lifted half-bushel baskets of peaches up for the soldiers.

Joe eventually ended up in Massachusetts, where he met Lucille. Suddenly transferred to Virginia, he couldn't reach his beautiful French-descent woman. He spent a short time training in the mountains. They



— By Lisa Bell



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climbed one evening and spent the night in bitter cold. The next morning, they ate breakfast and got out of there. "That was the end of that training," he remembered.

From there, they went to New Jersey, the port of embarkation. He'd only seen Lucille a few times, and still couldn't reach her. Within days, Joe boarded a ship for North Africa. When they landed, he wrote a letter asking Lucille if she'd accept an engagement ring. She agreed, and he sent \$75 so she could buy it and wait for his return.

In September 1943, Joe's unit finally saw action when they invaded Italy to push out German troops. When they first landed, Joe stepped out onto dry land, not a sound anywhere. "Some war," he said. But by sunup, everything changed as he experienced war firsthand. They moved inland. He isn't sure exactly how it happened, but as they marched forward, Joe stepped on something and broke his leg. An American medic gave him a shot and assured him the Germans would take good care of him.

While Joe lay alone, he didn't know what to expect, but soon German soldiers came along. Two of them spoke English very well. "They treated me

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fairly nice,” Joe said. The Germans took him to Rome, along with an American doctor they also captured. After 13 days, they put him on a train to Munich and a Catholic hospital. “I was in a cast for a long time,” Joe said. When released, he spent a few days in a prison camp near Munich. After that, they moved the prisoners around to different camps. Joe remembers being at a camp near Poland, in Berlin, and then in two more prison camps before the war ended.

At the beginning of the war, the Germans didn’t treat any of their POWs very well. By the time Joe got there, treatment of American soldiers wasn’t as bad. “As long as we did what they told us, they treated us OK,” he shared. “They were hard on the Russians though — treated them really bad.”

By 1943, the Geneva Red Cross delivered packages of food on a regular basis. Each carton contained canned goods, coffee, cigarettes, Spam and more. Sometimes, they had special items as well, but the contents should’ve lasted each soldier for a week.

At one camp, the Germans took a bunch of the food, so for quite a while, two prisoners shared a carton meant for one. With bridges out and roads closed, sometimes the trucks didn’t make it through. One day, two trucks arrived. Joe asked the driver about the bridges. He relayed that most were out. That day, Joe stocked up on cartons. He tore into one box and found M&M’s — a wonderful surprise. He tore into a bag and ate a lot of the candy. “I was a sick boy,” he said, laughing. Joe no longer eats Spam, but he has no issues with M&M’s!

The worst part of the war for Joe was being imprisoned. While he missed countless things that haunt veterans, he hated spending 19 months of his tour as a prisoner — unable to come and go



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freely. And he didn't always have enough food to eat. Nevertheless, when Joe left the service, he chose to forget those years. "It might have been a blessing," he said.

After his release, Joe came back to the United States, and he promptly called Lucille. She couldn't get in to see him, and he couldn't get out. They sent him back to Texas and gave him some time off. He soon caught a train back to Massachusetts. Within a week, he married Lucille and brought her home to Texas.

Joe went to work for Gulf Oil, which required many moves to different cities as they raised three daughters. When he retired in 1981, they came home to Weatherford, where he enjoyed life with his Lucille until she passed in February of 2013.

Joe still lives alone at home. He wakes up every morning at 4:00 a.m. and has a bowl of cereal. By 5:30, he's out, enjoying coffee and visiting with whoever happens to be at his regular morning stop. After an hour or two, he returns home for his second breakfast. He makes lunch his biggest meal, often at a favorite restaurant. A small supper helps him sleep better.

Joe likes puttering around in the yard when weather permits, but once a month he drives to Fort Worth where he spends time with veterans from all wars. One WWII veteran is a former German Air Force vet who lived in Russia for about five years before immigrating to the United States. He enjoys the continued camaraderie with those who understand military life.

Joe said, "There's nothing wrong with me but laziness." Still, he isn't rusting away during the latter days of his life. He plans to keep going for as long as he can. Recently honored by the Sheriff's Posse during the annual rodeo, Joe talked about the hoopla they made over his 98th birthday. He can't imagine what fuss they'll make when he reaches 100. **NOW**



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The Season for Travel

— By Zachary R. Urquhart

The holidays mean parties, family and, for some, travel. If you have not planned a big trip before, there are some things you should keep in mind. If you are in the mood for a long getaway for the holidays, here are some tips to make sure you are ready for your excursion.

Picking a Place

- **Making the Best Use of Your Miles.** The first step is figuring out where you want to go and when you want to leave. If you have a credit card with airline miles or points, you need to be sure that you are not trying to leave during blackout dates. Some have many blackout dates. Some have few, and others have none, so you will need to call your cardmember services, or check their website. You may also be able to use your points to reserve rooms at some hotels and resorts. While your flight choices or hotel rooms may have limits, saving money by using your points can be a great way to plan a bigger vacation than you thought possible.

- **Keep Everyone Satisfied.** While it is not possible to make everyone happy, if you are traveling to a destination other than a family member's house, try to find a location with plenty to do. A house on a remote beach is great for some, but if part of the group does not like the feel of the sand on their feet, look into a place like Galveston that has beaches, as well as a historic downtown area and other fun activities.

- **Decide With Help.** With the boom of online services that consolidate hotel rates and flight costs, many people have gotten away from using a travel agent. But, with the sheer volume of options out there, you might consider having an agent help you plan the perfect trip. If your plans include a cruise or other more exotic type of trip, a travel agent could have special offers you cannot get anywhere else. And an agent can be great if you are looking to book travel and accommodations for the extended family.

Get the House in Order

- **Avoid Leaving a Paper Trail.** Assuming you are taking the chance to enjoy a lengthy trip, there are a few things you should do around the house. Have mail and newspaper services stopped. Anytime you will be gone more than a couple of days, it is a good idea to stop mail and paper delivery, but that is especially true during the holidays, when burglars have a keen eye open for signs of an empty house. You can call or drop by your local post office, but using USPS.com lets you put a hold on your mail with ease online. Most large market newspapers also let you place holds online, but you will have to check if you are getting a small, local publication.

- **Make It Look Lived In.** Aside from limiting mail or newspapers, having your lights variably on and off is a simple way to make it seem like people are home. Timer switches for your exterior lights are cheap and very easy to install. You can even install them on key interior lights to enhance the ruse that you're still at home. If

your yard has winter grass or tends to have weeds that will start looking long during your absence, check into hiring a yard service to keep it looking nice. This also ensures that you will not be overloaded with household chores upon your return. Also, try getting all laundry, dishes and cleaning tasks done before you go. You would hate to ruin the fun you had on vacation by coming back to a house with a long list of to-dos.

• *Find a Helping Hand.* If there is a pool to be skimmed, leaves to be raked or pets to be fed, try finding a trustworthy neighbor to help you out. Offer the same help during their vacation in exchange. Aside from helping with simple chores, having someone check on your place is good in the off chance you have power loss, a leak or some potential catastrophe.

Time for the Trip

• *Dot Your I's.* Before you hit the road or head for the airport, make sure you have all the various documents and paperwork you will need. Identification for your family and passports, if you are going across borders, and insurance cards are among the things you will want to bring. If you have a detailed itinerary, be sure you have confirmation numbers for each activity. And even though you do not want to think about it before a big trip, it is advised to have an updated will on file in case something unexpected happens.

• *Travel Prepared.* Whether flying or driving, traveling with kids takes a little extra work. For air travel, bring games, toys and snacks to keep your kids occupied and happy. If you are driving, ration the games and snacks you give the kids to keep them from getting bored too quickly. When in doubt, classic car games that you grew up playing, but your kids likely haven't, could be a fun distraction. And be sure to throw in pillows and blankets, so your kids can be as comfortable as possible while they have to sit still for hours on end.

Holiday travel can be more stress than it is worth if you are not ready for all that is involved. But with careful planning and preparation, you can spend a fun-filled holiday vacation, making memories to last a lifetime. **NOW**



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Number One Rule

Mader-Bagley State Farm Insurance Agency strives to take care of the people. — By Lisa Bell

Kim Mader-Bagley and her husband, Craig, believe taking care of their customers is the No. 1 rule for their business. Both of them love helping people, which makes following their first rule easier. The staff tries to make sure each person entering the office is comfortable.

Kim's dad, Perry Mader, started the agency in 1972. Kim, in third grade at the time, grew up around the business. After college, she worked for her dad and eventually became a licensed agent. A native to Weatherford, Kim loves her community.

Although Craig is originally from Big Lake, a small town in West Texas, he calls Weatherford home now. His background is a little different, with a degree in finance. About 30 years ago, his dad was diagnosed with cancer, and his mom didn't drive.

Craig left a job in Dallas and moved back to help them. He went to work for a friend who was a State Farm agent. "It was a God thing," Craig stated.

Eventually, Kim worked for 10 years in a Cleburne State Farm agency. At the same time, Craig started with a State Farm agency in Killeen, but after they met and their romance blossomed, he made a lateral move to Midlothian. Both of them have been with State Farm for 25 years. When Perry Mader retired in 2002, he allowed the couple to take a big part of the agency, bringing them home to Parker County.

A unique agency, both Kim and Craig are agents. In addition, they have 24 licensed agents on staff. Office Manager Mary Crabb started with the agency 45 years ago as a 16-year-old

VOA student. She's been a full-time staff member for 42 years and a great asset to the company. The company is dedicated to in-house claims, reducing the time from claim to payment in many cases. Acting as liaison between the customer and State Farm, they receive approval to pay some claims from their office.

Although a part of the State Farm family, the Mader-Bagley Agency does its best to maintain the feel of a small business. Faith is important to them, and they strive to run their business with the integrity of a faith-based company.

As part of State Farm, the agency has many offerings for their customers. Insurance policies for small business, life, auto, home and health aren't the only products available. They also represent State Farm Bank, which carries loans for cars and mortgages, as well as credit cards with a rewards program. State Farm also offers many discounts.

"Go with an agent who understands and can evaluate all your risks."

Craig is on the East Parker County Chamber of Commerce board, and he sits on the board for Center of Hope. Kim used to be on that board, and both were active in volunteering. With a son in college, plus a 15-year-old daughter, Kim spends a great deal of time as chauffeur these days.

Insurance is important. Craig said, "Go with an agent who understands and can evaluate all your risks." Take care of what you have — house, car and health. He also stated that credit is a big deal. "People who take care of their credit tend to take care of everything else." To save money, take advantage of discounts, but also avoid filing small claims that cost less than your deductible. Choose a higher deductible to lower rates and consider an impact resistant roof when building or during the next replacement. Ask and they'll share other tips. **NOW**

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Legends and Landmarks

Pieces of the past wait to be explored in Southwestern Oklahoma.

The beauty of Oklahoma comes in many forms: vast stretches of open plains, soaring mountain ranges and sunsets that set the sky ablaze with color. The state's southwestern corner, known as Great Plains Country, puts that diversity on display. The alluring and rugged terrain makes it an incredible spot for outdoor adventure, while the unique history of the area gives visitors another rich layer to explore.

Among Great Plains Country's best-known features are the granite-capped Wichita Mountains and the 59,020-acre Wichita Mountains Wildlife Refuge. The gorgeous refuge offers myriad activities. Visitors will find hiking trails and climbing routes for all skill levels, and the views are breathtaking for those who reach the summits on foot or take a drive to the top of Mount Scott, one of the state's tallest mountains.

Nestled at the entry of the refuge is the 100-year-old resort town of Medicine Park. It is filled with historic buildings housing eclectic shops, art galleries and fantastic bed-and-breakfasts.

Visitors can amble along the scenic trails, fish for trout in the well-stocked creek and enjoy classic comfort food at one of several delicious restaurants — all while soaking in the history of an area that was once a playground for celebrities, politicians and outlaws.

Quartz Mountain Nature Park in Lone Wolf is a hot spot for bird-watching, rock climbing, hiking and fishing. For those wanting overnight accommodations, the rustic cabins and lodge-style rooms at the remote Quartz Mountain Resort, Arts & Conference Center offer stunning views of the Wichita Mountains and Lake Altus-Lugert.

In Carnegie, the Kiowa Tribal Museum features 10 vibrant murals chronicling the history of the Kiowa Tribe, and singing sessions and beadwork classes help introduce visitors to tribal traditions. The Comanche National Museum and Cultural Center in Lawton offers an extensive collection of artifacts, including painted buffalo skulls, intricate beadwork and elaborate war bonnets. The Southern Plains Indian Museum in Anadarko focuses



on the arts and crafts of the Southern Plains Indians, including the Caddo and Delaware nations. Popular summer events include the Kiowa Gourd Clan Celebration in Carnegie, the Comanche Nation Homecoming Powwow in Walters and the Wichita Tribal Dance in Anadarko.

Throughout Great Plains Country, the history of conflict between the tribes and the United States government is also preserved. In Cheyenne, is the Washita Battlefield National Historic Site, where visitors can take a self-guided tour of the 1 1/2-half mile trail, and the visitor center has exhibits and a film that tells the story of Lt. Col. George A. Custer's 1868 surprise attack on Peace Chief Black Kettle's Southern Cheyenne village. Farther south sits Fort Sill, best known as the home of Apache leader Geronimo during his latter years. Today, the Fort Sill National Historic Landmark and Museum offers exhibits on military and Native American history.

Two of the most famous pathways in United States history ran through Great Plains Country: the Chisholm Trail and Route

66. Used to drive cattle from Texas to Kansas in the post-Civil War era, the Chisholm Trail is the stuff of American legend. The Chisholm Trail Heritage Center in Duncan celebrates its rich history. Long after the Chisholm Trail cattle drives, another thoroughfare captured America's imagination. Built in the 1920s, Route 66 took travelers through American small towns across the country. The Oklahoma Route 66 Museum in Clinton and National Route 66 & Transportation Museum in Elk City showcase the classic cars and vivid neon signs that helped make the route so memorable, while providing interactive exhibits to introduce the road to a new generation.

With its beautiful scenery and colorful history, there's much to see and do in Southwestern Oklahoma. For more information or to plan a trip to Great Plains Country, visit travelok.com. **NOW**

By Hayley Riggs McGhee. Photos courtesy of Oklahoma Tourism.

In and Out of Control

— By Betty Tryon, BSN

One day a sufferer of bipolar disorder or manic-depressive disorder could be on top of the world, working tirelessly for 24 hours, and then the next day not be able to get out of bed. Bipolar disorder is a mental health condition that causes these massive mood swings and can make life very difficult for the sufferer, as well as for their loved ones.

It should be noted that symptoms can vary widely with each individual and are severe enough to interfere with daily life. There are several different classifications of the disorder. This writing refers to bipolar I and bipolar II. Bipolar I is the most severe form of the disorder. This diagnosis is made if a person has experienced at least one manic episode. Depression may also accompany bipolar I. Some of the symptoms exhibited are engaging in reckless behavior that could pose a danger to the person; increased energy; decreased need for sleep; hyperactivity; thoughts that race or jump about; having a compulsion to talk constantly and rapidly; and exhibiting bizarre behavior, such as hypersexuality, or pursuing extremely improbable plans. These symptoms can present themselves for days or months.

Although with bipolar II, the mood swings are less intense, they still cycle between highs and lows. There are no manic or psychotic phases with this classification. The mood swings are

called hypomanic episodes, or hypomania. The symptoms are almost the same as the manic stage, but less severe. Some of them are: having flights of ideas that keep going from one thought to another, a constantly elevated mood of pleasure or irritability, being easily distracted, hyperactivity, sleep disturbances and having a very inflated sense of self-esteem. With bipolar II, most people fall victim to depression. Some symptoms associated with the depressive episodes of bipolar II are lethargy and loss of pleasure in things that once interested them. They might feel unreasonable guilt or feelings of unworthiness, and some may entertain thoughts of suicide.

There is no cure for these mental disorders. However, symptoms can be managed for a better quality of life. Under the care of a psychiatrist, a treatment plan of medications and psychotherapy can be specifically tailored to the patient's condition. With a focused interest on the plan from specialists, someone suffering from bipolar disorder can find a way to maintain a positive self-image, manage the stress and mood swings and function as well as possible in their life. **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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November 1

Storytime: *Cook, Cook, Cookies*: 10:30-11:15 a.m., Weatherford Public Library. Early literacy program with two groups meeting at the same time – one for birth to 3 and another for kids 4 to 6 years. Visit www.weatherfordtx.gov/142/Library for additional dates and times.

November 1 — 30

Courage Exhibit: **Tuesday-Saturday** 10:00 a.m.-5:00 p.m. (open until 8:00 p.m. on **Thursdays**), Doss Heritage and Culture Center, 1400 Texas Dr. This new exhibit opened in June and will run through November.

November 4

2017 Faith Promise Dinner: 6:30 p.m., The Sundance Club at Canyon West. Featuring guest speaker Nika Maples, author and hope hunter. For details or to purchase tickets contact Weatherford Christian School at (817) 596-7807 or visit www.wcsllions.org.

November 6

After School for Teens – Gamers' Circle: 4:00-5:00 p.m., Weatherford Public Library. For teens ages 12-18. For details and more after school activities for teens, visit www.weatherfordtx.gov/142/Library.

November 7

B.E.I.T.Z. (Bring Everyone Into the Zone): 6:00 p.m., Weatherford Public Library, 1014 Charles St. Safe, confidential support for veterans, service members and first responders dealing with PTS. For information, contact Larry Dursi (817) 444-6000 or Robin Greer (817) 579-4489.

November 9

Home for the Holidays: 10:00 a.m.-1:30 p.m., Coutts United Methodist Church, 802 N. Elm St. Annual event is open to the public.

November 13

Trivia Night at Antebellum Ale House: 7:00 p.m., Antebellum Ale House, 321 E. Oak St. Sponsored by Weatherford Public Library, come alone or as a team. Theme is Fabulous Fandoms – come in cosplay or favorite fandom T-shirt.

November 16

Book Club: 6:00-7:30 p.m., Weatherford Public Library. For adults of all ages, the November selection: *Small Great Things* by Jodi Picoult. For more information, visit www.weatherfordtx.gov/142/Library.

Quilters Guild of Parker County: 6:30 p.m., Northside Baptist Church, 910 N. Main St. This month features Rosie

de Leon McCrady from Austin. For more information, contact Pam Luke at (817) 596-5189 or visit www.quiltersguildofparkercounty.org.

November 18

Joseph Thomas Foundation Biathlon: 9:00 a.m.-noon, Film Alley in Weatherford. Inaugural non-profit fundraiser allows children with medical limitations to have fun and compete with others. For more information, contact John Thomas, (325) 725-1380 or John@JosephThomasFoundation.org.

November 28

Books and Bagels: 10:30-11:30 a.m., Weatherford Public Library. Read and share thoughts on a book of your choosing. November theme: biography or memoir.

November 29

Teen Writers' Group: 4:00-5:30 p.m., Weatherford Public Library. For teens 12 to 18, a discussion group where you can learn new skills, share your ideas and perfect your talents as a writer. Details at www.weatherfordtx.gov/142/Library.

November 30

Framed Flowers: 6:00-7:30 p.m., Weatherford Public Library. Enjoy beautiful blooms year-round with your work of art. No cost to attend, but space is limited, so you must register. Call (817) 598-4207 or email reeves@weatherfordtx.gov.

December 1 — 17

World Premiere – *Doublewide, Texas Christmas*: Opening Night, 7:00 p.m. All other nights, **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m. Theatre Off The Square, 114 N. Denton St. Call (817) 341-8687 or visit www.theatreoffthesquare.org.

December 9

36th Annual Candlelight Tour of Homes: 11:00 a.m.-7:00 p.m., eight locations throughout Parker County. Registration and advance ticket purchase required. Visit www.parkercountyheritagesociety.com for details and tickets.

Ongoing:

Mondays

Aledo Farmers Market: 3:00-6:00 p.m., Aledo Community Center Parking Lot, Aledo. Support your local farmers. For more information, contact City Hall at (817) 441-7016.

First Mondays-Fridays-Sundays Prior

Weatherford First Monday Trade Days: 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. One of the oldest open-air markets in Texas steeped in tradition and located in the heart of the

historical district. Old traditions with a new look, attractions and fun activities. Contact rhamilton@weatherfordtx.gov or (817) 598-4359.

Second Wednesdays

The Twentieth Century Club: Noon, 321 S. Main St. Women's volunteer organization meets the second Wednesday of each month except in July and August. Begin with a potluck lunch, followed by a short program and business meeting. For more information, call Karren Lucas (817) 613-6697.

Thursdays

Chronic Disease Self-Management Class: 10:00 a.m.-noon, Weatherford Regional Medical Center, 713 E. Anderson St. For details, or to register, contact Deb Williford by email, DEB_WILLIFORD@CHS.NET or at (682) 582-1751.

Doss After Dark: 6:00-8:00 p.m., Doss, 1400 Texas Dr. Doss After Dark strives to build relationships across generations through fun programs that appeal to a broad audience. For more information, visit www.dosscenter.org.

First and Third Thursdays

Post-Traumatic Stress Disorder (PTSD) Family Support Group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. Free support group for families and friends of those dealing with PTSD. Call (817) 594-3030 to find out more.

Second Thursdays

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

Fridays

Hope: Yoga for Healing: 11:15 a.m., Indra's Grace, 131 W. Church St., Ste. 200. Indra's Grace partners with The Weatherford Breast Cancer Treatment Center and Careity Foundation offering cancer patients and caregivers the free class to help ease stress and pain. Visit www.indragrace.com or call (682) 241-5020.

Second Fridays

PCWNC General meeting: 9:30 a.m.-noon, FUMC Family Life Center, 301 S. Main St. Monthly meeting for Parker County Women's and NewComers Club. \$10 for lunch, \$1 for drinks only. Reservations required. Visit www.pcwnc.org.

Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time musical with bluegrass, gospel and country music. Concession stand available – all proceeds go toward expenses. Free and open to the public. Visit Spring Creek Musical on FB.

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

Required Withdrawals From Retirement Plans: What Should You Know?

You may spend decades contributing to your IRA and 401(k). But, eventually, you'll need to use this money. Before that day arrives, you'll want to be familiar with the rules governing withdrawals — and you'll want to know just how much you should take out.

To begin with, withdrawals from traditional employer-sponsored retirement plans like these fall under the Internal Revenue Service's "required minimum distributions" (RMD) guidelines. (You aren't required to take these distributions from a Roth IRA.) Here are some of the key RMD points to keep in mind:

- **You need to take distributions by age 70 1/2.** You generally should begin taking RMDs in the year in which you turn 70 1/2. If you don't take your first RMD during that year, you must take it no later than April 1 of the following year. If you do put it off until April 1, you must take two distributions in one year. If you don't take your RMDs on time, you may have to pay the IRS a 50-percent penalty tax on the taxable portion of your uncollected distribution — so make sure you know your dates.
- **You can take more than the minimum.** You can withdraw more than the RMD, but, as the word "required" suggests, you can't withdraw less.
- **You may be able to delay RMDs in an employer's retirement plan if you're still working.** If your employer's retirement plan permits it, you may not have to take RMDs if you are still working and you are 70 1/2 or older. However, this exception won't apply if you own 5 percent or more of your company.

To determine your RMD, you'll need to use either the Uniform Lifetime Table, which is based on your life expectancy, or the Joint Life Table, if you have a spouse who is the sole beneficiary and who is more than 10 years younger. Your tax advisor can help you make this selection.

So, now that you know the basic rules of RMDs, you'll need to consider their impact on your retirement income. As mentioned above, you can certainly take out more than the RMD, but should you?

If you need the extra money, then you'll have to take it. However, when determining how much you should take beyond your RMDs, you'll need to weigh some other factors. For one thing, if you can delay taking Social Security, you'll get bigger checks, so you might be able to lower the amounts you take from your 401(k) and IRA.

Another factor to consider is the size and composition of your investment portfolio held outside your retirement accounts. If you have a sizable amount of investments, with some of them providing regular income, you may be able to afford to take out only your RMDs, or perhaps just slightly more. On the other hand, if your 401(k) and IRA make up the vast majority of your investment holdings, you might need to rely on them much more heavily.

In any case, though, you will need to establish an appropriate withdrawal rate for all your investments to ensure you won't outlive your money. A financial professional can help you calculate this rate.

Do whatever it takes to maximize your benefits from your IRA and 401(k). They're valuable assets — so use them wisely. **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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In the Kitchen With Steve Randle and Rick Hensley

— *By Melissa Rawlins*

Avid hunters and longtime NOW Magazines employees, Steve Randle and Rick Hensley, cook a lot in their homes and at their respective camps. At 5 years old, Rick began helping his mom in her kitchen, and then he was happy to man the grill or fire pit once he started hunting in his early 20s in Nacogdoches, Texas. Steve and his three sons have hunted turkey and deer in Comanche and Mills counties for over 30 years. Starting a brisket and a campfire Friday night, their pit and the camp fire smokes all weekend.

The recipes he and Rick share here are so simple, but they earn compliments from their friends and families. “And they’re great,” Rick said, “for sitting around a camp fire on a cool fall evening after you’ve been out hunting.” **NOW**

Rick’s Cajun Rib Eyes

Best prepared before you go out for the evening hunt.

- 2 1.25-inch-thick prime or choice rib eyes, bone-in or boneless**
- 1 Tbsp. Tony Chachere’s Original Creole Seasoning**
- 1 tsp. Lawry’s Seasoned Pepper**
- 1/2 tsp. onion powder**
- 1/2 tsp. garlic powder**
- 1 Tbsp. Worcestershire sauce**
- 1 tsp. soy sauce**

- 1.** Place the steaks in a 1-gallon Ziploc bag. Sprinkle both sides with dry seasonings; add the sauces.
- 2.** Squeeze the air out, and zip the bag closed. Place it in your ice chest for at least 2 hours.
- 3.** Let steaks get to room temperature before putting them on the fire.

- 4.** For medium rare, and depending on the size of your fire, most steaks will need to cook about 5 or 6 minutes per side

Rick’s Venison Stew

- 2 Tbsp. bacon grease**
- 1 Tbsp. olive oil**
- 2.5 lbs. venison, cubed**
- 1 tsp. Lawry’s Seasoned Salt**
- 1 tsp. Lawry’s Seasoned Pepper**
- 1 tsp. Worcestershire sauce**
- 8 cups beef broth**
- 12 medium golden potatoes**
- 1 tsp. Tony Chachere’s Original Creole Seasoning**
- 1/2 tsp. garlic powder**
- 1/2 tsp. onion powder**
- 1 large, sweet 1015 onion**
- 4 celery stalks, diced bite-size**
- 1 8-oz. bag petite carrots, sliced bite-size**

- 1 10-oz. can Ro-Tel tomatoes, regular or mild**
- 1 14.5-oz. can green beans**
- 1/2 15.2-oz. can corn (optional)**
- Salt and pepper, to taste**

- 1.** In a large stock pot, combine grease and olive oil.
- 2.** While it heats, season the cubed venison with salt, pepper and Worcestershire sauce.
- 3.** Cook over medium-high heat until done. Add the beef broth; cook at a low boil for about 30 minutes, to start tenderizing meat.
- 4.** Meanwhile, wash potatoes. Leaving the skin on, cut into medium bite-size pieces. Add to the boiling meat mixture; simmer for another 15 minutes.
- 5.** Add remaining seasonings, vegetables and canned goods and fast simmer 20 minutes.
- 6.** If desired, use flour or corn starch to thicken it a little.
- 7.** Salt and pepper to taste, and enjoy!

Steve’s Nanner Pud

- 5 3/4 cups cold milk**
- 2 large boxes instant vanilla pudding mix**
- 1 1/2 14-oz. cans Eagle Brand condensed milk**
- 1/2 stick butter**
- 1/2 box graham cracker crumbs**
- 1 1/2 boxes vanilla wafers, reduced fat variety**
- 3-4 ripe bananas**
- 1 large tub Cool Whip**

- 1.** Combine milk with pudding mix. Stir in condensed milk, a little at a time, to avoid clumps; refrigerate.
- 2.** Melt butter and mix with graham cracker crumbs. Spread crumbs on bottom of bowl or aluminum pan, saving some for decorations, if desired.
- 3.** Put down a layer of wafers and sliced bananas.
- 4.** When pudding is firm, fold in the Cool Whip, so the pudding has white streaks all through it. Save some Cool Whip for decoration.
- 5.** Pour a little less than half of the pudding mix over the wafers and bananas.
- 6.** Repeat the layers and end with all bananas covered, or they will turn brown.
- 7.** Stand wafers up all the way around the edge of the bowl.
- 8.** Sprinkle with crumbs, and add dollops of Cool Whip.

To view recipes from current and previous issues, visit www.nowmagazines.com.



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