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NOVEMBER 2018

Healing Music

Guitars for Heroes gives veteran, Taylor Bonham, a restorative touch

All Around Views

At Home With Zach and Ana Sherman

Featured Business:

The Lilies Loft Curvy Girl's Boutique

In the Kitchen With Barbara House

2018 Holiday Shopping Guide

Kids' Fun Pages

pp. 42 & 43



Crossword/Sudoku

pp. 44 & 45

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November 6

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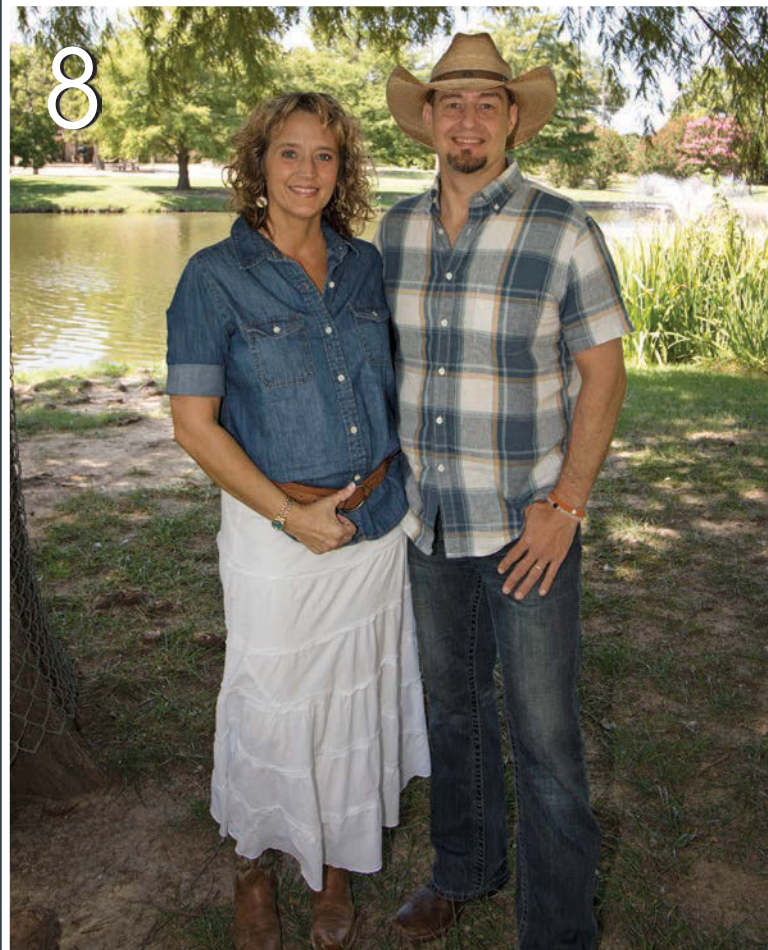
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ON THE COVER

Taylor Bonham uses music to soothe his spirit and share his story.

Photo by
Kenzie Axtell.

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FINALLY a way to fix the PAIN of a BULGING DISC



Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging DISC. That's when one of your spinal discs are bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

To end the misery caused by Bulging DISCS, you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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

Dr. Carl McAfee, DC is a Bulging DISC Expert in Weatherford.

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EDITOR'S NOTE



Lisa

Lisa Bell
WeatherfordNOW Editor
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It's the season of gratitude ...

I have to admit, the older I get, the more I love Thanksgiving. When my family gathers — at least most of us — this month, we have no agenda. We simply come together and enjoy great food and each other's presence. No gifts to buy. No rush of holiday events. None of the extras that tend to cause stress. What's not to love?

I am blessed, and I don't take it lightly that not everyone has a loving family around for this holiday. So, this month, let me encourage you to keep a thankful attitude in your heart. Look for the good things in your life, and reach out to others. Giving is a great way to remain thankful. It goes beyond ourselves and focuses us more on others instead of keeping our eyes glued to any potential problem we face.

This year has been challenging in many ways for some of my family, and yet it was filled with the awe and wonder of new babies — three in a single year, bringing my grandchild count to an even dozen. Are you envious? If I had no other reason for gratitude this year, their smiles, baby coos and giggles would be enough. What about you? What makes you thankful?

Have a happy and safe Thanksgiving!



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HE





ALING MUSIC

— By Lisa Bell

Bryce W. Anderson said, “I’ve found that no matter what life throws at me, music softens the blow.” When life threw PTSD at Taylor Bonham, music brought healing and gave him a healthy way to deal with triggers that can cause episodes in any person after a traumatic event. Taylor served in the Army for 10 years as a 13F fire support specialist and in the National Guard afterward, finally ending his career in 2005.

“Everyone else noticed something was wrong before I did,” Taylor said. He began drinking to cope with the myriad sights, sounds, smells and colors that triggered shutting-down episodes. Although an unhealthy way to get through the day, alcohol worked — for a while.

Around 2011-2012, Taylor found his high school sweetheart, Brandi, on Facebook. “Even though we lost touch, I never forgot him,” she said. When they reconnected, she was in Chicago going through some hard times, and Taylor helped her through them. Eventually, they met halfway in Missouri. “It was like high school all over again,” she said. Taylor didn’t divulge how sick he was and admits he secretly drank during the trip.

After returning to Weatherford, they married. Brandi got a job and one day came home to find Taylor in a coma, bleeding from hitting his head. He literally tried drinking himself to death. She rushed him to the ER. Shattered, Brandi learned at the hospital that Taylor might not regain consciousness. In fact, doctors said people in his condition rarely survived. Even if he made it out of the coma, they gave him six to 12 months without a new liver. And they wouldn’t put him on a transplant list until he remained sober for six months.

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Taylor remembers little about those three days. He knows he flat-lined several times. While he didn't have a vivid "seeing God" experience, he shared that it felt like he encountered God and made peace. "I woke up in the most excruciating pain I ever knew, but with a calm, warm feeling in my heart," he said. "I just knew I had something to do. I wasn't sure what it was."

Following 60 days in the VA hospital, Taylor didn't go to AA meetings. "I went to church instead," he admitted. The people at South Main Church of Christ, plus his brothers and sisters in arms, supported, and continue supporting, both he and Brandi. They've been their family. "You aren't alone," he said.

One day during his stay at the VA, he noticed a guitar in the corner. He learned it was used in the Guitar for Heroes Program. Taylor had begun playing a guitar when he was 8 years old, so the idea intrigued him. He began participating in the program, having Brandi drive him to the VA every week so he could play with other veterans. The music soothed his aching heart and gave him a way to deal with trauma he hadn't even realized was in his life.



Then one night in 2014, the instructor for the program had to work, so they asked Taylor to fill in. "I've been teaching ever since," he said with a grin.

Taylor also started playing his guitar and singing at The Full Cup. He had to get better or die, and they let him come and play for fun. "It was more therapy than anything," he acknowledged.

Co-owner, Jennifer DeWitt, said, "He'd come in and play softly in the back. The more he played, the better and more confident he got." She still welcomes him and Brandi any time, whether he brings his guitar, or they simply stop in.

Taylor started playing around town, mostly for veterans' organizations and events. He frequently plays at VFW's in the area and for fundraising events.

Eventually, he met Tim Klund, TK, who invited him to be part of the Red River Celebrity Softball Game. There Taylor had the privilege of meeting country music artist Toby Keith. In July, Taylor enjoyed the honor of playing with Toby during a concert.

But TK took their relationship to another level. Training with Antonio Rodriguez, former NFL player and owner of Toro Sports Performance, the two decided to work with Taylor, as well. Four years ago, Taylor couldn't walk, and he still struggles with strength. Now, most mornings at 5:30 a.m., the three meet for a daily workout. With only 30 percent



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of Taylor's liver remaining, he works through pain, unable to take any oral pain relievers. The exercise helps him physically, and the camaraderie and music aids with emotional and mental healing.

During performances, Taylor shares his story, not for sympathy or celebrity, but because he hopes it helps others. He also performs with Rhonda Lynn, forming a duet called Proud Country. If he's in town, they perform together, but both also play solo. Both are veterans and singer/songwriters who prefer traditional country music, and Taylor's single, "Same Star," was featured at the 2017 National Veterans' Creative Arts Festival. Vets tell Taylor, "I listen to your song on my way to work to set my mind right," which makes him happy.

Taylor planned to buy a home, teach guitar and drift off into the sunset with his beautiful wife. "I wouldn't be here without her," he said.

Brandi said she is in it for the long haul. "I don't see how a woman could walk away if she really loves a man," Brandi said. "I waited too long for my Tay. I'm not leaving now."

But Taylor's plans have changed. Not long ago he received a call from *The Voice*, a popular TV show featuring musicians. He auditioned in June. "I thought it went well," he said. "But you'll have to watch to see if I made the show."

The next season airs in February. No doubt his fans will watch this amazing performer with an incredible story — whether it's on national TV or locally, as music continues its healing power on a sweet veteran. **NOW**



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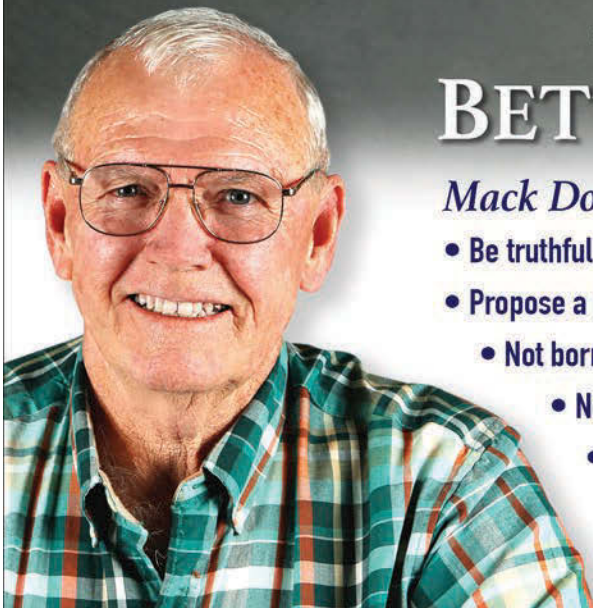
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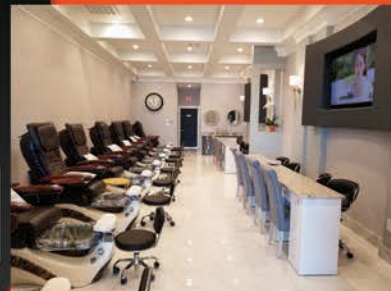
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ALL AROUND VIEWS

At Home With Zach and Ana Sherman

— By Lindsay Allen

“We’re just two city people trying to make our home comfortable with a farm feel,” Ana Sherman said. When she and Zach met in Washington, D.C., at a work Christmas party, Ana was working for a senator, and Zach was a lobbyist. Two kids later, they made the move to Texas for Zach’s work and settled into their four-bedroom, three-and-a-half-bath home overlooking a golf course.

“We were really excited and looking for a yard, as we didn’t have that in the D.C. area,” Ana said. “The home overlooks a golf course from the front door. Out the back door, we have the spacious yard we wanted, in addition to a longhorn ranch that backs up to our yard, which gives us the true Texas experience.”



Ana recalled shopping for a home during a time when not many were listed. She and Zach agreed they would live in this house for two years, and then begin the house search again. Four years later, the house is now a home, and the Shermans have fallen in love with their neighbors and community. "I knew we wanted plenty of space for the kids to play outside, but at the same time, being completely new to the area, I didn't want to feel too far away from a neighbor," Ana continued.

The family grew by one after the Texas move, but the home was already prepared for three small children as the second floor boasts a spacious playroom. With an adorable play kitchen and eating area for the girls and shelving and storage to house all

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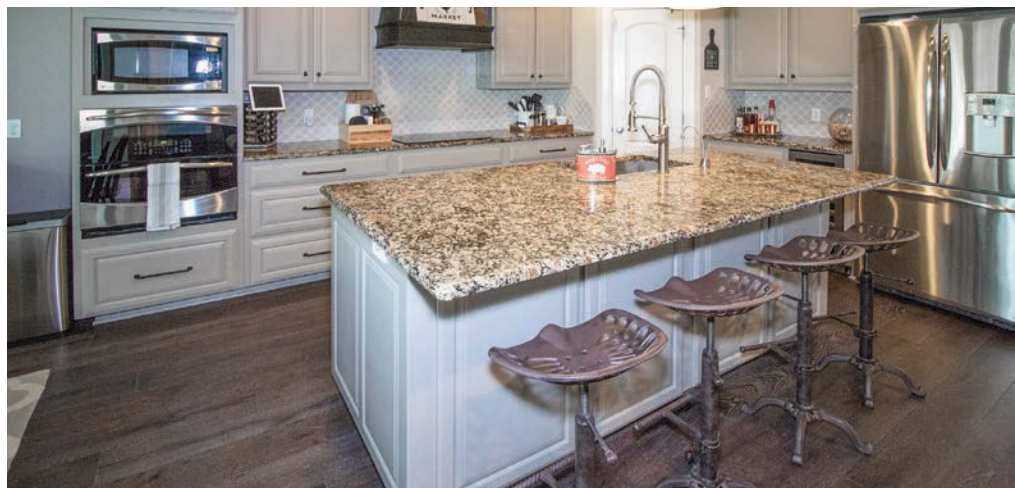
the toys, the Sherman kids have space to play and grow. “We limit screen time at our home and try to focus on using the imagination. What results is usually messy, as the kids have messy imaginations,” Ana laughed.

The children’s rooms are upstairs with a differing theme in each. The oldest has a derby-themed room to pay homage to Zach’s home state. The oldest daughter has a ballerina-themed room that reflects Ana’s love for dance. When her father took her to an art museum that displayed Edgar Degas’ paintings of ballerinas, Ana quickly fell in love and has three of his paintings in this room.

The youngest has a sentimental painting above the crib — *Unicorn in Captivity* — something Ana kept from her grandmother’s house after her passing. “This piece of art hung in the room I always stayed in when I visited her, and it’s the one thing I wanted,” she said. “It’s funny, because I had the hardest time finding accompanying unicorn decor when I was pregnant. About two months before my youngest was born, the craze over unicorns

developed, and decor was everywhere!”

The art in the home doesn’t stop with the children’s rooms, though. A print of a painting that hung in the restaurant where Ana and Zach got engaged was purchased for them by Ana’s mother. In the master bathroom, the tub is surrounded by D.C. art and their engagement photos on Capitol Hill. Zach had a desire for Texas art and Ana found the perfect piece featuring a vintage travel poster promoting the Fort Worth Stockyards that hangs near the front entrance of the home.



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A framed print of the Kentucky state bird also hangs in the house. "An old co-worker of mine was kind enough to think of me when his church, which had prints of every state bird, was looking to get rid of the art," Zach recalled. "It means a lot to me, as I was a military kid and moved a lot but always felt Kentucky was my home."

Around the house, one will find various pieces from traveling, along with wine boxes from their favorite winery, which happens to have the same initials as Zach. Additionally, one of Ana's favorite wedding gifts hangs in the living room — a framing of their wedding invitation.

In the sitting room to the right of the front entrance is an antique bar cart Ana repurposed when someone was looking to get rid of it. It now holds antique drink and serving ware and fits perfectly with the upscale city glam decor of the area.

"I never want pieces in the house to be identical, but I do want them to be complementary," Ana said. "In this sitting area, I have gold and silver metals, clear plastic chairs and a navy and tan Greek key rug with a sheepskin rug on top."

The backyard is split level with two large retaining walls creating an infinity look and two seating areas on the back





porch with what Zach described as a “constant breeze that makes it nice to be on the porch no matter what time of year it is.” The back porch is accessible from the dining room and master bedroom and overlooks a tree house.

Upstairs is a large TV room with built-in shelving and beautiful leather furniture accompanied by a cowhide rug, perfect for family movie nights. For now, the children enjoy lining up their wooden rockers in the downstairs living room to watch movies. “I don’t want too much of anything,” Ana said about her decorating style. “I just want people to feel comfortable when they visit.”

The living room combines natural light and a fireplace to create the perfect sense of comfort for guests. The kitchen has vintage tractor seat bar stools that match the farmhouse feel of the area, as the kitchen and living room blend together. “We both love the farmhouse look, but we don’t want to go overboard with it either,” Ana said. “It’s all slowly coming together, and the more time we spend here, the more we will keep customizing everything to our tastes. None of our decor is part of a set. I just like to find things and give them a place in our home,” she said. “I don’t want it to look like I purchased the whole room at one time.”

A couple of cosmetic changes they made include painting the dark exterior brick a snowy white, and the dark wood kitchen cabinets a soft gray. After replacing the old backsplash with Moroccan-style tiles to match, they had the lighter and brighter space they envisioned. They were searching for a turnkey home after an exhausting remodel in Arlington, Virginia. Now, with space to grow for the children, this home is the perfect place to raise their family. **NOW**

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A Century of Wisdom

— By Lisa Bell

Although Hazel Coalson isn't as physically spry as she once was, she still has a sharp mind and a grateful heart. "I'm thankful for all the blessings of life," she said. These days, she's used to the quiet, with hearing and vision growing dimmer, but otherwise she's in good health. "I roll with the flow," she admitted. She enjoys life with the family, friends and church she loves.

Hazel was 19 when she married Marshall (23 at the time). For 54 years, they walked through life together. He's been gone 26 years now. They knew each other all their lives, since their dads were friends.

When she was only 9, Hazel's family home burned to the ground. Marshall came with his dad after gathering up quilts, canned goods and other things people offered. "He sat in the floor, and I remember thinking, *He has the prettiest blue*

eyes," Hazel shared. At the time, she was only a child. "I didn't expect to ever go with him. One night, when we were older, he asked me out. And that started it."

Marshall was a college graduate, and Hazel finished high school. The youngest of nine children, she wasn't in a hurry to leave home. After marriage, the couple lived in their own home, then moved to have electricity. She still lives in that home where she spent 72 years and raised three children. Her son, Russell, and his wife, Janet, live next door and keep an eye on her these days. One daughter, Linda, lives in Weatherford, and her other daughter, Nelda, lives near Texarkana. With 10 grandkids and four great-grandchildren, Hazel still has a big family, who check on her regularly.

Growing up as a country kid, Hazel can't imagine living anywhere else. "We grew up on beans, combread and fresh veggies," she said, believing that might contribute to long life. One sister lived to 106, and a brother lived to be 99. Her brothers and sisters who left home early and preferred city life didn't live as long.

Hazel never drank or smoked. An alcoholic neighbor was violent with his family and served as a warning for Hazel of what drinking can lead to. She confessed that in 1936 she went to the state fair with a group of friends — some a little wild. Several of them smoked and asked her to try it. She took a few puffs. “I didn’t care for it,” she said, relaying the ensuing coughs that accompanied the experience.

Hazel said her greatest achievement was in trying her best to live the Christian life. In her opinion, electricity is the best invention she has seen during her lifetime. As a child, she often slept outside because of the heat. At least there, they got a breeze.

Growing up as a country kid, Hazel can’t imagine living anywhere else.

Being the youngest child brought with it a degree of trouble. Once her brother built what they called a hoodlum (type of wagon). He said, “We’ll let Hazel ride first.” They turned it loose, and, of course, it ended up in pieces with her hurt. “We made our own playgrounds,” she said, recalling how her brother built a slide coming off a big tree. They climbed the tree and slid to the ground.

In younger years, Hazel was active in schools and worked with 4-H. “I believe if everybody studied their Bibles and lived by the Ten Commandments, the world would be better,” she shared and added two favorite verses. “That, plus love one another, and be anxious for nothing.”

Still, Hazel admits she gets anxious about her family someday losing the farm she and Marshall worked so hard to pay for. She hopes to keep it in the family forever.

As Hazel approaches her 100th birthday on November 11, she looks forward to heaven. “The best part will be seeing my loved ones — just to be with family again. I hear rumors they’re planning a big party,” she said, as a mischievous grin graced her lips. “And I will go.” **NOW**

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CookingNOW *In the Kitchen With* BARBARA HOUSE

— By Amber D. Browne



Barbara House loves down-home cooking. “It is the only style I knew growing up,” she shared. She was reared on a cotton farm near Lubbock. Her mother had a vegetable garden each summer, and at the time, Barbara wasn’t too excited to help can and freeze the produce. “Now, I appreciate the effort and love my mother had for the garden.”

Most of Barbara’s cooking knowledge stems from the time spent in the kitchen with her mother. She also picked up a few tips from her favorite high school class — Home Economics. Barbara enjoys cooking delicious meals for her husband, David, and her family, especially around Thanksgiving. One family tradition that remains intact each year is sharing a made-from-scratch chocolate cake. **NOW**

Granny’s Sugar Cookies

Cookie Dough:

- 1/2 cup butter**
- 1 cup sugar**
- 1 egg**
- 2 cups flour, sifted**
- 1 tsp. salt**
- 2 tsp. baking powder**
- 1 tsp. vanilla**

Glaze:

- 3/4 cup powdered sugar, sifted**
- 3-4 tsp. water**

- 1. For cookie dough:** In a bowl, cream together butter and sugar. Blend in egg.
- 2.** In a separate bowl, sift together flour and next 2 ingredients. Combine dry mixture with wet mixture. Add vanilla; mix well. Chill dough for 1 hour.
- 3.** Preheat oven to 400 F. Grease cookie sheet. Roll cookie dough on floured surface

until 1/8-inch thick. Cut with cookie cutters; bake for 8-10 minutes on greased cookie sheet.

- 4. For glaze:** In a small bowl, add powdered sugar and 1 tsp. of water at a time until desired consistency is reached. Brush glaze over warm cookies.

Jan’s Chocolate Cake

Cake:

- 2 eggs**
- 1 1/2 cups sugar (divided use)**
- 1 3/4 cups flour**
- 3/4 tsp. baking soda**
- 3/4 tsp. salt**
- 1/2 cup Crisco oil**
- 1 cup milk (divided use)**
- 1 1-oz. square Baker’s Chocolate, melted**

Icing:

- 1/2 cup butter**
- 1 cup powdered sugar**
- 1/4 to 1/2 cup evaporated milk**
- Pinch salt**

1/2 tsp. vanilla

1 1-oz. square Baker’s Chocolate, melted

- 1. For cake:** Preheat oven to 350 F. Separate egg yolks from egg whites. Set yolks aside. Beat egg whites until fluffy. Add 1/2 cup sugar; beat until stiff. Set aside.
- 2.** In a separate bowl, beat together 1 cup sugar, flour, baking soda, salt, Crisco and 1/2 cup milk. Add egg yolks and remaining 1/2 cup milk. Beat in melted chocolate.
- 3.** Fold both mixtures together; pour into two round cake pans. Bake at 350 F for 20-25 minutes. Cool before icing.
- 4. For icing:** Mix together all ingredients until creamy. Ice top of bottom cake layer. Add second layer; ice top and sides.

Crusty Cream Cheese Pound Cake

- 1 cup butter or margarine, softened**
- 1/2 cup shortening**
- 3 cups sugar**
- 1 8-oz pkg. cream cheese, softened**
- 3 cups cake flour, sifted**
- 6 eggs**
- 1 Tbsp. vanilla extract**

- 1.** Cream together butter and shortening. Gradually add sugar to mixture, beating at medium speed with an electric mixer until well blended. Beat in cream cheese until light and fluffy.
- 2.** Alternate adding flour and eggs to mixture, beginning and ending with flour; stir in vanilla.
- 3.** Grease and flour a 10-inch tube pan.

Pour batter into pan; bake at 325 F for 1 hour and 15 minutes. Remove and cool 10 minutes. Remove from pan; cool 30 minutes on wire rack before serving plain or topped with fresh fruit.

Strawberry Bread

3 cups flour
1 tsp. salt
1 tsp. baking soda
1/2 tsp. cinnamon
2 cups sugar
4 eggs
1 1/4 cups Crisco oil
1 23.2-oz. pkg. sliced frozen strawberries, thawed
1 cup pecans, chopped

1. In a large bowl, mix together flour and next 4 ingredients.
2. Mix in eggs and Crisco oil until well combined. Add strawberries and pecans. Bake in 3 loaf pans at 325 F for 1 hour.

Chicken and Rice Casserole

1 1/2 cups uncooked rice
1 10.5-oz. can cream of mushroom soup
1 10.5-oz. can cream of celery soup
1 10.5-oz. can cream of chicken soup
1 1/2 soup cans of water
1 4-oz. can sliced mushrooms, undrained
1/2 cup slivered almonds
4 chicken breasts
1/4 lb. butter, melted
Salt and pepper, to taste

1. Preheat oven to 250 F. Butter a 9x13-inch dish; add rice.
2. In a bowl, combine soups and water; pour over rice. Top with mushrooms and almonds.
3. Roll chicken breasts in melted butter; place on top of rice and soup mixture. Salt and pepper. Bake at 250 F for 2 hours.

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Let the Feast Begin

— By Zachary R. Urquhart

It seems like it gets here earlier and earlier each year, but the start of November means the start of the holiday season. While you are getting your decorations and trimmings ready, here are some ideas and tips to have the perfect feast for your next gathering.

Starting Off Right

• *Mix up your hors d'oeuvres.* Serving four different versions of cheese dips and chips might fill up a table, but your guests will appreciate more variety. Think of a food pyramid when you plan your appetizers, and include a little meat, some dairy and even a few grains to help people whet their appetite. If you want to make sure to include some healthier and even diet-friendly options, try a combo of vegetables with oil and lime as a dip.



· *Pick a theme, or not.* The days of a holiday meal having to include a turkey, a ham and several traditional sides has gone by the wayside. This year, choose a theme from a certain region, or forgo a theme for variety. If friends and family are each bringing something, think about telling them to bring an appetizer from a different culinary ethnicity to offer a unique and enlightening meal.

Don't Forget the Wine

· *Include red and white.* A sommelier might tell you the exact year and region

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that offers the best wine for the meal around your holiday table. Unless you or your guests have the most refined of palates, though, it is a good idea to have several options, and to vary between red and white, dry and sweet. If there is a large group, you can split guests in two groups and ask them to bring a bottle of one or the other.

• *Serve well.* White wine is typically served chilled, and red is often served at room temperature. In actuality, most restaurants keep their red wine in a cellar that is a good bit cooler than a typical room. A simple trick for your red wine is to put each bottle in the refrigerator for about 15 minutes before serving. That way the tannins of the wine are offset by the cool refreshment of the drink.

Finishing It Off

• *More than just pie.* When it comes to planning dessert, there really is not

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THIS YEAR, CHOOSE A THEME FROM A CERTAIN REGION, OR FORGO A THEME FOR VARIETY.

a wrong choice. If you are looking for something beyond apple, pumpkin or pecan pies, a holiday feast is the perfect time to try a new recipe. If it does not turn out well, there will likely be tables full of other options. When it comes to healthy alternatives, there are numerous recipes for things like black bean brownies that are delicious and more nutritious than typical sugar-filled sweets.

· *Put the coffee on.* With the abundance of coffee varieties available, coffee is no longer just an afterthought. You can make a few pots of varying strength, as well as tailoring the final course with beans that have hints of anything from citrus to chocolate. Make sure you stop by a local coffee shop or a grocery store with a wide variety, so that each dessert gets the perfect complement.

If you have felt stuck in a rut during holiday seasons of the past, this can be the year to break out of the routine as you use the fancy dinnerware. With new ideas for food and drink, have fun celebrating with friends and family this holiday season. **NOW**



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— By Lisa Bell

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Saturday: 10:00 a.m.-4:00 p.m.
Closed Sunday and Monday

Sue Acree admits to one passion — love. Especially the love women often neglect to show themselves. When she purchased the former Fancy's Resale shop in 2014, and then changed the name in 2016, the new name, The Lilies Loft Curvy Girl's Boutique had purpose. "My name actually means lily," Sue admitted. "And God is always among His lilies. You are one of God's lilies, so this is your store."

Sue and her staff work to make sure every woman who enters leaves feeling beautiful and like a princess. They pride themselves on helping women put together the perfect look for any occasion.

In Sue's first store changes, she added new clothing to the upscale consignments she receives. Half of her inventory now comes straight from market, and during the holidays, she'll have plenty of gift options. Besides clothing, she offers handbags, shoes, accessories and jewelry with one limitation. She only stocks sizes large to 6X, and she often searches for quality consignments to meet needs.

Sue likes supporting local artists, and some of her favorite jewelry comes from one who uses guitar picks to make unique pieces. Although she doesn't normally carry books, she displays a couple to support her daughter and a friend. So even those who aren't searching for clothing can find something of interest.

Sue remembers spinning wool as a child. Her mother was a tailor, so she grew up around fabrics and clothing. She

understands the importance of a truly good fit. After she became an empty nester, Sue wove horse blankets as a hobby. She eventually took a job at a local department store for fun and enjoyed the people. She used to joke, "I'm gonna have my own store."

Now that joke is reality, but The Lilies Loft is more than a dress shop. The staff members offer healthy hugs and are more than willing to talk and pray with customers. They maintain a prayer journal and Christian music plays softly in the background. "I like to love on people," Sue admitted. And her staffers, Libby and Robin, feel the same way.

**SUE AND HER STAFF
WORK TO MAKE SURE
EVERY WOMAN WHO
ENTERS LEAVES FEELING
BEAUTIFUL AND
LIKE A PRINCESS.**

Sue carried the lily theme throughout the store. Each dressing room has a different type of lily — Calla, Tiger and Easter — and a verse written on the mirror, such as, *You are fearfully and wonderfully made*. Even the restroom has a peaceful feel to it, with lily of the valley scents. Sue wants to encourage each woman during her shopping trip, especially when she tries on clothes and looks in the mirror.

Sue supports the community by donating to several organizations. After a consignment item goes on the 50-percent-off rack, the original owner may not want it back. At that point, the articles go to The Hope Chest, Church of Christ or Senior Center. Women from Sanctified Hope come in and select items from the 50-percent-off rack as well, since that organization has no extra storage space for clothing. One customer shared, "They're always uplifting."

Sue responded, "If you want to be cared about, come here. We're here to serve you." **NOW**



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Photo by Mark P. Starrett.



Photo by Mark P. Starrett.



Photo by Mark P. Starrett.

TravelNOW

Fabulous Greek Holiday

— By Mark P. Starrett

Combined, the words “Athens” and “Greece” conjure visions of ancient ruins and wall-to-wall tourists — all of them frantically trying to take selfie pictures in front of temples of the gods. Scores more scour the Plaka, a neighborhood that sits in the shadow of the Acropolis, looking for bargains and trinkets for friends and relatives at home. A relaxed vacation it is not.

If you really want to soak up true Greek sun, sand and life, then look no further than Voula, Greece. Voula is a southern suburb only 10 miles from Athens’ center city, but a million miles away from the frantic pace. You can reach Voula easily by hailing a taxi (Uber and Lyft are not available in Greece) or using the Beats App from Athens International Airport. The 20- to 30-minute ride is enjoyable.

The picturesque town’s charm will engulf you soon after arriving. Voula is separated by Parko Ethnikis Antistaseos, a green space that has a playground for children to run and plenty of shady trees to help fight the rays of the sun. The park runs southwest from Iridos Street all the way until it hits the Saronic Gulf.

Close to the park is the town center, a place where Greek gentlemen and women sit in the early morning, drinking coffee, enjoying a smoke and having fun conversation with their friends. Small children run around, playing hide-and-seek, riding skateboards or playfully kicking a soccer ball around.

The town center has many wonderful restaurants to visit. They all serve authentic Greek food, such as gyros, moussaka, and kebab. Away from the trappings of Athens, the cost of the meal is very reasonable.

The Greek people are very gregarious and friendly. It is common for a Greek to see a child and call out “*όμορφο παιδί*” — beautiful child. The older Greeks love to ask if they can kiss your child on the head and hold their hands. The staff in their small grocery store will stop what they are doing and rush over to see the children who enter. They are quick to give them a banana or some other fruit to eat. The children love this attention so much.

Voula resides on the coast and looks out over the Saronic Gulf. The views of the water are relaxing and refreshing as



you stroll along the seawall. Any day, you can catch Greeks sunning themselves or enjoying the cool water at the many secluded beaches dotting the shoreline.

Kavouri Beach is a top location for family members due to the safe water and the open space of the beach. There are plenty of parking spaces around the coast, but it can get overcrowded on the weekends. Kavouri Beach is easily accessible via public buses, a car or a nice, moderate walk. The beach is an excellent choice for swimming, sunbathing or playing beach games, such as volleyball. It has nice facilities and plenty of cafés located right by the sea.

In the evening, locals and tourists alike head for Notos Café, an elegant, airy seaside restaurant serving modern and classic entrees. Enjoy cocktails from the bar as you sit and gaze out over the open water and reminisce on your fabulous Greek holiday. **NOW**

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PARKER COUNTY PROPOSITION A
"Changing Parker County from Tier 1 county status to Tier 2 county status for purposes of municipal annexation as described by Chapter 43 of the Texas Local Government Code"

CONDADO DE PARKER PROPOSITION A
"Cambiar el estatus de condado del Condado de Parker de Nivel 1 a estatus de condado Nivel 2 para propósitos de anexión municipal según lo describe el Capítulo 43 del Código Autónomo de Texas"

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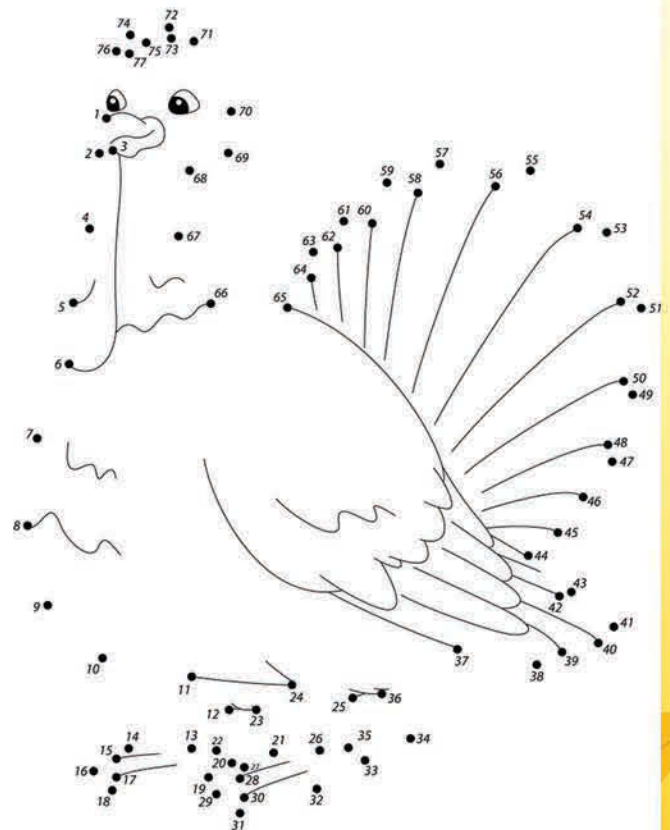
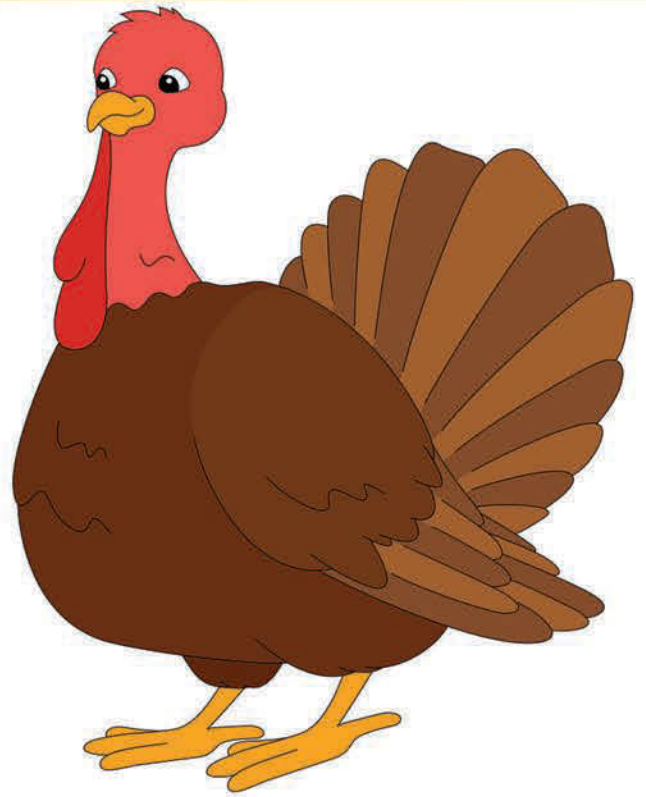
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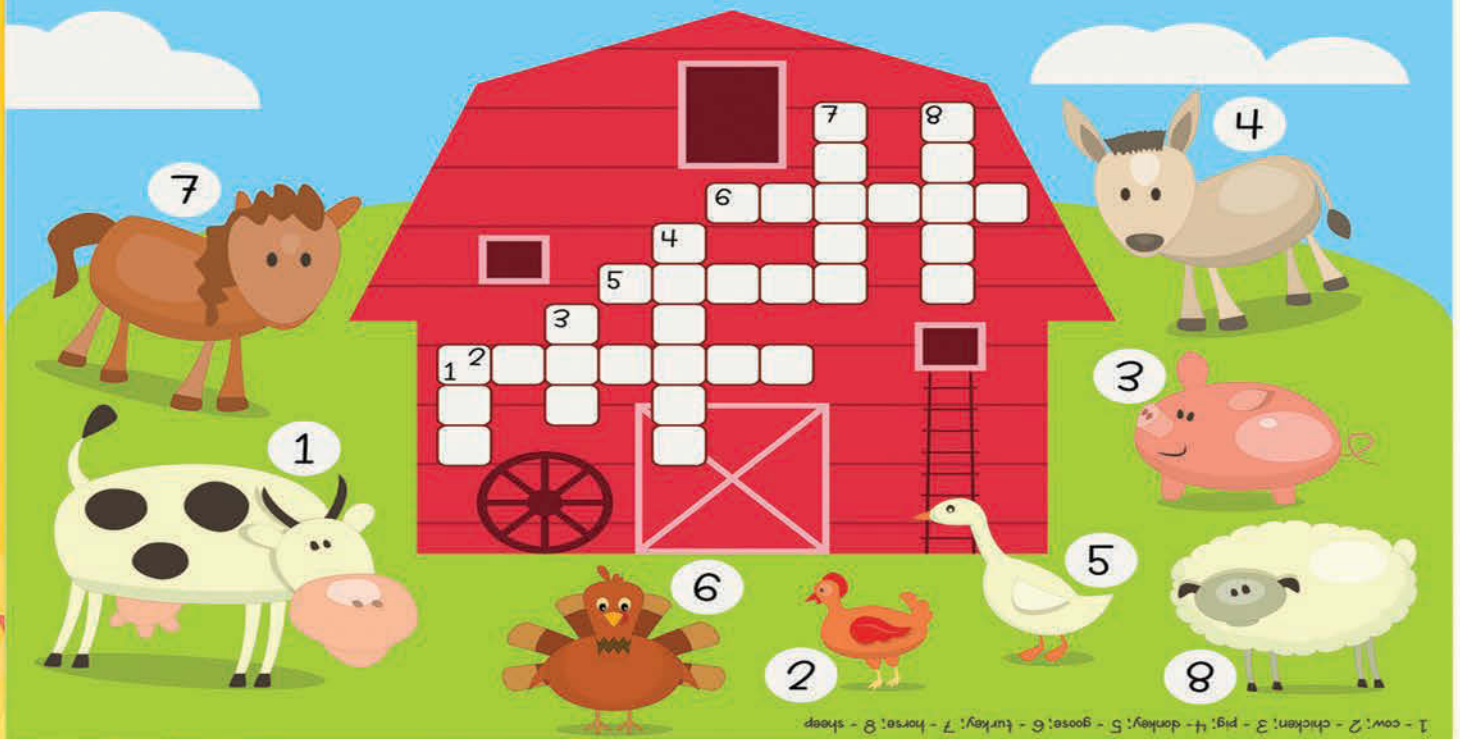
Kids' Fun Pages

Word Search of Fruits



Kids' Fun Pages

Farm Animals



1 - cow; 2 - chicken; 3 - pig; 4 - donkey; 5 - goose; 6 - turkey; 7 - horse; 8 - sheep

MYSTERIOUS WORD:

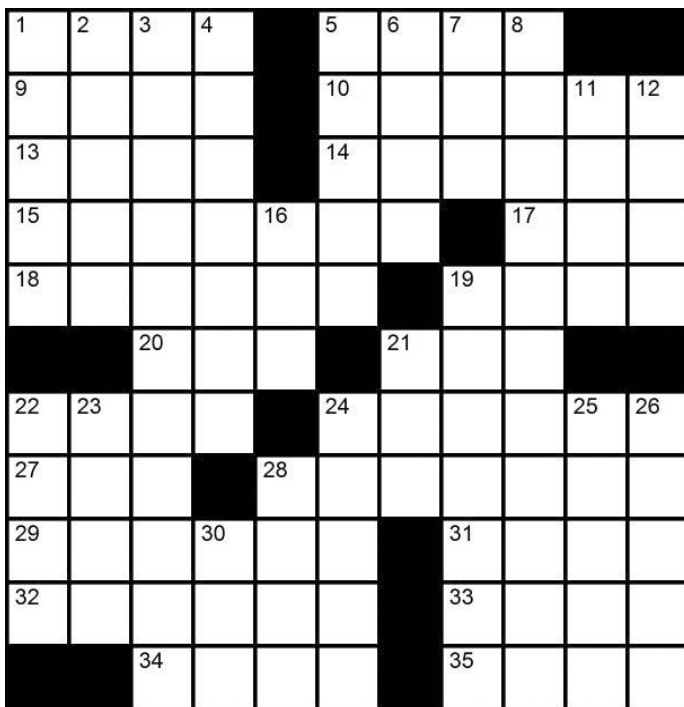
G	A	R	E	B	M	E	V	O	N
R	M	A	P	P	L	E	S	P	T
A	E	H	H	A	P	P	Y	U	A
P	R	N	R	O	C	A	R	M	T
E	I	B	I	R	D	E	N	P	S
D	C	F	K	I	N	S	G	K	E
A	A	O	L	N	I	V	I	I	V
E	N	O	I	L	E	A	F	N	R
R	H	D	Y	E	K	R	U	T	A
B	A	U	T	U	M	N	N	G	H

AMERICAN
APPLES
AUTUMN
BIRD
BREAD
CORN
DINNER
FOOD
GRAPE
HAPPY
HARVEST
HOLIDAY
LEAF
NOVEMBER
PUMPKIN
TURKEY



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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Finn's conveyance
- 5 Rush job letters
- 9 It replaced the franc
- 10 Make over
- 13 Image of a deity
- 14 Kind of recording
- 15 Maidenhair trees
- 17 Confucians' path
- 18 Fanciful idea
- 19 Plug
- 20 Wager
- 21 Photo, briefly
- 22 Astound
- 24 Operated by hand
- 27 Boston Bruins great
- 28 Graceful antelope
- 29 Official count
- 31 Narrative of heroic exploits
- 32 Stick to
- 33 Ollie's mate
- 34 Some butters
- 35 Long fish

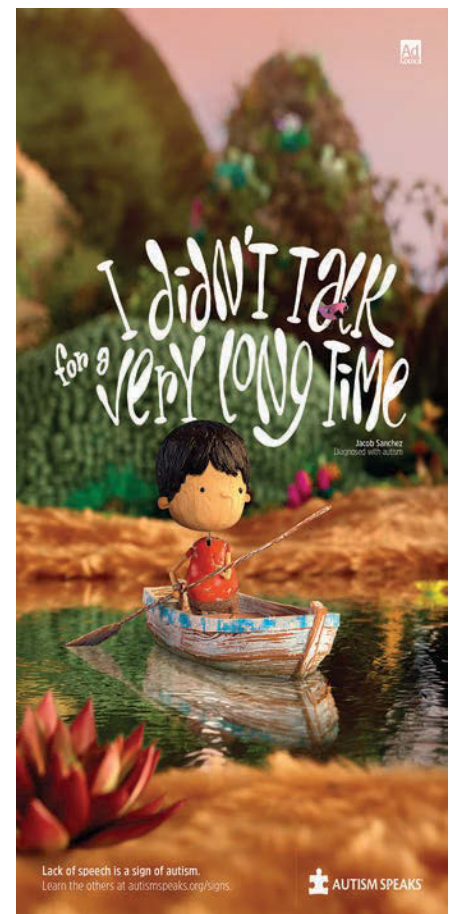
Down

- 1 Prevail
- 2 Pertaining to sound reproduction
- 3 Prime cooking spot
- 4 "The Hobbit" author
- 5 Burning of another's property
- 6 Hardens
- 7 Angelus prayer
- 8 Tiny piece of atmospheric pollutant
- 11 Coarsely ground foodstuff
- 12 Table-top game
- 16 Obtained
- 19 Smoothness
- 21 La --- (South American capital)
- 22 Short stocking
- 23 Woody plant
- 24 Sail poles
- 25 Like pond scum
- 26 Tilts or slants
- 28 Southernmost Mariana island
- 30 Mineral spring

Solutions on page 47



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Sudoku Puzzle

Easy

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

Medium

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

CrosswordSite.com Ltd

[Solutions on page 47](#)

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Zoomed In: Casie Holiman

By Lisa Bell

Casie Holiman came to Weatherford College with the help of a drama scholarship. "I'm actually quite shy," she admitted. But watching her on stage certainly doesn't show that side of her. "Becoming the character, knowing exactly what to say, makes performing in front of crowds easier than real-life interaction with one or a few people."

The sophomore student is working toward an associate degree in fine arts. Where she goes from there is still uncertain. "I really like performing," Casie said. She does a great job on the stage with lots of encouragement from fellow thespians. Look for her in the role of Ophelia during the drama department's November production of *Hamlet*.



Steve Randle meets Kayla White Binion and her family, winners of State Fair tickets.



Rex Shrauner takes first place with his quilt in the Large Piece Quilt, Best Longarm Quilt and Viewer's Choice.



East Parker County Chamber members welcome Kids Academy in Aledo.



WeatherfordNOW editor Lisa Bell has fun at Painted Pony Tearoom's murder mystery dinner theater.

Crossword - Sudoku Solutions

1	R	A	F	T		5	A	S	A	P	
9	E	U	R	O		10	R	E	V	A	M
13	I	D	O	L		14	S	T	E	R	E
15	G	I	N	K		16	G	O	S		T
18	N	O	T	I	O	N		19	F	I	L
			20	B	E	T		21	P	I	C
22	S	T	U	N		24	M	A	N	U	A
27	O	R	R			28	G	A	Z	E	L
29	C	E	N	S	U	S		31	S	A	G
32	K	E	E	P	A	T		33	S	T	A
			34	R	A	M	S		35	E	E

Easy

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

Medium

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

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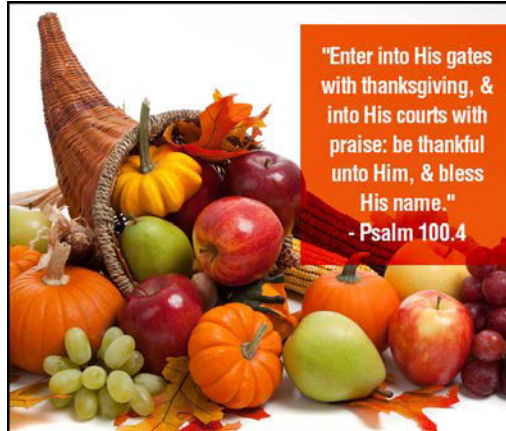
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- Virginia Wolff

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- Virginia Woolf

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Sun.: 12 Noon-9:30 PM
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Calendar

November

2 — 4

The 39 Steps: **Fri.** and **Sat.**, 8:00 p.m.; **Sun.**, 2:00 p.m., Theatre Off The Square, 114 N. Denton St. For more details, visit www.theatreoffthesquare.org or call (817) 341-8687



3

Joseph Thomas Foundation Annual Biathlon: 9:00 a.m.-noon, Film Alley, 825 E. Int. 20. Make a difference in the lives of medically fragile children. For more details and to register online, visit www.josephthomasfoundation.org

Weatherford Whiskers Adoption Event: 11:00 a.m.-4:00 p.m., Petsmart. For details, visit www.weatherfordwhiskers.org. Second event on **November 17**.



8

Home for the Holidays: 10:00 a.m.-1:30 p.m., Coutts United Methodist Church, Family Life Center. Hosted by Parker County Extension Education Center. \$12 per person. For more information, call (817) 598-6168.

9

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, Dr. Tod Farmer speaking. \$11 for lunch. Reservations required. For details, visit www.pcwnc.org.

9 — 10

Petsmart National Adoption Weekend: 10:00 a.m.-5:00 p.m., Petsmart. Hosted by Weatherford Whiskers. Saturday enjoy fall activities for the family, Jellybean Ice cream truck, face painter, bake sale and food. Six rescues with over 50 pets available for adoption. For details, visit www.weatherfordwhiskers.org.

9 — 11

Art at the Print Shop: **Friday**, 5:30-8:00 p.m.; **Saturday**, 10:00 a.m.-4:00 p.m.; **Sunday**, 1:00-4:00 p.m., Brumley Printing Company, 820 N. Main St., Fort Worth. Seven local artists (six from Parker County) showing a variety of art mediums. Contact Patricia Harder for more details (817) 441-6117.



17

25th Annual Coyote Chase Race: 9:00 a.m., Weatherford College. Featuring 5K and 1-mile runs. For details or to register, visit www.wc.edu

Veterans Appreciation Meal: Noon-6:00 p.m., VWF Post #4746, 2244 Zion Hill Rd. Hosted by Patriots United for Heroes in honor of all military. BBQ meal with

all the fixin's is free to all veterans and active-duty military. Cost for family and friends is \$10. Call (817) 243-1154 for more information.

December

1 — 2

Art and Pie: **Saturday**, 9:00 a.m.-3:00 p.m.; **Sunday**, 1:00-3:00 p.m., 112 Wild Rose Ct., Hudson Oaks. Enjoy pie while viewing the latest pottery creations by Connie Carlisle of Connie Carlisle Designs and jewelry by Stephany Loveday of Forgot Me Not. Contact Stephanie at (817) 312-6424 or srloveday@yahoo.com.



Ongoing:

Mondays

Lone Star Yoga Warriors: 1:30 p.m., Circle Y Yoga Ranch, 1303 Russell Bend Rd. Veterans are supported with science-based, trauma-sensitive exercises to regain resiliency. For more information, call (817) 609-6454.

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.

Third Tuesdays

Parker County Cruisers: 6:30 p.m., Harberger Hill Community Center, 701 Narrow St. The group for those interested in classic cars and specialty vehicles. Call (817) 994-0074 for details.

Second Wednesdays

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

Thursdays

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

Connect Camp for Adults with Dementia: 12:30-2:30 p.m., Clubhouse behind St. Stephen Catholic Church, 1812 Bethel Rd. Offers a respite for caregivers with physical and cognitive exercises and social interaction for 'camper'. Donation-based. Registration required. (817) 609-6454.

PTSD Family Support Group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. Free support group provides information and encouragement to families and friends of those suffering 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.

Third Thursdays

Ladies Night Out: 5:00-8:00 p.m.,

Historic Downtown. Once-a-month, late-night shopping event. Lots of fun and great bargains.

Quilter's Guild of Parker County: 6:30 p.m., Northside Baptist Church, 910 N. Main St. For more information, call Mary Williams at (940) 682-4631 or visit www.quiltersguildofparkercounty.org.

Second Fridays

Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time musical with bluegrass, gospel and country music. Concessions available, all proceeds going 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.



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The Key to Consistent Investing? Paying Yourself First

Consistency is a key ingredient of success in many activities — including investing. And one technique that can help you become a more consistent investor is paying yourself first.

Many people have the best intentions when it comes to investing. They know how important it is to put money away for long-term goals, especially the goal of a comfortable retirement. Yet they may only invest sporadically. Why? Because they wait until they've taken care of all the bills — mortgage, utilities, car payments and so on — before they feel comfortable enough to write a check for their investments. And by the time they reach that point, they might even decide there's something more fun to do with what's left of their money.

How can you avoid falling into this habit of intermittent investing? By paying yourself first. Each month, have your bank move money from your checking or savings account into the investments of your choice. By taking this hassle-free approach, rather than counting on your ability to send a check, you can help ensure you actually do contribute to your investments month after month. By moving the money automatically, you probably won't miss it, and, like most people who follow this

technique, you will find ways to economize, as needed, to make up for whatever you're investing.

You already may be doing something quite similar if you have a 401(k) or other retirement plan at work. You choose a percentage of your earnings to go into your plan, and the money is taken out of your paycheck. (And if you're fortunate, your employer will match some of your contributions, too.)

But even if you do have a 401(k), you're probably also eligible to contribute to an IRA — which is a great vehicle for your pay-yourself-first strategy. You can put in up to \$5,500 per year to a traditional or Roth IRA (or \$6,500 if you're 50 or older). So, if you are able to "max out" for the year, you could simply divide \$5,500 or \$6,500 by 12 and have either \$458 or \$541 moved from your savings or checking account each month into your IRA. Of course, you don't have to put in the full \$5,500 or \$6,500 each year, although some IRAs do require minimum amounts to at least open the account.

You might think such modest amounts won't add up to a lot, but after a few years, you could be surprised at how much you've accumulated. Plus, you may not always be limited to contributing relatively small sums, because as your career advances, your earnings may increase significantly, allowing you to boost your IRA contributions continually.

In any case, here's the key point: When you invest, it's all right to start small — as long as you keep at it. And the best way to ensure you continue investing regularly is to pay yourself first. If you do it long enough, it will become routine — and it will be one habit you won't want to break. **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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