

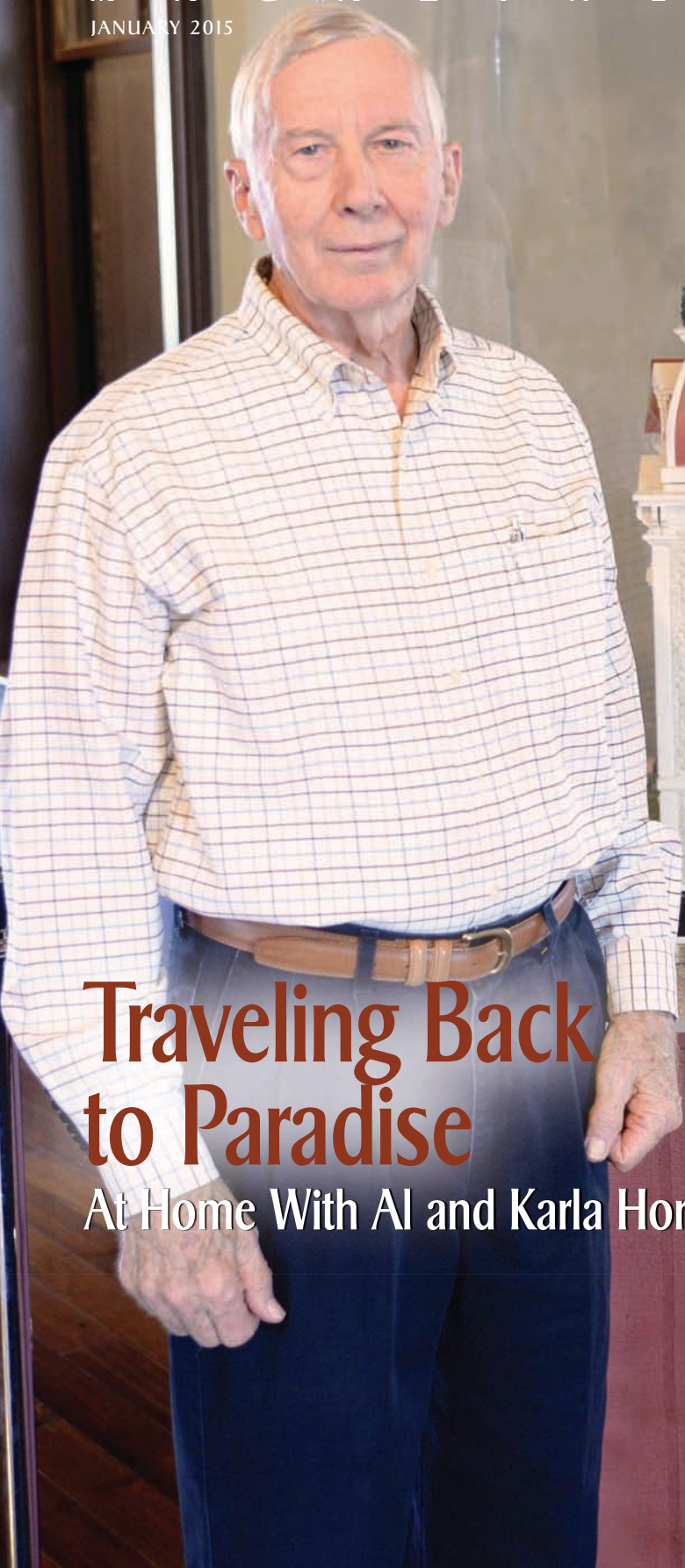
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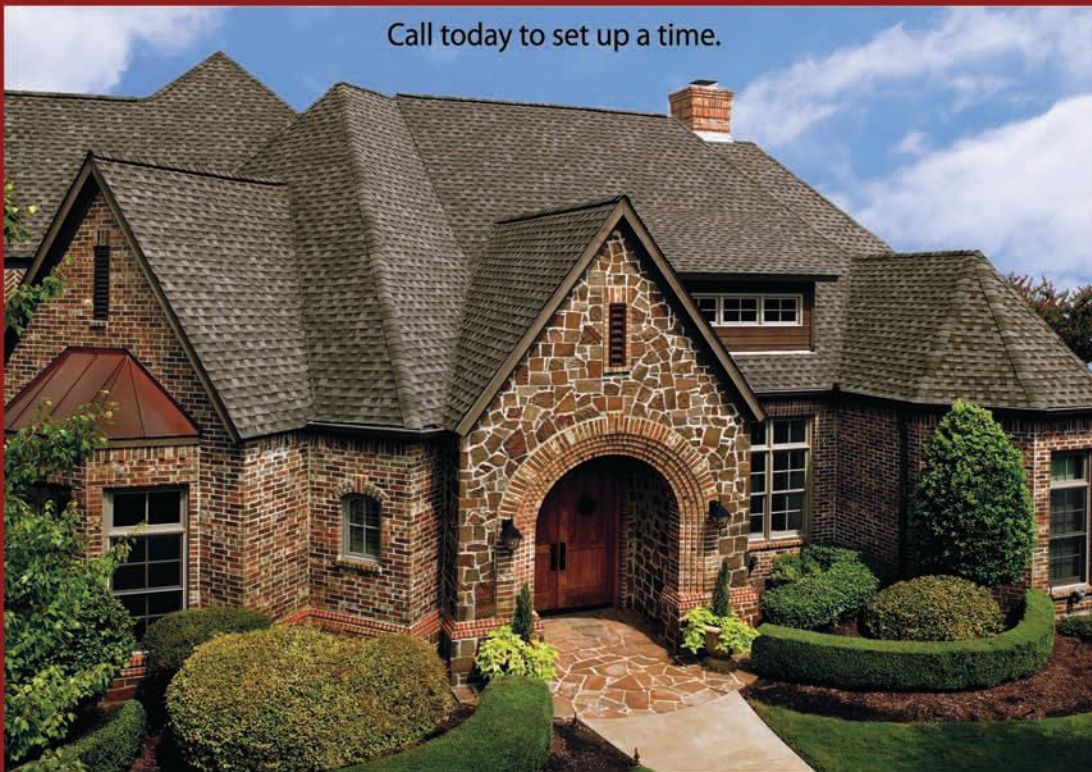
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Publisher, Connie Poirier

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Weatherford Editor, Amber D. Browne

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Lisa Bell . Gregg Davis

Melissa Rawlins . Betty Tryon

Editors/Proofreaders, Pat Anthony

Randy Bigham

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Kristin Bato . Julie Carpenter

Morgan Christensen . Martha Macias

Brande Morgan . Shannon Pfaff

Felipe Ruiz

PHOTOGRAPHY

Photography Director, Jill Rose

Photographer, Sarah McVean

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ON THE COVER



Building miniature replicas is a fun pastime for Don Huddleston.

Photo by Sarah McVean.

CONTENTS

January 2015 • Volume 5, Issue 1



8

On a Dare

Don Huddleston shares his hard work and creativity with the community.

16

Traveling Back to Paradise

At Home With Al and Karla Horacek.

24

Making a Difference

Horses make great partners for raising funds and awareness of childhood cancer.

30

Health for Fitness

Investing in our physical and mental well-being pays great dividends.



16



24

36 BusinessNOW

38 AroundTownNOW

40 FinanceNOW

44 CookingNOW

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Editor's Note

Welcome to 2015, friends!

"Should old acquaintance be forgot and never brought to mind?" That's an English translation of the first line of "Auld Lang Syne," which spews from the mouths of most on New Year's Eve. The new year could be the time to catch up with long lost friends. Or, why not make some new friendships this year?

Speaking of friends, do you have anyone in mind who may want to share his or her story with *WeatherfordNOW*? We are always looking for locals who are committed to serving their communities, who have a few recipes to share or who want to open their homes for our readers to experience. If you know of someone who may be interested, or if you are interested in sharing your own story, please email me. I hope to hear from you soon!

Happy New Year!

Amber

Amber D. Browne
WeatherfordNOW Editor
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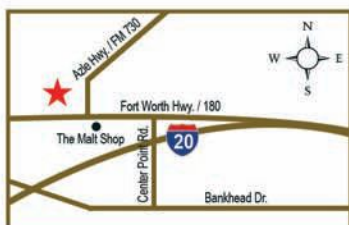
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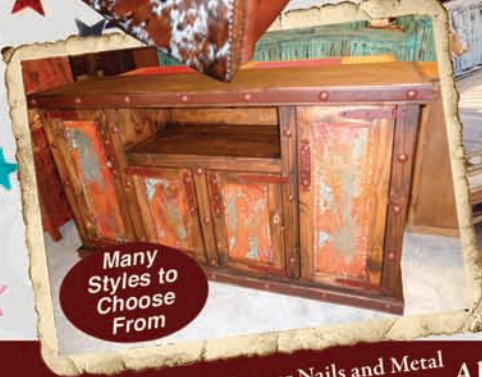


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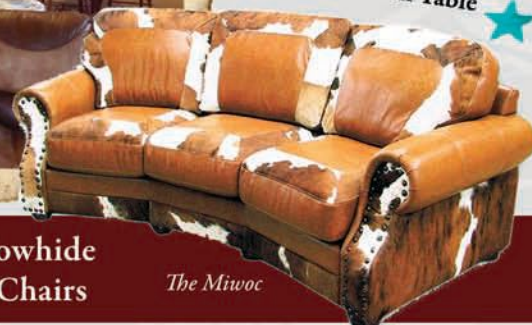


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BEFORE



9 MO. POST
TREATMENT

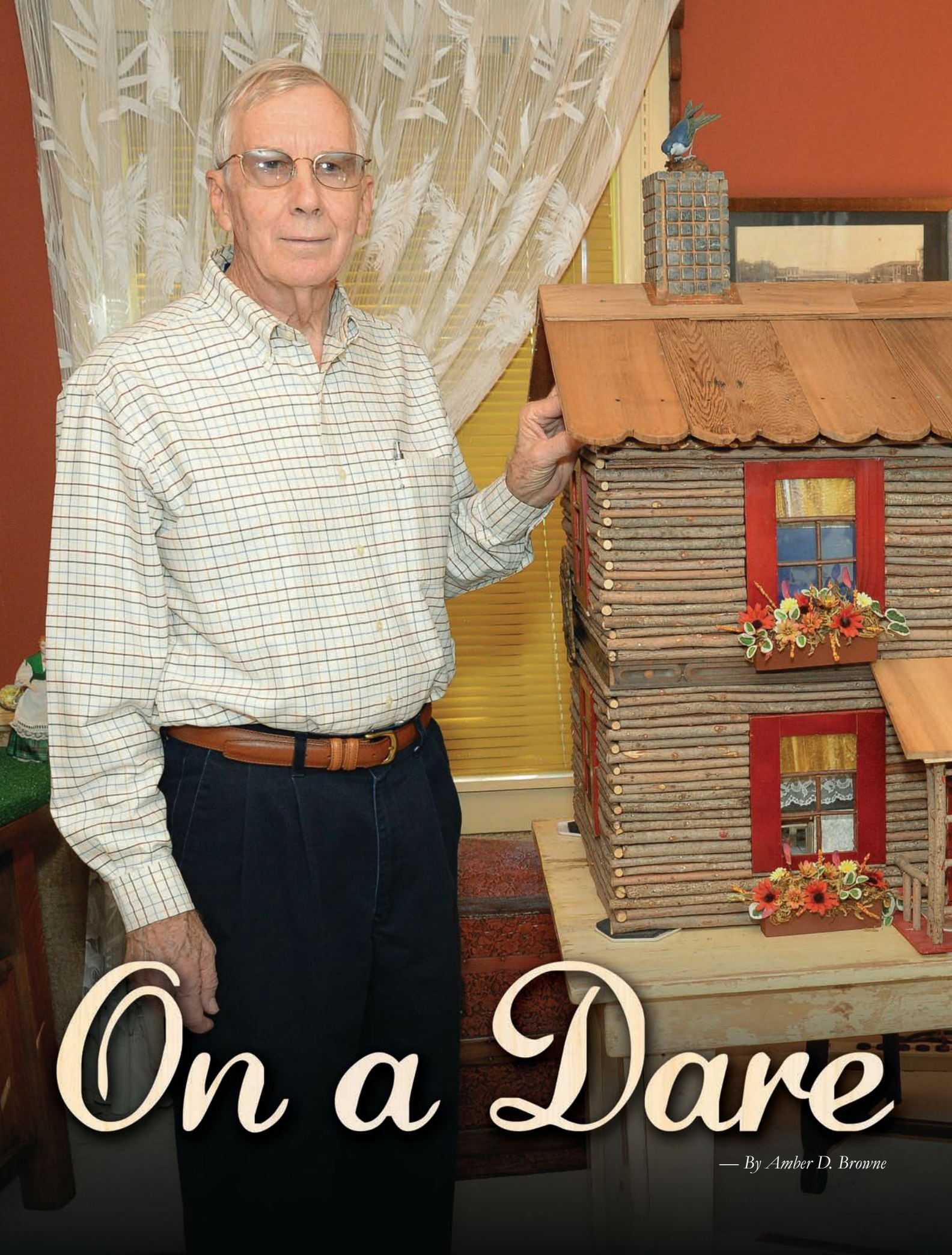
Nail Fungus



BEFORE



3 MO. POST
TREATMENT



On a Dare

— By Amber D. Browne



For Don Huddleston, building models began with a dare. At the time, he was working at Greene's Florist. In 1992, the owner, Bobby Greene, challenged him to build something for the Peach Festival craft contest. Don accepted the challenge and built a bird cage.

Using pine wood, coat hangers and garage sale discoveries, Don built the bird cage. He took home the first place ribbon. From there, Don accepted another dare from his boss to build a model of the Parker County Courthouse. Don thought it would be complicated, but he took on the challenge. He began researching the building's history at the library and took dozens of pictures of the courthouse from different angles. Don drew a sketch based on past and current photos, and the building process began.

For the rockwork on the exterior, Don used a sealant from ACME Brick. Each of the 14 exterior panels was indented with a handmade metal tool to give the impression of rock. Don then painted each sealant panel.

Balsa wood was cut for the tiny window frames, which hold the glass windows. Everything was measured to fit correctly. Embossed aluminum was used to make the roof, which provides a perch for a tiny owl to keep the pigeons away. The four clocks in the tower are real time pieces. Don set the time on each clock to 9:20, which is the time his mother, Lucy Huddleston, passed away in 1994. "She saw me working on it, but she didn't see it completed," Don explained.

Don actually got a first-hand look of the tower. Back in the 1980s, he climbed to the top of the courthouse with a contractor and then through a little door. He saw the bell in the tower and had the perfect view of the surrounding landscape.

To make the iron fences that surround the tower and corner roofs, Don created a jig by hammering a design of nails into a block of wood. He wrapped each piece of wire around the nails to bend them into matching pieces before installing them onto the model.

Green turf surrounds the courthouse, and trees, miniature cars and people dot the landscape and surrounding streets. He also included a fence that once encircled the courthouse to keep people and cattle off the grounds. The model fence was made from painted necklaces and earrings. The model also features a public well, complete with a bucket, which once stood on the courthouse grounds but has since been filled in.



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The model courthouse took Don 19 months to complete. He spent countless hours working on the project in his shop in his backyard. "I couldn't get it in my front door," he shared, "so I had to find a home for it. I decided I would give it to the county." Don was leery of having the model housed in the Parker County Courthouse because of history. The current courthouse was built in 1884 and is the county's fourth. The other three courthouses were destroyed by fires. So, upon Don's request, the county displayed the model inside a Plexiglas case at the County Annex building. The courthouse has since had electrical wiring upgrades, and in December 2013, the model was displayed inside its namesake.

Dozens of framed photos of the courthouse and newspaper clippings are displayed in Don's living room. He

also keeps a collection of photo albums outlining the different phases of the courthouse model building process.

Since he finished the courthouse, Don has worked on a few other projects. "I like small details and the creative part of it. I like to see if I can really do it. It's a challenge for me," he admitted. He built a church with handmade pews, stained glass, lighting and little leather seats that sit on the altar. He made the seats out of sample blocks of wood. "I cut them up and used what I needed." With his florist background, Don thought the perfect item to make the base of the steeple would be a metal cone. He painted it and added the cross to the inverted cone. To find the perfect piece to create a miniature building, Don often thinks outside the box. "I'll go to sleep at night thinking about it, and the solution comes to me," he said.

A model Red Barron airplane Don built sits on the floor of his living room. Its wings are made of lumber, and individual boards glued side by side create the curvature of the plane.

Don also built a two-story log cabin dollhouse in memory of his late wife, Joyce Huddleston, who passed away just over three years ago. After she passed, he discovered strips of amber-colored stained glass she had wrapped in tissue paper. He installed the stained glass as windows in the dollhouse. Each room includes tiny furniture, most made by Don's own hands. The living room holds leather chairs. "The little cushions come out," he said. A bedroom has bunk beds for the doll children, and the bathroom features a claw-footed bathtub. Little curtains add color to the windows. For the kitchen appliances, Don printed a stainless steel oven and refrigerator on paper and glued the pictures to a block of wood. "It's a little bit modern for that, but I used what I had." The outside



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of the home is made of small, wooden stems Don discovered at Cartwright Park. He cut and bent each "log" and nailed them onto the exterior of the dollhouse.

Most of his models are displayed inside his home, but he is running out of space. The house he lives in was his childhood home. He had the house moved from its original location on South Main to his current property in 1977. The home was built in 1946, but after its move, Don decided to add onto it, extending the floor plan.



Weatherford has been Don's home since birth. He served in the U.S. Army during the Berlin Crisis and at Fort Polk for his second installation. Don has worked a variety of jobs over the years from baling hay as a young man to working at J.C. Penney & Co. and later retiring from Greene's Florist.

He still enjoys landscaping his yard, which always has something in bloom. His black and white cats, Prince and Hart, keep him company while at home. In his free time, Don likes to visit garage sales and catch up with friends at the Senior Center.

For now, Don has packed away his modeling tools. He doesn't think there is much more he can replicate with a model. His hobby could just be on the backburner though, as he waits quietly for another dare to challenge him to prove his talents once more. **NOW**

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Traveling Back to Paradise

— By Amber D. Browne

At Home With Al & Karla Horacek

Transplanted from a busy life in California, Al and Karla Horacek have embraced Texas and made the Lone Star State their home. When Al suffered a stroke after working 40 years in a high-stress job in the grocery industry, they moved to a quaint neighborhood in Willow Park. During a visit with Karla's mother in North Texas, they decided to put a \$1,000 down payment on a small lot. Their subdivision home was erected as they tied up loose ends on the West Coast, and since their move to Texas two days after Christmas in 2005, they've never looked back.





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Their children followed them to Texas and live nearby. They often have the family over for big meals, which Al and Karla joyously prepare. Granite countertops in the kitchen give ample space around which they converse while waiting for dinner. The inset sink holds large pots that Al seems to fill with edibles for every meal they share.



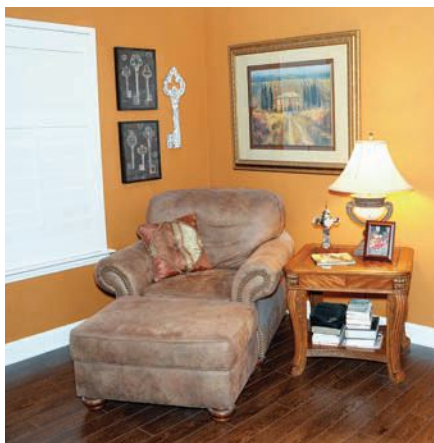
A signed and numbered lithograph of whales by marine life artist Wyland is the focal point of one wall in their dining room, sparking memories of whale watching in California. “It took about two years to pay it off,” Al recalled.

Shortly after moving into the home, Karla decided the wall between the dining room and kitchen should be knocked out. “It always felt congested when we had a lot of people over,” Karla said. An arched doorway was added to match the other door into the living area.

A doggy door for pups, Martini and Vinny, leads outside to the extended patio and covered deck. Several tables offer

seating, where guests can chat under the soft amber glow of about a dozen antique lanterns Al has collected over the years. Al and Karla occasionally relax in their hot tub out back while enjoying the view of their landscaped yard, which includes lush plants and Mexican pottery full of colorful flowers. They’ve extended the backyard fence along the sides of the house, so they can enjoy the view while looking out their windows.

The Horaceks love to entertain and often have visitors stop in as they take evening walks through the neighborhood. If their garage door is open, no one can resist the temptation to see what Al



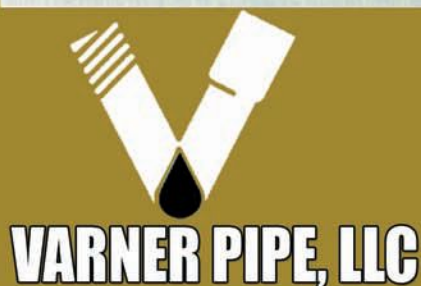


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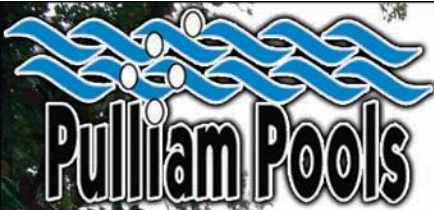
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has created. What started with an old newspaper clipping about a Daisy Red Ryder BB Gun has turned into much more. Al added the laminated clipping to one garage wall alongside a map of locations the Horaceks have cruised to over the years. His daughter, Wendy Reed, bought him another piece of BB gun memorabilia, then his grandson, Gabe Hall, purchased the actual BB gun for him to display on the wall. The collection has grown to include a variety of memorabilia over the years. "A lot of things were given to him by friends of ours. They go places, find things and bring them over. He keeps getting more and more," Karla explained. "It's a labor of love."

The idea to build the collection came to Al as he sat in a small-town diner. He's purchased some of the pieces at antique malls and flea markets. The collection, ranging from his two favorites, Elvis and Marilyn Monroe, to Betty Boop, The Rat Pack and Coca Cola, now covers all four walls, the cabinets, the interior of the garage door and the ceiling. Life-size cardboard cutouts have turned into 3-D visuals with John Wayne and his sharpshooter, Elvis and his guitar and Sylvester Stallone as Rocky holding a pair of boxing gloves. "One thing led to another and another and another. And, it has not stopped," he said. A working antique pay phone, license plates from their vehicles over the years, movie posters and more add to the collection. After receiving a new piece, Al often sits for hours in the garage, searching for the perfect spot to display it. "This is something that will never ever end with me," he added.

Their vehicles are usually parked inside the garage, but they're moved out when the Horaceks host parties. Oldies but goodies music plays from the stereo in

the garage, and guests often dance on the white-speckled, black tile dance floor.

The garage may be Al's area to decorate, but Karla has reign over the interior of the home. She's added touches of European and Italian flare. The foyer features a painted door that holds more than a dozen pictures Karla shot during stops to Italy and Greece on their Mediterranean cruise. Each picture captures a colorful and unique door, welcoming guests into their home.

In the office, wooden portholes hold family photos of cruises from the past. "We've been cruising for a long, long time," Al said. Al and Karla plan to take their 40th cruise for their 40th wedding anniversary in 2017.

Their love of the ocean is apparent in the "blue room," which is always open for visitors. Painted a pale blue, it is filled with beach paintings. "All these pictures are reminiscent of places we used to visit — Newport Beach, Laguna Beach and San Diego," Al explained.

The master bedroom is painted an amber color and takes Al and Karla back to Italy. One corner pays homage to the movie *Under the Tuscan Sun* with a large wooden key and a painting that resembles the house in the movie. The love of Italy comes to Al naturally. Adopted into a Czechoslovakian family as a boy, he recently discovered he is Italian. He's gained a second family over the years, including a sister. "It's bizarre how people who never grew up and never met each other can be so alike," Karla shared. Family is important to the Horaceks, and they treasure every minute of time spent with them. They also enjoy spending time with their church family at The Fellowship at Weatherford. On Saturdays, Al volunteers as the cook for the men's fellowship group. Karla considers herself Al's sous chef and often helps with the meals.

Although they keep quite busy at home spending time with their children, grandchildren and church family, Al and Karla enjoy their travels across the sea. They can't spend every moment cruising the ocean, but those memories are incorporated into their decor back home. "I just believe God has led us to this place, and our life has been really marvelous here," Karla said. A sign Al purchased shortly after moving to Texas says it just right — *just another day in paradise.* **NOW**

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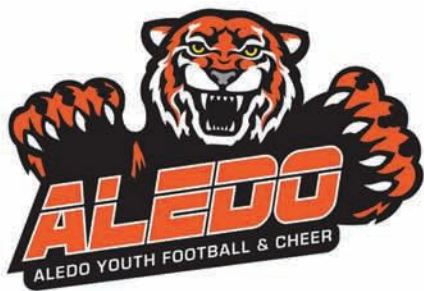
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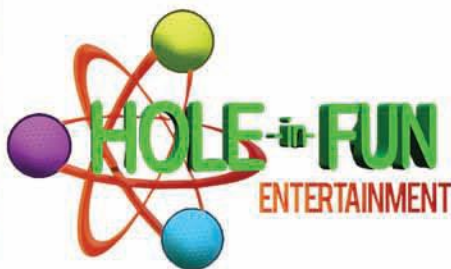
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Making a Difference

— By Lisa Bell

When she learned her neighbor had cancer, Kerrie Pytlik and her daughters wanted to do something.

"Sam Nash was like a father to me and a grandfather to my daughters," Kerrie said. Although money is always a concern for cancer patients, Kerrie, Maggie and Jamie wanted to provide a support system, showing Mr. Nash how much he meant to them.

He often spoke of the children he met at the hospital, how they had their whole lives ahead of them, and voiced his concerns over how little funding went to help children fight cancer. "He told us, 'Don't worry about me. Just take care of

the kids,'" Kerrie said. His concerns inspired them to come up with a way to raise money for children with cancer. Because of Sam's love for horses, they thought their efforts should somehow involve them, too.

Kerrie had been a member of Cowgirl Chicks, so creating a performing team made sense. Her daughters had been around horses all their lives and naturally began riding at very young ages. In 2010, they started Cowgirls of Hope not realizing how much their volunteer work would impact others or themselves.

Today, the team includes Kerrie, 14-year-old Maggie, 16-year-old Jamie and two other Weatherford teens. Sydney, 18,





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and Addison, 17, are both seniors who joined the team within the last two years. Together, they choreograph organized riding and perform at rodeos, parades and many other events. Although they don't have a set fee, the team receives base pay for their performances. And sometimes, organizers allow them to ask for donations from event attendees.

Each event represents a child they have chosen to help. In addition, they dedicate every ride in memory of Sam Nash. Even though he survived cancer, radiation left behind damage, which caused cardiac arrest about six months after his diagnosis. His giving spirit lives on in the Cowgirls of Hope.

The team gives 100 percent of all donations to the families of cancer patients, covering travel expenses and horse care out of their own means. They know the meager amounts do little to cover medical expenses. But, that isn't the goal. They desire to bring a moment of happiness to the children and their families, encouraging them to spend the money any way they want. When the team presents a care package and check, the wish is for the recipients to forget, at least for a little while, the magnitude of the battle they face daily.

Along with a care package, each child receives a wooden horse customized to represent something the child likes. They painted one like a ladybug. Sometimes the team makes a DVD of the event so the child gets to see the performance. The joy it brings makes every bit of their work worth the effort.

Children with cancer top the list of those the team chooses. However, they just love to see happy kids. Recently, they performed at the Roundup for Autism,

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giving their time in support. Any event where the organizers want horses and girls to ride them is fair game. They are willing to provide horses for children to sit on for an unforgettable photo op.

Kerrie supports her daughters and horses through Doggie Dude Ranch, a boarding facility on their property. "It's great — dogs on one side, horses on the other," Kerrie said.

The experience for the teens has changed their perspectives on life. "It's humbling," Jamie said. "You realize how lucky you are. It could be you. It could be someone you care about, but luckily, it's not."

Nevertheless, they do care about the children and their families. While most teens stress over the right clothes to wear or what happened with someone at school, the team members understand life and death. "People really do take life for granted," Kerrie said. "That's probably the best thing that's come out of this — for all of us. These girls understand how lucky they are."

"You hear the story and keep thinking they'll get their miracle. Sometimes they just don't. It's heartbreaking," Jamie said.

"It's so sad. Even though they may not make it, when you realize you made a difference, it's worth it," Maggie added.

The team doesn't go through any organizations to locate kids with cancer. Instead, they find them through the Internet, Facebook and from others who ask for help or call with a child's story.

Garrett was the first child they rode for, and it was his death that hit them the hardest. They didn't meet him, but they had talked to him on the phone and became close friends with his family. They still talk with his



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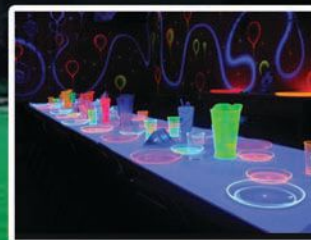
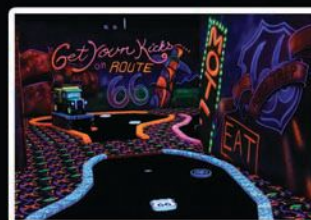


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grandmother, who sometimes comes to watch a performance.

Mattie, a precious 2-year-old with neuroblastoma, also sticks vividly in their minds. She is a survivor, and her mom is a second-grade teacher. They gave Mattie's brother, Cy, a care package, while giving the parents a much-needed date night.

For Kerrie and the girls, what they do seems miniscule. As they talked with the relatives of a young child recently, Kerrie realized the impact of their work for these families. "It makes us want to do more," she said.

While Cowgirls of Hope requires a lot of time, effort and energy, Maggie and Jamie are both straight-A students. As a junior, Jamie ranks sixth of 533 students. "Horses and school are life for me," she said. Vice president and Sweetheart of the Weatherford High School Rodeo Team, she has little free time.

Maggie, an eighth-grader, plans to be part of the rodeo team next year. "She's an honorary member," Jamie said. Kerrie serves as the rodeo team sponsor. All of the girls have responsibilities at the rodeos and take them seriously.

For the Pytlik family, the horses aren't pets or tools. They are part of the family, and both Maggie and Jamie claim the horses get treated better than they do. They currently own seven horses and feed two more. Anyone who knows them expects a horse to stay once it comes to live there. When a horse can no longer perform, it is retired and enjoys the remainder of its life in the pasture, no less loved than before.

Cowgirls of Hope continues riding to bring hope and happiness where sickness, despair and sorrow have become the norm. Besides giving a little money to families, Kerrie hopes they raise an awareness of childhood cancer and the associated needs. While the team's focus remains on this goal, she also wants to partner with her church and provide a program using the therapeutic nature of horses to help at-risk kids.

"We're proud of what we do," Kerrie said. Her pride comes from knowing their small offerings make big differences. **NOW**

Editor's Note: More information about engaging Cowgirls of Hope for your event is available on their Facebook page, Cowgirls-of-Hope.



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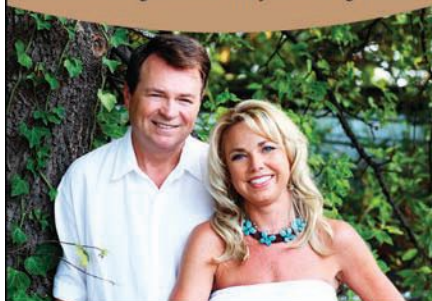
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HEALTH FOR FITNESS

— By Melissa Rawlins

We all know the Golden Rule: Do unto others as you would have them do unto you. The flip side is: The manner in which we treat others depends upon how we treat ourselves. Are we compassionate to our own selves? Do we understand our fitness to do the work at hand depends on our level of health? Being fit requires you strive for great health.

In this world we live in, there are too many outside sources of stress and contamination to think we can stay healthy without exerting proactive effort to prevent health issues. The choices we make turn us into the person we are. From food and entertainment to work and romance, we should be mindful to promote purity. Just as a vehicle needs a clean engine to prevent heavy exhaust fumes, our bodies need good food, regular exercise and peaceful relationships to prevent future breakdowns. Maintaining a well-functioning mind and body are not two separate agendas. Start this year off with a trip to your family doctor or chiropractor. Ask for an annual physical and



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is just as vital to our health as well-balanced meals. A variety of restaurants promote whole-food menus along with more traditional selections. Many of these meeting places also present a calm environment, and studies show quiet music soothes the nerves. This is the best way to digest a good meal.



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Certainly, there are times you need to prompt your adrenal glands to pump up the volume, and that occurs during workouts. If you need a private coach, personal trainers will travel to your home or office on your schedule. If you need a coach and don't mind sweating publicly, a myriad of solutions are available. Local boot camps run year-round, and these male and female coaches love to teach you how to love yourself!

If you join a local gym or fitness center, you'll feel like a kid in a candy store with all the exercise choices offered. If you are not into high-energy kick-boxing or Zumba, nor meditative yoga or tai chi, consider combining your exercise session with fun. The YMCA, many senior centers and even nightclubs offer dancing to tunes that are less jarring to the system, like ballroom, swing or country western.

Hobbies best enjoyed in the daytime, like boating, fishing, raising livestock or gardening, can keep the mind and body fresh. By tending a garden, you'll bond with your family while providing affordable, healthy vegetable side dishes for your table. Local feed stores and gardening supply centers have all the supplies necessary, and your county's agricultural extension agent can provide guidance on how to get started.

Sounds like work? You're blessed if you have work that makes you really happy. Keep in mind, any hobby giving you joy still requires work — but think of it as soul-feeding work. When you feel satisfied, to the point of brimming over, then sharing your knowledge with others is a great way to maintain your mental health. Throughout your communities are charitable organizations in need of your volunteer services.

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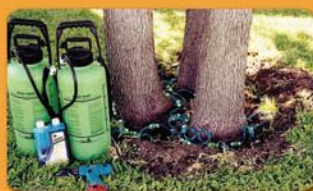
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If your mind or body is not fit enough to be of help to others, already beyond the point of prevention and in need of assistance to reverse damage, our communities abound with specialists able to serve you. Many churches and retirement centers offer free mental and spiritual counseling. Outpatient clinics are always open to analyze, restore and monitor your health.

Doctors are available to guide you in discovering what is necessary to stop the stress on your mind and body and begin the healing. Seek advice from experts in nutrition. Diabetes, for example, is not necessarily always a permanent condition. A focused, disciplined, balanced diet supports your body's ability to heal itself. With courage, determination and continued direction from your health care practitioner, help is available.

This month, make a list of ways you would like to increase in strength, joy, energy, compassion, flexibility and availability. Throughout the year, rate your progress on a simple poor-to-excellent scale. Twelve months from now, review your success with trusted coaches, counselors and friends. You can keep up your good work. You can enjoy total health and be fit for bringing even your wildest dreams to life. Loving your neighbor starts with loving yourself. You can do it! **NOW**

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Chris Hall, owner, exceeds expectations on tinting services at The Tint Shop in Weatherford.

SUN PROTECTION

The Tint Shop in Weatherford is a full-service window tinting business for auto, commercial and residential clients.

— By Amber D. Browne

Temperatures outside may be colder these days, but the sun is still shining, possibly damaging your automobile's interior. Chris Hall, owner of The Tint Shop in Weatherford, offers several types of durable window tint that can help preserve the interior of your vehicle.

Every vehicle manufactured today has factory tint in the glass itself. "All it's there for is privacy. It doesn't give any heat rejection. It doesn't give you any UV protection," Chris explained. To protect the interior from fading or the leather drying out, the vehicle needs additional tint protection. The additional tint keeps out 99 percent of UV rays, regardless of film type. Tint will also hold the window together, so it doesn't shatter if it breaks. It also insulates the glass, preserving the interior temperature.

Standard tint is a dyed polyester film. Some high-performance tint includes a layer of metal laminated within the film, while

other variations have no metal. Usually, the high-performance tint will offer 30 to 40 percent more heat rejection than a standard film. Ceramic film is also available. "The ceramic film is going to give you 30 to 40 percent more heat rejection than the high-performance tint," Chris stated. "It's also going to block out between 80 and 90 percent of the infrared, which is the actual heat you feel from the sun."

For example, Chris can install the lightest color ceramic film on one vehicle, and the darkest standard film on an identical vehicle. Once inside, the vehicle that doesn't look like it has tint will feel cooler. "You don't have to go dark to get the heat rejection." The ceramic line also has a clear film for the windshield, which rejects heat by 40 percent and blocks 80 to 90 percent of infrared. It protects the dashboard from the sun, cutting down on cracking and fading. The Tint Shop is running a winter special

Business **NOW**

of \$75 off ceramic tinting for the entire vehicle, which includes the windshield, back window and doors. Other winter discounts are also available.

Pricing depends on the type of tint and the vehicle manufacturer. Tinting takes about two hours to complete. Customers can watch television or take advantage of free Wi-Fi while waiting at the shop or return later to collect their vehicle. To remove existing tint, or to work on a larger vehicle, can require extra time.

Auto tint isn't the only product available at The Tint Shop. Chris also offers commercial and residential window tinting. The films reject heat between 60 and 80 percent, helping to reduce electric bills. "It pays for itself in the long run." The tint also cuts glare from outside

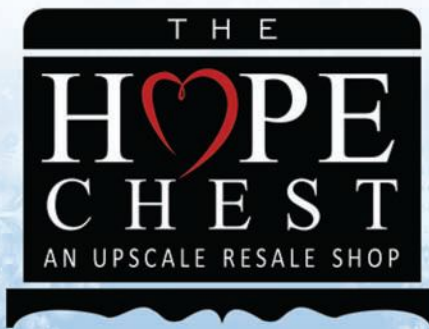
"IT PAYS FOR ITSELF IN THE LONG RUN."

reflective surfaces and helps fading of items in the storefront or inside the home.

Chris moved to The Tint Shop's current location in January 2014, after opening a shop in Hudson Oaks about three years ago. Within the year, he plans to build a larger garage to serve additional clients. He would also like to incorporate vehicle wrap services into The Tint Shop's existing services.

His tint work includes a lifetime warranty. "It's covered against peeling, bubbling, cracking, delaminating — anything, basically, unless you were to scratch it yourself." Chris has been in the tinting business for more than 30 years, owning several tint shops across the Dallas-Fort Worth Metroplex throughout his lifetime. He stands by his tinting. "They're going to get top quality work," he said. "It's going to be done right the first time." **NOW**

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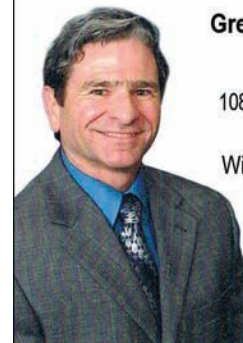
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Britton Schweitzer, Sarah Lively and Joel Taylor of the Sundance Club host a ribbon cutting for the resort at the Doss Heritage and Culture Center.



Dawn Jackson, manager, hands Kirsten Cantrell breakfast at Starbucks inside the Weatherford Albertsons.



Weatherford Christian School is named the School Challenge Champion with 86 runners who participated in the 21st Annual Coyote Chase Race at Weatherford College.



Huck and Lisa Peacock join Cowboy Santa, Phillip Harrell, and Tamara and Blaine Peacock at Peacock's Feed and Supply's Christmas on the Tracks.



Emma, Catby, Madison and Jacob Jagoda join Nancy Sims as they wait for Weatherford's 23rd Annual Christmas Parade to start.



Haven Reed strikes a pose with the Chick-fil-A Cow at Christmas on the Square in Weatherford.



Nicole, Liliana and Natalya Salas enjoy s'mores at Christmas Tyme in Aledo.



Savannah and Emily Thomas gather donations for the 6th Annual McDavid Estates Weatherford Animal Shelter Food/Supply Drive.



Kim Murray, Weatherford Animal Shelter volunteer, shows off Spirit in Weatherford.



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What Are the Key USES of Cash?

As an investor, you may find the elements of your portfolio that seem to draw most of your attention are stocks and bonds. After all, these investment vehicles, and others derived from them, provide you with potential growth and income opportunities — which is why you invest in the first place. Yet, you also may find significant value in a more humble financial asset: cash. In fact, you might be surprised at the various ways in which the cash, and cash equivalents, in your portfolio can help you complete your financial picture.

One way to understand the uses of cash is to look at the USES of cash. In other words, consider the acronym USES:

U *Unexpected expenses and emergencies* — You'll need sufficient cash for situations such as a job loss, a home repair or an unplanned medical expense. During your working years, you should keep three to six months' worth of living expenses in a cash account specifically designed to meet unexpected expenses. Once you're retired, you may be able to get by on a smaller emergency fund — up to three months' worth of living expenses, although you will need more for everyday spending.

S *Specific short-term savings goal* — Are you anticipating a big expense — a wedding, a big vacation, a down payment on a new home, etc. — sometime within the next few years? If so, you'll want to set aside sufficient cash, with the exact amount depending on your specific short-term goal.



E *Everyday spending* — It goes without saying that you'll need adequate cash for your everyday spending needs — groceries, utilities, entertainment, mortgage/debt payments and so on. Of course, while you're working, you will probably handle

most of these costs with your paychecks, but you may still need to set aside one or two months' worth of living expenses. Once you're retired, though, it's a somewhat different story. While your expenses may go down in some areas (such as costs associated with employment), they are likely to go up in others (such as health care). So your overall cost of living may not drop much, if at all. Consequently, it may be a good idea to set aside 12 months' worth of living expenses, after incorporating other sources of income, such as Social Security and outside employment. In addition, you'll have to decide on the most efficient way of drawing on your other sources of income, including Social Security and investment accounts such as an IRA, a 401(k), etc. It's especially important to create a sustainable withdrawal strategy for your investment portfolio, because you don't want to run the risk of outliving your money.


S *Source of investment* — You'll want to have some cash available in your portfolio — perhaps 2 to 3 percent of the portfolio's value — to take advantage of investment opportunities as they arise. Also, having even a small percentage of your portfolio devoted to cash can modestly improve your overall diversification — and a diversified portfolio is your best defense against market volatility. (Keep in mind, though, that diversification can't guarantee a profit or protect against loss.)

So, there you have it: Four key USES of cash. Taken together, they provide some good reasons to keep at least a modest stream of liquid assets in your portfolio. **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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Red Hot Shingles

— By Betty Tryon, BSN

Many of us have seen the commercials of people sharing their stories of pain from screaming blisters on their body caused by shingles. If you have ever had chickenpox, the varicella-zoster virus that causes chickenpox, remains in you and may later cause shingles. After the infection of chickenpox goes away, the virus goes dormant or asleep in your body. Later in life, it can reawaken and manifest itself as shingles.

Approximately 1 million cases of shingles occur in America every year. The majority of people affected are elderly. However, if a child has had chickenpox, it is possible for him or her to get shingles. The reason the virus reactivates in some people is not clear. Some conditions causing this are a weakened immune system from cancer or HIV. Chemotherapy, steroids and/or radiation can all increase the risk of reactivating the virus and producing shingles.

While it isn't a life-threatening condition, shingles can be very painful. The usual pattern is a band or strip of inflamed skin covered with fluid-filled blisters that usually appears on one side of the body. Several days before the blisters appear, you may experience itching, burning, numbness and tingling. Pain is frequently listed as the first symptom felt. Other symptoms of fever, headache, chills and an upset stomach may be present also. Shingles may persist for weeks.

Shingles cannot be spread from person to person. However, the varicella-zoster virus from a person with an active case of shingles can be

transmitted by direct contact to a person who has never had chickenpox or been vaccinated for chickenpox. The resulting infection would be chickenpox, not shingles.

If you have an active case of shingles, try to keep the rash covered. Avoid touching the area and stay away from people with weakened immune systems and pregnant women until you are no longer contagious.

Diagnosis is made by patient history and visual examination. Your physician may choose to take a sample of the fluid for laboratory examination. While there is no cure for shingles, antiviral medications can decrease the severity of the symptoms and help avoid complications. It is important to take the antiviral drugs as soon as symptoms manifest themselves. Numbing topical agents to the rash may provide temporary symptomatic relief. In some cases prescription medication may be necessary for the pain.

Needless suffering can be avoided through vaccinations. Children should be vaccinated against chickenpox. If you are older and have had chickenpox, a vaccine is available to lessen your chances of getting shingles. Check with your physician for information regarding vaccinations. **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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January 1

A True Tribute to Elvis by Donny Edwards: 6:00-9:00 p.m., The Texas Opry Theater, 319 York Ave. Donny Edwards will return for his third New Year's Day performance. Call (817) 341-1000 or visit www.texasoprytheater.com for ticket prices and additional information.

January 8

Gardeners' Club of Parker County Meeting: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. Nancy Martin will speak about Sedums followed by refreshments and a short meeting. For more, call (817) 919-6280.

January 9

Parker County Women's and Newcomers' Club meeting: 9:30 a.m., First United Methodist Church, Family Life Center, 301 S. Main St. A social hour that includes shopping begins at 9:30 a.m., followed by a short business meeting. Channel 5 Morning News anchor Deborah Ferguson will speak followed by a buffet lunch. Call (817) 594-7708 to make a luncheon reservation by **January 4**. Guests are welcome, and the cost is \$10 per person.

January 10

Buck Trent's Country Music Branson Show:

3:00-6:00 p.m., The Texas Opry Theater, 319 York Ave. Banjo picker Buck Trent from the Porter Waggoner and Hee Haw television shows and other bands will play. Call (817) 341-1000 or visit www.texasoprytheater.com for more information.

January 12 — February 8

2015 WAA Western Art Show and Sale: **Monday — Saturday:** 11:00 a.m.-4:00 p.m., Firehouse Gallery, 119 Palo Pinto. A reception will be open to the public on **January 16** from 5:30-8:00 p.m. Winners will be announced at that time. You can call (817) 694-0246 or visit weatherfordart.com to find out more information.

January 19

MLK Day 2015 Celebration: 5:30-8:00 p.m., Ninth Grade Center, 1007 S. Main St. Attendees will celebrate the life and legacy of Martin Luther King, Jr. Call (817) 523-3408 or email calvin_naacp@hotmail.com for additional information.

January 22 — 25

SHREK the Musical: **Thursday — Saturday:** 7:00 p.m., **Sunday:** 2:00 p.m., Weatherford High School, Durant Auditorium, 2121 Bethel Rd. The

Weatherford High School Theatre Department will perform SHREK the Musical. Tickets are \$10 and can be purchased in advance or at the door. Call (817) 598-2858 to find out more information.

January 24

Annual Aledo Chili Supper: 5:00-8:00 p.m., Aledo Community Center, 104 Robinson Ct., Aledo. There will be a silent auction of baked goods. The cost is \$5 per adult and \$3 per child age 8 and under, and tickets can be purchased at Aledo City Hall or the East Parker County Library. Please contact (817) 441-9009 to find out more information.

January 25

2015 Parker County Bridal Fair: 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. More than 30 vendors will be at the free event for community members with not only wedding planning, but other special events including graduation and anniversary parties. Visit www.videocapades.com/bridalfair.htm or call (817) 599-6168 for more information.

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



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Kim Mader-Bagley & Craig Bagley



In the Kitchen With Lawonna Dawson

— By Amber D. Browne

Over the years, the cooks in Lawonna Dawson's life have shared a few tips and some tasty family recipes. "My mom, Ruby Davis, was and still is my best example of how the love of cooking and family can come together and make for wonderful memories and traditions," Lawonna shared. Every Saturday, family and friends still join Lawonna at her mother's house for lunch and a cobbler or pie.

When her children were younger, Lawonna would make pie crust from scratch and cut it into shapes, sprinkle with cinnamon and sugar and then bake them. She is now sharing the recipe with her grandchildren.

Recipes given to Lawonna by her mother-in-law, Barbara Dawson, have also become a favorite for her children and grandchildren. "They are now carrying on our family recipes." **NOW**

Macadamia Nut Pie

Pie Crust:

- 1 1/3 cups all-purpose flour**
- 1/2 tsp. salt**
- 1/2 cup shortening, very cold**
- 3-4 Tbsp. water, very cold**

Filling:

- 1 cup sugar**
- 3/4 cup light corn syrup**
- 1 stick margarine**
- 3 eggs, beaten**
- 1 3/4 cup macadamia nuts, chopped**
- 1 tsp. vanilla extract**
- 1/4 tsp. salt**

1. For pie crust: In a bowl, mix together flour and salt; cut in shortening. Sprinkle in water, 1 Tbsp. at a time, mixing until flour is moist and dough doesn't stick to side of bowl.

2. Put ball of dough on lightly floured sheet of waxed paper. With floured rolling pin, roll

dough 2-inches larger than inverted pie pan. Fold dough into quarters; unfold into 9-inch pie pan and crimp edges.

3. For filling: Blend together first 3 ingredients in a saucepan over medium heat. Stir constantly until mixture boils.

4. Slowly blend mixture into beaten eggs. Stir in next 3 ingredients. Pour into unbaked pie shell. Bake at 375 F for 30 minutes.

Caramel Pie

- 1 cup sugar (divided use)**
- 2 Tbsp. margarine**
- 8 Tbsp. flour**
- 3 egg yolks, beaten**
- 2 cups milk**
- 1 tsp. vanilla**
- 1 9-inch pie shell, baked**
- Whipped cream (optional)**

1. In a skillet, cook 1/2 cup of sugar and margarine until brown. Set aside.

2. In a separate skillet, combine remaining sugar and flour; add next 2 ingredients. Cook over medium heat until thick.

3. Add vanilla and stir in browned sugar mixture; pour into baked pie shell. When the filling cools, the pie can be topped with whipped cream before serving.

Granny Ruby's Peach Cobbler

Crust:

- 2 cups flour**
- 1 tsp. salt**
- 2/3 cup shortening**
- 6-8 Tbsp. ice water**

Filling:

- 3 cups peaches, sliced**
- 1 to 1 1/2 cups sugar**
- 2 cups water plus 2 Tbsp. cold water (divided use)**
- 1/4 cup cornstarch**
- 2 Tbsp. margarine**

1. For crust: Mix together flour and salt; cut in shortening; add ice water. Form into ball.

2. Roll out 2/3 of the dough to fit a 9x12-inch baking dish. Roll out remaining dough and cut into 1-inch strips.

3. For filling: Simmer peaches, sugar and 2 cups water for about 15 minutes.

4. In a cup, mix 2 Tbsp. of cold water into cornstarch. Stir mixture into peaches to thicken.

5. Pour peaches into unbaked pie crust. Top with strips of dough. Sprinkle with sugar and dot with margarine. Bake at 375 F for 1 hour, or until brown and bubbly.

Sugar Bites

- 16-oz. pkg. bacon**
- 1 lb. 2-inch smoked sausages**
- 1/2 cup brown sugar**

1. Cut bacon slices in half. Wrap each sausage with a half slice of bacon; secure with a toothpick. Place in single layer in a 9x12-inch baking dish. Sprinkle with brown sugar; bake at 375 F for 35-45 minutes. Serve warm.

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