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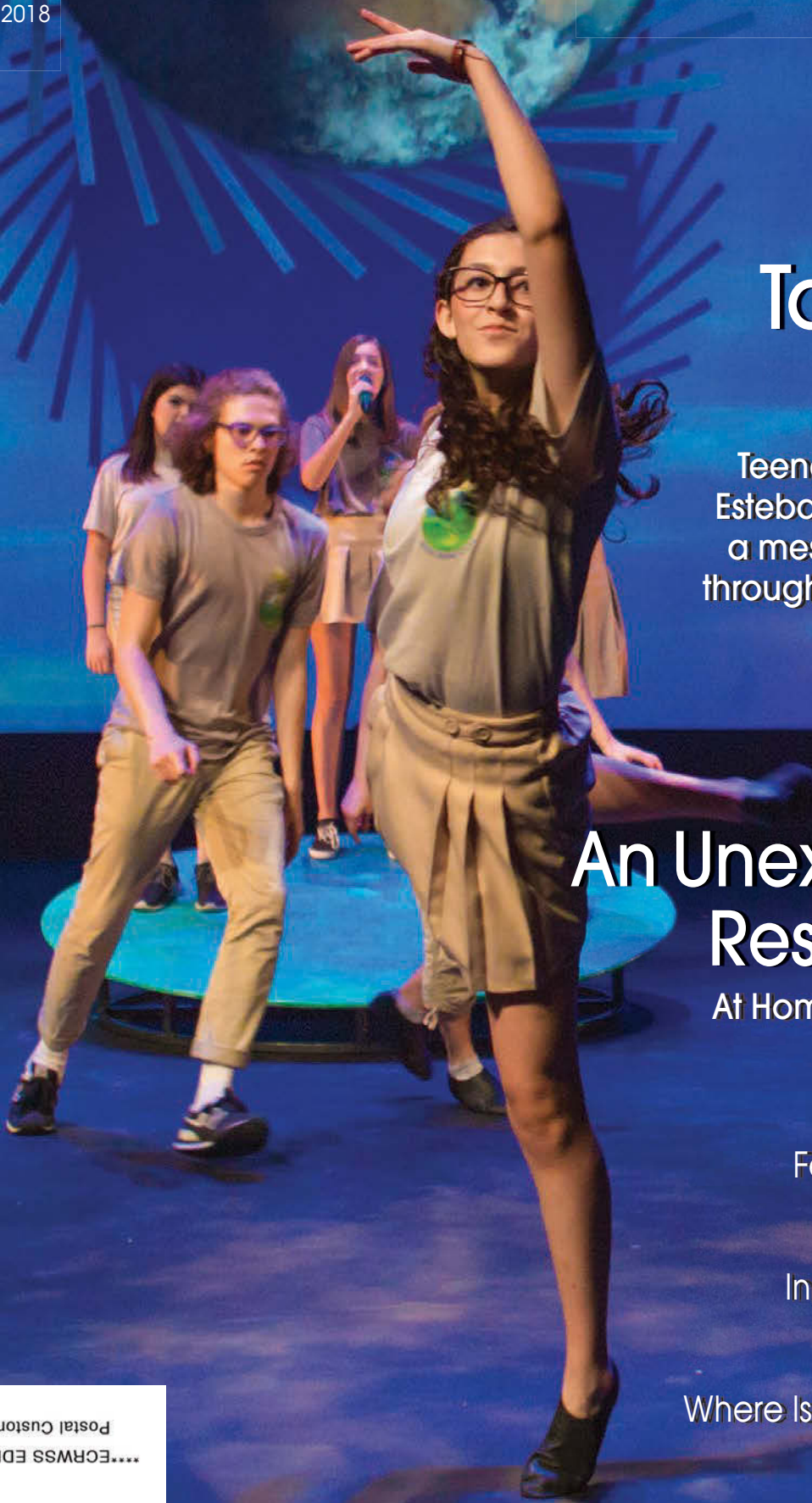
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ON THE COVER

Aledo's Cadena teens learn life skills through performance.

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Lisa

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EDITOR'S NOTE

Hello, Weatherford Friends!

As the new year begins, I look back at 2017 goals and identify which ones I achieved and where I failed. I admit some of my goals eluded me, as they often do. The year, somewhat challenging for me, is over. I cannot do anything about the past. I can look forward to 2018 with hope. All things are possible, but not if I get bogged down in what I missed last year. So as I prepare for 2018, I refuse to allow frustration to leave me feeling defeated. Instead, I choose to move forward with joy and hope, believing this really can be a great year.

What will I do differently as the calendar turns? I still want to finish projects I started last year. Some are far less important to me now, and they may fall off my list of desired achievements. New goals and plans will show up, hopefully along with a better plan for making sure they can happen. With hope for new beginnings, what is your desire for 2018?

Happy New Year!

P.S. New year, new look and some fresh, new ideas! The NOW Magazines team has been working hard on this project, and we hope you love it. Cheers!



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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."

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MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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TAKE THE STAGE!

— By Amber D. Browne



Articulate. Attentive. Charismatic. Just plain happy. These are all words that can be used to describe 15-year-old Yoella Cadena and her 12-year-old brother, Esteban. The Aledo siblings are members of the Resident Company of Youth Actors at Kids Who Care in Fort Worth. They've been singing, dancing and acting with the 501(c)(3) organization since 2009.

Yoella and Esteban's involvement at Kids Who Care began with weekly classes and evolved into summer camps. The next step was joining the resident company, which performs nearly four dozen shows across the Dallas-Ft. Worth region each year. The show is first presented during the July International Musical Theatre camp. The resident company is currently performing *Earth and Soul*, which is a musical about how everyone across the globe should work together to save the earth. "What Kids Who Care wants is for people to know and believe that kids can change the world," Yoella stated.

"We have to express it in a way that's fun," Esteban said, "but still get the message across and be serious about it." Yoella and Esteban take musical theater classes throughout the week and rehearse the show every Friday. During the fall, they team up with the other 50 elementary, middle and high school Resident Company cast members to rehearse on Saturdays as well. "We always have a game or two, so we add in more fun," Esteban added. "It's really awesome."

Over spring break each March, the resident company travels out-of-state or abroad to perform the show that they are currently touring. This March, the troupe will travel to Los Angeles, California. "Not only do we perform, but we also take

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classes with professionals in their city," Yoella stated. The spring break trips aren't all work and no play. "My favorite place would probably have to be when we went to New York. We saw Broadway shows," she explained. "We got to see the best of the best."

Throughout the year, Kids Who Care staff, volunteers and resident company members plan for the spring break trip. Funds are raised

through garage sales, Valentine's Day singing telegrams and other initiatives to support Resident Company members who cannot afford the trip. During the first week of February, Resident Company members make calls, Facetime and Skype those who have been selected for singing telegrams. "We want everyone to feel the experience and have fun with the company," Esteban said.



Although much of their weeknights is spent taking musical theater classes, rehearsing and performing with Kids Who Care, Yoella and Esteban carve out time in their busy schedules for other activities. Yoella takes dance classes at Margo Dean School of Ballet and is in musical theater at Aledo High School. "Being in high school, I have a lot of work to do. So, I always do homework in my free time." The sophomore enjoys chemistry and would eventually like to work in the medical field. "When I'm not busy, I just like to relax. There's a lot on my schedule. I enjoy finding time to Zen out," she shared.

In addition to Esteban's Kids Who Care classes, the seventh-grader performs in theater at Aledo Middle School and plays select soccer. He enjoys math and science and wants to take STEAM courses in high school.

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Esteban would like to pursue a career in engineering. "That's what my dad is," he shared, "so I want to be like him." Esteban plans to continue performing in musical theater after high school. "Maybe I could do it as a summer job," he said.

Although their roles for each Kids Who Care performance differ, the Cadena siblings have their favorite musical theater experiences. Esteban's most cherished moment was playing the role of Peter in *Peter and the Star Catcher* during the June Musical Theatre Intensive Camp last summer. "Having a main part isn't everything [it's thought to be] because there's also a lot of hard work that goes along with it. Whatever role you have, you're always doing something," he stated. "Whether it's a game, an acting call-back, a mini performance or rehearsing, you'll always be with a group of people. You'll always be having fun."

Yoella's performance background is dance. "I've always had dance roles," she shared. "You get to tell a whole story just through movement." The role of Sanchez in *Peter and the Star Catcher* was Yoella's first significant acting role. "*Peter and the Star Catcher*

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was a huge transition for me from dancer to actor," she admitted.

Musical theater isn't all that is learned at Kids Who Care. The Cadenas gain leadership and communication skills all while establishing lifelong global friendships. For the past several years, the Cadenas have opened their home and hosted international Kids Who Care camp students from Australia, Germany, Italy and Mexico. The Cadenas' father, Ignacio, is also on the Kids Who Care board of directors. "My parents, because they care so much, are also volunteers," Yoella shared. "They're very supportive of the whole family and the Kids Who Care idea."

The Kids Who Care staff has also made a positive impression on Yoella and Esteban. "They are always there for you," Esteban said. "They have a true passion for their job."

Kids Who Care inspires children and teenagers across the globe to lead by example. As a result, Esteban offers these words of wisdom to kids everywhere: "Don't be afraid to get your voice out there." **NOW**

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AN UNEXPECTED RESTORATION

— By Lindsay L. Allen

At Home With Mike and Tanya Belanger



Life is full of the unexpected. For Mike and Tanya Belanger, the first unexpected was love. It was December of 2005, and Mike was checking into his hotel in Saskatchewan, Canada, for a hunting trip. Meanwhile, Tanya, who had plans to skip her work Christmas party, was coaxed into attending at the same hotel where Mike was staying. When a group of Tanya's co-workers asked Mike to take their picture, he did and ended up with Tanya's number in the mix of it all, which turned into many months of long distance calling for the Canada citizen and Parker County native. Six months later, the two were engaged, and another six months later, they were married after Tanya and her then 8-year-old son moved to Texas to start their new lives. Fast forward 10 years and Tanya has gained her United States citizenship, too.

The couple purchased a home in June 2015 that required restoration. "We were looking at homes after living in Azle for eight years together. I was surprised when she called me and said she found a house," Mike recalled. "She said it was an older home that was going to take a lot of work."

The 1892 home, which cost \$614 to build originally, needed new plumbing, electrical work, exterior treatments like paint, new porches, sprinklers and so much more. "We tried really hard as we were restoring it to keep the old and integrate modern conveniences, as well," Mike noted.

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The home exudes a cozy, farmhouse look with a Victorian feel. For instance, the dining room and living room are covered in wallpaper that was printed to replicate the original wallpaper of the home, and a late 1800s kitchen table, seating eight, is in the dining room. But each room of the home has a unique, shabby chic quality that also feels quite modern.

“We love having our grandchildren over, so we wanted a comfortable

home, not one that felt like a museum,” Tanya said. “I just saw so much potential in this home when I was looking at it. And though I have never been ‘crafty,’ we spent a lot of time searching the Internet and pouring our blood, sweat and tears into the home. We did everything except the plumbing and electrical ourselves. Mike even built the shutters and added working Victorian latches.” A quick tour around the home and it’s easy to see that this



Weatherford home has brought out the “do it yourself” bone in Tanya, as many of the pieces around the house have been refinished, painted or restored by her.

The guest room offers a neutral and burnt-orange, almost rust, color scheme with a beautiful dresser, footboard and headboard, all painted by Tanya. The guest bathroom has chandeliers painted by Tanya, of course, to give a more Victorian feel to the room. The living room has Mike’s mother’s old embroidered floral art with frames Tanya painted, and the list goes on and on.

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restoration of furniture and art pieces can be seen, Mike's personal touch is also found throughout the home. The French doors of his office match the style of the home and open to his 1800s desk, lamp and globe. The guest bath is covered in the tile he laid. It also features a buffet he separated into two pieces for the bathroom sink, as well as a butcher table, which he cut and Tanya stained, that sits atop the washer and dryer.

They both agree that the guest bathroom is one of their favorite rooms in the home, as the gray marble countertops, tiled floors and original chandelier in the home all combine for a look they love. The bathroom previously boasted a beautiful and original cast-iron tub, but the size of the tub, or lack thereof, made it unusable. The Belangers searched for a longer claw foot tub and now have a beautiful and modern looking bathroom with all the special touches that come with owning a home from the 1800s.

The kitchen offers counter space at three of the four corners of the room and new appliances. Everything that was original to the home was replaced, except for the cupboards, which the couple painted, of course.

The entry hall is long and wide enough to almost be considered a room all its own. The home used to be a dog-run home, meaning the two sides of the home were joined together by the passageway in the middle, which at some point was enclosed. It would have served as a breezeway and a shaded spot for

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sheep dogs to lay. The entry hall has the same shabby chic/Victorian feel to it that is found in every room of the home. It is large enough to offer comfortable seating and beautiful chests for those who pass through. In the entryway hangs a ceiling fan that came from the second floor of the Montgomery Ward building in Fort Worth after they had a big flood in the '40s that reached the second floor. While the lights on the fan weren't working when they purchased it, they were able to clean it up and fix it so it is part of their home now.

"I looked at Google and Pinterest a lot for inspiration," Tanya recalled. "I wanted to maintain the history of the home. In fact, this was the first home on the street that had electricity. I searched for door handles and other items that would have been from that period. Once you start searching for these items, you start finding vintage surplus and hardware vendors."

Mike and Tanya's bedroom, which has access to the wraparound porch, also has a door from the 1940s or earlier. After opening their doors during the Tour of Homes, a lady whose grandparents used to live in the home visited and remembered the door in the bedroom from when she was a little girl. The backyard also has the chicken coop that might be original to the home. While they're unsure of the date on the coop, it adds the perfect touch to the home that honors the past and includes the popular farmhouse style. While love and an older home were not on the radar for Mike or Tanya, they are proof that the unexpected things of life are often the sweetest. **NOW**

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Where Are They NOW?

George Downs

— By Lisa Bell



In 1947 at 4 years of age, George Downs' life changed abruptly. His father died, leaving a young widow and three children. Unlike today, she had few career options. Although she loved her children, she needed help. Because her late husband was connected to the Pythian Home, they were able to take George and his sister, Betty, who was 14 at the time. Their older brother, at 15, was too old to join them. So until 1952, the two younger siblings lived in the Weatherford home for children.

George confided that he started out rough there because of his young age. Betty came every night, sitting beside him while he cried until he fell asleep. Eventually, though, he got used to the changes and made friends at his new home. Everyone there had a job. His first one consisted of sweeping the porch from his dormitory-style home to the main building. At 9 years old, he took on the role of "trash man" — taking trash to the big burn pile. With a job to do, the children helped run the place, but it also taught them valuable work ethics.

Not all "work" was difficult. George remembers the big peach orchards. His favorite memory happened every

summer when they'd pick the peaches and get together to peel them. During the harvest months, they ate peaches in every way imaginable. He still loves peaches today. As a self-sufficient children's home, they had vegetables growing on the grounds and even had a cannery. They also grew watermelons, and in the summer when they ripened, the kids got to eat as much watermelon as they wanted. "I'm sure there was a lot of bed-wetting those nights," he said with a chuckle. But George counts eating those watermelons among his favorite memories, too.

Better known as "Butch" during his time in Weatherford, George learned a lot from being at the home. Even as a child, he understood the value of money. Each Christmas, they received \$24 to spend — a lot in the 1950s — and a Sears, Roebuck and Co. catalog where they could spend the money. Of course, if they wanted a bicycle, they had to get special permission.

Although George left Weatherford early in life and attended high school at a boys' ranch in Burnett, he has fond memories of the Pythian Home and friends from there. He didn't keep up with them as well as Betty did with her friends.

For eight years, George served in the Air Force and ended up back in Dallas with his mom. During a friend's 1969 wedding, he met the bride's sister, Polly. She taught in Arlington, and he worked at Xerox. On August 7, 1970, they married and have been together ever since.

George suffered multiple broken bones in a 1977 car accident. Considered handicapped at that point, he went back to school and graduated with an accounting degree from The University of Texas at Arlington. In 1980, he went to work for ARCO Oil. Six years later, he joined the staff of the IRS and remained there until he retired in 2003.

"He still loves peaches today."

A two-time cancer survivor, George is now retired. In 2005, he and Polly bought property at Mountain Lakes in Bluff Dale and built a two-bedroom retirement home. They later bought a home suitable for four generations, one of which was Polly's mom, Mary. At the end of summer 2017, they decided to downsize and moved to Granbury, bringing only Mary with them.

George continues working with wood, making ballpoint pens and aspiring to create wooden bowls. He was always a tinkerer, but for the most part simply enjoys his easy chair. Also proficient with a computer, George creates their church newsletter. He is currently working on a neighborhood directory. With two daughters, four granddaughters, two grandsons and one great-grandson, he's slowing down a bit — but far from stopping. **NOW**

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One of the best parts of making memories is capturing the perfect shot to commemorate the occasion. Whether it is a “first” for your little one, or you need a photo of your family pet’s antics, getting the picture can be harder than it seems. These simple steps will help make sure you get an image to last a lifetime.

KNOW HOW TO USE YOUR EQUIPMENT

- Modern-day single-lens reflex (SLR) cameras are amazing, as long as you know how to use them. If you have, or are buying an SLR, the manual should be your friend. Most SLRs, whether digital or manual, offer many features, but the novice photographer often misses some of the features available. Specifics differ from one camera to another, but some common features include: changing shutter speeds, optional flash and the ability to take rapid-fire photos.
- Lenses have zoom capabilities for specific ranges, and bigger is not always better. For closer photos, a smaller lens gives a clearer picture, but shots from far away are greatly enhanced by lenses with a range of 55-300 mm.¹ Most companies also offer a lens choice that is branded “vibration reduction” or “image stabilization,” which steadies the subject but can also slow some camera functions.

READY, SET, SHOOT

— By Zachary R. Urquhart





If Your Camera Is a Phone

Phone companies have come a long way, when it comes to their camera features, though a phone picture will probably not have the quality of a stand-alone camera. Here are some things to remember when your phone is the only camera you can use.

- Use space behind the subject to make sure they stand out as much as possible. This could include the sky, a field or even a solid-colored wall. Most phones will automatically enhance the subject of the photo, but even the smartest phone may not know whether the subject is your son or the celebrity on the poster behind him.
- Use the flash and zoom sparingly. Most camera flashes overexpose



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the subject and leave colors looking washed out. And if you have to take a picture from far away, crop it afterward instead of zooming. You will see a drastic reduction in quality when you zoom in on a subject that is far away. Instead, let the subject be far away and fix it in the editing stage.²

- Find the right editing app. Different phones will have different best options, so find out what apps are ideal for your use.³ Getting out red-eye, touching up lighting issues and adding enhancements will take a standard camera phone and turn it into the work of art you were hoping to get when you snapped the photo in the first place.

FINDING THE RIGHT LIGHT

- Photographers of every level deal with the singular issue of lighting, with every picture they take. One of the best ways to ensure a good photo is to take it outdoors.⁴ Too much sunlight can be bad, but on a mildly cloudy day, just enough light means fewer shadows and rich colors for the photos. If you have to take a picture in the middle of a cloudless day, try to use trees with large openings to diffuse the sun, without completely putting your subjects in the dark.

- Make sure you and the subject are in the right spot. You may not be able to control the amount of light, but putting the light source to the side of the subject will decrease washout, if the light is behind them, and should eliminate the

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awkward squint that happens when your subject has to look into the sun. If you see shadows, you might consider adding a light source on each side of the subject, which will provide equal lighting for the photo.

- Learn how and when to use your flash. Make sure not to let the flash reflect off a mirror or window. On the other hand, using the flash when the sun is behind your subject can reverse the shadowing effect that typically ruins some pictures.

HOW TO CAPTURE YOUR LOVED ONES

Even with the right camera, the perfect light and complete understanding of how to use what you have, getting a great shot of a moving target can seem impossible. Remember these tips:

- Anticipate the movement, and use the shutter speed to your advantage. Aim your shot in the direction your subject is moving. It is better to get your child's face and the grass in front of him than the back of his feet.
- Be careful how you bribe. Offer the kids a treat for doing a good



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job, but do not hold it in front of them while taking the shot. You are likely to get a child with an unhappy look and outstretched arms.

• Use their energy and spunk. It may be messy, but getting a candid photo of your daughter joyfully eating an ice cream cone may be better than struggling to get a shot of her sitting just right. And for your pets, try action shots of them playing fetch instead of getting them to sit still for a photo.

This list can help you get great photos of special moments. But the most important tip is this: Focus on having fun. Do not let the stress of taking the perfect picture take away from making great memories with your loved ones. **NOW**

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In the Kitchen With

CLAIRE COMPTON

— By Lindsay L. Allen



Growing up in a home with a mother that could out cook the best of them, one would think that Claire Compton acquired her cooking and baking skills at a young age. It wasn't until marriage that Claire learned to cook though, and quickly! "I grew up in an age when measurements of ingredients for cooking were a pinch of salt and a handful of lard or included directions such as, 'add liquids to desired thickness,'" she said, "Because of this, I have few recipes that were handed down to me as everyone cooked and baked to their own estimates and desires."

Claire prefers to bake a pie or cake rather than make a meatloaf, roast or beans, and enjoys baking for the pleasure of others, especially when it comes to her chocolate icebox pie, a fan favorite! **NOW**

Chocolate Icebox Pie

Filling:

- 1 1/2 cups sugar
- 3/4 cup flour (less 2 Tbsp.)
- 3 heaping Tbsp. cocoa
- 1/4 tsp. salt
- 1/2 cup water
- 3 egg yolks
- 2 cups scalded milk (*Do not boil.*)
- 1/2 stick butter or oleo
- 1 Tbsp. vanilla
- Cool Whip, to taste

Pie Crust:

- 1 1/3 cups sifted flour
- 1/2 tsp. salt
- 1/2 cup Crisco, heaping plus 1 Tbsp.
- 3 Tbsp. water

1. For filling: Mix sugar, flour, cocoa and salt. Add water and mix. Beat in egg yolks.
2. Pour into hot milk. Using wooden spoon,

mix well. Cook until thick. Add butter and vanilla. Beat until smooth with electric mixer.

3. For crust: Mix flour and salt. Add Crisco and mix with two knives until very fine.
4. Add water slowly and mix. Puncture holes in crust with a fork. Bake at 425 F for 10-12 minutes on bottom rack.
5. Pour filling into baked pie shell. Cool in refrigerator. Top with Cool Whip.

Mushroom Chicken

- 4-5 chicken breasts
- Garlic powder, to taste
- Pepper, to taste
- 1 stick (1/2 cup) oleo
- 1 can cream of mushroom soup
- 1/2 cup cooking sherry
- White rice, optional

1. Brown chicken breasts seasoned with garlic powder and pepper in oleo in a skillet, but do not cook all the way through.

2. Mix together soup and cooking sherry. Pour over chicken and cover with lid.
3. Simmer until chicken is cooked through. Serve over white rice.

Mandarin Orange Cake

Cake:

- 1 butter cake mix
- 1 cup Wesson or Crisco oil
- 4 eggs
- 1 8-oz. can mandarin oranges
- (Do not drain.)

Icing:

- 1 20-oz. can crushed pineapple
- 1 small box instant vanilla pudding
- 12 oz. Cool Whip

1. For cake: Mix cake mix, oil, eggs and mandarin oranges with a spoon.
2. Bake in four round cake pans at 350 F for 15 minutes; cool.
3. For icing: Mix together the pineapple and vanilla pudding and fold in Cool Whip. Spread over top of cake (not on sides) and refrigerate. Keep refrigerated after serving to maintain moistness.

Chocolate Sheath Cake

Cake:

- 2 cups sugar
- 2 cups flour
- 1 stick (1/2 cup) oleo

1/2 cup Crisco
 4 Tbsp. cocoa
 1 cup water
 1/2 cup buttermilk
 2 beaten eggs
 1 tsp. baking soda
 1 tsp. cinnamon
 1 tsp. vanilla

Icing:

1 stick (1/2 cup) oleo
 4 Tbsp. cocoa
 1/3 cup milk
 1 lb. powdered sugar

1. For cake: Mix sugar and flour together in a large bowl.
2. Put the oleo, Crisco, cocoa and water in a saucepan; bring to a rapid boil. Pour mixture into flour and sugar. Mix well.
3. Add buttermilk, eggs, baking soda, cinnamon and vanilla. Mix well and pour into greased and floured 9x13-inch pan. Bake 20 minutes at 400 F.
4. For icing: Melt the oleo, cocoa and milk together; boil briefly. Remove from fire, add powdered sugar and beat well.
5. Spread on cake while still hot.

Chicken Casserole

Pam cooking spray, as needed

4 chicken breasts, cooked or 3 cans chicken
 8 oz. sour cream
 1 can cream of celery soup
 40 Ritz crackers, crushed
 1 tsp. poppy seeds
 1 stick oleo

1. Spray a casserole dish with Pam. Line bottom of dish with chopped chicken.
2. Mix sour cream and soup together. Pour over chicken. Sprinkle crushed crackers over top. Sprinkle on poppy seeds.
3. Melt oleo and pour over chicken mixture.
4. Bake at 325 F for 25-30 minutes until bubbly and golden brown.

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Apes Liquor

— By Lisa Bell

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Harpinder Singh started his business in 2009. The building, created for a liquor store, was originally rented by a previous liquor store. But when they went out of business, Harpinder decided to reopen the store as Apes Liquor.

His father, Upinder Singh, manages and helps at the store even though his son is the sole owner. After retiring from the Marines, Upinder owned and managed a real estate company. "Our family also owned several Subway franchises, which carried the highest ratings among all Subways," Upinder shared. His business expertise is vital. At the same time, he enjoys being part of Apes Liquor and interacting with the customers, while leaving the bulk

of the business to his son. The Singh family ties remain strong and supportive.

Apes Liquor carries all types of alcohol, from inexpensive brands to top-of-the-line varieties. But they also have a small snack section and every possible mixer, juices and sodas. In addition, they carry beer and wine. Although the wine selection is small, they plan to expand this section this year. They also intend to open a drive-thru this year. For those who enjoy smoking with their drink, a cigar section is in the works, as well.

The staff prides itself in the cleanliness of the store. They mop at least three times a day. Often when a regular customer enters, Upinder picks his or her normal selection off the shelf, and greets him or her by name. He remembers what they like and doesn't need the customer to ask. He already has it ready for him or her.

The Singh family moved to Texas from California. They like the slower paced lifestyle. "People in Texas are nice," they both said. After opening in Weatherford, they quickly

became part of the community. As a business, they give back by donating wine and/or liquor to all types of organizations for special events. "We desire to meet a need of the community, providing our products at the lowest price and with the best selection and unequalled customer service," Harpinder said. "Although we have competitors, we see them more as friends, each one serving a specific area." Apes Liquor is located on the west side and keeps people from having to drive far distances to buy their favorite beverages.

Apes Liquor carries all types of alcohol, from inexpensive brands to top-of-the-line varieties.

While they believe the cleanliness and customer service are among their greatest assets, they also offer longer hours every day, except for Sunday. With the exception of Thanksgiving, Christmas, New Year's Day and Sundays, they are open late and ready to help customers with selections for personal use or to purchase as a gift. They also offer gift packages all year long, which are great for any special occasion.

Harpinder stays well-versed in all business laws, especially those dealing with the sale of liquor. His business depends on it, but during inspections, he enjoys hearing how well he knows even new laws. If a person looks 35 or younger, he or she will be asked for an ID. If someone comes in who has already consumed a lot of alcohol, the staff won't sell additional alcoholic beverages. Besides obeying laws, they look out for the safety of their customers and others around them.

For those less familiar with their products, they encourage customers to ask for help and opinions. Their staff is more than willing to answer any questions, so everyone goes home pleased with their purchase. **NOW**

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Getaway to Good Times

— By Emily Nipps

Northwest Florida often gets less attention than Miami and Orlando, but it makes an ideal spot to explore and relax without the crowds. Sugar-sand beaches, emerald waters, historic landmarks and sunny outdoor adventures await families or couples designing the perfect getaway.

You don't have to venture far beyond the Alabama-Sunshine State border to find a treasure of activities, ranging from museums and mini-golf to waterfront dining and fishing. At the northwest tip of Florida sits beautiful Pensacola, known for its protected beaches and 18th century-era restored neighborhoods.

To get a real-life feel for Pensacola's past, start your trip by passing through Historic Pensacola Village. Whether you explore on your own or discover the area with a guide, don't

miss seeing the T.T. Wentworth, Jr. Florida State Museum, built in 1908.

Aviation geeks won't want to miss visiting the National Naval Aviation Museum. Located on Naval Air Station Pensacola, the museum features more than 150 aircraft on display. It's also where the Blue Angels Naval aerobatics team trains.

Pensacola owes its pivotal role in American aviation history to its famous warm climate and sunny skies. With free museum admission and free guided tours, the National Naval Aviation Museum is an affordable and fun adventure.

From Pensacola, it's about a one-hour drive along Scenic Highway 98 to the unspoiled beaches of Santa Rosa Island. Enjoy luxury beach houses, upscale dining and the unique

artist colony known as Gulf Place. Santa Rosa Beach also has several entrances to Point Washington State Forest, a 15,000-acre preserve known for rich hunting, off-road bicycling and hiking.

Santa Rosa Island is home to five fascinating all-brick forts built to defend coastal Florida after the War of 1812. Fort Pickens, finished in 1834, was active until 1947. Walk through the halls where soldiers were in the Civil War, World War I and World War II and where the great Apache leader, Geronimo, spent seven months after he was captured in 1886.

Fort Barrancas was built on the ruins of an old Spanish fort and finished in 1844. Fort McRee was built too close to the water with too much wood in its construction and was blasted to bits by artillery in the first months of the Civil War. The ruins are clearly visible near the surf at Perdido Key.

If the family is up for another three-hour drive continuing east on US-98, St. George Island is a perfect getaway along the water. Climb the 92 stairs to the top of the Cape Saint George Lighthouse, built in 1852, for a beautiful view of the island and surrounding waterways. St. George Island is also home to 17 miles of paved bike paths and numerous off-road trails for exploring. Jolly Roger Beach Shop rents bikes by the hour, day and week and is located in the center of the island.

For sunset, stop by the Blue Parrot Oceanfront Café for fresh seafood, cocktails and a great view of the water. Don't miss trying the fresh Apalachicola Bay oysters while you're there.

And if you want an even closer look at the sparkling waters, check out Journeys of St. George Island to charter boat trips for great fishing, rent kayaks or take your little ones on the guided dolphin tour or sunset cruise.

Whether you wish to relax or explore, look no farther than the sunny shoreline of northwest Florida. Its rich history combined with soft beaches and nature trails make it your getaway for good times. **NOW**

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A Brand New You

— By Zachary R. Urquhart

There's never a bad time to start exercising, dump bad habits or learn a new skill, and the beginning of the new year can be the jumpstart needed to make a change. If eating healthier is your goal this year, here are some ideas for a fresh start on becoming a new you.

Gluten-free vs. Low-carb¹

- *Know why you are changing.* Celiac disease and wheat allergies cause a small percentage of people to be unable to digest the protein from wheat properly, but many others have cut gluten and seen improvements in their health. It isn't clear if everyone would be healthier on a gluten-free diet, but if it means you avoid cookies or donuts and don't drink beer, less gluten would make you healthier. The key is understanding what you are avoiding and why, so you don't miss nutrients like fiber.

- *Eat less bread.* If you aren't actively staying away from breads and wheat-based starches, you are likely eating more bread than you need. While enjoying a roll with dinner may not be a bad thing, going for third and fourths is over-consumption.

- *There are other carbs.* The gluten-free trend stemmed from an earlier craze of reducing carbohydrates. But there are many types of carbs. Fruit is high in natural sugars, which is better than foods with added sugar, but too much fruit can still be a bad thing. The key in low-carb eating for weight loss is to avoid sugar and sugar substitutes like aspartame and sucralose as much as possible. If you need something other than water to drink, try unsweetened tea with a fruit wedge, instead of diet soda.



Diabetic Diets²

- *Control your glucose.* Diabetics should eat at regular times, with a focus on healthier foods like fruits, vegetables and healthy carbs. This helps the body produce and regulate the insulin it either makes or gets from injections.

- *Know what to avoid.* Diabetics are at a higher risk of heart problems, so limiting the amount of both saturated and trans fats is important. Fats in avocados and almonds are healthy in moderation, but animal proteins and processed foods aren't. Sodium and cholesterol should also be limited.



Heart Healthy³

- *Eat better to live longer.* If the goal is long-term health, you will want to make some long-term diet decisions. Choose whole grains over refined flour or calorie-high muffins and pastries. Add plenty of fruits and vegetables, while limiting sodium. Keeping portion sizes down to limit your caloric intake will improve your overall health.

- *Make good choices.* A heart-healthy menu includes good fats like those in healthy oils, nuts and seeds. Limit saturated fats and avoid untrimmed beef or hot dogs. Instead, choose



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good proteins like lean ground meat or poultry, eggs and legumes.

- *Follow a plan.* Find a variety of healthy options and buy groceries with a menu in mind to get food that meets your nutritional needs, while limiting the unhealthy options you are trying to avoid. And include a sensible “cheat” meal once in a while to curb cravings for unhealthy options.

Whatever your diet and health goals are this year, your first steps should be researching and deciding on a firm plan to follow. No matter your goal, knowing what to and what not to eat will help you become the new you that you are hoping to be. **NOW**

Sources:

1. “Is Eating Gluten-Free Healthier” obtained from <http://www.eatingwell.com/article/9943/is-eating-gluten-free-healthier/>
2. “Diabetes Diet: Create your healthy-eating plan” obtained from <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>
3. “Heart Healthy Diet: 8 Steps to prevent heart disease” obtained from <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>



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Zoomed In: Joseph Thomas Foundation

By Lisa Bell

Recently, the Joseph Thomas Foundation held their first Weatherford event — a biathlon — at Film Alley. John Thomas began the foundation after his son's death in August 2007. "Joseph was so very special. As a special needs child, he required constant medical care," John said. "We know firsthand the pressures this puts on the family — spiritually, emotionally and financially."

The nonprofit organization helps medically fragile children and their families. During the biathlon held locally in November, and an annual triathlon in February in Abilene, they raise funds. More importantly, for a day, these children get to experience bowling, skee-ball and (in Abilene) miniature golf, as if they are no different from any child. The Thomas family lives in Weatherford, working to bring joy to the lives of many others.



Donna Dickinson and Randy Cutsball have fun at Christmas on the Square.



DAR members Shirley Godfrey and Carol Livingston share the history of the red poppy scarves.



Byrd Mill is open for business at The Shops at Willow Park.



Zonta members raise awareness during 16 Days of Activism.



Scott Alley, Martin Talley and Judge Craig Tonson spend some time networking.



Playwriters Jessie Jones, Nicholas Hope and Jamie Wooten attend the worldwide premiere of Doublewide Christmas at Theatre Off the Square.



Larry and Carlene Eubank can't get enough of the Nativities at Museum of the Americas.



Gloria Munro and Tanya Hodges ring bells to support Parker County Meals on Wheels.



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Storytime-Penguins: 10:30-11:15 a.m., Weatherford Public Library. Early literacy programs for children from birth to 3 and a second for kids 4 to 6 years old. For more information, visit www.ci.weatherford.tx.us/142/Library.

5

Storytime with Bobbie Crosslin: 10:30-11:30 a.m., East Parker County Library. Come see what book we read today. Visit www.epclibrary.com for details.

8

Elvis Tribute: 6:30-8:00 p.m., Weatherford Public Library. Celebrate "the King's" birthday. This is a free event, but a ticket is required for each attendee. Tickets available at the reference desk. Visit www.ci.weatherford.tx.us/142/Library.



10

After school for Teens-Gamers Circle: 4:00-5:00 p.m., Weatherford Public Library. For teens age 12 to 18, an opportunity to test gaming skills against friends on board games and video game consoles. For details and more after school programming, visit www.ci.weatherford.tx.us/142/Library.

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American Red Cross Blood Drive: Noon-6:00 p.m., Weatherford Public Library. For appointments, visit

www.redcrossblood.org and search for sponsor code parkercountyarc.org or call 1-800-REDCROSS.

Walk and Talk: 1:00-2:00 p.m., Weatherford Public Library. Eight-week free program presented by Texas A&M AgriLife Extension. For details, visit www.ci.weatherford.tx.us/142/Library.

Quilter's Guild of Parker County: 6:30 p.m., Northside Baptist Church, 910 N. Main St. Join nationally renowned quilt artist Martha Lindberg. For more information, visit www.quiltersguildofparkercounty.org or contact Pam Luke (817) 596-5189.

19

Anne of Avonlea Play: **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m., Theatre Off the Square, 114 N. Denton St. Runs through **February 4**. For more details, call (817) 341-8687 or visit www.theatreoffthesquare.org.

25

Genealogy Workshop: 6:00-7:30 p.m., Weatherford Public Library. Learn how to use online genealogy resources such as Ancestry, Family Search and Facebook to enhance your family tree. For details, visit www.ci.weatherford.tx.us/142/Library.



Ongoing:

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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. For more details, contact rhamilton@weatherfordtx.gov or (817) 598-4359.



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

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

First and Third Thursdays
Post-Traumatic Stress Disorder (PTSD) Family Support Group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. The free support group will provide information

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Second Thursdays

Gardeners' Club of Parker County:
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Third Thursdays

Quilter's Guild of Parker County:
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Scoliosis

— By Betty Tryon, BSN

It could not happen at a worst time — a diagnosis of scoliosis right before puberty. Scoliosis is an abnormal sideways curvature of the spine. The progression of the atypical curvature happens most often during the growth spurt of the teenage years. Children commonly compare themselves to others, and a condition that causes physical deformity such as scoliosis can severely impact the emotional well-being of a young person on the cusp of adulthood. At a time when they struggle with normal body-image issues, they must now face the prospect of contending with a condition that will alter the physical shape of their body.

The most common type of scoliosis is Adolescent Idiopathic Scoliosis (AIS). Idiopathic means the cause is unknown although there is some evidence of hereditary factors contributing to this condition. Many children with AIS do not experience pain. It is when the spine curves beyond its normal range that the child and others will notice a problem. A beginning clue that something is wrong may be one leg seeming to become longer than the other one, which would cause clothing not to fit properly. When bending over, the curvature of the spine is more noticeable as one shoulder is higher and protrudes more

than the other one. There will be visible curving of the spine to either the right or the left. A serious case of scoliosis can alter the chest cavity and affect the person's breathing capacity. Left untreated, the deformity could become severe. However, with proper treatment, there is a good possibility that progressive curvature can be stabilized as the child grows. A brace properly prescribed and worn will help prevent the condition from worsening. The brace may have to be worn until skeletal maturity and the bones stop growing. In some cases, surgery is necessary to straighten and provide support for the spine.

As the spine curves and becomes more noticeable, the child's body image shifts also. Significant psychological distress may be noted. Some children complain of feeling isolated socially and not having many friends. A treatment plan for the physical condition should consider their emotional well-being as they often have low self-esteem. Providing a support group for pre-teens and teens would give them an outlet for their frustrations. In addition, speaking with other kids who have successfully undergone treatment and/or surgery could give them a great boost of confidence.

It is important for parents to understand all of the risks and benefits associated with any treatment plan. Understanding what is happening gives the family more options for an optimal outcome. **NOW**

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