Weatherford JANUARY 2019 Cowgirl at Heart Hall of Fame recipient, Shelly Mowery, loves horses and people In the Kitchen With Jennifer DeWitt Also inside: Kids' Fun Pages Crossword/Sudoku Live to Serve Featured Business: For Brock Hibbs, a evitomotus yoweniX happy life is filled with helping others DALLAS TX PERMIT #3450 Postal Customer DAID ****ECBMSS EDDW****





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Shelly Mowery is still a winner in rodeos and in the community.

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Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker | Weatherford Editor, Lisa Bell Editorial Coordinator, Sandra Strong | Editorial Assistant, Rachel Smith Writers, Amber D. Browne . Zachary R. Urquhart Editor/Proofreader, Angel Morris

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Morgan Christensen Martha Macias . Brande Morgan . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla Photographer, Kenzie Axtell

ADVERTISING

Advertising Representatives, Steve Randle . Cherise Burnett Dustin Dauenhauer . Trent Dean . Bryan Frye . Kelsea Locke Linda Moffett . Lori O'Connell . Melissa Perkins . Keri Roberson Linda Roberson . Joyce Sebesta

Billing Manager, Angela Mixon



ON THE COVER

Shelly Mowery keeps doing what she loves.

Photo by Kenzie Axtell.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 613-1533 or visit www.nowmagazines.com.





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FEDERAL



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

EDITOR'S NOTE

Happy 2019, Weatherford Friends!

It's a New Year — an exciting opportunity to start fresh. Maybe you love life the way it is. I hope so. But one thing I learned long ago, if we aren't growing and changing, we cease to thrive. Maybe we're still alive, but do we relish life? Something within us wants new challenges, and that's not neccessarily a bad thing.

I always like to spend time at the ending of a year and beginning of a new one to assess life in general. Are there things I want to accomplish? For me, it can be home improvement projects (big or small) or health goals (who doesn't want to lose some weight?), and learning new skills and personal writing goals. Then there is always some crafting I'd like to do. When I look back and see achievement in any or all of these areas, pride infuses me with the desire to do more. It feels good to review last year and see progress.

As I flip my calendar, I don't make resolutions. Resolutions get broken much too quickly. But I am looking at these areas of life and considering goals for each one. Most of the time, I get a little over-ambitious with them, which can be frustrating. This year, I want to be a little more realistic about what I can actually do, so I see progress next year. By setting specific, measurable goals, anything is possible.

Have a happy New Year!

P.S. Weatherford College will be celebrating its sesquicentennial throughout 2019 with various events. We'd like to wish them a happy 150th birthday!



FINALLY a way to fix the PAIN of a



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

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

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

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

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

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

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

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

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

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

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

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

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

MYTH: DISC Bulges or herniations require surgery.

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

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

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

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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

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

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

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2018 State Champion









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Long ago, in 1990, and not far away, Shelly Mowery earned the prestigious honor of induction into the Cowgirl Hall of Fame. At one point, she was a buyer for Ryon's, a western store in Fort Worth, and went to college on a full-ride barrel racing scholarship. She traveled for 10 years. One of the first female television broadcasters in the sport, she spent 35 years in the equine field.

Through the years, she became one of the top equine sports broadcasters for pro rodeos and national cutting horse events. The first "Miss Coors Rodeo," Shelly widely promoted professional rodeo, but she also brought significant attention to equal pay for women barrel racers in major rodeos. The Women's Professional Rodeo Association recognized her for taking a stand. Perhaps it was only a hint of an outstanding characteristic in this woman.

"All I wanted to do was ride my horse," she admitted. "But it opened a lot of doors. I have to attribute it to my love of horses." She points to their smell as one of the things she loves most, and their eyes. With the babies, she adores the bonding. "If you look away, they'll come toward you," she said.

Her eyes sparkled as she talked about these spirited animals with amazing peripheral vision. She always liked several horse events, but soon came to love cutting horses. "They're intriguing — do a lot instinctively. It's bred into them," Shelly said.







Rick, Shelly's husband, trains horses, while she still raises them. As much as she loves the new babies, she mourns those who grow too old. Her way of memorializing a horse comes in the form of turning pieces from their manes and tails into jewelry. Their daughter, Sawyer, competes, and Shelly loves going up against her. Even as she ages, Shelly continues riding and competing. "It's great exercise, and I'm not ready to give up. I hope I can keep riding forever," the former rodeo queen stated.

But growing older can't be ignored. While Shelly admits age forced her to slow down a little, she's actually glad. Although somewhat discouraged initially, it gave her time to enjoy life. Still, she refuses to stop what she loves just because she's past her 50s now. She still spends a great deal of time outdoors and is very active. And she wants to see others do the same.

In 2015, Shelly went to work as the interim executive director for Parker County Committee on Aging after having been on the board since 2007. She donated one year as the interim, but her passion grew. That characteristic of standing up for others came through again. At the end of the year, Shelly accepted the full-time position.

The new center, On the Vine, began when Jerry Durant donated 35 acres to the organization. Shelly immediately went crazy with outdoor possibilities. Now the center is about halfway completed, although there is still a lot of work to be done. What began as a new home for senior citizens morphed into a community gathering place — hence the name change to On the Vine.

The new building will host Meals on Wheels. "This isn't just about seniors,"





she stated. "It's about the community. It's the future." The new center will provide the perfect setting to bring those over 60 together with their friends and families in an environment that fosters activity. And staying active is crucial to healthier seniors and people of all ages.

Shelly hopes to see senior adults thrive and continue living independently as long as possible. She is as passionate about this project as she ever was for rodeo and horses.

One of her goals for the current senior center is to bring in younger people. You only have to be 60 to enjoy lunch, games and good times. The organization is nonprofit, but that doesn't stop Shelly. People constantly ask how they can help. Shelly is launching a series on social media, challenging anyone to donate and receive a \$20 match. She calls the Facebook-based challenge Let's do This. It will last for 30 days with the intent of raising money for the new center.

In her position, Shelly sometimes sees heartbreaking situations, such as one man who had no place to go. Living in a 5-by-7 well-house with no electricity, he needed more than a meal delivered. Being able to help someone like that is what keeps her working.

Though nearing retirement age and looking forward to slowing down eventually, this cowgirl at heart still enjoys the simplicity of being with her horses. "I can still cinch up my own horse," she said proudly.

While winning trophies, awards and buckles played a part in making Shelly famous, they are only things. Making a difference in the world always meant more to her. She influenced the rodeo world, and now she influences her community, and loves every minute of it. NOW





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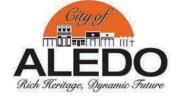










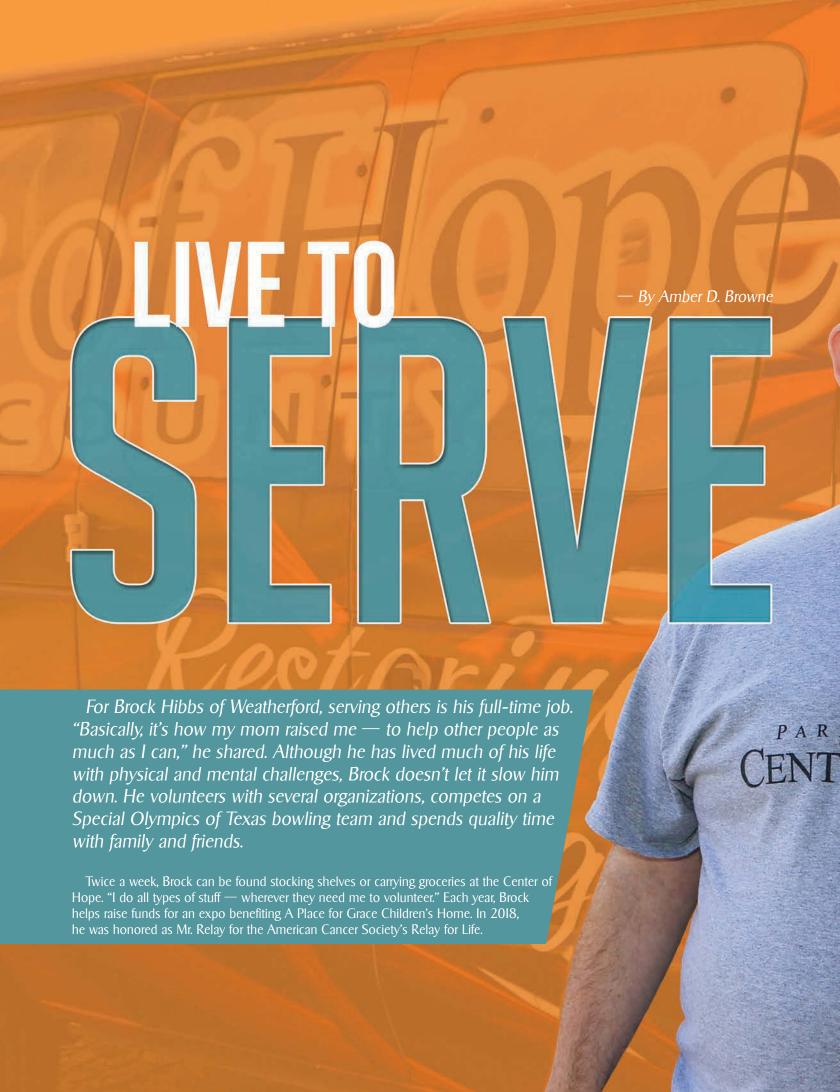


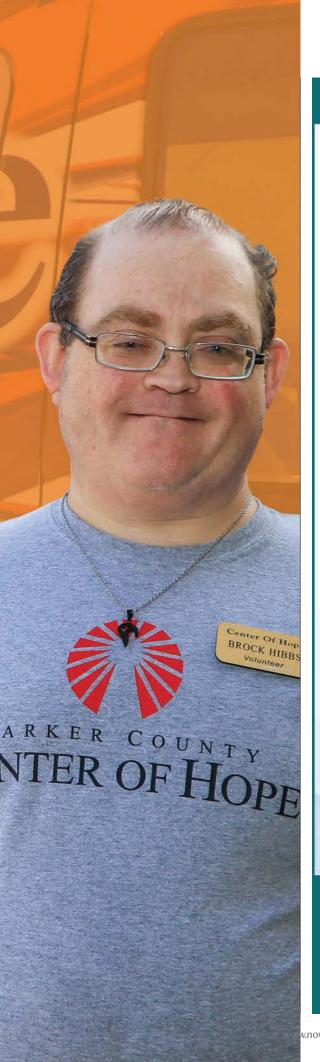












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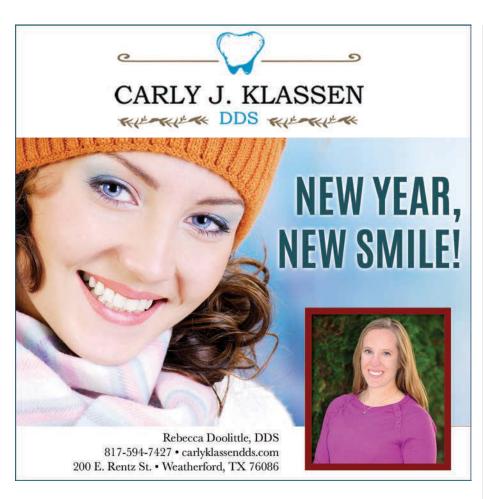
Those of you who've already enjoyed having Dr. Johannsen work on your smile know how committed he is to treating each of his patients with a truly personal touch. What you probably don't know is how he developed this passion for connecting with people, and what life events led him into a career in dentistry.

We invite you to learn more about Dr. Johannsen's story by visiting the code here.



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Brock's will to give back started at an early age. While at Peaster High School two decades ago. he raised funds for various groups. He served on the prom committee and as baseball manager for the team. Brock's mother, Tammy Jones, said that he is a natural at persuading people to donate money for causes. "If they didn't, they knew I would be coming back to beg for more," Brock said with a laugh.

During the summer,
Brock teaches local students
how to cook simple meals
at Camp Hope. "Mr. Brock" shares
his contagious smile with children at
vacation Bible school at Willow Park
Baptist Church each summer. "I like
working with the kids," he shared. "I
think it's because I can relate to them."

Brock graduated from Weatherford College in 2006 and has been an honorary Phi Theta Kappa member since 2005. He is one course away from earning a certification in early childhood education. "He's got to work a lot harder than everyone else, so it took a lot of time," Tammy shared. "He had some great teachers." Brock's ultimate goal is to find a part-time job working with special needs children.

At an early age, Brock suffered from ear problems, which led to hearing impairment. He began having seizures at the age of 7. "He had a horrible





one at 14. I thought we were going to lose him. That's when he lost most of his comprehension skills," Tammy explained. One issue he faces is mirror movements in which one hand will mirror the other. "I was told after the brain damage that he wasn't going to be able to do this, this and this," Tammy said. She raised him to be independent. "I was always real firm with him, loved him, but told him this is what you have got to do," she stated. "No one is going to make it easy for him. That's not how the world works. If you want to do something, you're going to have to pave your own way."

And that's what Brock has done for himself. Each day, he overcomes his physical and mental challenges, while serving the community. He lives on his own and has made a life for himself. Brock stays busy. "That way I don't get depressed," he shared.

The joy of Brock's life is his trained hearing dog, Cubby. He received the service dog thanks to donations from across the local area and a final anonymous donation five years ago. He enjoys bowling each week with his Special Olympics of Texas team. "I've been a part of this team for eight years," he shared. "The team I'm with is like a second family to me."

Although Brock is often giving to others, his mother and 17-year-old brother, Zachary, are always there to lend him a helping hand. "I depend on my mom a lot," he said. "There are a lot of things I can't do for myself. That's when my mom and my brother step in. I am so grateful for that." NOW





BusinessNOW

Kingway **Automotive**

— By Lisa Bell

Kingway Automotive 922 Fort Worth Highway Weatherford, TX 76086 (817) 598-1071 www.kingwayautomotive.com Facebook page: www.facebook.com/kingwayautomotive

Hours: Monday-Friday: 8:00 a.m.-5:00 p.m. Saturday-Sunday: Closed

In an industry critical to keeping people moving, Brandon Waters wants Kingway Automotive to stand out as one of the best. "We have the most honest mechanics and the most loval customers," he said. And he wants that to remain true.

Brandon and his family moved to Weatherford when he was a freshman in high school. He wasn't a young man who loved working on cars. In fact, he started out as a co-business owner in the trucking industry. But in 2010, the opportunity to buy the automotive shop opened up. "God opened the door to

AUTOMOTIVE & REPAIR AND MAINTENANCE

diversify when the economy was down. We set up the trucking business in the back and thought the shop would run itself."

Before long, he realized the shop needed his attention. Knowing little about car repair, he learned quickly. "I couldn't sell repairs I didn't believe in or something that wouldn't fix the problem," he added. Most of his customers were friends and people he knew from church and the community.

No longer providing trucking services, Brandon still believes in integrity. "We try to glorify God as best we can. It's by His grace we are here and successful," he said.

As an owner, he is passionate about making sure customers never feel cheated. They won't recommend an unnecessary repair, nor will they try a repair hoping it fixes an issue. Although a car can leave the shop and immediately have something else go wrong, Brandon doesn't charge the customer for returning to have a problem fixed correctly if they missed something.

Kingway Automotive offers all types of repairs, except for paint, body work and tires. From engines to transmissions,

timing belts, check engine lights, brakes and just about any other repair, they will tackle the job. At least once or twice each week, Brandon ends up turning people away because the repairs cost more than the car is worth. He'll honestly tell them when the money would be better spent as an investment on a new vehicle, even though it costs him a sale.

KINGWAY AUTOMOTIVE OFFERS ALL TYPES OF REPAIRS, EXCEPT FOR PAINT, BODY **WORK AND TIRES.**

While they don't donate directly on a regular basis, Kingway Automotive works through the Center of Hope and local churches. By providing a discount to these organizations, he can support them in the effort to help someone in need.

In Texas, winterizing a vehicle isn't a special event. However, a nonfunctioning heater may be a sign of a larger problem. It isn't about the luxury of staying warm while driving. Brandon insists on using antifreeze instead of filling a radiator with water. He prefers the 50/50 pre-diluted variety. He also shared that vehicles with lots of miles on them tend to have owners who keep the oil changed regularly. He generally refers customers to a nearby business for oil changes, so his mechanics remain focused on repair work.

Brandon said, "Pay attention to any changes in the car. Bring it in to find out if it matters." Don't ignore something from fear of the cost or because it doesn't seem important. Initially a needed repair can be minor, but left unattended it can grow into a major problem and a much larger expense

— something no one wants. **NOW**







Around Town



Bill Bush from Garland shares his ice sculptures in Weatherford annually.



Parker Paws helps connect dogs with caring families.

Zoomed In: Lee Tayon

By Lisa Bell

Since 1998, Lee Tayon incorporated a love for barbershop quartet style music in her life. "There's something so pure about just the human voice," she shared. "There's this almost visceral feeling when the harmonies come together."

She started singing with the Lone Star Chorus, but in 2008, she and several good friends formed Joyful Sound. Lee sings tenor in the group comprised of four ladies. They love singing gospel music particularly, but they always have fun and often put their own little spin to familiar songs. While performing, Lee said, "I hope you're having fun, because we're having a blast." Later she added, "If it wasn't fun, I wouldn't be doing it anymore." But it is, and she does it with joy.



Carolers provide music at Christmas on the Square.



EMT's Chris Roberts and Micah Ormon take a minute to enjoy antique cars.



Kelli Brown shares holiday tips at Home for Christmas.

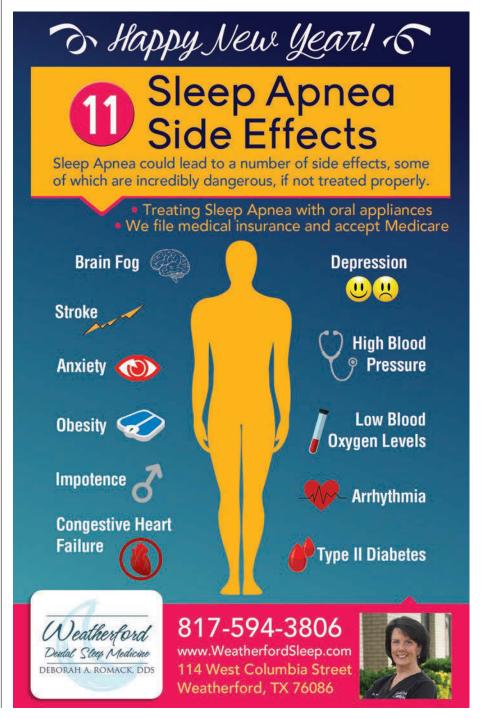


Weatherford FFA serves hot chocolate and popcorn on a chilly day.



J. Saint serves the community something he's proudly done for two years.







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2018 TAPPS 1A Division 3 Star

































tulations Christian Lions State Semifinals Champions



Photos courtesy of Amanda Bomar.



































Growing up in a rural area of north central Missouri influenced Jennifer DeWitt's cooking. "I have favorite foods no one here has had. It's kind of like bringing home with me wherever I go," she said. Co-owning The Full Cup with her best friend, Bridget, Jennifer enjoys creating drinks that make their customers happy.

Eating with family and friends is her favorite thing to do, especially at her son's house when he cooks something for them. "I love to spend time with people I love, enjoying good food and playing board games," Jennifer shared. Without family nearby, she considers herself lucky to have good friends willing to share this tradition, especially during holidays. She also enjoys crafting, football with her husband and their black Lab, Achilles. Now

Grandma Jean's BBQ Meatballs

Meatballs:

1.5 lbs. ground beef

1/2 cup milk

1 cup oatmeal

1 egg

1/2 cup onion, chopped

1/4 tsp. garlic

1 tsp. salt

1/4 tsp. pepper

1/2 tsp. chili powder

Sauce:

1 cup ketchup

1/2 cup brown sugar

1 tsp. liquid hickory smoke

1/4 cup onion, chopped

1/8 tsp. chili powder

1. For meatballs: Combine all meatball ingredients; form into balls the size of a tangerine. Place in a 13x9x2-inch pan.

2. For sauce: Mix all sauce ingredients together; pour over meatballs. Bake at 350 F for an hour.

Cornbread Salad

- 1 16-oz. pkg. cornbread mix
- 1 1-oz. pkg. ranch dressing mix
- 1 1/2 cups sour cream
- 1 1/2 cups mayonnaise
- 2 15-oz. cans pinto beans, drained
- 3 tomatoes, chopped
- I cup green bell pepper, chopped
- I cup green onion, chopped
- 2 cups shredded cheddar cheese
- 2 11-oz. cans whole kernel corn, drained
- **1.** Prepare cornbread according to package directions. Cool, crumble, and set aside.
- **2.** Whisk together dressing mix, sour cream and mayonnaise.
- **3.** Crumble half the combread into the bottom of a large serving dish. Top with half the beans and layer the beans with half of the tomatoes, green bell pepper, and green onions.
- **4.** Sprinkle with half the cheese, corn and salad dressing mixture. Repeat layers; cover. Chill at least 2 hours before serving.

Marinated Pork Tenderloins

1/3 cup soy sauce

1/4 cup natural wine vinegar

2 tsp. pure vanilla extract2 garlic cloves, minced1 tsp. freshly ground pepper1 cup apple juice

1 3- or 4-lb. pork tenderloin, trimmed

- **I.** Combine soy sauce, vinegar, vanilla extract, garlic, pepper and apple juice in a sealable plastic bag; mix well.
- **2.** Add the tenderloin; seal. Marinate in the refrigerator 4-5 hours or overnight, turning the bag occasionally. Drain, discarding the marinade.
- **3.** Grill the tenderloin over direct heat for 3-4 minutes on each side, or until nicely seared.
- **4.** Grill over indirect medium heat for 35-45 minutes, or to 145 F on a meat thermometer.
- **5.** *Note:* For an accurate temperature, place the thermometer in the thickest part of the tenderloin. Place the pork on a plate and let stand; it will continue to cook as it stands. Pork should reach an internal temperature of 150 F.

Chocolate Layered Dessert

1 cup all-purpose flour
1/2 cup butter, at room temperature
1 1/2 cups finely chopped pecans
(divided use)
Pinch of salt
8 oz. cream cheese, at room temperature
1 cup powdered sugar
16 oz. Cool Whip (divided use)
2 3.9-oz. boxes instant chocolate pudding
3 cups milk

- **I.** Combine flour, butter, I heaping cup of pecans and salt; press into the bottom of a 13x9-inch baking dish. Bake at 325 F for 25 minutes. Cool completely.
- **2.** Mix cream cheese and powdered sugar with an electric mixer until smooth. Fold in half of the Cool Whip; mix until combined. Spread cream cheese mixture evenly onto crust.
- **3.** Mix pudding mixes and milk with an electric mixer until combined; mix on medium speed for two minutes. Spread chocolate mixture evenly onto cream cheese layer.
- **4.** Spread remaining Cool Whip onto chocolate layer; sprinkle with remaining chopped pecans.

Company Potatoes

2 lbs. thawed hash browns
8 oz. sour cream
1 10.5-oz. can cream of onion soup
2 cups shredded cheddar cheese
1/2 tsp. salt
1/2 tsp. pepper
1 cup cornflakes
1/4 cup butter, melted



1. Combine all ingredients, except cornflakes and butter; press into 13x9-inch greased pan. **2.** Combine melted butter and cornflakes; spread on top. Bake at 350 F for 1 hour.

Roasted Vegetables

- I large sweet potato, cubed
- 1 acorn squash, cubed
- 4 parsnips, thickly sliced
- 2 cups fresh Brussels sprouts, halved
- I cup whole pecans
- 1 cup Ocean Spray Craisins dried cranberries
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- **I.** Combine all ingredients; spread onto a baking sheet.
- **2.** Bake at 350 F for half an hour, or until veggies are browned.

Spiced Wine

- 2 bottles Bogle Essential Red (or your personal favorite red wine)
- 2 oranges, sliced into rounds
- 4 cinnamon sticks
- 12-14 whole cloves
- 2 dashes ground ginger

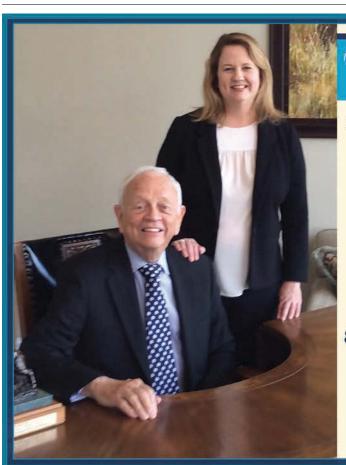


I cup brown sugar I cup water Orange slices or cinnamon sticks as garnish (optional)

- **I.** Place all ingredients (except garnish) in a slow cooker. Turn heat to low and cook for 2-3 hours.
- 2. Ladle into glasses or mugs; garnish as desired.
- **3.** *Note*: Slow cooker may also be turned to "keep warm" setting if you prefer for guests to serve themselves.

To search for more great recipes from any of the 10 NOW Magazines publications, visit

www.nowmagazines.com.



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THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Wolff



THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Wolff



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The Mississippi River borders its state, but the river isn't all you see traveling through Mississippi. From beaches in the south to cities and beautiful countryside, visitors can enjoy a variety of sites. With relatively mild winters, even the early months of the year can be a perfect time to visit.

At the Gulf Coast, beaches and waterparks offer water fun for most of the year. When temperatures cool down, there are still opportunities to play golf or fish. From an oceanside dock or out on a chartered boat, one can enjoy catching more than 200 varieties of fish.

Mississippi is well known for the origination of blues music, but many other genres also grew from the blues of long ago. One of the best features in the state is the Mississippi Blues Trail. Throughout the state, guests can visit the birthplaces of legendary musical icons and learn about the way they lived and their early influences.



Take in dozens of the markers in Southaven at the Tanger Outlet Mall or a single marker in other towns along the way. Stop at amazing museums, such as the Gateway to the Blues located in Tunica, Mississippi.

Tunica, also known for resorts and seven casinos, is home to the RiverPark & Museum. An interactive environment, the entire family can enjoy the two-story building next to the river. Inside, learn about Mississippi, including the origin of teddy bears. Experience a diving bell or enjoy the peaceful aquarium. On one









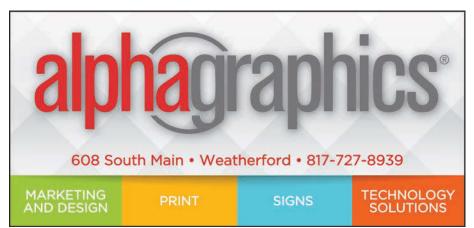
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side of the museum, rocking chairs line the sidewalk, looking over the river where barges and ferries still run. In addition, trails fill the park, where young and old can explore nature.

Much of the state remains untouched. With numerous state parks, outdoor enthusiasts can hike, camp and even hunt and fish in some of them. Nearby recreation areas provide a variety of entertainment. In Canton, MS, visit Mississippi Petrified Forest, an unforgettable step back in time.

Many farms in Mississippi open to the public during different seasons. Picking fruits or visiting a pumpkin patch create wonderful memories. Cedar Hill Farm in Hernando is one of the best known, but others in the state offer a similar experience. With havrides and barrel trains, children and parents create memories that last a lifetime.

The historical town of Hernando features an old-fashioned town square





with festivals and events throughout the year. The home and ranch of Jerry Lee Lewis still exist near this small town. Be sure to arrange a tour in advance to see this music legend's home. Another site worth visiting in Hernando is a historic landmark commemorating the Mississippi Freedom Trail. For history buffs, following this trail makes a memorable trip.

Throughout the state, many battlefields remind visitors of a war no one wants repeated. Vicksburg houses one of these, commemorating a key turning point in the Civil War. Driving through with an interactive audio brings history to life in these locations.

When visiting Mississippi, be sure to spend time in Jackson. This city alone can fill days with fun. The zoo houses almost 400 animals from more than 200 species. With multiple museums, find something interesting for every family member, from the Civil Rights Museum to the Sports Hall of Fame and many history museums.

Be sure to take the kids to the Mississippi Children's Museum. A richly interactive space, children learn without realizing it. Next door, the Mississippi Museum of Natural Science also offers great interaction, multiple aquariums and dozens of nature trails, as well as a rainforest maze.

Wherever you travel in Mississippi, prepare for adventure, fun and interactive history lessons. Follow trails or select a few places to focus your travels. Whether for a few days or weeks, Mississippi delivers a great way to spend quality time as a family.



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BINGING SEASON OF THE PROPERTY OF THE PROPERTY

— By Zachary R. Urquhart

Being a parent is equal parts amazing, terrible, the hardest and yet the best thing ever. Being a first-time parent, though, comes with the added bonus of wondering if you are doing it right. Here are a few tips to help navigate the mysteries of parenting.

Make Hard Choices

· Your baby is your baby. There are medical decisions that you will have to make pretty quickly in your baby's life — whether to circumcise your son, what vaccines you will get and what your baby will eat. When it comes to circumcision and vaccines, talk as a family and know what you want to do before your baby is born.









· Feed the right food. Figuring out what to feed your baby can be difficult. There is evidence that breastfeeding has benefits to both baby and mom. But whether dealing with a full-time work schedule, managing allergies or health complications or simply choosing not to breastfeed, if you opt to use formula, your baby will be OK.

· Your baby will tell you. If your baby is not eating enough, it might be due to an allergy or sensitivity, so you may need a different formula or to change your own diet, if breastfeeding. If your baby is especially fussy or gassy during or after feedings, you will want to talk to your pediatrician, and may even need to see a gastroenterologist. Food allergies are sometimes mistaken for common colic, so if your baby seemingly cries all day, let a doctor help you figure out what exactly is happening.

Expect These Surprises

· It is normal. When your baby leaves the hospital, they will have the remnant of their umbilical cord. Take care when cleaning around the area, but do not be surprised if it falls off a little sooner or takes longer than expected. And when you are snuggling your little bundle of joy, you will feel soft spots on his or her head. This is normal. As the baby's skull develops, the soft spots will completely fill in, so there is nothing to fear.





WTAAPS





· Be careful, not afraid. If you went through parenting classes before having your baby, you probably did an exercise where you warmed water for a bath until it was just right. You do not want to live every moment scared you will hurt your baby, but you do need to be cautious about bath water, bottle temperature and giving support to your baby's head and neck.

Getting Settled

- · Make routines. There is no right schedule for your new baby, but having regular feeding and sleeping times will help them thrive, and they will help you survive those early days with your newborn. In the first few months, your baby will need to feed throughout the night, so figuring out a schedule where one parent can stay up a little later or wake up a little earlier for some of those feedings can help everyone get as much sleep as possible. And having dad do some of the late-night feedings helps build the bond that is so important to develop with new babies.
- · Choose the right day care. Whether you are going back to work out of necessity or desire, there are many day care options. In-home facilities have fewer children, but often fewer amenities, while formal centers utilize a larger staff. And some will have rules about things like what food preparation they provide.

As your child grows, you may wonder about things like how to discipline or when to potty train. The most important thing is to make a decision as a family and know that there is no one right way to raise a child. NOW





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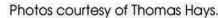






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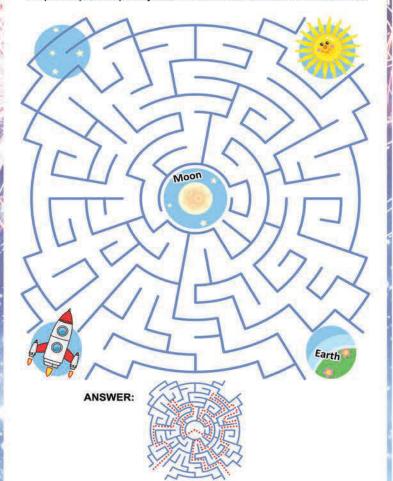




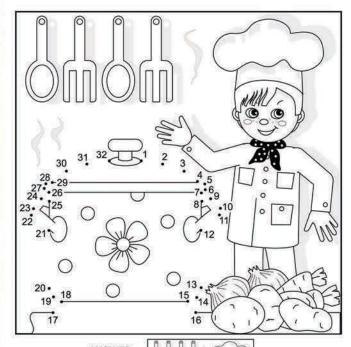


Kids Fun Pages

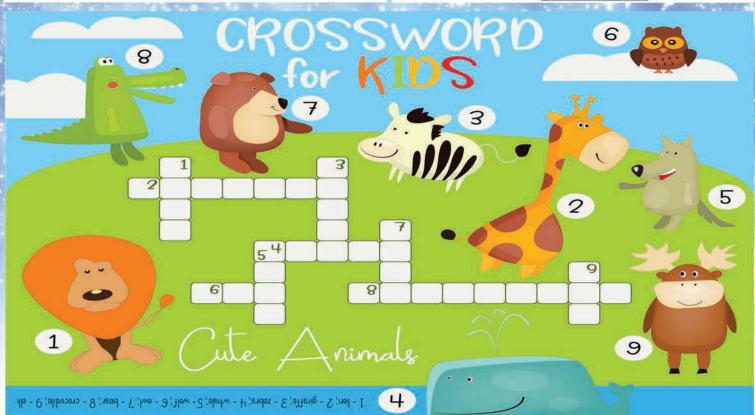
Help the spaceship to fly to the Moon and then return to the Earth.



Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then, color the picture!









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Kids' Fun Pages

Help the little elves to find the way to Santa's sack.

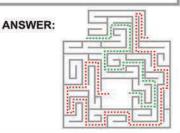


Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!



ANSWER:







ANSWER:





Help Santa get through the HAT maze to catch up to his hat. It was blown away by the wind.

ANSWER:









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Crosswordsite.com Ltd

Across

- 1 Continuous dull pain
- 5 Garage sale warning
- 9 What Rhett didn't give
- 10 Ate sumptuously
- 12 Alphabet start
- 14 Cost-of-living measure
- 15 Electrically charged particle
- 16 Med. care choice
- 17 Mint with Retsyn
- 19 Shed tears
- 20 Magnitude
- 22 They might swing
- 23 Detest
- 24 Top of the mouth
- 25 Large flightless bird
- 26 Crossroads of America
- 27 1918 pandemic
- 30 Flight science
- 33 Have a conniption
- 34 Singer --- Ronstadt
- 35 Inquires
- **36** Ova

Down

- 1 Take --- (try the pool)
- 2 Exaggerated representations
- 3 Pinafore's letters
- 4 Complete
- 5 Yemeni seaport
- 6 Act as a model
- 7 Looming
- 8 Sounded
- 9 Dolphins org.
- 11 Falls
- 13 Auction offering
- 18 Catastrophic occurrence
- 19 Solicit
- 20 Bundle of stalks
- 21 Image recorder
- 22 Space vehicle
- 24 Retrovirus material
- 26 Press fluids
- 28 Some TV screens
- 29 This publication is based in part of it
- 31 Bourbon flavoring
- 32 Welding method

Solutions on page 52





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Sudoku Puzzle

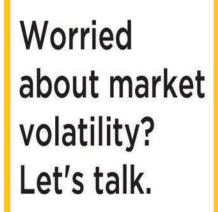
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Solutions on page 52





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1/1

First Day Hike — Penitentiary Hollow Wild Walk:

Join Park Interpreter David Owens on a wild walk, crawl and scoot through some of the most remote areas of beautiful Penitentiary Hollow. Reservations required. 10:00 a.m.-noon, Mineral Wells State Park (940) 328-1171, x222 david.owens@tpwd.texas.gov. www.tpwd.texas.gov/calendar/lake-mineral-wells.

1/11

Parker County Women's and Newcomers Club:

General meeting, \$11 for lunch, \$1 for drinks only. Reservations required. 9:30 a.m., FUMC Family Life Center, 301 S. Main.
Lois Gonzales (817) 946-1930 lois.gonzales7041@sbcglobal.net or Shirley Haswell

(817) 757-7379, danh7@att.net.



1/14

Movie Monday:

January feature for the month is Breakfast at Tiffany's. Bottled water and snacks provided for the showing of this award-winning film. 11:00 a.m.-1:00 p.m., Weatherford Public Library. www.weatherfordtx.gov/142/Library.

1/15

Beyond Board Games:

Collectible card and table-top gaming. Bring your own materials for your game of choice. Recommended for ages 14 through adult. 6:00-8:00 p.m., Weatherford Public Library. www.weatherfordtx.gov/142/Library.

1/21

Weatherford's Got Talent:

Open to area performers 18 and older.

Not a contest, but it is a lot of fun.

Presented by the Weatherford Public
Library. 7:00-9:00 p.m., Antebellum
Ale House, 321 E. Oak St.

www.weatherfordtx.gov/142/Library.

Rachel at rreeves@weatherfordtx.gov
or (817) 598-4207.

1/22

The Geekdom:

Share your love of film, TV, books, videogames and much more through fan-art and other geek-tastic activities. Open to teens for after school. 4:00-5:00 p.m., Weatherford Public Library. www.weatherfordtx.gov/142/Library.

1/25 - 2/10

Twelve Angry Jurors:

Live theater performance. Friday-Saturday, 8:00 p.m.; Sunday, 2:00 p.m., Theatre Off the Square, 114 N. Denton St., (817) 341-8687, www.theatreoffthesquare.org.

1/26

Planning for Life and Retirement:

Event provided by Paluxy Baptist Association and led by Pastor Glenn

Ward. Free event. 7:30 a.m.-12:15 p.m., Lake Granbury Conference Center, 621 E. Pearl St. (817) 579-5111 www.paluxybaptist.org.

Kids' Wilderness Survival: Two-anda-half hour course teaches kids to stay safe in the outdoors. Free with paid entrance or a State Park Pass. Reservations required. 2:00-4:30 p.m., Mineral Wells State Park. (940) 328-1171, x222, david.owens@tpwd.texas.gov. www.tpwd.texas.gov/calendar/lake-

mineral-wells.



Mondays

Lone Star Yoga Warriors:

Veterans are supported with sciencebased, trauma-sensitive exercises to regain resiliency. 1:30 p.m., Circle Y Yoga Ranch, 1303 Russell Bend Rd. (817) 609-6454.

First Mondays-Fridays-Sundays Prior

Weatherford First Monday Trade Days:

One of the oldest open-aired 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. 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. rhamilton@weatherfordtx.gov or (817) 598-4359.

Third Tuesdays

Parker County Cruisers:

The group for those interested in classic cars and specialty vehicles. 6:30 p.m., Mount Pleasant School, 213 Raymond George Way. (817) 994-0074.



First Wednesdays

Zonta of Parker County:

Zonta is an International organization that is empowering women worldwide. Guests are always welcome.

11:30 a.m., North Side Baptist Church Room 118. Brenda
(817) 771-9713.

Second Wednesdays

The Twentieth Century Club:

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



1/17

Weatherford College 150th Kickoff Reception:

Weatherford College celebrates their 150th anniversary this year. The kickoff is the first of a year-long celebration. 4:00-6:00 p.m., Alkek Fine Arts/Texas Hall. www.wc150.com.

Thursdays

Doss After Dark:

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

First and Third Thursdays

Connect Camp for Adults with Dementia:

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

Second Thursdays

Gardeners' Club of Parker County:

10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park (817) 919-6280.



Third Thursdays

Ladies Night Out:

Once-a-month late-night shopping event. Lots of fun and great bargains. 5:00-8:00 p.m., Historic Downtown.

Quilter's Guild of Parker County:

Quilters of all levels are welcomed. 6:30 p.m., Northside Baptist Church, 910 N. Main St., Mary Williams (940) 682-4631 www.quiltersguildofparkercounty.org.

Second Fridays

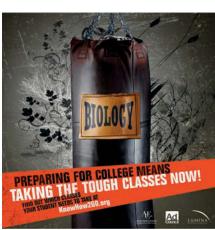
Spring Creek Musical: Old time musical with bluegrass,

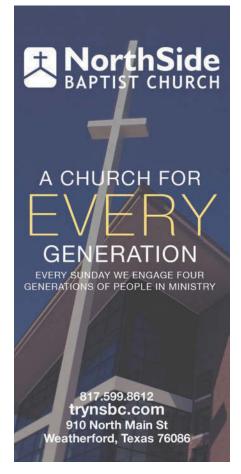
gospel and country music. Concession stand available with all proceeds going toward expenses Free and open to the public. 6:00 p.m., 100 Spring Creek Rd. Spring Creek Musical on FB.



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

















Crossword Sudoku Solutions

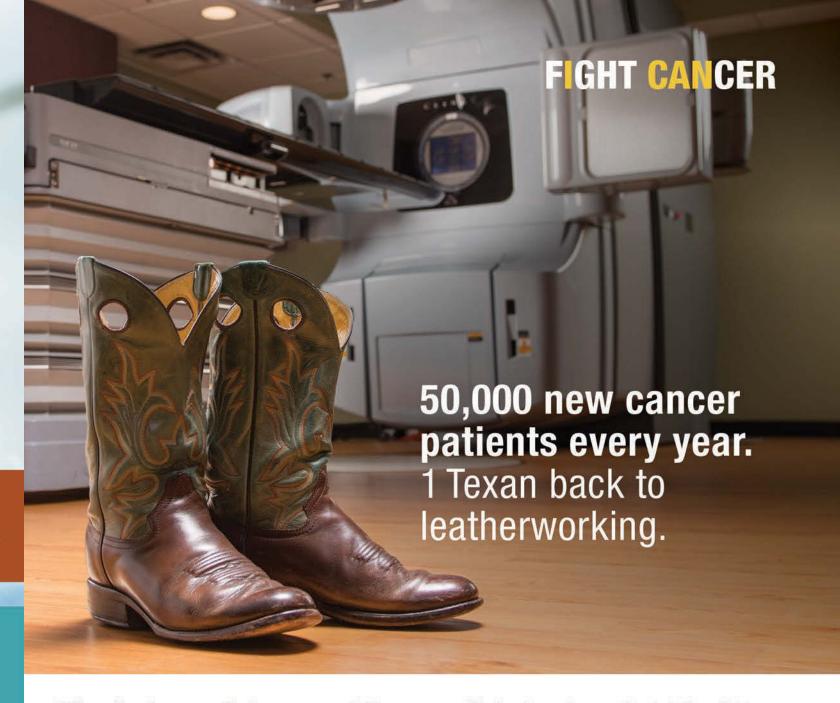
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