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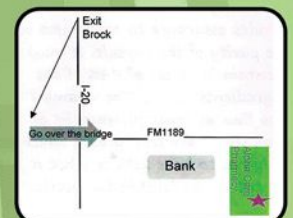


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*Photo by Sarah McVean.*

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## Editor's Note

*Greetings, WeatherfordNOW readers!*


As I walk down the aisles of the grocery store, I catch glimpses of heart-shaped boxes of chocolate and greeting cards decorated in shades of pink and red. Some may say the greeting card industry created Valentine's Day for profit, but I think it's a time for people to appreciate those they love. Valentine's Day gives us a chance to share our feelings with a thoughtful card, a single rose or a romantic dinner. Take time to share your feelings with someone you love this month.

February also marks the three-year anniversary of *WeatherfordNOW*. The monthly magazine has shared many stories over the years. It has been my pleasure to meet many of our readers, and I look forward to meeting many more! Please email me if you have anyone in mind who would enjoy sharing their stories with us.


Happy Valentine's Day!


# Amber

Amber D. Browne  
WeatherfordNOW Editor  
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# A Family Tradition

— By Amber D. Browne

*Camp Fire has become a tradition for many Texas families over the past 100 years. For Shane Mudge and his family, that tradition is alive and growing. As Camp Fire First Texas celebrates 100 years in 2014, this summer, Shane will mark his 25th year with the nonprofit youth organization.*

Shane first began working as a youth counselor at Camp Fire's summer program at El Tesoro near Granbury in 1989. That year, a friend asked Shane to work at a grief camp for youngsters who had lost a loved one. The grief camp dubbed El Tesoro de la Vida takes place during the last week of summer camp. Children from across Texas come together to deal with the loss of a parent, a sibling or other loved one. "You get in there, and a lot of these kids haven't been able to talk to anyone. They don't like to talk to their mom or dad, because it upsets them to talk about the death."

Although the camp includes counseling to help the children through the grieving process, it also focuses on traditional Camp Fire activities. "It's 90-percent fun. It's just like any other summer camp, but for the little 10 percent in there, we have grief counseling," Shane explained. "By the end of that week, they understand it's OK to talk about it."

Attending the grief camp allows many of the campers to find out they are not alone. They may have questions for other campers about how they handled the last days with their loved one. "They think maybe what they did was weird or not right, and this kid is validating them, because he did the same thing or had the same questions," Shane explained. "They start validating that stuff for each other and realize it's OK."

Some of the children's stories have been difficult for Shane to hear, but he always pushes through and provides needed support to the campers. Two weeks before the grief camp in 2007, Shane's father, Stanley Mudge, passed away. Shane was given a chance to back out and skip camp, but he felt it was the right place to be at that time. "I'm no different than a kid, but I have 37 more years of memories than this kid who has seven or eight

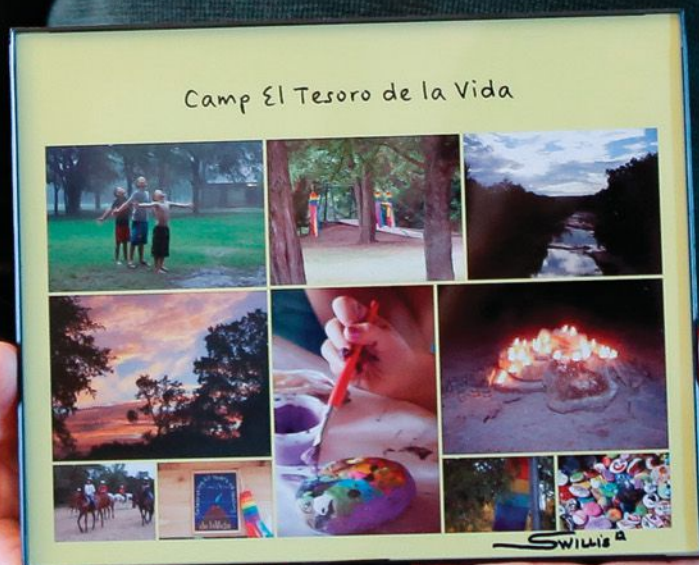




During the week-long grief camp, each camper paints a rock in memory of their lost loved one.

years.” It never gets easy, but Shane continues his work with the camp each summer to help the youth through the grieving process.

Shane met his wife, Diane, while counseling her two children in 1998. About a year after Diane’s late husband, Neil Weaver, passed away from cancer, she decided to enter her two children, Tori and Jake, into a year-round grief counseling program called The Warm Place. Shane counseled her 5- and 3-year-old for about a year, and they all became very close. Shane and Diane





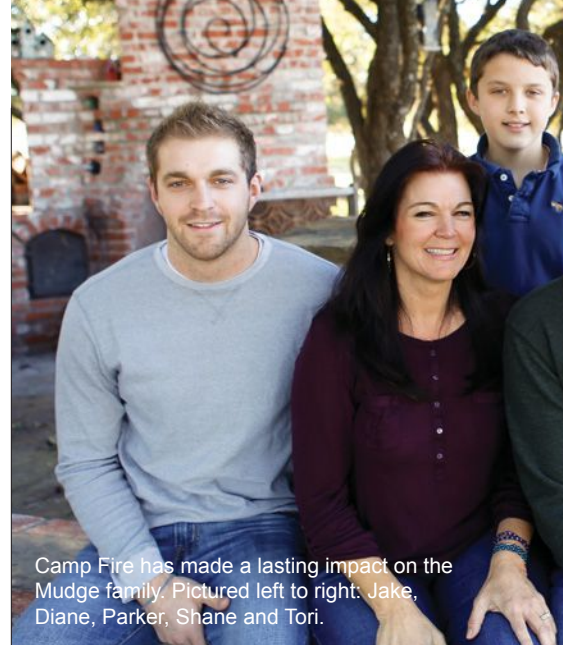
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Camp Fire has made a lasting impact on the Mudge family. Pictured left to right: Jake, Diane, Parker, Shane and Tori.

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married in 2000, and in 2001, Diane gave birth to Parker.

Parker is now 12 and doesn't miss a summer camp. He often attends multiple two-week Camp Fire camps each summer. "It's really fun, and I really like it. I have lots of fun doing archery," Parker shared. He also gets to ride on horseback and cool off while swimming with other campers, sparking lifelong friendships. This past summer, Parker participated in a challenge course for the first time. "You climb this huge rock wall, and then you get to zip-line down." The course challenges campers and builds their self-esteem. "It's really cool," Parker said.

Parker enjoys his summers as a camper, but his two older siblings have gone on to complete the Camp Fire Counselor-in-Training, which was a natural progression for Tori and Jake. "From the first time they went to camp, they never missed a summer," Diane explained. Over the years, Tori and Jake have met and made lifelong friends and still keep in touch with many of their fellow campers. Tori is still involved as a counselor with the summer camp and the grief camp. Jake no longer counsels with Camp Fire, but he volunteers with The Warm Place and Cancer Care Services. He'll also be serving in the Navy soon.

Although Diane isn't a camper or a counselor, she has played the mother role to many of the counselors during the summer. Planted in Aledo, just minutes from Camp El Tesoro, the Mudge house has become a second home to many of them. "The counselors all come here. We do all the laundry. Our washer and drier go all summer," Diane shared. "We





Shane Mudge shows his old camp rocks to his nephew Tommy Schroeder and niece Heidi Schroeder.

never know who's coming or how many!" Although many of her summer weekends are busy being mom to her children and the counselors, she enjoys the company.

When he first began counseling for Camp Fire, Shane was able to attend the camps all summer long. But, in 1993, he was hired to work full time at Burlington Northern Santa Fe. Now, Shane only works as a counselor during the week-long grief camp, leaving his stressful job and the rest of the world behind. "I'm pumped up to go out there, and I'm running on adrenaline." He's at El Tesoro de la Vida to make it enjoyable for the youth. "I get so wrapped up in it and having fun with them," he confessed.

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From after-school programs and Camp Fire groups to team building and day or overnight camps, the nonprofit has plenty to offer youth. Camp Fire has evolved over the years, and Shane has been a part of that growth. "Camp Fire used to be just little groups," he explained, "but they've branched off into other sectors."

For Shane, tradition is a key component of Camp Fire. "It takes you back to the basics," he said. Campers learn songs, arts and crafts, sports and how to cook outdoors. Phones and electronic devices are banned during the summer camps, so the youth also gain an appreciation for nature. During the week-long grief camp, each camper paints a rock in memory of their lost loved one. As a group, they plant a tree and put the rocks around it. Many of the rocks collected by Shane and his family over the years are now displayed in their living room. As each summer camp wraps up, campers receive a bead as a keepsake. "It's just a plastic bead, but it's the fact that it was given to them, and it meant so much to them."

Those kinds of traditions keep youth coming back to Camp Fire, and, of course, the friendships and experiences they have had at the summer camps. "It's a good place and helps kids who need that time together," Shane said. As for the Mudge family, they'll continue their work at Camp Fire, providing a safe place for youth to be themselves and make lifelong friendships and memories. **NOW**



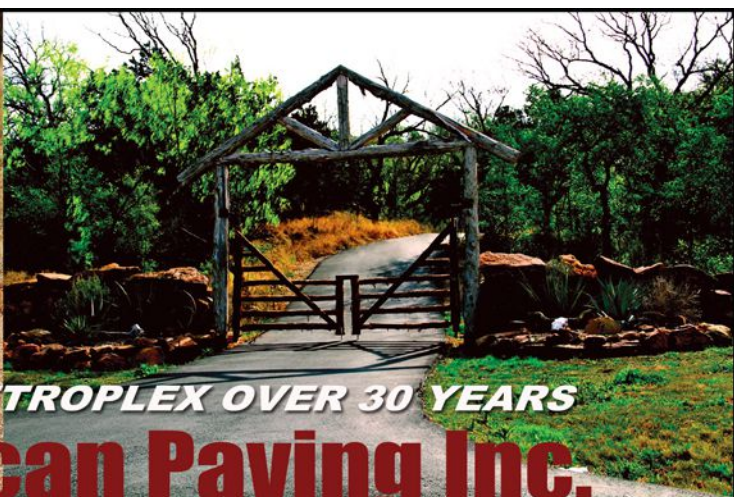
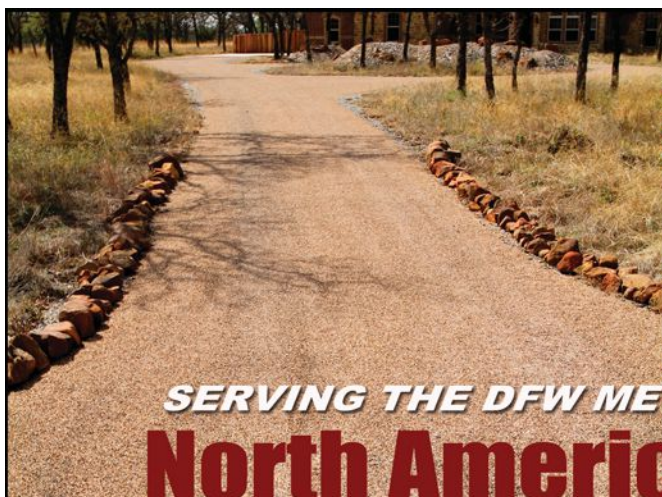


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# A Historic Challenge

— By Amber D. Browne

*The house that stands on South Lamar arrived in Weatherford in 1908 neatly packed in 13 boxcars. The kit included precut materials used to assemble the house that has been cared for by multiple families over the past century. Now, the home is owned by the Parr family. Jerry and Kay Parr refer to themselves as caretakers of the home, because they believe it will stand for another 100 years, giving many more families memories to share.*

Jerry and Kay moved from Colorado to Weatherford after buying the property in 2001. They have spent countless hours renovating the two-story house, which also includes a basement



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and an attic with 12-foot ceilings.

They hired contractors to renovate the plumbing and electrical wiring, bringing the behind-the-scenes systems into the 21st century.

Much of their free time has been spent renovating the exterior of the home, which has been challenging. "What we tried to do is, do no harm," Kay said. "We need to keep the integrity."

The back porch was the first section to be restored. "The entire floor was rotted out," Jerry explained. They renovated the porch, added screens and later installed windows built by Kay's stepfather and Jerry. "In the wintertime, we close it up, and it's a sunroom. In the summertime, we can take all those down, and open it up to become a screened porch," Jerry explained. He enjoys sitting there, chatting away the afternoon with Kay.

One of the most time-consuming renovations was repairing the white columns that frame the front porch. When the Parrs purchased the home, the bases of the columns were rotten. Jerry did some research and found beams in Gonzales, which he had custom-cut for replacements. "We had to jack up the roof, jack up the columns, saw off the bottom of the column and put a new base underneath. It took me all summer just to do one column," he admitted. The process was slow, but they wanted to do it right. The front porch is complete, and Jerry is now moving on to his next project, replacing the columns on the side porch.

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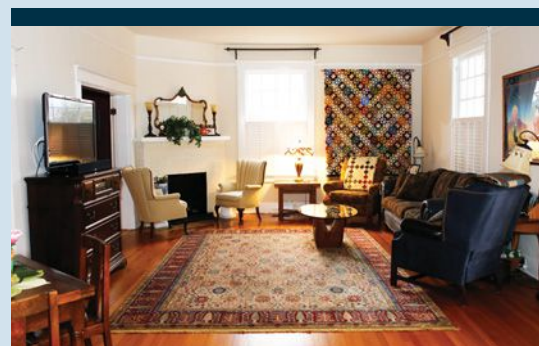
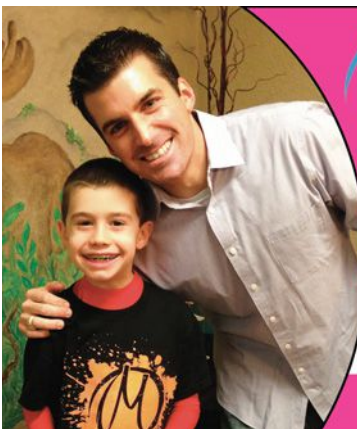
They have sanded down the home's exterior to bare wood. Most of the exterior wood has been repainted white, but the porch ceilings are a different color. "The tradition of these old homes is for the roof of the porches to be haint blue," Kay explained. The superstition behind that shade of blue is that it will keep wasps from building nests on the porch. The Parrs kept the tradition, and consequently, the wasps appear to have stayed away.

As visitors enter the foyer, Miss Tilly, their loveable dog, trots along the oak

floors to greet them. The house suffered fire damage in the 1930s, and the Parrs believe that's when one of the walls of the twin parlors was damaged and torn down. The front of the historic home is now open, featuring a living area with plenty of seating and the remaining parlor with a beautiful, black grand piano. A three-paneled screen showcases photographs taken of family members when they were in their late teens. "People tend to have pictures of their parents in their 30s and their grandparents when they were in their

70s," Jerry explained. "This is our family, all at the same age." The piano room also houses Christmas cards featuring their home. Their son, Travis, an artist, has created the cards for his parents over the years. His fun and colorful artwork is also displayed on nearly every wall in the home.

A few wooden antiques purchased at auction and restored by Jerry's handyman skills pop up throughout the home, but most of their furniture has been acquired from family members. A pie display case passed down from Kay's grandmother, Charlotta Birdsong, sits along one wall in their informal dining area. Charlotta owned a cafe and was well-known for

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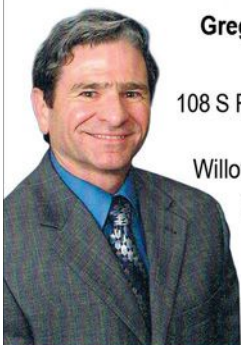
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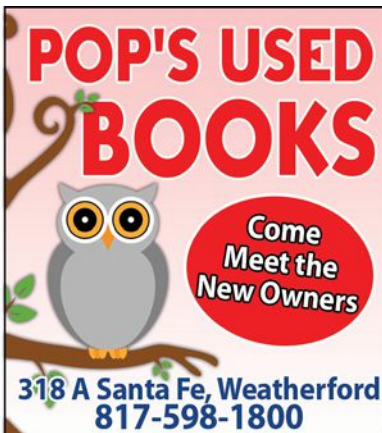
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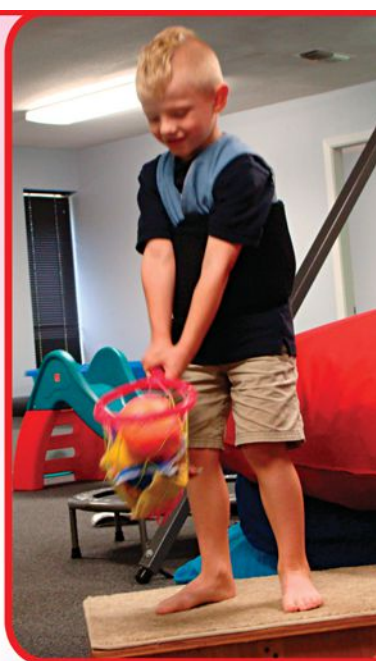
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her pies. She passed away from breast cancer when Kay was just 5 years old, but Charlotta impacted her life significantly. "I can remember sitting with her while she taught me to thread needles and to sew." Kay serves as vice president of the Quilter's Guild of Parker County and has her own sewing room upstairs. "I've always enjoyed sewing, but I didn't start making quilts until about 1993." This has proved to be an artistic outlet for Kay, and the Quilter's Guild has been a great place for her to showcase her talents, give back to the community and create lifelong friendships.

A light-colored quilt bordered in pink hearts covers the bed in the master bedroom. A nearby cabinet houses quilts passed down from Jerry's family. The couple spent about three months completing their bedroom, stripping paint and fixing cracks in the ceiling. An adjoining bedroom has been transformed into Kay's closet. "One of the house's features is no closets," she giggled.

The couple often spends time checking out the neighborhood on a swinging bed on their second floor porch, which has also been renovated. "Kay saw a picture in a magazine of a swinging bed and said, 'That would be nice.' So I went online, found plans and made the bed for her Mother's Day present." Then they had to clean up the porch. "It had AstroTurf," he chuckled. "We had to completely redo the flooring, and we bought the furniture to match. It's a great place to hang out."

Miss Tilly enjoys hanging out in the Parr's upstairs office, which is home base for their business, Catalyst Information Resources. She often sits on her doggy bed atop a reading nook searching for squirrels and cats running across the rose garden.

Jerry transformed the side yard into





the beautiful garden after discovering a water color sketch of a rose arbor in a book. Visitors can smell the roses as they sit on one of the many benches hidden in nooks and crannies within the garden. Jerry is a member of the Parker County Master Gardeners, and his love of plants is apparent as graceful flowers bloom and evergreen bushes flourish throughout the yard.

Jerry and Kay love spending time outdoors enjoying their mature trees and lush gardens. They also make time to appreciate the small-town charm of downtown Weatherford, which is just steps away. Travels to California continually creep into their minds as



they ponder visits to see their son's family, especially 2-year-old granddaughter, Brooklynn.

Back at home, their thoughts always turn toward new plans of renovations. For now, their dreams focus on a kitchen expansion and a porch addition to the side of the house. Whatever they do, they want to respect the historical integrity of the home. "We thought it would be interesting to tackle this challenge," Jerry admitted. And, that they have. **NOW**

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# You're ENGAGED... Now What?

— By Shannon Pfaff



*He finally popped the question, and you said, “Yes!” Now it is time to plan your wedding. When you sit down to plan, you may be overwhelmed trying to figure out where to begin. Several things should be considered: the date, the location, the cost, etc. But one of the major tasks to think about is finding the dress. No matter how long the engagement, it is never too early to start shopping for your wedding attire.*

One of the first things to decide regarding the perfect dress is budget. A good rule is to budget 10 percent of the overall wedding fund for the dress, accessories and alterations. Wedding dresses can cost anywhere from \$400-\$4,000 depending on the store and brand. Larger bridal stores will have less expensive dresses, whereas the bridal salons will have pricier designer dresses with handmade details. If your wish is to have a custom-made dress, expect to pay more. When you decide what your dress budget will be, factor in the cost of alterations. Alterations for your dress can cost \$100 or more. Remember, most dresses don't come with a bustle, so you will have to pay an alteration fee.





Another thing to consider when shopping for a wedding dress, is your body type. Some brides make the mistake of planning to shop for a dress when they have lost weight or ordering a dress in the size they plan to be for the wedding. It is best to shop early and purchase a dress based on your current size. You can always have the dress altered later if you lose weight. Body type is more than just dress size, you need to think about your body shape as well. Are you shaped more like an hourglass? A triangle-or pear-shape? An apple-shape? Or a rectangle-shape? Knowing your shape can help you determine which dresses will accentuate your best features and mask the ones you like least.

Shopping for your dress may be stressful, but it should be fun and exciting as well. Consider bringing a close friend or family member with you while you shop. Second opinions can help when you are trying to narrow down your



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choices. Then there is the added bonus of having someone who isn't working on commission tell you how beautiful you are. Of course, you can bring more than one person with you while you browse, but don't feel obligated to bring everyone who expresses a desire to go with you.

Whatever dress you decide to wear, make sure you love it. Begin shopping early to allow time to look at multiple stores with plenty of time for shipping your dress. With many bridal store options available, you are sure to find the dress that fits your budget and your body type perfectly. Don't be afraid to go back and try a dress on two or three times. After all, you will be gracing the aisle, and you'll want to feel good about how you look.

For more help with planning your wedding, here is a timeline to keep you on track:

## 12 Months Before:

- Select a date.
- Think about the wedding type — formal or informal.
- Set a budget.
- Hire a wedding planner, if desired.
- Reserve ceremony and reception sites.
- Select attendants.
- Select and book caterers, photographers, videographers, florists, musicians, etc.
- Begin compiling guest list.

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- Shop for wedding dress and accessories.
- Start planning honeymoon.

## Nine Months Before:

- Order your dress and accessories.
- Create a wedding website.

## Six Months Before:

- Send save-the-date cards.
- Sign contracts and place deposits for wedding services.
- Reserve rental equipment — tables, chairs, tents, etc.
- Meet with officiant to go over ceremony details.
- Choose attendants' attire.
- Order wedding cake.
- Book honeymoon.
- Begin planning rehearsal.

## Four Months Before:

- Schedule fitting.
- Schedule appointments for hair and makeup.
- Register for gifts.
- Purchase or reserve groom's attire.
- Book accommodations for wedding night.
- Choose and order favors.
- Choose gifts for wedding party.
- Order invitations, announcements and stationary.
- Arrange transportation for the wedding day.
- Compile a music list for your ceremony/reception.

## Two Months Before:

- Go over final details with service providers — menu, flowers, etc.
- Address invitations and announcements.
- Make a list of readings for the ceremony.
- Complete the order of the ceremony and reception.
- Print programs.
- Purchase wedding rings.
- Send event schedule to the vendors.
- Shop for ceremony/reception accessories, such as a cake knife and the guest book.
- Schedule rehearsal and rehearsal dinner.

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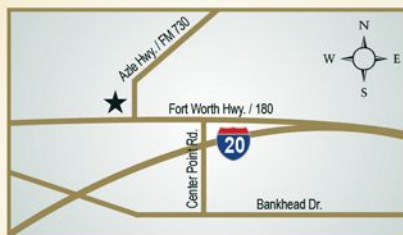
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## Four Weeks Before:

- Obtain marriage license.
- Make final payments to vendors.
- Arrange for final dress fitting.
- Confirm times with all vendors, including hair and makeup.
- Assign seating for reception.

## Two Weeks Before:

- Notify caterer or reception venue of the guest count.
- Address announcements.

## One Week Before:

- Pick up wedding rings.
- Confirm details with all service providers, including arrival times.
- Verify that all attendants have picked up their formalwear.
- Delegate wedding day tasks — transporting gifts, bustling dress, etc.
- Make sure attendants know when to arrive for the rehearsal, rehearsal dinner and wedding.
- Pick up your dress.
- Set aside final payments for vendors.
- Pack for honeymoon.
- Advise caterer of changes to guest count.

## The Day Before:

- Review seating arrangements with the ushers.
- Make sure groom's attire is picked up.
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# GOING MOBILE

*At 4 Paws and a Tail Pet Services, Greg and Becky Fisk take their business on the road.*

*— By Amber D. Browne*

As you drive around the Weatherford area, you may just catch a glimpse of the 4 Paws and a Tail Pet Services mobile grooming van. Becky Fisk is behind the wheel, traveling to and from area pet owners' homes. The mobile grooming business delivers a convenient service to clients. With a full, state-of-the-art grooming salon inside the van, Becky provides a relaxing spa day for their furry family members.

In 2012, Becky wanted a change from her stressful sales and marketing career, so she and her husband, Greg, toyed around with the idea of starting a pet-sitting business. "I love animals, so I wanted to do something with animals," she admitted.

Their business took off, and many clients began asking for grooming services. Becky began researching the idea, and they eventually purchased the custom-made van. After 480 hours of intense training, Becky earned a pet groomer certification. One week later, on December 6, 2012, she got to work. Greg has kept busy working the administrative side of the business and booking appointments. With about 400 clients and the addition of two part-time groomers, they hope to add a second van this summer.

"We come to the client's home. The familiar environment eases the dog's anxiety," Becky explained. Each dog grooming



takes about one-and-a-half to two hours. The service includes bathing and grooming the dog, trimming its nails and a hand drying, among other things. Only one dog is allowed in the van at a time to provide a more personalized service. Many of their clients have multiple dogs, so Becky will set up shop at the client's home to groom all day.

The self-contained van includes heat and air, an adjustable grooming table, a tub with climate-controlled water and two drying systems, all run by a generator. "We don't ever have to hook up to someone's house for water or power," Greg explained.

Convenience is a top priority at 4 Paws and a Tail. Some of their animal clients suffer from hip dysplasia, blindness or other physical disabilities. Bringing the salon to the animals helps alleviate some of the stress of grooming.

Grooming is more than just cosmetic. "Groomers often notice changes in skin, ears and eyes. Many times the owners are unaware of these conditions. Grooming helps maintain a healthy lifestyle for your dog," Becky stated.

The grooming services are flourishing at 4 Paws and a Tail, which is licensed, bonded and insured. Greg and Becky also keep busy with the pet-sitting side of the business. Before taking on a new client, they will meet with the family for a consultation to make sure they are compatible. The dogs are allowed to stay in their own environment while their owners are away. "Each visit is \$20, but it's a 30-minute visit. We play with them, feed them," she explained, "walk them if they want." They also bring in the mail and text or Face Time the owners with an update on their pets.

At home, Greg and Becky shift their focus to their adopted pups, Mickey and Marley. But at work, Becky centers her attention on her clients' four-legged family members. All dog breeds up to 80 pounds are welcome at 4 Paws and a Tail. "I think we've actually brought a service that was needed here," Becky stated. "At 4 Paws and a Tail, the comfort and safety of your pet is our primary concern." **NOW**



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*Cathy O'Kelley pampers Ju Ju at Bella's Pet Grooming.*



*Curtis Naragon drops off some recyclables at the Parker County Precinct 4 County Barn.*



*Julielle Nguyen takes first place at the sixth grade National Geographic Bee at Bill Wright Elementary, while Ana Luna wins second place and Braden Orona places third.*



*Joanie Tondre stocks the shelves at Weatherford Gardens.*



*Jenny Chavez, Brandon Mittelbuscher and Brenda Najera get ready to greet the lunch crowd at Boo-Ray's of New Orleans.*



*Volunteers Stella Nicholson and Willetta Crosslin accept food from Glen Riley to deliver for the Meals on Wheels program.*



*Thresia Siefkas serves Linda and Wayne Jenkins coffee at Waffle House.*



*Judy Brown and Brenda Lynch grab lunch at Yesterday's Sandwich Shop.*



*Kori, Kent, Valory and Kamryn Kizer cheer on the Aledo Bearcats at the state championship game at AT&T Stadium. The Bearcats beat the Brenham Cubs, 38-10.*



*PTO Vice President Debbie Yarborough, Treasurer Dana Byrna and President Patti Oaks present Aledo School Board Trustee Bobby Rignes with a \$60,000 donation.*



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# What's Your Vision of Retirement?

When you start out in your career, you're probably not thinking much about retirement. At this point, your picture of a "retirement lifestyle" may be, at best, hazy, hidden as it is behind a veil of experiences you've yet to encounter. But as you move through the years, your view of retirement comes into clearer and closer focus — and this vision will have a big impact on your savings and investment strategies.

Consequently, to create and implement those strategies effectively, you'll need to define your retirement vision by identifying its various parts. Here are some to consider:

- **Travel** — If you're like many people, you may dream of traveling during your retirement. But what does "travel" mean to you? Do you envision taking a cruise or an international trip every year? Or is your idea of travel just a short jaunt to a popular destination, such as a lake or the mountains or the beach? The difference in costs between global and U.S.-based travel can be enormous, so you'll need to define your goals and estimate your expenses.

- **Second home** — Once you retire, you'll have to make some housing-related decisions. Should you sell your home and downsize? Or do you want to keep your current residence and possibly purchase a second home, such as a condominium, in another part of the country? Obviously, you'll need to factor in these choices when you think about how to invest before you retire and how to manage your withdrawals from your 401(k), IRA and other accounts during your retirement.

- **Volunteer activities** — You might think that your volunteer activities during retirement won't affect your finances much. But if you are particularly ambitious, and your volunteerism involves travel, renting space, purchasing equipment and so on, you might be looking at some large cash outlays. Furthermore, if you host people at your house, you may be incurring some

types of liability risk, which you might need to address through appropriate insurance coverage.


- **Hobbies** — During your working years, you may pursue your hobbies always with the thought that you can devote a lot more time to them after you retire. However, expanded hobby activities may involve expanded costs. For example, if you're good with cars, you might decide to invest in that foreign sports car of which you've dreamed. Or, if you're fascinated by genealogy, perhaps you'll start traveling to places once inhabited by your ancestors. These types of activities can be expensive, so you'll have to evaluate your saving, spending and investing habits to determine how to accommodate your increased expenditures on your hobbies.

- **Second career** — Many people look forward to retiring from one career so they can start another — opening a small business, consulting or even taking a part-time job. Clearly, if you were to start your own business, some expenses would be involved, so you'll have to plan for them. Even if you become a consultant or work part time, you could incur various costs, including travel. And, in relation to these types of work, you may also have insurance and health care issues to address.

By identifying the various components of your retirement vision, and estimating their respective costs, you can make those saving, spending and investment choices that can help you work toward your retirement dream. **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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# Heart Matters

— By Betty Tryon, BSN

No one wants to have a heart attack. Sadly, there is no guarantee you can avoid one. You can give yourself the best possible chance by practicing good health choices. Not surprisingly, many of our behaviors put us in jeopardy of damaging our heart. Many people are aware of the inherent danger of these lifestyle choices. They have heard about these warnings numerous times but may tune it out. Now it's time to tune back in. According to the NIH, National Institutes of Health, "Heart disease is second only to *all cancers combined* (italics mine) in years of potential life lost."

Cardiac health largely depends on your activity level, weight, diet, smoking and how often you are screened by your physician. One of the best things you can do for your entire cardiovascular system is to get up and get moving. Check with your physician to determine what level of physical activity is good for you. Your heart is a muscle, and the more you exercise the stronger it gets. Indulging in a sedentary lifestyle will cost you in the long run. You do not have to run miles every day to receive benefits from some type of exercise. Anything you apply yourself to that requires a moderate to vigorous amount of energy is beneficial.

Exercise helps you maintain a healthy weight level. The more you weigh the more effort it takes for your heart to do its job. Try to focus on heart-healthy foods, such as lean meats, lots of fruits, vegetables

and grains. Avoid food that contains saturated fats. If you can lower your weight by just 10 percent you will help your cholesterol levels, blood pressure and help prevent some diseases.

No discussion of heart health would be complete without a warning to smokers. Smoking is one of the leading causes for cardiovascular diseases and is also the leading cause of premature heart attacks. There is no safe amount of cigarettes you can smoke and be OK. Every time you smoke, there is damage occurring in your cardiopulmonary system.

You can practice preventive care by getting regular health care screenings to stay knowledgeable about your cholesterol level, triglycerides, blood sugar level and blood pressure check. If you are diagnosed with any of these complications, work closely with your physician to keep them well-managed to avoid more serious problems in the future. It is time to tune back in to good advice and live a healthier, fuller, heart-healthy life. **NOW**

Source:

NHLBI Fact Book (p. 38). [www.nhlbi.nih.gov/about/factbook/chapter4.htm](http://www.nhlbi.nih.gov/about/factbook/chapter4.htm).

*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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### Through February 2

Trail Drivers Exhibit: **Tuesday-Saturday:** 10:00 a.m.-5:00 p.m., **Sunday:** 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Visitors will learn more about the cowboys instrumental in the Texas Longhorn cattle drives during the 19th century. Visit [www.dosscenter.org](http://www.dosscenter.org) to find out more information about the exhibit.

### Through February 9

2014 WAA Western Art Show and Sale: **Wednesday-Saturday:** 10:00-7:00 p.m., **Sunday:** Noon-7:00 p.m. Firehouse Gallery, 119 Palo Pinto. You can call (817) 694-0246 or visit [weatherfordart.com](http://weatherfordart.com) to find out more information.

### Through April 2

Weatherford College Photo Show: Weatherford College, Marjorie Black Alkek Fine Arts Center, 225 College Park Dr. Come out and view photos lining the walls of the hall. Call (817) 598-6403 for more information.

### Through August

Memories of Mary Martin: **Tuesday-Saturday:** 10:00 a.m.-5:00 p.m., **Sunday:** 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Visitors will learn more about the life of the hometown Broadway star. Visit [www.dosscenter.org](http://www.dosscenter.org) for more information.

### February 4

Trinity Christian Academy Elementary Open House: 11:00 a.m.-1:00 p.m., Trinity Christian Academy, Elementary Building, 4954 E. I-20 Service Rd. South, Willow Park. Prospective pre-K through fifth grade students and their families are invited to attend and learn more about the academy. A light lunch will be served. You can call (817) 441-7901 or visit [www.tcaeagles.org](http://www.tcaeagles.org) to find out more information about the open house.

Trinity Christian Academy Secondary Preview Night: 5:30-8:00 p.m., Trinity Christian Academy, Secondary Cafeteria and Barber Gymnasium, 4954 E. I-20 Service Rd. South, Willow Park. Families can visit with TCA administrators to learn more about the academy and enjoy the girls' and boys' varsity basketball games. A light meal will be served. Call (817) 441-5897 or email [henning@tcaeagles.org](mailto:henning@tcaeagles.org) to learn more.

### February 5

Zonta Club of Parker County Monthly meeting: 11:30 a.m.-1:00 p.m., Alkek Fine Arts Building of Weatherford College, 225 College Park Ave. Amanda V. Haggerty, corporate market director for Go Red For Women with the American Heart Association, will be the guest speaker. Lunch is included for a cost of \$12. Non-members can email

[wlynn@me.com](mailto:wlynn@me.com) to RSVP or check out [www.zontaparkercounty.org](http://www.zontaparkercounty.org) for more information.

### February 7

3rd Annual Compassion with Fashion Style Show: 11:30 a.m.-1:00 p.m., Central Christian Church, 1602 S. Main St. Come out and join the United Way of Parker County for lunch and a style show, benefitting area health and human services programs. You can call (817) 596-5986 or visit [www.unitedwayofparkercounty.org](http://www.unitedwayofparkercounty.org) for more information.

### February 10

Metro Beekeepers meeting: 6:30-8:30 p.m., Cana Baptist Church, 2309 E. Renfro St., Burleson. Stan Key, (817) 888-0470, or visit [www.metrobeekeepers.net](http://www.metrobeekeepers.net).

### February 14

Sweet on Business Networking Luncheon: 11:30 a.m.-1:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. At this networking event, you will rotate to three tables, meeting seven new people at each table during the luncheon. Don't forget to bring your business cards! The cost for chamber members is \$20; \$25 for non-chamber members. Contact (817) 596-3801 to RSVP or find out more.

Parker County Women's and Newcomers' Club meeting: 9:30 a.m., Alkek Fine Arts Building of Weatherford College, 225 College Park Ave. A social hour that includes shopping begins at 9:30 a.m., followed by a short business meeting, a speaker and a buffet lunch. Please contact Barbara Boswell at (817) 594-5174 or [barbaraboswell@gmail.com](mailto:barbaraboswell@gmail.com) to make a luncheon reservation by the Sunday before the meeting. The cost is \$10 per person.

### February 18

58th Annual Weatherford Rotary Pancake Supper: 5:00-7:30 p.m., Weatherford High School Cafeteria, 2121 Bethel Rd. Pancakes, sausage and bacon will be served, and a silent auction will be held. Funds raised will help local students through scholarships, literacy initiatives and school-readiness programs. Tickets are \$5 in advance or \$8 at the door. They can be purchased at the Weatherford Chamber or from any Rotary Club of Weatherford member. Please visit [www.weatherfordrotary.org](http://www.weatherfordrotary.org) or call (817) 304-1715 for more information.

### February 20

Fitness and Weight Management Seminar: 5:30-7:00 p.m., First United Methodist Church, 301 S. Main St. The free event features Pilates, Zumba and strength training demonstrations, followed by a healthy eating and weight management presentation.

Light refreshments will be served. Wear exercise attire. For more information and to RSVP, call (682) 582-1753 or visit [www.weatherfordregional.com/healthywoman](http://www.weatherfordregional.com/healthywoman).

BBQ Fundraiser: 6:00-8:00 p.m., Parker County Sheriff's Posse Building, 2251 Mineral Wells Hwy. The event will feature live entertainment and a silent auction to benefit the Parker County Senior Center. Tickets are \$30 for adults and \$15 for children. Call (817) 596-4640 or visit [www.parkercountyseniorcenter.com](http://www.parkercountyseniorcenter.com) for more information.

The Quilter's Guild of Parker County Workshop: 1:00-8:30 p.m., Grace First Presbyterian Church, 606 Mockingbird Ln. The free workshop will educate attendees about how to quilt with a domestic sewing machine. Bring your sewing machine and sewing tools, including thread, to participate in the event. The quilts will be given back to the community through the Guild's Comfort Quilt program. For more information, call (817) 594-3175 or visit [www.quiltersguildofparkercounty.org](http://www.quiltersguildofparkercounty.org).

### February 20 — 22

Drama Festival Show: 7:30-9:30 p.m., Weatherford College, Marjorie Black Alkek Fine Arts Center, 225 College Park Dr. Students will perform. For more information, contact Janice Odom at (817) 598-6436 to find out more information.

### February 22

2014 Parker County Health Foundation Charity Gala: 6:30 p.m., The Worthington Renaissance Hotel, 200 Main St., Fort Worth. The gala benefits the foundation's project to enhance the health and well-being of underserved Parker County citizens. Visit [www.parkercountyhealthfoundation.org](http://www.parkercountyhealthfoundation.org) or call (817) 594-1990 for more information.

### February 28 — March 2

First Monday Trade Days: 9:00 a.m.-4:00 p.m., First Monday Grounds at Heritage Park, 200 Santa Fe Dr. Dozens of vendors will sell homemade crafts, livestock, tools, food and other items. Visit [www.ci.weatherford.tx.us](http://www.ci.weatherford.tx.us) or call (817) 598-4351 for more information.

### March 1 — 2

Texas Independence Day Celebration: 9:00 a.m.-6:00 p.m. Hewlett Park and historic downtown Granbury, West Pearl St., Granbury. Visitors can enjoy historic vendors and re-enactments, a chuck wagon cook-off, music and more. For more information, visit [www.granburysquare.com](http://www.granburysquare.com).

*Submissions are welcome and published as space allows. Send your event details to [amber.browne@nowmagazines.com](mailto:amber.browne@nowmagazines.com).*





## In The Kitchen With Scott Berlinger

— By Amber D. Browne

Scott Berlinger's knack for Cajun cooking stems from his upbringing in South Louisiana. As a teen, Scott helped his mother in the kitchen and inherited a few tips and recipes along the way. He also enjoys experimenting with new dishes. "My wife and I often try to re-create dishes we find when we are eating out," he explained. "We usually add a little spice and maybe try different vegetables."

Tony Chachere's Seasoning is a staple in Scott's house, and he often uses it to spice up his meals. Scott's wife, Shannon, and his daughter, Addie, are well accustomed to his Cajun cooking, and he shares his heritage with friends at their annual crawfish boil. When he's not sharing tasty dishes, Scott enjoys fishing and hunting dove and deer in Louisiana. **NOW**

### Chicken and Sausage Gumbo

**4-6 boneless skinless chicken breasts, cut into 2-inch pieces**  
**Salt and pepper, to taste**  
**Tony Chachere's or your favorite Cajun seasoning, to taste**  
**1 Tbsp. olive oil**  
**1 lb. Andouille sausage, or your favorite smoked sausage**  
**4-5 quarts of water**  
**1 16-oz. jar of roux**  
**1 large onion, chopped**  
**1 green bell pepper, chopped**  
**3 celery stalks, sliced 1/4-inch thick**  
**1 Tbsp. garlic, minced**  
**1 bunch of green onions, chopped**  
**Filé powder, to taste**

**1.** Season chicken with salt, pepper and Cajun seasoning. Add olive oil and chicken to a large stock pot; sauté chicken until lightly browned on all sides. Remove chicken and add sausage to pot; sauté for 10 minutes; remove.

**2.** Add water to stock pot and bring to a boil. Slowly add 1/2 of the roux, stirring constantly to prevent sticking. Once roux is dissolved, add next 4 ingredients; cook on medium heat for 30 minutes. Add chicken and sausage to pot; cook on medium heat for 1 hour. Add green onions; cook for 10 minutes. Serve in bowls over cooked white rice. Sprinkle a little filé powder on top and enjoy!

### Cajun Beer-Butt Chicken

**1 or 2 whole fryer chickens**  
**1 16- or 17-oz. Cajun Injector Creole Butter**  
**Salt and pepper, to taste**  
**Tony Chachere's or your favorite Cajun seasoning, to taste**  
**1 12-oz. can of your favorite beer per chicken**  
**1 8-oz. pkg. of crab boil powder**

**1.** Rinse the chickens and remove gizzards and neck from cavities; inject all parts of

the chicken with the injector and rub some on the skin. Season chickens with salt, pepper and Cajun seasoning.

**2.** Drink half the can of beer; fill the can with crab boil; insert into the chicken cavity.

**3.** Prop the chicken up on the BBQ pit or smoker; cook at 230-250 F for 1 1/2 to 2 hours. Remove the chicken and serve.

### Crawfish Étouffée

**3 Tbsp. butter**  
**1 large onion, chopped**  
**1 green bell pepper, chopped**  
**2 celery stalks, sliced 1/4-inch thick**  
**1-2 lbs. peeled crawfish tails**  
**1 Tbsp. flour**  
**1 cup water**  
**Salt and pepper, to taste**  
**1/4 tsp. cayenne pepper**  
**1/4 cup green onions, chopped**

**1.** Melt butter in large skillet over medium-high heat. Add next 3 ingredients; sauté until onions become translucent.

**2.** Reduce heat to medium and add crawfish tails; sauté for 10 minutes.

**3.** Dissolve the flour in water; add mixture to skillet. Season with salt, pepper and cayenne; stir about 4-6 minutes or until the mixture thickens. Add green onions and cook for an additional 5 minutes. Serve over cooked white rice and with toasted garlic bread for dipping.

### Fish Court Bouillon

**2 Tbsp. oil**  
**1 large onion, chopped**  
**1 green bell pepper, chopped**  
**2 Tbsp. garlic, minced**  
**2 8-oz. cans tomato sauce**  
**2 cups water**  
**1/2 cup flour**  
**2 lbs. catfish fillets**  
**1/2 cup green onions, chopped**  
**Salt and pepper, to taste**

**1.** Add oil and next 3 ingredients to a large skillet; sauté until onions become translucent.

**2.** Add tomato sauce; cook on medium heat for 15 minutes. Add water; stir in flour; cook 15 minutes. When the sauce thickens, add fish and cook for 25 minutes. Add green onions, salt and pepper; cook for 5 minutes. Serve over cooked white rice with garlic bread.





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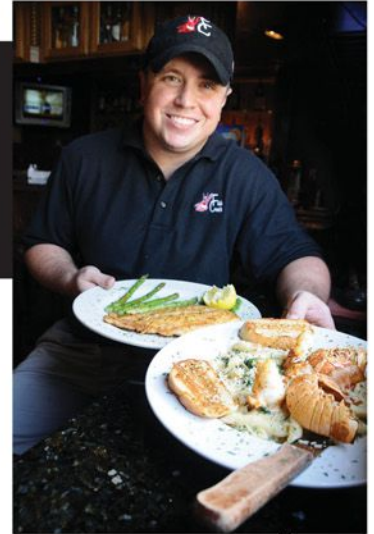
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