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ON THE COVER



Carolyn Cowden shares her experience in the kitchen with Weatherford High School students.

Photo by Sarah McVean.

CONTENTS

April 2014 • Volume 4, Issue 4

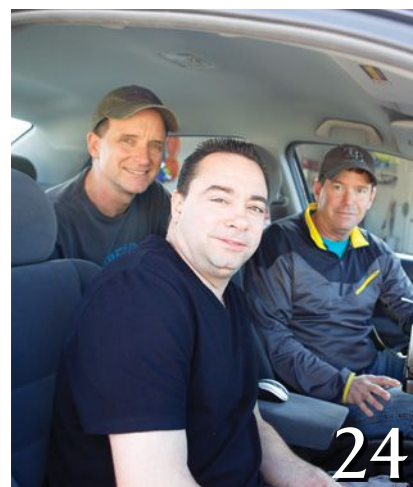


8 Food for Thought
Weatherford High School students get familiar with culinary arts.

16 Brighter Days
At Home With Kent and Julie Vincent.

24 Chasing the Wind
Shawn McQuinn has a built-in love for following storms.

30 A Classy Hood
Update the look of your kitchen with a simple makeover that won't break your budget.



36 BusinessNOW
38 AroundTownNOW
40 FinanceNOW
44 CookingNOW

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Editor's Note

Greetings, WeatherfordNOW readers!

It's gonna be a busy month here in Weatherford! If you are ready to get out and enjoy the warmer weather, the Weatherford area has plenty of fun and exciting events to offer. Chandor Gardens will host its Spring Fling April 5-6. Area residents can enjoy the gardens, live music and plenty of crafts from artistic vendors. The Weatherford Blooms Home and Garden Festival will be held in Historic

Downtown Weatherford on April 26. Visitors can buy beautiful flowers and vibrant plants for their own gardens, try some tasty treats and purchase great gifts from vendors.

For more family fun, Easter is right around the corner. Why not dye some colorful Easter eggs or have an Easter egg hunt for the neighborhood children? I wish you all a warm and wonderful April. Have fun out there!

Happy spring!

Amber

Amber D. Browne
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Food for *Thought*

— By *Amber D. Browne*

**"You can't just
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efficient."**



High school is a time for teens to contemplate their futures, think about their life goals, learn skills and gain experiences to help them along the way. In Weatherford High School's Skills USA Culinary Class, Ms. Carolyn Cowden educates her students with information they can use in "the real world."

The culinary class is made up of about 100 students, consisting mostly of juniors and seniors. They learn about the food and restaurant industry and get to cook up all kinds of tasty dishes in a kitchen with commercial equipment. Students learn various recipes, nutritional information, food production and presentations, and cooking techniques.

In the culinary class, students can't be timid about getting their hands dirty. "It's a hands-on class. The students are engaged. They're going to be interested in what they're doing, because they want their final product to turn out edible and tasty. They're usually going



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to try their hardest. It's awesome to see everybody working," Ms. Cowden shared.

Students learn a variety of recipes from marble cakes to an assortment of fresh salads. "I also like when they do pizza dough and bread. You have to do it correctly and follow procedures for it to actually turn out right," Ms. Cowden stated.

Efficiency is an important quality to have in a culinary classroom. "You can't just come in and not do anything. You have to be efficient. You have to get started. You have to keep going. Everybody works on a deadline," Ms. Cowden said. "You have to come in ready to work and work until it's finished."

Not everyone in the class will go into the industry, but they will learn life lessons to prepare them for the workforce. And, they'll be a little more comfortable in the kitchen. Experience is key to success, and with all of the hands-on projects, the students are gaining plenty. In groups, each member has his or her own job to do. One project during the year is to create a business plan and build a model of a restaurant. The students are responsible for the employee organizational chart and creating the menu. "They learn what goes into making an actual restaurant," Ms. Cowden remarked. Students can receive a manager's certification and work toward the ServSafe certification for food safety and sanitation. "The class prepares them for whenever they are back in the kitchen. They know temperatures of food, they know proper cleaning and sanitizing, and they know thawing techniques," she said.

The culinary program also offers a practicum class, which requires students to create an employment portfolio and a résumé. The class boosts the students' employability once out in the workforce.

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Only a handful of students are enrolled in the practicum class, including Ariel Gonzalez and Louis Mazur, who both want to attend a culinary school after graduation this June.

Ariel has always enjoyed being in the kitchen, cooking up dishes with her family. "They've always taught me my Hispanic heritage. We have fun with it. I've always felt like I could express myself through food," Ariel explained. "Whenever other people like my food, it makes me happy." She has plans to attend The Art Institute of Dallas or the University of North Texas. After that, she would like to open a restaurant in France, but Ariel would be happy cooking anywhere.

As a member of Family, Career and Community Leaders of America, Ariel has already gained experience regarding the food industry and what it takes to succeed in the business. Recently, she created a low-sodium, ethnic sauce for competition with the FCCLA. Ariel was responsible for the sauce recipe, the packaging, the nutrition label and everything else it takes to get a product out on the shelves. The project has been a great way to showcase her talents in the kitchen and gain work experience. "With my project, I'm actually learning how to expand something that I made," Ariel added.

Louis also began cooking at a young age. "To help out my parents, I would step into the kitchen. I would try to do things," he explained. "It's a lot easier for me to be in the kitchen than anywhere else." The senior's forte is making pastries, and after attending a culinary school, his goal is to own his own bakery.

In the culinary class, Cheyenne Ponticelli is expanding her knowledge of food. "I basically have an obsession

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with technique,” she stated. Cheyenne’s father and grandmother have guided her in the kitchen since she was a little girl. The junior loves to throw things together to create a tasty meal. “It doesn’t matter how bad of a day I have,” she said, “I like to be in the kitchen. I calm down, and I’m happy. That’s my comfort zone.” She’s still researching various colleges and hopes to get a scholarship. Ultimately, Cheyenne wants to work in a nice restaurant in Italy. “That’s where I want to go. And, they have some of the best food,” she said, laughing.

Although many of the students in the culinary class won’t go into the food or restaurant industries, those who do, have big dreams. And, in the culinary class, Ms. Cowden is providing them with an education that can help them achieve those dreams.

“This class, for the most part, is to teach career skills that will ready them for their future,” Ms. Cowden said. She graduated from Texas Tech University in 2009 with a degree in restaurant and hotel management. She worked in catering but later decided to teach. Her first teaching job was in Cleburne. When a position opened up at Weatherford High School, she jumped at the opportunity. “Teaching is what I want to do,” she admitted. The excitement on the students’ faces when they’re working in the kitchen brings her joy. “I really want to share my experiences from working in the restaurant industry and catering with the students.”

The love of food is growing in popularity. From the increase of cooking shows on television and the availability of online recipes to photos of plated meals shared on social media, more and more young people are getting involved in the craft. Many of the recipes taught in this class are discovered by the students through online research, television or recipe books. Once the dish is made, the students get to savor the flavor with a tasting. When they find a tasty dish, they share it with others at catered teacher meetings or local organizations.

Isn’t that what cooking food is about? Sharing a meal with others and seeing the smile on someone’s face when they take that first delicious bite? For students like Ariel, Louis and Cheyenne, their dream is to do just that — to share their love of food with others, just as Ms. Cowden has shared her joy of cooking with them. **NOW**



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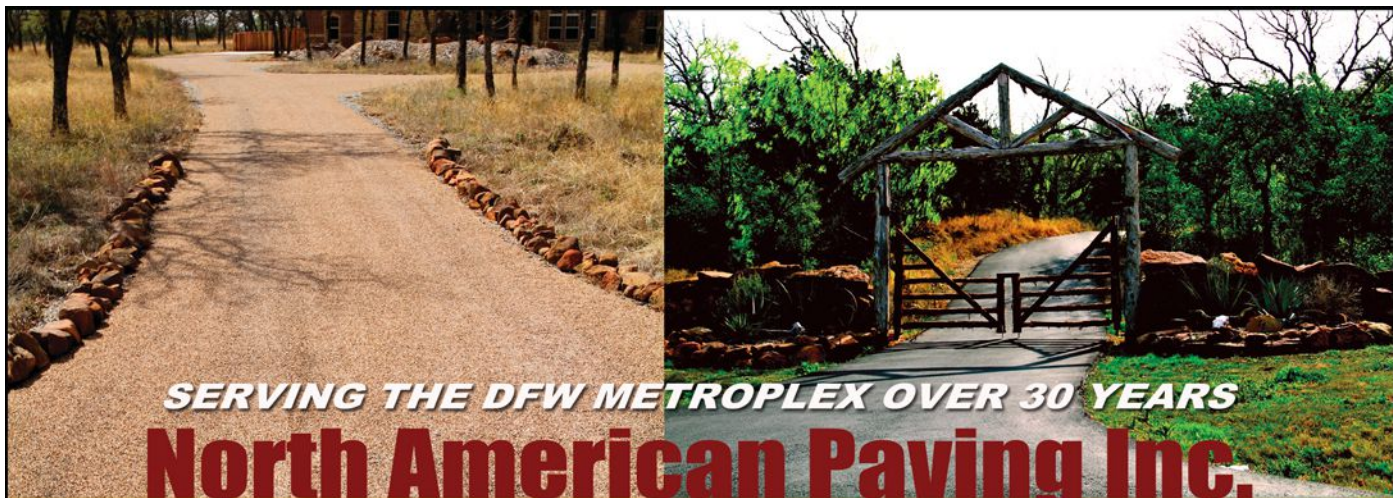
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Brighter Days

— By Amber D. Browne

At Home With Kent and Julie Vincent

Weekends and summers are full of life at the Vincent home in Aledo. Sitting with friends at the bar in their outdoor kitchen or warming up in the hot tub with a cold beverage, Kent and Julie Vincent welcome the company. Even though they always seem to be in a happy-go-lucky mood, the couple has experienced loss in their lifetime. Yet that loss doesn't keep them from living.

Their son, Keith, died at the age of 28 from melanoma cancer several years ago. They cherished time spent with Keith, and it is apparent throughout their home. A smiling Keith fly fishing in the rain is seen in a photograph on one guest bedroom wall. The picture was taken during a

Reel Recovery trip with other cancer patients. "It was raining. He had a cigar in his mouth, and he's like, 'I don't care. I'm going out there,'" Julie recalled. A photo of their youngest son, Jace, and his girlfriend at a Dallas Stars game hangs on another wall. "We waited 11 years to try for a little girl, and I have a 20-year-old son who's in college," she said about Jace, who attends Tarrant County College in downtown Fort Worth.

A Jack-and-Jill bath attaches Jace's former bedroom to another room, which will soon hold Julie's workout equipment. A third bedroom provides space for Keith's son, Kaden. "He stays with us a lot," Julie explained. The Aledo fifth-grader spends time playing live video games with friends on his new Xbox



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One. Plans for Kaden's room and the other guest bedroom include replacing the carpet with wood floors. Because of allergies and their playful dogs, Lucy and Quincy, they've already replaced the carpet in the hallway, living and dining rooms. Those areas now have textured stained concrete.

Julie's love of leopard print is apparent in the guest bathroom on the shower curtain, towels, bath rugs and accessories. The deep gold walls are decorated with framed artwork of tigers and other big cats. Although hidden, a leopard coverlet is tucked under the western-themed

bedding in the master bedroom. Pillows displayed on the light oak-stained, king-sized bed are covered with cases sewn with buckles and barbed wire designs.

Western decor is also featured in the living and dining rooms. Paintings of horses and the countryside line the living room walls. Comfy, cozy brown leather couches lend plenty of space to curl up in front of the fireplace. The mantel holds

family photos, and just above it on the wall hangs a picture of Kent and Julie, Keith, Jace and their oldest brother, Justin. Photos in Kent's office feature smiling faces of Keith, his son Kaden and his widow Kendra. Kendra is now remarried with a new baby, whom Kent and Julie consider a "bonus grandchild."

Kent runs his business, Vincent Custom Pools, from his home office. A heavy wooden desk, a gun safe and dog crates for their pups take up much of the space in the room. In the corner sits a wooden cabinet full of memories. "This is an old gun cabinet. I built this when



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I was a sophomore in high school. I turned it into my sons' trophy case," Kent explained.

Most of the trophies are from their youngest son, Jace. Much of Justin and Keith's memorabilia was destroyed in a fire at their former home. "We lost everything," Julie said. "We rebuilt after the fire and stayed there a few more years." From there, the Vincents rented a home in Willow Park and found their current homestead about nine years ago.

Kent and Julie met 36 years ago this month. "I met her on April 22, 1978. It was the night of her junior-senior prom, and she was a junior in high school. A friend of mine was driving my car, and he actually cut her off. She was very upset, and she showed some sign language to him," Kent recalled, smiling. The two later met up while cruising the Bowie in Fort Worth and have been together ever since. They moved to Aledo after marrying in August of 1979. "I wanted to move out in the country, but I wanted to stay close to the city," he said.

As empty nesters, Kent and Julie love to entertain. But, their children are often home to visit and enjoy the pool and hot tub installed several years ago. Kent envisioned adding the pool to the large backyard before they even purchased the house. "It took me two



years to design it, and I didn't take one tree out," he said. Bunches of oak trees provide shade in the fenced backyard. Guests can also find shade under one of the umbrellas at several bar tables. In

the winter, guests can warm up by patio heaters. A *Vincent's Bar* sign hangs above the outdoor kitchen, which includes a grill and refrigerator. A half bathroom outside is also convenient for visitors. The landscape includes large planters and a stone placard that leans against one tree. "My family members who have passed on — I recognized all their names on there," Kent said.

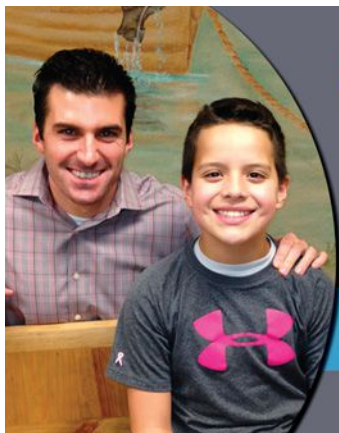
The backyard oasis is the perfect setting for entertaining family and friends. When he's not traveling for



work, Justin and his girlfriend, often show up to stay the night. Jace and his college buddies also drop by for a swim. "With a TV, pool and hot tub outside, they live out here in the summer," Julie said. A waterfall provides a little privacy in the grotto as visitors sit on a bench that pays tribute to Keith with melanoma cancer ribbon tiles. "We have lots of friends who love to come over here and hang out," Julie said, laughing. And, Kent isn't finished with his design. He plans to add a putting green close to the pool in the near future.

That putting green won't keep Kent off the golf course, though. He likes to play a little golf while Julie is out shopping. Julie spends much of her free time volunteering with a group dubbed Pay It Forward through her employer, SourceHOV Tax. The group volunteers with many organizations including Meals on Wheels, Toys for Tots and Habitat for Humanity.

When they aren't working or volunteering, Kent and Julie like to travel to Mexico, and each year, they vacation in Port Aransas with other Aledo families. But, they don't need to travel too far from home to enjoy the sun and water. It's just steps away in their backyard to share with family and friends. **NOW**



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CHASING the WIND

— By Lisa Bell



Dark clouds form, swirling, planting fear in brave hearts. While some flee hurricanes or hide from tornadoes, Shawn McQuinn heads to the area most likely to endure a hit. Why drive directly toward deadly forces of nature? “Obviously we’re adrenaline junkies and part scientists,” Shawn said. “I’ve always loved storms. I can’t explain it. They say it’s just something built into you.”

As a child, Shawn didn’t fear storms. When one brewed, he’d sneak outside to watch the lightning, which concerned his parents. Finally, knowing he had a special calling, they bought him a weather radio. Shawn’s family moved to Weatherford when he was 8. “I’ve been here ever since,” he said. At age 13, the National Weather Service put his family in a danger zone for large, damaging tornadoes. “When they took us out of it, I cried,” he said. “My father walked into the room and rolled his eyes. He asked what was wrong, even though he knew.”

"If there's a good chance of storms, we're heading out."



Between weather events, Shawn works as a substitute teacher and at part-time weekend jobs. He likes the flexibility, which allows him to pursue his beloved hobby. As a sports enthusiast, he called play-by-play action in the past. His dream job would be sports broadcasting.

Although Shawn's interest in storms intensified at 13, he didn't start chasing until 2005. Watching the weather one night, he saw Tim Marshall chasing Hurricane Katrina. A renowned structural engineer, meteorologist and pioneering storm chaser, Tim commanded great respect. Shawn jumped up and said, "If I want to chase a hurricane, that's the guy I've got to get a hold of, right there."

Shawn requested Tim's information from Channel 5 and sent an email. Tim let Shawn tag along for Hurricane Rita. When she hit land as a Category 3 storm, they huddled soaking wet in a parking garage. He loved every minute, not wanting to leave. He was hooked. His new friendship with Tim opened doors for Shawn. He chased Gustav, Ike and Isaac. When Ike made landfall, they stood on the seawall watching waves bounce 40 feet into the air, while being interviewed by Geraldo Rivera. "It was amazing," Shawn said.

As they prepared to leave the next day, police officers stopped them. They later discovered boats, deposited by the storm, had blocked the causeway and required cranes to remove them. "They're still finding things from Ike," Shawn said.

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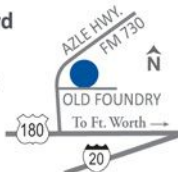
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Mike Casey, Shawn McQuinn and William Ford prepare to chase a storm.

Chasing hurricanes differs considerably from going after a tornado, though. Hurricanes provide more warning. Experts track them long before they make landfall. Storm chasers watch satellites and use other equipment. Unless the storm makes a sudden turn, they know pretty much where the storm will hit and when. They also understand everything shuts down. In preparation, Shawn fills 40-gallon gas cans and loads dry ice for food and drinks. He prepares for riding out the storm. In his dreams, chasing a Category 5 storm is the ultimate experience. Tim tells him they'd have to find an extremely strong parking garage and tie themselves down.

Chasing tornadoes is an entirely different environment. While weather technology provides immense data, no one can predict when, where or if one will develop. On a day where conditions seem perfect for activity, Shawn may travel as far as Kansas and see nothing. On May 15, 2013, weather channels and other meteorological sites expected little or nothing. Sixteen tornadoes appeared that day from nowhere, including the deadly EF4 that hit Granbury.

"Predicting tornadoes accurately is hard to do, but not impossible. It's not an exact science," Shawn said. "They form suddenly. Standing on the outskirts of one reminds me of how small we really are. We cannot control weather."



Storm chasers use many tools when planning travel. They rely on the storm prediction center and GFS (Global Forecast System), which draws from various numerical data to predict storms. Seasoned trackers employ scientific data and often head to areas before the public knows anything. "If there's a good chance of storms, we're heading out," Shawn stated. In spite of amazing technology, they don't always get it right. A team may show up in a certain area, and a tornado may develop outside the main risk area. Sometimes they core punch — driving straight through a severe storm — hoping to reach the other side before a potential tornado develops. If one touches down, the average endurance is two minutes.



At times, Shawn has shown up and, within 15 minutes, watched a tornado form and drop to the ground. He has no idea how many severe storms he has chased, but he's been on the edge of several, capturing up-close-and-personal photos.

As May 2013 ended, Shawn headed to Oklahoma. He witnessed a historic event that hit El Reno. The tornado developed a quarter of a mile from them. Internal winds of 296 mph twisted, drawing in debris from every direction. The inflow hit their truck. The 2.6-mile-wide tornado is the widest reported in history. It remained on the ground for 43 minutes.

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"I was trying to take pictures," he said.
"I couldn't capture the entire thing in my lens. We were too close."

Hundreds left Oklahoma City, jamming traffic, becoming targets on the highway and blocking storm chasers trying to get out. The storm injured 151 people and killed eight, including a highly respected storm chaser, Tim Samaras, his son and another crewmember. "It's very rare to lose a seasoned storm chaser to a tornado," Shawn said. "That's the only time I ever got a little nervous. We sat on the highway with no place to go."

In spite of the destruction, it was Shawn's dream storm. "It was a great experience. I'm glad I didn't miss that day," he said. Shawn understands the risks. "I actually think we're safer than the public. We generally know where the tornado is, and we're constantly monitoring the situation. Storms hurt and kill people, because they aren't aware of what's going on. The best preparation is paying attention to the weather, because it's always unpredictable."

Through his relationship with Tim Marshall, Shawn became part of a project called VORTEX2. The study lasted two years with hundreds of scientists and storm chasers learning more about this devastating phenomenon. Being part of the team taught Shawn much about storms and deepened his awe for the power and science behind them. The project was very similar to what the movie *Twister* depicted. Scientists will take years to sort out and analyze the data collected in hopes it will save lives.

For Shawn, it doesn't have to be a hurricane or tornado. Watching any storm fills him with wonder. They beckon him. "It's a risk we take, not unlike anything we do," he said. He and other storm chasers like him accept the risk and hope to gain knowledge that will help prevent loss of lives from uncontrollable forces of nature. As tornado season approaches, Shawn watches more closely, ready to chase another storm. **NOW**

Editor's note: Storm photos by Brian Khoury and Tim Marshall.

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A CLASSY HOOD

— By Jill Rose

When it comes to home improvement, most people believe you have to spend a large amount of money to make much difference. The reality is, some of the projects with the most impact on your home have the least impact on your wallet. One such project around my house involved replacing an over-the-stove microwave cabinet with a custom hood for the range for less than \$50.

The inspiration for this project came from a beautiful range hood I saw online. As beautiful as this range hood was, the price was not. The cost of this particular range hood was around \$700. With a few materials, you can create a similar hood for a fraction of the cost.



What you need based on a 16-inch range hood:

- 1 4 ft. x 8 ft. birch plywood panel: **\$10.67**
 - 1 1 in. x 2 in. x 8 ft. support board: **\$2.61**
 - 1 1 in. x 3 in. x 8 ft. pine board (for top front facing): **\$5.43**
 - 1 1 in. x 4 in. x 8 ft. pine board (for bottom front facing): **\$8.64**
 - 2 8 ft. lattice pieces: **\$7.28**
 - LIQUID NAILS construction adhesive: **\$2.52**
 - 8 ft. trim pieces (quantity and style based on personal preference): **\$8.52**
- Vent: N/A

Total: \$45.67! *Note: The cost of the vent is not included in the project costs as it varies by make and model. Also, this cost doesn't include the crown molding. I was replacing all of that on my cabinets anyway, so I already had it on hand.*



Step 1: Determine and purchase the type of vent you need.

Depending on the type of venting currently provided by your microwave, you will either need a recirculating vent or an external vent. A recirculating vent takes air, steam or other materials, passes them through a filter and reintroduces them into the room as fresh air. An external vent takes these same materials and removes them to the outside of your home using a venting system. For my particular situation, I needed a recirculating vent. To determine the correct size, measure the width and depth of your space, subtract approximately 4 inches from the depth and width and use that number as a guide.

Note: You do not want a vent the width of your cabinet, because you will be unable to build a box to hold it.





Before



After

Step 2: Remove the existing microwave and cabinet structure.

Note: Before beginning this project, move your stove so it does not get damaged.

After removing the microwave, remove the cabinet doors. Next, remove the bottom of the cabinet, as well as the front support piece. If your cabinets are individual units, you can simply take the cabinet off the wall. In my situation, the

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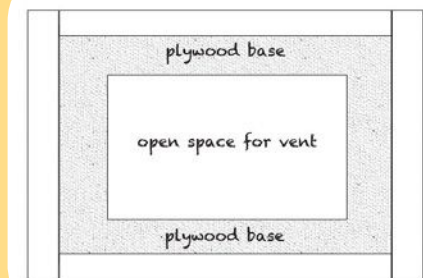
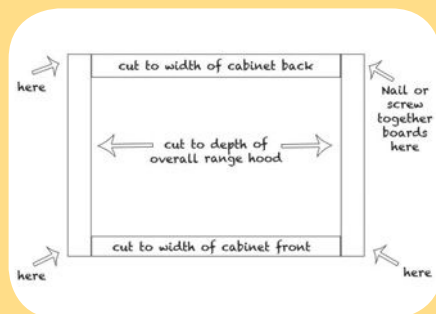
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middle cabinet was a part of a single cabinet unit.

Step 3: Determine the depth of your range hood.

Most range hoods have a depth between 16 and 24 inches. The size you pick will be based upon your preference, but generally you want to make sure it extends far enough to partially cover your front burner.

Step 4: Build a box for your vent.



Measure the width of your cabinets in the front and the back. (They should be the same, but can be off by about 1/2 inch.) Cut two support beams to this width. Next, cut two support beams to the overall depth you decided on for the range hood. (For me it was 16 inches.) Attach the supports together, creating a box frame. Do this outside of the cabinet space (in your workshop).

Next, cut a 3/4-inch thick piece of plywood to the overall width and length of the finished box frame. Set the vent on top of the plywood and draw an outline. Cut out the outlined section. Attach the plywood to the bottom of the box frame.

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Step 5: Attach the vent.

Attach the box frame to the cabinet. Attach the vent to the supports. (Your user's manual should suggest the best way to do this.) Install the vent, i.e. plug it in, attach the outside venting, if needed, etc.)

Step 6: Create the front facings and supports.



Using the 1 in. x 4 in. x 8 ft. pine board, create the front facing for the bottom support. The front facing should be roughly 1/2 inch longer than the support and should be mitered to 45 degrees on both ends. Next, measure the amount of exposed supports on the side and cut front facing for each side (continuing to use the 1 in. x 4 in. x 8 ft. pine board). Miter the edges. Attach the facing to the support using a nail gun.

Using the 1 in. x 3 in. x 8 ft. pine board, create the top front facing for your cabinet frame. (The top face front should be the same length as the bottom face front and should also be mitered at the ends.) Depending on how far the top face front sticks out, you will need to cut side face fronts for the upper section as well using the remaining 1 in. x 3 in. x 8 ft. pine board. Attach the facing to the support using a nail gun.

Measure the length between the top and bottom face front, and cut three support beams to that size using the 1 in. x 2 in. x 8 ft. support board. Attach them to the back of the face fronts using a nail gun. (I mitered the ends of the boards, so they can be attached just behind the face fronts.)

After adding the supports, measure the open area from the outside of the left support to the outside of the right support and from the top face front to

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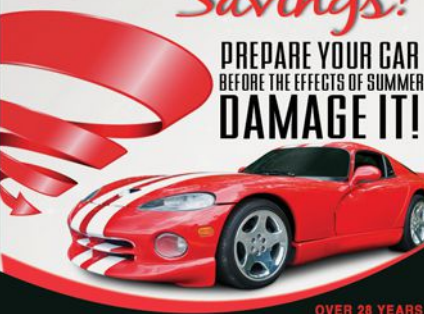
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the bottom. Using these measurements, cut out a plywood square. Attach the plywood to the supports using a nail gun. Because the hood is slanted, the plywood should sit right behind both the upper and lower face fronts.

Next, determine the angle of the side pieces. For lack of a better option, I folded a piece of cardboard over the side and then cut the cardboard to size. Trace out the pattern on a piece of plywood and cut. Attach side pieces to the supports using a nail gun.

Step 7: Add the finishing touches.



After attaching the sides, sand the entire range hood. Next, cut two pieces of lattice to the width of the center plywood area, making sure to miter them on the edges.

Measure the length between the upper and lower lattice pieces and cut five pieces of lattice to this length. Attach in equally spaced segments across the front of the plywood. Make sure you have a piece of lattice on each edge — this will help disguise those imperfect side pieces.

After caulking and filling in the nail holes, sand, prime and paint. That's it! Total time, start to finish was about four hours. **NOW**

Editor's note: For more information, please visit: www.therozyhome.com/2013/09/26/custom-range-hood-for-less-than-50/.



Coastal Getaway

— By Becky Walker

There is just something about the smell of salt in the air and the sound of waves crashing against the shore. The beauty of the ocean is like none other, and for landlocked North Texans, the Gulf Coast is a favorite vacation destination. This is true any time of year, but the frigid temperatures we experienced this winter might really make a trip south sound like a great idea for many. Corpus Christi is definitely one destination to consider when thinking about a coastal getaway.

Corpus Christi offers fun of all varieties. Completed in 1941, the seawall was constructed to offer the city protection from hurricanes, but it also provided the city with one of its most striking and beautiful attractions. The seawall is 1.75 miles long and graced by multiple *Miradores del Mar* — gazebos that overlook Corpus Christi Bay. The wall itself is made like stairs leading into the bay. Joggers, cyclists and inline skaters all find the wall an excellent place to get in a good workout. For Tejano music lovers, the Selena memorial, located along the seawall, pays tribute to the hometown girl whose life ended far too soon.

The Port of Corpus Christi is the fifth deepest in the United States, and the marina, known as the T-heads, is a bustling place, with restaurants, private yachts, sailboats and rentals available. Sailboat races take place here on a regular basis. It is also home to the *Niña*, part of a replica fleet constructed in Spain and sailed

to the United States in commemoration of the 500th anniversary of Christopher Columbus' voyage to the New World.

On the east side of downtown is Harbor Bridge, the second tallest bridge in Texas. Spanning 620 feet, it opened to traffic in 1959. Crossing the ship channel via the bridge, you will find the *U.S.S. Lexington*, a World War II-era aircraft carrier, which has been retired to the bay. The ship is now a museum, which displays the many models of aircraft flown from its flight deck during its many decades of service. Pretend you are a flying ace as you pose for a photo in front of a Blue Angels fighter jet, F-14A Tomcat or climb into a flight simulator. Walk the narrow corridors and learn about the young men who fought for our freedom.

Standing on the flight deck, you can look out over the bay or back toward the shore, where you will see the Texas State Aquarium, which features a variety of presentations and exhibits, including dive shows and animal feedings. Several restaurants offering fresh seafood are also nearby. If the beach is more to your liking, North Padre Island, the world's longest barrier island, is located just south of Corpus Christi.

Corpus Christi is located six hours south of the Metroplex. If you are thinking about taking a trip this spring, this might be the relaxing destination for you! **NOW**



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At SunKissed Tan, Sherry Hart and her staff offer a number of products and services, including spray tans, teeth whitening and the new Aqua Massage Spa.

More Than A Tan

SunKissed Tan offers a variety of tanning and day spa services.

— By Amber D. Browne

SunKissed Tan is more than a traditional tanning salon. Sherry Hart purchased the salon formerly known as Bahama Beach Tan on Fort Worth Hwy. in November 2012 and decided to rename her new endeavor SunKissed Tan. With the name change, new ownership and complete renovation came a new look and the addition of a half dozen new services, converting it into a beauty lounge.

A front room houses the new Aqua Massage Spa, which is a massage bed without the masseuse. Fully-clothed, the client lays face-down in the bed. The top closes, and the bed uses water pressure to massage the body.

Clients can also relax in the infrared Fit Body Wrap, initially

designed for doctors' offices. The wrap treats medical needs including joint and muscle pain, as well as arthritis. With 130 degrees of infrared heat, the body wrap is also used for weight loss. "Not only are you sweating, you're detoxing, boosting your metabolism and your energy level," Sherry said.

Red Light Therapy is a medical bed available for 12-minute sessions. "It's designed to improve elasticity and collagen, which prevents aging and reduces fine lines and wrinkles. On top of age prevention, Red Light Therapy treats acne and skin conditions, while also diminishing scars, stretch marks and browning of the skin," Sherry explained. With the fitness option, the floor of the medical bed features four levels of

vibrations. "With the warmth of the bulbs and the circulation that you're getting with the vibrations, it also helps with spider veins and cellulite."

Are your teeth in need of whitening? SunKissed Tan has a service for that, too. "With one 15-minute session, you can go 4-8 shades lighter." Facials, including microdermabrasion and glycolic peels, and aromatherapy are also available. "Aromatherapy is used to calm, relax, energize or treat allergies, psoriasis and eczema."

For those who want traditional tanning services, SunKissed Tan has plenty to offer. Clients must be at least 18 years old to tan in the traditional beds, which can only be used once in a 24-hour period.

Sherry and her experienced staff offer airbrush tanning services in the salon. SunKissed Tan now offers sunless spray tanning with the same color options available with the airbrush tans. In the Auto Revolution by Norvell, you can get the same great glow in the privacy of a booth. SunKissed Tan offers a one-hour spray tan, which is more convenient. Shades include regular, dark, Caribbean and organic. "There's nothing orange going out my door," Sherry proclaimed. Group events can be booked for bridal parties, prom and graduations. "With traveling options, we can come to you!"

Walk-ins are welcome, and clients can purchase services by the session or in monthly increments. Clients can also find contests and giveaways on SunKissed Tan's Facebook page, and discounts are available for students and teachers.

SunKissed Tan has been in business just over a year, but the salon has grown by leaps and bounds. When Sherry purchased the salon, she started with only the tanning beds and airbrush machine. "I have reinvented the location and theme into a beauty lounge offering services Parker County has not seen before," she said. Sherry is grateful to the community for its support and plans to continue the cutting-edge services for many years to come. "I love the community and the people of Parker County. You're not just a number, like in the city," she added. "You just feel like you're part of the family." **NOW**

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Kim Duncan, vice president of Prosperity Bank, prepares for the afternoon.



Emily Chan adds spring clothing to the racks at Kid to Kid, which is now under new ownership.



Lori Bennett's days are busy at Hartness Print Central.



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Sales associate Mike Sims and owner James Albritton catch up at Ace Hardware in Willow Park.



This group enjoys some barbecue at the Parker County Committee on Aging's BBQ Dinner.



Christal Sessions and Dalton DuPont chat about business at Jerry's Buick GMC.



Lance Winter, president of the Rotary Club of Weatherford, presents a check to Lisa Watson of the Texas Pythian Home.



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How Will Social Security Fit Into Your Retirement Income Strategy?

Have you given much thought to collecting Social Security? The answer probably depends on how old you are — but whatever your age, you'll want to consider the best way of incorporating Social Security benefits into your retirement income strategy.

Of course, if you have several decades to go until you retire, you might be wondering if Social Security will even be there for you at all. The basic issue is that the Social Security system is experiencing a sharply declining worker-to-beneficiary ratio. In plain English, this means that fewer workers are contributing to Social Security while the huge baby boom generation is retiring and taking money out. Still, Social Security has enough money to pay full retirement benefits to every eligible American until 2038, according to the Congressional Budget Office. After that point, benefits would have to be reduced unless changes are made to the Social Security system.

And several changes have indeed been proposed. Given that we do have nearly 25 years until benefit cuts may need to be made, it seems reasonable that some type of solution could be reached to put Social Security back on solid ground. In any case, when thinking about your retirement income, you need to focus on those things that you can control — such as when to start taking Social Security and how you can supplement your Social Security benefits.


Depending on when you were born, your “full” retirement age, as far as collecting Social Security benefits, is likely either 66 or 67. You can start getting your checks as early as 62, but if you do, your monthly payments could be reduced by as much as 30 percent — and this reduction is permanent. Consequently, if you can support your lifestyle from

other sources of income — such as earnings from employment and withdrawals from your IRA and 401(k) — you may want to postpone taking Social Security until you reach your full retirement age. In fact, you can get even bigger monthly checks if you delay taking your benefits beyond your full retirement age, although your payments will “max out” once you reach 70. Keep in mind, though, that other factors, such as your anticipated longevity, should also enter into your calculations in considering when to take Social Security.

As mentioned above, your retirement income may also include withdrawals from retirement accounts, such as an IRA and a 401(k), along with other investments, such as a fixed annuity. And these other accounts are quite important, because Social Security provides, on average, only about 40 percent of retirement income for the average 65-year-old today. Consequently, in the years and decades before you retire, contribute as much as you can possibly afford to these other accounts. Given the advances in medical care and the greater awareness of healthy lifestyles, people are living longer than ever — which means you could spend two, or even three, decades in retirement. To enjoy those years fully, you'll need adequate income.

By planning ahead, you can determine how best to fit Social Security into your retirement income strategy. Every move you make to help “secure” your retirement can pay off for you in the long run. **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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Damaged Joints

— By Betty Tryon, BSN

Nearly everyone is familiar with arthritis. Many people either know someone with it, or they have it themselves. That is because arthritis is not one disease but a term used to cover over 100 medical conditions. Statistics from the Centers for Disease Control and Prevention report, "An estimated 50 million U.S. adults (about 1 of 5) report having doctor-diagnosed arthritis. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030." Osteoarthritis is the most common form, and for the purposes of this discussion, the information relayed here refers to that disorder. Many of the symptoms experienced in osteoarthritis are found in the other conditions.

Arthritis damages the cartilage which protects the joint. The cartilage is the flexible connective tissue that covers the bone at the joint, allowing the joints to move smoothly and avoid friction. Cartilage also acts as a shock absorber. Without that intact and healthy cushion, bone would rub bone — something as painful as it sounds. Inflammation becomes a perpetual part of the problem. Other symptoms are swelling and stiffness, resulting in a decreased range of motion in the affected joint.

There is no one specific known cause for arthritis. Even though no cause has been recognized, researchers have identified risk factors that may predispose a person to the disease. No. 1 on the list is age. As we grow older, the stress on the joints increases because of constant use. Some sports and

occupations encourage the development of arthritis because of repetitive use of a specific body part. Weight plays a part in arthritis due to the added burden on the joints, and injury to the joint area can set the area up for constant inflammation.

In treatment, your goals are to prevent further joint damage and manage your pain level. Many pain medications such as acetaminophen and NSAIDs (nonsteroidal, anti-inflammatory drugs) like aspirin, naproxen and ibuprofen are sold over the counter. Other NSAIDs are only by prescription. However, there are many other options available to make living with arthritis a little easier. Applying heat, ice or massage can help. Another option is proper exercise to reduce stiffness, build strength and increase or maintain range of motion. Try to avoid repetitive movements that put stress on joints.

Arthritis may be in your future, but moderation in exercise and following your doctor's instructions regarding medication can help you stay active. **NOW**

Source:

www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.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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April 5, 6

Annual Spring Fling Weekend: **Saturday:** 9:00 a.m.-3:00 p.m.; **Sunday:** Noon-4:00 p.m., Chandor Gardens, 711 W. Lee Ave. Admission is \$1 per person. Visit www.chandorgardens.com to find out more information.

April 10

Gardeners' Club of Parker County monthly meeting: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. For more, call (817) 919-6280.

Spring Fling and Fashion Show:

10:00 a.m.-2:00 p.m., Coutts Memorial United Methodist Church, 802 N. Elm St. For more information, call (817) 598-6168.

9th Annual Quilt Auction: 6:30-8:30 p.m.,

Grace First Presbyterian Church, 606 Mockingbird Ln. The Quilter's Guild of Parker County's auction will include quilts and related items. Call (817) 771-4325 for more information.

April 12

Creative Keepsakes Craft Fair:

9:00 a.m.-4:00 p.m., 1306 Peaster Hwy. More than 30 vendors will showcase their creations at this free event, which will also include door

prizes. Visit www.creativekeepsakesoftexas.com for more information.

April 13

Go Greek: 3:00 p.m., Jerry's Chevrolet, 3811 Fort Worth Hwy., Hudson Oaks. High school senior girls can learn more about college sororities and financial assistance. Call Jo-Alice Davis at (817) 271-1847 for more information.

April 17

Chamber Spring Swing Golf Tourney: 1:00-6:00 p.m., Sugar Tree Golf Club, 251 Sugar Tree Dr., Lipan, TX. Cost is \$100 per person or \$400 for a team. Visit www.weatherford-chamber.com for more information.

April 18

Crossroads Annual Golf Tournament and Concert: 1:00-10:00 p.m., Canyon West Golf Course, 160 Club House Dr. Enjoy a day of golfing, dinner and a concert by Ray Wylie Hubbard. Visit www.crossroads-wfd.org to find out more.

April 19

12th Annual Moritz Ride for Heroes: 8:30 a.m., Aledo High School, 1000 Bailey

Ranch Rd., Aledo, TX. For more information, visit www.rideforheroes.org.

April 24

Free Healthy Woman Event: 5:30-7:00 p.m., First United Methodist Church, 301 S. Main St. Visit weatherfordregional.com/healthywoman or call (682) 582-1753 to find out more information.

April 26

Weatherford Blooms Home and Garden Festival: 9:00 a.m.-3:00 p.m., Historic Downtown Weatherford. Families can visit home and garden vendors and enjoy entertainment and food. Call (817) 598-4034 for more information.

May 1

Education Foundation Golf Tournament: 1:00-7:00 p.m., Canyon West Golf Course, 160 Club House Dr. The golf tournament benefits Weatherford ISD teachers and students. Call (817) 598-2956 for more information.

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

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In the Kitchen With James Berry

— By Amber D. Browne

The love of cooking runs in James Berry's family. His grandmother was a natural in the kitchen, his father was an Air Force cook, and his mother always made enough food to feed an army. "Maybe my inspiration for cooking comes from all of them," James realized.

As a battalion chief with the Weatherford Fire Department, James cooks for the firefighters assigned to his shift. He also caters and competes from a chuck wagon. "We cook and dress up just like they did back in the late 1800s. Iron skillets and all." On the weekends, he enjoys cooking for his wife, his children and their families. "I like to cook for a lot of people, because when you're through and everyone is full and smiling, you know you did a good job." **NOW**

Cast Iron Mexican Cornbread

- 2 6-oz. packages cornbread mix**
- 2 eggs**
- 1 cup milk**
- 1 lb. hamburger**
- 4 oz. Mexican blend cheese**
- 1/2 onion, chopped**
- 4 jalapeño peppers, chopped**
- 1 15.25-oz. can whole kernel corn**
- 1/4 cup sugar**

- 1.** Preheat oven to 400 F. Grease a 12-inch cast-iron skillet; preheat in oven.
- 2.** In a large bowl, stir together cornbread mix, eggs and milk.
- 3.** Brown hamburger; drain grease. Add hamburger and remaining ingredients to the cornbread mixture; stir well.
- 4.** Remove hot skillet from the oven. Pour mixture into the skillet; cook for about 30-

40 minutes. Tap top of cornbread with your hand (should not move) or use toothpick to check for doneness. Let stand for 3-4 minutes before cutting.

Cast Iron Potatoes

- 2 1/2 lb. potatoes**
- 1 red bell pepper, julienned**
- 1/2 yellow or white onion, julienned**
- 2 jalapeños, julienned**
- 1 10.5-oz. can chicken broth**
- 1/2 stick butter**
- Salt and pepper, to taste**

- 1.** Preheat oven at 400 F.
- 2.** Wash potatoes well; cut into 1-inch cubes, with skins intact.
- 3.** Add potatoes and next 3 ingredients to a 12-inch, cast-iron Dutch oven or a deep dish with a lid. Add 1/2 to 3/4 can of chicken

broth to the potato mixture.

- 4.** Cut butter into slices; place on top of potatoes. Season to taste.
- 5.** Cook potato mixture in oven for about 45 minutes. Poke potatoes with a fork to test for doneness. Potatoes are ready to eat when soft.

Quick Chili and Beans

- 2 12-oz. cans ranch-style beans**
- 2 12-oz. cans pinto beans**
- 2 10-oz. cans Ro-Tel**
- 1 lb. hot or regular ground sausage**
- 1 lb. hamburger**

- 1.** In a stock pot, add first 3 ingredients.
- 2.** Brown the sausage and hamburger together in a skillet. Drain grease; add the meat mixture to the stock pot and simmer on low until chili is hot.

Goulash

- 1 12-oz. pkg. elbow noodles**
- 1 14.5-oz. can of diced tomatoes and green chilies**
- 1 15.25-oz. can whole kernel corn, drained**
- 1 14.5-oz. can cut green beans, drained**
- 1 lb. hot or regular ground sausage**
- 1 16-oz. jar Ragu spaghetti sauce, any flavor**

- 1.** In a large pot, boil elbow noodles per directions on package. Drain noodles; return to pot.
- 2.** Add tomatoes and chilies, corn and beans to noodles.
- 3.** Brown sausage; drain grease. Add sausage and spaghetti sauce to noodles. Stir the mixture together. Heat on low until warm before serving.

Quick and Tasty Meal

- 4 boneless chicken breasts**
- 2 10-oz. cans of Ro-Tel diced tomatoes and green chilies**
- 2 15-oz. cans of black beans**
- 2 15-oz. cans of great northern beans**

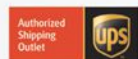
- 1.** Place chicken breasts into a large skillet. Pour Ro-Tel onto chicken and cook on high for 6-8 minutes, turning chicken about halfway through.
- 2.** Mix beans together in a bowl; stir into skillet. Cook for about 15-20 minutes on medium-high heat. Serve with cornbread.

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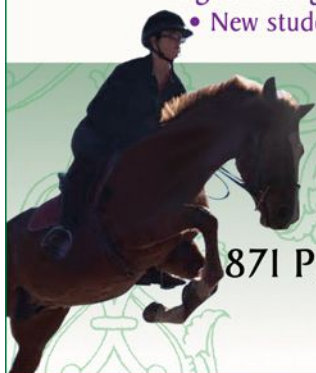
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