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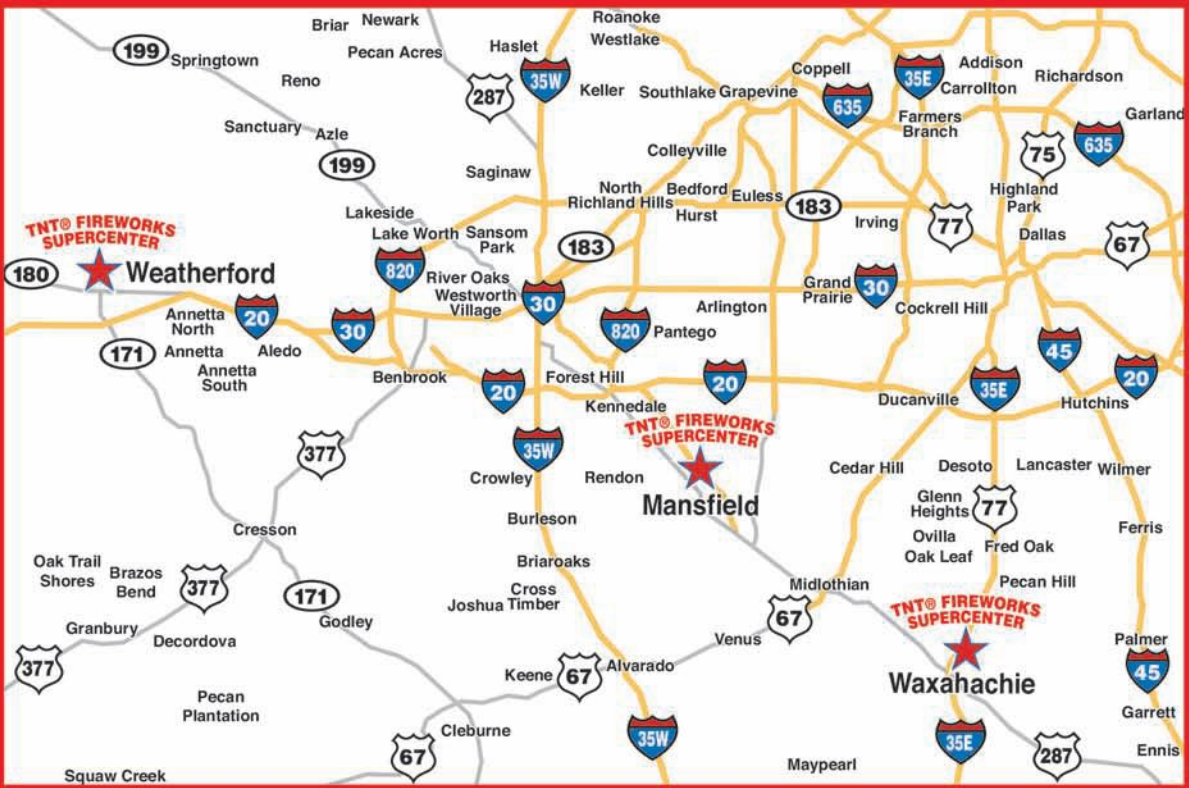
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*Photography by Sarah McVean.*

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## Editor's Note

*Happy summer, WeatherfordNOW readers!*

Summertime is upon us, and we should take time to enjoy the sun — just make sure you put on sunscreen first! The local area has plenty of fun activities to enjoy this month. The Parker County Sheriff's Posse Frontier Days PRCA Rodeo is planned for June 10-13. The annual event kicks off with a parade and features rodeo events and

concerts each night.

The city of Aledo and Aledo Economic Development Board will host the First Fridays Summer Concert Series on June 5. The event will include a car show, live music and a petting zoo, and a Fireworks Extravaganza will end the evening.

Residents can enjoy family-friendly films during Movies in the Park each Saturday evening this month. Moviegoers are encouraged to bring their own lawn chairs or blankets to sit under the stars at the Holland Lake Park Ball Fields.

Have fun!

*Amber*

Amber D. Browne  
WeatherfordNOW Editor  
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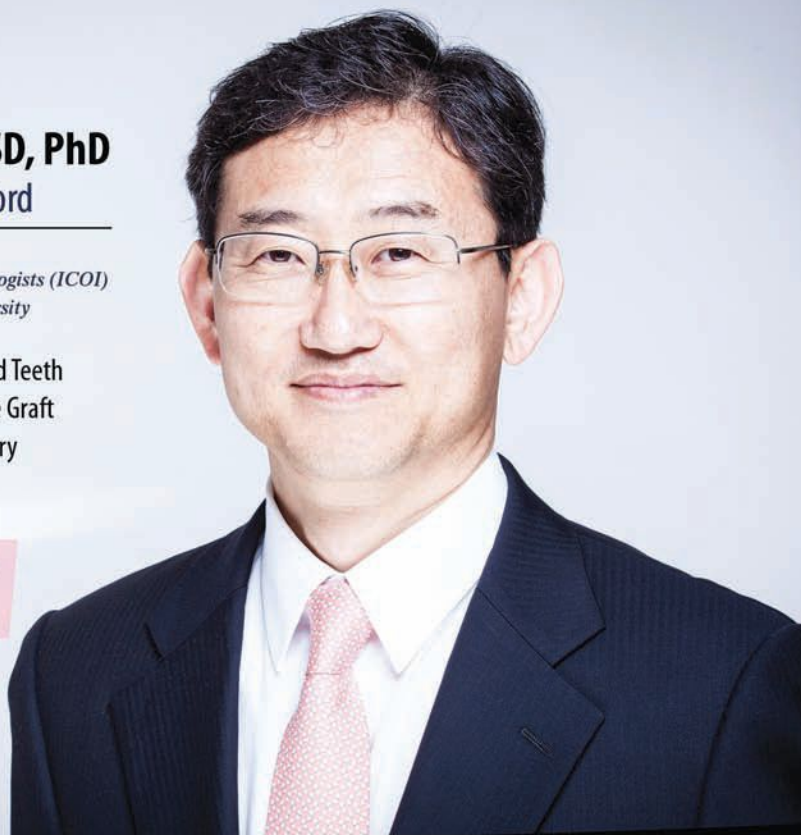
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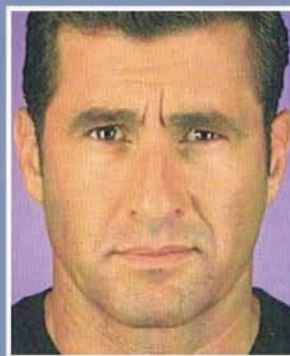




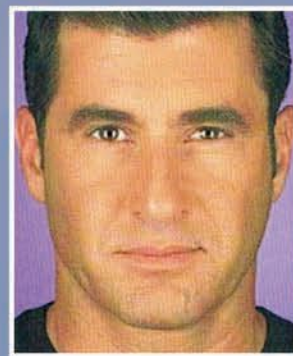
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# IT STARTED IN THE STABLES



— By Amber D. Browne

*The horse is a majestic creature that has been used over several millennia for many purposes. The animal has provided man with a rapid form of transportation, a simpler approach to farm work and years of companionship. Many horses have become athletes, showing their competitive spirit in contests, while others offer comfort to their riders through therapy. At Stars and Strides Stables, the horse gives the disabled rider a chance to shine in competitions and much more.*

David and Teresa Miller founded the 501(c)(3) nonprofit to offer equine-assisted therapy to disabled children and adults. They began their mission to help others in Parker County after seeing how their daughter, Courtney, benefited from therapeutic riding lessons. Courtney, now 23, began taking equine-assisted therapy in Sanger in 2000. It was great for her physical and mental well-being, as well as her self-esteem. Her mother volunteered at the stables and decided to become certified through Professional Association of Therapeutic Horsemanship International. After moving to Weatherford, the nearly two-hour drive to and from lessons became exhausting for the family, so discussions to open a facility in Parker County began around the dinner table. “We gave it some thought and gave it some prayer,” David said, “and we started Stars and Strides about three years ago.”

Courtney was born with multiple medical conditions, including neurological issues that affect her muscle coordination. Through equine-assisted therapy, she compensates for those issues. “I think it’s made me stronger,” Courtney shared. She loves being able to ride the horses, especially her favorite, Lily. Competing in a sport also boosts her self-confidence. “I couldn’t do other activities like basketball or soccer,” she shared. “Horses were the only thing I could compete with, and it gives me something to work toward.” Competing in classes for equestrians with disabilities, Courtney has won three American Quarter Horse Association national championship titles and a Palomino Horse Breeders Association world competition.

Courtney’s parents love to watch her compete and see the joy it gives her. “How does it make us feel? I don’t think words can describe it,” David shared, tearing up. And Courtney cherishes the hobby she can share with her parents.

As a PATH-certified equine-assisted therapy instructor, Teresa teaches riders, aged 15 months to 70 years, about horsemanship. Each rider is evaluated based on his or her abilities. They play games, go on trail rides and simply have fun. Stars and Strides Stables offers supported and non-supported classes to a number of people with disabilities, ranging from autism and Down syndrome to emotional disorders. The riders begin therapy lessons with supported walk, where Teresa and volunteers stand alongside the horse as it moves through the arena. The lessons progress to walk independent, walk-trot support, walk-trot independent and, finally, walk-trot-lope. In supported classes, the rider is still in control of the horse, which improves self-esteem and develops core muscles, helping the rider sit up straight in the saddle. The physical activity improves







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gross and fine motor skills in a fun way. "They're getting so much from it," Teresa said.

Group and private lessons are offered. Most of the children prefer group lessons, which are usually kept small with three riders or less. David is not certified in equine-assisted therapy, but he volunteers during some lessons. Stars and Strides Stables averages about 15 strong volunteers. Volunteers are crucial to the success of the nonprofit organization. They don't have to be "horse people" and can be trained to help with lessons. Some supported riders need three people







to assist during lessons, while others need only a spotter and a leader. Whitney Jordan is on staff with the nonprofit and works in the stables with the horses. She's always there to lend a helping hand. Courtney's role in therapy has progressed from not only rider but to volunteer.

Eight horses provide therapy through the nonprofit. Some have been donated to the group, and Teresa must evaluate them to see how they will work with riders. Sponsors such as United Way of Parker County and Equine Sports, Medicine and Surgery provide donations to help with various needs.

Riders can participate in competitions throughout the year in Fort Worth, Houston and other locations. "I'm more nervous when they're out there competing than they are," Teresa laughed. "I tell them all they're winners as long as they're trying their best." Several types of competitions are offered: English, Western, Showmanship and Trail. Although the disabled riders don't jump the horse in the English riding competitions, they use an English saddle and don traditional attire in the events. Courtney rides independently, and her favorite event is Western. The competition announcer gives commands for Courtney to control the horse. She then must guide the horse around the arena according to the commands — walk, trot, reverse and stop, for example. She has a very competitive nature and likes to win. At the Houston Top Hands Competition in 2000, Courtney was crowned queen. "She said, 'I think God made this day just for me,'" Teresa gushed.

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The riders, their families and the horses caravan to shows and competitions. They've become one big family. The riders often meet outside of therapeutic lessons and competitions. They've attended Texas Rangers games and celebrate birthdays together at the stables. It's given Courtney a friend base. Courtney is also meeting new friends at Weatherford College, where she's enrolled in classes.

The Millers have a passion for special needs. "It's a true blessing for us to be able to do this," David shared. "God has things happen in our lives for a reason, for a purpose." In addition to the stables, four years ago they helped launch a program called Revive at North Side Baptist Church, where David also teaches an adult Sunday school class called Journey. Revive is held the first Saturday of the month during the school year. Parents of special needs children who attend school can take them and their siblings to the church, where a team of volunteers will work one-on-one with the children. The parents can use the time between 5:00-9:00 p.m. to run errands, go on dates or simply relax. "It's all geared so the parents can have a night out," David added.

At Stars and Strides Stables, the Millers would one day like to offer free equine-assisted therapy to veterans and a driving program in which the animal pulls a cart with the rider controlling the reins. "Equine-assisted therapy offers a huge benefit to people with disabilities," Teresa explained. "It's the bond with the horse that they are enjoying, and at the same time, they're feeling good about themselves with a sense of accomplishment." **NOW**

*Editor's Note: For additional information about Stars and Strides Stables, visit [www.starsandstrides.org](http://www.starsandstrides.org).*



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A photograph of a woman and a young girl in a gymnasium. The woman, Suzi Prokell, is standing on the left, wearing a black top and blue jeans, with her arm around the girl's shoulder. The girl, Jordan Prokell, is sitting on a wooden beam, wearing a red leotard. The beam has "ELITE™" and "05-13" written on it. The background shows a blue mat and gym equipment.

# Sticking With It

— By Amber D. Browne

*To excel in gymnastics, competitors must exhibit drive, determination and persistence. Gymnastics is a competitive sport that also requires a lot of practice. Many gymnasts start out in the sport at an early age, but few continue into their college years because of the physical and mental demands involved. For Jordan Prokell, competing in the sport at the college level has become her dream, and she is doing what it takes to get there.*

Suzi Prokell is supportive of her daughter, Jordan's, gymnastics career.





The 12-year-old initially wanted to compete in the Olympics, but that changed when she witnessed a college gymnastics competition. "When I first saw it, I thought, *I'm doing that!* It's so fun!" Jordan shared.

"The way she competes now, the competitions are very serious and very professional," Suzi Prokell, Jordan's mother, explained about USA Gymnastics competitions. "When she watched her first college gymnastics meet, they were playing all this loud rock music, and when a girl competed, all her teammates were standing and jumping right next to her," Suzi recalled. The positive spirit of the college competition pulled Jordan in, and she hopes to one day join a team at Louisiana State University or the University of Arkansas, where her brother, Jacob, attends.

Jordan's gymnastics career started when she was 6 years old. Her sister, Erin, was involved in the sport, so she wanted to join in the fun. She began taking classes once a week. "She fell in love with it," Suzi said. Jordan increased the number of hours spent in the gym and began training for competitions. "She's never looked back."

For five hours each day, five days a week, Jordan can be found practicing with her team. They begin a 45-minute warm-up with stretching, running and strength training. The gymnasts then move on to their events, rotating to stations. Competitions include four events: vault, uneven bars, floor exercise and beam, so these are included in daily workouts. "We have a different schedule every day of what event we go to first," Jordan explained. "At each station, we work on different skills in our routines."

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The beam takes balance and skill. One of Jordan's routines features a back handspring back tuck off the beam. At first, Jordan was leery of executing the back handspring. "Everybody gets afraid at some point," she admitted. Her coach at Impact Athletic Training Center, Sydnie Evans, advised that she take a few steps back and relearn the skill. "Sometimes you have to do that. It helped me a lot." Spending hours practicing each day has achieved muscle memory. "I know that my body already knows how to do it."

The uneven bars event has proven to be the most difficult for Jordan, but it's her favorite. "On bars, it's all upper body strength," Jordan explained. She does a lot of strength training to improve her skills. On floor exercise, Jordan is working to improve her tumbling passes, including a front handspring front tuck, which she has trouble landing at times. "I just have to stick it," she admitted. Her floor routines also include choreographed dance elements.

The skills included in each routine are based on the level of the gymnast. The highest competitive level is 10, and Jordan is competing at level 7. During competitions, the gymnasts perform one routine for each event, except for vault, which they perform twice. Medals are awarded for each event, and awards are given for the best all-around scores. Jordan has won nearly 100 medals over the years. "It makes me feel really proud of myself. But whenever I don't win, I always know that it's OK. It's just another chance to keep pushing harder," Jordan shared. At the end-of-year banquet in 2014, Jordan was voted Miss Impact by



her teammates. She also won the Overall Impact Award, which was voted on by the coaches. In May, Jordan represented Texas at the 2015 Level 7 Regional Championships in Colorado where nearly 500 gymnasts from seven states competed. Jordan placed 15th all-around.

Because most of her day is spent at the gym, Jordan is now homeschooled. "I think the best thing we did for our family life was to pull her out of public school. She would go to school all day and go to the gym straight from school. She wouldn't get home until 8:30 or 9:00 at night," Suzi shared. Jordan initially attended classes at the gym with several of her teammates. The following year, she attended a homeschool co-op at Aledo Christian School. It's structured like college, so Jordan chooses the subjects and times she is in class. The unconventional schooling has given Jordan's family a lot of flexibility.

School may be over for a few months during the summer, but gymnastics practices increase. The team practices about 32 hours each week and gets two weeks of vacation. "If she has a couple of days off, she gets a little stir crazy and gets bored," Suzi smiled.

Gymnastics is a great way to get exercise and relieve stress. "It helps get stuff off my mind. If I'm having a bad day," Jordan shared, "I burn it off at the gym."



Jordan's Coach, Sydney Evans, gives her a few tips.



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Jordan is the youngest of four children, and her siblings are very supportive of her sport. Involved with their own lives, her siblings are also always on the go. "At first it was hard, but we have just gotten used to it. We don't know any different," Suzi shared. "I love watching my kids do anything." The eldest child, Jacob, plays baseball and will be a sophomore at the University of Arkansas in the fall. Ryan will be a senior at Aledo High School, and Erin is a cheerleader entering her sophomore year. Although they are busy, the Prokells are a tight-knit family. Jordan's siblings help out, when necessary, either fixing her hair or driving her to practice. "They're very proud of her," Suzi said. "She's the baby."

"You would expect siblings to fight, but I don't remember the last time I've fought with my siblings. I think that's cool," Jordan shared.

In their down-time, the Prokell family enjoys traveling. Jordan and her mother often take road trips across the state to gymnastics competitions. Jordan's father, Joe Prokell, decided to join in the fun at a recent competition in the Bahamas. "If it's a cool destination, he'll find a way to rearrange his work schedule," Suzi laughed.

Jordan has learned a lot through her sport of choice. "She's the one who told me that 90 percent of gymnastics is mental. I think that's a great life skill," Suzi said. "She won't do this forever, but everything that she's learning from it, she'll take with her and use it." NOW





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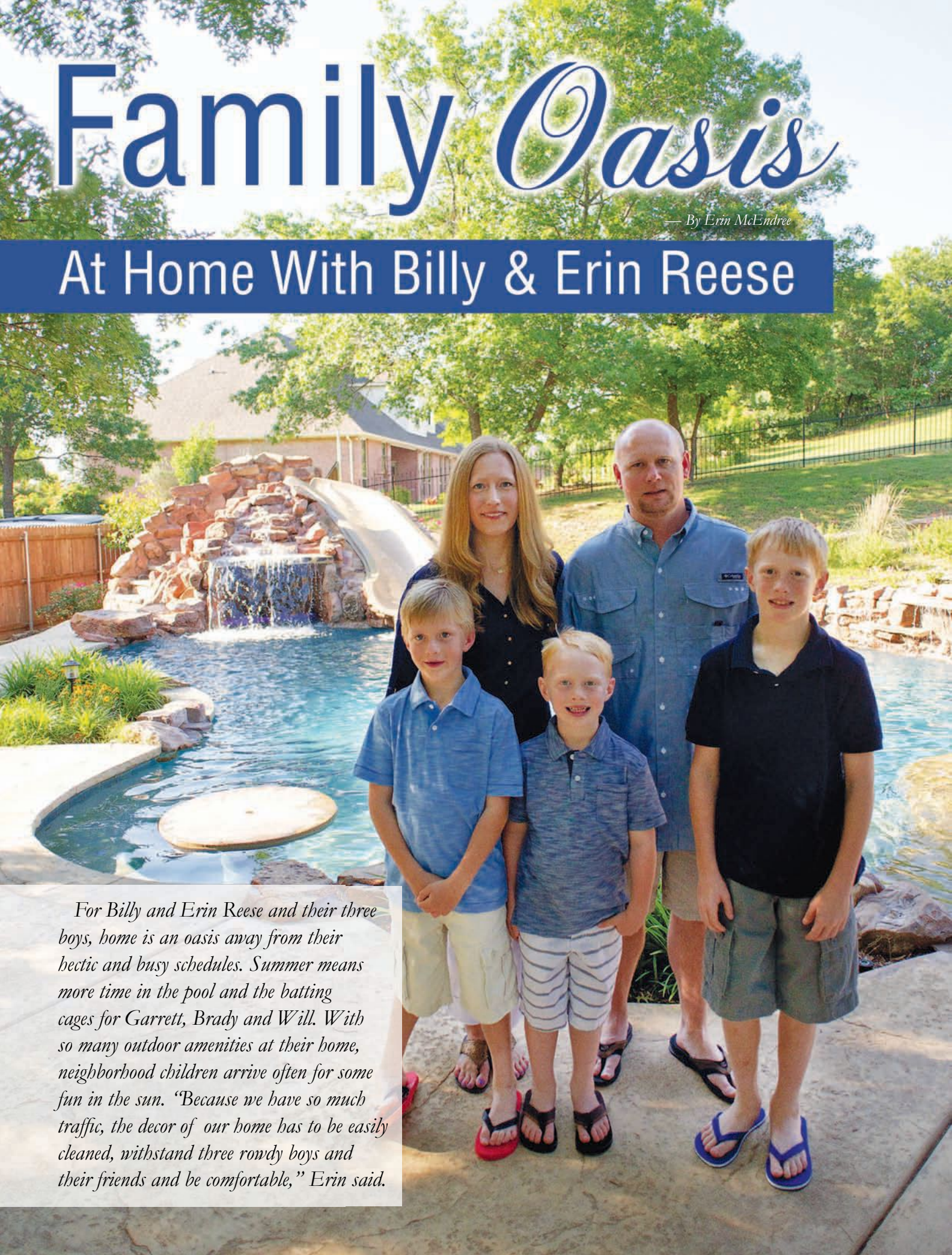


# Family Oasis

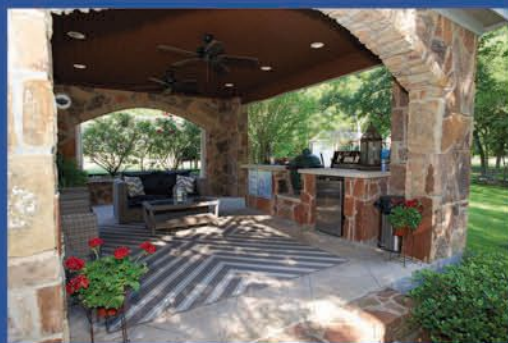
— By Erin McEndree

## At Home With Billy & Erin Reese

*For Billy and Erin Reese and their three boys, home is an oasis away from their hectic and busy schedules. Summer means more time in the pool and the batting cages for Garrett, Brady and Will. With so many outdoor amenities at their home, neighborhood children arrive often for some fun in the sun. "Because we have so much traffic, the decor of our home has to be easily cleaned, withstand three rowdy boys and their friends and be comfortable," Erin said.*



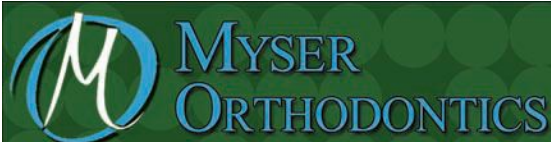




In the summer of 2008, the Reeses searched for a home near Aledo. "The neighborhood had some great selling points," Billy said. "There was less traffic, and it was spread out. The schools were great, and mostly boys lived on the street." The rock, one-story home sits on 1 acre, with more than 30 trees in the front yard. Evidence of kids and play is in the yard — bikes, balls and trucks. A bench nestled between trees, surrounded by a rock pathway, makes a nice seating area for watching the boys as they play in the yard or ride on the street.

The backyard has hotel-like amenities for the whole family. Last year, Billy and Erin added a pool and the pergola to the existing cabana. The rock pool is complete with waterfalls, a slide and a rocky grotto. A swim-up table in the pool supplies some shade with its large umbrella. "In the summer, the boys and their friends live out here," Erin said. The kitchen in the cabana is used often for grilling and smoking outdoors. Long white drapes serve as a backdrop to the rattan seating area with navy blue cushions. A sports court is beyond the pool. The boys and their friends play hoops and other games on the large slab.

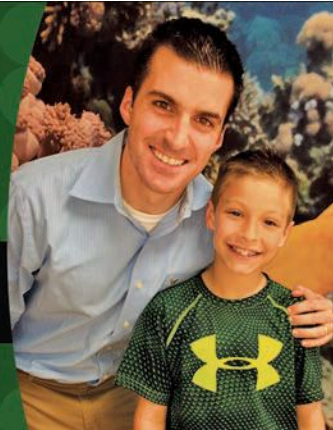
Next to the court is a grassy area where Billy set up a batting cage. "I coach Will's baseball team and help with Garrett and Brady's team," Billy said. "We play baseball all spring, but in the summer, we take a break, because the schedule is really crazy." It is normal for Billy and Erin to



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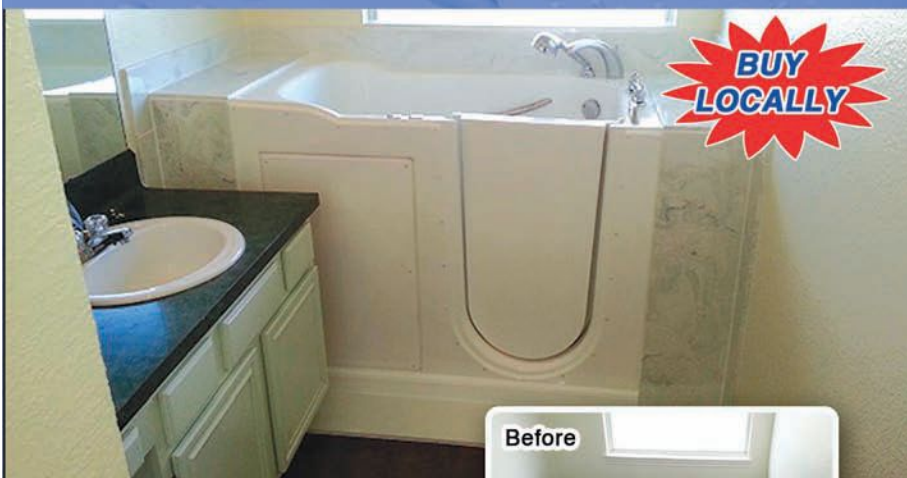
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go in two different directions for games and practices several nights a week. They depend on other families in baseball that have hectic schedules, too. Billy pitches to the boys in the cages. He also gives lessons to help other kids with their swing.

In the house, the fun continues. The game room has a pool table, dart board and a stand that holds archery equipment. It is also the home for two hamster brothers, Stripe and Buddy. Baseball memorabilia and collectibles are in a glass case and hang on a wall. "Billy's dad owned a card shop," Erin said. "Billy had

so many cards we had to get a shed." Bar stools and a large, leather chair complete the room with seating.

Leather couches in the living room get lots of use and abuse. The boys often wrestle and roughhouse. "I always buy furniture with darker colors and slip covers that can come off, so I can throw them in the washer," Erin said. "I also change out ottomans and pillows often, because the boys are hard on the furniture." It is no surprise to have balls or other toys flying across the room, not to mention numerous kids running through the house. "This is



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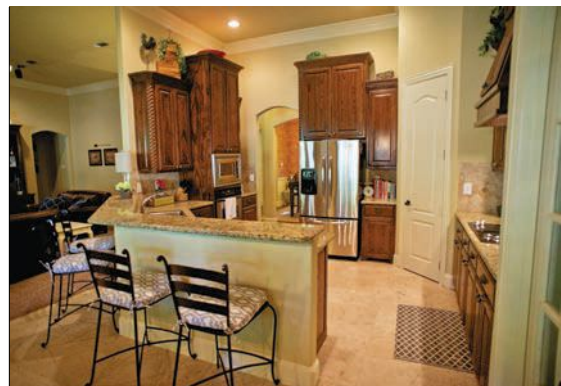


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the only room we kept carpet in, because we knew the boys would be on the floor a lot in here," Erin said.

The living room is open to the clutter-free kitchen and eating area. Billy made the kitchen table, and they repainted the chairs to match. Travertine tile is throughout the house. Barstools surround the granite bar that is tan and cream with dark swirls, where the kids eat most of the time. The handsomely stained cabinetry has a scroll design that borders the edges. "Our family pretty much lives in this area of the house," Erin said. "We also have large family gatherings, and there are lots of kids."



A pass-through from the kitchen leads to a formal dining room near the front entry. A red stencil pattern covers the walls. "The lady who owned the house is an interior designer," Erin said. "The design reminds me of French country." A white hutch houses Lenox birds from Erin's grandmother. She also displays family items such as her grandfather's pipe, his reading glasses and her grandmother's stemware. A light blue, distressed grandfather clock that Billy painted sits in the corner. A large iron chandelier hangs over the dining table and is surrounded by white crown molding on the tray ceiling.





The playroom was pink with black stripes. Now, it is a soft yellow where a huge mural of Dr. Seuss' Cat in the Hat resides. "My stepdad is an amazing artist," Erin said. "He drew the character free hand and had it done in an hour." Toy boxes and cabinets organize toys. Art lines the wall in frames that are easily changed when new art is created. A large train table that Billy made anchors the room and is used for many activities.

A Jack-and-Jill bath with a beach theme connects the boy's rooms. It is humorously called the *Poop Deck*, as evidenced by the plaque above the toilet. "We have lots of boy humor in this house," Billy laughed. Will and Brady share a blue room with green accents. Brady collects game balls from baseball stadiums he visits. Will loves animals and has a photo and plush toy of a rhino the family adopted at the zoo where they love to visit. Garrett's room is a dark red and is the backdrop for several baseball Fatheads. Billy made storage for Garrett that looks like a baseball locker. He hangs his own jerseys on the hooks.

The master bedroom and bath have a French country feel. Cream and white accents surround the room. "Billy made the headboard out of an old door," Erin said. "We also painted and glazed the dressers to match the room's decor." A couch sits under a large row of windows. There is a great view of the pool and cabana.

The Reese family enjoys the indoor and outdoor spaces of their home. It is a sanctuary away from the busyness of life. Their home is a welcoming abode that gets the maximum amount of use from family and neighbors. Billy and Erin enjoy seeing their children grow in a close-knit community and love being involved in their lives. This family works hard and plays hard, and they are making memories for a lifetime. **NOW**

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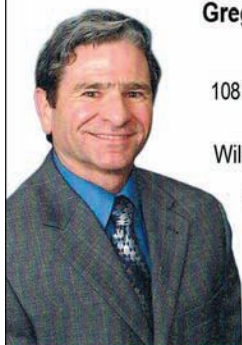
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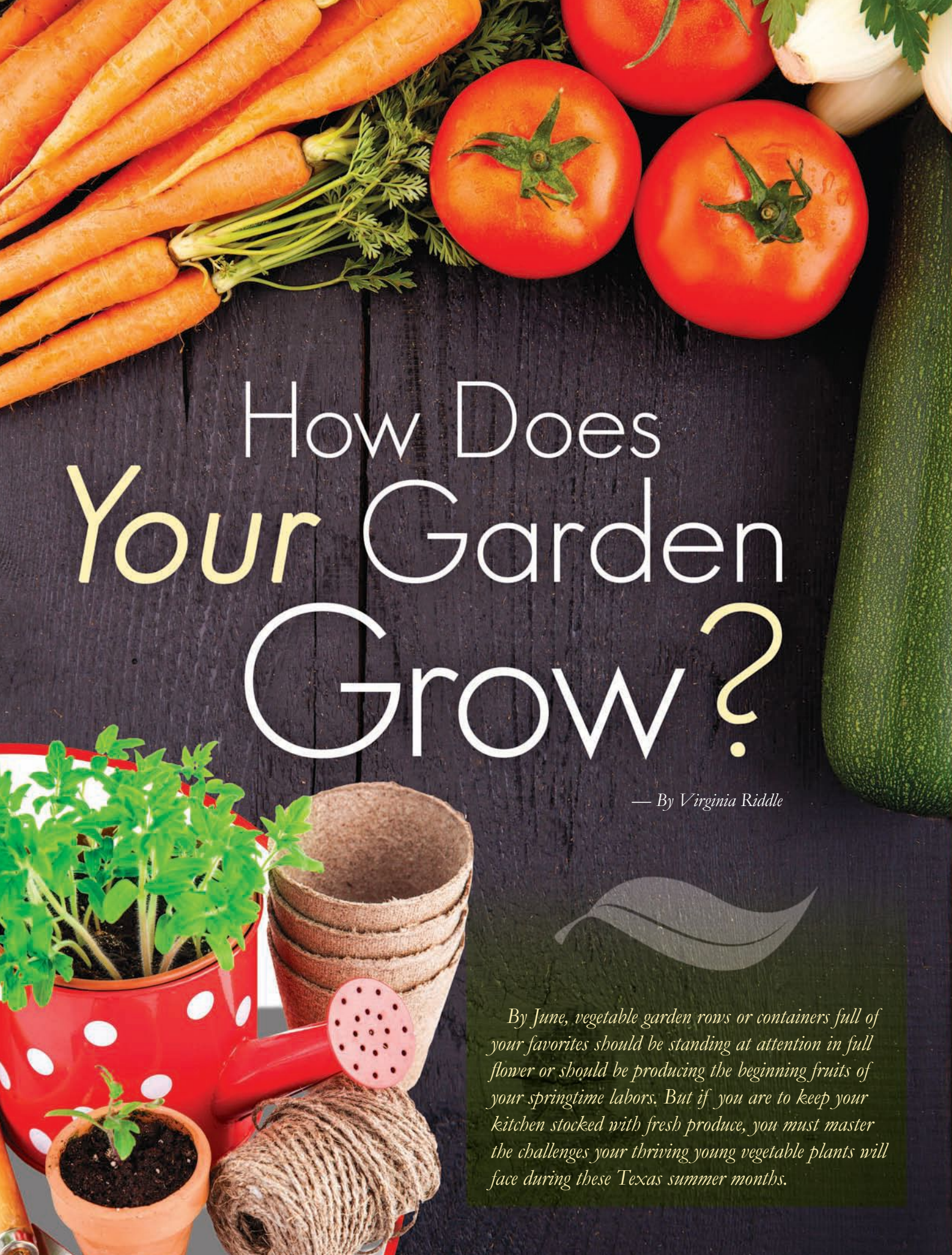
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# How Does *Your* Garden Grow?

— By Virginia Riddle

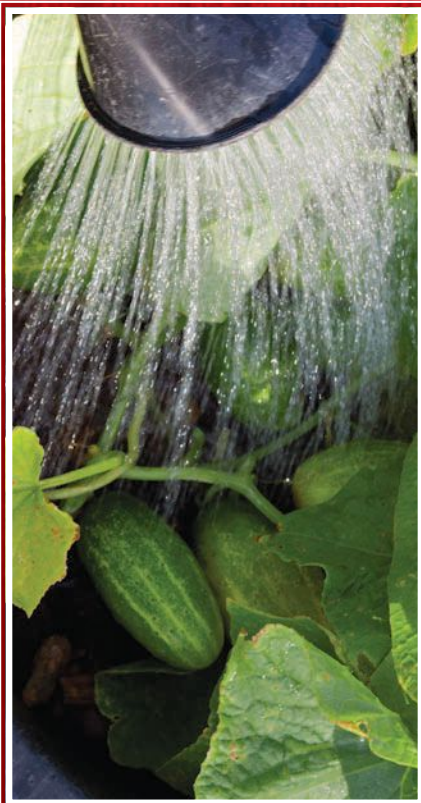


*By June, vegetable garden rows or containers full of your favorites should be standing at attention in full flower or should be producing the beginning fruits of your springtime labors. But if you are to keep your kitchen stocked with fresh produce, you must master the challenges your thriving young vegetable plants will face during these Texas summer months.*



# Weather and Watering

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Some helpful watering hints include:

1. Watering too much or too little is a problem. When soil is dry to the touch, water to a depth of 1-2 inches at least once a week. Remember, leaves can wilt from being too wet or too dry.
2. Use drip or trickle irrigation to avoid waste. Run hoses slowly in furrows so every costly drop soaks in, and use overhead irrigation only as a last resort, since watering in this fashion allows water

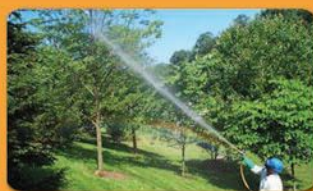
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to evaporate rather than soak in and promotes disease on leaves and rot of fruit. Use wicking or refillable watering bottles available at your garden center for container plants.

3. Water early in the morning or early evening to avoid greater evaporation during the heat of the day.

4. Keep your garden weeded since weeds drink precious and expensive water. Use a Cape Cod weeder, swan hoe and/or collinear hoe for weeding.

5. When plants are at least 4-6 inches tall, add more mulch around the stems. The best types of mulches are organic — bark, compost, pine needles or shredded leaves. However, if you use a black plastic liner, cover it with a thick layer of organic mulch, since it will soak up the summer sun's heat if left bare. Organic mulches lower or moderate soil temperatures.

6. Keep plastic buckets handy and use them to cover your smaller plants before occasional hailstorms occur.

## Insects

By including cilantro and mint in your garden plantings, you will attract beneficial insects, which include: bees, lady bugs and green garden spiders. For

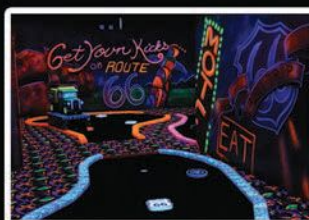


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grasshoppers, spider mites and other problem insects that eat what you love, purchase horticultural oils and soaps that are sold at garden centers and use them as directed. If you use heavily based chemical sprays, be sure to scrub your veggies well before eating them!

## Animals

Bambi is cute until he consumes your nearly ready-to-eat corn. Deer, raccoons, skunks, wild hogs and/or rabbits can be discouraged by installing small-charge electric fencing that can be turned off and on. Additionally, a live animal trap can be used to capture, relocate and release small animal poachers into a more suitable habitat. Finally, mesh netting can be laid on the ground for about 10-15 feet surrounding the garden. Secure netting with ground staples. Deer and other four-footed hooved animals don't like poor footing. They are less likely to walk on something that might entangle them. Old CDs can be hung to scare away animals and birds.

Beneficial animals include: nonvenomous snakes, toads, frogs and earthworms. Be sure to know your snakes, and always stick your long-handled hoe under or into plants to check for their presence before you risk a snake or spider bite!

## Fertilizing and Feeding

Feeding vegetables during this growth spurt season is important, especially if your plants are growing in containers. Choose an organic or nonorganic, soluble complete-and-balanced plant food or high nitrogen fertilizer that is the right complement for your soil, based on its previous test. Your garden center expert or county extension agent can advise you. Follow the package directions for application and frequency. It's best to spray early in the morning, keeping the fertilizer off leaves, and water thoroughly right after feeding to avoid fertilizer burn from the hot sun. Organic compost tea or manure tea can be made by mixing a bushel of either with 20 gallons of water in a plastic



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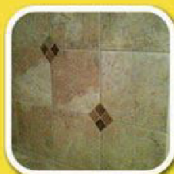
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garbage can. Let the tea brew for at least four days, agitating it once a day. Apply at plant roots with a spray bottle used only for this tea, then water thoroughly.

## Pot-bound Container Grown Vegetables

If your tomato potted plants have branched out and are looking a little ragged, transplant them to larger pots, after trimming their roots slightly. If the pots have been used previously, be sure





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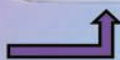
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to clean them with a 10-percent solution of laundry bleach to kill any organisms or insect eggs before you refill the pot with new potting soil.

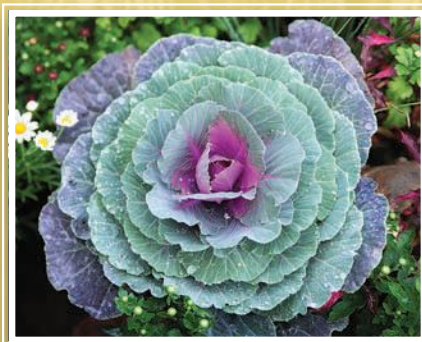
## Harvesting

Pick your mature vegetables during mid-morning hours, just after dew has dried but before the sun causes the wilting of leaves or saps the flavors. Harvest herbs before the plants have gone to seed.



## Plan Your Fall Garden

Our first freeze is normally about November 15. Count back the days from that date to establish a second summer planting early enough for the crops to mature before the first freeze.



Favorite fall starters that go into the winter months include: lettuces, spinach, leeks, kale and collards. Start these from seeds and plant them in the garden or containers in October. **NOW**

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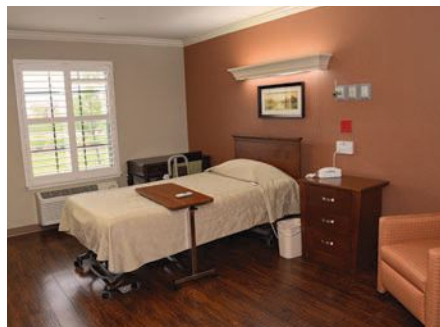


## Willow Park Rehabilitation and Care Center

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*Willow Park Rehabilitation and Care Center provides short- and long-term care to residents.*

# *A Retreat for Health*

*At Willow Park Rehabilitation and Care Center, residents are treated like family.*

— By Amber D. Browne

Just off Interstate 20 in Willow Park sits a newly opened, skilled nursing facility that caters to community members in need of short- or long-term care. Willow Park Rehabilitation and Care Center offers private suites and a 24-hour nursing staff that treats residents like family. “We’re excited to be part of the Willow Park and Aledo community. I think we’re a much-needed addition,” said Teresa Shipley with business development. “We provide a safe environment close to home with tons of amenities.”

One wing of the facility includes private suites for short-term residents who need rehabilitation. Residents in need of physical therapy after a hospital stay can find support in the facility’s state-of-the-art, 2,000-square-foot gym, which includes exercise equipment to help with muscle stimulation and balance. Speech and occupational therapy are also offered. “It’s one-on-one and group therapy,” Teresa S. explained. Most of the residents receiving physical therapy live at the care facility on

average about two weeks. “It just depends on their diagnosis, what they’re here for and their progress.” Before they move back home, a home safety evaluation is performed to ensure their home accommodates their needs.

The private suites feature dark wood floors, a support surface electric bed, flat-screen television, Wi-Fi, bedroom furniture, individual air conditioning unit and a private bathroom. “It’s like a hotel stay, a retreat,” said Teresa Kennedy, Willow Park Rehabilitation and Care Center administrator. Semi-private suites are available for long-term care residents. They provide the same amenities as a private suite, including a large bathroom with a walk-in shower, but offer a bed and flat-screen television for each resident. Nurse aides are available around the clock to help administer medications and provide a wide range of care as directed by the resident’s physician. Physicians are available 24 hours a day by phone, including the facility’s medical director,



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Kris Porter, MD. A dentist, podiatrist and wound care doctor are also on call for residents who need care.

Willow Park Rehabilitation and Care Center is not all work and no play for residents. They can enjoy fresh air in the courtyard. Activities such as painting projects and happy hours allow residents opportunities to get to know their neighbors. Each week, one resident is selected to enjoy a massage and other "spa day" services while listening to relaxing harmonies. A salon is available for grooming needs.

Residents gather in the lunchroom for snacks, breakfast, lunch and dinner prepared by Chef Kermit Thompson, who is on staff. "We cater to people's

**"We encourage residents to get out of their rooms and socialize, because it's healthy."**

diets and likes. There are a lot of special diets — diabetic, low salt, renal diet," Teresa S. explained. Church services are offered on Sundays in the chapel. Visitors are always welcome. Lounge areas are furnished for some chit-cat, games or freshly popped popcorn. "We encourage residents to get out of their rooms and socialize, because it's healthy. They eat more, do better and thrive."

The Willow Park skilled nursing facility is one of three in the local area owned by Optimum Healthcare Management. Registered nurses, licensed vocational nurses and certified nurse aides are on staff. The facility accepts private pay, Medicare, Medicaid and most major insurances.

"We try to make it as home-like as possible for them. We value every one of our residents just like a family member. We treat them that way," Teresa K. shared. "I tell the staff all the time that what we do today is going to impact the community for years to come. It's going to make a difference in the lives of others." **NOW**



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*Arthur Pryor pumps gas at Brookshire's Food and Pharmacy in Willow Park.*



*Helen Wright Guess is recognized for her 70-year membership with the Weatherford Chapter of the Daughters of the American Revolution.*



*Israel Rivera, Jordan Rodriguez and Angela and Kelbi Mitchell enjoy dinner at Vintage Grill and Car Museum.*



*Participants race at the Weatherford Roo Fest Special Olympic event at Kangaroo Stadium.*



*William and Merivether Evans help Christie Tull produce the trials at Greenwood Farms, which celebrates its 20th anniversary this year.*



*Janet Coble hands Ginna Carroll her dinner at Your Personal Chef in Aledo.*



*The Weatherford Christian School Junior High boys take first place at the CSAFI district track meet.*



*These 11 teachers are recognized at the Weatherford ISD Education Foundation Teacher of the Year luncheon.*



*Volunteers are honored at the Weatherford Citizen Police Academy Alumni Association's annual awards ceremony during National Volunteer Week.*





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## Watch for These Credit Score Myths

Your credit score is complex, but your understanding doesn't have to be. Take note of these six common credit score myths, so you can work to improve your rating, not hurt it.

**Myth #1:** It's impossible to improve your credit score.

**The truth:** You can rebuild credit over time with patience and good debt management. As you consistently make prompt payments, lenders will notice the negative marks on your credit history less. Learn more from your financial advisor about improving your credit score.

**Myth #2:** Checking your credit can hurt your credit score.

**The truth:** Pulling your own credit report, also known as a "soft inquiry," doesn't affect your credit score. In fact, regularly checking your credit report is a responsible financial practice. You are entitled by law to one free report from each of the three reporting bureaus every 12 months. Keep in mind: If a lender pulls your score to approve a new line of credit, it is a "hard inquiry" and can lower your credit score. You typically have to authorize this process.

**Myth #3:** Closing old accounts can boost your credit score.

**The truth:** Closing an account lowers your available credit —

which can raise your debt-to-credit ratio and therefore lower your score, especially if you carry balances on other cards.

**Myth #4:** Closing old accounts can shorten your credit history.

**The truth:** Accounts with no negative marks that are paid in full will remain on your report for 10 years after being closed.

**Myth #5:** Cosigning for a loan or credit card won't affect your credit score.

**The truth:** You are just as responsible if the borrower misses a payment or exceeds his or her limit — and your credit score will be penalized.

**Myth #6:** Paying cash is the best thing you can do for your credit score.

**The truth:** A good credit score means a solid credit history — which can't be built or maintained by paying for everything with cash. **NOW**

*Article provided by The Mader Bagley State Farm Agency.*



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# Painful Crystals

— By Betty Tryon, BSN

Your big toe feels as if it is spouting red-hot flames. Red and swollen, it seems to be holding on to the cauldron of fire. You may have gout. A veteran at a VA hospital said this about gout, "I've been shot, beat up, stabbed and thrown out of a helicopter, but none of that compared to the gout."<sup>1</sup> The good news is it's very treatable and even possible to lessen the risk of a recurrence of an outbreak, or at least to minimize the flare-ups.

Gout is the buildup of too much uric acid in the body, which causes it to solidify in joints. Uric acid deposits are crystals in a needle like formation, and they are very painful. Many times the big toe is the initial point of attack of the uric acid, but other joints can be affected, in addition to or even without involvement of the big toe. Feet, heels, ankles, knees, fingers, wrists and elbows are some, not all, of the joints that can be targeted. All of the joints affected are subject to swelling, inflammation and pain.

You can be predisposed to develop gout by some things you do and by who you are. Eating red meat, particularly large quantities of organ meats, such as liver, heart and kidneys, can raise the level of uric acid. Some seafood, such as anchovies, sardines and herring, can also raise the level of uric acid. Another consumption that can predispose one to gout is alcohol. Drinking more than two beers a day can raise your uric acid level. Men are more likely to develop

gout than women. However, after menopause, a woman's risk increases. Obesity poses a greater risk, because a greater amount of uric acid is produced, and people who are very overweight have the added burden of it developing at an earlier age. If you have a family history of gout, the chances are greater for you.

Treating gout is something your physician will discuss with you in order to prepare a plan that addresses your specific needs. Some of the medications used are nonsteroidal anti-inflammatory drugs (NSAIDs). Some of these, such as Aleve and Advil, may be conveniently purchased over the counter. Stronger ones are available by prescription. Colchicine is sometimes prescribed to help with the pain. Corticosteroids may be prescribed to help with the pain and inflammation.

If you experience any of the symptoms of gout, seek the care of a physician with the first flare-up. Ignoring it can lead to joint damage. There is help out there to lessen the symptoms and the recurrence of this condition. **NOW**

Source:

1. <http://www.medicalnewstoday.com/articles/144827.php>

*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 August 9

Summer Challenge 2015: **Mondays-Thursdays:** 10:00 a.m.-8:00 p.m.; **Fridays-Saturdays:** 10:00 a.m.-6:00 p.m.; **Sundays:** 2:00-6:00 p.m., Weatherford Public Library, 1014 Charles St. The library's Youth Services department hopes to inspire youth ages infant to 18 to become lifelong learners. Children and teens are encouraged to join the Reading Club to earn prizes and attend Summer Reading Club events. For more information about the reading challenge, call (817) 598-4150.

### June 2 — August 20

Summer Reading Program 2015: **Tuesdays-Fridays:** 10:00 a.m.-6:00 p.m.; **Saturdays:** 10:00 a.m.-1:00 p.m., East Parker County Library, 201 FM 1187 North, Aledo. Children are encouraged to register for the program. Story time and workshops are held throughout the summer, so call (817) 441-6545 or visit [www.epclibrary.com](http://www.epclibrary.com) for more.

### June 5

First Fridays Summer Concert Series: 6:00-10:00 p.m., Downtown Aledo. Families are invited to attend the event, which will include a car show, live music and a petting zoo. A Fireworks Extravaganza will end the evening. For more information, visit [www.aledo-texas.com](http://www.aledo-texas.com)

### June 6, 13, 20, 27

Movies in the Park: 9:00 p.m., Ball Fields at Holland Lake Park, 1419 Holland Lake Rd. Free, family-friendly movies will be shown each night. Lawn chairs and blankets are advised, and a concession stand will be available to purchase food and beverages. For more information, visit [www.weatherfordparks.com](http://www.weatherfordparks.com).

### June 10

Posse Frontier Days PRCA Rodeo Parade: 5:00 p.m., Parker County Sheriff's Posse Arena, 2251 Mineral Wells Hwy. Visit [www.parkercountysheriffsposse.com](http://www.parkercountysheriffsposse.com) or call (817) 301-3369 for more information.

### June 10 — 13

Posse Frontier Days PRCA Rodeo: 7:30 p.m. nightly, Parker County Sheriff's Posse Arena, 2251 Mineral Wells Hwy. Attendees can enjoy various events including bull riding, calf roping and steer wrestling. General admission for 12 and over is \$12 and \$6 for children ages 6-11. Call (817) 301-3369 for more.

### June 19

Quilter's Guild of Parker County Workshop: 9:00 a.m., Grace First Presbyterian Church, 606 Mockingbird Ln. Becky Goldsmith of

Piece O' Cake designs will teach the six-hour workshop. To find out more information, visit [www.quiltersguildofparkercounty.org](http://www.quiltersguildofparkercounty.org) or call (817) 366-9134.

### June 25

Boots, BBQ and Bachelors Charity Event: 6:00-10:00 p.m., The Brooks at Weatherford, 11850 W. Lake Dr. Five eligible bachelors and five local restaurants will help raise funds for Parker County charities. For more, call (817) 565-2028.

### June 27

2015 Miss Parker County Peach Pageant: 9:00 a.m.- 4:00 p.m., Weatherford Community Building, 701 Narrow St. Girls ranging in age from infant to 21 years will compete in various events. General admission is \$5 per person; children 12 and under are free. Contact Norma Crutcher at (817) 596-9415 or [peachpageant@att.net](mailto:peachpageant@att.net) to get more information.

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



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## In the Kitchen With Karen Scherer

— By Amber D. Browne

For Karen Scherer, cooking is about making memories, carrying on family traditions and, of course, creating a tasty meal. She's accumulated recipes over the years from her late mother, Anne Atkinson; sister, Connie Rhodes; and other family members. A chili recipe from her grandmother's cookbook has been made her own. "I kept working on the recipe. Finally, in 2013, I entered it into the Weatherford Rotary Club Chili Cook-off and took the first place trophy," Karen explained. The recipe won the top prize again in 2014.

When she's not busy running her newly opened independent insurance agency or volunteering with the Rotary, Karen is cooking down-home recipes for her family. She also enjoys camping, playing the guitar and riding motorcycles with her husband, Mike Scherer. **NOW**

### Karen's Chili Recipe

**1 lb. hot sausage**  
**2 lbs. ground chuck**  
**3 large jalapeños, chopped**  
**1 serrano pepper, chopped**  
**2 tsp. garlic, chopped**  
**2 large onions, chopped**  
**4-5 Tbsp. chili powder**  
**3 cups water**  
**1 10-oz. can Ro-Tel tomatoes**  
**3-4 tsp. salt**  
**1 tsp. black pepper**  
**23-oz. tomato juice**  
**1/2 tsp. cumin**  
**1-2 tsp. red pepper flakes**  
**1/2 to 3/4 cup warm water**

**4 Tbsp. cornmeal**  
**5 Tbsp. flour**

**1.** Brown sausage and beef; drain. Mix meat with the next 12 ingredients in a large Crock-Pot.  
**2.** Mix together warm water and next 2 ingredients. Pour mixture into the Crock-Pot and stir. Cook for 6-8 hours on low heat.

### Karen's Easy Lasagna

**1 lb. ground beef**  
**3 1/2 cups thick spaghetti sauce**  
**1 1/2 cups water**  
**Cheese Filling:**  
**1/2 cup Parmesan cheese, grated**

**2 eggs**  
**1/4 cup parsley flakes**  
**2 cups ricotta cheese**  
**1 tsp. salt**  
**3 cups mozzarella cheese, shredded**  
**1/4 tsp. black pepper**  
**8 oz. uncooked lasagna noodles**

**1.** Brown beef in a saucepan; drain. Add spaghetti sauce and water; simmer for about 10 minutes.  
**2.** For cheese filling: Combine next 7 ingredients.  
**3.** Cover bottom of a 13x9-inch baking dish with the sauce. Layer 3 pieces of uncooked noodles on top of the sauce. Cover noodles with more sauce; spread half of cheese filling on top. Repeat layers of noodles, sauce and cheese filling. Top with noodles and remaining sauce.  
**4.** Cover with aluminum foil and bake at 350 F for 55-60 minutes. Remove foil and bake for another 10 minutes. Lasagna should sit for 10 minutes before cutting.

### MeMe K's Meatloaf

*Meatloaf:*

**2 lbs. ground beef**  
**2 eggs**  
**1 tsp. salt**  
**1/2 tsp. pepper**  
**1 large onion, chopped**  
**1 green bell pepper, chopped**  
**20 saltine crackers, crushed**  
**1/4 cup ketchup**  
*Topping:*  
**1/2 cup ketchup**  
**2 Tbsp. mustard**  
**2 Tbsp. brown sugar**  
**1 Tbsp. vinegar**

**1.** For meatloaf: Mix together all ingredients. Spray a 13x9-inch baking dish with nonstick cooking spray. Place mixture into the baking dish and shape into a loaf.  
**2.** For Topping: Mix together all ingredients and pour over the loaf. Bake at 400 F for 45-60 minutes.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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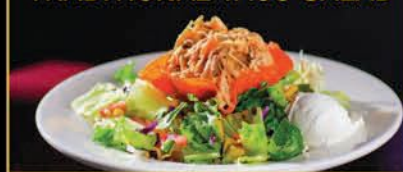
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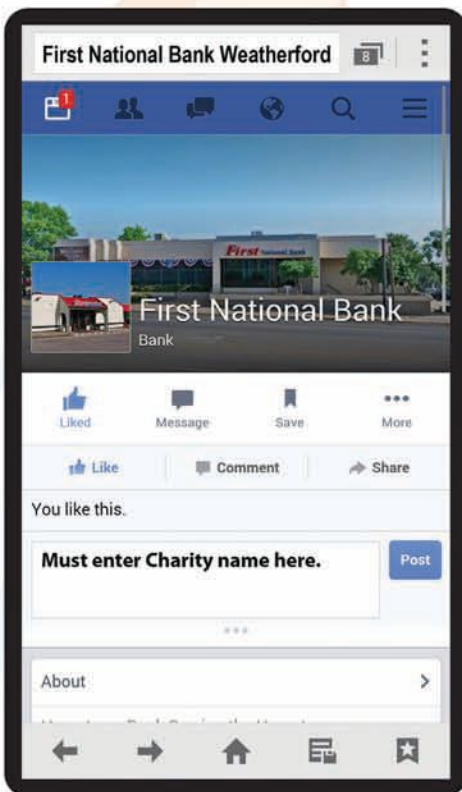
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