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The Smiths enjoy spending time together as a family.

Photo by Vanessa Polozola.

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Editor's Note

Greetings, WeatherfordNOW readers!

Are you ready for some peaches? How about fireworks celebrating the 4th of July? July has plenty of local fun to offer.

For Independence Day, the City of Hudson Oaks and East Parker County Chamber of Commerce will host Boomin' 4th. Meet the night of July 4 at Gene L. Voyles Park for some fireworks and fun. The day marks the 237th anniversary of when America declared its independence from Great Britain and is often considered the United States' birthday.

Whether you choose to spend the day watching a spectacular fireworks show with fellow community members or grilling with family or friends, remember why we celebrate.

The 29th Annual Parker County Peach Festival will entertain families on July 13, featuring local vendors, live music, children's activities and plenty of peaches cooked up any way you want them.

Have a happy July!

Amber

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WeatherfordNOW Editor
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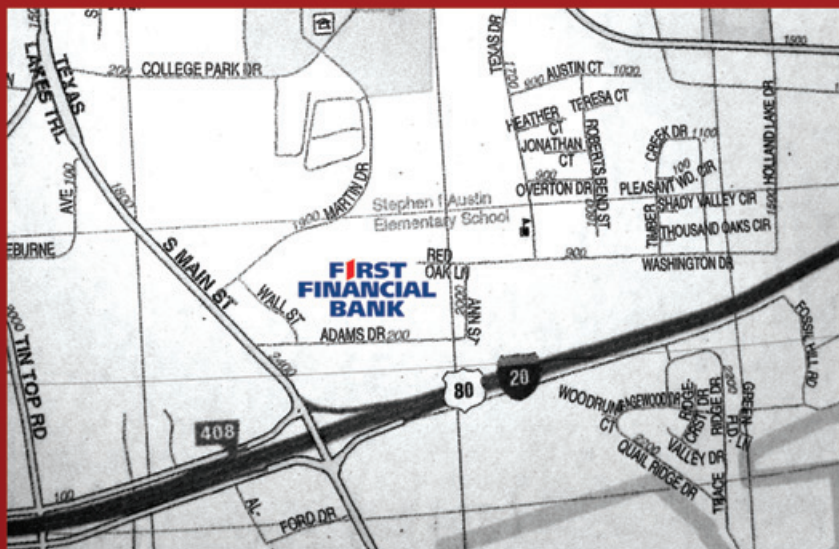
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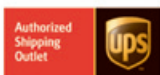
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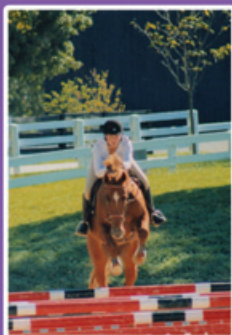
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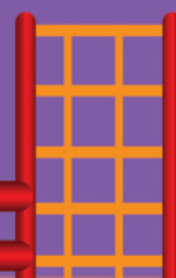
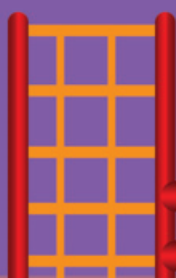
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SAVING LIVES+

— By Lisa Bell

Rick Guthrie, an enthusiastic advocate, never hesitates to ask total strangers whether they donate blood. After many years, those who say they don't like needles as an excuse for not giving blood still surprise him. He sometimes looks into the face of a burly man and conveys this true story.

A woman sat in the donor chair, flipping through a magazine while she waited patiently. The phlebotomist walked up, asked her name and then opened a package. The woman raised the magazine, resting it on her face while the needle entered her arm and blood flowed into the small bag hanging beside the chair.

"All done," the worker announced, patting her gently. "Are you okay?"

The woman dropped the magazine to her lap, smiled and said, "Yes. I'm fine." She returned to reading an article, squeezing a ball every few seconds. A short time later, rich blood filled the bag.

The phlebotomist, ever watchful, returned to the chair. "You're almost finished," she said, pulling off a piece of stretch bandage and preparing to complete the process. "Okay. You can stop squeezing," she said. The woman handed over the ball and returned the magazine to her face until completely bandaged and ready for juice and cookies.

"You know that woman doesn't like needles either," Rick said, "but she's in the chair giving life."

Rick first donated around the age of 18 or 20, when a local rock-and-roll station sponsored a blood drive. At least 18 years



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ago he began donating on a regular basis. Moving from whole blood, to double red cells and finally platelets, he normally donates about every two weeks. He set a goal to donate five gallons in 2013. However, in 2012 he hit the six-gallon mark. "Platelet donors are donor junkies," he joked. "We just can't stay away too long."

In all seriousness, he confessed he always leaves the center feeling good about doing something for someone else. "Most charities ask for money and then come back always wanting more," he said. "With blood donations, I schedule an appointment, spend some time talking to the girls, have cookies and juice, and everyone treats me nice." The organization also offers rewards for donating, and while they used to give away big T-shirts, they now have online options for choosing a reward. For those wanting T-shirts, they still have them in many different sizes.

What prompted Rick to become a regular donor? "I always said it was the T-shirts," he said, keeping a straight face. In reality, he understands the importance of giving blood to save lives. A hospital or doctor may delay surgeries or cancer treatments, but in emergency situations someone may not survive without an adequate blood supply. In spite of his sense of humor, he takes donating and volunteering for Carter Blood Care extremely serious.

As part of the donor council, Rick joins a small group of volunteers who

find ways to promote the Weatherford center and raise public awareness. During the annual Give Day (held around a selected holiday), Rick and other council members seek donations from local businesses. They feel privileged to promote their company, support the community and help the center. The council consists of only three members currently, which is frustrating for Rick who believes in a town the size of Weatherford, they should have at least a dozen. Having lived in Willow Park for 22 years, he chooses to support the local center, while encouraging others to donate where they live.

Christine Beckman, a supervisor at the Weatherford Center said, "Rick is a great volunteer and one of our best advocates. He spends time talking with nondonors, explaining the importance of donating and encouraging them to consider it."

In Weatherford, the average number of donations per month includes 300 red cells, 100 platelets and 10-15 plasma units. Each center throughout the state sets monthly goals trying to reach the need for 1,100 donors per day total. While Weatherford may meet their monthly goals, other centers may not. "Each whole blood donation can save up to three lives," Christine shared. "We can't make blood, and it expires, so there is always a need for more."

With cancer on the rise, the need for platelets has increased. These can be extracted from whole blood donations, but those who choose to donate platelets fill much of the need. Amazingly, our body regenerates blood when we donate, and it replaces platelets even faster. Whole blood donors can give every 56 days while platelet donors can donate up to 24 times per year. Double red cell donors require 16 weeks between donations.

Normally, slight fatigue is the only side effect from donating. After drinking extra fluids, eating a good meal and resting, the tired feeling goes away. Rick sometimes feels the need for a nap after donating, but that can happen any day. Each center follows strict guidelines, not only to protect recipients, but also to protect donors. A mini-physical determines eligibility to donate that day. Some restrictions exist, placing ineligible donors on a temporary or permanent deferral list. Examples include pregnancy, low

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Anyone 16 or older can donate, although a 16-year-old must have parental consent. No maximum age limit applies, and few medications prevent donating. A photo ID issued by the state, government or school must be shown at sign in. They never let Rick slide, even as a regular.

A side benefit of the screening includes an online report. Rick once used a printout of his record to avoid taking blood pressure medication. His bi-weekly readings weren't high, proving he didn't need the pills.

Donating whole blood usually requires less than an hour, including the screening process and time spent in the refreshment area. Rick's personal best record required 75 minutes to donate three units of platelets. "That was when my platelet count was super high," he said. Usually it takes about two hours for him to complete the donation.

"I tell people, 'Go down there, tell 'em I sent you, and they'll treat you extra nice,'" Rick said. "Then I add, 'Actually if you don't tell 'em anything, they'll treat you extra nice.' That's just the way they do things."

Some people cannot give for a legitimate reason, either short-term or permanently. Rick spoke of a leukemia survivor who used to donate, but because of restriction changes is no longer eligible. He chooses to volunteer, encouraging others to give in his place. "If I ever get to that point, then I'll have to go out and find someone to take my place," Rick said. To fill a five gallon per year replacement, he may need several someones. **NOW**

Editor's note: For more information on donations or Weatherford Center location and hours, visit <http://www.carterbloodcare.org>.

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Family Fun And Fireworks

AT HOME WITH Aaron & Lisa Smith

— By Amber D. Browne

As soon as you walk into Aaron and Lisa Smith's home in Weatherford, you can hear children's laughter from down the hallway. Their children, Harper and Elliot, are busy little bees, and their home often becomes the meeting ground for neighborhood youngsters. "We like kids around. We want everybody over hanging out. The louder the better," Lisa said.

And, that's exactly what happens — especially in the summer time, when the Smiths gather on their covered back patio and

take a dip in their in-ground swimming pool. "As soon as the pool is warm enough, we come in from work and go straight out there. We turn on the TV, and the kids swim until 9:30," Lisa said. Their 12-year-old Pug, Peabodee, can be seen trotting poolside waiting patiently for a pat on the back.

The Smiths built the home on a five-acre lot in 2010. They moved from Dallas to be closer to Lisa's family. Her father, John Powers, owns acreage and a house that backs up to their property. They share a pasture so his horses can graze. They also wanted to give their children a chance to meet lifelong friends by starting school in Aledo.

They added a pool to their spacious yard so their young children would learn to swim. It's just an added bonus for entertaining family and friends. "We didn't think we'd be going a lot of places when we moved out here, so we made it big enough to entertain everybody," Aaron said.



Their 3,200-square-foot home provides plenty of room for entertaining. Most of the home's walls are painted pale blue with white trim giving it a Nantucket cottage feel. The family hangs out a lot in the game room where a comfy couch and big screen television provide the perfect place to play video games. Large windows framing a view of the neighborhood landscape bring in plenty of light. Harper keeps all of her art supplies in the game room, and the walls have become a gallery to several pieces of her framed artwork.

The kitchen has plenty of countertop space and features stainless steel appliances. Lisa enjoys cooking on her gas stove top vented by a European range hood extending to the ceiling. "When we have lots of people over, we cook big meals," she said. "I like the kitchen. I can just stand there and talk to anybody in any room."

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The kitchen opens into the living room, which serves as more of an adult hangout. A large sectional couch provides plenty of seating, and trophies, framed family photos and art brighten up shelving alongside the big screen. Painted dessert plates resembling invitations from Harper's birthday parties are also on display. "My goal is to have eight plates, which is this year, so it will be the last one," Lisa explained. "She'll have a table setting of eight dessert plates when she gets married and has her own family."

Framed family photos line the hallway walls. "I like black and white photography," Lisa said, "especially on the light walls. It really pops." Because much of the home features straight lines and hard angles, Lisa has incorporated colorful, circular artwork, including Modern Bohemian Tree Ring Paintings by Tracy Melton.

Harper's room is painted pink, with posters and her artwork dotting her bedroom walls. Her room has been divided into centers, with a desk for her

homework, a kitchen and a vanity for fun with makeup. "I only do makeup for special occasions," Harper said.

A sports theme is apparent in Elliot's room, which includes team memorabilia from the Dallas Cowboys, Texas Christian University and the Texas Rangers. A foul ball his father caught



at Elliot's first Rangers game is on display. When it comes to sports, Elliot, who recently turned 6, likes them all. "I like winning a lot," he said. Shelves in Elliot's large walk-in closet are packed full of board games. He also has plenty of Nerf guns that are often handed out with safety glasses for a pretend gun fight at home.

Down the hall, the Smiths' older

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daughter, Baylee, has her room. It's painted lavender with brightly-colored pillows. A drum set and a few guitars are on display, and a small couch adds seating to her room. The 16-year-old keeps busy with cheerleading and softball.

The master bedroom is serene with various shades of grey incorporated in the bedding and the ceiling-to-floor window treatments. A couch in front of the bed allows Aaron to catch up on a few sports games. They each have their own closet and share a large master bathroom with a walk-in shower and a separate Jacuzzi bathtub.

Aaron works at Lights Fantastic and designed the home's lighting system, which is interconnected. "It's on a timer," he explained. "The outside lights can come on at a certain time. Or, you can hit one button, and it will dim to a certain level." He can control the home's lighting with a remote or with the main keypad in the dining area. The dining room features a large wooden table, an antique refrigerator that's been converted into a china cabinet and another antique piece to display their wedding china.

Lisa works at Hossley Lighting Associates. The two met nearly 15 years ago at a work function. "She played hard to get," he said, "but, I was interested in her right away." Lisa enjoys his sense of humor, and the two both wanted the same things out of life. They'll celebrate their 10th wedding anniversary this November.

Family fun time is a huge part of the Smiths' lives. Aaron and Lisa consider their kids their hobby. "I hang out in the



game room with the kids a lot. I also like the master bedroom and bath, so I can go hide from the kids,” Aaron confessed, laughing.

Aaron even shares his birthday parties with Harper. His birthday is July 3, and Harper will turn 8 on July 4. “I don’t like celebrating my birthday. We forget all about my birthday and focus on hers.”

“Instead of me going somewhere for a pool party for my birthday, I’ll just swim at my pool,” Harper said. After the birthday celebration, her friends get comfy on their backyard hill to watch a fireworks show. “Everyone is sitting down on their towels. Daddy sometimes scares me because he never, like, speaks up when he’s shooting fireworks.” Each birthday, Lisa incorporates a different theme, but the fireworks show is always Harper’s party finale.

From birthday parties and the children’s extracurricular sports and hobbies to video games and summer night’s by the pool, the Smiths keep a fun-filled, busy lifestyle. “We love to have a busy house,” Lisa said. “The more the merrier.” **NOW**



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— By Rick Hope

Most of us run from them. We swat at them. We spray harsh chemicals at them in the hope they will fly far away from us, never to return. But this isn't the case with Jason Smith. Jason keeps bees on his property.

For Jason, it's a family tradition. His grandfather kept bees during the Great Depression, and his father followed him in that vocation. Back then, you could buy a hive for just \$5. "They



didn't have any gear," Jason said, speaking of the traditional hat, gloves and mosquito nettings. "Somebody would call and spot a hive up in a tree. They would cut down the tree to get to the

hive. They would put the bees from the hive in their lunchboxes or in large water coolers and take them home."

Those days spent with his father and grandfather bring back happy memories for Jason. "Extraction day — getting the honey from the hive — was awesome!" he said. "I learned a lot about bees back then. Basically, bees are a lot like people. They have their own way of doing things and their own system of organization. They have a hierarchy in place."

When a hurricane hit the family's area in Beaumont, Texas, and wiped out

"Extraction day — getting the honey from the hive — was awesome!"

the bee hives, Jason said his father never really picked up the hobby again. In 2000, Jason got married to Christina and settled with his family just west of Weatherford. The family planted a garden and some fruit trees. Before too long, Jason found himself thinking about his family's old




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hobby. "I started thinking to myself that maybe it wouldn't be a bad idea to start up doing bees again," he shared.

Shortly thereafter, his wife called him while he was at work. A swarm of bees was in one of the family's peach trees. "She told me she had called an

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exterminator, and it would cost around \$400 to kill them," Jason remembered with a smile. "I told her to leave them alone!"

Jason called a neighbor of his who constructed some boxes to be used for hives. That was four years ago. Today, there are 70 hives on the Smith property. When Jason begins talking about bees, he waxes eloquent and provides a vast load

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of information he has acquired over the years. "Bees were here before us," Jason stated. "They know what to do better than we know how to manipulate them."

Ancient cave drawings have been found, which record men practicing the art of beekeeping. Historical

documentation shows beekeeping being practiced in France, Spain, ancient Babylon and Egypt.

"Containers of honey were found in some of the pyramids," Jason added.

Jason believes bees are a true democracy.

"Everyone has a job to do," he explained. "And everything is for the benefit of the colony."

What about queen bees?

"The difference between a queen bee and any other type of bee is simply what they are fed," Jason said.

"I am currently working on raising my own queen

bees." He's lost too many hives in the past, so raising his own queens makes perfect sense.

Jason further explained how bees gather pollen for themselves as a necessary protein source. They gather it on their legs in an amount that would be comparable to an average-sized person carrying a five-gallon bucket full of water on each leg. "They might carry that much

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pollen for a total of two miles back to their home," Jason stated. Naturally, some of the grains drop off as bees move from flower to flower, which aids in floral pollination.

The bees communicate in their own language known as the waggle dance. "The bee language is the only language that exists outside of mammals," Jason



"Christina found ways to use the hives to make special bee lotion and lip balm."



explained. By performing this dance, successful bees can share, with other members of the colony, information about the direction and distance to patches of flowers yielding nectar and pollen, to water sources or to new housing locations. "The dance," Jason said, "is related to the position of the sun."

With his 70 hives, Jason was able to produce 50 gallons of honey in 2012. "It's a great hobby!" Jason said. "But it's not a career. I like not having to worry



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about my paycheck.” Jason is a full-time paramedic; however, he does admit that he may consider being a beekeeper on a full-time basis after retirement.

Even though beekeeping is not a career for Jason, he’s learned over the years that there is money in honey. Some areas will pay a beekeeper to bring their hives out for a time period in order to pollinate their crops. In California, bees are really in demand. “Almonds can’t pollinate themselves,” Jason explained, “so farmers are willing to do what’s necessary for a bee colony to be put in place to help in the pollination process.”

Jason’s wife thought bees would be a passing phase and has since found out differently. “She realized I wasn’t going to give up!” Jason stated. Soon, Christina found ways to use the hives to make special bee lotion and lip balm. The family enjoys sharing those items, as well as honey, with their family and friends.



Earlier this year, Jason got a call from a lady who had found him on the Web when searching for “bee removal.” She asked him if he would speak to a group of homeschoolers. About 85 children showed up, and Jason remembers how inquisitive they were. He proposed those who were interested could come out to see the hives firsthand. About 60 agreed to the idea. “We had to do it in waves,” Jason admitted. “We took five students at a time.” They had such an enjoyable time that Jason plans to stage similar field trips in the future.

In the meantime, Jason keeps busy with his routine at his regular job, and his spare time is spent with the beehives. He is also an active member of the Metro Beekeepers Association. Once a month, the group meets and hears different speakers relevant to that particular field.

Almost everybody has a hobby. Jason has one many would not understand. However, it’s one that holds his attention and fascination. And it’s also one he loves to share with others at every opportunity. **NOW**

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bed and breakfasts and even cabins on a working cattle ranch are available to rest your head. The cuisine of the area will also tempt your palate at the many local restaurants, which are devoid of typical fast-food fare.

Warm and sunny days with little humidity give visitors an abundance of outdoor activities to pursue. Birders flock to the town that has been proclaimed the "Hummingbird Capital of Texas." Fort Davis serves as home to several varieties of the species including: Lucifer, Anna's, Black-chinned, Ruby-throated, Calliope and Broad-tailed hummingbirds. Hikers can take either an endurance test or a leisurely stroll when in the mile-high town. Trails run through several of the area attractions including the Madera Canyon Trail on the grounds of the Nature Conservancy. Hunting excursions and jeep tours are even available through area ranches that offer everything from elk and aoudad to deer and antelope.



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Beautiful days turn into incredible, star-filled nights when the sun sets in the Davis Mountains. With no major populated city within a hundred miles, very little gets in the way of stargazing and seeing the reality of the lyrics “the stars at night are big and bright,” especially in Fort Davis. The University of Texas chose this area for its McDonald Observatory, one of the major astronomical research facilities in the world. The Observatory Visitor’s Center is open daily and has exhibits, a theater, a gift shop and cafe. Solar

viewings and tours of the facility are also offered on a daily basis, but for those truly wanting the celestial experience, on Tuesday, Friday and Saturday nights, the Observatory holds its famous Star Parties. This outdoor extravaganza gives visitors the opportunity to look through multiple telescopes, view video presentations on astronomy and speak with experts who work at the Observatory — all under some of the darkest night skies in the continental United States.

The Davis Mountains State Park, considered by many to be the crown jewel of the Texas State Park System, is located just about five minutes from downtown. The park contains abundant wildlife, camping, RV hookups, mountain biking and miles of hiking trails along with a pueblo-style hotel complete with restaurant and pool right on the property. The Indian Lodge hotel was built in 1933 by the Civilian Conservation Corps

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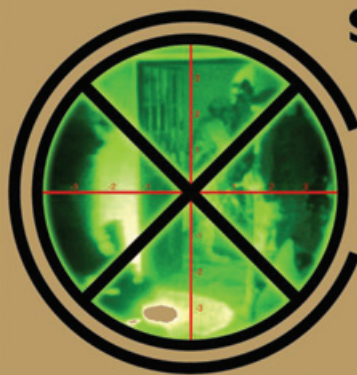
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and remains a visitor favorite among the many accommodations available in Fort Davis. The breathtaking views at the park offer photographers hundreds of opportunities to capture the essence of the area in print.

A visit to Fort Davis would not be complete without seeing the town's name sake, the Fort Davis National Historic Site (FDNHS). Established in 1854, the FDNHS remains one of the country's best examples of a restored frontier fort. Named after Secretary of War Jefferson Davis, the Fort played a major role in the protection of the Southwest along the San Antonio-El Paso section of the Southern Overland Trail. Buffalo Soldiers were stationed at Fort Davis from 1867-1885, and exhibits at the fort reflect the huge contribution they made in the settlement of western Texas and southeastern New Mexico. The self-guided tour takes you through the 474-acre site which offers hiking trails, a museum and visitor's center.

The flora and fauna of the area are highlighted at the Chihuahuan Desert Nature Center and Botanical Gardens located just four miles from downtown Fort Davis. The educational programs and tours available give visitors a true feel for what exactly grows and lives in this part of Texas. The greenhouse contains over 200 species of Chihuahuan Desert cacti, and the Leaping Lizard gift shop has plenty of items to take a little piece of your experience home.

The 75-mile Scenic Loop takes travelers through the entire range of the Davis Mountains. This ride, a favorite of both motorcyclists and endurance bicyclists, has been called one of the most spectacular rides in the state. The majestic views are plentiful with areas along the way to stop and picnic or take advantage of the unbelievable photo opportunities.

Fort Davis may not have a single traffic light, but artisans and merchants abound. Handmade crafts, western art, custom cowboy hats and even homemade fudge can all be found, offered by a whole bunch of friendly people. The next time you are looking for a place to get away from it all, consider a scenic road trip to the Davis Mountains of West Texas. **NOW**

By Robert Alvarez; Photography by Max Kandler.

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Out in the shop, Lindsey Collision Center workers focus on the details.

Collisions To Classics

From repairs to complete restorations, Lindsey Collision Center gets the job done right.

— By Amber D. Browne

Kent Lindsey has big plans for his auto body shop, Lindsey Collision Center, in Weatherford. When his friend first opened the collision shop on Cartwright Park Rd. in 2009, Kent was called in to share some of his experience in business management. “Six months into it, I ended up buying him out,” Kent explained, “and here I am today.”

The shop originally focused on collision repair, but Kent decided to move into restoration of antique and classic cars. “We do more restoration than we do collision work,” he said. “Our shop is loaded right now with more antiques than anything else.” Although they are busy, Kent won’t overload his employees, so they can meet deadlines. “If I bring it in, then we’re going to start it. We don’t have vehicles in here that we’re not working on.”

Kent considers himself a “car guy” and has been involved with mechanics all his life. His father rebuilt cars, and all of his brothers are auto mechanics. “We were always hands-on kinda guys.” His love for cars extends out of the shop into his personal life. He raced motorcycles growing up and now collects Mustang Cobras, which he often takes to the track.

Kent manages the office. “I’m more of the front-end guy,” he explained. But, he’s not afraid to get his hands dirty. “It just works a lot better when I’m out there in the shop working with the guys,” he said. “It’s a personal relationship that we build with our customers.” Lindsey Collision Center is small, so there is no red tape to go through to get questions answered. “If there’s something wrong, you’re going to talk to me,” Kent proclaimed.

Word of mouth keeps Lindsey Collision Center busy. Kent has even had a customer from as far away as Plano bring her vehicle to him for repairs. He believes it was all because of a great referral from a former client. "He told her, 'Here's a guy you can trust. Take it to him.'"

Kent has hired a team of professionals to do repairs and complete restorations. "I hired a couple of good guys I knew who were already in the field," Kent explained. "Most of our guys are Christians. We're just real honest."

It takes a certain talent to work in restoration. Whether it is from a family business, racing or working at an

**"We do more
restoration
than we
do collision
work."**

auto body shop, his workers have the experience to restore a client's classic car just the way they want it. "It's an acquired talent," Kent explained. They do body work, paint and welding. "They can do a complete frame-off restoration at any given time."

Kent currently subs out some of the interior work and motor builds to his brother in Oklahoma. He would eventually like to bring in his brothers and grow the business into a one-stop shop in Weatherford. Kent plans to expand his current location to include two additional buildings. "At that point, we would just go totally restoration," he said, ultimately ending the collision repair side.

Until then, Kent and his team will continue to offer paintless dent repair, bed liners, lift kits and more. From collision repair to complete restoration, Lindsey Collision Center will do what it takes to get the job done right. **NOW**



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Eula Phillips, Joanna Swonger and Joyce Coney, with the Quilter's Guild Of Parker County, send 35 quilts to nursing home residents in West, Texas.



Nicole and Abigail Cartmill enjoy the day at the East Parker County Library's Garden Party.



The Weatherford Optimist Club honors Aledo ISD Police Officer Stephanie Alvarez with the Law Enforcement Award, presented by AISD Police Chief Chawn Gilliland.



Andrea Deal and Terri Hamrick enjoy lunch at Rio Mambo.



Cali Franks, Allison Helm, Adam Westbrook and Pender Morrow receive scholarships from the Rotary Club of Weatherford.



Austin Elementary first graders present a banner to the Weatherford Police Department during National Police Week.



Teachers and staff of the Children Enrichment Days preschool program at Aledo United Methodist Church are honored during Teacher Appreciation Week.



Charlotte McFarland helps Betty Cabrera with her purchase at Weatherford Farmers Market.



Autumn Hill Manor residents and staff visit the Doss Heritage and Culture Center.



Sandra Harnitt, president of the Weatherford College Faculty Senate, presents Tonya Edwards with the WC Faculty Member of the Year award.



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Work Toward Your Own Financial Independence Day

Once again, Independence Day is here, bringing fireworks and barbecues. Of course, the 4th of July is more than hoopla — it's a time to reflect on the many freedoms we enjoy in this country. Yet, for many people, one important type of freedom — financial freedom — is still elusive. So you may want to use this holiday as an occasion to think of those steps you can take to eventually declare your own financial Independence Day.

Here are some moves that can help:

Create a strategy. Financial freedom doesn't just happen. It takes planning, patience and perseverance. To work toward your financial independence, you'll need to create a financial strategy, in conjunction with your financial advisor, and stick to that strategy. Over time, you'll need to make adjustments, but if your overall strategy is appropriate for your goals, time horizon and risk tolerance, it should help you get to where you want to go.

Contribute as much as possible to your retirement plans. Each year, put in as much as you can afford to your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) if you work for a state or local government or a 403(b) if you work for a school or other tax-exempt organization. These plans offer the potential for tax-deferred earnings, so your retirement funds can grow faster than if they were placed in an investment on which you paid taxes every year. Also, if you're eligible, try to "max out" on your IRA every year.

Maintain adequate life insurance. If you have a family, you aren't just thinking of your own financial independence — you have to think of theirs, too. And that's why you need to maintain adequate life insurance, particularly during the years when your

children are growing up. But even after they've left the home, you may find that life insurance can be valuable in providing retirement funds for your spouse, should anything happen to you. And if you have permanent life insurance, which contains an investment component, you can generally access the cash value, through policy loans or withdrawals, to help pay for your own retirement.

Protect yourself from long-term care costs. You may never need any type of long-term care, such as a stay in a nursing home or assistance from a home health aide, but if you do, the enormous costs can threaten your financial independence — and possibly even put an economic strain on your spouse or grown children. After all, the national average rate for a private room in a nursing home is more than \$87,000 per year, according to the 2011 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services and Home Care Costs. And the national hourly rate for home health aides is \$21, according to the same survey. Medicare typically pays very little of those costs, which puts the burden on you. Fortunately, some investment vehicles can help you deal with long-term care expenses. Consult with your financial advisor to determine which of these vehicles may be appropriate for your needs.

A national holiday won't be declared when you achieve your financial independence — but, for you, it will be a time well worth celebrating. So do what it takes to work toward the arrival of that happy day. **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.

Drought-proof Your Lawn

Did your lawn suffer last winter as mine did? The construction we did on our drive didn't help, but my lawn is still struggling. Several things can be done to help it along. If you have to replant, choose the correct type of grass. St. Augustine and Zoysia both do well in our alkaline clay, if they are placed in a sunny and partly shady spot. Both of these types of grass require a bit more water than Bermuda grass. Bermuda and Buffalo grasses both do very well in full sun, alkaline clay and dry areas, taking 20 inches and 10 inches of water respectively as compared to 30 inches and 25 inches per year for St. Augustine and Zoysia.

If you are working with an existing lawn like I am, then it is time to look carefully at what can be done. First, get a rain gauge! If your gauge registers 1 inch or over from rainfall, turn off your sprinklers for at least a week to 10 days! If you see footprints in your grass, it is probably lacking water. Put out small flat cans, and check your watering schedule. A weekly application of 1/2 to 1 inch should work well if it soaks in. Water twice a week: 1/2 inch each night in two or three settings (1:00 a.m., 3:00 a.m. and 6:00 a.m.) for a total of 1 inch during the week. This should assure sufficient soaking. Check to make sure you are not watering the street or the sidewalk.

Cracks in the ground are nature's way of helping get moisture and air down to gasping roots. Aeration is a good way to give your lawn an added boost. You can rent an aerator or take a turning fork and put a bunch of holes in your lawn. They don't have to be deep. Stick the fork in the lawn, jiggle it a little and pull it out. If you are using an aerator, don't worry about the little divots that come up. Leave them to compost right where they are, just as you do your lawn clippings. (You do not catch grass clippings, do you?) Let them make good stuff right on the lawn. They will help your lawn hold the water also.

One last thing you can do is to fertilize wisely. In my established lawn with 11 years of clippings, I add nitrogen early in the spring, and that's all. I mow the early weeds very short in the spring (no scalping for St. Augustine!) and then watch the nitrogen make them "grow themselves to death." Once the temperatures hit the 90s, I move my mower up a notch and up another notch when we start to hit the 100s. Time and patience are hard to come by, but they do result in a great lawn. **NOW**

Nancy Fenton is a Master Gardener.



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Understanding Ulcerative Colitis

— By Betty Tryon, BSN

After going to the bathroom for four to 10 times a day for the second straight week with painful bloody stools, the afflicted person may wonder if they will ever get their life back. They suffer from the disease ulcerative colitis (UC). There are two states of being with this illness — flare-ups and remission. Flare-ups are when symptoms are present and the disease is active, and remission is when there are few to no symptoms. UC is a chronic disease that is classified as being one of the forms of inflammatory bowel disease (IBD). The other form is Crohn's disease. With many of the same symptoms, the most defining difference between Crohn's disease and UC is that the latter primarily affects the lining of the large intestine (colon). It becomes inflamed and develops ulcers or sores.

Symptoms may become severe in about half of those afflicted with UC. The condition may at times require hospitalization, or it may go into remission for a time. The most common symptoms of abdominal cramping, persistent and urgent diarrhea containing blood and/or pus should be monitored by your doctor. During flare-ups, too much blood loss can lead to anemia and weakness. Some patients must receive blood transfusions, because they have lost so much blood from the colon area. The constant diarrhea with the loss of many valuable nutrients and fluids leads to fatigue. Loss of appetite and weight loss are common.

UC has no definitive cause, but research has yielded a few theories. Although no clear line of inheritance exists, there is a distinct familial tendency for developing UC. Some discussion has taken place regarding the role bacteria and viruses may play in this. Another possibility is the immune system may be functioning abnormally. While stress does not cause UC, stress will aggravate the situation.

A varied range of treatment modalities for UC are available depending upon the severity of the illness. The goal is to reduce symptoms and aim for remission. Medications are prescribed to help reduce inflammation and improve the immune system. Diet and good nutrition play an important role. Although certain foods do not cause UC, there are some that might trigger symptoms, such as spicy food, raw veggies, popcorn, caffeine and alcohol. Dietary counsel and awareness of what you eat is necessary. If conservative treatment does not work, surgery may be necessary with the removal of the colon. The type of surgery will depend upon many factors your surgeon will discuss with you. UC can affect every area of your life. For your emotional health and coping strategies, support groups can be a great resource, as is receiving encouragement from family and friends. **NOW**

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 3

Beads and Rawhide: Heritage of the Plains Indians: **Monday-Friday**, 10:00 a.m.-5:00 p.m.; **Saturday**, 11:00 a.m.-4:00 p.m., Museum of the Americas, 216 Fort Worth Hwy. Enjoy an overview of the Plains Indians stretching back to the period of the horse and buffalo. Visit www.museumoftheamericas.com for more information.

Through August 11

Summer Reading Club events: **Monday-Thursday** 10:00 a.m.-8:00 p.m. at various times, Weatherford Public Library, 1014 Charles St. Children can participate in fun activities for various age groups. They are also invited to register for the library's Summer Reading Clubs. Their reading logs must be turned in by **August 11** to win prizes. You can get more information at www.wpltx.com.

Through August 25

Photographing the West: **Tuesday-Saturday**, 10:00 a.m.-5:00 p.m.; **Sunday**, 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Visitors will catch a glimpse of the work from renowned western photographer David R. Stoecklein. Visit www.dosscenter.org or call (817) 599-6168 for more information.

Through December

Annetta Valley Farmers Market: **Sunday**: 11:00 a.m., 2655 W. FM 5, Annetta. Bring the children to enjoy some fresh air and fresh produce out at the farm. Please contact Lynne Carpenter at (817) 992-5691 for more information.

July 4

Boomin' 4th: 6:00-9:00 p.m., Gene L. Voyles Park, 210 N. Lakeshore Dr., Hudson Oaks. Enjoy fireworks and fun while celebrating Independence Day. You can purchase raffle tickets for \$10 at the East Parker County Chamber of Commerce for a chance to jump tandem with a U.S. Navy Seal during the event. You must be present to win. Shuttle bus parking will be located at the Hudson Oaks Walmart. Visit www.eastparkerchamber.com for more information.

July 5

Third Annual Summer's First Fridays: 6:00-10:00 p.m., downtown Aledo. The city of Aledo and Aledo Economic Development Corporation is hosting the tradition that gives visitors a chance to check out local businesses and vendors, free live music and a fireworks extravaganza. You can get more information at www.aledo-texas.com.

July 6

Country Music Hall of Famer Gene Watson: 3:00-6:00 p.m., Texas Opry Theater, 319 York Ave. Made in Texas Showtime Band will start the show, followed by Gene Watson, who will portray George Jones on stage. You can get

more information at www.texasoprytheater.com or by calling (817) 341-1000.

July 8

Kiwanis Club Magic Show: 7:00 p.m., Weatherford High School, 2121 Bethel Rd. Come enjoy a spectacular magic show with entertainment for all ages. Tickets are \$10 at the door. Funds raised will go to local charities, including T-shirts for Special Olympics participants from Weatherford ISD. You can contact Kiwanis Club of Weatherford President Shawn Loiacano at (817) 613-1914 or at (817) 598-6155 for more information.

July 9

Walk to End Alzheimer's Fundraiser: 3:00-10:00 p.m., Rio Mambo, 1302 S. Main St. Come enjoy food, fun and a raffle to raise funds for the Alzheimer's Association. Print and bring a flyer available at www.alz.org/northcentraltexas to the restaurant and Rio Mambo will donate 10 percent of the proceeds. Visit or contact Theresa Hocker at (817) 336-4949 to find out more.

July 12 — 14, 19 — 21

Summer Kids Camp Performance: **Friday-Saturday**, 7:30 p.m.; **Sunday**, 2:00 p.m., Theatre Off The Square, 114 N. Denton St. Come out and enjoy *Charlotte's Web*, which will be performed by Theatre Off The Square Summer Kids Camp participants, grades three-12. You can get more information via e-mail at cynthiadaniels68@gmail.com.

July 13

25th Annual Peach Pedal Bike Ride: 7:30 a.m., Weatherford High School, 2121 Bethel Rd. More than 2,200 cyclists are expected to participate in the races. The races' start times are staggered, so check out www.peachpedal.com or call (817) 598-6275 to find specific race times and more information.

Parker County Peach Festival: 8:00 a.m.-5:00 p.m., downtown Weatherford. This year, the festival is celebrating its 29th anniversary. It will feature more than 200 art, craft, food and activity vendors. Come enjoy some homemade peach ice cream and peach pie while enjoying entertainment for the entire family. Admission is \$5, and children ages 12 and under are free. Get more information at www.peachfestivaltx.com or www.weatherford-chamber.com.

Annual Peach Festival Art Show: 8:00 a.m.-5:00 p.m., Firehouse Art Gallery, 119 W. Palo Pinto St. Artwork will be displayed in the gallery, including from area children. You can find more information at www.weatherfordart.com or by calling (817) 599-3278.

Annual Gabe Vick 42 Tournament: 8:30 a.m., Texas Bank Financial, 901 Santa Fe Dr.

Cost is \$5 per person and you must register beforehand. Registration forms are available during business hours in the bank lobby. You can get more information by calling (817) 596-9998 or at www.texas-bank.com.

July 15

Elite Performing Arts Conservatory Open Enrollment: 6:00-8:00 p.m., Lakeshore Drive Baptist Church, 200 S. Lakeshore Dr., Hudson Oaks. Learn more about the conservatory and what it has to offer, including training for dance, acting and modeling. Contact owner Crystal Frank at (972) 977-3383 for more.

July 20

Tomato Canning Class: 9:00 a.m.-noon, Clark Gardens, 567 Maddux Road. Join Mary Otto for a few ideas about what to do with tomatoes. Space is limited, so reserve your spot by **July 18**. The cost is \$25 for non-members and \$15 for members. You can call (940) 682-4856 or visit www.clarkgardens.com to register.

July 21

Parker County Aggie Moms' Club 2013 Howdy Party: 5:00 p.m., Parker County Sheriff's Posse Clubhouse, 2201 Mineral Wells Hwy. Enjoy dinner and auctions, including memorabilia signed by quarterback Johnny Manziel and a pair of Aggie Mom Boots. Rusty Burson, editor of *12th Man Magazine*, will discuss Aggie football. More than \$12,000 in scholarships will be presented. Tickets are \$15 for adults and \$10 for children. Contact Terri Smith at (817) 374-3188 or terrilsmith1963@yahoo.com for more information.

July 26

R U Connected? Social Media Luncheon: 11:30 a.m.-1:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. The luncheon is hosted by the Weatherford Chamber Business Development committee. Tickets for chamber members are \$20 and for non-members, tickets are \$25. Please make reservations at (817) 596-3801 or by e-mailing pehutton@weatherford-chamber.com.

July 27

Family Emergency Preparedness Expo: 10:00 a.m.-4:00 p.m., Church of Jesus Christ of Latter Day Saints, 2251 Bethel Rd. First responders and organizations will be on hand to educate the local community about emergency preparedness. You can find out more about tornado and storm shelters, soap making, CPR and more. Visit <https://m.facebook.com/FamilyEmergencyPreparednessExpo> for more information.

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



In The Kitchen With Christina Warden

— *By Amber D. Browne*

She's only been cooking for about eight years, but Christina Warden enjoys the art of meal-making and finding that perfect recipe for her family. "My mom taught me the basics when I was young, but cooking whole meals was an entirely different challenge," she explained. "I believe the best way to really learn how to cook is by having to do it every day and turning mishaps into new dishes."

In addition to being a wife and mother of two, Christina stays busy working as a photographer and tending to her garden. She began a vegetable garden a year ago and had so much success that she expanded it to include fruits and herbs, which she often tries in her dishes. "Trying new recipes keeps things interesting." **NOW**

Blueberries and Cream Pie

8 oz. cream cheese, softened
1 Tbsp. lemon juice
3/4 cup powdered sugar
1 9-inch pie crust, baked
1/4 cup granulated sugar
1/2 cup water
Zest from 1 small lemon
1 Tbsp. cornstarch
2 cups blueberries, fresh or frozen

1. In a mixing bowl, beat cream cheese, lemon juice and powdered sugar until well blended. Spread the cream cheese mixture in the bottom of the baked pie shell. Refrigerate for 1 hour.
2. Combine sugar, water, lemon zest and cornstarch in a small saucepan. Add

blueberries; bring to a boil over high heat. Reduce heat; simmer for 2 minutes. Remove from heat; cool.
3. Pour the cooled blueberry topping over chilled cream cheese in pie crust. Cover and refrigerate at least 3 hours or overnight before serving.

Black Bean Salad with Lime Cilantro Vinaigrette

3 ears fresh corn, cooked kernels cut off the cob
2 15-oz. cans black beans, drained and rinsed
2 red bell peppers, diced
2 cloves garlic, minced
1/2 yellow onion, minced
2 tsp. salt

1/4 tsp. cayenne pepper
2 Tbsp. sugar
1/2 cup extra virgin olive oil
1 tsp. lime zest
2 medium limes, juiced
1/2 cup fresh cilantro, chopped (divided use)
2 large avocados, peeled and chopped

1. Remove corn kernels from cob. In large bowl, combine first 10 ingredients. Add the lime juice and all but 1 Tbsp. of the cilantro. Mix well. Cover and chill for several hours or overnight.
2. Add avocados; mix gently. Garnish with cilantro, if desired.

Pasta Salad with Capers

12 oz. package Pasta Twirls
1/3 cup Newman's Own Family Recipe Italian Dressing
2.25 oz. can olives, sliced
2 heaping Tbsp. capers
1/2 cup carrots, shredded
Salt and pepper to taste
1/4 cup Parmesan cheese, grated
1 cup grape tomatoes, halved

1. Cook pasta according to directions on package.
2. In a large bowl, combine pasta and next 4 ingredients. Season to taste.
3. Chill for 2 hours. Add cheese and tomatoes.

Rice with Chunky Tomato Sauce

2 Tbsp. extra virgin olive oil
1 onion, chopped
2 garlic cloves, peeled and finely chopped
1 12-oz. can tomatoes, diced
4 fresh sprigs of oregano, chopped (or 1 tsp. dried)
Salt and pepper to taste
1 cup cooked rice

1. Heat oil in skillet over medium heat; add the onion and garlic, stirring until soft. Stir in the next 2 ingredients; simmer gently for 5 minutes. Season to taste. Serve over rice. (Optional: Serve the Cuban-style rice with chicken and fried bananas.)

To view recipes from current and previous issues, visit www.nowmagazines.com.

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