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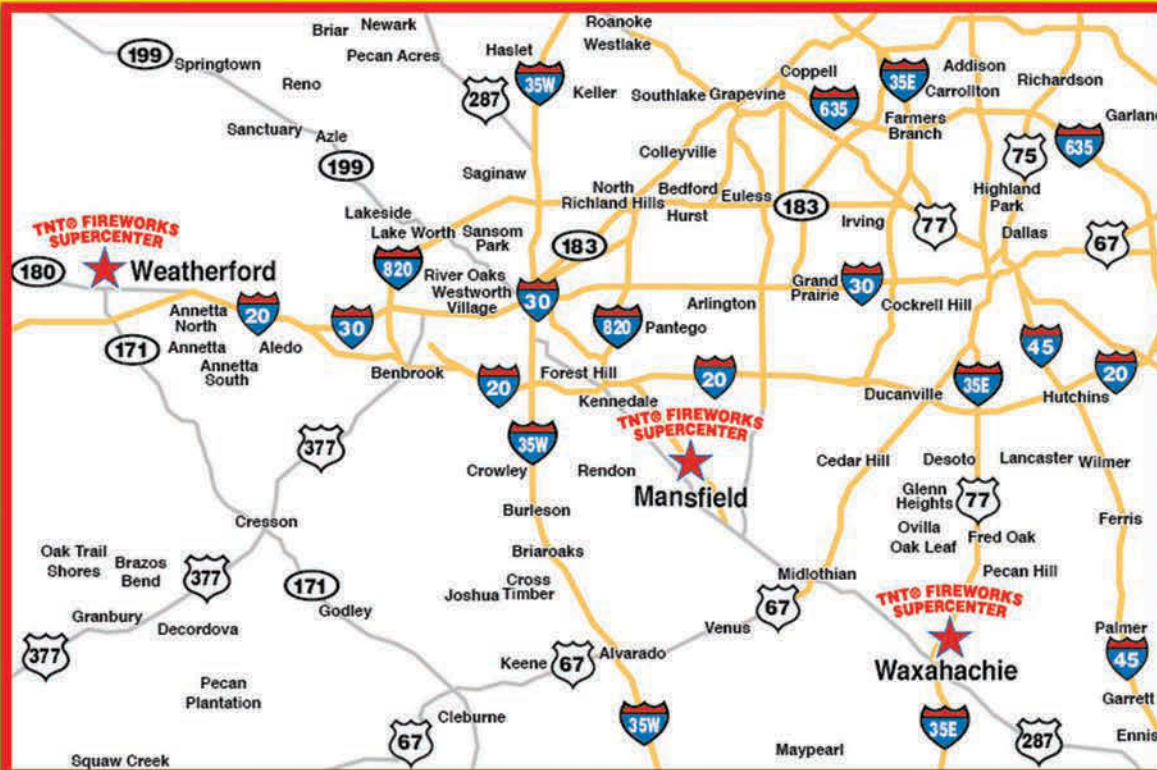
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ON THE COVER

Ally Klaudt proves that yoga benefits go deep.

Photo by
Kenzie Luke.

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FINALLY a way to fix the PAIN of a BULGING DISC



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

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

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

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

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

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

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

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

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

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

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

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

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

MYTH: DISC Bulges or herniations require surgery.

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

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

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

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

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

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Lisa

Lisa Bell
WeatherfordNOW Editor
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EDITOR'S NOTE

Looking forward to the Fourth of July?

As a little girl, we spent time on Granny and Granddaddy's farm. No holiday was better than Independence Day. We always had great food — thanks to my grandmothers, mom and aunts — and usually that included amazing desserts and home-churned ice cream. As darkness fell, my brother and older cousins wanted to shoot off firecrackers. I was too little and not allowed to touch them, much less light and throw one. But the sparklers ... Oh, the little trails of lights as we made designs and attempted to write our names! I loved the sparklers. Tiny flashes of light somehow made the world a perfect place.

Life wasn't perfect, but it was good. I had my share of disappointments and heartaches, like just about everyone I know. But if I learned anything, I learned that life doesn't always turn out the way we want it to. Sometimes, it actually ends up better than we could ever imagine.

One thing is certain. I'm thankful for being born in a free country, where I can change my world — or at least a tiny corner of it. While it isn't easy, I get to choose, whether in a physical sense or in my heart and mind. I choose freedom of my heart!

Have a safe and happy Fourth of July!



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An Unlikely Pair

— By Lindsay L. Allen

It's not a combination that quickly comes to mind — trauma and yoga — but that doesn't mean they aren't being successfully joined for the benefit of many. Ally Klandt began practicing yoga eight years ago after visiting with her friend who was an instructor, coupled with her desire to exercise more and feel better about her own body. Eventually, Ally became a certified teacher who is now practicing in Parker County.

Ally isn't your average yoga instructor. While she does teach conventional classes, she has taken an interest in trauma-based yoga to meet the needs of those in the Weatherford area. She also began modifying her class to provide children age-appropriate yoga after her own daughter wanted to mimic her. "The children's class ranges between the ages of 3 to 11, and in this class, I really try to let the students be as creative as possible with their poses," Ally said. "I want the class to be about them, their body and what they can create."





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While her trauma-based yoga classes are reserved mostly for adults, the same training has been useful in the children's class. "The focus in the children's class is not to identify trauma. I have parents talk to me about the bullying or the lack of body awareness or self-esteem issues their children have. Knowing that I use techniques from my trauma-based training to adjust the class to fit the difficult circumstances of these young people helps the parents," she said.

In trauma-based yoga, the instructor doesn't focus so heavily on intense poses, but rather suggests poses the student can try if he or she is up for it and allows the student to go through the physical movements and feelings of the poses that lead to a more positive relationship with the body. "A victim of trauma can be left with a numb feeling and loses connection to the body. When that happens, the victim may lose the ability to take big, deep breaths, so we focus on reconnecting, and the poses are not meant to be challenging," Ally explained. "It's about feeling the pose and how the student feels in the present moment."



Ally has taken trauma-based yoga to two facilities in Fort Worth where she teaches and previously to Sanctified Hope in Weatherford. Sanctified Hope is a home for women who are in the transition phase between leaving county jail and reintegrating into society. Through a family connection, Ally was able to meet with the staff at Sanctified Hope and offer her services for



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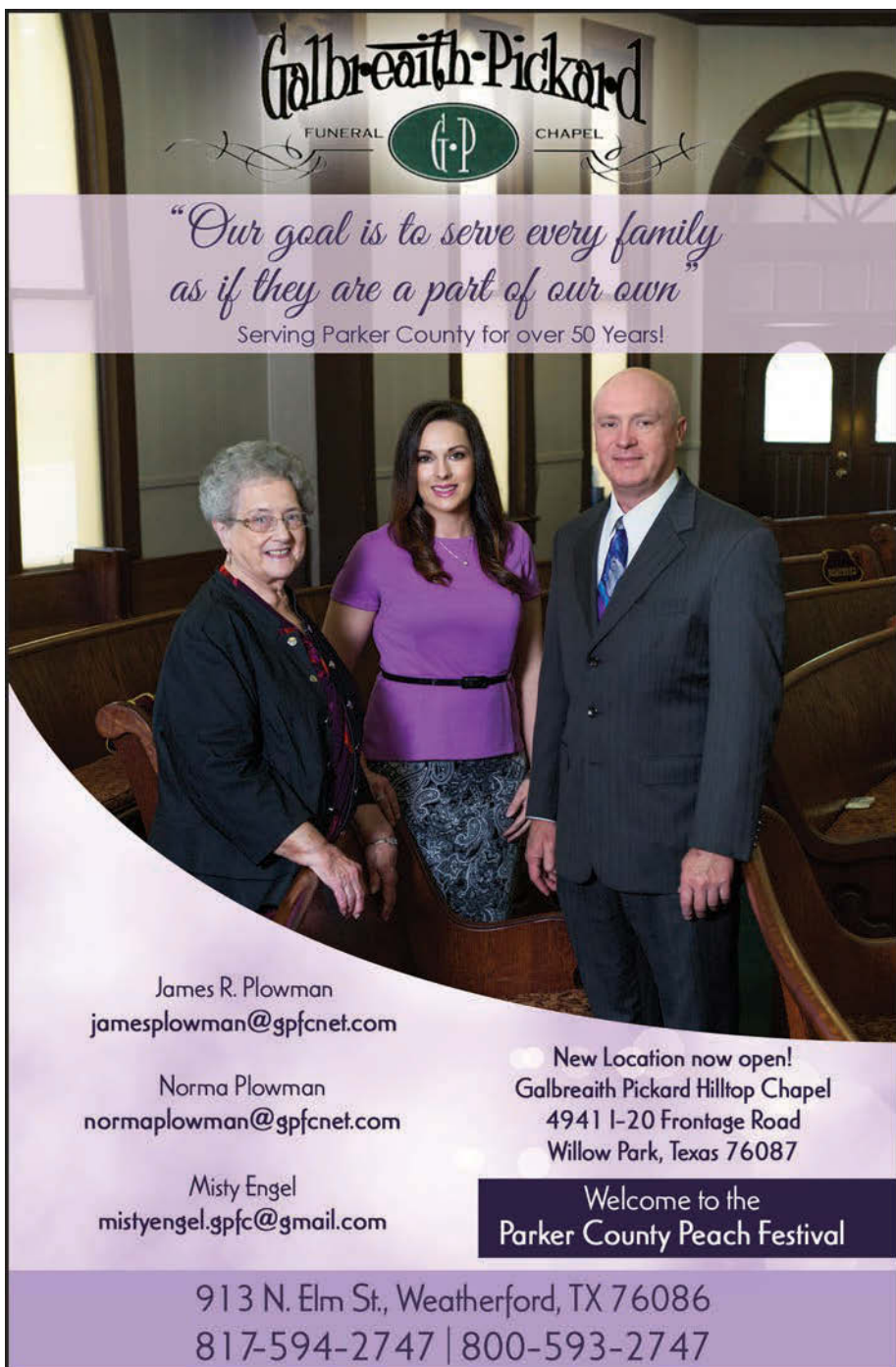
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free weekly. "I don't know or ask the stories of these women. For the two-and-a-half years that I taught there, I just focused on trying to offer them a way to connect the thoughts in their brains to their bodies," she continued. "Just trying to get my students to consciously notice the movements and the connections that are made when you move your right foot or roll your neck to the left." She also took over for former instructors at Indigo Yoga and now teaches trauma yoga there.

A majority of trauma-based training allows the student to reconnect and engage with their Vagus nerve, the nerve that signals to the brain how to handle a situation with a "flight or fight/fold or freeze" message. Too often following trauma, the Vagus nerve is left disconnected. Ally aims to reconnect the brain with this nerve by suggesting certain poses that will release chemicals in the brain during the pose and help re-activate that nerve. "When trauma occurs, the body goes through a process of reliving the trauma, and it is left in a heightened state that causes anxiety and a slew of other problems," Ally stated. "So, it's very important to re-engage and affirm the body's

"It's about feeling the pose and how the student feels in the present moment."



ability to tell the brain what to do when confronted."

Ally has taken the knowledge learned through several trainings and combined that with her own research into videos and books to put together her class workouts based on the best of everything she has gathered. "My favorite part of yoga is seeing students succeed in their own practice and to witness the yoga they are doing help them out in some shape or form — and be able to take big, full breaths and then relax," she said. "I always get the question of how many times per week people should do yoga. My response is that it is a lifestyle change. You can do it two to three times a week and see physical results, but I recommend doing it daily to take the time for yourself." **NOW**

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Generations of Memo



At Home With Craig and Mildred Farmer

After serving as a city staffer and then consultant for cities around Texas, Craig Farmer completed a job in Weatherford. He was so familiar with the challenges and opportunities of the area, it seemed natural the city would choose him as its director of developmental services.

Two years later, Mildred Ellis-Farmer joined him after their last child graduated from high school. She began teaching at Mary Martin Elementary, from which she retired last May. She still substitutes and volunteers and serves on the Martin Musical Board.

The Farmers were never Victorian-style home lovers, but Craig wanted to live in the historic district and liked one of the first homes he viewed while house hunting. Mildred saw it online from Lubbock and agreed the ranch-style home had potential to be a place they loved. “I love the backyard,” she said. They held their daughter’s May engagement party there, and consistently spend a great deal of time breathing in the natural beauty. Whether sipping coffee in the morning or enjoying evening breezes, it is perhaps one of their favorite parts of the house.

The home itself, built in 1949 or 1950 by the Fleming family, has a great history. About three years after the initial building, they sold to J.C. Britton and his wife. In 1956 Herman Carr bought the

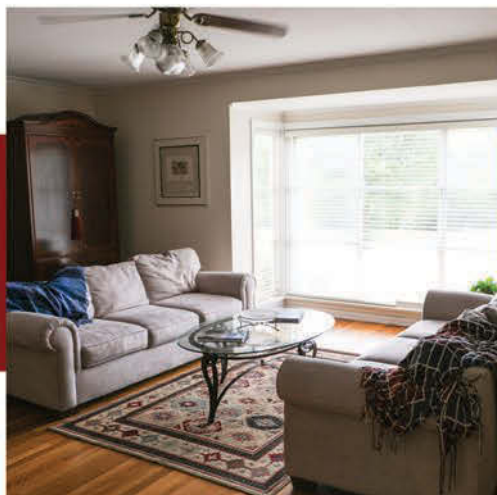


ries

— By Lisa Bell

house and moved in with his wife, Eugenia, and daughter, Dorisan. She and her husband lived in the house for a few years, and their daughter bought the home in 2003. For 50 years, the Carr-Thomas families lived in the house. Three generations of the same family left memories in the beautiful and spacious rooms.

Interestingly, the doorways in the home close, separating the house down the middle with separate air conditioning/heating units for the front and back sections. The home still has original flooring in most areas, and the original crown molding gives the house an elegant feel throughout. The light in the entryway is original to the house, as is the fireplace and large bay window in the living room. A copper cupola sits above the bay window. One of the owners painted the cupola, but



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it has since been restored to the original copper.

The Farmers remodeled the kitchen, although they left a corner cabinet there. In their last two homes, they updated kitchens to sell. She wanted to redo this one instead of living in a house without one she loved. Large windows looking out on their beloved backyard grace the breakfast nook. They believe this may have been an addition to the home. It has the only windows that



are not original to the house.

Lightening the cabinets and adding granite countertops in the kitchen gave it an updated feel without compromising the overall style. The shallow corner cabinet wasn't functional as a pantry, but they liked the idea of keeping it. So, they added a glass front and use it more

for decor than actual storage. They also removed a wall, opening up the kitchen to the den.

The den was a cave, and the kitchen was dark, according to the couple. Dark walls made the space dim, but by opening up the kitchen and adding lighting in the den, they now have a bright, open-concept



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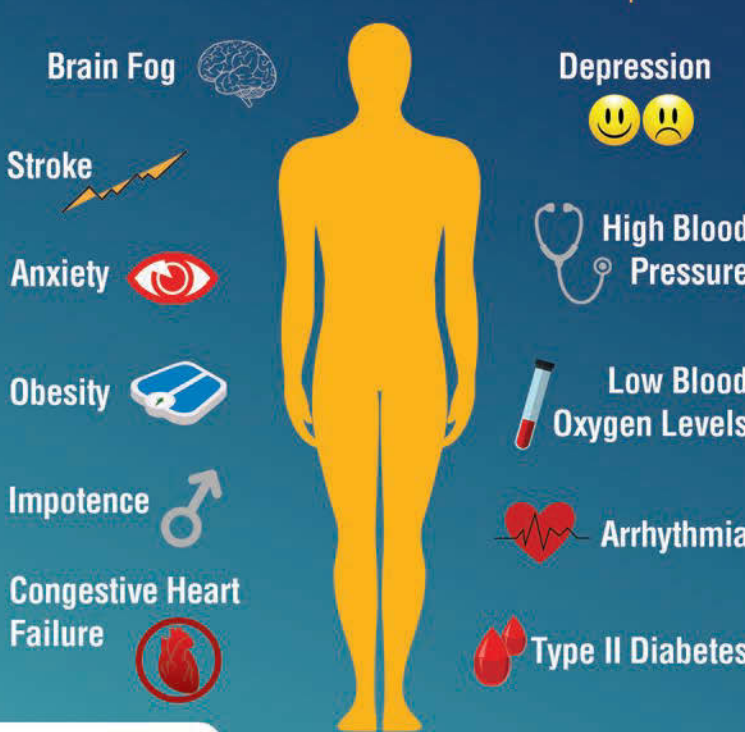
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space. The Farmers enjoy having guests, and they can easily shut off the front part of the house, since they spend most of their time in this area anyway. The windows have an original push-out feature.

The door between the den and entryway once was a bi-fold style, but the Farmers replaced it with French doors. One bathroom still has the original pink tiles, tub and sink, and they have no desire to change it. In the hallway, a hidden cedar closet opens with a pocket door — a feature found nowhere else in the home. The guest bedroom is decorated simply, but with four windows, it is the brightest room in the house.

Craig's office doubles as a man cave, with a nod to his favorite sport, swimming. "In 2015, I went to the nationals. Got a medal," he said.

Although Craig enjoys his office, he prefers spending time relaxing in the master bedroom and den. Both rooms have shelves for books. "I read a lot of books," Craig admitted. He prefers historical

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fiction — survival and war stories in particular. Mildred likes mysteries and an occasional beach read or nonfiction.

The backyard features a large covered patio and huge old trees. An additional uncovered patio has space for up to eight large tables on the flagstone surface. One tree has brick seating around it. The shed was an original well house and a covered, nonworking well still stands on the property. Craig also has a shop out back where he can work on his boat and other things.

“On Friday nights, we can hear the band from here,” Mildred said of their yard. At the top of a hill, they get a breeze perfect for outdoor dinners. Morning coffee transforms the space into an oasis where Libby, their dog, doesn’t mind sharing her water with myriad birds.

The couple also has one black and one gray cat. The black cat



disappeared for 10 months back in Lubbock but was finally found. Mildred drove all the way back from Weatherford to get him.

After generations of memories from one family, the Farmers adopted the beauty of their home and quickly became part of the Weatherford community. While they can’t promise more generations of their family remaining in the historical home, they certainly look forward to adding more memories. And they’re off to a good start. **NOW**



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Making Water Divine

— By Lisa Bell

During a business trip to India, Jim Mynaugh watched young boys happily splash in water. The boys didn't realize the water contained raw sewage. Returning to an upscale hotel that evening, Jim struggled. In a class at church they were discussing problems of the world and reading a book called *The Hole in Our Gospel* by Richard Sterns. Thoughts from the study plus images of the boys combined to keep him awake that night.

At the time, he lived in Pennsylvania. Returning from his trip, he approached his church. With its backing and support from his wife, Kathy, he founded Divine Water in 2012. The 501(c)(3) organization raises funds so villages throughout the world can have clean water.

Jim and Kathy have been married for 30 years. "I wouldn't trade her for anything," he said. They adopted their daughter, Liz, from Russia when she was 3 years old. Then God blessed them with a second daughter, Colleen. Both girls are adults now.

A retired chemical engineer, Jim and his family have lived and traveled in many places. When Jim retired about four-and-a-half years ago, Kathy wanted to come home to Texas. Although she grew up in the Lubbock area, Kathy wanted to live close to her sister in Weatherford.

Jim always intended for Divine Water to have more than one chapter. So, the couple brought the concept with them from Pennsylvania and began a second chapter with the continued hope for more.

Committed to four wells in Uganda during 2018, they have already funded two and are on the way to funding the others.

Each chapter has its own board and volunteer staff members. No one receives a salary. They pay for all of their own travel, postage, etc., so the organization has absolutely no overhead. Every penny raised goes to support not only water projects, but also education for the villagers.

Partnering with the Kibo Organization, made up locally of all Africans, Divine Water finds the villages more receptive.

Although Jim still performs some consulting as an engineer, he spends a great deal of time presenting information wherever he has opportunities. "We have the world's worst fundraising, and money keeps coming in," he said with a laugh.

Most of their funds come from private donors. Occasionally, a group steps in and makes bracelets or T-shirts to sell. The teens at his church, South Main Church of Christ, plan to manage parking during the upcoming Peach Festival and donate the proceeds.

For a village to receive a well, they must raise money for maintenance. In addition, they must have proper sanitation, a latrine and a committee. "There must be a woman on the committee to make it work," Jim stated. Someone must donate the land, and the entire village receives training for basic hygiene.

Each well serves about 500 people and costs \$10,000 in Uganda. So far, Divine Water has supported water projects in Uganda, Haiti and Costa Rica, where they funded a water line to a school. Committed to four wells in Uganda during 2018, they have already funded two and are on the way to funding the others.

Not surprising, a clean water source changes the lives of these villagers, decreasing deaths and diseases such as cholera. What they didn't expect was a noted decrease in the number of rapes and molestation. Women and young girls no longer have to traverse paths lined with high grass for long distances to remote water sources.

In a world where people can take clean, safe water for granted, Jim and Kathy stepped up and started something to make life-changing differences in places not so fortunate. **NOW**

Editor's Note: For more information, email divinewater22@gmail.com.



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A woman with dark curly hair, wearing a dark blue short-sleeved shirt and a long pearl necklace, is smiling and holding a large glass bowl filled with a salad. She is standing in a kitchen area with wooden cabinets and a white countertop. In the background, there are rows of tables and chairs, suggesting a community center or a large kitchen.

CookingNOW

In the Kitchen With

JESSICA MCGEE

— By Lindsay L. Allen

Food is more than a passing interest for Jessica McGee. She spends most of her days with the Better Living for Texans program, which provides free health and wellness information for the community and food demonstrations and tastings. With a mom who passed on her passion for cooking and having earned a degree in nutrition, Jessica is always looking for ways to make dishes healthier with more fruits or vegetables or by lowering the fat or using a different type of flour.

"I thoroughly enjoy teaching others to cook! It's empowering to know how to create healthy and delicious meals," Jessica said. "Food plays an important role in our lives, and to extend my knowledge to others is extremely rewarding." **NOW**

Tangy Fruit Salad

Will last for 3 days, but it will get a little runny. Add a little more yogurt or vanilla pudding mix to thicken it up.

- 2 Tbsp. instant sugar-free vanilla pudding mix
- 1 cup fat-free plain yogurt
- 1 20-oz. can pineapple chunks, drained
- 1 15-oz. can mandarin oranges, drained
- 1 cup grapes
- 2 medium bananas, sliced

1. Combine pudding mix and yogurt in a medium-size bowl.
2. Mix fruit into yogurt mixture. Refrigerate mixture; serve when chilled.

Roasted Chicken Breasts With Garbanzo Beans, Tomatoes and Paprika

- 1/4 cup extra-virgin olive oil
- 4 garlic cloves, pressed
- 1 Tbsp. smoked paprika
- 1 tsp. ground cumin
- 1/2 tsp. dried crushed red pepper
- 1/2 cup plain yogurt or Greek yogurt
- 4 chicken breast halves
- 1 15-oz. can garbanzo beans, drained
- 12 oz. cherry tomatoes
- 1 cup fresh cilantro, chopped (divided use)
- Salt, to taste (optional)
- Pepper, to taste (optional)

1. Preheat oven to 450 F. Mix first 5 ingredients in a medium-size bowl.
2. Pour 1 to 2 tsp. of spiced oil mixture into a small bowl. Whisk in yogurt; set aside for sauce.
3. Place chicken on a large-rimmed baking sheet, lined with foil if you prefer. Rub about 2 Tbsp. of spiced oil mixture over chicken.
4. Add beans, tomatoes and half of the cilantro to the remaining spiced oil mixture; toss to coat.
5. Pour bean mixture around chicken. Sprinkle everything with salt and pepper, if desired.
6. Roast until chicken is cooked through (to 165 F), about 20 minutes.
7. Sprinkle remaining cilantro over chicken; serve with yogurt sauce.

Cowboy Salad

- 2 15-oz. cans black beans, drained and rinsed
- 1 15.25-oz. can corn, drained
- 1 cup cilantro, finely chopped
- 5 green onions, finely chopped
- 1 15-oz. can tomatoes with green chilies, drained
- 1 avocado, diced

1 Tbsp. oil, canola or vegetable
 2 Tbsp. vinegar or lime juice
 1/2 tsp. salt
 1/2 tsp. pepper

1. Combine the first 6 ingredients in a large bowl.
2. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl. Pour oil mixture over salad ingredients; toss lightly. Refrigerate leftovers within 2 hours.

Crock-Pot Fiesta Chicken and Rice Bowls

1 lb. uncooked chicken
 1 medium onion
 1 cup brown rice, uncooked
 10 oz. green enchilada sauce
 4 oz. chopped green chilies
 1/2 cup chicken broth
 1 tsp. cumin
 Frozen bell pepper, to taste
 Pickled jalapeños, to taste

1. Chop the chicken and onion. Use a separate cutting board for each.
2. Add all ingredients to a slow cooker; stir to combine.
3. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. Make sure the chicken reaches an internal temperature of 165 F.

Peanut Butter Chocolate Faux Ice Cream

3-4 bananas, very ripe
 2 Tbsp. peanut butter
 1-2 Tbsp. cocoa powder
 Sweetener of your choice (honey or Stevia), to taste (optional)

1. Slice the bananas; place them in a Ziploc bag. Flatten out the bag; place it in the freezer until at least frozen.
2. Add bananas directly to a blender, or slightly thaw them first. Blend on high speed. Add a little liquid (water or milk) if needed. You might have to scrape the sides of the blender and stir regularly as you blend the bananas.
3. Add peanut butter, cocoa powder and sweetener, if desired. Blend well.
4. Serve immediately or place the ice cream in the freezer for 1 hour. Leftovers can be stored in the freezer and thawed slightly before eating again.

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— By Lisa Bell

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Imagine landfills full of discarded milk jugs. Now picture 600 of those jugs, cleaned, recycled and custom built into beautiful furniture with a 20-year guarantee. In 2016, Tracy Lynn Canglely fell in love with the concept of custom poly furniture. But her company, TLC Living, isn't about mass produced pieces. She takes pride in offering designs, colors and custom markings as unique as each person.

While some stores carry ready-made versions of the

new trend in outdoor furniture, Tracy took a step further, letting customers create their own color combinations and finish with a word or symbol significant to them. Want lime green with bubble gum-colored trim? Or royal purple with a contrast of lemon yellow? These are some of the options Tracy offers. Each piece is built to order, so while it takes a bit longer to get your furniture, the end result is something each person wants — even if it is simply a neutral cedar or mahogany without any contrast.

In 2017, Tracy also became a distributor for Berlin Gardens, offering their designs with the same colors she already carried in her private label furniture. “I eat, sleep and breathe this,” she said. Her friend, Emily Fowler, has been wonderful in helping with the business.

Tracy focuses on customization, offering 20 colors plus a natural finish that adds another six options. The collection includes Adirondack chairs and rockers, gliders, swivel chairs,

tables, dining chairs, chaise lounges, porch swings and even fire pits. She also offers bleachers and picnic tables, which can be purchased, engraved with a name and special message and donated to a public location, creating a beautiful and useful way to remember a loved one.

Tracy feels confident each piece will stand the test of time and provide a lifetime of use. For her, it is worth the price to avoid constantly replacing furniture or repainting and sealing wooden varieties. You don't have to cover it or store it, and it is basically maintenance free. "The material doesn't rot or splinter and never needs paint. Even in the hot, Texas summers, it doesn't burn you like metal," she said. "Plus, it's just fun."

The design is comfortable for sitting without cushions or pillows. However, she also carries the accessories to match or complement the colors a customer chooses. The furniture is good for the environment, reasonably priced, sturdy and great for entertaining or simply enjoying as a family.

Special orders normally take two to three weeks from the Berlin Collection. For the Custom Private Label, expect six to eight weeks. TLC Living ships anywhere. TLC Living (named after Tracy and also standing for Tender Loving Care) supports The Texas Police Chiefs Association Fallen Officer Fund, Cops for Kids and Dancing with Doctors. She hopes to support other small businesses by providing a viable solution for outdoor needs at a reasonable price and/or by including tastefully engraved advertising on furniture.

In the future, she likes the idea of bringing a custom poly furniture plant to the area — a dream she hopes to one day see fulfilled. In the meantime, she'll battle highway construction to keep customers happy. "Just give me a call, and I'll give you good directions, then meet you at the showroom," Tracy said. In mid-July she's moving to a new location. When road construction ends, her shop will remain with its oversized chairs beckoning customers to sit for a while and experience wonderful options. **NOW**

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TravelNOW A Charming Delight

— By Katie Kubitskey

Louisville, Kentucky, has steadily become one of the hottest travel destinations in the U.S. From its booming bourbon renaissance to its culinary jewels and one-of-a-kind attractions, the city offers a menu of things to see and do all wrapped within its hallmark Southern charm. Urban distilleries, culinary artisans, burgeoning neighborhoods, classic cocktail bars, great places to eat and iconic attractions and events make Louisville a top destination.

With more than 120 attractions, Louisville has something for everyone to see and do. The iconic Churchill Downs and Kentucky Derby Museum pay homage to the thoroughbred horse — a symbol of what makes Kentucky so special. The bat of choice used by most major league baseball teams is made at Louisville Slugger Museum & Factory. The *Belle of Louisville* is the oldest operating steamboat still in existence. And, Louisville's native son, Muhammad Ali, is now remembered with a self-guided

tour of “Ali's Footsteps of Greatness,” which includes his boyhood home, the Muhammad Ali Center and his final resting place in Cave Hill Cemetery.

Museum Row on Main Street is a must on your first visit to the city. Make sure to notice the original cast-iron building facades that have been preserved since the late 19th century. On this brief walk, you will see the Louisville Slugger Museum & Factory, the Frazier History Museum, the Kentucky Science Center, KMAC Museum, a few bourbon distilleries and tons of restaurants.

Another hallmark of Kentucky — bourbon — has taken center stage as a “must-do” when visiting the city. The Urban Bourbon Experience is comprised of 10 distilleries within the city limits that are open for public tours and tastings. The Urban Bourbon Trail boasts more than 35 bars and restaurants with more than 50 bourbons and bourbon-inspired culinary delights — so grab a passport,

collect your stamps and enjoy a special prize at the end.

If the arts are more to your liking, Louisville is one of only a handful of U.S. cities with a professional full-time orchestra, opera, ballet, children's theater, dinner theater and Broadway Series. The Speed Art Museum and the Kentucky Museum of Art & Craft both recently underwent renovations. These, plus a zoo, amusement park, breweries, historic homes, confectionaries, parks and music festivals comprise the fabric of Louisville's cultural scene.

Speaking of festivals, visitors are likely to run into one of many of the city's festivals during their visit, from the world-renowned Forecastle Music Festival, Bourbon & Beyond Festival and Kentucky Derby Festival to the neighborhood gems like Old Louisville Springfest, St. James Court Art Show and Downtown's WorldFest. And Louisville's growing food reputation is putting the city on the national culinary map.

It's not just the city's eclectic, innovative and award-winning restaurant scene, but also locally made products that are setting the city apart — with and beyond the bourbon! The accolades continue to grow, from *Saveur's* recognition as a Notable City in its Culinary Travel Awards to *Southern Living* magazine's "Top 10 tastiest towns in the South," to Zagat naming Louisville "one of the top eight 'awesome foodie getaways in the world.'"

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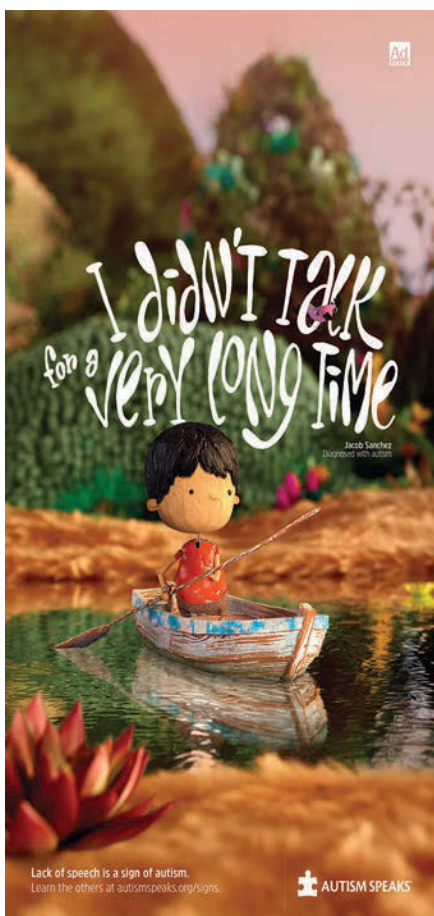
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Zoomed In: Randy Oliver

By Lisa Bell

Over the past 48 years, Randy Oliver has enjoyed clowning around. Although he travels and performs most of the time, Parker County is still home. He grew up in Weatherford, attending college locally in the '70s. His daddy took him to the stockyards when he was 3. Ever since then, he wanted to be a clown. "I just love it. Laughter is a universal language," he said. He likes little kids and old people most. "The ones in the middle take care of themselves."

In his 40s, Randy was finally diagnosed with Tourette Syndrome. "I took a situation and made it work for me," he shared. Randy's seen both sides of the equator and all time zones. "And I did it on someone else's dime."



Michael Samuels participates in WCS' internship program.



Paralyzed Veterans of America post colors in remembrance of fallen heroes.



The last surviving WWII Medal of Honor recipient, Hershel Woody Williams, visits Weatherford for Memorial Day.



The community turns out for the long-awaited dedication of the veterans memorial at Soldier Spring Park.



East Parker Co. Chamber hosts their monthly luncheon in Hudson Oaks.



Donna Morgan is proud to open Little House Antiques.



Ella Johnson, Italee Miller and Khloe Warner win at the Level 3, 2018 TAAF State Championship.



Kaye Jordan addresses Gold Star families and guests.



Shep's Place takes home first place overall in the Taste of Parker County competition.

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Calendar

1 — 20

Lion Maker Strength and Conditioning: **Mon-Thurs**, 6:30-8:00 p.m., 111 E. Columbia St., Weight Room. 7th-12th Grade Boys and Girls (2018-2019 school year). \$100 includes camp T-Shirt. Register at www.wcslions.org/summer-camps/. Contact Alysha at (817) 596-7807 or alysha.pearson@wcslions.org.

9

Movie Monday: 11:00 a.m.-1:00 p.m., Weatherford Public Library. Free matinee movie, showing of *Mamma-Mia* (Sing-Along). Bottled water and snacks provided. For details visit www.ci.weatherford.tx.us.

9, 10

Middle School Football Camp: 8:30-11:00 a.m., 111 E. Columbia St., Football field. Incoming 6th-8th Grades (2018-2019 school year). \$35. Register at www.wcslions.org/summer-camps/. For more details, contact Alysha at (817) 596-7807 or alysha.pearson@wcslions.org.



9 — 12

Volleyball Camp: Incoming 3rd-5th, 9:00-11:00 a.m.; incoming 6th-12th, Noon-2:00 p.m. 111 E. Columbia St. \$55 Includes camp tank or T-shirt. Register at www.wcslions.org/summer-camps/. For more details, contact Alysha at (817) 596-7807 or alysha.pearson@wcslions.org.

10

History Alive Summer Program: 10:30 a.m., Doss Heritage and Cultural Center, 1400 Texas Dr. Barnyard Fun! Ag petting Zoo. Details at www.dosscenter.org.

12

Summer Movie Series: 5:30 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. Bring a chair or blanket for a free showing of *Babe*. Details available at www.dosscenter.org.

14

34th Annual Parker County Peach Festival: 8:00 a.m.-4:00 p.m., Historic Downtown Weatherford. Fun for all ages. \$5 adult admission (\$4 advance ticket available at the Weatherford Chamber). Children 12 and under free. Free remote parking locations with free shuttle rides to the Peach Festival entry gates. For details visit www.parkercountypeachfestival.org.

Parker Paws Fundraiser: 8:00 a.m.-4:00 p.m., BBVA Compass Bank parking lot Corner of North Elm and Trinity Avenue. All proceeds from parking fees will be donated to Parker Paws. Park close to the festival and help rescue more pets.

15

Parker Paws Cat Adoption: 11:00 a.m.-4:00 p.m., Weatherford PetSmart, 138 I-20. Visit cats 7 days a week. Call (817) 598-0702 For directions or details.

17

History Alive Summer Program: 10:30 a.m., Doss Heritage and Cultural Center, 1400 Texas Dr. Recycled Environment — Make a Bird Feeder. For information, visit www.dosscenter.org.

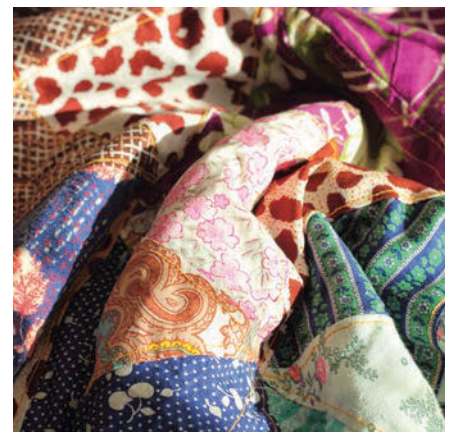
19

Summer Movie Series: 5:30 p.m., Doss Heritage and Cultural Center, 1400 Texas Dr. Bring a chair or blanket for a free showing of *Paulie*. For more details, visit www.dosscenter.org.

Quilters Guild of Parker County: 6:30 p.m., North Side Baptist Church, 910 N. Main St. July meeting features Sharon Holliday of Sourdough Quilts, presenting more than 30 scrappy quilts. For information, call Mary Williams at (940) 682-4631 or visit www.quiltersguildofparkercounty.org.

21

“Starstruck” Quilting Workshop: 8:30 a.m., North Side Baptist Church, 910 N. Main St. Learn to make large scrappy star blocks. Taught by Sharon Holliday of Sourdough Quilts. Visit www.quiltersguildofparkercounty.org for details.



24

History Alive Summer Program: 10:30 a.m., Doss Heritage and Cultural Center, 1400 Texas Dr. Leather Working with Tandy Leather. Visit www.dosscenter.org.

26

Summer Concert on the Lawn — The Bodarks: 6:00-7:30 p.m., Weatherford Public Library. Bring

your folding chairs and blankets, as this will be held outdoors. Details at www.ci.weatherford.tx.us.

28

Parker Paws Dog Adoption: 10:00 a.m.-2:00 p.m., Weatherford PetSmart, 138 I-20. For directions or details, call (817) 598-0702.

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Parker Paws Cat Adoption: 11:00 a.m.-4:00 p.m., Weatherford PetSmart, 138 I-20. Visit cats seven days a week. Call (817) 598-0702 for directions or details.

Ongoing:

Mondays

Aledo Farmers Market: 3:00-6:00 p.m., Aledo Community Center

Parking Lot, Aledo. Runs weekly until **November**. Support your local farmers. For more information, contact City Hall at (817) 441-7016.

Second Thursdays

Gardeners' Club of Parker County: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. Call (817) 919-6280 for more information or details.

Third Thursdays

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

Second Fridays

PCWNC General meeting: 9:30 a.m.-noon, FUMC Family Life Center, 301 S. Main St. Monthly meeting for Parker County Women's and NewComers Club. \$11 for lunch.

Reservations required. For more information, visit www.pcwnc.org.

Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time musical with bluegrass, gospel and country music. Concession stand available — all proceeds go toward expenses. Free and open to the public. Visit Spring Creek Musical on FB.



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Where Are They NOW?

Alyssa Ramsey

— By Lindsay L. Allen



If you are wondering what Alyssa Ramsey, 2016 Aledo High graduate, is up to these days, it is safe to assume she is not sleeping. The former Aledo cheerleader is a sophomore student at The University of Texas studying advertising and involved in several student activities and teams, including the cheer team and trap and skeet shooting team. “I could not be where I’m at today had it not been for the help of everyone in Aledo believing in me and helping me,” she said. “I was trying out for the collegiate cheer team months after I had ankle surgery, and that left me with little time to prep. Yet, I knew that if tryouts didn’t go in my favor, it was OK, because enough people in Aledo, like my coaches, believed in me.”

Now a member of the Chi Omega sorority, Alyssa is looking forward to a career in advertising through a record label company and hopes to move to Nashville to pursue this dream. “I have always loved people and am excited by the thought of helping them through marketing efforts after graduation,” she said.

While cheering at games, traveling with the football team and practicing almost daily can consume her schedule, Alyssa still finds time for a number of other

activities. On a whim, she joined the trap and skeet shooting team, where she is one of two girls on a team of 30.

“I always would shoot with my grandpa, so when I saw that there was a team at college, I joined it, and my parents have been so supportive of all the decisions I have made,” she said, “We travel all over the state, and depending on the tournament, I will compete co-ed or against females only.”

While she stays busy in Austin, Alyssa hasn’t forgotten her roots. “I miss the small-town feel and running into friends at dinner or the grocery store. There isn’t a Sonic even close to me, so I always have to visit Sonic and the old-school cafés when I come home to visit.”

This summer, Alyssa is spending nine weeks at Panama City Beach through Student Mobilization, a nondenominational Christian college ministry that serves to provide a student leadership and discipleship program. Since graduating from Aledo High School, one of the neatest experiences Alyssa has had was returning back to the area and cheering on the TCU field during an away game. **NOW**

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