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## ON THE COVER



*The West is Red Steagall's playground.*

*Photo by Jen Thompson.*

# CONTENTS

October 2015 • Volume 5, Issue 10



## 8 One of the Boys

Red Steagall celebrates the cowboy culture.

## 16 Realizing Potential

At Home With Randy and Cindy McCool.

## 24 Express Coaching

Through sports, students develop positive traits to last a lifetime.

## 30 Cabinet Refresh 101

A new coat of paint is an easy way to transform the entire look of your kitchen.



44 BusinessNOW

46 AroundTownNOW

48 FinanceNOW

52 CookingNOW

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## Editor's Note

Greetings, WeatherfordNOW Readers!

As temperatures begin to cool down, I relish the thought of spending clear evenings gazing at the stars with my family. We often use the app, Star Walk, to identify constellations, including those in the Zodiac. It costs a few bucks, but there are several free stargazing apps available. We don't need an app to find The Big Dipper, though!

Several fall festivals are being held this month — before the stars come out. Docents will inform Talking Tombstone Tour attendees about the lives of departed citizens at Old City Greenwood Cemetery on October 17. The Autumn Art Walk at Chandor Gardens will be held the afternoon of October 18 from noon until 4:00 p.m. Check out our calendar to find more events happening this month, and don't forget to stock up on candy for youth who will take to the streets on October 31!

Have fun!

### Amber

Amber D. Browne  
WeatherfordNOW Editor  
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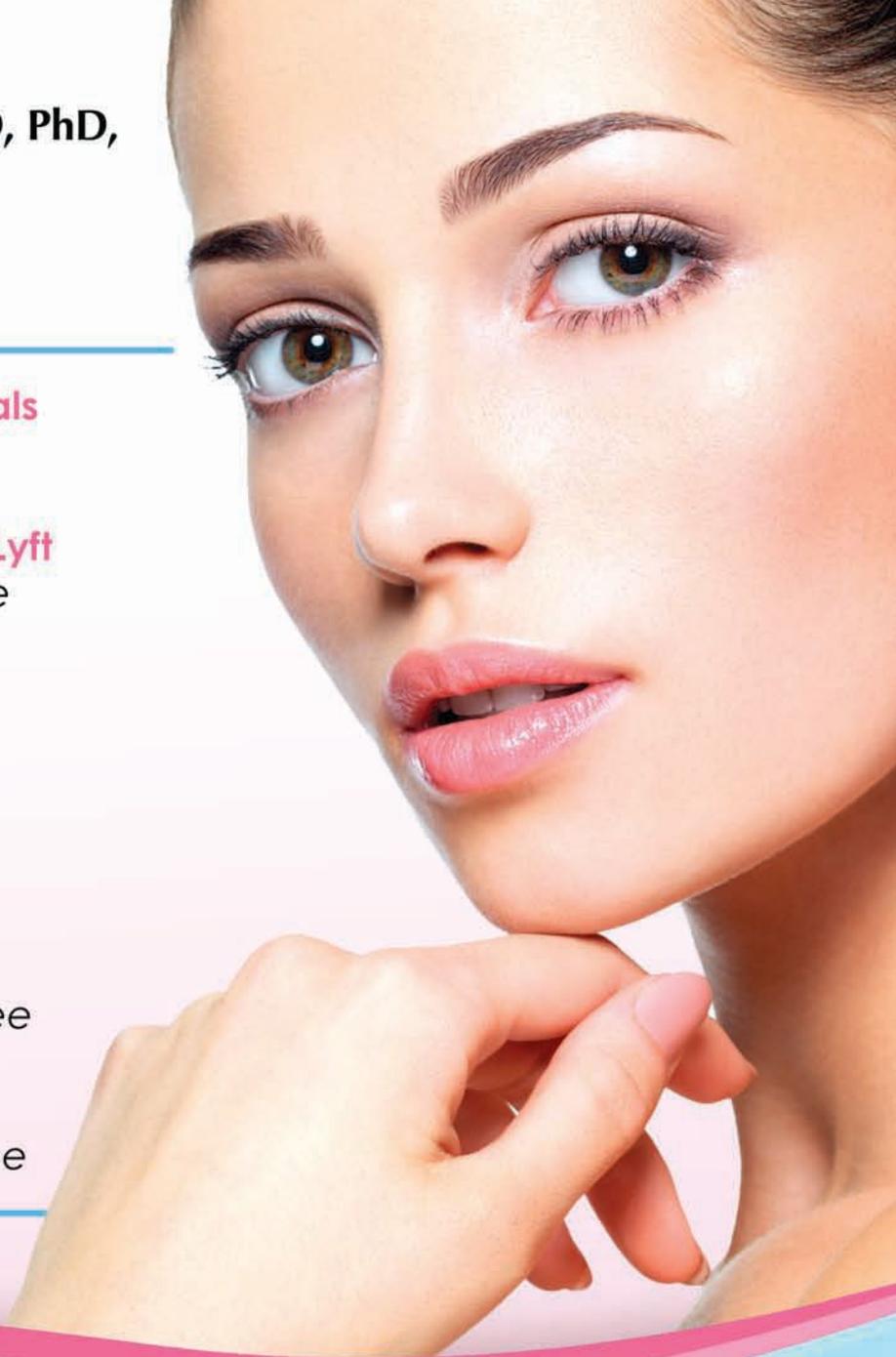
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# One of the Boys

— By Amber D. Bronne

*The American cowboy portrays an image of honesty, hard work and integrity. The cowboy takes care of his own and is proud of his western heritage. Through television and radio programs, poems and music, Red Steagall strives to ensure western heritage isn't lost. Red lives by the values of the Old West — values that also include respect and common decency. "We learn that set of values from our family, from the Lord and from society," he said. Red's music and poetry share thoughts of being kind and living by the Golden Rule. "Our heritage, traditions of the West and that set of values are worth saving," he added.*

Red was born in Gainesville, Texas, and grew up in the Texas Panhandle. He fondly remembers visiting his father's family in North Texas. "I always loved the trees down here and the grass. We didn't have a lot of both of those in the Panhandle," he remembered. Red studied agriculture at West Texas A&M University, and five years after graduation, he moved to Hollywood to help a few friends in the music industry. "They knew I was interested in the music business, so away I went," he added.

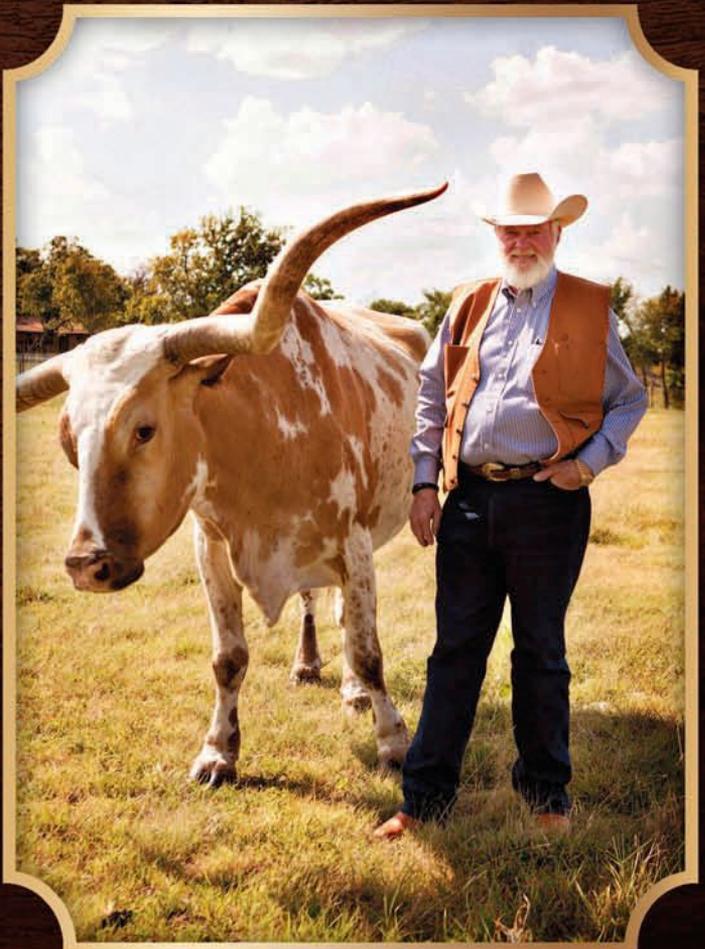
After eight years in California, Red moved to Nashville, Tennessee, to further his musical career. Four years later, he had an epiphany. "I figured out that bus could go up and down any freeway in the country." Red returned to Texas, making a home with Gail, his wife of 38 years, in Parker



County. "I love the whole area. I'm real partial to Parker County, but I also love Fort Worth and what it stands for," Red shared. "People in this part of the country have a better sense about who they are and have more respect for their neighbors. You get in a big city where everything is hurried, and a lot of that is lost. To me, that's what creates a harmonious society."

After living in the area for nearly 40 years, Red considers Weatherford his hometown. "It has a heart and soul all its own," he said. Weatherford marks one stop on the Wagon Train and Trail Ride, which travels from Jacksboro to the Fort Worth Stockyards as part of The Red Steagall Cowboy Gathering and Western Swing Festival. More than two decades ago, Red and a few friends discussed the idea of holding the gathering at the Stockyards. "We bit the bullet, got it started, and 25 years later, we're still going strong." The Wagon Train and Trail Ride began a couple of years after the inaugural event. "It's exciting to ride five days with a group of people. You either sit on the wagon seat or in a saddle." People line the streets of Weatherford as participants ride through the city. "Most people really enjoy it," Red chuckled, "but some of them get very irritated because they can't go by until the riders pass." Local law enforcement provides traffic control during the trail ride. "We're so grateful to the city of Weatherford for their cooperation and their hospitality."

Participants set up camp for the night at Heritage Park. "They all gather up, have a good time, sing some songs, drink a little beer and eat a lot of hot dogs and hamburgers," Red grinned. The following morning, they continue their journey



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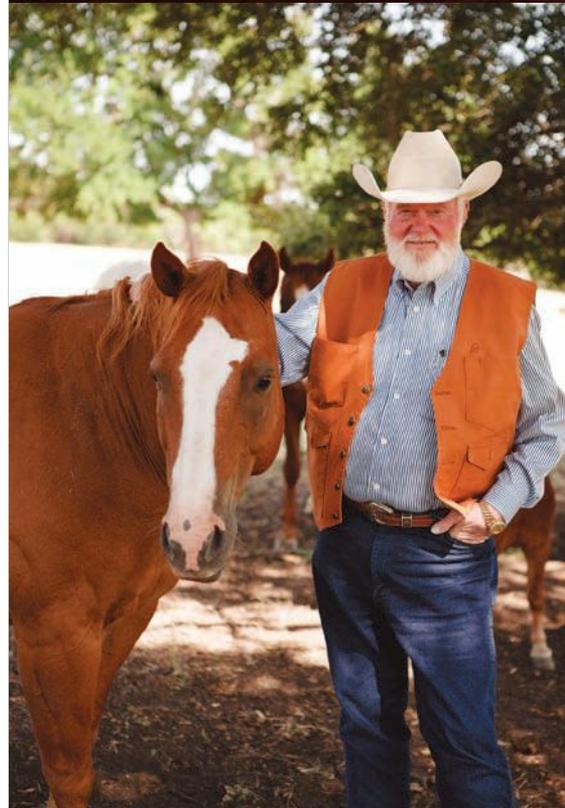
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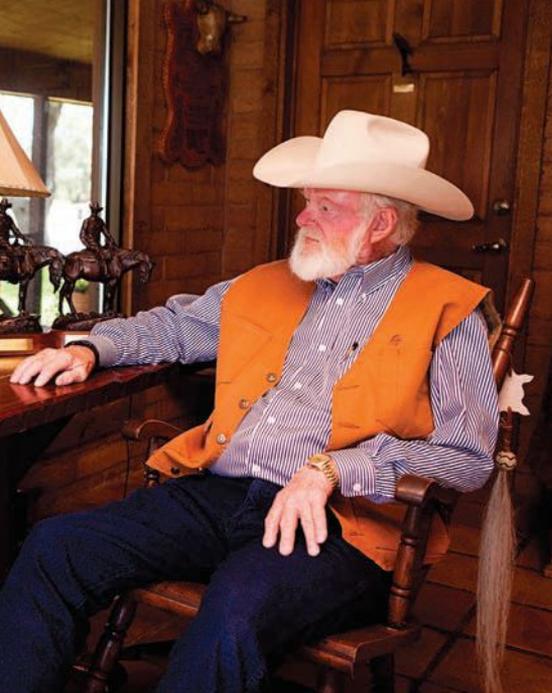
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through Azle to the Stockyards for the Cowboy Gathering, where thousands of visitors soak up the western lifestyle. A Chuck Wagon Cook-off is held for prizes in such categories as meat, beans, bread, dessert and overall wagon. The Cowboy Gathering also includes a trade show, cowboy music concerts, a ranch rodeo and poetry presentations. The event supports a scholarship program through the Cowboy Heritage Association of Fort Worth. Children in 32 area counties can win scholarships through a poetry contest, a fiddle contest and chuck wagon





cooking. Scholarships are also available for children of working ranch families. "I'm so proud of our scholarship program. We've awarded over \$600,000 since we started the program."

While promoting education to youth, Red also promotes an understanding of western heritage in many forms. Following an award-winning career in country music, Red, who also appeared in motion pictures, discovered another passion while attending a cowboy poetry reading in Nevada. "I found where my heart really was. I still love to play dances, and I love western swing, but really, the poetry and cowboy music is where my heart is," he admitted. He shares his passion with others through his nationally syndicated radio show, *Cowboy Corner*. His vision became a reality in 1994, when he and Stuart Balcom created a demo tape of the radio program. The one-hour show provides an avenue for Red to share western poetry, cowboy music and more on 155-165 stations in 34 states. "It's been a wonderful, wonderful ride."

Television was a natural progression for Red. His idea for a cowboy music and cowboy poetry television show was picked up by RFD TV. *In the Bunkhouse with Red Steagall* brought laughter and entertainment to viewers for four years, and Red decided to change the format to include more interviews and mini-documentaries about two years ago. The show is now known as *Red Steagall Is Somewhere West of Wall Street*. Red travels the state bringing stories of his rancher friends and community members to



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the air waves. "I've gone everywhere from the northern tip of Texas with stories all the way to the Gulf Coast and South Texas."

His television and radio programs take up much of his time, but Red continues to travel the world playing cowboy music concerts and reciting poetry, which is still close to his heart. He was honored for his designations as the official Cowboy Poet of Texas in 1981, and as the Poet Laureate of Texas in 2006. Red has also been recognized by other organizations, including the Weatherford Chamber of Commerce, with the Outstanding Citizen of the Year Award. Red has been inducted into the Texas Cowboy Hall of Fame, Texas Country Music Hall of Fame, the Hall of Great Westerners at the National Cowboy Heritage Museum, and more. "All of those are extremely important and extremely humbling to me. It's so flattering," he admitted.

Red is driven by life and the opportunities to share his love of the western heritage and cowboy lifestyle with the world. "I just love life, and I love people. I like to work," he said. In his free-time, he enjoys spending time with his wife and family, riding horses and playing golf. As honorary chairman for the Roundup For Rehab at the West Texas Rehab Center in Abilene, Red also occasionally shares a few stories around the campfire. "I wouldn't know what to do with myself if I couldn't do this," he admitted. "I love it." **NOW**



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*Jeremiah 33:6*



# \*Realizing POTENTIAL

— By Amber D. Browne

## AT HOME WITH Randy and Cindy McCool

*As visitors walk the pathway to Randy and Cindy McCool's inviting front porch, they feel a sense of welcome. The comfort and "put-together feel" of the home all began with a vision. "Whenever we look at houses, we love to go in and see the potential of what could happen — what it could turn into," Randy shared.*

One end of the front porch features muted turquoise rocking chairs just for two with a backdrop envisioned by Cindy. She used painters' cloths and a shower curtain rod to bring her idea to life. A swing provides additional seating to enjoy a cup of coffee or a cold beverage, and a repainted hutch houses small, potted plants that catch the eyes of visitors.

On just over five acres, the property provides opportunities for hours of enjoyment and a little hard work. The McCools keep a garden and added a chicken coop for their fowl, which provide fresh eggs for meals. A horse



and donkey also make their home there. But the McCools haven't always lived the country life. Randy is originally from Michigan and Cindy from Kentucky. After living in Dallas and Arlington, they began searching for a city with a small-town feel. "We came into Weatherford one day, and I fell in love with it," Randy shared. They purchased a historic home near Weatherford College in 1999.

They later moved with their three children, Addison, Jordan and Rémy, to Chicago, but after about two years, Texas called them home again. Because Addison rides horses, they lived briefly on a property in rural Weatherford. "We wanted to see how we liked living in the country," Randy said. After moving back to town for a couple of years, they downsized to their current homestead located just outside of town in the fall of 2013. They named it Infinity + 1 after Addison's first horse.

"It's been an interesting transition," Cindy said. They lived in a travel trailer while they renovated the 2,000-square-foot home. "We started over. Every square inch of this house has been repainted. We took out all the floors," she stated. Tile floors that resemble wood



were added to cut down on scratches from their four dogs. They hired a handyman, but the McCools did most of the renovations themselves. Working 8-10 hours each day, it only took the McCools about two months to completely remodel the house. "We wanted it done," she laughed. "We were ready to get out of that travel trailer!"

The home features the same shades of pewter, blue and brown throughout. "It's the first time I've ever done that.

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Jordan, designed and built the cocktail table, which incorporates metal and wood features. Using her keen sense of style, Cindy often finds furniture at Goodwill Stores and uses her creative hand to transform it into her visions. Much of the decor throughout the home was purchased at Miss B's Antiques and Collectibles and Tuesday Morning.

A chandelier resembling an old beam hangs above the dining room table.

Usually, I'm all over the map," Cindy admitted. The walls in the main living space are different shades of gray. "I juxtaposed them to where they're close, but they're different. There are layers of color." Using drywall, they enclosed a built-in bookcase in the living room. A repurposed wooden pallet that supported their clawfoot tub during shipping now hangs on the wall. She stained the pallet, added a few shelves and decorated it with artwork and other complementary knickknacks. "It was free!" Their son,

However, the light fixture isn't old at all. "It's new wood that I beat the daylight out of and stained," Cindy explained. "It is separate pieces of wood screwed together. It's open on the inside, so we have power strips in there with the lights plugged into them." A metal pipe runs to the ceiling, hiding the electrical wires.

They knocked out a wall to the kitchen and reused wood

from the front porch to frame the wall. The wood was also used to update the island in the kitchen for a more rustic look. The McCools installed a stainless steel top on the island and as part of the backsplash in the kitchen. A small window above the sink was replaced by a 6-foot window, brightening the room. They also repainted the brown cabinets white and installed modern appliances. "We worked hard to make it different," Cindy said. Randy and Cindy love to entertain family and friends, but she doesn't cook much in the kitchen. "We



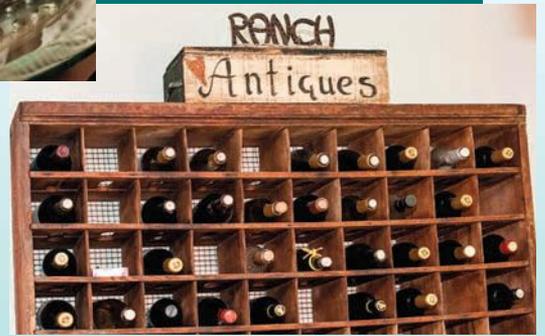
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are still alive. We're all fed. We're all well," she laughed.

Randy renovated the guest bathroom, which features dark wood and tin walls. Cabinets from another part of the home were refurbished and reused in the laundry room. "I tried to use everything I could out of this house and just redo it," Cindy said. "I mean, why not?" Air conditioning, unique ceiling fans and new flooring were added to the lounge. Several sitting areas provide space for entertaining. Out back, they added a fire pit, along with native plants. "I love anything that flowers — petunias, calla lilies," she shared. "I'm not sure if he likes to get his hands dirty as much as I do," she joked.

Randy would rather hook up the camper and go. The McCools travel when they can, especially to the Texas coast. "The beach is always calling," Randy shared. Their love of the beach is apparent in the master bedroom where a large monogram on distressed boards Cindy created hangs above their king sleigh bed. Another plaque states, *Sandy toes and salty kisses*.

In the master bathroom, an entertainment center was redesigned

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into a mirrored bathroom cabinet. The clawfoot tub provides a cozy place to soak the stress of the day away. They added horizontal wood panels painted silver on the walls and plumbing fixtures as hardware on the cabinetry. Cindy reused the chandelier that once hung in the dining room to add ambience to the room.

Home renovations and work in the insurance industry have taken up a lot of their free time, but



they still find evenings to eat, drink and chat with friends and family at home. Their children are grown, but all still live in the area and visit often. The couple recently celebrated their 31st wedding anniversary. "I think we have more fun now than when the kids were little," Cindy laughed. "Maybe that's the key!"

This homestead is the third for the McCools to renovate. "Everywhere she goes, she sees things to change, redesign, reconfigure," Randy smiled. "She has the flair." Cindy already has another list of ideas she wants to implement into the home. When they have a vision, they do what it takes to make it a reality. "I guess it's our hobby." **NOW**

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— By Lisa Bell

“WE PRAY.  
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OUT THERE.”

*Tuck Silvey grew up in Weatherford, playing high school football for a lifetime influencer, Coach Jim Yarnell. Tuck learned God first, family second from his coach. “Do that and everything else falls into place,” Tuck said.*

For a short time, Tuck and his wife, Tammy, lived in Arlington. When they had kids, they moved back to the Weatherford area, initially putting their sons in Peaster public schools. A few years later, they opted for homeschooling. Two of their three boys wanted to play football, so they found the Parker-Tarrant Home School Sports Warriors six-man football team in Fort Worth and joined. Tuck helped with some of the coaching. At the time, about half of the team drove from Weatherford to participate.

A similar program existed in Weatherford but didn't include a football team. Weatherford Express, established in 1996, started with boys' and girls' basketball for homeschool students and those at private schools without an athletic program. In 2009, Tuck received a call inviting him to coach a football team under the umbrella of Weatherford Express. He loved the idea of having a local team instead of commuting to Fort Worth, so he accepted. The organization operates under Texas Association of Independent Athletic



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Organizations. They also offer programs for girls, including volleyball and a football spirit team.

Tuck believes playing football does a lot for kids. The team becomes a family, and the students enjoy playing. "The Lord's No. 1, and if He's in it, that's all that matters," he said. He encourages the players to have fun and keep their heads up. With a smaller team, guarding against injury is paramount to success.

He admits coming ahead on the scoreboard held a high priority during the first four years. Winning is a plus, but coaching is more about the kids getting to do what they love. Tuck schedules games against challenging teams. His players work hard and compete to win games. Ultimately, he wants them to take away more than a win.

"We pray. We want to have a Christian atmosphere out there," he said. No cussing, no cheating. They instruct referees to give one verbal warning, and then expel an athlete from the game if the behavior continues. Tuck learned character-building from his own high school coach. "Some of the best times for me were football. If I didn't play football, it would've been tough for me to finish school," he said. The state mandated no pass, no play. But Coach Yarnell insisted on higher standards. "If we got caught smoking, we had to run 20 miles within a week's time. If we got caught dipping, we had to run 20 miles within a week's time. And that was for the first offense," Tuck remembered. A second time meant probation, and if they had a third offense, they were off the team. "It kept me from doing any of that," he said.

Although Tuck loves football, he leaves the choice to his sons, Tanner, Trenton and Paydon. Tanner prefers outdoor activities, such as fishing and hunting, and Tuck is fine with that. Trenton and Paydon play other sports, but Tuck sees the benefits of all the choices his boys have made when it comes to extracurricular activities.

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Special bonds form between football players — bonds capable of lasting a lifetime. “You don’t grow up as a group just being in school. It was more the football boys,” he said, thinking back to high school. Mike Henslee played with Tuck then. Now, he helps coach for the Weatherford Express team. Jeremy Swaim played for Tuck and now helps coach the team. The boys reach a level of camaraderie from watching each other’s backs, but also, by spending time together on and off the field. The coaches also help build character and self-discipline for the players.

In 2014, TAI AO All-Star team selected four members from Weatherford Express — Trenton and Taydon Silvey, Asher Frailey and Dan Tighe. Several of last year’s players graduated from high school, leaving the team smaller and in a year of rebuilding. Nevertheless, Tuck remains hopeful for a good season. At the start of



the school year, he had eight players for the six-man team, hoping to add at least two more before the season started.

Playing six-man football differs from the traditional version found at public high schools. The field is smaller in total yardage. The team members play all positions and must gain 15 yards for a first down, instead of 10. In addition, whoever takes the snap cannot pass the line of scrimmage until the ball is thrown or pitched back. All six men are eligible as receivers, including the center. With smaller teams, single man tackles happen on most plays, as opposed to pileups of multiple players. The game progresses at a faster pace with little time for rest, especially for a small team. “The players have to be in much better condition. There’s lots of running,” Tuck explained. “Size is less important. Smaller but fast are the players who win state.”

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The coach speaks positively about his entire team, even the newest members. When Jonathan Cabello; Taydon Silvey; Sean Allen; Micah Brownlee; Dylan Wright; Scott Milner; and the Tankersley brothers, Jansen and Jordan, took the field at the first scrimmages on August 15 and 21, they did so with his support and encouragement. By the time they played their first game on August 28, they were ready to face the challenges of winning.

Relationship means a lot for this team. "I treat the boys like they're mine," Tuck said. In the past, some of his students lived with them and helped with the family mowing business. "When they graduated, it was kinda tough," he shared. He loves the players and helps in every situation he can. Although he forms relationships with the parents, as well, his primary concern is for the kids. Having helped with youth at his church for about 10 years, Tuck understands being open and approachable. He maintains contact with the youth pastor and has him as a resource, if a student needs additional spiritual guidance.

As for coaching Paydon, Tuck learned to let go. "I try not to coach him as much. I let the other coaches coach him," he said. He did the same with his middle son, Trenton. Because Tuck gets very excited while coaching, sometimes raising his voice, he realized stepping away makes it easier on both him and his sons.

During games, Tammy, Tuck's wife, takes photographs. She also helps Tuck with administrative work for the team. Most importantly, she keeps things running smoothly at home, while her favorite coach volunteers time with his favorite team.

While Tuck doesn't want a long-term professional coaching position, he's 100-percent committed to his team. Watching the boys succeed justifies the long hours of hard work, even if they aren't ahead on the scoreboard. **NOW**

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# CABINET REFRESH 101

— By Jill Rose

*Looking for an inexpensive way to dramatically change the look of your kitchen? Painting cabinets is a great way to get the look of a new kitchen without the price tag of a complete remodel.*

## **FIND THE PERFECT COLOR**

For most people, one of the hardest parts of painting kitchen cabinets is finding the right color. With all the paint options available, even opting for white cabinets can result in having to sift through hundreds of variations to find the “right” white.



One of the biggest obstacles to choosing a color is lighting. The number of windows in your space (natural lighting), as well as the type of bulbs you use (soft white, bright white, daylight, etc.), can drastically change the way a color will look. Buying your paint from a paint specialty store can alleviate a great deal of indecision, as the employees in these stores are able to provide you with the best options, depending on your lighting. Keep in mind, homes with a lot of natural light tend to cast a blue hue on white paints, whereas homes with artificial lighting can cast colors ranging from blue to orange, depending on the bulb used.

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After selecting a few sample colors, purchase scrap pieces of wood strips that are the same species as your cabinets and paint them using the sample colors. Leave the samples in your kitchen for a few days to see how the color changes throughout the day. Once you've decided on a color, select your sheen. Choose a high-gloss sheen for a more modern look or an eggshell for a more classic feel.

## PREP YOUR AREA

Begin by taking the cabinet doors off and removing the hinges. Be sure to label each cabinet door and hinge for reassembly. Next, tape off the wall area around the cabinet frames.



## GIVE EVERYTHING A GOOD SANDING

Whether your cabinet doors, drawers and frames are painted or covered in stain, you will need to sand them. Begin by using a 100-grit sandpaper, and then move on to 120-grit sandpaper. Note: Most of the cabinet can be sanded with an orbital sander, but the smaller areas will need to be sanded by hand.

After sanding everything, remove the dust created. The frames are easy to clean, but doors and drawers can be tricky. Dust will ruin your paint job, and you will find yourself having to sand

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out specks and reapply paint. To ensure maximum dust removal, start by simply turning the cabinet door or drawer over and patting the back so most of the dust falls out. Follow this with a quick pass over with a vacuum wand. Finally, use a duster and get into the crevices. If you find you still have dust specs, use mineral spirits and a rag to remove any remaining dust.

## FIX ANY GOUGES OR DENTS

If you have deep scratches or dents, fill them in with wood filler. Let it dry, and then sand it down using a 180- or 220-grit sandpaper. Be sure to clean away any excess dust.

## PRIME THE CABINETS DRAWERS/FRAMES

Using a 2-inch paint brush, apply a light coat of primer to the cabinets, drawers and frames. Tinting your primer to match the color of the new cabinet paint is excellent insurance against future nicks and scratches showing.

Begin by priming the back of the cabinet door. Start in the center panel section. If you get primer on the stiles or rails, make sure you brush them out, so they don't leave a blotchy finish.

Next, prime the rails, and then the stiles. Do not prime the edges of the cabinets at this stage. After priming the cabinet doors, move on to priming the drawers. Since drawers only have a front, prime the entire drawer (edges included). The next step is to prime the cabinet frames. If desired, prime the inside of the cabinets, also.

Once all items have been primed, allow them to cure for at least 24 hours before

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lightly sanding (by hand) all the primed surfaces with a 300-grit sandpaper. Sand them just enough to remove any imperfections or random pieces of dust that may have fallen on them while they were still wet.

Turn the cabinet doors over to the front, and repeat the entire process above. Be sure to prime the edges of the cabinets, and allow them to cure for 24 hours.

## PAINT THE CABINETS/ DRAWERS/FRAMES

After the primed pieces have been allowed to cure for 24 hours, begin painting. Painting is really no different than priming, and you should follow the same process as priming. Begin by painting the back of the cabinet door, and then lightly sand out any imperfections before moving on to the drawers and cabinet frames. Allow them to cure for 24 hours, and then repeat the entire process for a total of two coats of paint.

After the second coat has been allowed to cure for 24 hours, move on to painting the front of the cabinet doors. Again, follow the same process as above (panel, rails, stiles but now also the edges). Allow them to cure for 24 hours, and then repeat the entire process.

## ADD THE POLYURETHANE

Before actually adding the polyurethane, lightly smooth out the door's finish using a 300-grit sandpaper. Apply the polyurethane with a foam brush for a suggested total of three coats on each side. Allow the polyurethane to cure per label, reassemble the cabinets and enjoy the beautiful new look of your kitchen for years to come!

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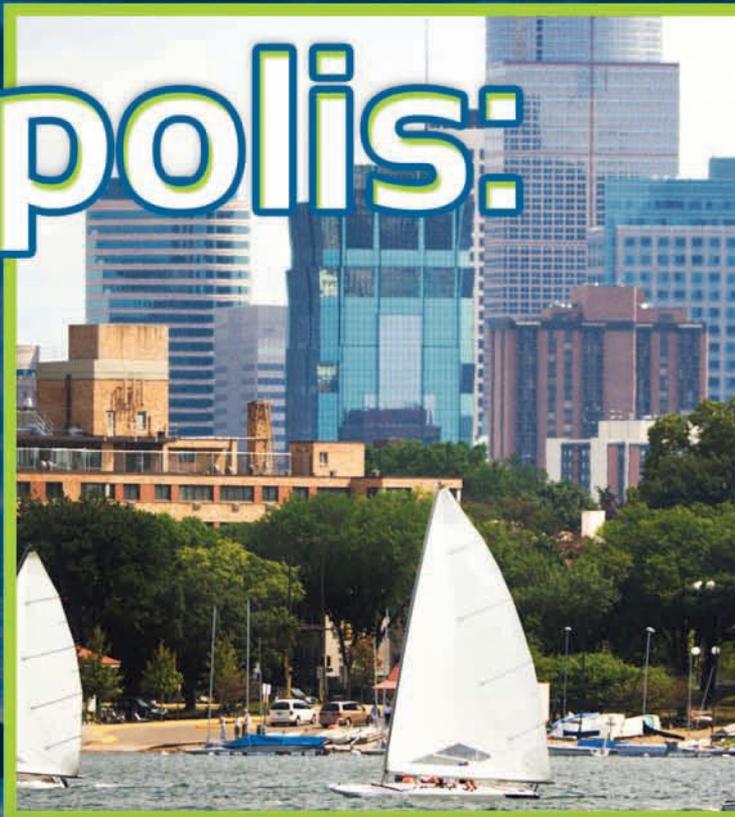
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Home to a chain of lakes, including Lake Harriet, Lake Calhoun, Lake of the Isles, Cedar Lake and Brownie Lake, Minneapolis natives and visitors alike never run out of ways to get outside. Joggers, walkers, dogs and families can be found traipsing around the lakes year-round. Minneapolis boasts nearly 200 miles of recreational paths and one of the only national scenic byways in the country.

Enjoy a brisk walk around Lake of the Isles in the fall, as the leaves turn from green to golden hues or jog around Lake Harriet as winter's first snowfall crunches underneath your feet. Stroll around Cedar Lake as the first signs of spring begin to



show or plan a beach barbecue at Lake Calhoun under the summer sun. Take in views of the Mississippi Riverfront on the Stone Arch Bridge in the city that has been ranked with the best park system in the United States. No matter the season, Minneapolis revels in the beauty of the outdoors.

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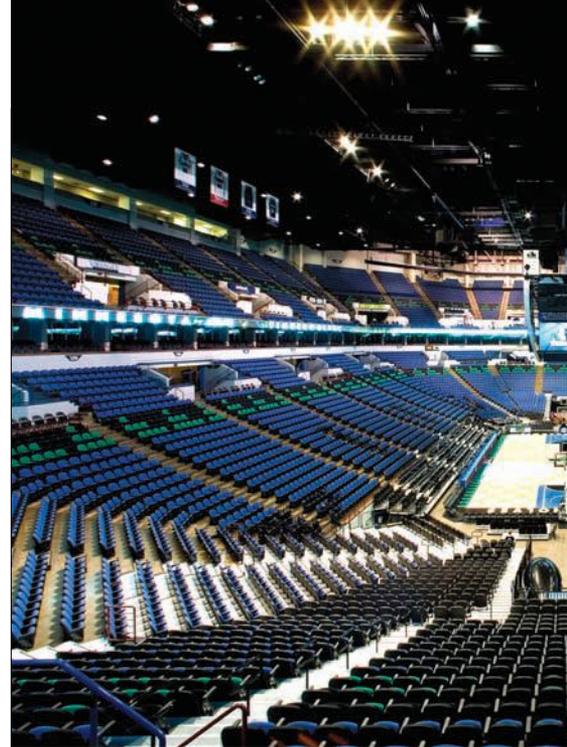
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There is no off-season in Minneapolis. Year-round, Minneapolis natives have something to cheer for, with five major league sports teams and popular stadiums like Target Field and TCF Bank Stadium. With professional sports teams, such as: the Vikings (NFL), Twins (MLB), Timberwolves (NBA), two-time World Champion Minnesota Lynx (WNBA) and Wild (NHL), just over in our twin city of Saint Paul, as well as the University of Minnesota's Golden Gophers, sports fans will always have a team to watch.

The Minnesota Vikings are currently building a new \$975 million stadium, set to open in 2016, which is on track to bring events like the Super Bowl and NCAA Final Four to Minneapolis in future years. The Minnesota Twins and Target Field played host to the MLB All-Star Game in July 2014. Fans also attended the MLB Fan Fest at the Minneapolis Convention Center during this year's Midsummer Classic.

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Minneapolis' sprawling art scene is vibrant. Museums, art fairs, theaters and music venues constantly book local and nationwide favorites. Visitors can grab tickets to see an improv show at Brave New Workshop Comedy Theatre, a Shakespeare play at Guthrie Theater, a dance troupe at Cowles Center for Dance and Performing Arts or their favorite band at First Avenue, the Fine Line Music Cafe and Mill City Nights.

World-renowned museums like Walker Art Center and Minneapolis Institute of Arts are among the 55 museums in the Minneapolis area. The city boasts the most theater seats per capita after New York City, with Broadway tours, local productions and the Minnesota Fringe Festival each August to entertain and delight visitors. Festivals like Northern Spark and the Uptown Art Fair take over the city during the summer months with art from every discipline and price point.

With no sales tax on apparel and shoes, it's hard to deny Minnesota's shopping appeal. On top of that, the country's largest shopping center, Mall of America, is nestled in the Minneapolis suburb, Bloomington, which is a short Metro Transit ride away from downtown. Packed inside its 4.8 million square feet are more than 520 stores, an indoor theme park, Nickelodeon Universe, an aquarium housing more than 10,000 sea creatures, a 14-screen movie theater and countless restaurant options. Downtown, take in the flagship Target store on Nicollet Mall, then stroll to Saks OFF

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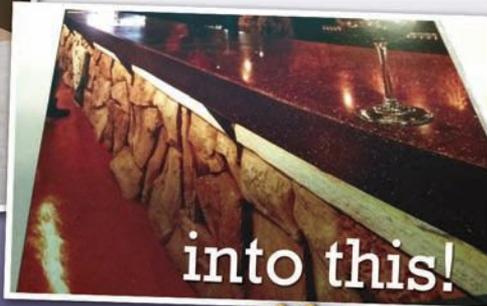
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"Minneapolis offers *endless opportunities* for *fun* and *exploration* year-round."

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In an effort to keep Minneapolis safe, clean and green, the Minneapolis Downtown Improvement District (DID) was implemented in early 2009. Through its many initiatives, visitors and natives can explore the city worry-free while DID Ambassadors patrol the sidewalks, aiding those in need of directions, those who have lost property and even those with medical emergencies. As one of the top-ranked cleanest cities in the world, Minneapolis is kept clean through DID's diligent help with pressure washing, litter and graffiti removal and an outdoor recycling program that stretches throughout downtown. With the goal in mind to have every block green in 20 years, the Minneapolis DID fills the 120-plus block district with more than 15,500 colorful plants to amplify the city's already beautiful downtown.

Minneapolis offers endless opportunities for fun and exploration year-round. Visit Minneapolis and relish in its changing seasons, endless bike paths, multifaceted arts scene and guilt-free shopping while indulging in the city's delectable culinary offerings. For more information about Minneapolis or to plan a trip to the City by Nature, visit [www.minneapolis.org](http://www.minneapolis.org). **NOW**

By Annie Michaelson. Photos courtesy of Meet Minneapolis.

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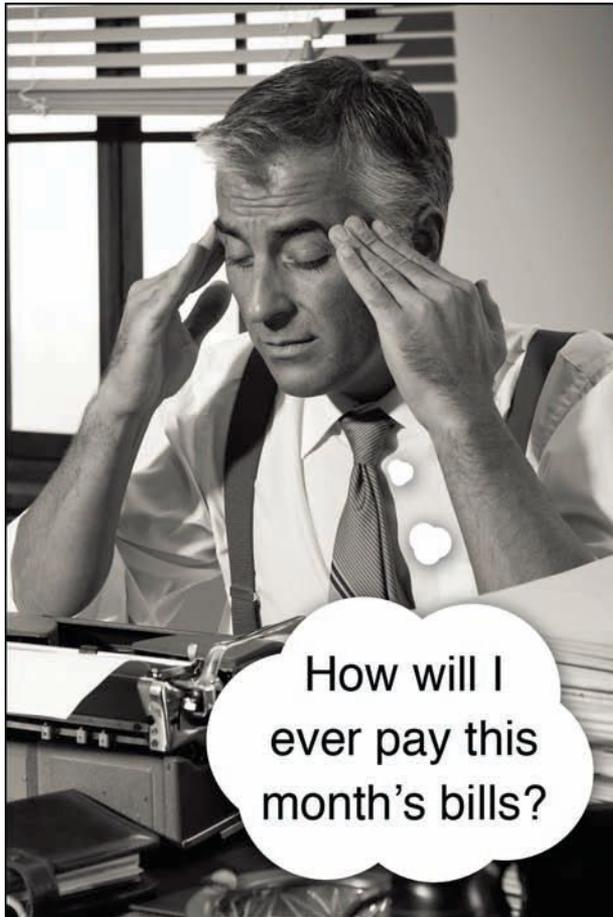
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# Entertainment at Its Best

*Sound Expressions, Inc. offers free estimates for installations of home theater systems, backyard entertainment, satellite televisions and more.*

— By Amber D. Browne

In business for more than 30 years, Sound Expressions, Inc. has provided area residents and businesses with multiple sources of entertainment. From home theater systems to satellite television providers, Sound Expressions offers customers competitive prices and one-on-one support. “I go out on every job,” said Steve Gray, owner.

With the help of his late wife, Sandie, Steve opened the business in November 1983 when the latest and greatest technology was the 10-foot satellite. “It’s a different world than it used to be,” Steve stated. Over the decades, the business has embraced the newest technology and the latest trends. “When we started 31 years ago, there wasn’t such a thing as surround sound

or home theaters,” Steve shared. “We did a lot of car stereos, but that’s pretty much in the past for us.”

As an independent retailer, Sound Expressions offers customers home satellite systems for both Dish and Direct TV. “That’s an advantage to the customer,” he said. There are restrictions on what satellite providers can do during installations, such as installing the equipment on a metal roof. However, Sound Expressions can get the job done. For new customers, installation is usually free. Sound Expressions offers the same promotions as the satellite providers, but if there is a problem, the customer can contact Steve directly during his one-year warranty instead of calling an 800 number. The customer can also call the provider for

assistance. Packages begin at \$29 for one television with the signing of a two-year contract, and monthly premiums are paid directly to the satellite provider.

Some customers are returning to the use of a traditional TV antenna. Sound Expressions can install those, too. Newer model televisions have a digital converter built into them, and with the antenna, customers can have free access to as many as 50 local channels. Some customers choose to have both the TV antenna and satellite television, just in case a heavy storm temporarily knocks out the dish service.

Sound Expressions can order and install home entertainment systems including surround sound or install the equipment if it has already been purchased. Sound Expressions can also install wall-mounted televisions, gaming systems and indoor speakers. Media rooms are a popular choice for homeowners. "A lot of people don't go out as much as they used to," Steve said. "If you have a media room, you can go in there and have a theater-like experience. You can have your snacks and your bathroom. You can watch what you want to watch, when you want to watch it." One of the newest trends is outdoor entertainment systems. "More people are doing outdoor TVs on the back porch and outdoor speakers." Prewiring services in new homes and business constructions are also available.

Sound Expressions offers free estimates and can recommend sizes and what types of electronic systems will work in the customer's space. Popular brands include Pioneer, Samsung and Onkyo, but Sound Expressions can order and install others, as well. A one-year warranty is included on all work. Located in its original office on Santa Fe Drive in Weatherford, Sound Expressions provides installation services to customers in a 50-plus mile radius.

As technology improves, Sound Expressions will change with the times to provide customers with the newest trends to enjoy entertainment. And, Steve will continue to offer personalized customer service and knowledge gained with decades of experience in the industry. **NOW**




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www.nowmagazines.com 45 WeatherfordNOW October 2015



*Quilter's Guild of Parker County member Betty New wins first place in the Mixed Technique class for her quilt "Remember When" at the Fort Worth Quilt Guild Show.*



*Abby and Levi Gray try to catch a few fish at Lake Weatherford on Labor Day.*



*Brett and Holly Carter, Nancy Neill and Jimmy Dobbs enjoy the evening on the patio at Sweet Springs Winery.*



*Guitarist Will Douglas speaks to attendees of First Friday Forums at Weatherford College.*



*Danny Harris, Lynn Walker and Marty Rankin share a game of disc golf at Lake Weatherford Disc Golf Course.*



*Jeanna and Paul Vaughan enjoy dinner at La Playa Maya in Hudson Oaks.*



*Aledo ISD superintendent Derek City discusses several issues, including the construction of a new elementary school, at the district's first Brown Bag Lunch of the year.*



*Weatherford ISD graduate and game clock assistant, Jason Lee, is honored with the True Blue Kangaroo Award.*



*The Weatherford Christian School Cross Country team participates in a one-mile race at the IHOP Season Opener.*

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## Money Management for Teens

For many teenagers, living on their own at college is a major reality check. While 71 percent of teens feel confident in their money-managing skills, many lack practical experience.<sup>1</sup> Teach your child how to make sound financial decisions — without your help. Here are three important lessons in money management for teens:

### Lesson 1: Creating a Budget

Help teens understand where their money is going with a basic budget.

- *Track spending.* Before deciding how to allocate expenses, teens should track where their money goes for a few weeks. Include items they might not pay for now but will in the future, such as clothing, entertainment or extracurricular activities.
- *Do the math.* Help your teen come up with an income total for each month, including allowance, gifts or after-school jobs. Then budget necessary expenses first. If there's a shortfall, discuss ways to cut discretionary spending or increase income.

### Lesson 2: Saving Money

- *Make setting aside income second nature for your teen.*
- *Be consistent.* Teens should strive to put the same percentage of their income each month toward savings goals. This will help make savings a habit.

- *Watch it grow.* Once your teen is saving consistently each month, open a savings account and explain how compound interest can increase savings.

### Lesson 3: Building Credit

Teach your teen the benefits — and risks — of buying on credit.

- *Use responsibly.* By carrying a balance from month to month, your teen could pay hundreds of dollars in compound interest charges. Discourage teens from charging purchases they can't really afford.
- *Scores matter.* Explain how to build a good credit history by avoiding late payments and keeping card balances low. Good credit will help your teen years down the road when securing a car or home loan. **NOW**

Source:

1. <http://www.businesswire.com/news/home/20130722005575/en/Capital-One%E2%80%99s-Annual-Back-to-School-Shopping-Survey-Finds#.VTIPYmRVhBd>.

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

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# Breast Cancer Health

— By Betty Tryon, BSN

With breast cancer, there are hordes of drugs, treatments and therapeutic options. Some of these can carry pretty scary side effects. It is imperative that anyone being treated for this disease follow their health practitioner's advice and plans, and that they give approval for any alternate treatment plans. However, there are a couple of areas where you can give your health a helping hand with possibly great benefits — diet and exercise.

Diet can possibly play a crucial role in lowering your risk of getting breast cancer and can aid in the recovery process when healing from the disease. There are some studies that suggest an increase in the incidence of breast cancer in women who are menopausal and overweight. Weight can also play a factor in the recurrence of breast cancer. More research is needed before definitively stating that a low-fat diet carries the benefit of lowering the incidence of breast cancer. But, the research that is available does suggest a possible connection.

The best diet is one in which all food groups are represented in appropriate amounts. Saturated fats are usually the problem, and it is generally a good idea to aim for less of them in your diet. They are found in fatty meats, butter, many cheeses, breads and pastries to name a few examples. Antioxidants are substances that help to prevent and limit cell damage — a great boon to someone in the process of healing. Some

foods rich in antioxidants are berries, citrus fruits, whole grains, liver, carrots and green, leafy vegetables. Check with your doctor before changing your diet. If you get a recommendation to see a registered dietitian, try to follow through. Proper nutrition is crucial to your overall health.

Exercise can be a great mood lifter. However, when in the throes of recovery, the last thing someone may want to do is exercise. Before starting any exercise program, discuss it with your physician. Your level of performance will depend upon many different things, such as the treatment you receive, severity of the disease, your prior fitness level and your current health status. Some exercises will affect you adversely. For example, if you had the lymph nodes removed under your arm, you may be at risk for lymphedema. Some forms of exercise may cause further injury to that area.

On the other hand, exercise can carry great benefits. Physical activity can help control weight gain. It can also increase your stamina, which in turn will increase your energy level. Taking particular care with diet and exercise will not only offer benefits regarding breast cancer, they can improve your overall level of health. **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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### October 1

Weatherford High School Homecoming Parade: 5:30-7:00 p.m., Ninth Grade Center, 1007 S. Main St. Visit [weatherfordexes.wordpress.com](http://weatherfordexes.wordpress.com) to find out more.

### October 2

Weatherford High School Homecoming Football Game: 7:30-10:30 p.m., Kangaroo Stadium, 1007 S. Main St. Call (817) 598-2956 for more.

### October 3

Lord's Acre: 11:00 a.m.-5:00 p.m., Aledo United Methodist Church, Oak at Pecan St., Aledo. For more, visit [www.aledoumclordsacre.org](http://www.aledoumclordsacre.org).

### Parker Paws 4th Annual DOGtoberfest:

Noon-4:00 p.m., Fish Creek Restaurant and Oak Ridge Church of Christ, 4899 I-20 Service Rd., Willow Park. For more information, visit [www.parkerpaws.org](http://www.parkerpaws.org).

### October 10

22nd Annual "If Our Walls Could Talk" Grace House Ministries Fundraiser: 5:30 p.m., North Side Baptist Church, 910 N. Go to [gracehouseministries.net](http://gracehouseministries.net) for more.

### October 15

15th Annual Weatherford College Foundation Golf Tournament: Noon, Canyon West Golf Club, 160 Club House Dr. For more, call (817) 598-6275 or visit [www.wc.edu/about/golf-tournament](http://www.wc.edu/about/golf-tournament).

### October 17

ParkFest: 10:00 a.m.-4:00 p.m., City of Willow Park, 101 Stagecoach Trl., Willow Park. For more information, call (817) 441-7108.

Talking Tombstone Tour: 1:00-3:00 p.m., Old City Greenwood Cemetery, 300 Front St. For more information, visit [www.parkercountyheritagesociety.com](http://www.parkercountyheritagesociety.com)

### October 18

Autumn Art Walk at Chandor Gardens: Noon-4:00 p.m., Chandor Gardens, 711 W. Lee Ave. Visit [www.chandorgardens.com](http://www.chandorgardens.com) for more information.

### October 20

Weatherford Goes RED: 6:30-9:00 p.m., Heritage Park, First Monday Grounds, 200 Santa Fe Dr. Weatherford is featured as one stop on the Red Steagall Cowboy Gathering Wagon Train. Visit [www.RedSteagallCowboyGathering.com](http://www.RedSteagallCowboyGathering.com) for more.

### October 24

20th Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips for a day of arts and music. Admission is free. For more information, call the Waxahachie Convention & Visitors Bureau at (469) 309-4040 or visit [www.waxahachiecvb.com](http://www.waxahachiecvb.com).

EPIC Apocalypse Experience Sneak Peek Benefit: 6:00 p.m., Capernaum First Century Village, 10700 FM 920. Call 1(800) 489-1950 for more.

### October 25

Goblins in the Garden: Noon-4:00 p.m., Chandor Gardens, 711 West Lee Ave. Visit [www.chandorgardens.com](http://www.chandorgardens.com) for more information.

### October 31

Red Pepper Party: 3:00-6:00 p.m., Clark Gardens, 567 Maddux Rd. Visit [www.clarkgardens.org](http://www.clarkgardens.org) for 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 Amanda Shephard

— By Amber D. Browne

Spending an entire day perfecting a meal for family and friends is a great time for Amanda Shephard. “I find it relaxing,” Amanda shared. “I love to hear, ‘Man, Amanda that was good!’” Her meals of choice are down-home cooking or grilling and smoking out on the grill.

Amanda has been cooking since elementary school when she would use her mother’s recipes to bake homemade cakes. She now finds many of her recipes on Pinterest. Amanda often refers to recipes inherited from her grandmothers, who taught her a few things about cooking. “They were both amazing cooks,” Amanda stated. Two of her favorite inherited recipes are her Mema’s banana pudding and her Granny Jo’s chocolate pie. “When these two desserts are made, there better be a ton. They don’t last long!” **NOW**

### Granny Jo’s Chocolate Pie

- 1 1/2 cups sugar
- 1/4 cup cocoa
- 2 1/2 heaping Tbsp. flour
- Pinch of salt
- 2 large eggs
- 2 cups milk
- 1 tsp. vanilla
- 2 Tbsp. butter
- Pie crust, baked

1. Mix together dry ingredients; set aside.
2. Beat egg yolks in a large pot; add milk. Add dry ingredients to pot; stir until smooth. Cook on medium heat until thick; add vanilla and butter.
3. Once melted and combined, pour into baked pie crust. Refrigerate before serving.

### Easy Crock-Pot Roast

- 1 Tbsp. McCormick Montreal Steak Seasoning
- 1 large roast

- 1 10.5-oz. can beef broth
- 1 2-oz. envelope Lipton Recipe Secrets Onion Soup and Dip Mix
- 1 onion, chopped

1. Sprinkle steak seasoning on top of roast. Add roast and remaining ingredients to Crock-Pot.

2. Cook on low for 4-6 hours.

### Best BBQ Ribs

- 2 racks baby back pork ribs
- 3/4 cup dark brown sugar, packed
- 1/2 cup smoked paprika
- 1/4 cup cayenne pepper
- 1/4 cup garlic powder
- 1/4 cup onion powder
- 1/4 cup kosher salt
- 2 Tbsp. ground black pepper
- 1 17-oz. bottle of your favorite barbecue sauce

1. Preheat oven to 350 F. Prepare ribs by removing the filmy membrane on the bone side of the rack.

2. Combine dry ingredients in a bowl to make a dry rub. Spoon 2-3 Tbsp. of the dry rub on each side of both racks; rub spices into ribs. Wrap each rack with foil. Bake for 2 1/2 hours. Cool to room temperature or leave them in the refrigerator overnight.

3. Heat grill to medium high. Brush both sides of the racks of ribs with barbecue sauce; place ribs on the grill. Baste and turn frequently until sauce is caramelized. Enjoy!

### Chicken Spaghetti

- 4-5 boneless chicken breasts
- 1 48-oz. pkg. spaghetti noodles
- 1 16-oz. block Velveeta, cubed
- 1 10-oz. can Ro-Tel
- 1 10-oz. can cream of mushroom soup
- 1 10-oz. can cream of chicken soup
- 1 4-oz. can diced green chilies

1. Boil chicken until cooked; remove from water and cool. Cube chicken.

2. Boil noodles in the water used to cook the chicken.

3. Drain the noodles and add them to a big pot. Add chicken, cheese and remaining ingredients. Cook on low heat and stir often for about 30 minutes or until well-combined.

### 7 Layer Dip

- 1 16-oz. can refried beans
- 2-3 large avocados
- 10-oz. premade pico de gallo (divided use)
- 1 small bunch cilantro, chopped
- Lime juice (optional)
- 16-oz. sour cream
- 1 1.25-oz. pkg. taco seasoning
- 1 8-oz. pkg. shredded cheese
- 1 4-oz. can green chilies, chopped

1. Spread the beans onto the bottom of an 8x8-inch cake pan.

2. In a bowl, mash avocados; mix in half of the pico de gallo and the next 2 ingredients to make guacamole. Spread a layer of guacamole onto the beans.

3. In a separate bowl, mix together sour cream and taco seasoning. Spread layer of mixture on top of the guacamole. Sprinkle cheese on top of sour cream; add remaining pico and green chilies. Serve immediately with tortilla chips or refrigerate.

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

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