

Fortworth child

THE MAGAZINE PARENTS LIVE BY IN TARRANT COUNTY
november 2015

meet mom
next door

**WISTERIA'S
SHANNON
NEWSOM**

**SHOULD YOUR
KIDS DRINK
COW'S MILK?**

**ROAD TRIP
TRAINSPOTTING
IN PALESTINE**

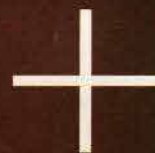
73

REASONS TO FALL FOR
november

**HOME
SICK**

**12 SERVICES
THAT COME TO
YOU AND YOUR
SICK CHILD**

**mom-approved:
HEALTH CARE
PROVIDERS**



feminine mystique

**the fallout of moms
trying to have it all**





LOCAL LOVE

When Denton mom Denise Power had her first son in 2012, she quickly became frustrated at the lack of natural, chemical-free and organic baby products available for her growing family. Thus, LM Organics was born. Fast forward three years, and Power has expanded her business to include far more than cradle cap remedy. This month, LM Organics launches a new website and a fall line including new

fragrances and products. In addition to more practical products such as DEET-free insect repellent and muscle relief salve, LM Organics now offers beard relief skin serum and whiskey hand cream for the men, plus lavender and cedar wood hand cream and foot butter for the ladies. If the organic angle isn't enough to sway you, imagine the fall signature scent: green tea and peppermint. Products start at \$7.

LM Organics
lmorganicsshop.com



TOUR DE COWTOWN

Being a cycle junkie just got a little more appealing for Fort Worthians. In October, Austin-based Mellow Johnny's Bike Shop, partially founded by Lance Armstrong, rode north to set up shop along Trinity Trails. The retail space sells a wide range of bikes, accessories and apparel, and offers flexible rental programs for riders looking to test ride a bike long-term or borrow one for a short time. Need a flat or chain fixed? All bike repairs are completed within 24 hours. Stop by the shop before, after or in the middle of your walk or ride on Trinity Trails to see what's in store. Situated on The Trailhead at Edwards Ranch, Mellow Johnny's will soon be joined by Press Cafe, a kitchen and bar, and Pedal Hard, a cycle training and fitness studio founded by Tour de France rider Kevin Livingston.

Mellow Johnny's Bike Shop // Fort Worth // fortworth.mellowjohnnys.com



movers on demand

Say adios to overpriced delivery charges arriving days after you purchase new furniture in the store! Bid farewell to those stressful moments when you bought some large item on Craigslist (we've all been there), but don't want pick it up alone! Plano mom Brenda Stoner knows mothers often need another set of hands for heavy lifting — literally — so she piggybacked on the growing ride-share economy with an idea for deliveries. Enter PICKUP, an app that connects you with "good guys with pickups" to help you load, transport and unload anything that will fit in the bed of a truck anywhere in Dallas-Fort Worth. Plus, "good guys" isn't a relative term; two-thirds of drivers are military veterans or firemen, and all drivers pass background and car safety checks. Deliveries of fewer than 10 miles or 45 minutes cost \$45; from there, rates vary. If you need your driver to stick around to put together furniture or help with other manual labor, just ask. Labor bills at 80 cents per minute.

PICKUP
Free to download. Available on iPhone and Android
pickupnow.com

PHOTOS COURTESY OF EMERY KATE MCALL; THE TRAILHEAD AT CLEARCREEK; ILLUSTRATION: ISTOCK.COM/CHOURNATPAU