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ON THE COVER



Tammy Lane revels in success and fulfillment of her destiny.

Photo by Kenzie Luke.

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Editor's Note

Hello, Weatherford Friends!

October was always one of my favorite months — maybe because my sister, brother-in-law and granddaughter all have birthdays this month. Oh, and I celebrate my birthday on the first day of October. Party month? Well, it actually starts around mid-September when one of my daughters and several grandkids have birthdays. I like celebrating so many wonderful family members.

Life is precious and worth remembering and treasuring.

Everyone has value and deserves recognition. In the big things or small things, when we revel over someone's achievements, we encourage them to do more, be more and accomplish their dreams. How many people fail to reach their full potential because no one believes in them, or if someone did, they never expressed their thoughts? All it takes is one person who says, "Go for it" to potentially change the course of another person's life. We speak life into friends and family members when we encourage them and support their dreams to the best of our abilities.

Speak life to someone today, and then go celebrate!

Lisa

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Some dream — few do. Tammy Lane is the latter. While she dreamed, and still dreams, of how to act on the desires of her heart, she actively goes and does what she feels called to do, and that is to make a difference in the lives of others. In 2008, she saw one of her dreams come true when Capernaum First Century Village was completed in Weatherford on 40 acres donated to her by her father. Later, she established the Majestic Statue Garden.

Long before this historical replica of a first century village was built, Tammy was busy teaching herself the art of film and drama after taking a leap of faith. “My church had an opening for a drama leader position, and while I had always enjoyed having my four kids dress up and put shows on for our family, I had no real experience in this area. But after some encouragement from friends and prayer, I talked to the pastor, and next thing you know I had a team of 25 people that I was directing, in addition to teaching myself,” Tammy recalled.

Tammy hadn’t been in that position long before she decided it was time to get a video camera and start filming — something that was a much more costly investment at the time. “I started making short films and music videos on the side, and can you believe the church let me show my crummy videos on Sunday?” she laughed. “I was producing, directing, renting studios, casting actors, and I was terrified. But I was having a blast at the same time!”

Through her short films, Tammy learned about editing, set building, lighting, sound and much more, and she also learned what she loved and didn’t love when it came to film production. One thing she did know was she wanted to help people. In 2007, Tammy and her team left to film in Kenya and India for over a month. The purpose of this trip was to film

TANGIBLE — By Lindsay L. Allen IDEAS



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episodes for the television show Tammy was starting, *Mission Reality*. Season one was comprised of 13 episodes, each 44 minutes in length and focused on the widows, orphans and people with leprosy in those regions. Her hope was to combine her love for film with her desire to help the underprivileged, which led to season two's filming in Honduras and Guatemala. She is currently working on the next season.

All the while, her understanding and skill level for filming and producing have been growing deeper and deeper roots. This allowed Tammy to write scripts for and produce live productions at the first century village she built. From set building to props and storyline, Tammy is very concerned about making sure everything is historically accurate. "I consult with several friends who have been to Israel, and I myself have been there. I have a friend who is a rabbi, who also helps me understand the culture, and the Bible is my ultimate guide. It took over three years to actually build the village. Thankfully our builders, who are personal friends, had visited Israel and could envision what I was thinking," Tammy explained.

In 2008, they opened the village to the public and started live performances. "We now have three live productions: *The Star of Bethlehem*, *The Apocalypse Experience* and *The Passover Experience*," Tammy said.





"I always direct the first few productions of a new script to set the precedence for what I want, and then I let the crew take over."

It has become quite the family affair, as two of her children work food booths, one is a director and another serves as a production assistant. To top it off, her husband isn't very far away either, since he is responsible for sharing a brief Gospel message following every live production. "I couldn't do it without them. The whole process is so intense from rehearsals to set-building and much more, I'm thankful to have them on board. Same with my volunteers. I usually have around 100 per performance, and I can't thank them enough," Tammy continued. "I love to give people tours because they are usually blown away, as no one knows this place is here, and they truly feel like they are back in time. When they walk through the garden, visitors are touched by the scenery, statues and Scriptures. It reminds me of why I built this place."

For those wishing to stay more than a few hours, the Hilltop House is available for rent on the property and holds almost 40 guests. Tammy turned the home into a facility that can accommodate retreat and reunion groups or film crews. The home spreads over 4,000-square-feet with six bedrooms and has a gorgeous resort-style pool that is perfect for rest and overnight stays.




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Looking back at the development of her dreams into all that the village offers and *Mission Reality*, she said the hardest part of it all was finding the nerve to tell family and friends what she wanted to do. "You sound crazy trying to explain your vision," she said. "Both projects cost so much money up front, but I wanted to follow the call God had given me," Tammy remembered.

Her dreams didn't stop there, either. Mission Love Exchange is one more example of Tammy making her ideas tangible. Going back to her constant desire to always help others and make a difference, Mission Love Exchange is a ministry that pairs a student with an orphan in India. The program creates an avenue for students to write letters and purchase Christmas gifts that Tammy and her team pass out when they visit India to care for the orphans, widows and those affected by leprosy. The program just started in 2012 and has already benefited over 500 orphans.

"I just have to pinch myself every day because I'm doing what I feel led to do, and I have the most fun job in the world. I love what I do and just wish I had more time as I bounce back and forth amongst the projects," Tammy admitted. "I started working on *Apocalypse* over three years ago, so it's amazing and exciting to see it come to fruition. It's extremely busy right now because we have so many retreats and events and a lot of growth taking place, but I'm so glad to be part of it all." **NOW**

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Ordinary Folks

— By Lisa Bell

While Al and Shirley Riebe may see themselves as ordinary folks, their home radiates a sweet charm filled with character and creativity. In June, the couple celebrated their 61st anniversary. When asked their secret for how they stayed together for so long, Al said, "One day at a time, I guess."

"We credit God for keeping us together," Shirley added. "When times got rough, we'd turn to Him and say, 'With Him, we're gonna make it.'" Their faith and love for family shines throughout their house. During their marriage, the couple has always worked to support each other as they moved forward in their own personal ministries. They maintain that you must believe in each other and be willing to go through the hard times.



At Home With
Al and Shirley Riebe

In one of the spare bedrooms, Shirley has a beautifully carved bed that was a wedding gift to Al's grandparents. Ordered from Montgomery Ward, the furniture lasted through all the years, remaining strong for guests to use when they visit the Riebe home. The room also holds memories of family, one of the most important parts of Al and Shirley's lives. Scattered through the room, an old violin, a high chair that Al's dad sat in as a baby and a window that came from Shirley's mother's house all bring back memories from many years ago. In the window seat, she pays tribute to family members, with photographs and





other simple, yet favorite memorabilia. Dressed up teddy bears, old blocks and baby shoes are among the accents housed in this room.

Shirley loves making unique crafts, which also take up residence in this room. Using broken jewelry, she designs and makes beautiful crosses. She made a shirt decorated with some of her mom's belongings and dressed the window with memories of her mom, as well, both pieces winning craft awards.

The second spare bedroom has more of a vintage, Victorian look. A feminine quilt on the bed offsets the lace curtains hanging over the window. An antique tea set rests on a table giving a sense of waiting for afternoon tea. Shirley decorated large hatboxes to complement the overall feel of the room. Counted cross-stitch dots the room, a reminder of a craft she used to enjoy but no longer does. "I like to try to be creative," Shirley volunteered. She's not alone in her creativity. While she makes wreaths to sell, Al makes birdhouses. They also enjoy restoring older homes and have done that on several occasions. They admit their current home required very little work.

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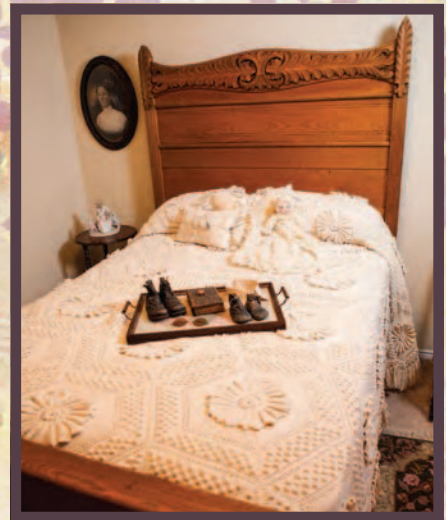


Al and Shirley chose to move to Weatherford from Fort Worth in 1960. Originally, they rented one of two homes available at the time. They liked the atmosphere, the farmers market, schools and churches in the community. “We just liked Weatherford,” Shirley said. Both of them grew up on farms and wanted their children to experience farm life complete with animals. Eventually, they bought a farm near Lake Weatherford and lived there for 31 years. After the kids grew up, they decided to come back to town.

“That stage [of life] was over. The kids were all grown, so we decided, maybe, it was time to sell,” Shirley said.

With just the two of them, they wanted a smaller place and lived in a two-story home for many years before moving to their current home a couple of years ago. Al brought his love of farm life with him, maintaining a healthy garden, which they generously share from.

After retiring, Al created six violins from various woods, each with their own sound, coloring and beauty. “When I




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retired, I didn't know anything about it. I had an old violin when I was just a kid," he said. He got a book and read up on how to make violins. He had time, plenty of room and wood to get started. "I started messin' with it and finally finished the first one." He shared that it took him about two months to make each violin. To make the violins, he used mesquite, mahogany and maple woods, giving each one distinct shades of color. Al took the time to carve out the violins, so each one has a slightly different shape, as well.

"He's a jack-of-all-trades," Shirley admitted, proudly supporting her husband. He made sure to teach their sons, so they can fix things around their houses. Al continues taking care of things for their daughters, when needed. The older couple still sings in the senior adult choir and enjoys going to nursing homes to sing when they get a chance. As members of Northside Baptist Church, Shirley teaches a Sunday school class called Agape.

All over the home, gentle reminders of God first, family, church and community keep their lifetime motto in mind. "Our home is built on the motto," Shirley said. So far, it has worked beautifully.

"We're just simple, common ordinary people," Shirley said. "We love people. We love Weatherford."

The living room is simple, yet decorated with comfort and simplicity in mind. Antique-style furnishings make





the room feel homey — their hospitality makes it feel like home. Although they have an old radio cabinet, it no longer has the radio in it. The room is partially divided from the kitchen and dining area, giving them an ability to stay connected.

The master bedroom continues with a simple decor, although the rich red and brown make the room elegant. A chaise lounge sits at the foot of the bed, completing the more sophisticated look. A window with natural light streams across the poster bed, reflecting the rich colors that make the simple room look exquisite.

Besides the large vegetable garden area in the backyard, Al and Shirley have places to sit and relax. Al spends a great deal of his time outdoors. They love to decorate for holidays. While they don't get extravagant, they enjoy reminders of fall and the simplicity of changing seasons. During other times of the year, they like to hang flags in support of the military. They are very patriotic.

With their easygoing personalities, they don't worry much about material things, but keep helping others. As a couple, they enjoy giving back to the community through their church, volunteering at the Center of Hope, and Shirley enjoys being part of the Agricultural Extension.

At home, they invite guests in and make them feel comfortable. "It's not what you have — it's what you do with what you have," Shirley said. This sweet couple chooses to give back with the gifts God gave them. Whether crafting, singing, gardening or simply sitting at home entertaining a guest, the Riebes live in a simple way and set the example to give what you have. **NOW**



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For Bill and Alice Beavers, retirement has truly been the Golden Years. The adventures and fun that followed the end of their careers are what most only dream about. "I called her up one day and said, 'What if we sold the house, packed up in an RV and traveled?'" and this woman never hesitated. She said, "Yes,"" Bill remembered. For 14 years, the Beavers traveled from state park to state park as volunteers and camp hosts all over the United States. From 1996 to 2010, you could easily find them on the road or greeting guests at any of the 10 states in which they volunteered.

DE

— By Lindsay L. Allen

After seeing an advertisement in an AARP magazine regarding help needed at state parks, Bill and Alice pursued the idea and ended up working in California, Florida, Idaho, Massachusetts, Maryland, New York, Oklahoma, Pennsylvania, South Dakota and Texas. During the winter months, they worked in the South and then headed North in the summer months. "We did whatever the park needed, from telling campfire stories to selling firewood. Bill would build putt-putt courses, mow, do maintenance work and more. I did everything from concession stands, cleaning restrooms, teaching water aerobics, line dancing, office work and everything in between. One of my favorite tasks was when Bill drove a tram, and I served as the tour guide at one of the parks," Alice recalled.

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Traveling all over the country in one of their three RVs over the course of those 14 years allowed Bill and Alice to see and enjoy some of the prettiest scenery on their drives. “We were able to travel to neighboring states of the parks we were assigned to, and the people I got to meet were fabulous. I wouldn’t trade the friendships we made in our travels for anything,” Alice said. “I’m not even sure how many parks we ended up working all together, to be honest, but it was a busy 14 years!”

While they were temporary residents at all these parks, that didn’t stop them from becoming fully immersed in the community. While living in the city of Maine, New York, Alice realized the need for girls’ sports. “My friend and I started a softball league that began with two teams, and by the time the season was over, we had 12 teams in that little town,” Alice said. It didn’t matter if it was a state, national or private park, the Beaverses were just glad to be there and enjoy the culture.

Bill recalled visiting Walt Disney World over 10 times during the period when they worked in Florida. “It’s been a huge blessing for my wife and I. We have had a fun life and a full life. The people

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The Beaverses enjoyed their numerous trips over the years.

we have met and the opportunities we received were well worth it all. It's really been a great life," Bill said in regard to their 56 years of marriage, four kids, six grandchildren, three great-grandchildren and, of course, the travel.

Alice admitted leaving behind grandkids every time they packed up for a new place was the hardest and most challenging part of all the travels. But if asked what she missed the most about having a home, she will immediately respond with a smile on her face, "Not a thing."

"I told her to start a journal about all this when we began traveling," Bill shared. "It has been an interesting and overall great chapter in our lives." That chapter includes both the wonderful friendships they made, as well as some not-so-wonderful events — including Alice's heart attack at a Pennsylvania park and being held at gun point at a California resort they were working.

Even after they decided to end their travels in 2010, Alice knew she wouldn't be able to sit still at home all day. At 75 years young, she is actively involved with six organizations in the Weatherford area and a faithful volunteer at each one. Alice can be found serving at Theatre Off the Square, Center of Hope, Chamber of Commerce, Weatherford Regional Medical Center, Parker County Responding to Every Assault and Crisis Team and Manna Storehouse.

Serving an average of 60 hours a month, Alice is anything but "retired," instead, she is fully enjoying the time and health she has been given to serve others. "My work with the Hope Center is about providing and serving meals. At the hospital, I help patients get where they need to go and serve as a welcoming face," she said. "With REACT, I'm able to sit with an abused woman or play with children, while their parents are being questioned."

Just like she saw a need for a girl's sports league in Maine, Alice saw a need at the hospital. "I have been a volunteer for over four years and have put in over 300 hours of service at the hospital and just love it. Almost two years ago, I was diagnosed with celiac disease and realized the hospital cafeteria didn't have food that met my new diet. After talking with the staff there, we were able to start a gluten-free menu," Alice explained.

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Never one to shy away from a need, Alice is quick to offer help at Manna Storehouse with garage sales, Angel Trees, Thanksgiving and Easter meals and so much more. She also serves weekly in the Chamber of Commerce office and at nights can be found volunteering at TOTS making popcorn, taking tickets and more. In fact, Alice is quick to note she has no plans of slowing down. She said with a laugh, “I keep signing up for more, actually. People keep talking me into it.” She passed on her heart for volunteer work to her four children who all volunteer in their own communities, and she couldn’t be more proud of them.

“I have a respect and love for what each of the organizations I volunteer with does. Some of these organizations I have been with for five-plus years and some are more recent, but at the end of the day, I’m very thankful to be part of helping them to achieve their goals,” Alice said.

Bill proudly stated, “I’m so proud to know this lady, let alone be married to her. She is remarkable. I love the things she is doing for the community.”

With 46 states visited, Alice is a well-traveled woman. She still makes an annual trip up north with Bill to visit two of their children in New York and another in Maryland, but she spends the rest of her time serving the community and spending time with her daughter’s family in Texas. **NOW**

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— By Zachary R. Urquhart

What seemed like it might be a passing fad 10 years ago, appears to be here to stay — energy-efficient upgrades to new and existing homes. With oil prices constantly in flux, homebuilders have started adding key improvements to energy efficiency in their construction process, and many appliance manufacturers offer models that can cut bills in half. Here are some things to consider including as you build a home, as well as simple upgrades you can take advantage of in a home that has already been built.

New Appliances

• *Do the math.* When appliances, such as refrigerators, washers, dryers or ovens start having problems, think about the potential monthly energy savings of a new model before pouring money into repairing an older, less efficient unit. If you are buying replacements, or completing a new build, make sure you know the monthly energy costs before simply picking the cheapest model. You can easily find the energy use specifications on manufacturer or retail websites.



• *Look for the logo.* For two decades, the government has sponsored Energy Star, an agency that tests products and reports on their energy efficiency. Products that meet the highest standards will have a small blue sticker with the word, "energy" followed by a star. When buying new appliances, it is usually worth spending a few dollars upfront for the savings over the life of your machine.

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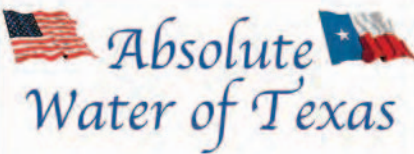
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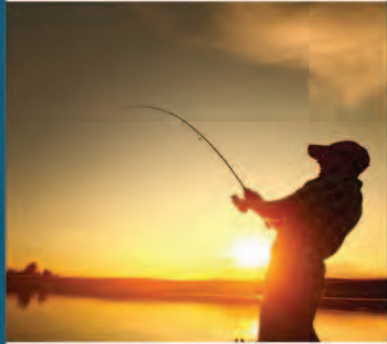
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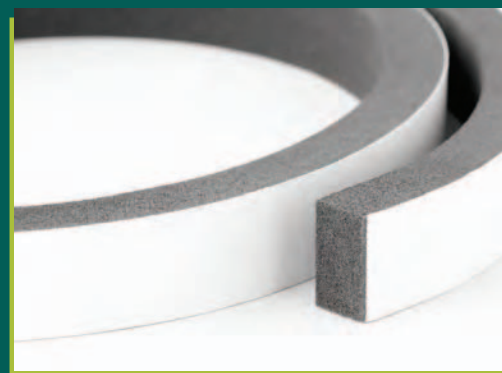
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Keep the Air In

• *Do not cool the outside.* The average Texas home uses more electricity on the cooling system than it does on anything else, and letting air out through cracks makes it worse. You can probably solve the issue with weather stripping, which is available at any hardware store or superstore. If that is not enough, you might need to adjust the door to square it in the frame and minimize air drafting to the outside.

• *Check your windows.* Air can also escape through cracks near your windows, and weather stripping and caulk should be all you need to correct this problem. If you have older, single-pane windows, getting an estimate from a local window replacement company may be worth your while.



Shield It Inside and Out

• *Think about shade.* While they are great for offering views of the yard and can be made to be very attractive from the outside, windows have a notable downside. During the hot summer months, heat comes in through the

windows. If you are building a new home, try to include some trees or shrubbery close enough to shade some of the direct sunlight coming in through your windows. And if you need a quick fix or cannot add vegetation, consider solar screens instead.

- **Insulation is key.** Hot air comes into the house in the summer and flows out during the winter, and your main defense against that unwanted and expensive heat transfer is insulation. If you do not have adequate insulation in your walls and attic, you need to add it as soon as possible. There are pros and cons to options, such as batting, spray foam and radiant barriers, but the key is to have it installed properly, so be ready to hire a professional.



Make Small Changes

- **Insulate your pipes.** Your attic and walls are not the only things that need insulating — your pipes do, too. The copper pipes for your central air unit undoubtedly have insulation already, but some people neglect to cover their hot water pipes. Insulation there will keep your hot water from cooling down as quickly, which means your hot water heater won't have to work overtime to do its job.

- **Invest in new bulbs.** You might have noticed that the light bulb section at the store has changed more and more over the last 10 years. Compact fluorescent lamps (CFL) and light-emitting diodes (LED) are replacing what used to be standard incandescent light bulbs, and for good reason. There is some fluctuation, but CFL and LED lights typically cut electricity by more than half, with some LEDs cutting cost by as much as 90 percent. While there is a bit of an upfront cost difference, the bulbs last much longer, and emit less heat, leading to less electricity being used in the home's cooling process.

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• *Go big on your home.* If you are ready to take a major step in efficiency and lowering costs, you can consider solar panels or wind turbines. With deals from installers and hefty government credits, many homeowners today are finding that their energy savings pay off the upfront costs of the long-term expenditures within just a few years. While the investment and look may not be for you, this is just one of the many ways you can improve the energy efficiency in a new home, or one you have lived in for decades. And remember, even small improvements can lower your energy use and save you money. **NOW**



Editor's Note: For more information about energy efficiency, tax credits and the Energy Star program, visit www.energystar.gov/.

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Optimum Healthcare's College Park location strives to create a comforting atmosphere.

HEALTHY AND HAPPY

College Park offers quality care during rehabilitation and for longer, when needed.

— By Lisa Bell

When an elderly person leaves the hospital after illness, injury or surgery, but isn't quite ready to be alone at home, families need a quality option. Marketing Director Lauren Stoff highly recommends College Park Rehabilitation and Care Center.

A part of Optimum Healthcare, College Park opened in 2009, one of three Optimum buildings in the Weatherford area. This facility offers 24-hour skilled nursing to help with therapy and other needs, aiming to return patients home as quickly as possible. For some people, living alone is no longer safe, and for many reasons, a family may not be able to take care of their loved one. College Park offers Long Term Care (LTC) for those people.

The building houses two halls of rehab-to-home where patients constantly move in and out. The other two halls hold LTC residents.

These two halls stay full. In both cases, College Park strives to offer a quality experience.

Often, following a knee or hip replacement, other surgeries, a bout with pneumonia, some other illness or due to general weakness, an individual may need help. They can't stay alone because of safety issues. The goal for these situations is to get the man or woman the therapy and other help they need, so they can return home. For LTC patients, the goal is to give the resident a better quality of life in a safe environment and to offer opportunities for him or her to enjoy life with other people nearby.

"People think they'll heal better at home," Lauren said. "But socialization is huge." She sees people interact, which helps with overall health. Lauren loves her job. She always wanted a career in

Business **NOW**

the health care industry and earned her LVN license. With a business background, as well, marketing was a good fit for her.

College Park has many benefits for both short-term rehab patients and long-term care residents. In spite of a homelike atmosphere, the facility uses a special filtration system throughout the building. In cases of airborne illnesses, they can also bring a portable system into a room for additional purity. This protects not only the residents but also their family and the staff.

This facility offers 24-hour skilled nursing to help with therapy and other needs.

Although pets aren't allowed to live in the facility, they allow and encourage pet visitations. "The animals make the elderly light up," Lauren stated. Pet therapy is huge, and many times the animals get as excited as their owners do. The staff also loves seeing babies and children come through the doors. Even if a person won't talk to anyone else, he or she will talk to babies.

Many groups meet in the building including a variety of church services. Singers, dancers and others provide entertainment throughout the month. Movie nights, games, exercise and manicures keep people busy.

Lauren tells family members, "Don't feel guilty. Your mother or father would want you to be healthy and still have a life. Do what you want and still make sure the parent is cared for." The transition period can be an adjustment, but socialization can actually help an individual heal and get home faster. In long-term situations, many people improve and thrive, as they form friendships with other residents.

Lauren and all of the College Park staff pride themselves on making residents feel at home. On the fence? Check them out — feel better and live well. **NOW**



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Amanda Zapata and her son, Jacob, visit Clark Gardens during the fall season opening weekend.



Tyronda Strong, Toastmaster Area 15 director, visits the Weatherford group for an evaluation.



Erin McEndree cuts the ribbon during the grand opening event of her new business, Steeped in Purpose.



John and Deidre Stephenson from Waxahachie enjoy visiting Weatherford and nearby family in Aledo.



Musician Jesse Overton enjoys playing at Sweet Springs Winery.



Horse trainer Sandy Grissom takes a break on a warm afternoon.



Jaci Ingram celebrates the grand opening of the new gift shop at Clark Gardens.



Bob Middleton, Eric Hersbram and Vic Metee with North Texas T-Trak visit Weatherford for a train show.



Jillian Luttrell from Whitney visits Weatherford where the farmers market has pumpkins and fall decor.

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How to Build an Emergency Fund

Most people face some sort of financial emergency during their lifetime. This could range from home and car repairs, to a job loss or health scare. And it's usually not easy to pay for these unexpected expenses.

That's why having an emergency fund is important. Most financial experts recommend setting aside enough money to cover your expenses for at least three to six months. But if you're not already there, don't worry. It might seem like an unattainable goal, but finance professionals are there to help, so you can be prepared for the unexpected.

1. Determine How Much Money You Need

When you're creating an emergency fund, it's important to be accurate and realistic about what you'll need. Remember, what you spend during good times can usually be pared down when money is tighter.

Also, take a look at your monthly expenses and determine what is a necessity and what is a luxury. Things like cable television, gourmet coffee and dining out are expenses that can be reduced or even eliminated from your budget during challenging times.

2. Set Up a Separate Liquid Account

Put your emergency savings somewhere accessible, but not too accessible. Your checking or savings account might not be the best place to keep it, since you can easily dip into that stash. Instead, save your funds in an account that's liquid — one that is easily convertible to cash, such as a separate savings or money market account.

Since even the high-yield versions of these accounts have lower rates compared to other savings vehicles, they may not feel like the best place to store your emergency fund. But remember: your goal isn't to make money. It's to have a place where you can quickly withdraw funds when you need them, without high-penalty fees.

Once your emergency fund contains more than a few months of expenses, you can consider an alternative, such as a certificate of deposit (CD) with a high annual percentage yield. Just make sure you choose a short-term CD, and leave enough money in a liquid account, so you don't defeat your efforts.

3. Set Up Automatic Deposits

If you wait until the end of the month to contribute to your emergency fund, there may be nothing left. Setting up an automated monthly transfer into your emergency account is a great way to make sure you stay on track with your plan. Once you commit to doing this, it will help you better budget your money.

4. Make Your Emergency Fund a Savings Priority

It may seem overwhelming to save for three months of expenses or more, but it's important to start somewhere, even if it's somewhere small. It may help to set an initial goal that's achievable in just a few months, like \$1,000. Or begin with a small amount that you increase incrementally. You could start with only \$20 a week, then raise the amount when you reach a point where you don't miss that income.

Also, because an emergency fund is so important, you may want to put it at the top of your savings to-do list and wait on other kinds of savings plans until this fund is built up. Most importantly, don't touch your emergency fund unless a financial emergency presents itself. When that time comes, you'll be thankful it's there. **NOW**

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A Breath of Fresh Air

— By Betty Tryon, BSN

For a group of empty air sacs, the sinuses can cause a lot of problems. They take their name from the bone in which they exist: frontal sinuses located in the forehead, maxillary sinuses behind the cheekbones, ethmoid sinuses in the area that separates the nasal cavity from the brain and sphenoid sinuses are found in the back of the skull.

Anything that interferes with air flowing into the sinuses and the ability of mucus to drain from the sinuses can cause inflammation or sinusitis. The sinuses may become swollen and filled with fluid contaminated with viruses, bacteria and fungi, which lead to the development of a sinus infection. Allergic rhinitis could also create the swelling and inflammation. Other conditions that block the pathway for proper drainage from the sinuses are having nasal polyps and a deviated septum. Polyps are growths within the lining of the sinus cavity, and the septum, if deviated at all, can make one side larger than the other, giving the smaller side a disadvantage in performing its function properly. Having immune system deficiencies also leads to an increased susceptibility to sinusitis and infections.

There are basically three types of sinusitis: acute, subacute and chronic. Acute sinusitis starts suddenly and may last a couple of weeks, unless a secondary bacterial infection develops. Acute sinusitis is most often caused by the common cold and results in

a stuffy nose and headaches. The sinus areas around your face may be tender to the touch and feel as if they are full. Subacute sinusitis may last up to three months. Chronic sinusitis has less to do with bacterial growth and more to do with structural problems, such as polyps and deviated septum and with allergic rhinitis. This type may last three months or even longer.

Treating sinusitis could mean using something as simple as a warm compress on your face or a humidifier in your room, or it could mean something more serious, such as surgery. Of course, much of it depends upon what type of sinus problem you have, what's causing it and the general state of your health. To target specific symptoms of a runny nose, thick mucus, stuffiness, headaches and face pain, over-the-counter medications, such as antihistamines, guaifenesin, decongestants, pain relievers and nasal steroids are beneficial. Your doctor may want to order prescription medication that may be more effective. If you have developed an infection, then you will probably be on antibiotics. If your symptoms continue, you might want to seek help from an otolaryngologist for more specialized care. **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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Calendar

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October 1

I'm Only Half Crazy Marathon 5K: half-marathon, 8:00 a.m.; 5K run/walk, 8:30 a.m., Clark Gardens, 567 Maddux Rd. For details, visit www.clarkgardens.org.

October 7

Gracefully Strong Golf Tournament: sign-in, 7:30 a.m.; start, 8:30 a.m., Split Rail Links and Golf Course, 2151 Old Annetta Rd., Aledo. For more information, visit www.gracefullystrong.com.

October 14, 15

Live show, *The Three Little Pigs*: **Friday**, 7:30 p.m.; **Saturday**, 2:00 and 7:30 p.m., Alkek Fine Arts Center Weatherford College, 225 College Park Dr. Free admission. Contact Joe Nicikowski, jnicikowski@wc.edu or (817) 598-6403.

October 15

5th annual free health fair: 9:00 a.m.-noon, North Side Baptist, 910 N. Main. Sponsored by Parker County Medical Society. For details, call (817) 599-6222.

She Speaks: 10:00 a.m.-2:00 p.m., Doss Heritage Center. South Main Church of Christ presents Jenna Lucado Bishop. Catered lunch. Tickets \$25, online at www.southmaincoc.brushfireapp.com/events/433444.

Weatherford Comic Con: 10:30 a.m.-5:00 p.m.,

Heritage Park. Benefits CASA and Faith-Hope-Family. Visit Weatherford Comic Con on Facebook for details.

Talking tombstones: 1:00-3:00 p.m., Old City Greenwood Cemetery. Docent-guided tours. www.parkercountyheritagesociety.com Adults \$11/ Youth \$6.

Aledo Fest: 1:00-5:00 p.m., Aledo Church of Christ Grounds. Event includes free concert and activities for kids of all ages. Visit www.aledo-texas.com for more details.

October 20

16th annual WC Foundation Golf Tournament: Noon, Canyon West Golf Club. For registration, visit www.wc.edu/about/golf-tournament.

Community Lifestyle & Business Expo: 4:00-7:30 p.m., Willow Park Baptist, 129 S. Ranch Rd, Willow Park. For details, visit www.eastparkerchamber.com.

Quilters Guild of Parker County: 6:30 p.m., Northside Baptist, 910 N. Main St. Lola Jenkins will speak. For details, visit www.quiltersguildofparkercounty.org.

October 23

Autumn Art Walk: Noon-4:00 p.m., Chandor Gardens.

Admission \$1. Artists of various mediums, musicians and food available. Visit www.chandorgardens.com.

October 25

Dinner Tonight Healthy Cooking School: 6:30-8:30 p.m., Family Life Center FUMC. Exhibits and vendors open at 5:30 p.m. \$15. Call (817) 598-6168.

October 29

21st Annual Texas Country Reporter Festival: 9:00 a.m.-7:00 p.m., historic downtown Waxahachie. Join Bob Phillips for the day and enjoy a free concert by Restless Heart. Admission is free. For details, visit www.waxahachiecvb.com.

Fall Craft Fair and Cancer Support Bake Sale: 9:30 a.m.-4:00 p.m., North Side Baptist Gym, 910 N. Main St. Door prizes, baked goods. Lots of great vendors.

Fall Festival: 10:00 a.m.-3:00 p.m., St. Stephen Catholic Church, 1802 Bethel Rd. Quilt raffle tickets - \$1. Call (817) 596-9585 for more information.

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



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In the Kitchen With Ethel Gould

— *By Lisa Bell*

Ethel Gould learned to cook from her mom and dad. “Dad’s guacamole is legendary,” she shared. “I’m always a bit intimidated to make it for those who crave his. I adapted my own recipe by using his as a base. He passed away 13 years ago, but I always think of him when I make Mexican food.”

Living in the Midwest for 15 years, she recently moved back to Texas. Ethel enjoys teaching her children to cook. “I want my kids to view food as a gift and as a way they can bless others. My favorite meals involve friends delighting in each other’s fellowship over a satisfying dinner,” she said. A Dallas Theological Seminary student, Ethel also loves reading and writing. Her family loves camping, hiking and spending time outdoors. **NOW**

Stuffed Pumpkin Dinner

Original recipe from Andi Heath, West Lafayette, IN.

- 1 5- to 6-lb. pumpkin**
- 1 1/2 lbs. cooked lean ground beef (I use a mix of ground turkey and beef.)**
- 1 onion, chopped**
- 1 clove garlic**
- 1 1/2 tsp. white sugar**
- 1 1/2 tsp. basil**
- 1 tsp. salt**
- 1/4 tsp. black pepper**
- 1 cup cooked rice (I use brown rice.)**
- 1 tsp. vinegar (optional)**

1. Remove top shelf in oven so the pumpkin will fit; preheat oven to 350 F.

- 2.** Wash pumpkin. Cut off top with your knife slanted in so the lid will not slide into the pumpkin. Scrape out pumpkin guts and rinse.
- 3.** Cook hamburger with chopped onion; drain grease and add garlic.
- 4.** Add seasonings, rice and vinegar (if desired); mix well.
- 5.** Place pumpkin on a cookie sheet; spoon hamburger and rice mixture into the pumpkin. Place pumpkin lid on top.
- 6.** Bake for 2 to 2 1/2 hours. Check tenderness of the pumpkin meat with a fork. (Remove from oven and check from inside. It should have a similar texture to a cooked baked potato.) Note: Serve pumpkin family style. With two large spatulas and, sometimes, a willing helper, transfer pumpkin from cookie sheet to a serving platter.

Pumpkin Cookies

Recipe from Sandy Grimm, Hamilton, OH.

- 1 cup butter**
- 1 cup brown sugar**
- 1 cup white sugar**
- 1 egg**
- 1 tsp. vanilla**
- 2 cups flour**
- 1 cup quick oats**
- 1 tsp. baking soda**
- 1 tsp. cinnamon**
- 1/2 tsp. salt**
- 1 cup pumpkin, cooked or canned**
- 1 12-oz. bag chocolate chips**

- 1.** Preheat oven to 350 F. Cream butter and then add sugars; beat well.
- 2.** Add egg and vanilla; mix well.
- 3.** Mix dry ingredients in a separate bowl. Alternate adding dry ingredients and pumpkin to butter mixture. Stir in chocolate chips.
- 4.** Bake 20-25 minutes.

Pumpkin Dip

Pretty fall appetizer.

- 1 small baking pumpkin**
- 1 8-oz. pkg. cream cheese, softened**
- 2 cups confectioners’ sugar**
- 1 15-oz. can solid pumpkin**
- 1 Tbsp. pumpkin pie spice**
- 2 apples, sliced**
- 2 pears, sliced**
- Ginger snaps or hard cookies from Trader Joes (optional)**

- 1.** Cut a lid out of the top of pumpkin and clean the insides.
- 2.** In a medium bowl, blend cream cheese and confectioners’ sugar until smooth.
- 3.** Gradually mix the canned pumpkin into the cream cheese and sugar.
- 4.** Stir in the spices until smooth; chill until time to serve.
- 5.** Add the pumpkin mix to the pumpkin just before serving. Place pumpkin in the middle of a plate with apple and pear slices and cookies around the bottom.

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

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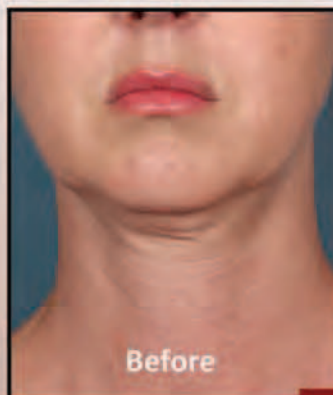
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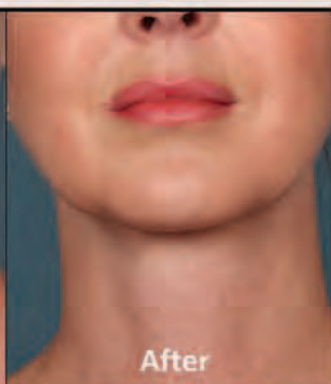
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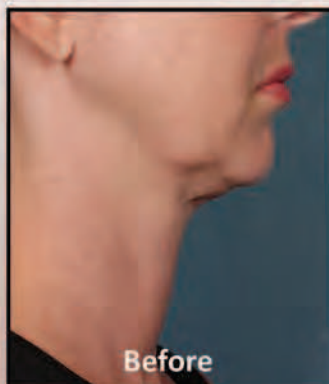
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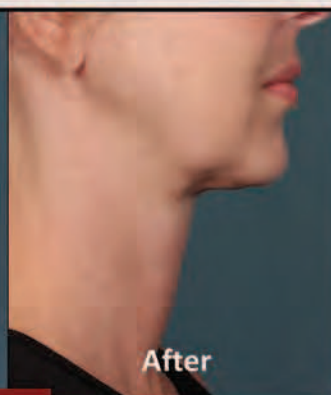
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