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MAGAZINE

NOVEMBER 2013

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The Giving Heart

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ON THE COVER



Issy Powell finds comfort and inspiration
in her cozy home.

Photo by Vanessa Polozola.

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Editor's Note

Greetings, WeatherfordNOW readers!

Are you planning to spend some time with family and friends this month? I know I am! Thanksgiving has always been a joyous holiday for me. I enjoy catching up with family members and feasting on all the traditional Thanksgiving dishes, of course.

My typical meal offering is green bean casserole. (I use French-style green beans.) I've also added pecan pie to my Thanksgiving repertoire over the past few years. The men in my family usually gather 'round the deep fryer in the backyard to cook up the

main course. If you've never had a fried turkey – I highly recommend it. If you fry one at home, please keep safety in mind.

Whatever is on the menu, I believe the fourth Thursday in November is a chance to be thankful for what we have and honor tradition with our loved ones.

Enjoy yourselves and give thanks!

Amber

Amber D. Browne
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STUCK in the Past

— By Lisa Bell

David Wilson works as a truck driver. But to enter his man cave is to be instantly transported through time to the 1800s. Even his appearance resembles a man of that era dressed in modern clothing. Ask him about Terry's Texas Rangers or the Civil War, and a unique history lesson commences. Before long, his passion for the subject breaks loose, as mesmerizing as if he had lived then.

As a child, David never thought history had much bearing on his future. As an adult, he has reached a different conclusion. "Your history has a lot to do with the future," he said. "It can teach you things to do in the future that weren't done so well in the past."

He first became interested in history when researching his genealogy. One of his ancestors had signed the Texas Declaration of Independence, and his great-grandfather had fought as part of the Frontier Guard during the Civil War. These troops intended to protect settlers from Native American attacks, but ultimately ended up keeping Union troops out of Texas. David is quick to correct the misnomer. "We don't really call it the Civil War," he said, his voice growing softer. He explains the dictionary meaning of civil war — civilians rising up to overthrow the government. "That's not what it was about," he continued. "We call it the War of Northern Aggression."








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He goes on to share his viewpoint of the war. The South was exercising a constitutional right to break away when northern states began levying what many southerners considered unfair tariffs. Ultimately, they considered the bombing of Fort Sumter as an act of war and responded by fighting.

Most of his knowledge comes from diaries, journals and letters written by soldiers. As a native Texan, and based on countless hours of reading, David's perspective is different from what many



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modern writings report. In studying the past, David doesn't rely on history textbooks. His searches lead him to books written long ago and articles from resources such as the *Washington Telegraph* (a historical newspaper from Washington, Arkansas.) As Union troops attacked and then started moving into the southern states that had seceded from the United States, people fought back. As many families settled in Texas, they didn't necessarily want to go fight. However, they felt if they didn't go, the war would come to them.

Instead of waiting, men like Benjamin Franklin Terry formed volunteer cavalry units and joined Confederate forces in Tennessee, Alabama and Georgia. Most saw fighting as necessary to protect their homes and families. Although the

founder died during the first battle, Terry's Texas Rangers served as the Eighth Texas Cavalry. They earned a reputation as the most effective mounted regiment, one of the only cavalry units that successfully attacked infantry units. Survivors slipped through Union lines at the end of the war and returned home alone or in small groups, never officially surrendering.

As his knowledge grew, David identified with his ancestors and other men from that time. He understood the feelings of settlers who watched or heard about Union soldiers burning homes and sometimes crops or taking livestock and food. The words he read in historical documents led him to wonder about the past.

"I wanted to see what it was like," he said. What did his great-grandfather look like? What did he wear? How did it feel to wear a wool jacket in 105-degree temperatures? "You don't know what it's like until you do it," he said.

So in 1990, David started participating in various reenactments. During the events, participants live exactly as people did around 1860. They wear authentic reproductions of clothing and use the same equipment, such as McClellan saddles, blanket rolls, dishes and weapons. "If you want to get to the nitty-gritty, I've gone for eight days straight without a bath, except in a creek," he said. "We didn't have any water except from a creek. Don't recommend it — been hospitalized for doing that. There's stuff in creeks now that wasn't there 150 years ago."

David's wife and two daughters used to join him during reenactments, but they don't do that as frequently now. The children are adults and busy, but sometimes his grandson accompanies him. Previously, his wife and mother made his uniforms, like they would have back then. They don't form a line in the streets like women used to do, creating uniforms in assembly line fashion. Nevertheless, his uniforms look real, right down to hand stitching. One coat bears evidence of getting too close to the fire.

Reliving battles costs time and money for those choosing to join. They must pay for everything, and the hobby can get expensive. David and his wife love horses and own several. He uses them during events along with all the gear he



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has acquired over time. "It's lots of work. Pay's bad — food's even worse," he said. Yet he continues. The family's last vacation happened in 1991. "Everything else has been fighting battles," he confessed.

They've reenacted battles in many states. Although Texas didn't see many conflicts, David's first reenactments happened at Fort Richardson located in Jacksboro, Texas. Louisiana, Georgia, Tennessee and Virginia all appear on past itineraries. Although David didn't go to Gettysburg in 2013, he's been there three times before. "We saved all our money for Chickamauga this year," he said. The Georgia event in September commemorated the 150th anniversary of a pivotal battle.

He'll also participate in a reenactment at nearby Fort Richardson the first weekend of this month, returning to his first battlefield. The couple has donated their time once a month for many years at that venue.

Considering the time and money required to participate in these events, it would be easy to wonder why David continues his involvement after so many years. "It's the challenge," he said. "Every time is a new challenge — get into the clothes and see if I can do it." Besides preserving history, the reenactments help him better understand his ancestors' emotions and perspective of the war. "I'm stuck in the past. That's all I can say," David admitted. "Look at all my junk. I'm stuck in the past."

David's knowledge and role in the recreation of historical battles opens other doors for him. He visits schools, sharing his knowledge with children in a way that captures their attention. When he teaches history, the dates are important, but more so it's the events and emotions around them. His goal is to keep the children interested in learning more.

Spanish philosopher and cultural critic, George Santayana has said, "Those who forget the past are condemned to repeat it." When men like David preserve history in unforgettable ways, perhaps future generations won't repeat the bad times. If they offer hope for our future, maybe being stuck in the past isn't a bad thing at all. **NOW**

Editor's note: For more information on the Fort Richardson reenactment, visit www.tfpnd.state.tx.us/state-parks/fort-richardson.



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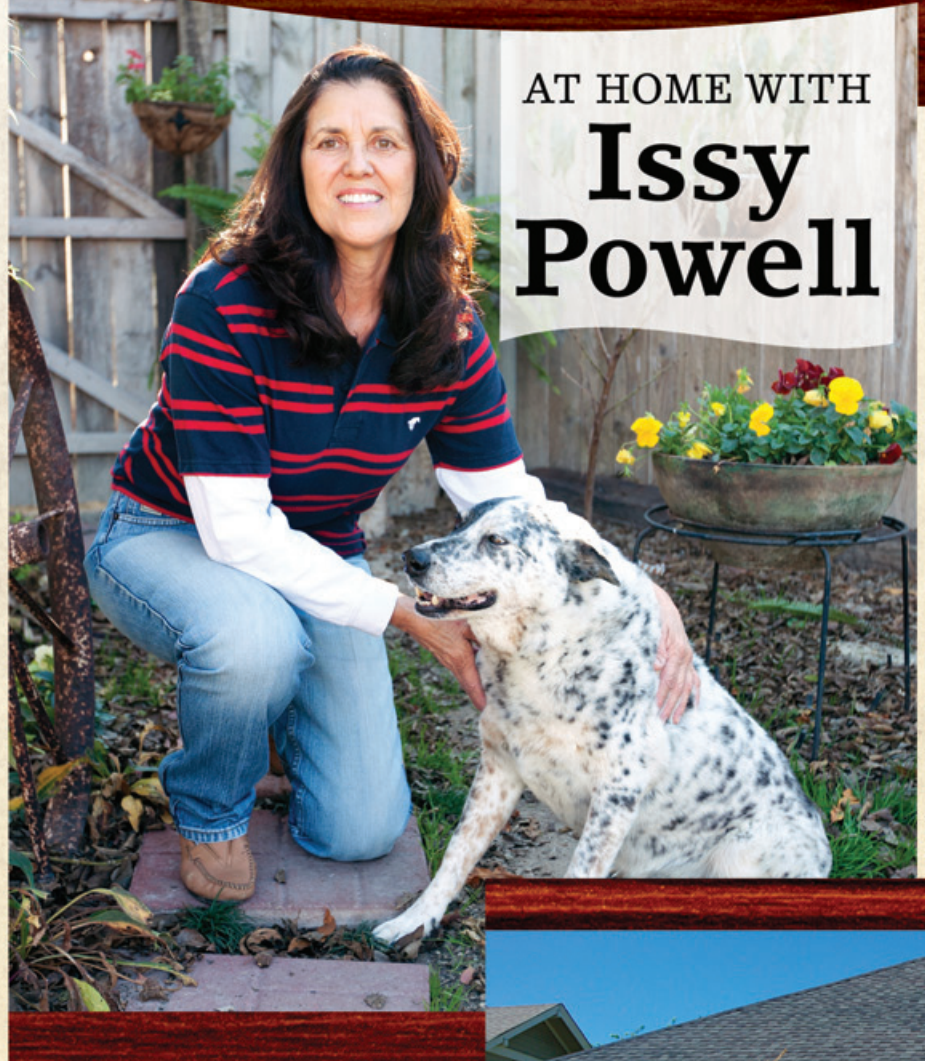
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The Giving Heart

— By Lisa Bell

In the early evening, Issy Powell sits on her front porch in one of two rocking chairs, sipping iced tea and perhaps reading a book. Her Aussie Blue Heeler named Tex rests nearby watching the cars pass down the street. Some slow to read the daily message while others barely seem to notice it. Outdoors is her favorite area of the house.

A beautifully landscaped yard, complete with a white picket fence, brightens downtown Aledo on any day. But as fall drifts into the air, the yard transforms into a work of art. Bales of hay, pumpkins, scarecrows, crows, fall flowers and more, all bring joy to drivers as they pass by the humble house. The most important decoration, a simple chalkboard sign, inspires and



AT HOME WITH
**Issy
Powell**

Love is
revealed
in R
actions

encourages people. The message changes daily, but as seasons come and go, it remains the constant element of her landscaped artwork.

"That's my mom's fault. She always threw big parties and decorated for every season," Issy explained regarding her yard decor. She grew up on a farm in South Texas near San Antonio, where her mom had botanical gardens and orchards.





Issy and her four sisters grew up working in the yard as their weekend chore. She still loves landscaping.

Intent on keeping the Mexican culture alive, her artistic mother celebrated holidays with flair. The city of San Antonio honored her mother in 2004 for a lifetime effort to keep Mexican culture alive, especially among the youth. They conferred the title of *Hidalgo* on her. The word means a noble man or woman, person of noble descent, one who is ennobled. Issy inherited a giving heart from her mother.

As an adult, Issy left South Texas and went to college in Colorado, where her son and his family live. After earning her degree in social work, she returned to Texas with three outside archways, which carried special meaning and her rescued dog in tow. Her daughter's family lives in Trophy Club, and Issy wanted to be near





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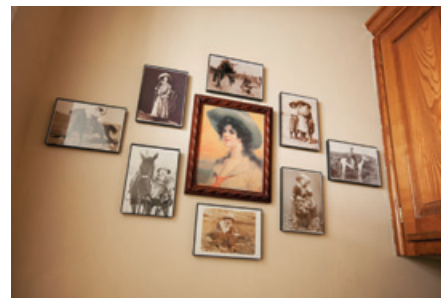
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her grandchildren. She began looking for a home in the southern part of the DFW Metroplex, since living in a bigger city wasn't her style.

When she discovered a house in Aledo that had been vacant for two years, she located the owner. He agreed to rent the house to her with no intention of selling it. However, after a few years, he offered to let her buy it. "You belong to this house," he said. "You should buy it."

Issy often sits in the large backyard with her chickens. They graciously

provide eggs for breakfast and extras to sell. Two of her four grandchildren spend almost every other weekend at her house and join her in the yard. She and their mother teach them much the same way they learned about culture, hard work and gardening.

Although Issy had her degree in social work, she couldn't find a job in the area. She began cleaning houses and commercial property, which soon became a thriving small business. She loves the flexibility of scheduling and working for



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Most people enjoy the yard but may never see the inside of her peaceful home. The rustic feel matches Issy's country-girl personality. Furniture from her family occupies most of the rooms, holding sweet memories, but she adds personal touches, as well. Her love of country living appears in the living room with items she has kept from childhood. Antiques and refinished furniture grace many of the rooms. In the downstairs bathroom, she displays a cowgirl theme. Pictures she found at different places hang on the walls, along with a shelf her son made from Colorado aspen wood. When she decorates the yard, she adds seasonal touches inside.

At the top of the stairway, a picture of Ingrid Bergman hangs just outside of a small room. The room doubles as a work space and a place for her granddaughters to sleep. An antique typewriter is one of the treasured items in the room.

Although Issy puts out decorations for other holidays, fall is her favorite time of the year. "There's so much to be thankful for," she said. The coolness of fall after the summer heat ushers in a season of refreshment. In September, as she places fall decorations, she provides a gentle reminder of harvest and the many reasons for gratitude. "I like making people happy," she admitted. "People like the decorations, especially the kids."

Immediately after Thanksgiving, everything comes down, making room for one item — a crib, which remains empty until Christmas Eve and Jesus' arrival. She writes a gentle reminder on the sign: *It's His birthday, not ours.* "We have to remind people," she said.

Of all the beauty she shares, the little blackboard has the most effect. People



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often tell her she has no idea how much of an impact she has. "It's not me," Issy said. "It's all God." She draws inspiration from different places. Listening to speakers sometimes prompts a message for the board. Driving past a billboard, one word might stick in her mind, growing into a phrase, which she shares. One day, she received a photo from a woman she had met six months earlier. The picture captured the woman's son standing beside the sign, which read, *We are God's Legos*. The little boy identified with the sign.



Issy often writes inspirational messages for local sports teams. One day, a coach requested permission to take a picture of the sign, so he could share it with his team. She consented without hesitation.

Issy welcomes the visitors. "This is God's yard, not mine," she said. Giving of her time and talents blesses others, and that's enough. While she does not expect payment of any kind for her yard decorations, people, affected by what she writes, have left anonymous gifts, cards and letters in her yard. Some get to know her, sitting on the porch talking. Others never meet her, but take the time to share how much she means or how a message touched them and made a difference in their life. They catch her by surprise, but she treasures every one. A binder holds many cards and letters, along with a log of the gifts received.

In an unusual way, Issy uses her degree daily. By sharing her landscaped yard freely and writing short messages, she touches more lives than she ever would as a social worker. Her heart, filled with the desire to give more than receive, blesses people, and they bless her back. One woman makes a difference in her small town with a simple home, yet rich because of the giving heart that dwells within. **NOW**

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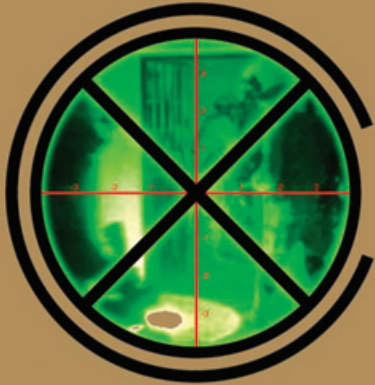
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THE DOG WHISTLERS

— By Amber D. Browne

Imagine a life traveling the countryside — driving thousands of miles with nearly a dozen Border Collies and two cutting horses in tow to compete in sheep and cattle dog trials. That is the life of one Weatherford couple. Reuben Parton and Cam Brandon met at a cutting horse event in North Carolina several years back and soon became friends. Because of her interest in cutting horses, Cam moved to Weatherford and started a life with Reuben. They've been married now for 10 years and have spent the past eight years building a life of training and competing their Border Collies.





"Eight years ago, we were in Oregon for a cutting, and a dog was up for auction — a male puppy. And, I bought him," Reuben explained. "I brought him home, got some cows and started training. I found out I needed some help," he confessed. Help with training his dog, Toby, came from Hillsboro, Texas, trainer, Jimmy Walker. "He was my mentor."

Since then, Reuben and Cam have embraced the world of dog trials. Over the years, they've bred Border Collies and kept several of them to compete in the sport. "One of the puppies we bred was a national champion at a trial in Nebraska," Reuben said. "They have to have the instinct, or you can't train them." Out of one litter, only one or two puppies may have that working instinct.

"When we have a litter of puppies, we try to keep them as long as we can to see what their instinct is going to be," Cam



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said. "I've become my own adoption facility for Border Collies, because we try to find good homes for the ones that just don't have that instinct and give them away as pets."

They love all of their 12 dogs, each of whom has his or her own personality. "Night and day. Just like kids. If you have three kids, you have three opposites. These dogs are the same way," Reuben confessed. "My young male dog, Sean, is everybody's favorite." Reuben considers Oreo his strongest dog. The dogs that



compete are kept in a kennel with a dog run, but the older dogs or those that don't have the working instinct get to lounge inside the house. "Of course, Toby, the old dog, sleeps on the bed with me until Cam gets into the bed," he chuckled.

Reuben and Cam work their dogs in both sheep and cattle trials. For cattle



dog trials, Reuben and Cam ride on horseback, which is referred to as rodear (rodeando), or compete on foot with their Border Collies. They compete only on foot for the sheep dog trials.

"Very few dogs can do sheep and cattle, because they have to have a different intensity about them. The sheep are flighty and want to bunch together. So, to move them, a dog has to stay way back off the stock, because any little movement can make them react," Cam explained. If the dog bites a sheep

at trial, it is disqualified. But, in cattle, sometimes the dog must strategically bite on command to control the livestock. "To take one dog and use it both ways is pretty rare. We're fortunate that we have two dogs that are really good at that," she said.

"When you're at an open level of trialing, your dog does most of the work. You have to stand at a post called the handler's post. You stand there, and you send your dog with a whistle or a voice command. Usually open handlers use the whistle to take the emotion out of it," Cam explained. "If it's getting really close, and it looks like the dog may miss getting the cattle through the obstacle, you don't want to excite the dog," she said. "In the open trials, you are kind of stuck standing there at the mercy of the cattle, the dogs and the sheep." In other trials, the handler can move around while



working the dog and open the pen for the cattle and sheep to enter.

A whistle is used to direct the dogs. With one plastic whistle, the handler can blow different sounds to command the dog. "He'll go the direction the whistle tells him: a lie down, a come here or a walk up," Reuben explained. It takes at least one year to train a dog to compete in a trial and about three years for the dogs to learn how to fully understand the commands. However, Border Collies learn and improve throughout their lives. Reuben works with the dogs at least five days a week on a course on their property. "You get a relationship that you don't get with any other animal. They do exactly what you tell them to do," he said. "I don't know any other sport with an animal with quite that level of teamwork."

The Texas Sheep Dog Association sanctions many of the trials they attend.

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The National Cattledog Association (NCA) is another organization that sanctions competitions. Reuben and Cam have even held several NCA-sanctioned events at their home. "We have people from all over," Cam said. "We had more out-of-staters than we did Texans."

The dogs compete in various events at trials. "In one of them, they set the sheep out 700 yards away from where the handler has to stand," Cam explained. "They have to be trained to go in the direction the handler tells them. They can't even see the sheep, because they're on the other side of the hill."

Most trials last from two to four days, and many handlers travel in campers to stay on-site. "It's a large group from all over the country and Canada. Frequently, we'll have people judging us from Ireland or Scotland," Cam said. "He drives the big RV. I drive the living quarter horse trailer. So, if I leave him to go to a cutting, I've got a place to hang my hat."

They've made a lot of friends through their involvement with the sport. "We all cook together and socialize," Reuben said. "Everybody pitches in and helps, but we're the cook trailer," he said. "It's kind of a tradition."

The Weatherford couple will continue their travels across the U.S. for sheep and cattle dog trials. With five adult daughters between them, Reuben and Cam often have a cheering section at the trials. Three of their daughters live in North Carolina, one resides in California, and another lives just six miles from them. "My granddaughter, Katie, spent one summer with us, and we let her trial a dog. She won," Reuben said, grinning. It's a sport that can be passed down to future generations. But for now, Reuben and Cam plan to pack up and hit the road for more competitive adventures with their furry family members. **NOW**

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— By Amber D. Browne

As an independent insurance provider, Wallace Insurance can do more than a captive insurance company can do. Wallace Insurance agents have access to 50 different insurance companies, including MetLife, Safeco, Hartford, Travelers and Progressive, and will shop around for their clients. "The proposal we give our customer is usually the best we have to offer," said Weldon "Wally" Wallace, owner of Wallace Insurance. "I think it's a good idea to shop insurance companies every couple of years anyway, just to make sure you are getting the best coverage for the best premium."

Commercial coverage is a main focus at Wallace Insurance, and as an independent provider, the agents can find the best

coverage for just about anything. "We greet people. We build relationships. We evaluate their needs. If you have it, we can insure it." Wallace Insurance covers a wide variety of businesses across the local area and provides coverage for a few uncommon items, such as large amusement rides, farm and ranch operations and machinery manufacturing. "You don't have to say no, [we can't cover that]," he explained. If one of the insurance companies he shops won't provide the coverage, Wally will just move on to the next company. "We'll find somebody to write it."

Wallace Insurance also provides home and automobile coverage. Agents help educate their clients about what is

available in the market. "It's about studying the risk and making sure our policyholder gets the proper coverage for their needs," he said. "It's not always about the price. It's about providing the coverage needed for your assets." Although Wallace Insurance agents provide coverage through various providers, their clients work directly with them. "We handle all the servicing. Everything is handled here."

TAG Benefits shares the office at the Wallace Insurance location on N. Main Street in Weatherford. TAG Benefits provides life insurance and health benefits, making the office a one-stop shop for clients.

Wally first opened Wallace Insurance in 2003 after working at State Farm Insurance for about two decades. He likes being an independent agent because of the opportunities and variety it provides for his clients. He opened the location on N. Main Street in 2010 and later purchased two other independent agencies in Mineral Wells. Wallace Insurance combined those agencies and opened a second office in Mineral Wells in April 2013. All of the Wallace Insurance agents are licensed and must complete 30 hours of continuing education every two years. "Because of the markets we deal with, we are always training," Wally said.

"I love my job, I really do," he admitted. "I have a great staff, and I've developed some great friendships." Wally grew up in Weatherford and has raised his family here. His wife, Bonnie, is a retired Weatherford ISD teacher, and their children have gone through the school district.

Wally is a member of the Rotary Club of Weatherford and the Evening Lions Club, delivers meals for the Meals on Wheels program and serves as commissioner for Parker County Emergency Services District No. 3. "Weatherford has been good to me, which is why I feel like I need to give back to the community." Wallace Insurance is involved in several fundraisers each year to support various organizations. "We try to be involved in the community as much as we can," he said. "This is home for me." **NOW**

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Kim Laws is named 2013 Weatherford Chamber of Commerce Ambassador of the Year.



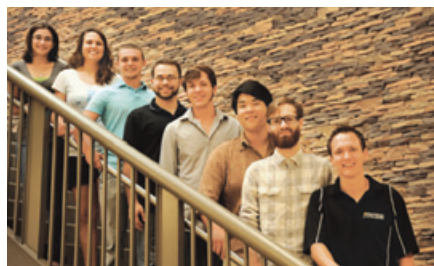
Anthony Towns gets a haircut from Margaret Day at The Barber Shop in Aledo.



Danette Wicker of Danette's Urban Oasis displays merchandise at Aledo's Urban Farmer's Market.



Carli Birkeland hands Hunter Turman a sweet treat at Scoop Me.



These Weatherford College student ambassadors provide leadership on campus during the 2013-2014 school year.



Local gentlemen talk trucks outside a Weatherford restaurant.



Taylor Thomas smiles at the petting zoo featured during Aledo United Methodist Church's Fall Festival.

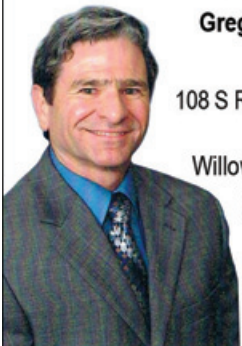


These lovely ladies play a card game at the Senior Center in Weatherford.



The Hall Middle School Highsteppers Dance Team and cheerleaders help to fire up students at the school's first pep rally of the season.

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Why Investors Should Reconsider Stock-only Portfolios!

Before the technology bubble burst in 2000, the S&P 500 Index (S&P) rose to an all-time high of 1552.87 on March 24, 2000.

Since then, we have seen two sharp corrections. First, on October 12, 2002, when the S&P fell to a low of 768.63 and again on March 9, 2009, the S&P fell to another low of 676.53 — this after rebounding on October 7, 2007, to a new all-time high of 1576.09.

The market rebounded again on August 2, 2013, to another new all-time high of 1709.67. This most recent new high represents a 10-percent increase in value for the 13-year period between the first high of March 24, 2000. Experience has shown that investors are generally not satisfied with a total increase in value of only 10 percent over a 13-year time period. But, current market data reflects that investors are investing in stock and mixed equity mutual funds and taking money out of bond mutual funds. Why are investors choosing stocks over bonds?

Today, with the abundance of “do-it-yourself” investment information, combined with an increasing “consume now, save later” culture, it seems we have created a nation of short-term investors. Individual investors are not looking past the one-, three- and five-year historical periods when making investment decisions. Financial advisors rarely advise clients to look at investment returns over a 10- or 20-year market cycle. Investors who only consider the short-term historical performance of an asset class can inadvertently find themselves consistently in “buy high — sell low” situations.

What steps should investors take to position their portfolios?

Every investor’s personal financial situation is different. Depending upon an investor’s age, financial goals and time, horizons may vary. In general, investors should discuss their portfolio with an

investment advisor who has an investment philosophy that focuses on the long term.

Investors participating in their employer’s 401(k) program with at least 20 years before retirement, who have allocated monthly contributions into the U.S. stock market funds, can probably continue to do so. This time frame should allow investors to “catch” both the highs and lows of the full market cycle. Investors with this luxury of time before retirement should consult with a financial professional and ensure their overall portfolio is diversified amongst other assets classes.

Investors with less than 10 years before retirement should, with the assistance of a financial professional, examine their current overall stock exposure, to ensure that retirement is an attainable goal — without working forever.

Investors who are currently retired should only invest money in U.S. stocks which is not required to live on.

In conclusion, investors should review their exposure to the U.S. stock market, relative to their investment time horizon and their projected retirement needs. An examination of the current economic and market indicators and a review of the U.S. stock market fluctuations over a long-term market cycle should point investors to take steps to diversify their allocations, so they are not caught at their retirement party with disappointing retirement portfolio values. **NOW**

This article was written by Dwayne Moyers, president and chief investment officer of SMH Capital Advisors Inc. Past performance is not indicative of future results. Investments involve risk. You can experience both a profit and a loss.



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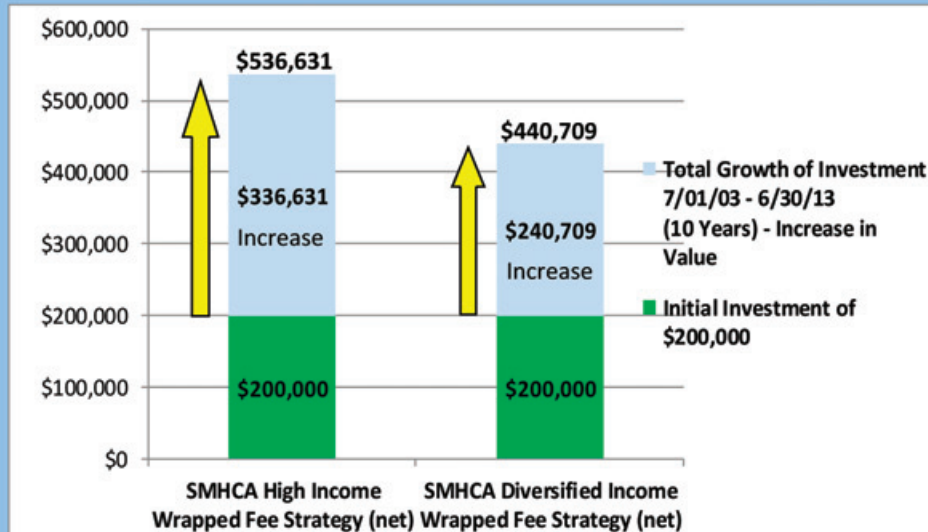
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Total Growth of \$200,000 investment was calculated using performance returns for the period of 07/01/2003 through 06/30/2013 for both the High Income and Diversified Income wrapped fee strategies. Clients should consider the limitations in the use of these returns in this example. Individual performance is calculated using a time weighted return ("TWR"). Each TWR is then asset weighted to calculate a group return. The group return, which is an annualized asset weighted average of all wrap fee paying accounts in that strategy, was used to calculate the examples provided. This does not represent the returns that any individual investor actually obtained. Individual account performance may vary materially from the group. It is important to remember there are risks inherent in any investment and that there is no assurance that any asset class or index will provide positive performance over time. Portfolios that invest in fixed income securities are subject to several general risks, including interest rate risk, credit risk and market risk, which could reduce the yield that an investor receives from his or her portfolio. These risks may occur from fluctuation in interest rates, a change to an issuers individual situation or industry, or events in the financial markets. Please be aware of the specific risks associated with investing in high yield bonds, such as the issuer may not be able to meet its principal and interest obligations. High yield corporate bonds may not be suitable for all investors. As such, your investments may lose value or you may lose the principal investment. The Diversified Income strategy contains Collateralized Mortgage Obligations (CMOs) which also may not be suitable for all investors. Investors should request An Investors Guide to CMOs to review the risks and issues prior to investing. Market and economic factors can change rapidly producing materially different returns. Not inference should be drawn that managed accounts will be profitable in the future or that our investment team will be able to achieve its objectives. SMH Capital Advisors, Inc. is based in Fort Worth, Texas and specialized in fixed income investment management. SMH Capital Advisors, Inc. a Registered Investment Advisor, is a wholly owned subsidiary of The Edelman Financial Group, Inc. Request Form ADV Part 2A for a complete description of SMH Capital Advisors, Inc.'s management services and request Appendix 1 for a complete description of the CMFS Program. A complete presentation of SMHCA performance strategies is available by calling Jenny Don Carlos at 800.278.4308

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A Painful Swallow

— By Betty Tryon, BSN

One minute you are humming along just fine. The next minute your throat feels so horrendous you practically quiver when you swallow. Your body temperature shoots into the fever zone. All you have the energy to do is lie down with the wretchedness of your misery. You may have a strep throat infection. The majority of sore throats are not from strep but from viruses. Strep throat is a bacterial infection from *Streptococcus pyogenes* bacteria. This is not to say sore throats from viruses are not also painful. They can be, but they are usually not as intense as with strep.

To be absolutely sure of a strep diagnosis, laboratory tests must be given. However, there are some clues that point to strep being the culprit. If the symptoms come on suddenly with a high fever, tender swollen lymph nodes in the neck area, fatigue and an extremely sore throat, it may be from a strep infection as opposed to a cold or other viral infection. Also, if you look at your tonsils, and they have white or yellow patches of pus on them, it is probably from a strep infection. The typical symptoms of a cold or viral infection — coughing, sneezing, congestion, runny nose — are usually absent with strep throat infection.

Even if you come to the conclusion you have strep throat without the benefit of lab tests, it still needs to be treated with

antibiotics. Treatment will lessen the symptoms fairly quickly, and you will feel better. Treating strep infections is very important, because of possible complications, such as rheumatic fever, scarlet fever and kidney complications. After taking the antibiotics for 24 hours, you are no longer contagious. If you feel well enough, you may resume your duties. If you are prescribed a course of antibiotics, take all of the medication as ordered. Stopping your treatment after you feel better can lead to relapse and still leave you vulnerable to complications. Discontinuing antibiotics prematurely also contributes to antibiotic resistant organisms.

The best way to prevent a strep infection is to hold high standards for your personal hygiene. Wash your hands frequently — particularly if you are around someone who has strep throat. Do not share personal items such as towels, cutlery, plates, drinking glasses, etc. Since the bacteria is spread by droplets, be diligent about containing sneezes and coughs in a manner that doesn't spew them into the air. If you do get strep throat, see your doctor, complete your medication, take care of yourself and feel better soon! **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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Time to Sit Back

November is a great time to sit back, browse the catalogs and take inventory of what you have and what you need to do. I like to use this time to clean up and sharpen my tools. Clippers are a real challenge and need a bit of concentration. If you have an old pair, think about refreshing them. Cleaning your clippers with light oil and steel wool is a good place to start. The best way to sharpen them depends on if they are anvil (the ones with a single blade that hits on a blunt edge or anvil) or if they are bypass (two sharp blades that move past one another with a scissor motion).

If they are anvil clippers, sharpen both edges of the sharp blade. You can use a screwdriver or a wrench to take the clippers apart to make it easier. Keep them steady or put them in a vice. File or use a whetstone to put a clean, sharp edge on one side and then the other. Just be sure that you stay with the factory bevel or angle of the blade. One way to clearly see the bevel is to take a dark magic marker and run it along the side you are working on. When the marker comes off, you know you have accomplished your goal. The flat blade will only need

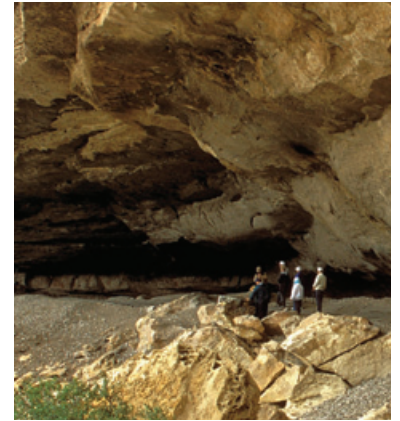
a bit of cleaning. It should have a groove for sap, so be sure to clean it and then test it out.

The bypass clipper really needs to come apart. Use your finger and work the spring loose, and then use your wrench and loosen the locknut to pull the blades apart. After you have cleaned them, you can sharpen the blades in much the same way as you would anvil clippers.

Having sharp tools makes working with them so very much easier. Shovels and hoes are easier to sharpen than clippers are, because you can use a file. Just clean and secure the tool, so it doesn't slip on you. The marker is a big help in maintaining the right bevel.

Enjoy your late fall and winter and know you will be ready when it comes time to dig again! Stay tuned for gift suggestions for your gardeners! **NOW**

Nancy Fenton is a Master Gardener.



Ancient Southern Rock Seminole Canyon State Park — Worth the Trip

Literally thousands of years before it was designated a state park and historic site by the citizenry of Texas, the rugged limestone hills, flowing waters of the Rio Grande and Pecos Rivers and wildlife-laden thorn scrub outside of present day Del Rio were a popular gathering place. In fact, this region remains one of the few places where factual documentation of prehistoric settlement is preserved, providing evidence testifying to their lives. Ancient peoples created mural-like paintings on the arching rock walls of this near desert-like canyon country, producing some of North America's most renowned examples of Native American pictographs and preserving one of the continent's oldest cave dwellings.

The first human settlers here date back at least 12,000 years to the Pleistocene ice age, when prehistoric mankind hunted large game with stone-tipped spears across a lush landscape. But rapid climate change made for a new environment and a culture that likely struggled to scratch out survival. By approximately 5,000 B.C., the landscape resembled much of what can be seen today.

These inhabitants settled in the dry, lofty caverns, and despite their subsistence-level struggles, managed to paint remarkable pictographs that can be found in the park's Fate Bell Shelter, as well as other rock shelters throughout the Lower Pecos River region. These paintings have a distinct style that can only be found in portions of the Rio Grande, Pecos and Devils River areas, all located in Southwest Texas. More than 200 pictograph sites are known to exist and range from smaller, single

paintings to caves with panels of art hundreds of feet long. Although numerous figures or motifs are repeated in various locations, the exact meaning of these paintings is unknown.

Seminole Canyon first opened to the public as a state park in 1980, and is named in honor of the U.S. Army's Seminole-Negro Indian Scouts, garrisoned at Fort Clark, who protected the West Texas frontier from marauding Apache and Comanche bands between 1872 and 1914. These scouts were known for exceptional cunning and toughness, and it was deemed a befitting tribute to have a park bearing their namesake.

Seminole Canyon State Park is 2,172 acres with miles of hike and bike trails and 46 campsites, including 23 sites with water and electricity hookups compatible for RVs. The park also has restrooms with showers, a visitor center and state park store. Because of the sensitive nature of the park's rock art history, hikes into areas with rock art are only accessible through guided interpretive hikes with park staff and volunteers. Seminole Canyon State Park is worth the trip when you and your family need a respite from modern life. **NOW**

Editor's Note: For more information, contact Seminole Canyon State Park and Historic Site staff at (432) 292-4464 or visit www.texasstateparks.org.

*Bryan Frazier
Public Affairs, Promotions and Marketing - Texas State Parks*

November 8

Parker County Women's and Newcomer's Club Meeting: 10:00a.m., Alkek Fine Arts Building, Weatherford College, 225 College Park Dr. The cost of \$10 includes lunch. Please call (817) 594-0125 by **November 3** to make reservations.

Art Show and Sale: 6:00-11:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Tickets are \$100 per person. Find out more at www.dosscenter.org or by calling (817) 599-6168.

November 9

Catholic Daughters of the Americas 4th Annual Craft Fair: 9:00 a.m.-3:00 p.m., St. Stephen Church-Holy Spirit Center, 1802 Bethel Rd. Vendors representing Scentsy, Pampered Chef and more will be there to show off merchandise. Call (817) 596-9585 or visit www.saintstephenschurch.org to find out more.

Trinity Christian Academy Gift and Craft Market: 10:00 a.m.-4:00 p.m., Barber Gymnasium at Trinity Christian Academy, 4954 E. I-20 Service Road South, Willow Park. To find out more, visit www.tcaeagles.org or call (817) 732-5815.

Veteran's Day Parade: 10:30 a.m. The parade route starts at the Ninth Grade Center on South Main Street and continues north to the Court House. Call (817) 223-8926 to find out more.

November 14

Home for the Holidays: 10:00 a.m.-1:30 p.m., Coutts Memorial United Methodist Church, 802 N Elm St. The event features holiday tips and gift ideas. For more information call (817) 598-6168.

November 16

Home for the Holidays: 9:00 a.m.-3:00 p.m., First Baptist Church of Weatherford, 259 W. Church St. Vendors will showcase gift ideas. Find out more information by calling (817) 304-2754 or at www.fbcweatherford.org.

Fall Festival: 1:30-3:30 p.m., The Doss Heritage and Culture Center, 1400 Texas Dr. Celebrate the cooler weather with local storytellers, Native American-inspired games and arts and crafts. Visit www.dosscenter.org/ upcoming-programs to find out more.

November 21

Quilter's Guild of Parker County Monthly Meeting: 6:30 p.m., The Great Hall at Grace

Presbyterian Church, 606 Mockingbird Ln. Please call (817) 690-9024 or visit www.quiltersguildofparkercounty.org for more information.

November 22 — 23

Art In The Barn: **Friday:** 4:00 - 10:00 p.m., **Saturday:** 11:00 a.m.-3:00 p.m., 360 Leea Ln. Artists of Canvas and Clay will present the holiday show featuring original artwork. Please call (817) 594-6900 for more information.

November 23

Coyote Chase Race: 6:30 a.m.-noon, Weatherford College, 225 College Park Dr. Participants can help raise funds for Weatherford College Foundation scholarships. Race times vary, so visit www.coyotechaserace.com to find out more.

November 30

Southern Raised Bluegrass Gospel Concert: 6:00 p.m., South Side Baptist Church, 1115 S. Brazos St. Admission is free to the concert, but donations will be accepted. Call (817) 594-3239 for more information.

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



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In The Kitchen With Lorena Friddle

— By Amber D. Browne

Even though much of Lorena Friddle's free time is spent volunteering as president of the Parker County Women's and Newcomers' Club or RVing with her husband, Jim, she always makes time to cook a delicious meal for her family. Lorena has lived in Weatherford since she was a toddler and often watched her mother in the kitchen. "Although she was always on a tight budget, she could put together a large meal, and it was the best food you have ever eaten," Lorena recalled.

Lorena took what she learned from her mother and put her own spin on cooking in the kitchen. "As my children were growing up, I began to look for quick and easy recipes," Lorena explained. "They were quick, tasty, but nutritional, as well." **NOW**

Zucchini Oven Chips

- 1/4 cup almonds, ground**
- 1/4 cup Parmesan cheese, grated**
- 1/4 tsp. salt**
- 1/4 tsp. garlic powder**
- 1/8 tsp. pepper**
- 1 Tbsp. fat-free milk**
- 2 1/2 cups zucchini, cut into 1/4-inch thick slices**
- Cooking spray**

- 1.** Preheat oven to 425 F. Combine first 5 ingredients in a medium bowl; stir with a whisk.
- 2.** Place milk in a shallow bowl; dip zucchini slices in milk; dredge in dry mixture. Place coated slices on an oven proof wire rack coated with cooking spray; place rack on a baking sheet. Bake for 30 minutes or until browned and crisp. Serve immediately.

Stuffed Jalapeños

- 1 lb. ground hot sausage**
- 1 8-oz. block cream cheese, softened**
- 1 cup Parmesan cheese, grated**
- 22 jalapeños**

- 1.** Preheat oven to 425 F. Brown sausage; set aside.
- 2.** Mix together cream cheese and Parmesan cheese; add cooked sausage and mix well.
- 3.** Rinse jalapeños. Cut each jalapeño lengthwise and remove seeds; stuff jalapeños with sausage mixture. Bake for 20 minutes, until tips are golden brown.

Walking Taco Casserole

- 1 1/2 lbs. ground beef**
- 1/3 large onion, chopped**

- 1 4-oz. can of green chilies**
- 1 8-oz. can of enchilada sauce**
- 2 oz. cream cheese (optional)**
- 2 cups cheddar cheese, shredded**
- 10 1/4 oz. bag regular Fritos**

- 1.** Preheat oven to 350 F.
- 2.** Brown beef and onion in skillet; stir in next 3 ingredients.
- 3.** In a 9x13-inch casserole dish, layer Fritos, meat mixture and cheese. Repeat layers. Bake for 15-20 minutes or until cheese is bubbly.

Oatmeal Cake With Pecan Frosting

Cake:

- 1/2 cup oatmeal**
- 3/4 cup water, boiling**
- 1/2 cup sugar**
- 1/2 cup brown sugar**
- 2/3 cup flour**
- 1/2 tsp. salt**
- 1/2 tsp. baking soda**
- 1 egg**
- 1/4 cup shortening**

Coconut Pecan Frosting:

- 3 Tbsp. butter, melted**
- 1/3 cup brown sugar**
- 1/2 cup sweetened coconut, shredded**
- 1/2 cup pecans, chopped**
- 2 Tbsp. milk**
- 1/2 tsp. vanilla**

- 1.** For cake: preheat oven to 350 F. Mix oatmeal in boiling water; stir and cover. Mix the remaining ingredients; stir into oatmeal mixture.
- 2.** Grease and flour a 9x9-inch pan. Pour batter into pan; bake for 23-25 minutes.
- 3.** For Icing: combine all ingredients thoroughly; carefully spread frosting over top of cake. Broil until coconut is browned. Cool, slice and serve.

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