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ON THE COVER



Carrie Burge is loaded up and ready to take aim.

Photo by Kenzie Luke.

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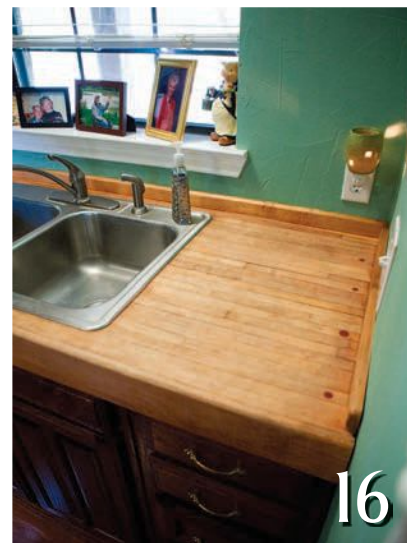
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Editor's Note

Hello, Weatherford Friends!



I grew up in Abilene, but a few months before my ninth birthday, my oldest sister married and moved to Dallas. I always counted on two things when we visited them. We usually stopped at the White Elephant in Eastland for dinner. And when I saw the beautiful courthouse with an enormous clock in Weatherford, I knew our destination wasn't far. I cried when I-20 opened, taking me from the familiar route. Decades later, I still love Weatherford. Many people living in this community grew up here.

For the last three years, I've written freelance articles for *WeatherfordNOW*, getting to know people I might not otherwise ever meet. I never dreamed of becoming the editor for this wonderful magazine, but here I am — another change, and big shoes to fill.


I can't wait to meet more of you and become your friend, too!


Lisa

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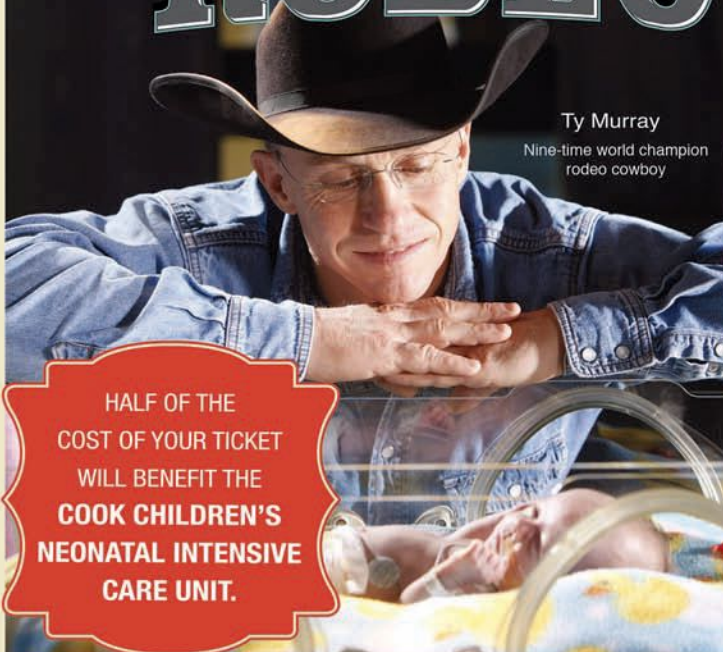
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SHOOTING STRAIGHT

— By Lisa Bell

A woman with long brown hair, wearing a red and blue plaid shirt, is shown from the waist up, aiming a bow. She is looking intently at the target. The background is a blurred outdoor setting with trees and a clear sky. Several large, stylized arrows (yellow and white) are overlaid on the image, pointing to the right, symbolizing the theme of the article.

Carrie Burge entered a big pavilion holding 2,000 people in Argentina. Years of practicing with a bow and arrow, numerous competitions and a great deal of faith brought her to the international event. Huge Roman-style pillars lined up in two rows, a large fire pit in between them. She stood at the highest point of the shooting area. In the distance, cars drove past a large lake, purple-blossomed trees and a massive monument, which looked somewhat like the Greek goddess Athena. The statue faced the pillars with a stern, yet brave look. "I felt like I was in heaven. I never thought I could be this courageous," Carrie said. "Hard work really does pay off."

After hours of stretching, practicing and preparing mentally, the archery competition began. Carrie wrote, "I stood by the fire pit with my bow and a heart full of passion. I watched as crowds piled in from outside of the wall. They flooded in without hesitation. I realized how



blessed I was to have this once-in-a-lifetime opportunity. How many people would kill for this moment?" The international competition left Carrie breathless, her heart pounding with amazement at celebrity treatment. She won a gold medal in the women's individual event. Then, she stepped up for the team competition.

Poised for her shot, Carrie pulled up every inch of her small frame and glanced at the clock. Her teammate, Matt Stutzman from Ohio, used 30 of their allotted 40 seconds. She didn't mind. With no arms, he needed extra time to shoot arrows straight. But to win the international team competition, she had to focus. She released the first arrow, then another. She pulled the final arrow, catching the time left in her peripheral vision. "I didn't have time to get nervous," she said. Two seconds left, she let the arrow fly, praying it would hit the target. It did.

As a child, Carrie watched her big brother, Josh, compete in international bunker trap with a shotgun. Although she enjoyed hunting and being outdoors, she didn't share his passion for competitive shooting with guns. "I wanted that same passion for a sport," she said. At 12, she picked up her first bow and arrow, finding her own brand of hunger but never suspecting she shouldn't be able to pull back a bow.

About a year later, Carrie started noticing problems with her wrists. They hurt and didn't look normal. The doctor diagnosed her with Madelung's deformity, a condition where wrist bones do not grow normally. "She said I shouldn't be able to pull back a bow. To be good at it was remarkable," Carrie shared.

Despite the fact that Carrie underwent three surgeries over the next three years, she continued to pursue archery. By joining the main archery organizations — USA Archery, National Field Archery Association, American Shooter Association (for 3-D shooting) and International Bow Hunters, she was able to shoot many different types of events. Carrie prefers 3-D, though, where the shooter aims at different foam animals in wooded areas. Because of her love of being outdoors, she likes this variety best.

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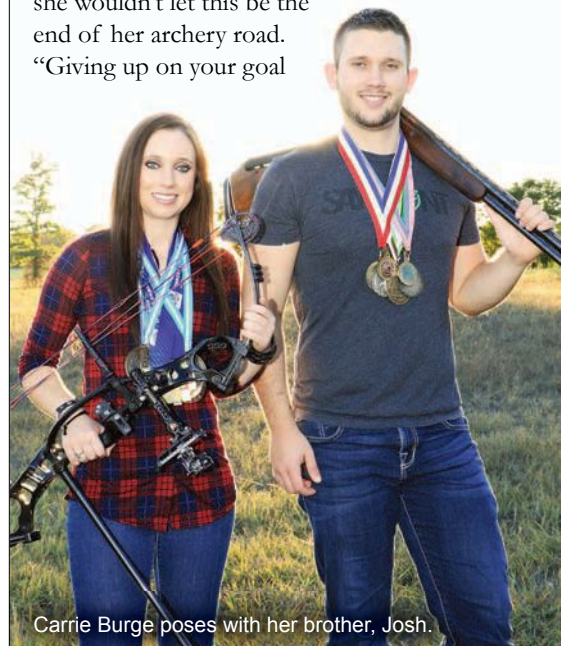
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Carrie's coach, Jesse Johnson, suggested that she try out for the USA National Para team. At 17, she qualified for the team, having just come out of a cast. Winning gold medals in both the individual and team competitions at the Pan American Games in Argentina secured her spot on the Para Olympic team. However, the following year, she had to reclassify as a para archer.

"Archery put me out of the game of archery," she said. The previous year of pulling back the bow loosened up Carrie's wrist, giving her a greater range of motion. When the results came back, she no longer qualified for the Para Team.

Disappointed at the loss of being on the 2016 Olympic team, Carrie decided she wouldn't let this be the end of her archery road. "Giving up on your goal



Carrie Burge poses with her brother, Josh.

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because of one setback is like slashing your other three tires because you got a flat,” she shared. “After the tears and meltdowns, I remembered my favorite Bible verses, Jeremiah 29:11-12.”

She recited, “‘For I know the plans I have for you,’ declares the Lord. ‘Plans to prosper you and not to harm you; plans to give you a hope and a future. In those days when you pray, I will listen.’”

Instead of giving up, Carrie looked at her dreams from a new perspective, seeing open doors. At 19, she is certified as a level 2 USA archery coach. She’s also a bow technician and pro-shooter for Bargain Hunters, representing them in archery competitions. Although she practices at work, she often spends time on a private course located on the land surrounding the Burge home. In addition, she teaches archery lessons and mentors kids. But Carrie isn’t finished competing. She still works with Coach Johnson. “You never fail until you stop trying,” she said, quoting Albert Einstein.

“Jesse Johnson is the most passionate man. He really cares about the kids and treats them as if they are his own,” said Carrie’s mom, Valerie. She sees Carrie’s difficulties as a gift. “Because of her wrist condition, I think the Lord specifically opened doors for Carrie that wouldn’t otherwise have opened. Being on the national team built her confidence and ability more than anything else ever could at this point in her life,” she said.

In the meantime, Carrie attends Weatherford College with an undeclared major. She still dreams of going to the

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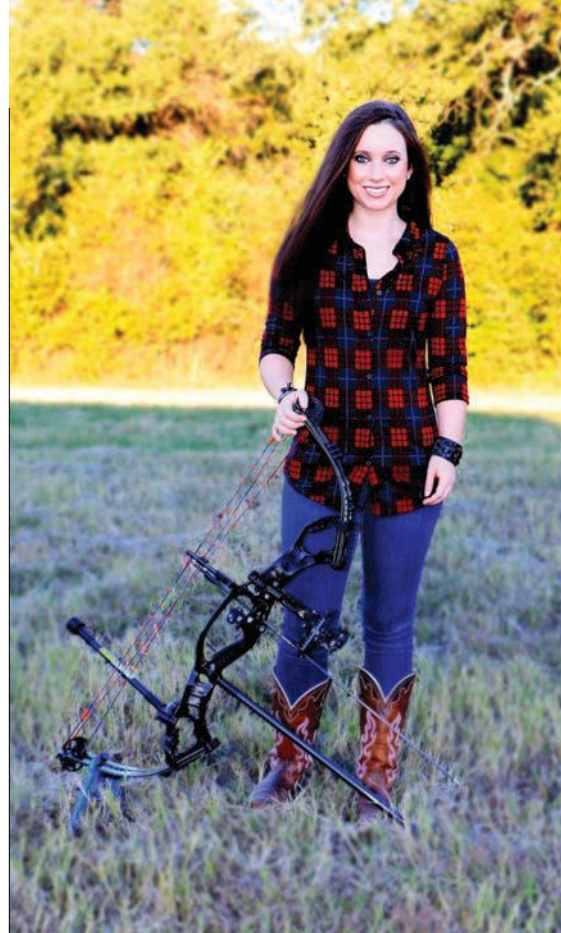


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Olympics and plans to go for a college team in the near future. Although she is considering a nursing degree, Carrie really desires a professional career in archery. Her plans for the future include becoming the best she can and never giving up, even after she reaches her goals.

Long before the movie *The Hunger Games* hit the big screen, Carrie loved the sport. The popularity of the books and movies drove many people to hunger to learn how to shoot with a bow and arrow. Carrie loves the series, and the side benefit for her comes from having more coaching opportunities. As she moves forward, she sees the potential for a pro-archery career to become a reality.

With the support of her family, Carrie believes she can reach her goals. "I always thought Josh would go to the Olympics. He won the Junior Division Olympic qualifier his senior year," she said. With a close relationship, her big brother encourages her, cheering her toward the dreams she chases.

"The future is an unwritten story. God is the author, and He's already written the final chapter," Carrie said. To follow the path He chose for her, she's more than willing to press toward the goal and win the prize. **NOW**



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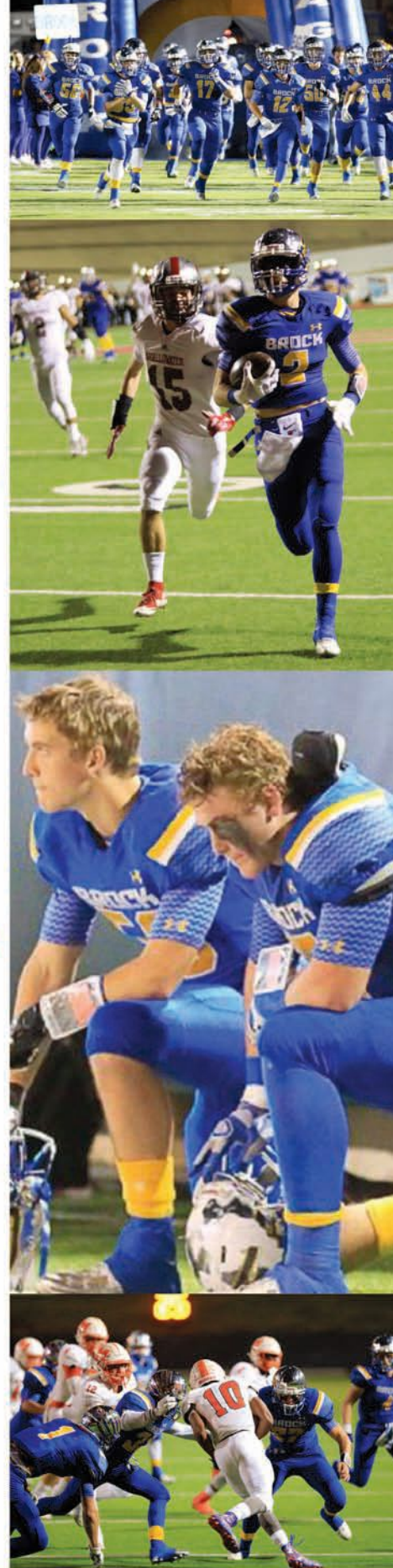
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Making *It* Work

— By Amber D. Browne

Patience is a virtue, and Bob Shannon has an abundance of it. In 1999, Bob began gathering items to add to his home, which at the time, was just a vision. “Everybody wants it now. If you just have a little patience, you can get it for a lot less,” Bob shared. Through garage sales, junk yards, curbing and bartering, Bob and his wife, Cindy, have discovered the perfect pieces to help remodel and decorate their Weatherford home.

*At Home With
Bob and
Cindy Shannon*



“I give my husband all the credit for this place,” Cindy said. When the two married in 2009, they lived in Azle. Bob shared his dream of moving onto his 12-acre property in Weatherford, where a 1942 Army barrack sat uninhabited for years. He said, “This is going to be my retirement dream home.” Cindy was gung-ho about the idea and couldn’t wait to see the place. When they arrived, she discovered the overgrown property and the unfinished Army barrack. The barrack started out at The Fort Worth Army Airfield, now the Naval Air Station Fort Worth Joint Reserve Base. Over the decades, it served as the Cedar Cross Baptist Church in Azle, Frank’s Grocery and Meat Market in Cleburne and an auto shop. Now, it would become a cherished home for two.

Two years after marrying, the Shannons began working on the property. Bob gutted the home, leaving only two interior walls. “We



never moved into a house, as a kid, that we didn't gut first," he said. "After you're taught that as a kid, the first thing you do is knock out the Sheetrock." Using damaged Sheetrock he picked up through a friend, Bob rebuilt the walls to replicate his layout design. The insulation was a freebie found in a dumpster at a construction site worked on by his brother.

Cindy had retired to care for her parents, so her free time was spent remodeling the house. One of her first

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projects was the 100-year-old wood flooring saved from two houses on Rosedale Street in Fort Worth. Cindy sanded and refinished the flooring over a period of four months. The door trim in the great room was also pulled from the two houses on Rosedale. Cindy and her sister-in-law scraped about 20 layers of paint off of it to prep it for a white

finish. A corner cabinet in the dining area appears as a built-in, but the piece originally suffered fire damage in a house in Justin, Texas. With a little elbow grease and a topper built by her late father, the corner cabinet displaying Cindy's china fits the dining room corner perfectly. "Thank God for primer," Bob said, laughing.

As the remodeling continued, Cindy became anxious to get their furniture into the home. While Bob was working at Lockheed Martin one day, she and her sister moved in their belongings. "We finished everything except the exterior," she explained.

In the kitchen, lanes from a Fort Worth bowling alley have been transformed into countertops. For Bob and Cindy, the kitchen cabinets discovered on Craigslist were like piecing a puzzle together in their newly renovated home. Using Minwax PolyShades, they stained the different woods on the kitchen cabinets to match, as well as the others in both the guest and master bathrooms. The six-burner, stainless-steel gas stove was also an online find.

It needed a few repairs, but Bob's handyman skills saved them thousands of dollars on kitchen appliances. "If you have a vision, you can pretty much do anything," he said. "It might be a piece of junk to someone else, but I can look at it and say, 'I can fix that.'"

The paint throughout the home is one-of-a-kind. Bob purchased 35 gallons of tan-tinted paint from a school. "Cindy didn't want that color," he said. "My mom was a part-time artist, so I knew I could make it another color." He and



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Cindy poured the paint into a 55-gallon drum, adding and mixing in sample paint colors to create the finished product — seafoam green.

The colorful walls brighten the home and showcase family photos in nearly every room. A barbed wire collection is displayed in the great room. From the original display, which was warped and in bad condition, Cindy and her father created the artwork for Bob. "I said, 'Let's make it pretty.' So, I looked up the names of the wire, and my dad made the frame," she said. "Now it's a beautiful display."

A Bible verse is scrolled above the doorway to the master bedroom, and two 150-plus-year-old family Bibles find homes in the library. "I don't keep a lot of things, but what I do keep has sentimental value," Cindy said. She often curls up beside the fireplace in the library for a good read. Cindy framed and displayed cross-stitch creations in several rooms.

It took Bob and Cindy about a year to finish the interior of the home. They planned to rock the exterior when life changed for them. A tractor accident left Cindy's father, John Driver, incapacitated, so her parents were no longer able to care for themselves. The decision was made. Her parents would move in with them. Work on their home stopped, and construction on an adjacent apartment began. They added a driveway and a carport to attach the apartment to their home.

With both her parents in wheelchairs, the one-bedroom apartment was built

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ADA compliant. The kitchen and bathroom cabinets are lower than standard cabinetry, allowing easy access. Her parents, John and Pat, lived in the apartment until they passed away in 2013.

Cindy often speaks to her parents at a memorial created near a small-scale chapel on their property. The chapel, complete with small pews, a pulpit and shaded windows, was built in 1962 by residents of the Fort Worth Rehabilitation Farm, which was founded by her grandfather, the Reverend Henry Cooper. When Bob and Cindy had the chapel moved onto their property, they added a white picket fence around it. The chapel adds to the peaceful setting.



In 2014, Bob and Cindy completed the exterior of the home, the one project they outsourced. They hired Tony Pena and Quality Stoneworks of Weatherford to complete the project using Texas sandstone and Oklahoma stone. The metal roof completes the architectural style. The 70-foot long, covered front porch is one of Cindy's favorite spots on the property. She spends time each day curled up on the wicker furniture with a good book and their Chihuahuas, Chloe and Jack. She enjoys watching their three cows, Alice and Opal, named after her grandmothers, and Gemma, as they graze out front.

When their families and friends visit, karaoke and billiards entertain. They also share honey and wine bottled at Shannon Farms with visitors. Winemaking and honeybees were favorite pastimes of Cindy's father, so she now enjoys the hobbies. When entertaining guests, Cindy shares the story behind their remodeled Army barrack. "I'm very proud of our house. Eighty-five percent of what's in this home is reclaimed goods," Cindy shared. "It's not like any other house." **NOW**

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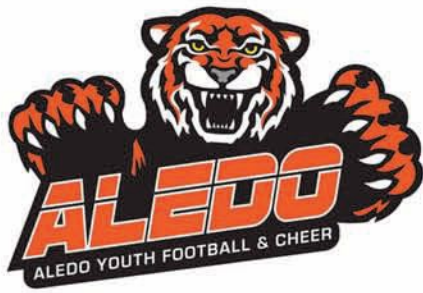
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Leading the Way

— By Lindsay Allen

If anyone understands the hardships of being a military kid, it's Elie Chavez. Having grown up with two Air Force parents, the Weatherford teen now wants to make a difference. She wants to offer support where she can to other teens around the nation and particularly those locally.

Chosen as one of 14 teenagers nationwide to serve on the 2015-2016 Air Reserve Component Teen Council, Elie has been tasked with talking to other military teens and getting them the support they need. "In our home,



we believe in opportunities and building character. One of the things that drew me into the council was the chance I had to develop my leadership skills and support fellow Air Force teens," Elie explained. "As a teen council member, I try to help other Air Force teens become aware of the support the council offers and the different opportunities available."

Elie learned about the council while attending Teen Leadership Summit, a camp for military youth, in Estes Park,

Colorado, and applied the next year. After being selected, the council met in Dahlonega, Georgia, for a weeklong camp in the summer of 2015, and continues to meet monthly through teleconferences to discuss upcoming events and promotions. "Camp was a really cool experience filled with lots of team building and leadership activities, in addition to horseback riding, white water rafting, zip lining and more," Elie shared. "Not to mention that the friendships and connections made were so valuable, as everyone can relate to each other's military stories."

The council represents Air Force Reserve and Air National Guard teens with the mission of connecting military dependent teens from all over the nation through leadership camps and social media. The goal is to implement youth programs that better the lives of military teens, as well as attending,



“Seeing that I can help someone and make a difference in their life is what being on the council is all about.”



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volunteering and leading different military events across the nation.

One of the main focuses of Elie's efforts is to direct teens to the My Air Force Life website where they can learn more about the corporate Air Force programs and assistance available. "For instance, we have a lot of teens who can't even afford sports equipment, and instead of them being discouraged by this fact, I want to help point them toward groups that can provide financial support and allow those teens to play their sport," Elie said.

But it is not just financial support the council promotes. Tutors are available exclusively for military teens, and groups are available to talk them through deployment and other difficult transitions associated with military life — something Elie knows too well with her mom deploying for the fourth time this spring. One of the reoccurring difficulties Elie heard about while attending camp this past summer and visiting with campers is how hard moving and meeting new people is as a military teen when a parent deploys. One of the goals of the council is to connect youth who are moving with other military kids at their new school.

"It has been really neat seeing Elie grow in her leadership skills, gain confidence and be excited to serve others as a result of her involvement with the council," Stacy Chavez, Elie's mother,



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said. "I'm very thankful for the Air Force camps she has attended and the fact she is able to be around kids with similar experiences, because she can't get that type of support from school friends."

Elie planned a big promotional event, which was held in the fall in conjunction with Family Day at Carswell Air Force Base. The event allowed her to visit with many Air Force teens before wrapping up the evening with a bowling social on base. Her focus is also on promoting Purple Up Day in April, a day where everyone is encouraged to wear purple in honor of the military. Elie plans to sell T-shirts and wristbands to the community, with the profits going directly back to teens located at NAS JRB Fort Worth. "Spring 2016 will be very busy as the members



of the 301st are scheduled to deploy," Elie shared. "So, there will be many opportunities for me to host youth events for those whose parents are gone."

The 14 teens selected to the Air Force Reserve Council can be found from California to Washington, D.C., and everywhere in between. They met again at Air Force Teen Council Winter Camp in San Antonio, Texas, last month. The council works jointly and separately on projects and promotions. One event the council promotes together is Yellow Ribbon Week in which all council members have the opportunity to fly to other locations and help with the event there.

"Elie really takes the reins on all her projects and doesn't need any guidance or help from her dad and me," Stacy admitted. "I have watched her grow in confidence and assertiveness as she plans these events. Even her basketball coach has commented on her growing



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leadership skills since attending her first camp two summers ago.”

Elie hopes to continue her involvement and reapply with the council after her one-year term is over. At just 15 years old, she is eligible to participate in the council for another three years and hopes she and her brother, who is eligible to apply for the first time in 2016, will get a chance to serve together perhaps.

The application process for the council begins in the spring and includes essay questions and an application focused on the candidate’s interests, leadership skills and ability to serve on the council. “It has been really fun meeting other teens and sharing our stories. The best part of it all is the joy I get from helping people,” Elie shared. “Seeing that I can help someone and make a difference in their life is what being on the council is all about.”

Elie is the daughter of retired Air Force Senior Master Sergeant Paul Chavez and reserve Captain Stacey Chavez, who is one of the many deploying from Carswell Air Force Base this spring. As a sophomore who is busy in her community and now busy serving others, Elie isn’t your average teenager. Her heart and servant attitude are contagious, and many will benefit greatly from her desire to assist military teens. When Elie isn’t busy planning military events, she can be found playing varsity basketball, volleyball and cross-country for Victory Baptist Academy. In addition, she is very active in youth group at Victory Baptist Church. **NOW**

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Nutrition With a Twist

— By Melissa Swedoski

The beginning of a new year spurs most to contemplate a lifestyle change, usually involving weight loss or gain, health conditioning and exercise habits. Consider for a moment that physical activity is only a small portion of achieving those goals. Nutrition — what you feed your body — is of paramount importance, regardless of the endgame.

Body Building

In order to slim your frame and gain muscle mass, it's crucial to eat clean, which means discarding most processed foods on the market. It's also important to increase daily calorie intake slowly, so the added food doesn't settle on the midsection.¹





• **What to Eat:** Avoid fried foods, butter and refined foods, such as snack foods and fast food. Turn to fish, fowl, lean red meat, eggs, low-fat dairy, potatoes, yams, brown rice, whole-wheat bread, oatmeal and fruit. These foods are nutrient-dense, packed with vitamins, minerals and/or fiber.² Choose leaner cuts of steak and remove the skin from turkey and chicken. Grill or broil meats instead of serving them battered and fried.

• **When to Eat:** Mass-building is best supported by five to eight meals a day. Eat breakfast, lunch and dinner, then add high-protein snacks to keep your body on track. The extra meals have to become part of a daily routine, whether at school or work.

• **How Much to Eat:** For pre-workout, consume a whole-food meal and a liquid meal. The whole-food meal should provide a 1-2 ratio of protein to carbohydrates, with about 40 grams of protein from beef, chicken or fish and 80 grams from slow-digesting carbs like sweet potatoes, brown rice or oatmeal. The shake should contain 20 grams of whey protein and 40 grams of carbs. For after workout repair, consume 20-40 grams of whey protein and 40-100 grams of carbs, such as white bread or a baked potato. An hour later, eat a regular meal.³



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Endurance runners have a unique set of needs, as gastrointestinal issues rule during long runs.⁴ As you determine how much your stomach can take over 15-plus miles, you will also train it to handle more calories and fluid.

• What to Eat:

Avoid empty calories. Focus on foods with the most nutrients per calorie, including whole grains and starches (brown rice, quinoa, sweet potatoes, oatmeal, barley, millet, rye, amaranth), lean proteins (fish, eggs, beans, Greek yogurt), healthy fats (avocados, nuts and olive oil), and unlimited fruits and vegetables.⁵

• When to Eat:

For pre-workout, consume a light, energizing meal or snack one to two hours before a training run.⁶ Vegetable juice 30 minutes before a workout is an acceptable substitute. The rest of the day, eat small meals every three to four hours to maintain energy levels.⁷

• How Much to Eat:

When it comes to "carbo-loading," the amount a runner needs depends on how much training he/she does. For example, a 30-45 minute training routine will require 3-4 g/kg in a daily diet.⁸ Keep a healthy balance and listen to your body. If you feel hungry, increase proteins and fuel as needed.

Losing Weight

Internet searches for "how to lose weight" are in the hundreds of thousands every month, resulting in good, bad and conflicting information. Sustainable weight loss is about healthy changes and losing body fat, which requires fewer overall calories and total exercise of at least 60 minutes, three to four times per week.

• **What to eat:** Nutrient-rich foods, such as vegetables, lean proteins and healthy fats in moderation are best.

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Half of your plate should be covered in fruits and vegetables — one-quarter with whole grains and the rest with lean proteins, such as meat, fish or eggs. Healthy fats like avocado or olive oil can be condiments or toppings.⁹

• **When to eat:** To make dieting easier, eat five to six small meals each day. Avoid thinking that skipping meals will result in faster weight loss because the body will adjust, leading to permanent metabolic alterations that promote weight gain instead.¹⁰

• **How Much to Eat:** To lose weight, calories consumed must be less than the ones burned. Daily number of calories needed varies based on age, height, sex, weight and activity levels. An active person could drop daily intake to 1,400-1,500 calories and lose weight. Those who are obese or have metabolic issues may need to be closer to 1,200.¹¹



Gaining Weight

Even though being lean is usually healthy, being underweight can lead to fragile bones, hair loss, anemia and even a weakened immune system. The healthy path to putting on a few pounds is paved with small changes.¹²

• **What to Eat:** Use nutrient-rich foods including whole-grain breads, pastas and cereals; fruits and vegetables; dairy products; lean protein; and nuts and seeds. Add in smoothies made with milk and fresh or frozen juice.

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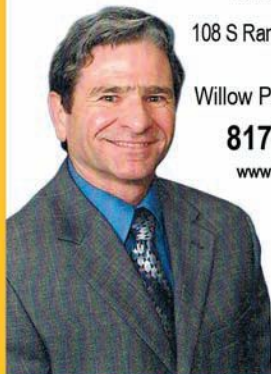
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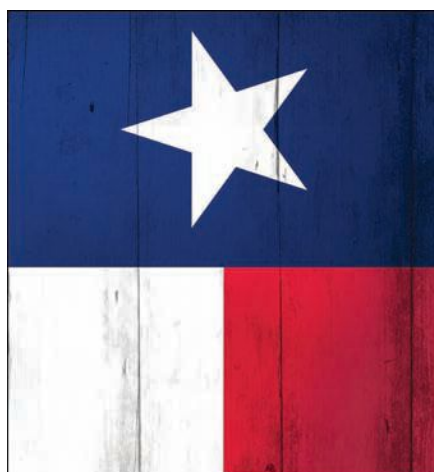
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• **When to Eat:** Eating when you're underweight can mean feeling full faster, so eat five to six smaller meals during the day rather than the traditional three. Add in a bedtime snack and occasional treats.

• **How Much to Eat:** Odds are, eating large portions will not be appealing, so with each mini-meal, add some nut or seed toppings, cheese or a piece of fruit. Consider snacks if mini-meals don't appeal, including trail mix, protein bars or drinks and crackers with hummus or peanut butter.¹³

Regardless of what your health goals may be, always consult with your doctor before making changes in your diet. This is especially important for anyone with high blood pressure, heart conditions and/or diabetes. **NOW**

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Paving With a **Promise**

North American Paving strives for quality with integrity.

— By Lisa Bell

In 2000, David Palmer's lifelong friend introduced him to the paving business. Leaving Ford Motor Company and a secure paycheck, David took a leap and became the owner of North American Paving in Dallas. Before long, he found himself spending time in and around Weatherford. His father came with him and often opted to stay in the peaceful atmosphere, instead of returning to the busy city. "You'll move to Weatherford," he told David.

Five years into the business, his dad's statement came true. "The business dragged us here," David said. As they spent more time in the area working jobs lasting for multiple days, the eight-man crew frequently stayed overnight in Weatherford. Before long, they became part of the community.

North American Paving services individuals, large ranches, HOAs, churches and businesses. They cover Parker, Palo Pinto, Hood, Erath, Johnson and Tarrant counties — approximately a 100-mile radius from Weatherford. Traveling as far away as the Possum Kingdom Lake area down to Lake Whitney keeps them busy. As a full-service paving company, they offer concrete, asphalt, chip and seal, road base and other options for creating and maintaining roads, driveways and parking lots.

David opts to run one crew, consisting of original workers who started with him. Bonnie runs the office and keeps the guys in line. She started helping David by answering phone calls, while living and working in Dallas. When he moved to Weatherford, the business grew. She took on overall office

work in addition to answering phones, eventually moved to Weatherford and married David.

Jeff Carter lives in Santo but grew up in Brock. He joined the company as the outside sales rep. He enjoys reconnecting with old friends, at times, but also likes building new relationships. "It's a very enjoyable job. You see all kinds of things and meet all kinds of people," he said.

For the company, relationship with their customers is critical. They meet with each customer in person, measure, discuss options and make sure everyone has the same vision in mind. Then, they go back to the office and create a bid with details on the overall cost for the job.

While some people don't like the inability to get a quote over the phone, David knows the best way to determine the price comes from knowing exactly what the job entails. The company website acts as an educational tool to help determine the right choice. But Jeff has a background in paving and can answer questions and help potential customers reach the best decision.

"Quality is No. 1," David said. Jeff stated that he has not seen their quality matched anywhere. Many of their referrals come from businesses who pave roads and larger jobs, but they don't work with individual homeowners or smaller entities. Having the same employees for 15 years gives North American Paving an edge. They work together as a team and feel like family, not just co-workers. The dynamics of the crew make a difference in getting the job done.

David, Bonnie and Jeff all three pride themselves in the integrity of the company. They don't add hidden charges or play games with customers. And they honor their warranty. Much of their business comes from return customers and referrals. In working with HOAs, they maintain the roads for some gated communities.

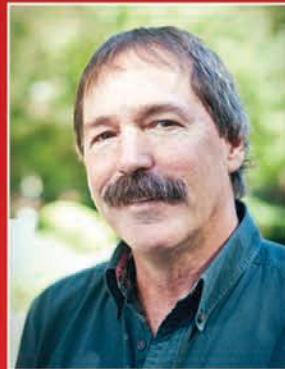
"When someone comes knocking on the door with leftover asphalt, beware," David said. "There are fly-by-night pavers who aren't reputable. Check the Better Business Bureau and work with a local, established business." **NOW**

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New generation playing a game of 42. They also play at school during lunch.



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First Christian Church presents a live Nativity complete with animals.

Protecting Our Four-legged Friends

— By Rachel Smith

The unending search to find homes for unwanted or abandoned animals breaks the hearts of pet lovers. Most people have a tender spot toward animals, but as much as they love pets, many cannot afford them, or aren't capable of owning them. Humane societies euthanize animals on a regular basis due to the overwhelming number of animals that run away from home or are left by their owners each year. Pet overpopulation occurs on a large scale, and the costs for pet care can skyrocket when unplanned litters arrive. A female dog, with her offspring, potentially produces hundreds more puppies within seven years. A female cat, with her offspring, potentially produces thousands more kittens within seven years.¹ However, there is a solution to the chaos.

Many people overlook the benefits of spaying or neutering their pets, which can reduce overcrowding in homes with animals. Some pet owners view spaying and neutering negatively, yet this procedure can enhance your pet's behavior and lifespan.

According to Spay USA, there are numerous advantages to having this procedure done:

"Benefits of Spaying (females):"

- No heat cycles, therefore males will not be attracted.
- Less desire to roam.
- Risk of mammary gland tumors, ovarian and/or uterine cancer is reduced or eliminated, especially if done before the first heat cycle.
- Reduces number of unwanted cats/kittens/dogs/puppies.
- Helps dogs and cats live longer, healthier lives.

"Benefits of Neutering (males):"

- Reduces or eliminates risk of spraying and marking.
- Less desire to roam, therefore less likely to be injured in fights or auto accidents.
- Risk of testicular cancer is eliminated, and decreases incidence of prostate disease.
- Reduces number of unwanted cats/kittens/dogs/puppies.

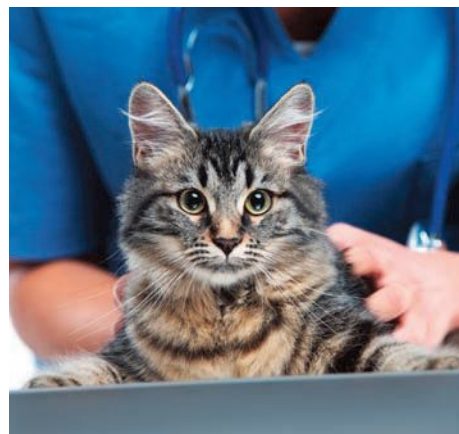
- Decreases aggressive behavior, including dog bites.
- Helps dogs and cats live longer, healthier lives.”²

One reason people refrain from spaying or neutering their animals is out of fear that they will lose them during surgery. However, this procedure is very routine and humane. Spaying and neutering keep the pets out of danger from severe issues that are liable to pop up in their later years. Veterinarians say spaying or neutering pets up to their eighth week prevents various reproductive cancers, such as prostate or breast cancer. Males, if neutered, are less aggressive toward other animals and people. If spayed or neutered, a cat will have less of a need to spray. The cost for an animal to have this procedure is significantly less than the cost to fix the damages caused by misbehavior and supporting a litter of kittens or puppies, plus the extra expenses required to find homes for them. Yes, spaying and neutering may be an unworthy expense in the eyes of some, but it can provide positive changes to a pet's life.

If you are considering adopting a pet, it is important to remember that each animal has unique needs depending on its environment. Costs for a pet can be extensive if a future owner is not careful. It is important to fully understand the breed of dog or cat you plan to adopt, and what its strengths and weaknesses may be. Take the necessary effort to research what is needed to support them. Some animals attract fleas, require more attention or may not be suitable for the living space an adopter has. Making sure to meet their exercise and food intake needs is also imperative. Visit your local veterinarian for more information on how to go about properly caring for your pet or planning for your next one. **NOW**

Sources:

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Time for Some New Year's Financial Resolutions

If you're like many people, you might be mulling over some New Year's resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well? For example:

- *Pay yourself first.* Even if you aren't living "paycheck to paycheck," you probably don't have much trouble spending your money — because there's *always* something that you or a family member needs, *always* a repair required for your home or your car, *always* one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account each month into an investment.

- *Take advantage of your opportunities.* If you have a 401(k) or similar plan at work, take full advantage of it. Contribute as much as you can afford — or at least enough to earn your employer's match, if one is offered — and choose the mix of investments that gives you the potential to achieve the growth you need at a level of risk with which you are comfortable.

- *Focus on the long term.* In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile and the future often looks murky. Yet, if you can look past the uncertainties of *today* and keep your focus on *tomorrow*, you will find it easier to follow a disciplined investment strategy

that gives you the opportunity to meet your long-term goals, such as a comfortable retirement.

- *Don't be driven by fear.* When the market is down, investors tend to react with fear. Specifically, they rush to sell their investments, afraid that if they don't cut their losses, they might sustain even bigger ones. If you can get past this feeling, you may find that a down market can offer you the chance to buy quality investments at good prices.

- *Forget about the "hot stocks."* You'll hear friends, co-workers and talking heads on television tout today's hot stocks. But by the time you might hear about them, they may have cooled off — and, in any case, they might not be appropriate for your needs. Forget about getting rich quick in the market — it probably won't happen. True investment success requires patience and persistence.

- *Cut down on your debts.* It's easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you'll free up money you could use to invest. So look for ways to conserve, cut back and consolidate — it will be worth the effort.

Making these resolutions — and sticking to them — can help you as you work toward achieving your financial goals. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.

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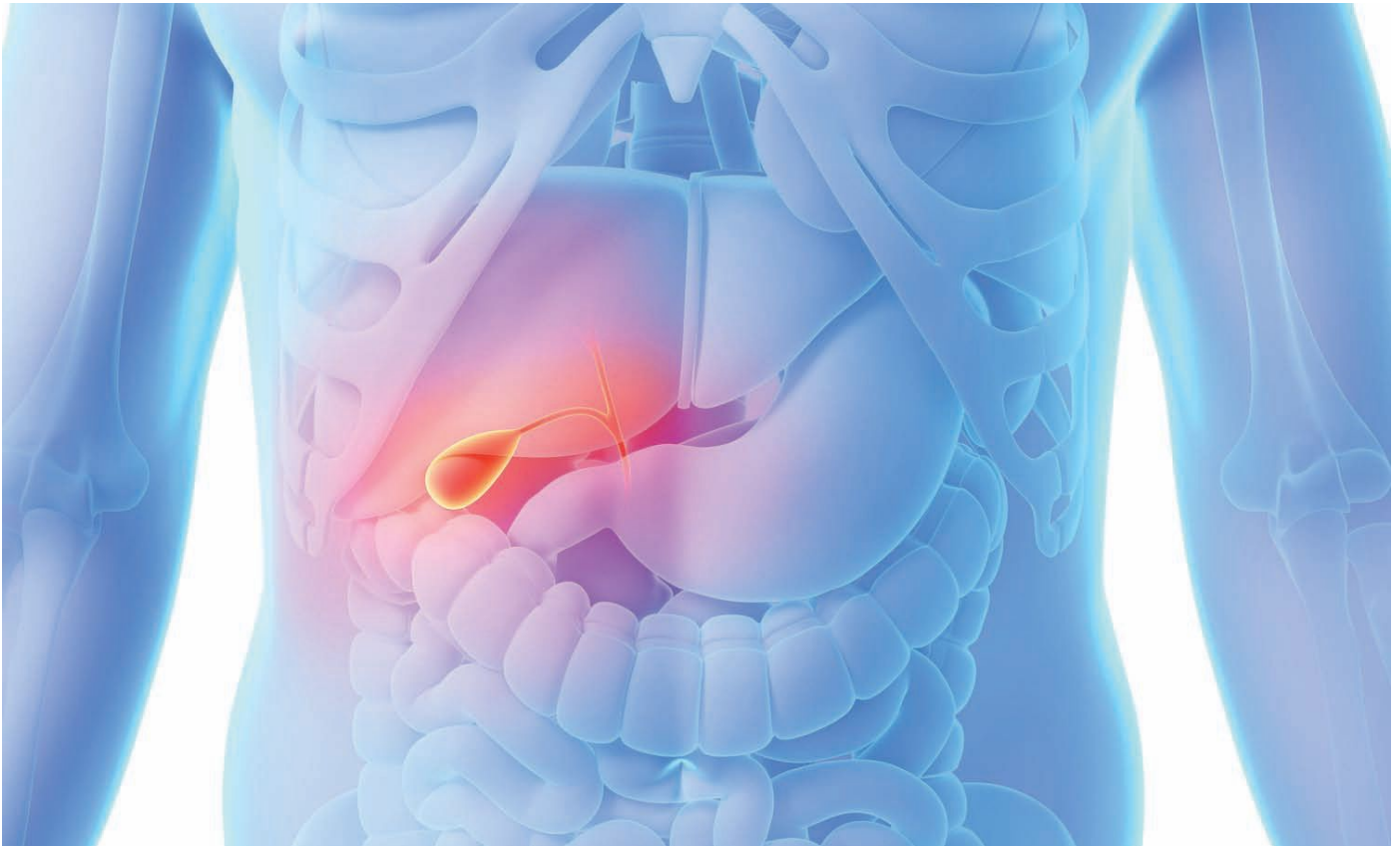
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A Galling Situation

— By Betty Tryon, BSN

For a small storage sac found under the liver, the gallbladder can make life easier or cause a lot of trouble. The primary function is to store bile produced by the liver. When you eat, it triggers the gallbladder to release bile, which is then used to digest fats. Bile reaches the small intestine through tubes called ducts. Unlike the liver, the gallbladder is not an essential organ. If it begins to cause chronic problems, it can be removed.

One of the problems that can plague individuals is gallstones. Hardened deposits of cholesterol, bilirubin and other components of bile can turn into one large stone or many small ones. Certain conditions or circumstances can make you more susceptible to the formation of gallstones. Improper dieting, such as fasting, losing weight too quickly and losing weight and then gaining it back can increase your risk of gallstones.

Women are more likely to have gallstones than men. Taking high dosages of estrogen, pregnancy and oral contraceptives may lend to the formation of gallstones. According to the National Institute of Health, “A large number of human and animal studies have proposed that estrogen increases the risk of developing cholesterol gallstones by increasing the hepatic secretion of biliary cholesterol, which, in turn, leads to an increase in cholesterol saturation of bile.” Diabetes, lack of exercise and a family history of gallstones are some of the other risk factors.

Some gallstones can form and cause no symptoms. Pain is the symptom that would most likely send you to the doctor for a diagnosis. The pain could be mild or severe and may occur in the stomach area or in the upper right corner of the abdomen. Sometimes, the pain can radiate to the right shoulder or to the back. The pain may follow after a meal or be severe enough to wake you at night. If the gallbladder is inflamed, you may have fever and chills. Other indications that there is a problem with your gallbladder could be having light-colored stools. Bile is what gives your stool its brown color. If the ducts are blocked because of gallstones, bile cannot reach the intestines. Jaundice or a yellowing of the eyes and skin may be another indication.

If your gallstones are not causing a problem, then treatment is not necessary. Medications to dissolve the stones take months or years to work and may not be successful. Lithotripsy uses ultrasound waves to break up the gallstones. A cholecystectomy or surgery to remove the gallbladder may sometimes be the best option. To prevent gallstones, try to maintain a healthy weight and avoid rapid weight loss. **NOW**

Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC2756670/.

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

January 1

Heart & Soul Tribute to the King of Rock-n-Roll: 6:00-9:00 p.m., Texas Opry Theater, 315 York Ave. Donny performs Elvis's early years 70's concert years. Special guest Dion Pride, son of Legend Charlie Pride, and also featuring eight-member band, Fever. For more information and to purchase tickets, visit www.texasoprytheater.com.

Penitentiary Hollow Wild Walk: 2:00-4:00 p.m., Lake Mineral Wells State Park & Trailway, 100 Park Rd. 71, Mineral Wells. Reservations are required. Call David at (940) 328-1171, ext. 222 or email david.owens@tpwd.texas.gov. Free with paid park entrance or a State Park Pass.

January 16

Kid's Wilderness Survival: 2:00-4:00 p.m., Lake Mineral Wells State Park & Trailway, 100 Park Rd. 71, Mineral Wells. This 2 1/2-hour course is a fun way for kids (accompanied by adult) to learn how to stay safe in the outdoors and learn what to do if they become lost. Reservations are required. Call David at (940) 328-1171, ext. 222 or email david.owens@tpwd.texas.gov. The program is free with paid park entrance fee or a State Park Pass.

January 19

Trinity Christian Academy Preview: 9:30-11:00 a.m.

or 6:00 p.m., Trinity Christian Academy 4954 E. I-20 Service Rd., South Willow Park. Free admission to basketball games during the event. Contact Susie Henning at (817) 441-5897 or trinity@tcaeagles.org for more information.

January 23

Hike for Life: 1:00 p.m. registration; 1:30 p.m., program; 2:00 p.m., hike; St. Stephen's Catholic Church, 1802 Bethel Rd., Weatherford. The Seventh Annual Walk for Life benefits Grace House and other pro-life ministries. For more information or to register, visit www.hikeforlifetexas.com.

January 28

Veterans Memorial Park Fundraiser Luncheon: 11:30 a.m.-1:00 p.m., American Legion Post 163, 200 Cartwright Park Rd. Barbeque Luncheon Fundraiser features guest speaker, Congressman Roger Williams. Proceeds benefit Veterans Memorial Park. Tickets, \$35. For more info or to purchase tickets, contact Brenda Stewart at (817) 770-3851 or email brendastewart226@yahoo.com.

January 29 — February 14

Last Round-up of the *Guacamole Queens*: **Fri. and Sat.**, 8:00 p.m.; **Sun.**, 2:00 p.m., Theatre Off the Square, 114 N. Denton St. Third and final installment in the Verdeen Cousins Texas Trilogy.

Tickets: evening, \$14 for adults and \$12 for seniors (60 and older), students and children under school age; matinee, \$11 for all ages. Call (817) 341-8687 or visit www.theatreoffthesquare.org.

January 31

2016 Parker County Bridal Fair: 1:00-5:00 p.m., Doss Heritage and Culture Center 1400 Texas Dr. Free admission and parking. Brides and grooms register for door prizes. For more info, contact David or Linda Kline at dkline4@juno.com or (817) 596-8491.

February 13

Cowboy Up for a Cause: 7:00 p.m., Clark Gardens, 567 Maddux Rd. Grab your boots and saddle up! Clark Gardens goes western with Cowboy Up for a Cause. Only 300 tickets sold. For more info, contact Jaci Ingram at jaci@clarkgardens.com or by phone, (940) 682-4856.

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 Katherine Maurice

— By Lisa Bell

Katherine Maurice doesn't remember when she started cooking. "I was always in the kitchen as a child, watching, learning," she said. Her mother taught home economics, so she learned at a young age but taught herself more later in life. She cooks mostly a paleo diet for her husband and three children, and anyone else who joins them. "I love sharing a meal with others," she said.

Katherine admits the paleo method of cooking isn't for everyone but works great for her body. Since her family loves Mexican, Italian, American dishes and great burgers, Katherine learned to adapt some favorite recipes to fit the paleo style. When not cooking, she is highly involved with her children's school and serves in Bible Study Fellowship. She also writes a food blog — ohfortheblog.blogspot.com. **NOW**

Slow Cooker Pork Carnitas

1 3-lb. pork shoulder roast

Salt, to taste

Pepper, to taste

Garlic powder, to taste

Cumin, to taste

Smoked paprika, to taste

Goya Adobo seasoning, to taste

3/4 cup sugar-free chicken broth or stock

6 cloves garlic, minced

2 bay leaves

2-3 chipotles in Adobo (optional, use for spicy or leave out for children)

1. Rinse the roast and pat dry. Generously salt and pepper the meat on all sides.

Sear on all sides over high heat. Remove from pan.

2. Generously season with garlic powder, cumin and smoked paprika to taste.

3. Add Goya Adobo.

4. In the slow cooker, add the chicken broth, garlic and bay leaves (and chipotles if desired); add the seared roast.

5. Cover and cook all day — at least 8 hours. Shred with forks and serve over Cilantro-lime Cauliflower Rice.

Cilantro-lime Cauliflower Rice

1 head cauliflower, cut into florets

2 Tbsp. coconut oil

1/2 yellow or white onion, diced

1-2 cloves garlic, minced

Juice of one lime

1/2 cup cilantro

Salt and pepper, to taste

1. In a food processor using the grating blade, process the cauliflower to make "rice."

2. Heat the coconut oil over medium-high heat in a large pan or skillet and cook the

onion and garlic until just translucent.

3. Add in the cauliflower and sauté until tender, about 5-7 minutes.

4. Remove from heat and stir in the lime juice, cilantro, salt and pepper.

Bacon Green Chile

Mini Frittatas

This recipe is easily adaptable to whatever ingredients you have on hand.

6 slices bacon, sugar-free preferred

505 Southwestern Flame Roasted Green Chile salsa (may substitute diced green chiles)

9 eggs

1/2 tsp. salt

1/2 tsp. smoked paprika

1. Line a baking sheet with parchment paper and lay bacon on it.

2. Place into a cold oven; set the temperature to 400 F (375 F with convection), and set the timer for 20 minutes.

3. Remove bacon when done and place on paper towels to cool.

4. Lower the oven temperature to 350 F

5. Crumble bacon evenly into the bottoms of 24 mini muffin cups. Top with a bit of green chile salsa, about 1/2 tsp. per muffin cup.

6. Whisk eggs with salt and paprika.

7. Carefully pour the egg mixture over the bacon and green chiles. Be careful not to overfill the cups. Using a bowl with a spout or a large Pyrex measuring cup makes things a lot easier.

8. Place in oven and bake at 350 F for 20 minutes. Allow to cool for about 5 minutes in the muffin cups before removing. Frittatas will puff in the oven and then fall during cooling.

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