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FEBRUARY 2012

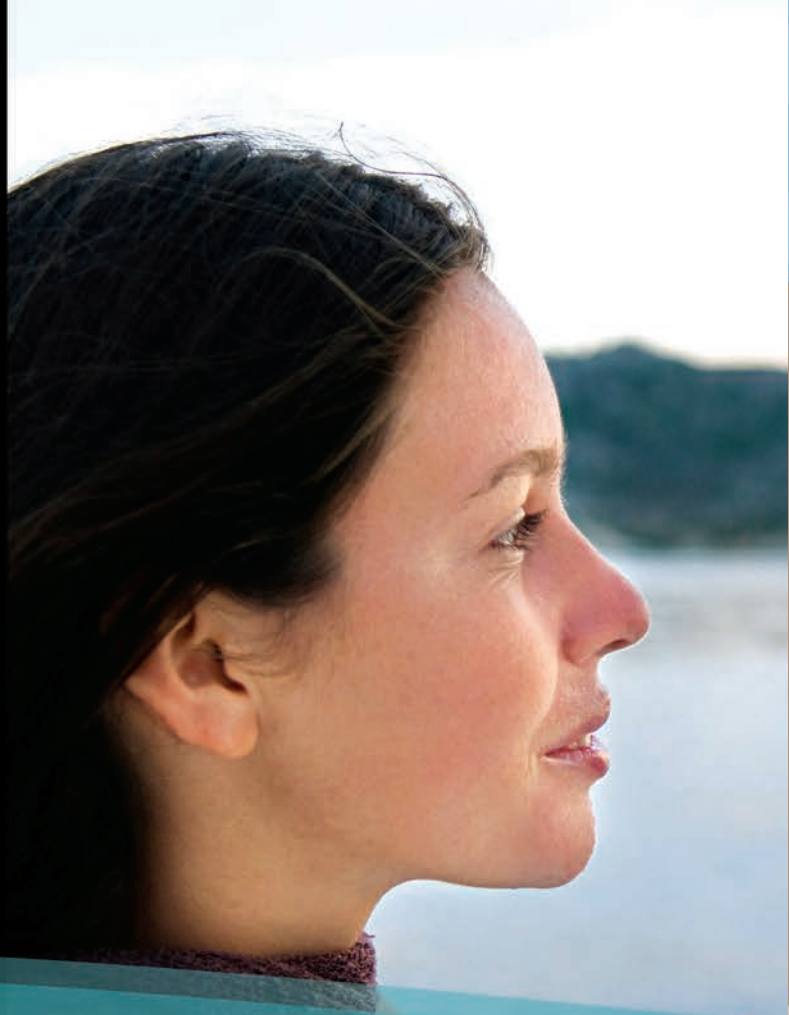
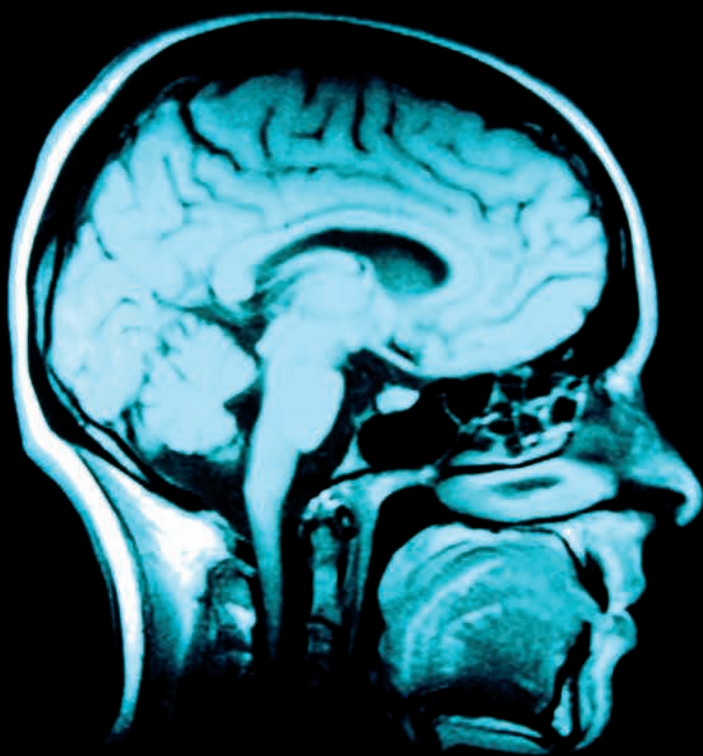
NOW

Helping Hands

Restoring the past is Raymond George's future.

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Tom & Traci Davis

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On The Cover



Raymond George has worked for 12 years to preserve the Mount Pleasant Colored School.

Photo by Opaque Visuals.

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Editor's Note

Love is in the air!

During February, people all around Weatherford are pouring their hearts out for each other. Capturing that joy is what this magazine is all about. For an entire year, *WeatherfordNOW Magazine* has been telling good stories about good people in our good community. The reason for our success is that we focus on your big hearts, and have done so from our beginning.

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Even as I find and write stories about caring individuals to share with you throughout the year, I'm enjoying this chilly month of winter — and feeling the love!

Melissa

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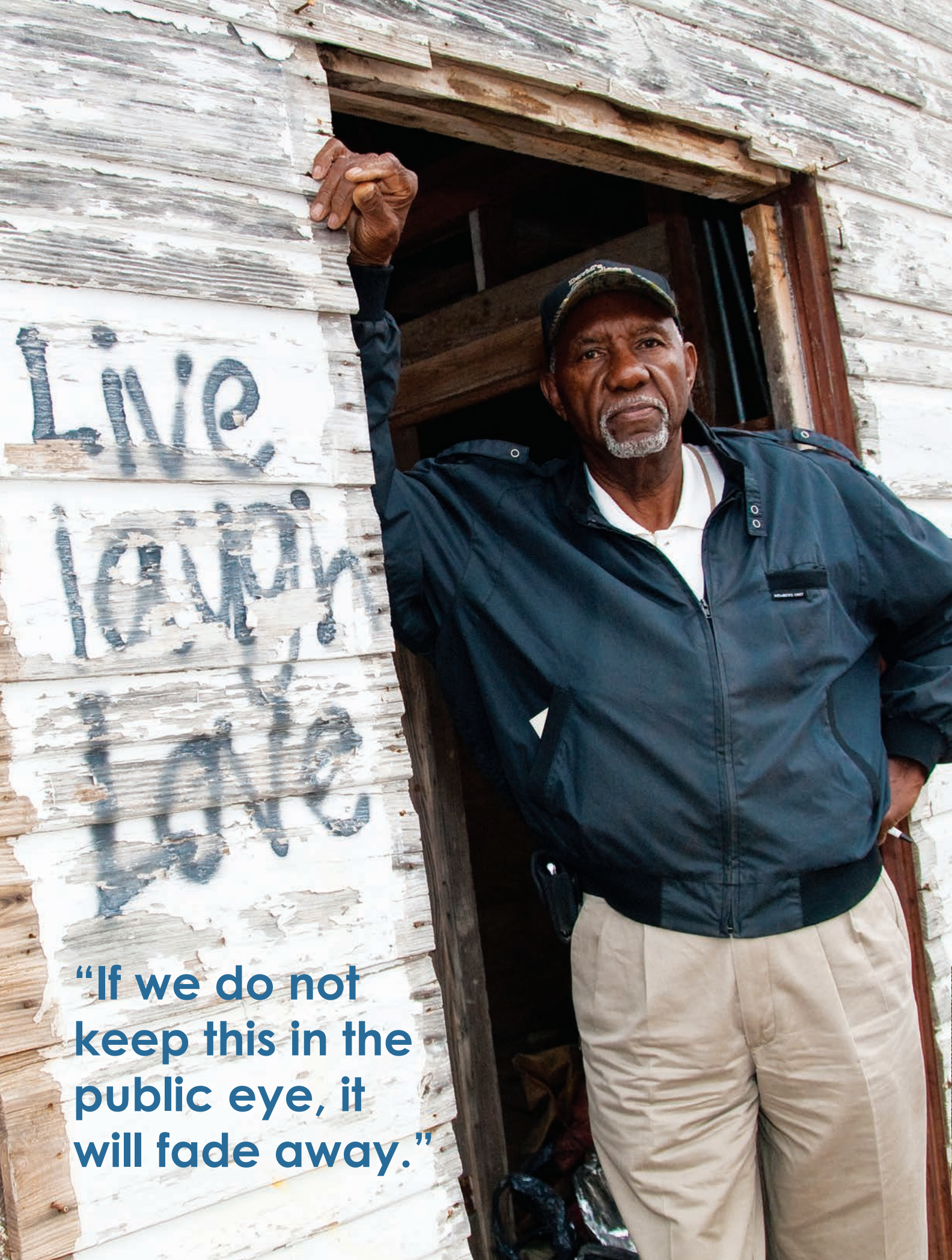
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**"If we do not
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will fade away."**

Helping Hands

— By Erin McEndree

On a hill overlooking Weatherford is set a piece of history gathering dust and graffiti. Long gone are the days when children would sit at desks and write on tablets. Seemingly, the only writing now comes out of cans of spray paint. Raymond George aims to change all that. The all-black school he attended as a child is his passionate restoration project.

Raymond is the chairman of Save the Mount Pleasant Colored School, Inc. The members of this committee oversee the restoration of this valued piece of history. “We work closely with community leaders to save the historical presence of the school,” Raymond explained. “Our goal is to turn this school into a museum and a meeting house.”

The present structure is currently being transformed into a museum because of some dedicated people, generous donations and good ole elbow grease. The two-room, brick building was

constructed in 1927. At that time, it was called the Mount Pleasant Colored School. Students in grades one through nine learned, laughed and played there for 36 years.

During the near 50 years the school was in operation, the country saw many changes. Jim Crow laws segregated black and white people. “That is just the way it was,” Raymond remembered. “We did not know any different. People sometimes ask me if I think those were bad times. We felt blessed to be getting an education, and for that reason we all thought it was good times.” When the Civil Rights Act of 1964 passed in July, outlawing discrimination in public accommodations, the school soon closed. Colored children were integrated into Weatherford schools.

“In 1953, after I graduated from the ninth grade,” Raymond explained, “my dad drove me and several other children into Fort Worth every day to I.M. Terrell High School. It was almost an hour each way. I remember him doing that for us so we could continue our education.”



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Raymond retired from Southwestern Bell in 1997 after 40 years of service. "I had to find a project to keep me busy," he said. Raymond has been working to preserve the school for 12 years. In November of last year, the one-and-a-half acres of land on which the school was set was purchased.

Raymond has become a history hunter as well. While researching the school's history, he discovered information was scarce at the library, records in the court house seemed to be missing and not much memorabilia could be found. But, artifacts are popping up all the time. For instance, the librarian at the Weatherford Public Library found an old, tattered book with information about colored schools in Parker County in the late 1800s. Some history came from Raymond's own family, too. He found numerous photos of family members, who had attended Mount Pleasant Colored School.

Recently, the restoration has taken on new life, because Raymond has been speaking out about saving history by saving the building. He wants a physical reminder of the era and is trying to get it registered as a historical landmark. He is planning a wall of remembrance. He wants to commemorate anyone who has been involved in or simply cares about the Mount Pleasant Colored School. He collected tile from the area around the building and with the help of a local business, Etched, is etching names and dates on them to recognize former students, teachers, administrators, relatives and donors. "If we do not keep



this in the public eye, it will fade away,” he stated with emotion.

His passion has spread, much like his words. He discovered there are so many willing to give a helping hand, time or money. One such individual is Grady Wallace, owner of Roof King. Grady is donating the roof to the Mount Pleasant Colored School. He recounted his decision by saying, “I told my wife that we were so fortunate and blessed by God in our business. I felt like we needed to give some away. A couple of days later, my secretary put an article on my desk about the school. After I read it, I thought, *I can donate a roof.*”

Talking like old friends, the two men shared stories about growing up and what they remembered of the segregation era. “I have been able to see [history] from both sides while working with Mr. George on this project,” Grady admitted. Grady may be significantly younger than Raymond, but he remembers the dividing lines in town.

Raymond shared a story about seeing history from both sides. “Sometimes when we would walk to school, the white kids would throw rocks at us. We would keep all the rocks, and when we walked home in the afternoon, we would throw them back at them. After that, we would all play baseball together.”

The togetherness theme has been showing up lately in Raymond’s mail box and at the school itself. “Since the school has been in the public eye, donations have been pouring in,” he said. Many have given their money and time to help clean up the building and surrounding

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land. Businesses are generously offering their products and services to help restore the building to its original state. Raymond pointed out the floor, donated by Tyree Flooring. He also hopes to find windows and doors. "I don't even think most people know where the school is," he said, "but I have come to realize that we live in a community that really cares. It's not about black and white anymore."

For 48 years, the doors have been shut, the windows broken and the floor collapsing from disrepair. As Raymond walked along the property, he reminisced about the times he spent there as a boy. He pointed to where the water pump and the flag pole were located. "The girls played in the front on a swing set," he recalled. "There was a Maypole over there. The boys played in the back of the school. The outhouses were located in the back, too. Kids would walk up the hill from Prince Street. We are also trying to get the street reopened."

The heritage Raymond is working hard to preserve is a part of the entire history of the community of Weatherford. He wants the community to remember that the mission of the restoration of the Mount Pleasant Colored School is "to recognize a historic time when segregation was a way of life in the community and the South. This effort honors those who believe in the value of education and opportunity, as well as those in our community who made the transition peacefully and honorably." **NOW**

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Still Growing, Always Changing

— By Carolyn Wills

Nine years ago, Tom and Traci Davis sold their cattle and left the Pacific Northwest, taking the name TNT Ranch with them. They were spurred by a dream to do more with horses, and Texas was calling their names.

Tom and Traci are true “horse people.” They grew up with horses, earn their

living with horses, and when they’re not working, they ride for fun. “I took my first ride at age 5,” Tom grinned. “There were seven kids in my family, and by age 8, I was working cattle. At 13, I was shipped to Wyoming to work on a ranch near Jackson Hole. I started my first colt at 10 and have been paid to work horses since I was 14.” He grew up in Washington and Oregon with roots in Texas. “My dad lived here before moving to Oregon, and my grandfather, uncle and cousins are all Texans. When I was

AT HOME WITH

21, I worked for a cutting horse trainer in Weatherford.”

Traci comes from a smaller family. “My brother and I were raised at the rodeo grounds in Washington State,” she said. “We farmed and ran over 1,200 head of cattle. It was a full-time job for the whole family.”

Had it not been for their love of horses, Tom and Traci might never have met. “In 1999, I came off of a filly and broke my back,” Tom said. “I was laid up at my mother’s house in Washington.” Traci and her daughter, Laurel, lived up the road from Tom’s mother. Traci had lost her husband in a car accident. “A friend introduced us,” Tom said. “We drove to the stock show in Denver with





Tom and Traci Davis

some friends. We hit it off and have been together ever since.”

They arrived in Texas nine years ago, after welcoming the birth of their daughter, Taylor, while still in Washington. Initially, they lived in a small town named Okra. Then they spent two years in Goldthwaite. “We wanted to settle in Weatherford,” Traci said. “We were looking for a place when we heard about a house and barn on 12 acres in Brock, just southwest of Weatherford.” The tree-covered acreage soon became the new TNT Ranch.

The family moved in a little over a year ago, just in time to prepare for the arrival of Reata, their third daughter. “It’s so quiet out here,” Traci said. “There’s



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hardly any traffic. The house is set off the road and is very private. The sunsets are beautiful from our front porch, and I love the fact that we have 34 pecan trees."

A winding path leads slightly uphill to the 1,750-square-foot, white, country house with its large open porch. The spacious yard, dotted with pecan trees, is bordered in the front by a barn and to the right by a metal garage that doubles as a leather shop. A six-horse trailer clearly says the property belongs to horse people. "This is a working ranch," Traci smiled, "and a work in progress."

"Our plan is to put four stalls in the barn and, then, add four more stalls plus sheds," Tom said. "I do a lot of horsemanship clinics and, by next summer, we want to have clinics here."

The home includes two living areas, four bedrooms, two baths, dining room, laundry room and a huge, bright kitchen. Except for the bedrooms, the floors are covered in light-colored tile. The central living area and dining room open to each other, and natural light flows throughout the house. "I would describe our style as Western eclectic," Traci said. "We like the

'buckaroo' look. Buckaroos are original cowboys from the Vaquero tradition. We like earth tones and a lot of wood, leather and Western fabric."

The large master bedroom features a sloped ceiling and master bath. "We plan to knock out a wall and add a new master bedroom, bath and sitting room," Traci explained. "When that happens, our bedroom will become the guest room."

"One of our friends is a carpenter," Tom said. "I'm good at horsemanship, but if we want to live in our house, I better not work on it. So he will be handling the construction."

The heart of the Davis' home is its big, airy kitchen with white cabinetry, black accents and lots of light. Everything about it is cheerful, especially the colorful quilts neatly folded and stacked on tall deep shelves lining the interior wall. "I collect quilts," Traci said. "I've always liked the history behind them, and I've also made many of them." In addition to the quilts in the kitchen, more are stored in a massive armoire in the dining room. "We don't use any of the quilts in the collection," Traci said.

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"To me, they are works of art and pieces of history."

Tom and Traci are members of the Cow Camp Cowboy Church and good friends with the pastor and his wife. "We didn't know anyone when we moved out here," Traci said. "We've met so many people through the church and, of course, through horses. I sell hay and horses and, like Tom, I'm very active in the horse community." She is also active on the Internet. "I've created Web sites for both of our businesses," she said. In addition to being a mother of three daughters and running her own business, Traci maintains the two busy Web sites, plus social media. "I also have a fitness team," she smiled. "We do charity events and, as moms, it's a way for us to give back and stay in shape."

At 15, Laurel is a sophomore in high school, and 9-year-old Taylor is in the third grade. Like their parents, they love to ride. "We have nine horses," Traci said. "Laurel and Taylor ride almost every day, and they both like to show. Tom competes in cutting, working cows and ranch roping. I guess it could be said that Reata rides too, since I placed second in a sorting competition when I was about



six-months pregnant.” On that occasion, she was riding Tom’s favorite horse, Hank. “Hank is 9 years old now. He’s a quarter horse, who was sent to Tom for training as a 2-year-old,” Traci explained. “The owners are our friends, and when they saw how well Hank and Tom got along, they gave him to Tom as a gift.”

Life these days at the TNT Ranch includes Chico the Chihuahua, Sadie the Boston Terrier, Mick the Border Collie and Tag the American Bulldog. It’s a working ranch and a work in progress — and nine horses, four dogs, three daughters and two parents later, the TNT Ranch is still growing and always changing. **NOW**

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A Dying Art

— By Amber D. Browne

At the young age of 21, Kayce McAllester is trying to keep a dying art alive. She spends about 30 hours on average each week crocheting and has taught a friend or two the hobby. She is a self-professed crochet freak. “My friends are used to it by now,” Kayce grinned.

Whether she is crocheting while sitting on her couch at home in Weatherford, at IHOP or Waffle House, Kayce enjoys her hobby almost anywhere she can find a place to sit and relax. Kayce keeps some of her supplies inside her car, so she can grab them whenever she feels the urge to crochet. She used to work at Starbucks in Weatherford and still spends much of her off time at the coffee shop creating her works of art.

The money she makes at her job



helps to pay for her hobby. She has also stocked up a lot of excess yarn over the years to use on her projects. She does not charge people for her work, and mostly just makes things for family and friends. With up to 30 hours needed to create a blanket, Kayce says she only makes them for very special people. “No one has ever asked me to make a blanket,” she said. She last worked on a blue and brown, cowboy-themed baby blanket for a little



boy. One of her friends created a new stitch that resembles rope, which she used to write his name in yarn.

She will teach just about anyone who wants to learn how to crochet. "It really is like a dying art," she said. When it comes to teaching the art, Kayce says she is a perfectionist. "I've had to realize that I've been doing this for a long time," she said, noting she needs to learn a little more patience when teaching someone

how to crochet. One of Kayce's friends showed some interest in crocheting, so she was honored to pass on some of her knowledge. Kayce said her friend is still in the learning process, but she is "actually doing pretty well."

Kayce learned how to crochet at the age of 10. Her aunt, LeAnn Watkins of Mineral Wells, shared the art of crocheting with Kayce. Throughout her teen years Kayce did not crochet as

much, but picked up the hobby more frequently since her aunt passed away after battling cancer two years ago. She shared that the doctors did all they could and tried nearly every chemotherapy, but her aunt's breast cancer spread.

Although Kayce misses her, she feels her aunt is in a better place. "I'd rather her be up there than suffering down here," she said. "Crocheting makes me feel a lot closer to her," Kayce explained.

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“Even though she was my mom’s sister, I told her things I would never tell my mom. She’s very dear to my heart.”

Her Aunt LeAnn enjoyed arts and crafts. She crocheted as a hobby, making baby blankets for all of her nieces’ and nephews’ children. Her aunt had a lot of

When it comes to teaching the art, Kayce says she is a perfectionist.

patterns and stitches in her head. “If I go back and look at something she’s done, I could probably figure it out,” Kayce said.

Kayce gets creative and designs some of her own stitches. She uses a lot of patterns. “Most of the time I don’t stick with a pattern. I’ll see a picture of it and then I’ll learn how to do it. I don’t want it to look exactly like the pattern, so I change it up,” Kayce explained. Free crochet patterns are available online, and she gets some ideas through video tutorials on the Internet. “If I don’t want to take the time to look for a pattern or read a pattern, I’ll go onto YouTube and follow someone else’s instructions.”

She also enjoys making accessories. Purses, hats and scarves are just a few of her favorite things to create. “I give a lot of it away,” she confessed. Her all-time

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favorite creation is her crocheted hat, which she often wears around town. It is blue and brown with off-white trim and flower. She plans to always keep the hat because it was the first hat she ever made



and it's very sentimental to her. "A lot of people want it," but instead, she tells them she will make them one of their very own.

Her favorite items to crochet are scarves and her favorite hat design. She recently found a new three-layer flower to add to the hat, which she can spruce up with a colorful button in the center. She likes using an array of buttons. A big button is added to her purses to close them, or a couple of buttons can add flair to the end of a scarf.

Although Kayce makes accessories and blankets with the future-owner's

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preferred colors, she likes to use bright and vibrant colors and various shades of green. "I like to do things that pop. Colors that make people say 'Wow!'" She also tries to incorporate her favorite color, gray, into most of her creations.

Different types of yarns are available for different items — smaller, thicker,



harder and softer yarns. Kayce often uses Red Heart yarn for hats and purses because it doesn't bend as much. She uses softer yarns, like Simply Soft, for scarves and blankets.

Crocheting is very relaxing to Kayce. "If I'm in a stressful point in my life, I crochet a lot more," she admitted. Crocheting gives her time to think.

"I really enjoy making something because I want to make it," Kayce said. She often has several projects going on at once, so it may take her a while to finish something. "It's worth it to make things, especially for people you love," she said. She advises anyone who may want to pick up the hobby to keep that in mind. "It means a lot when you crochet things for someone close to you."

Kayce has thought about selling her creations in local shops to get her name out there. One day she would like to possibly sell some of the patterns she has created. "But, I'm not really big on making money on crocheting," Kayce admitted, once again expressing her passion for the dying art form.

She began taking phlebotomy classes at Weatherford College beginning mid-January. When it comes to crocheting, Kayce said she will probably be doing it forever. "It's embedded in my heart now." **NOW**

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In the Family Tradition

— By Melissa Rawlins

After 33 years of marriage, Allee and John Moulder are as close as if they were sweet 16. They like to ride together to and from work at Peaster Elementary School. She teaches fifth grade, he teaches fourth, and they try not to talk about their students when they are in the car together. That's their time to relax. They sometimes listen to books on CD or to motivational tapes. This couple has owned businesses, reared a family and stayed true to their first loves — which include education.

Both John and Allee come from teaching families. His mother was a principal and taught children of every age during her 42-year career in Saint Jo, 70 miles from here, near the Red River. Allee's mother taught school — only taking a break to rear her own children — and her father taught high school math in Decatur for over 17 years. "Allee's dad and my mother really liked sharing their knowledge and felt like teaching was one of the best things you could do. He always told stories about school, and there were a lot of people you would talk to who remembered him



John Moulder, Principal Jonathan Scott and Allee Moulder invest in the lives of the children at Peaster Elementary.



"It's just really neat to teach kids and see them learn, grow and progress."



as their math teacher. He had a good reputation up there," John said, adding that Allee's father also ran the feed company in Decatur and taught that business to John and Allee.

Of course, Allee still enjoys talking shop with her mother-in-law. The

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couple met while teaching in the Bowie Independent School District. He took a job in Lindsey, and she transferred to John's hometown of Saint Jo. "John's mom is 94. She spent her whole career there. It seems like everyone in the world was taught by her. Last year, several who had been her students in the '40s or '50s, came to her house and brought her a birthday cake."

After marrying, John and Allee moved to Weatherford and operated Parker County Feed and Supply Company. Their two children, Joncee and Reid, spent a lot of time at the feed mill in their younger days. After the family bought a Fort Worth mill, they combined their businesses under the name Cocanougher Feed Company. Ten years ago, John went back to teaching, choosing Peaster Elementary as a place to reach children and help them enjoy mathematics, science and history.

In fourth grade, the focus of social studies curriculum is on Texas. "Region 11 has a lot of videos on things like the Alamo, and it's virtually instantaneous to download them and watch them," John said. Over time, Peaster Elementary has invested in a document camera for almost every teacher. These electronic devices are one of John and Allee's favorite methods of imparting knowledge and encouraging classroom participation.

In his classroom, John leans towards math. "I want to make kids like math. You get so many of them who think, *I can't do math*, [among] both boys and girls," John said. "I think math is not that hard, and once you get the children past that threshold, they realize, 'Hey, I can do this and it's really kind of fun.'"

"So is Texas history," John added. "And we get to cover it from the beginning up until the present. You get a sense of how we became Texas." In years past, John and fellow teachers have taken the children on field trips tying into Texas history. Such trips require fundraisers, through which the children learn more about the dollars-and-cents side of math. Students and their parents go on the field trips. "They get to see the buildings and get a feel of what it's really like — that it's not just a story you're talking about."

Teaching elementary school has always been John's dream. "It's just really neat to teach kids and see them learn, grow and progress. You're helping to make better people and better adults out of them, so they'll enjoy or love learning something new wherever they are," John said. "It's rewarding at the end of the day when you can see you've turned that light on in them, and that it's fun."

"When they tell you so, that's even better," Allee added. In her fifth grade classroom, Mrs. Moulder focuses on reading, making use of the document camera to read to her students when



they have just one copy of a novel. "I go through with an index card, and they all know when I make a mistake. You really have their attention when it's up there on the screen." Several of Allee's students learned to love reading enough that they asked for Amazon Kindles for their birthdays and Christmas, and they bring those to class to read from them.

"One of the really nice things about being at Peaster is that the motivation and drive to do your best as a teacher comes from within," Allee said. Principal Jonathan Scott encourages teachers to take initiative. Last year, with support from Mr. Scott, Allee started a program called the Daily Five Café in her



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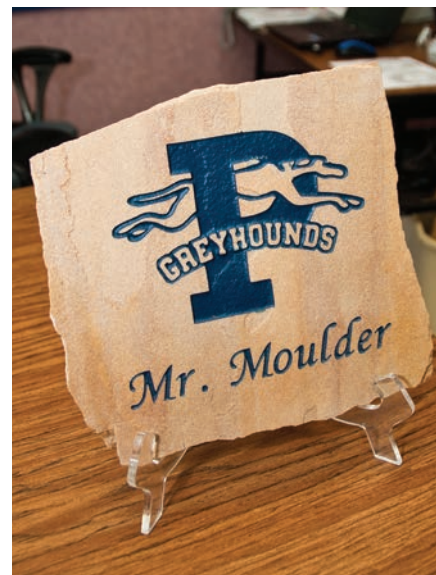
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classroom. Each day, 20 children take their places around the room with their book, reading to themselves silently until Mrs. Moulder confers with them to coach them on reading strategies. "The thing that really works is there's an adult listening to them read out loud. They beg for me to come to them."

Allee has another motivation behind teaching her students the love of reading: "I grew up pretending to read until I was a junior in college. I really don't want the kids to miss all those years of pleasure from reading," she said. Her students know they can read for fun, so it is easier for them to understand what they are reading in their textbooks.

Even though their classrooms are side by side, and their fourth and fifth grade classes have lunch and recess together, the Moulders' schedules are different. "If we see each other once a day it's kind of rare. We are in our classes, really busy," Allee said. "If we have a problem, we might ask for help from one another, but it's really our grade-level teaching team that helps us."

At the end of their day, as they drive home to Weatherford together, they talk about their own family. Their son, Reid, a junior at Texas Tech University, will run his snow cone stands once the summer comes, and John and Allee look forward to helping. Last summer, three of their employees were former students whom Allee had taught in kindergarten. In the family tradition, Allee and John are beginning to reunite with their former students who are coming of age in Weatherford. **NOW**

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As a Valentine's Day getaway, visitors will find San Antonio a place to nourish a longstanding love or let new sparks fly.

Enjoy an evening along the famous San Antonio River Walk, which is now connected to San Antonio's museums,

the historic Pearl Brewery and cultural attractions to the north. You may wish to take a river barge ride to a peaceful part of the River Walk and then dine at one of the several restaurants at the Pearl Brewery.

Endless romantic options are available — indulge in a couple's spa treatment at a peaceful resort, enjoy a romantic concert in historic Main Plaza, watch the sunset on a horse-drawn carriage ride through historic downtown. With average February temperatures in the mid-50s, San Antonio's mild climate is ideal for many activities.

A trip to San Antonio would not be complete without a visit to the Alamo, where the famed battle for Texas independence took place.

In addition to the Alamo, you may wish to visit four additional Spanish colonial missions in San Antonio: Mission Concepción, Mission San José, Mission San Juan Capistrano and Mission San Francisco de la Espada.

As you tread these historic grounds, be sure to notice the elaborate rose window at Mission San José. Legend has it that stonemason Pedro Huizar carved the rose window for his star-crossed sweetheart, Rosa. Whether fact or fantasy, the window is a perfect spot to reflect on romance in general. Find someone to take your photo there — it should be easy!

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around San Antonio is brimming with spring-fed rivers and the shade of live oaks. This fertile province is home to the Texas wine country, where more than 20 vineyards lie. In this secluded oasis, visitors will find intimate bed and

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Sue Standlee, of Abundant Health Naturally, is getting ready to celebrate the store's eighth anniversary.



HEALING THE NATURAL WAY

Abundant Health Naturally is here to assist with the care, feeding and natural healing of every body!

— By Melissa Rawlins

Looking for organic food? Only organics are sold at Abundant Health Naturally, the big grocery and health food store on Martin Drive. People who value organics are discovering the fresh produce at Abundant Health Naturally. The store supplies the basic fruits, vegetables and meats our bodies need for good health. “We try to carry the things you should absolutely always eat organically because of the pesticide problem, such as potatoes, apples and strawberries,” said owner, Sue Standlee. They sell grass-fed beef and free-range chickens raised with no hormones or antibiotics, as well as wild-caught salmon. They also offer a large line of gluten-free products.

Since 2004, Abundant Health Naturally has helped people

who want control over their health. “I see the natural healing world as complimentary to medicine, not apart from it,” Sue said. Since her early 20s, Sue knew that her body did not respond well to pharmaceuticals, and she searched for another way to manage her health. “I found that the medicines that come from plants work so well with the human body, because we are all made by the same Maker. I took care of my family and myself as much as I could, and it was a wondrous revelation how the medicines of God work so beautifully.”

Learning about those natural medicines was a journey for Sue, and will be a journey of discovery for anyone who chooses nutraceuticals to supplement their health regimen. The staff at

Business **NOW**

Abundant Health Naturally researches every product before selecting those available on their shelves. "When I first became interested in this 50-some years ago, there were very few [natural] products and few health food stores," Sue recalled, amazed at the evolution of nutraceuticals. "Now the variety is huge. I have said from day one that we will not bring anything into this store for consumption that might harm someone. If you're going to buy any product, I want it to do what it says it's going to do."

Genuine concern for every customer is evident in the attitudes of each service representative at Abundant Health Naturally. Those with a knack for research and counseling are out on the floors every day, ready to help, while continually in the process of learning, as is Sue. "A couple of my employees are like bulldogs, and if they don't know the answer to your question, they go after it," Sue said. "They never say, 'I don't know.' They say, 'If I don't know, I'm going to find out.'"

The No.1 concern customers discuss with staff at Abundant Health is digestive issues, including things like constipation, acid reflux, upset stomach and IBS (irritable bowel syndrome). "It's so important for people to take fiber and enzymes," Sue said. "After age 45-50, we lose the enzymes we were born with and need to supplement our enzymes. We need fiber to push the digested food out." Abundant Health also sells a variety of probiotics — live flora that assist in digestion and build up the immune system — and service representatives help customers choose the right probiotics after a round of antibiotics.

When winter ends next month, Sue recommends people prepare their bodies for spring. "The body goes through four changes per year, at the change of each season, which is always a great time to do a general, all-purpose cleanse of the body to get rid of accumulated toxins and renew your energy," Sue said. "People can come talk about that with us, and we have a wide variety of very exceptional cleanses." Whatever your questions, Abundant Health Naturally is here to assist with the care, feeding and natural healing of every body. **NOW**



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Weatherford Rotary Club gives dictionaries to Wright Elementary fourth-graders, and Rotarian Dale Flegler — who is also the city of Weatherford's director of library services — enjoys the moment as much as the students.



Volunteers from throughout Parker County meet at Coutts United Methodist Church to package food for Kids Against Hunger and ship it to Kenya to feed Somali refugees fleeing their war-torn country.



CASA (Court Appointed Special Advocates) opens their new building to help the kids in this area.



Diana Hays of Main Street Mercantile discusses fine wine with Joyce Morris.



There's a new gunsmith in town! A ribbon cutting is held for Shootist Arms Company.



Shirley Murphy swings with her granddaughter, Kinley, at Cherry Park.



What You Don't Know Can Kill You: Seven Things Young Men Should Do Now to Protect Against Cancer

— By David D'Spain, D.O.

Men in their 20s and 30s might feel invincible, but lack of knowledge and lifestyle choices in their young adult years could greatly increase their chances of developing cancer. The reluctance of many men to visit a doctor prevents their best chances for early cancer detection and effective treatment. More than 25 percent of men have not visited a doctor within the past year, and a similar percentage does not have a regular place of health care, according to the Centers for Disease Control and Prevention.

The following cancers can either occur in young adult men or are caused by harmful habits that typically begin in the late teens and early 20s:

HPV-related Cancer

According to a recent study published in the leading medical journal *The Lancet*, half of all American men ages 18 to 70 now have the human papillomavirus (HPV), which causes warts, some forms of head and neck cancer, penile cancer and anal cancer. In addition to abstinence and safe sex, HPV vaccines are a very effective way to prevent infection.

Testicular Cancer

Early treatment is the key to overcoming testicular cancer, which is the most common cancer found in men ages 15 to 34. Testicular cancer rates are now twice as high for white American men as they were 40 years ago. Self-examinations and consultations with physicians are the best ways to ensure early detection.

Lung Cancer

Lung cancer is responsible for the most cancer-related deaths in Texas. According to the American Lung Association, tobacco smoke is the leading cause of lung cancer cases even though the effects of the disease might not show up for years.

Colon Cancer

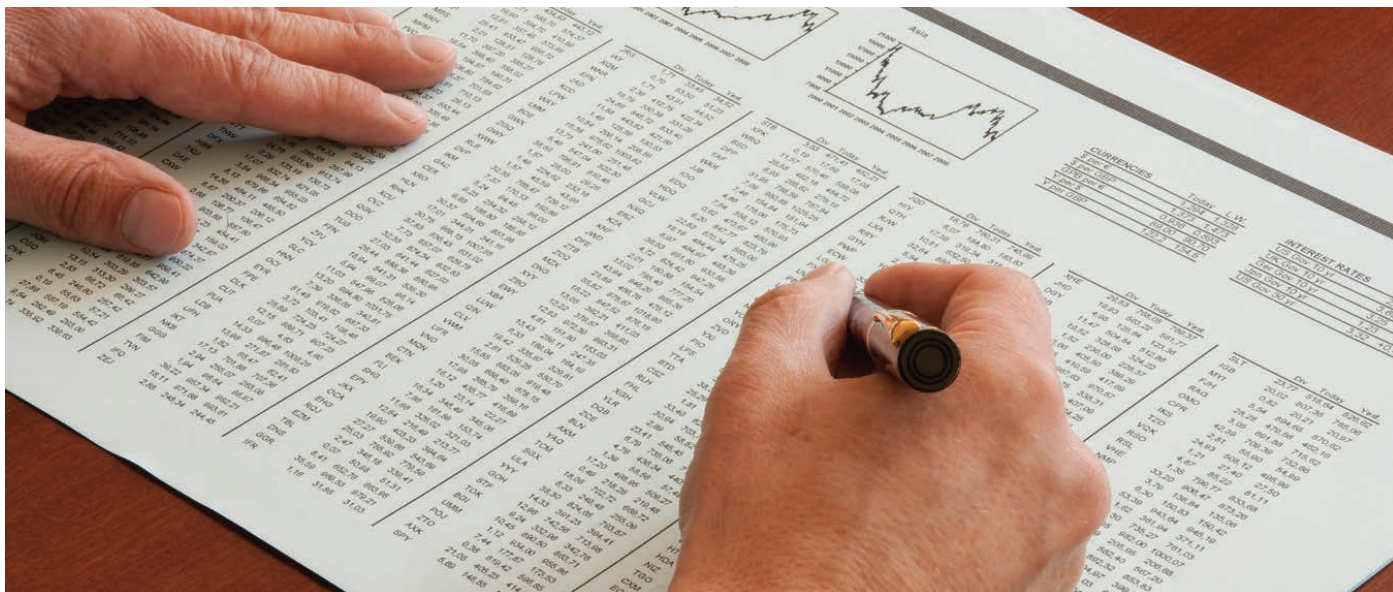
A high-fat diet, obesity, diabetes and family history of the disease raise the likelihood of developing colon cancer, which is the second-leading cancer killer of men and is among the most difficult to detect, because it lacks symptoms in early stages. Men may decrease the risk of colorectal cancer through a regular exercise schedule and a healthy diet.

Seven Things Young Adult Men Should Do Now to Prevent Cancer:

1. Exercise regularly.
2. Eat a healthy diet with plenty of fruits, vegetables and whole grains while limiting intake of red meat or high-fat foods.
3. Avoid tobacco smoke and using any form of tobacco.
4. Avoid heavy consumption of alcohol. Men should either abstain from alcohol or limit alcohol use to the equivalent of no more than two beers a day.
5. Avoid unsafe sexual practices.
6. Be aware of changes or unusual symptoms that could point to a problem.
7. Identify a preferred doctor and make appointments for regular physical examinations and regular screenings.

Regular screenings and a healthy lifestyle are essential to help avoid debilitating cancer. **NOW**

Dr. David D'Spain is a medical oncologist at Texas Oncology-Weatherford, 911 Foster Lane, Weatherford, Texas.



Investors Can Learn Much From Super Bowl Teams

It's Super Bowl time again. And whether you're a sports fan or not, you can probably learn something from the Super Bowl teams that you can apply to other endeavors — such as investing.

What might these lessons be? Take a look:

- **Pick players carefully.** Super Bowl teams don't usually get there out of luck; they've made it in part because they have carefully chosen their players. And to potentially achieve success as an investor, you, too, need carefully chosen “players” — investments that are chosen for your individual situation.

- **Choose a diversified mix of players.** Not only do Super Bowl teams have good players, but they have good ones at many different positions — and these players tend to play well together. As an investor, you should own a variety of investments with different capabilities — such as: stocks for growth and bonds for income — and your various investments should complement, rather than duplicate, one another. Strive to build a diversified portfolio containing investments appropriate for your situation, such as: stocks, bonds, government securities, certificates of deposit (CDs) and other vehicles. Diversifying your holdings may help reduce the effects of market volatility. (Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.)

- **Follow a “game plan.”** Super Bowl teams are skilled at creating game plans designed to maximize their own strengths and exploit their opponents' weaknesses. When you invest, you also can benefit from a game plan — a strategy to help you work toward your goals. This strategy may incorporate several elements, such as: taking full advantage of your Individual Retirement Account (IRA) and your 401(k) or other employer-sponsored retirement plan, pursuing new investment opportunities as they arise and reviewing your portfolio regularly

to make sure it's still appropriate for your needs.

- **Stay dedicated to your goals.** Virtually all Super Bowl teams have had to overcome obstacles, such as: injuries, bad weather and a tough schedule. But through persistence and a constant devotion to their ultimate goal, they persevere. As an investor, you'll face some challenges, too, such as: political and economic turmoil that can upset the financial markets. But if you own a diversified mix of quality investments and follow a long-term strategy that's tailored to your objectives, time horizon and risk tolerance, you can keep moving forward, despite the “bumps in the road” that all investors face.

- **Get good coaching.** Super Bowl teams typically are well-coached, with disciplined head coaches and innovative offensive and defensive coordinators. When you're trying to achieve many financial goals — such as: a comfortable retirement, control over your investment taxes and a legacy to leave to your family — you, too, can benefit from strong “coaching.” As your “head coach,” you might choose a financial professional — someone who can help you identify your goals and recommend an appropriate investment strategy to help you work toward them. And your financial professional can coordinate activities with your other “coaches,” such as your tax and legal advisors.

Unless you're a professional football player, you won't ever experience what it's like to play in the Super Bowl. However, achieving your financial goals can be a fairly big event in your life — and to help work toward that point, you can take a few tips from the teams that have made it to the Big Game. **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.

February 3-5

First Monday Trade Days: 9:00 a.m.-4:00 p.m., Corner of Santa Fe Drive and Hwy. 180. The new "farm to market" lot will be open for livestock sales, and there will be outdoor shopping from various vendors for unique gift items. For more information, call (817) 598-4351.

February 7

Careity Mammogram Screening Event: 8:00 a.m.-4:00 p.m., Walmart Super Center, 2801 E. I-20, Hudson Oaks. Careity funds mammograms for underinsured or uninsured women in Parker County. Call Moncrief Cancer Institute to schedule your appointment: (800) 405-7739.

February 9

Gardeners Club of Parker County meeting: 10:00 a.m., St. Francis Church, 117 Ranch House Road, Willow Park. Visitors are always welcome. Our own Jacque Brock, a Parker County Master Gardener and owner of Brock Landscape, will present a program on landscape design, followed by refreshments and a short meeting. Contact Anita Beckman at (817) 919-6280.

February 10

Sweet on Business Luncheon: 11:30 a.m.-1:00 p.m., The Doss Heritage and Culture Center, 1400 Texas Drive. This networking luncheon features door prizes and a three-course meal catered by Bordelon Foods, served by the junior ambassadors. Individuals will change tables for each course. Tickets: \$20. RSVP with the Weatherford Chamber of Commerce at (817) 598-3801.

February 11

Soup Canning Class: 9:30 a.m.-2:30 p.m., Clark Gardens, 567 Maddux Road. Learn to can homemade soups with Mennonite teacher, Mary Otto, in the gourmet kitchen of one of the private Clark family homes. Each student will bring home a jar of each delicious recipe! Lunch included. Register by **February 7**. Cost: \$50 (\$45/members). For more information visit: www.clarkgardens.com or call Beverly at (940) 682-4856.

2012 Weatherford Christian School Lion's Gala: 6:30 p.m., Clear Fork Station Banquet Hall, 4971 E. Interstate 20

Service Rd. N., Willow Park. An evening of great food, a keynote speaker and bidding for the silent, super-silent and live auctions. Sponsorships, tables and individual seats are available. Contact Leslie Chalmers at (817) 596-7807 or Email leslie.chalmers@wcslions.org

February 13

Valentine's Day Pin Up Photo Shoot: 3:00 p.m., Leesha's Closet, 303 North Main Street. This party is for ladies 21 and older. Drinks and hors d'oeuvres will be served while women primp and prep for their very-classy pin-up photos to give as gifts. Bring your favorite outfit. Guests can also buy discounted body wraps, spray tanning, nails, makeup and hair services. CDs of your photos: \$10. For more information, call Leesha at (817) 304-5946.

February 14

Ultimate Wedding Giveaway Entry Deadline: 5:00 p.m., Clark Gardens, 567 Maddux Road. Couples planning on getting engaged or already engaged should write a story about how they met, their relationship and engagement to submit to The Ranch online at www.1069theranch.com. Essay winners will compete on **March 3** at the Faux Wedding and Vendor Showcase. The winner will receive a \$10,000 complete wedding package at Clark Gardens. Essay entry: free. For more information, call Melissa at Clark Gardens, (940) 682-4856.

February 15

Registration deadline for Beginning Clay Technique Workshop: 5:00 p.m., The Fire House Gallery & Art Studio, 119 West Palo Pinto St. Paul Latham will teach a two-day Beginning Clay Technique Workshop **March 10-11**. This workshop is hosted by the Weatherford Art Association. Cost: \$110, which includes \$20 deposit for clay and tools. For students with their own tools, cost: \$100. Contact Weatherford Art Association at (817) 599-3278 or Paul Latham at (817) 694-4260.

February 17

"Putting on the Ritz," East Parker County Chamber fundraiser: 7:00 p.m., Clear Fork Station Banquet Hall, 4971 E. I-20 Service Road West, Willow Park. This event promotes the commerce, community

and economic vitality of eastern Parker County. Call (817) 441-7844 or e-mail info@eastparkerchamber.com.

February 18

Weatherford Citizen Police 11th Annual Casino Night: 6:00 p.m., Senior Center, 1225 Holland Lake Drive. This fun fundraiser features craps, blackjack, Texas Hold'em, roulette, bingo and much more — including lots of nice raffle items. For more information, call (817) 594-2320.

February 24

Weatherford College Spring Drama Festival Show — *The Tempest*: 7:30 p.m., Weatherford College, 225 College Park Dr. For more information, call (817) 594-5471.

February 25

2012 Parker County Health Foundation Charity Gala: 6:30 p.m., The Worthington Hotel Grand Ballroom, 200 Main Street, Fort Worth. This will be spectacular evening of dining and dancing, with entertainment by Le Freak! The Charity Gala benefits Parker County Health Foundation's project of enhancing the health and well-being of Parker County residents. Sponsorships and tickets are available by contacting Donna Kirkpatrick at donnakirkpatrick@parkercountyhealthfoundation.org or (817) 594-1990.

February 1-April 6

PAINT: **Tuesday-Saturday**, 10:00 a.m.-5:00 p.m., **Sunday**, 1:00-5:00 p.m., The Doss Heritage and Culture Center, 1400 Texas Drive. Exhibit of oil and acrylic paintings by members of Professional Artists in North Texas, a group of accomplished and passionately committed artists who make a weekly practice of painting out of doors. Admission: \$5 adults; \$3 seniors (60 years); \$3 students; children under 6 and members are always free. For more information, visit www.dosscenter.org or call (817) 599-6168.

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



In The Kitchen With Pam Barnett

— *By Melissa Rawlins*

Bringing family together is a joy for Pam Barnett and her husband, Tommy, who feel blessed to have both of their children and grandchildren here. Born in Weatherford, Pam moved to Fort Worth at the age of 12. The couple moved to Weatherford in 1986 in order to rear their family in a smaller rural town. “I figured if I was going to make the world a better place,” said Pam, “I’d do it with pie!” Until recently she was a stay-at-home grandma, baking frequently with her grandchildren. “Sugar cookies are one of my kids’ and grandkids’ favorite things to make — the ones with the decorations on them, which seem to be on the floor as much as on the cookies.” **NOW**

Mom’s Famous Sugar Cookies

1 1/3 cups butter
2 cups sugar
3 eggs
2 tsp. vanilla extract
1 1/2 tsp. baking soda
3 tsp. baking powder
1 tsp. salt
5 cups flour (divided use)

Frosting:

1 box powder sugar
1 tsp. vanilla extract
2 Tbsp. butter
1/4 cup (or less) milk
Colored sugar or sprinkles (optional)

1. Cream butter and sugar. Add eggs and vanilla. Beat in soda, baking powder, salt and 4 1/2 cups of the flour.
2. Wrap dough in plastic wrap. Chill in refrigerator for about an hour.
3. Sprinkle remaining 1/2 cup flour on working surface, rolling pin and cookie cutters. Roll out dough and cut out with cookie cutters.

4. Bake at 350 F until done. Do not overbake.
5. To make frosting, soften butter without melting it. Mix in powdered sugar and vanilla. Add enough milk to make into spreading consistency. Spread frosting on cookie. Sprinkle with colored sugar, if desired.

Grandma’s Pound Cake

1/2 lb. butter plus 1 Tbsp. more for greasing pan
1/2 cup vegetable shortening
3 cups sugar
5 eggs
3 cups all-purpose flour, plus 1 Tbsp. more for flouring pan
1/2 tsp. fine salt
1/2 tsp. baking powder
1 cup milk
1 tsp. vanilla extract

1. With a mixer, cream 1/2 lb. butter and shortening together. Add sugar, a little at a time. Add eggs, one at a time, beating after each addition.

2. Stir dry ingredients together in a bowl and add to mixer alternately with milk, starting with flour and ending with flour. Mix in vanilla.
3. Pour into greased and floured tube pan; bake for 1 to 1 1/2 hours, until a toothpick inserted in the center comes out clean.

Coconut Cream Meringue Pie

2/3 cup plus 6 Tbsp. sugar (divided use)
1/4 cup plus 1 Tbsp. cornstarch (divided use)
1/4 tsp. salt
2 cups milk
3 egg yolks, lightly beaten
3 egg whites
1 1/2 cups flaked coconut (divided use)
2 Tbsp. butter
1/2 tsp. vanilla extract
1 9-inch pastry shell, baked
1/3 cup water
1/4 tsp. cream of tartar

1. For filling: In a small saucepan, combine 2/3 cup sugar, 1/4 cup cornstarch and salt. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer. Remove from heat.
2. Stir small amount hot filling into egg yolks; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from heat.
3. Finely chop 1 cup of coconut and gently stir in coconut, butter, and vanilla into mixture until butter is melted. Pour hot filling into crust.
4. For meringue that will not weep, even on hot humid days, mix 1 Tbsp. cornstarch with water in small saucepan; bring to simmer, whisking occasionally at beginning and more frequently as mixture thickens. When mixture starts to simmer and turn translucent, remove from heat. Let cool.
5. In a small mixing bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in 6 Tbsp. sugar, 1 Tbsp. at a time, on high until stiff glossy peaks form and sugar is dissolved. Add cornstarch mixture 1 Tbsp. at a time, then spread meringue evenly over hot filling, sealing edges to crust. Sprinkle with 1/2 cup flaked coconut.
6. Bake at 350 F for 12-15 minutes or until meringue is golden. Cool on wire rack for 1 hour. Refrigerate for at least 3 hours before serving. Refrigerate leftovers.



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