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ON THE COVER



Overcoming challenges, Dana Bowman pursues his passion to soar through the air while inspiring others.

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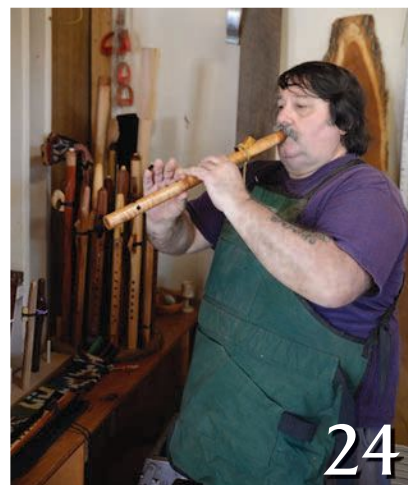
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Editor's Note

Greetings, WeatherfordNOW readers!

As I drive the rural roads of our beautiful little pocket of the state, I am in awe of the array of colors that dot the roadsides and pastures. The native flowers brighten our world and bring a smile to my face and to many others whose eyes gaze upon them this month.

May also shares a time to remember those who have fought and died for this great country of ours. Please join me in honoring our military men and women this Memorial Day.

The area's youngsters will soon be ending the school year and beginning their summer vacations. Please keep an eye out for them as they ride their bicycles and enjoy their youth outdoors. While driving around town, you may even catch a few of them posing for family photographs in a field of colorful flowers.

Take care!

Amber

Amber D. Browne
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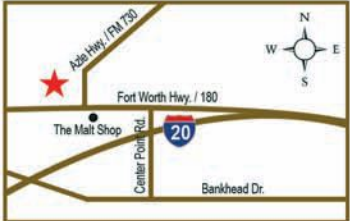
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FREEDOM

— By Amber D. Browne



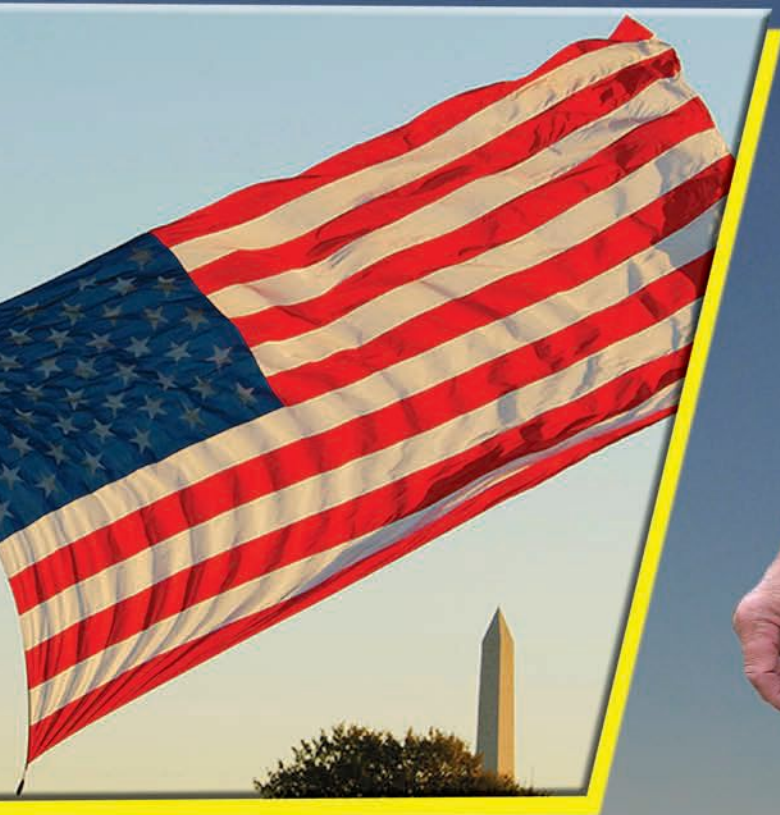
As children, many experience dreams of flying through the clouds by one's own will. Flying in dreams often provides a feeling of freedom and can symbolize the limitlessness of possibilities. Although humans taking flight on their own accord may seem unattainable in real life, the dream still exists for many. Retired Sergeant First Class Dana Bowman realized his dream of flight three decades ago.

Dana's journey to find his true calling began around high school graduation. "I didn't really have a direction," Dana explained. "I knew what I wanted to do ... maybe," he grinned.

His late father, Norm Bowman, signed papers for Dana to join the military. Dana's uncle, Command Sergeant Major Donny Bowman, had served in World War II, Korea and Vietnam and gave Dana guidance. Dana joined the U.S. Army after graduating North Ridgeville High School in Ohio in 1981. "I had the opportunity to see the world. It changed my whole mindset."

Starting out as a heavy equipment operator engineer, Dana worked his way up constructing runways around the world. He took to the sky with the 82nd Airborne Division at Fort Bragg, North Carolina. "I was with the paratroopers, red beret," Dana stated. They parachuted Caterpillar bulldozers, graders and other large equipment out of different military aircraft to construct dirt runways around the world. Dana tried to consistently excel at everything he did in the military, often winning soldier of the

**“I WASN’T DOING IT TO DO A
JUMP. IT’S TO SHOW PEOPLE
— DISABILITY IS ABILITY.”**



month. After his first four years in the military, Dana was given the opportunity to move to Panama, South America, Alaska or Hawaii. “Not everyone can go to the jungle. I wanted to go to the jungle.”

Dana was assigned to a non-airborne unit in Panama, but his fate would change. He met a Special Forces group that was impressed by his attitude. “They said, ‘Bowman, you remind us of a Special Forces soldier. You’re our kind of guy.’ I liked that,” he admitted. Dana was diverted to U.S. Army Special Forces Support while he waited for an invitation to begin SF school. “That was the beginning of my life.”

Dana was invited to attend one of the military’s most difficult schools — Special Forces Combat Diver School, which was intended for Special Forces soldiers, not Support SF soldiers.

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Out of 33 people, Dana was one of seven who made it through. He then attended SF school at Fort Bragg, graduated and returned to Panama in 1985. He served in the U.S. invasion of Panama in 1989 and traveled the world stopping drugs from entering the U.S.

The sky became Dana's playground again in 1993 when he joined the U.S. Army's parachuting team, the Golden Knights. Life changed abruptly for him the following year. Dana and his teammate, Sergeant Jose Aguillon, were involved in a training accident at an air show in Yuma, Arizona. Sgt. Aguillon died from his injuries. The midair collision took Dana's legs above the knee, changing his life forever. A lot of things came tumbling down for Dana because of the tragedy, but he never gave up.

Five months after the accident, Dana proved his drive and determination to move forward. He asked the doctors at Walter Reed National Military Medical Center for a weekend pass to parachute at Fort Bragg. According to Dana, they did not take him seriously but handed him the pass. "When I arrived at the drop zone, team members thought they saw a ghost. They did not think I would really show up, and I did," he shared. He asked a friend for a parachute, but his first request was turned down. Dana found a parachute, and with his prosthetic legs on, he made his first jump since the accident from 10,000 feet. He wasn't nervous, because he had a backup chute. He landed and couldn't wait to go again. He was one of about 20 Golden Knights who parachuted that weekend in a wedding jump. Dana made it into

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the formation, while several others did not. When he returned to Walter Reed, the doctors didn't believe his story, so he showed them the wedding jump video and photos. "That changed everything right there." Nine months after the accident, Dana became the first double amputee to re-enlist in the Army. "I wasn't doing it to do a jump. It's to show people — disability is ability."

A positive and persistent attitude has opened many doors for Dana. After his accident, Dana began speaking to groups across the U.S. As a member of the National Speakers Association, Dana continues to share stories of his military experiences and of overcoming adversity. He also speaks to students at area schools. "This is what I do for these kids to give back." Dana's message is one of hope, courage and strength.

Dana brings that message to wounded warriors through his nonprofit 501(c)(3), HALO for Freedom Warrior Foundation, which he founded eight years ago. He raised \$7,000 for the foundation's first Weekend to Remember (WTR) event that entertained 12 veterans, including wounded warriors. They hunted hogs from a helicopter and shared stories around a camp fire.

The HALO events have grown over the years, and in 2015, the foundation hosted 30 wounded warriors, veterans and soldiers, and 20 distinguished guests including astronauts and prisoners of war. The attendees drove race cars in a NASCAR experience at Texas Motor Speedway, enjoyed evenings at Billy Bob's and Circle R Ranch and hunted hogs





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from helicopters. "Everybody needs to hear what our heroes have done for our freedom and their experiences. Why not throw in a little fun?"

This year, Dana's HALO Foundation was scheduled to bus Weatherford students from Tyson and Hall Middle Schools to the Ninth Grade Center, where more than 4,000 were expected to attend. Dana and Team Fastrax planned to parachute onto the field, but the WTR event was cancelled due to inclement weather. With support from sponsors such as Able's Sporting of Huntsville, Autobahn Motor Group, Dr Pepper and Patterson Dealership of Bowie, the foundation and the WTR events will continue to grow. "We can handle it. Like what's it say in the Bible? God will give you everything you can handle," he said.

With 4,000 jumps under his belt and motivational speaking engagements scheduled across the U.S., Dana will continue to inspire others. He has other plans, too. With a commercial aviation aeronautics degree from the University of North Dakota John D. Odegard School of Aerospace Sciences, Dana has flown everything from airplanes and helicopters to hot air balloons. As the first double-amputee helicopter instructor in the world, his dream is to own a helicopter. "I mean, who wouldn't want to fly?" he asked. "It's a beautiful feeling. It's freedom." **NOW**

Editor's Note: For more information, visit www.halo4freedom.org.

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Timing is Everything

— By Lisa Bell



AT HOME WITH Stewart & Leslie Chalmers



Stewart and Leslie Chalmers first met at Jacksboro High School but lost touch when they headed to separate universities in Abilene. In spite of many opportunities, they never crossed paths. “I always thought that was strange,” Leslie said. “But I guess it was God’s timing.” After graduating, she moved to Fort Worth. Stewart stayed in Abilene and pursued a career he saw as the job God wanted for him. He finished the police academy and joined the Abilene Police Department.

In 2000, Leslie headed west for a weekend and ran into Stewart. Sparks flew. After marrying, they lived in Abilene for five years. By 2006, they had a 2-year-old boy and a newborn daughter. Leslie wasn’t working in order to stay home with small children, so Stewart worked 12-hour shifts. She needed help, so they moved closer to family.

In October 2012, the Chalmers wanted a larger home. The Phillips family was moving to Waco. They asked if Leslie and Stewart



were interested in their house. The Chalmers family loved it, but renters had first refusal rights. The renters went back and forth on buying, but in God's perfect timing, the Chalmers bought the house.

Nearby, horses add an earthy aroma to the air. Growing up in the country, the smell doesn't bother Leslie. "The kids love it," she said. "It keeps us grounded." Close to town, with over an acre of land adds to the rural feel. "We have great neighbors, yet we aren't on top of

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over the fireplace, she mounted a Chuck DeHaan painting. Another picture in the room features a family moving west. She fell in love with the painting because it told a story and was a gift from Stewart's grandmother.

The formal dining room is one of Leslie's favorites,

them," Leslie said. The front wraparound porch and Texas star welcome visitors. The same Leuders stone on the outside appears in the entryway and on one living room wall, offering continuity.

Entering the house, an off-center fireplace shares space with a large entertainment center the Chalmers bought with the house. "It was too heavy to move," Stewart said with a smile. The piece fits perfectly with her color scheme of black, gold and rusts, and looks great with the copper-topped tables. Although she loves rustic, Leslie doesn't want western style. She loves horses though, so



even though they seldom use it. Still, the design enables them to see from the dining room, through the kitchen to the breakfast nook. The house features neutral colors and wide crown molding. Different ceilings in every room drew them to the house. A shabby chic chandelier mixes bling with deer

antlers and brings character to the room, somehow fitting the room's theme. The table belonged to her mother. An old trunk provides a place for storage. Throughout the house, trunks hold treasures — items from the past, filled with memories.

The kitchen has granite countertops and touches of copper. Custom cabinets provide an abundance of storage. A wraparound bar separates the kitchen from the living room and nook, yet allows interaction between the rooms. Visitors often congregate at the bar when the couple entertains. The table in the breakfast nook was the first piece of furniture Leslie and Stewart bought as a couple. Natural colors and touches of copper bring a beautiful continuity to the four rooms.

The master bedroom, another favorite, has natural colors. However, Leslie's love for peacocks comes alive in this room. Blues, greens and turquoise pop against browns and rusts. Above the bed, a waterfall picture fills the atmosphere with tranquility. Opposite the bed, two large crowns look down from a shelf. When

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Leslie began working as the director of development at Weatherford Christian School, her perspective on life changed. "No matter how crazy the day may get, I want that to ground me when the day comes to a close and to remember why I'm here," she said. "As crazy hectic as our lives get some days, that's what it's all for — to glorify Him." Each night, lights glow behind the crowns, shining perspective.

The master bathroom also has special touches the builder included. The large garden tub, surrounded by tile and accented with chipped tile, is the perfect place to light candles, relax and ease away any tension.

Personality is incorporated into 11-year-old Rylan's bedroom. He is intent on joining the military someday. His bedroom suite, which belonged to Stewart's grandfather and is the same suite Stewart's father used as a boy, is decked out in camouflage. The Chalmers preserve the furniture, treasuring its deeper value. The room also ties in Duck Commander and the theme of faith and family. A small display of medals and trophies accents his love of sports.


The hallway between the kids' rooms holds a display of crosses, collected from vacation destinations. One special cross made by Rylan and Stewart features Rylan's Bible verse: *I can do all things through Christ who strengthens me* (Philippians 4:13).

Rachael's room unmistakably belongs to a 9-year-old princess. Pink and green pastels fill the room, starting with a hand-painted bedroom suite. A trunk sits at the end of the bed, hand-painted with ladybugs and dragonflies — a baby shower gift from one of Leslie's former


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co-workers. An avid reader, Rachael has a reading corner with a bookcase Stewart made. One wall holds her own cross collection. "I really love Jesus, and the one that says *God is always with you*, is the one I made with my dad," Rachael said.

The patio is a sanctuary for the family. In the evening, they sit with a glass of tea, watching sunsets and horses. Leslie loves mornings with a cup of coffee



and devotional time. Last year, Stewart and Leslie redid the patio and added a fire pit and swimming pool custom-designed by Pulliam Pools.

A separate building serves as Leslie's home office. She invoices for an oil and gas company as a part-time job. Complete with a bathroom and pullout sofa, the space can also be used for guests. During the summer, it makes a perfect spot for Stewart to catch some sleep after working late. A sergeant for the Weatherford Police Department, he sometimes needs the quiet. Leslie adores the solitude to complete her work.

The couple enjoys doing home improvement projects together. When they found the house, the shell was perfect. They've made it their own space, with small changes. "The only thing I'd change is putting the house 3 or 4 miles further from town in the middle of a ranch," Stewart said. Nevertheless, he loves the neighborhood. Together, they've achieved their desire of a home worthy of entertainment, yet completely comfortable for daily living.

"God's timing has always been everything for us," Leslie said. "This is just another thing on the list." **NOW**

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SPIRIT TALKING

— By Erin McEndree

During the 1850s and 1860s, the number of Native Americans plummeted because of disease and warfare. Reduction of the population disrupted traditional society and cultural contributions including artistic expression. Remnants of the Native Americans who survived are Philip Martin's ancestors known as the Cowichan tribe, which originated in the area around Vancouver, British Columbia. This tribe is the largest of several tribes whose combined total of 6,200 members presently represents the six First Nations tribes. Philip is passionate about keeping traditional elements of Native American culture and history alive for people to enjoy.



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WORKING WITH
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IS A GIFT
FROM GOD."



He does this by crafting Native American flutes and sharing their spirit sound in various venues.

According to Native American folklore, the flute was birthed from a rich environment of sounds in nature such as animal noises and the rhythm of the springs. One such story explained that long ago a young hunter went out from his village to find meat. He tracked a wise, swift elk deep into the forest, but it stayed just out of range. Soon, it became too dark to find his way back to his village. As night fell, he heard all kinds of eerie cries of animals and groaning trees in the wind. One sound in particular he had never heard before was mournful, sad and ghostlike. While the sound made him afraid, at the same time, it sounded beautiful beyond comparison, full of love and hope. He dreamed of a redheaded woodpecker that led him away to a cedar tree and started pecking on a dead branch. The wind blew through the holes the woodpecker made creating the beautiful, eerie sound he heard before. After many days and hours, the hunter whittled a branch into the shape of a bird with a long neck and an open beak.



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He prayed and smoked incense and blew into the very first siyotanka. He blew a beautiful, ghostlike song, and all the people in the village were astounded and joyful. The chief's daughter heard the song and fell in love with the young hunter. Other young men heard the songs and began



whittling cedar branches. The beautiful haunting sound of the flutes traveled from tribe to tribe until it filled the whole prairie. Thus, a single tree spread music around the world.


From generation to generation, woodworking was a predominate theme in Philip's life. "I grew up in the Pacific Northwest of Washington. My grandpa made me a toy rifle [out of wood], and I remember carving things with my cousins," Philip said. "I love working with and using my hands. It is a gift from God."

When Philip lived in Washington, he made cabinetry and some large carvings of animals such as owls and coyotes. One day while at the library in Washington researching his genealogy, Philip noticed a Native American flute maker giving a presentation to some children. The knowledge and the sound the flute maker shared piqued Philip's interest. "I could play several instruments, and my mom influenced my musical ability. So, I talked to the flute maker to gain knowledge about flutes," Philip said. "I began to research the history of the local Indians. The stories touched me, and the wood

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was beautiful.” Philip joined the Quilceda Carvers in Marysville, Washington, to hone his wood crafting skills.

Native American flutes can be crafted out of many kinds of wood. Each has its own characteristics that affect the look and sound of the flute. “Soft woods have a more mellow sound. Hard woods have a cleaner, more crisp, sound,” Philip explained. “Even flutes made from the same wood will sound different.” Philip makes flutes out of juniper, Eastern Red Cedar, walnut and Tiger Maple.

In a shop behind his house, Philip creates his wind talkers. After choosing the wood, Philip uses a table saw to cut the wood into a long square. He anchors the square into a wood turning tool called a lathe, and a bit fashions the wood into a round cylinder. He cuts the cylinder in half and uses a router to make two air chambers lengthwise. Philip carefully glues the pieces back together. Next, he drills the holes with a drill press. He has templates for different sized holes, depending on the length of the flute. “I used to make holes with a hand drill, but I could not make the holes straight,” Philip explained. “I work by trial and error, and I learn from my mistakes.” To get the dark, finished look for the holes, he drills them again with a hot drill bit to make them smooth.

Native American flutes have two separate air chambers. The first fills with air that is guided into the second chamber by a totem animal resting atop



the flute. The totem compresses the air into a thin stream that hits the holes to create the tone just like the wind hit the holes made by the woodpecker in the legend. The notes are made by opening and closing different combinations of holes with one's fingers. Philip enjoys



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using pecan wood to create animal totems such as bears, bison, white tail deer and chaparrals that appear ready to run down the shaft. He uses his carving knife and Dremel brand tools to create these spiritual animals. Each animal has a spiritual legend of strength. The totems are tied over the air chambers with a leather strap. After some sanding and polishing, Philip plays the Irish tune "Danny Boy" to ensure the flute is tuned properly. Philip's wife, Karen, helps with the final color designs and creates bags for the flutes. "We are a good team," Philip said.

Flutes can be tuned to a certain key, but Philip likes to use a more traditional tuning, which uses no particular scale and is much like how the ancient flutes were made. "This is a spirit tuning. It comes from my heart," Philip said. "It



is an extension of myself." Philip shares his gift with others in several ways. He plays old, traditional church songs for his congregation, he gives presentations at Weatherford High School and the Rotary Club, and he has played at several nursing homes. "At the nursing homes, people relax, and it gives them hope. It is a healing ministry I can share."

Since the 1940s, a rebirth toward traditional ancient flute making has flourished. Native American flute players, as well as enthusiasts and researchers from outside Native American cultures, have spread their knowledge and craft to others. Philip continues to make flutes and admits he is constantly learning something new. He loves making the flutes, playing them and teaching others about their craftsmanship and history. He will allow the spirit to move through him and his flutes for many years to come. **NOW**

Editor's Note: Folklore story adapted from History and Folklore of the Cowichan Indians by Martha Douglas Harris.

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Summer Fun! — By Amber D. Browne

Summer is just around the corner! Parents will be searching for activities to keep their children busy, other than playing the newest video game or watching their favorite television shows. Choices for summer camps are abundant in the local area. Full-day or overnight Camp Fire programs can be reserved, and many school districts sponsor sports and cheerleading camps. Museum, library, cooking and art, and other day or weeklong camps for kids are offered through various nonprofits, community centers or business-related groups.

If you are looking for some fun in the sun for the entire family, a variety of activities are available locally. You can visit state and local parks, historic sites and zoos for hours of fun. Water parks, lakes and community pools provide for many fun-filled afternoons.

Nature Activities

With all the hustle and bustle of today's world, technological distractions and busy schedules of adults and children, sometimes we forget to enjoy the outdoors. This summer, why not make time to get back to nature? Multiple state parks are within driving distance





and offer a variety of activities to enjoy. From hiking trails and bird watching adventures to star gazing and overnight camping, families can soak up what Mother Nature has to offer. You can visit www.tpwd.texas.gov for state park locations and a calendar of events.

If you want to stay close to home, city parks provide a great place to picnic and enjoy the outdoors. Many include playgrounds for children to exert that extra energy. Your own backyard can provide an afternoon of fun. Why not have the children search for rocks and then paint them for family members and friends? Parents can put together a



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simple scavenger hunt for the children. Draw a map that includes the number of steps to a landmark in the yard where the kids will find a hidden clue. The final clue should identify the location of a hidden treat or picnic basket of goodies for lunch.

Nature Safety Tips

If you and your children plan to spend time outdoors either at overnight camps or hiking the nature trails, please keep in mind the following safety tips. Keep an eye out for poison oak and poison ivy. Both of these plants can cause an itchy rash that will stick around for up to three weeks. Calamine lotion can help relieve the itchiness. Remind children not to eat wild berries they may come across on the trails. If you're out in the sun, don't forget to slather on the sunscreen!



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Families can enjoy canoeing or tubing down winding rivers and boating in refreshing lakes. Fishing is also a favorite pastime for many. According to the Texas Parks and Wildlife Department website, residents who fish in the state's public waters are required to have a fishing license. However, there are several exceptions to this rule. No fishing license is required if the resident is under 17 years of age.

Taking a dip in a community or backyard swimming pool is always a good choice for some fun in the sun. With swirly slides, wave pools and more, water parks bring out the kid in all of us. Swimming lessons are available at the YMCA, at some city pools or even at a community member's private pool.

Boat enthusiasts are out enjoying the warmer temperatures. Local lakes offer open water to ski, wake board, tube or just relax on the boat deck. Many lake businesses offer rentals for jet skis and other personal watercrafts. Read all instructions before getting onboard watercraft and keep safety in mind.

Water Safety Tips

The week of May 16-22 is designated as National Safe Boating Week. When boating, life jackets are a must. According to the TPWD, children under 13 years old must wear a U.S. Coast Guard-approved personal flotation device in a boat under 26-feet in length. Every occupant on a personal watercraft is required to wear a life jacket.

Sunscreen is also a necessity when out on the water. The American Academy

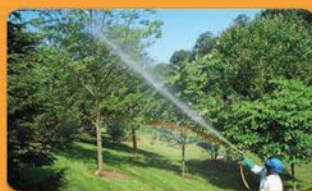
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More Family Fun

Warmer weather entices people to get outdoors and soak up the rays. For those rainy days or if you prefer a few hours of indoor entertainment, the local area has plenty of places to share the day together. Children can learn while having fun at the Dallas World Aquarium, Dallas Zoo, Dallas Arboretum and Botanical Gardens and Perot Museum of Nature and Science. Fort Worth is home to numerous museums, the Fort Worth Zoo and the Fort Worth Botanic Gardens. Families can learn about wildlife at the Heard Natural Science Museum and Wildlife Sanctuary in McKinney, hand over a few treats to exotic animals at Fossil Rim Wildlife Center or spend the afternoon checking out prehistoric creatures at Dinosaur World in Glen Rose.

Do you want to check out the latest blockbuster? Many movie theaters now serve a variety of food and drink items on their menus. Drive-in movie theaters are an option for a night out under the stars. Most theaters offer convenient online ticket reservations. Or if live entertainment is more to your liking, you might consider attending a performance at Winspear Opera House in Dallas or the Bass Performance Hall in Fort Worth.

With nearly three months of summer ahead of us, parents and children can take advantage of many of the options available to them. Whatever you and your family choose to do this summer, keep safety in mind and don't forget to have fun! **NOW**

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If you're looking for some enjoyment close to home, Hole-In-Fun Entertainment offers miniature golf, arcade games, food and more.

Golf and Games Galore!

People of all ages will enjoy Hole-In-Fun Entertainment in Weatherford. — By Amber D. Browne

For Dustin and Jayme Haney, providing the community with a safe place to have fun at an affordable price has become a calling. As parents of three boys, two of whom are special needs, the Haney's wanted entertainment close to home. Having beaten breast cancer, Jayme decided to take on the challenge last year. She and her husband discussed opening a business and decided on an entertainment center. "My husband's a mover and a shaker. When he gets his mind on something, that's it," Jayme explained. "Next thing you know, we're at 20,000 square feet."

Hole-In-Fun Entertainment opened its doors in August 2014 and offers enjoyment for all ages. The venue features glow-in-the-dark paint and black lights throughout. Its 18-hole miniature golf course can be played in 3D. The course features

three themes: Route 66, underwater and jungle. "Every six holes, you are in another world," Jayme explained. In SpinZone, visitors get behind the wheel of a bumper car. If the car gets hit in a certain spot, the vehicle will go into an uncontrollable spin for three seconds. Game cards are available for the arcade. Guests can win tickets on most of the arcade games and use them to purchase items for the entire family. "The guys can win tents, deer stands and archery targets. We have electric wine bottle openers for the women and a Keurig." And, of course, there are plenty of prizes and candies for the kids. Tickets accumulate on the reloadable card, so players can save up until they have enough to buy what they want. Hole-In-Fun also offers batting cages, but the Haney's plan to replace the 5,000-square-foot room with a themed laser tag arena.

If visitors work up an appetite while enjoying a round of golf, they can fill up on fare at The 19th Hole Snack Bar. Pizza, wings, nachos, hot dogs, cotton candy and popcorn are offered at affordable prices. "Our pizza here is actually really, really good," Jayme shared. And for just under \$10, a pizza with no charge for extra toppings, it's a good deal, too. Nonalcoholic beverages are available for purchase.

With no admission fee, visitors pay for what they want to play. Arcade games range from \$.50-\$1.50, bumper car rides are \$5 each or \$20 for five rides, and mini-golf is \$8 for ages 12 and under and \$10 for 13 and over. Hole-In-Fun also offers package deals that can include food and drinks.

Hole-In-Fun Entertainment opened its doors in August 2014 and offers enjoyment for all ages.

Hole-In-Fun is open to the public and averages about 30-40 birthday parties each week. Birthday party bags full of glow-in-the-dark toys are available for purchase. The birthday child can leave behind a handprint in glow-in-the-dark paint on a wall near the party rooms. Hole-In-Fun is also available for field trips, church lock-ins and corporate meetings.

In addition to Hole-In-Fun Entertainment, the Haney's own several businesses including DK Haney Roofing and Bearcat Sports Bar, and Jayme's an eBay PowerSeller. They plan to open a second Hole-In-Fun location in Denton this summer.

"It's enjoyable to be able to provide a place to people that is safe and fun," Jayme shared. The business has become a family affair with her 18-year-old son, Justin, now on staff. Their sons Devin, 15, and Dylan, 11, often play golf and games in the afternoon. "We wanted to have something for the kids and families to do," she said. "We did what we would want done." **NOW**



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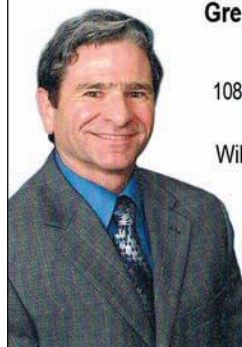
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Quilter's Guild of Parker County vice president Jo Lynn O'Neil and president Myra Hall present the 2015 quilt, Texas Our Texas, which will be raffled at Christmas on the Square.



Curtis Elementary first-graders learn more about milk production from Southwest Dairy representative Todd Griffin during a visit by the company's mobile dairy unit.



Impact Athletic Training Center gymnasts Chloe Clark, Katie Lantz, Kalee Mays and Lauren Smith place in events at the Level 6 State Championships.



Trinity Christian Academy's elementary track team competes in the CSAF Regional Track Meet.



These locals enjoy a beverage at The Coffee House in Aledo.



Area students take home awards at the Weatherford Chapter of the National Society of the Daughters of the American Revolution Good Citizen Awards and Scholarship Luncheon.



Kennedy and Elle Parker are excited to begin the Easter Egg Hunt at Aledo United Methodist Church.



Weatherford College's drama group brings home multiple awards from the Texas Play Festival for their presentation of Bank Job.



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How Can You Become a Healthy Investor?

May is National Physical Fitness and Sports Month. This “month” is designed to encourage people to follow a healthy, active lifestyle. You can take steps toward this goal, of course, but why not carry the concept of improving health to other areas of your life — such as your investments? Toward that end, consider these suggestions:

Give your portfolio a regular checkup. To maintain your fitness, it’s a good idea to visit a doctor for a checkup on a regular basis. And to help ensure the health of your portfolio, you may want to periodically review it with the assistance of a financial professional — someone who can point out gaps in your existing holdings or changes that may need to be made.

Follow a balanced investment diet. As you know, nutrition experts recommend that we adopt a balanced diet, drawing on all the major food groups. Too much of any one category — for example, an excess of meat or of dairy products — can lead to health concerns. An analogous situation exists when you invest — if you own too much of one particular asset class, such as aggressive growth stocks, you might expose yourself to an unhealthy degree of risk, because you could take a big hit during a market downturn. But not all investments move in the same direction at the same time, so if you own a mix of stocks, bonds, government securities and other vehicles, you can lessen the impact of volatility on your portfolio. In investing, as in all walks of life, balance and moderation are important.

Don’t let investments get lazy. Exercise is essential in staying fit and healthy. Yet, exercise can also be hard work, causing many of us to put it off to

another day. Some of your investments may also not be working hard enough for you. To cite one possibility, you might own quite a few certificates of deposit (CDs). There’s nothing wrong with CDs, and they do offer a high degree of preservation of principal, but they provide very little in the way of return, particularly in a low-interest-rate environment, such as we’ve had over the past few years. So, if you have a plethora of CDs, you might be depriving yourself of the opportunity to own other investments that work harder by offering you the growth potential you’ll need to make progress toward your long-term goals.

Avoid unhealthy habits. Many of us are guilty of unhealthy habits, such as eating too much or failing to address stress. Taken together, these bad habits can harm the quality of our lives. As an investor, you can also fall into some bad habits. To name just a couple, you could waste time and effort by chasing after hot investments, which may already be cooling off by the time you hear about them, or you could decide to take a time out from investing when the markets are turbulent. Another bad habit: Investing either too aggressively or too conservatively for your goals and risk tolerance. By avoiding these and other negative habits, you can help yourself stay on track toward your objectives.

It takes diligence and vigilance to stay physically fit and healthy. And these same attributes are just as important in keeping your investment strategy in good shape. **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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May 2

Splash and Dash Family Fun Walk: 9:00-11:00 a.m., Splash Kingdom, 1001 Cinema Dr. For more information, call (817) 598-0777.

May 9

3rd Annual "Blooming Car Show": 9:00 a.m.-3:00 p.m., First Monday Grounds at Heritage Park, 200 Santa Fe Dr. The free event presented by Parker County Cruisers will feature classic cars. For more, visit www.parkercountycruisers.com.

Walk to End Lupus Now: 9:00 a.m., Pythian Home, 1825 E. Bankhead Dr. Participants will take a short walk around the Pythian Home. Children will enjoy the bounce house and face painting. For more information, call (866) 205-2369.

May 14

Taste of Parker County: 5:00-8:00 p.m.,

Canyon West Golf Club, 160 Club House Dr. Enjoy food from across Parker County while raising funds for the Weatherford College Foundation. Contact Brent Baker at (817) 598-6275 for more information.

May 15, 16

Weatherford Antique Fair: 9:00 a.m.-6:00 p.m., Pythian Home Grounds, 1825 Bankhead Hwy. Find more information at www.weatherfordantiquefair.com.

May 16

Milsap Log Cabin Days: 7:30 a.m.-3:00 p.m. Downtown Millsap, 200 Fannin St. For information, visit www.waldenfarmandranch.com.

Mommy And Me Confidence Brunch: 11:00 a.m.-1:30 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. NFL wife and certified life coach Mioshi Johnson will provide mothers and daughters with tips on how to enhance their relationships. For more, visit mommyandmeconfidencebrunchwtx.eventbrite.com.

14th Annual Ms. Senior Parker County Pageant: 7:00-9:00 p.m., Alkek Auditorium, Weatherford College, 225 College Park Dr. Pageant attendees will enjoy a fun-filled

night of contestants showing off their beauty and talents. Visit www.facebook.com/MsSeniorParkerCounty for more information.

May 21

Quilter's Guild of Parker County meeting: 6:30 p.m., Grace First Presbyterian Church, 606 Mockingbird Ln. Tricia Cribbs will speak at the meeting, which will include a show of her quilts. For more, visit www.quiltersguildofparkercounty.org.

May 22

2nd Annual Greg Welch Summer Classic Concert and Car Show: 4:00 p.m., Weatherford Christian School Secondary Campus, 2300 Ranger Hwy. The school's event will feature classic cars, vendors and an outdoor performance by country musician Jason Cassidy. For more, visit www.gregwelchclassic.com.

May 31

Second Annual Memorial Butterfly Release: 3:00-5:00 p.m., Chandor Gardens, 711 Lee. Butterflies will be released in honor of lost loved ones. Call (817) 304-1135 for more information.

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



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In the Kitchen With Jackie Potts

— By Amber D. Browne

Every good chef has a few go-to meals. Jackie Potts' favorites are meatloaf, lemon-pepper pork chops and coconut cake. At the age of 12, Jackie's first cooking experience was an ambitious one — a soufflé. "It came out beautifully and was delicious," she said. "At least that's what my folks said because right before it was to be taken out of the oven, my Sunday school class came by and dragged me away." Over the years, successes and failures have taught Jackie much about cooking.

For Jackie, the best form of flattery is copying great recipes. She gathers favorites from friends and family members and then shares them with loved ones. "My love of cooking comes from the enjoyment that good food brings to friends and family, especially my grandkids, Colton and Sadie." **NOW**

Meat Loaf

1 lb. ground hamburger or deer meat
1/2 cup onions, chopped
1/2 cup bell peppers, chopped
1/2 cup celery, chopped
1/2 cup carrots, chopped
8 Ritz crackers, crushed
2 eggs, beaten
1/4 cup milk
1/2 cup ketchup
3 drops of Louisiana Hot Sauce
1 10-oz. can Ro-Tel Original Chopped Tomatoes and Chilies

1. Preheat oven to 375 F. Mix together first 10 ingredients and put in a greased 8x8-inch casserole dish.
2. Pour Ro-Tel over meatloaf.
3. Bake for 1 hour and 15 minutes. Serve with mashed potatoes and a green salad.

Lemon-pepper Pork Chops

4 center-cut, boneless pork chops
2 Tbsp. lemon pepper

1. Preheat grill to 350 F. Season each side of pork chops with lemon pepper. Place onto grill, turning once until done. Cooking times vary, but it could take 30-40 minutes for thick chops. Serve with a side of spinach salad.

Cold Tuna Salad

1 12-oz. can of Starkist tuna in water, drained
3 eggs, hard-boiled and chopped
1/2 cup red or green bell peppers, chopped
1/2 cup celery, chopped
1/2 cup onion, chopped

1/2 cup of Miracle Whip, or to taste
1/3 cup sweet pickle relish
3 dashes of Louisiana Hot Sauce
Salt and pepper, to taste

1. Mix all ingredients in a bowl. Serve on bread or a bed of lettuce with sliced tomatoes. You can also make this recipe with chicken and add chopped grapes or apples.

Laura's Coconut Ice-box Cake

1 box white cake mix
1 15-oz. can of Coco Lopez
1 12-oz. container Cool Whip
1/2 cup toasted coconut

1. Bake cake as directed in a 9x13-inch casserole dish. Once out of the oven, immediately punch holes in the cake with a wooden spoon handle. Pour the Coco Lopez all over the cake; put in the refrigerator to cool.
2. When cooled, frost with Cool Whip; sprinkle toasted coconut on top and serve cold. Keep refrigerated.

Doyle's Chicken Fried Steak and Gravy

Chicken Fried Steak:

1 lb. round steak
1/4 cup flour
5 Tbsp. Crisco vegetable shortening
Salt and pepper, to taste

Gravy:

1 Tbsp. Flour
1/3 cup water
1/2 cup milk

1. For *Chicken Fried Steak*: Tenderize steak by beating vigorously with the edge of a plate or mallet. Cut into several pieces; rinse in cold water and dust each side with flour.
2. Heat Crisco on high in a skillet until it sizzles; reduce heat to medium.
3. Place steak in skillet and brown on each side. Season with salt and pepper while in skillet. Remove from skillet.
4. For *Gravy*: Stir flour and water into oil in the skillet to make a paste. Begin stirring in milk until the mixture reaches desired consistency. Serve gravy on the side with the chicken fried steak.

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

**UPCOMING
EVENTS**

Rio Mambo

TEX MEX Y MAS

CINCO de MAMBO

**TUESDAY
MAY 5**

FAMILY NIGHT MENU PRICES T-SHIRT GIVEAWAYS

TRADITIONAL TEX-MEX

Beef Enchilada • Chicken Enchilada
Cheese and Onion Enchilada
Crispy Beef or Chicken Tacos
Chalupas (choice of
Bean, Beef or Chicken)

\$6.95



HOUSE FAVORITES

Chalupas Elegantes • Appetizer Platter
Stuffed Avocado Salad • Tacos Rolandos
Los Cabos Salad • Diablo Salad
The Grilled Relleno
Ensalada Mazatlan

\$9.95

SPECIALTIES

Grilled Tacos (Beef, Chicken or Brisket)
Burrito Tortillon (Grilled or Fried)
Bo Leo's Platter • Fish Tacos
Combination Fajitas
Served with complimentary
Sopapilla bites!!!

\$11.95



**MAMBO KING
\$12.99**

Fresh Fruit, Entree, Sopapillas, Mimosa



**BLENDED
MARGARITAS
\$5.99**

**HOUSE MARGARITAS
Frozen / Rocks
\$3.99**



MOTHER'S DAY SUNDAY MAY 10 BRUNCH

FORT WORTH

6125 SW Loop 820
(SW corner of Bryant Irvin & Loop 820)
817.423.3124

COLLEYVILLE

5150 Hwy. 121
(Hwy. 121 between Hall Johnson & Glade)
817.354.3124

S. ARLINGTON

6407 S. Cooper
(1/2 mile south of Sublett Road)
817.465.3122

WEATHERFORD

1302 S. Main
(corner of South Main & Park)
817.598.5944

BALLPARK

2150 E. Lamar Blvd., Suite 120
(SE corner of Lamar & Ballpark Way)
817.795.4555

www.riomambo.com

Some Banks Have Giveaways... **WE GIVE BACK!**



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President & CEO
*Meals on Wheels Volunteer
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Zan Prince
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*Parker County Health Foundation
Board Member*



Bill Baker
Executive Vice President
*Weatherford Rotary Flag
Program Volunteer*



Greg Edwards
Sr. Vice President
*Parker County Coaching
(pictured signing a player
for collegiate play)*



Fred Werner
Sr. Vice President
*Salvation Army Treasurer
1965 to 2013*



Evon Markum
Sr. VP - Marketing
*Pink Luncheon
Volunteer Coordinator*



John Patterson
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2013 - Present
(with Terri Smith & Donna Tillman)*



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Debbie Rowe
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