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ON THE COVER



The Crosslin family loves spending time in their spacious home.

Photo by Kenzie Luke.

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Editor's Note

Hello, Weatherford Friends!

The bed cover in my spare bedroom belonged to my mom. Well, it belonged to her after my sisters, sister-in-law and I made it for her as a Christmas present. Being fans of counted cross-stitch, three of us created squares representing our families. My oldest daughter and one niece also got in on the project, making their own squares. My sister-in-law opted for paint pens to create the squares for her family. Knowing nothing about quilting, I somehow pulled it all together and simply tacked all the squares at the edges.

I look at that "quilt" now and think back to that time. All of us have changed to some degree, but it represents who we used to be and in some ways remain. An automobile accident took my sister-in-law not long after that, and my mom has since passed, too. I inherited the quilt. Honestly, my sweet sisters willingly let me take it. Not only do I have a great memorial of Mom, but I also have the wonderful artwork my sisters created to cherish.

Weave some beauty into the fabric of your life this month!

Lisa

Lisa Bell
WeatherfordNOW Editor
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Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

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MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

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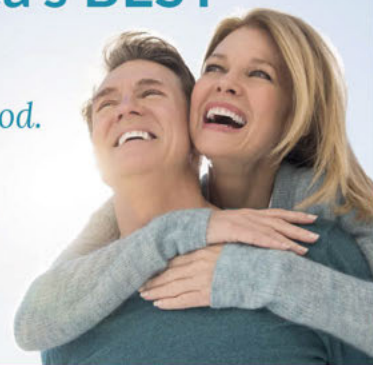
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A PEEK INTO

Archeological digs sound exciting and somewhat exotic, faraway and mysterious. Actually, archeology means the study of human history and prehistory through excavation of sites and analysis of artifacts and other physical remains. For Katrina Nuncio, leading an excavation near Weatherford already produced some interesting artifacts. And the best part — they don't have to travel far to reach their site.

The project started when Dean Hungate, director of the Doss Center, approached Lori Gouge, department chair of physical sciences and associate professor of geology at Weatherford College. As the Doss moves forward with the Pioneer Cabin Park project, he hoped some students might be able to help with the Newberry Cabin. Of all the log cabins in line for relocation to the historic park, this cabin is the only one still located on the original home site. To preserve history properly, the Doss and WC desired an archeological project.

At the time, WC didn't have an archeology class. However, Lori was a member of the Tarrant County Archeological Society, where she met Katrina Nuncio. When Dean approached Lori and asked if WC could help, she said, "I hope so."

Although starting a new class isn't easy, Lori decided to propose a basic archeology class. When approved, she just needed the right teacher, so she reached out to Katrina. It wasn't easy to get her onboard since Katrina lives some distance from Weatherford. But she doesn't regret coming to teach at WC — especially with a live archeological dig site nearby. She teaches a blended online/face-to-face class.



TO THE PAST

— By Lisa Bell



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Katrina recently finished her second class. With two semesters down, she hopes to see the class continue growing. One of her students from fall 2016 continues coming to dig. He even got his daughters involved, and the three of them joined TCAS. Although he's no longer in the class, Billy Joel Cannon still enjoys digging. "I took the class because I got credit for being a kid and digging in the dirt," he said, grinning. "And I don't get yelled at for leaving holes." He loves the camaraderie. Billy currently works for the Texas Rangers, and continues his education at UTA working on a criminal justice degree. Still, archeology is a hobby he shares with his teenage daughters. Gracie is 13 and found the leg of a porcelain dog. His 14-year-old, Meghan, hasn't found anything special, but she and Billy both discovered glass, shell casings and other artifacts. When he picks up a shell casing, he wonders who fired the shot and why.

Chloe Walden, an English major, had an interest in archeology even as a little girl. So the class came naturally for her, and it includes working at the dig site. "It's important to preserve our history," she said. Chloe finished her last semester at WC in August. She plans to continue her education at UNT or UTA, but, like Billy, she wants to keep working at the Newberry Cabin site. She may change her major and persist in the journey of archeology. She found shoe buttons, glass, nails — nothing remarkable. "The remarkable is unremarkable," she shared. "The items, frozen in time, belonged to someone. I've really enjoyed being part of it." Chloe also cites the camaraderie



as one of the best parts. The class had four girls, and even with different backgrounds and plans, they all got along well. She strongly recommends the class for other students.

Pamela Hopkins is a history major, so the new class piqued her interest. She loves history and learning. Not expecting to like digging, Pamela actually enjoyed finding artifacts and having others help to identify them. She mentioned an old Crock-Pot the team found. Pamela still plans to pursue history and eventually become a professor. But she sees archeology as a potential hobby in the future. She also enjoyed socializing with other class members. "Anthropology is such a broad field," she said. "It takes a lot of knowledge."

Halfway to her associate degree, Valerie Winn thought the class sounded fun. "It's amazing," she stated. "We always have a lot of fun. We get along very well." After losing a good friend during her junior year, Valerie wanted to become a mortician, thinking she could easily connect. After taking this class, however, she may pursue archeology instead. Being on the site, digging and finding a piece of history and the idea of traveling all appeal to her. Over the summer, she plans to attend archeological society meetings. She didn't think it would affect her so much, but she's glad she took the class and that WC offers it. One of the best finds of the dig, a Frozen Charlotte Doll, elated Valerie, since she researched them several years ago.

Elisa Brantley graduated in May 2017 with an associate degree in general studies. The salutatorian of Poolville,

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Texas, Elisa planned on an international business degree. Life changed her direction, so in the immediate future, she intends to help run her family's feed store. Still, she enjoyed the class and the opportunity to try archeology. The little doll, only an inch long, was the most interesting find to her. An outdoors girl, she enjoyed being at the site during class. She commented that the camaraderie began from the start. "The different personalities fed off each other," she said.

Katrina knew from the beginning that this dig required more than a small class, so she brought in volunteers from TCAS. She always had an interest in archeology, but after taking one elective class, she fell in love with it, earning her master's degree in 2011. "To be able to excavate and explore our past — to hold history in your hand — is one of those moments in time," she said. "It's rare to have field experience going into archeology." It changes in different places and is never boring.

Almost finished with the first side, the team will excavate the other three sides of the cabin. She looks forward to digging the final site beneath the cabin after they move it. To move, experts will disassemble the cabin and rebuild it at the Pioneer Cabin Park. In the process, they hope to find even more artifacts in the chink between the logs. Other structures beside the cabin are interesting, and they continue looking for the cistern and outhouse.

Lori said, "It has become a passion to see this through." She recently found a button — just a small button. Yet on inspection, the team discovered it had an inscribed rose — possibly a Confederate "Yellow Rose" button. Seemingly insignificant, the button means a lot to those who understand and know history. "The fall class still has openings," Lori said. She encouraged students at WC to register now. According to this team, new students won't regret it. **NOW**

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BRIG AND INVIT

At Home With Todd and

Something that was classic and would age well but also have a Mediterranean feel and provide the space needed for their four girls was exactly what Todd and Bobbie Crosslin set out to build over four years ago in Aledo. Their completely custom home overlooks the golf course and invites guests in with natural light and open spaces.

Between the two of them, they think their moves total to 15. “But this is our ‘20-year home,’” Todd and Bobbie said, agreeing that they built with a long-term mindset. The building began with Todd deciding on the roof, which was originally going to be a green-based tile, after seeing another Mediterranean home with the same color scheme. But he changed his mind to a more traditional look, and from that point forward, Bobbie took the lead on choosing exterior colors and more for the home, adding that



HT ING

— By Lindsay L. Allen

Bobbie Crosslin

everything was still a back and forth process between the two, as they made decisions together. When they set out to build, the Crosslins knew they wanted a bathroom that was accessible from the outside, a three-car garage, pool and four bedrooms.

The home boasts beautiful lighting, both natural and fixture wise, in almost every room. For Bobbie, having chandeliers and making every room as bright as possible was a main focus.

“We want this to be a light and warm home, but those two descriptors are usually not said in the same sentence, as most warm homes are darker in color and light,” Todd said. “But I love that



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Bobbie was able to create both of those feelings throughout the whole home for us." The pearl-glazed walls in the living room, kitchen and formal dining room paired with the cream granite enhance the bright lighting of the home and create a cheerful environment.

The kitchen, where Bobbie spends most of her time, provides a great breakfast bar for the girls in the morning, lots of counter space to drop groceries and laundry and an oversized island that gives Bobbie the perfect spot to display her baked goods. Connected to the kitchen is the breakfast nook,

where the girls do their homework and the family eats dinner together most nights. "I love to cook, and we rarely eat out due to everyone's schedules and the fact that we like to eat healthy. So the space this kitchen provides for me and our family of six is perfect," Bobbie said.

Her pantry door opens into a space fit for a mom feeding a large family and goes straight to the garage, as well. "The idea was that I could come from the garage with my groceries and go straight into our pantry, but for some reason, I have never really used this door," Bobbie said, laughing.

The kitchen opens into a living room with a fireplace surrounded by 32 built-in shelves, which perfectly display family photographs, keepsakes and knickknacks. With an open floor plan and a great view of the back patio, the living room is perfectly placed and sized. While the

living room invites guests in, the majority find themselves in the "outdoor living room" or on the back patio. "We wanted a big back patio. When they poured the foundation, we initially thought we overestimated how big we wanted it, but it turns out, we wouldn't change it. We love the size, and if you come over, I can guarantee that we will eventually end up sitting on the patio together," Bobbie noted.

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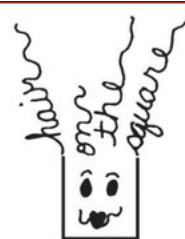
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view of the golf course and a kid's dream playground, the Crosslins can entertain large groups in the perfect setting.

Back inside, the four-bedroom, three-and-a-half bath home has a different theme in each of the girls' rooms. There's the Rose Room, Peacock Room and the oldest's Beach Room. In the Rose Room hangs a beautiful, oversized monogram that once hung above the youngest's crib when the room served as a nursery, and the Peacock Room blends the perfect amount of turquoise and bright corals together with large artwork above the bed. All the closets have built-in shelving, designed specifically for shoes.

Bobbie wanted to make sure the girls had a place to hang their backpacks, so she had doors put on the mud bench to create lockers for each of them. With space for the backpack in the upper portion and a drawer below for more shoes, the two areas are divided by a long bench to allow the girls a place to sit, as well.

The girls easily spend the majority of their time in the playroom, which has a balcony attached to the room on the second floor. The room has black built-ins and lots of space for making and creating fun with a toy closet attached. The long closet has lots of shelving for storing the girls' toys and

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even extra room for the youngest, who seems just as content to play in the large closet as she does in the playroom.

Two rooms that were reserved for Todd's input and design were the study and wine room. The study is decorated with some of Todd's favorite art pieces, including one by Duy Huynh, a Vietnamese artist who toured with hip-hop artists and painted for them out of his home in North Carolina, where Todd used to live. While Todd designed the study, he shares it with Bobbie, who finds herself working in there often, and the family dog. The wine room is close by, complete with enough space to shelve 250 bottles of their favorites.



The Mediterranean home features many traditional looks on the outside, as well, blending the two looks perfectly and helping the home fit right in on their street. The flowerbeds are taken care of by Bobbie, who enjoys time in her front yard. The golf course is perfect for Todd, an avid golfer, as well as for Bobbie and their oldest, who are currently taking lessons.

One would think that a house full of girls, ranging in age from 15 to 4, would create a number of messes, and while the fun never stops, the messes are few, as Bobbie loves to clean and expects the girls to make their beds each morning. A clean, bright and perfectly decorated home welcomes any guest into the Crosslins' traditional, yet Mediterranean home. **NOW**

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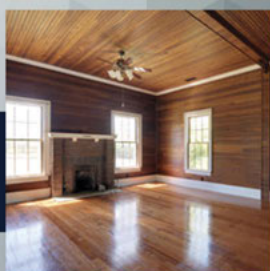
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Together Forever

— By Amber D. Browne

Life — it is time spent experiencing adventures, finding purpose and discovering everlasting love. Powell and Betty Johnson count their blessings each day for having a life such as this. They found true love in each other more than six decades ago and reminisce about adventures as a young couple. Together, they discovered a profound love of the Lord. And they still share the Bible with others on the mission field.

The two met at Hi-D-Ho Drive-In in Lubbock around the time Powell graduated from high school. He was a local boy, and Betty had moved to the area with her family from Georgia. "It was sort of a *Happy Days* thing," Powell said, grinning. They married shortly thereafter on March 18, 1957, and the newlyweds began a carefree life together.


"Our first year of marriage, we just had adventures. We put all we had in the back seat of the car and just took off," Betty shared. "We didn't have anything to



tie us down." The two had a great deal of fun traveling the countryside and created lifelong memories, which Betty says are critical for a strong marriage. "When rough times came, as they do, we would look back on good memories. We would realize how blessed we were. We just loved one another. We knew we wanted to be together."

Life became a little less carefree after Powell was drafted into the military in 1958. The couple moved to Fort Benning, Georgia, where he graduated from Officer Candidate School as a second lieutenant in the U.S. Army. After a tour in the Vietnam War in 1961, Powell returned to Fort Benning. He graduated Airborne and Ranger School, and then he worked in the Mountain Ranger Camp. Powell and Betty were married nearly eight years before their first child was born. "I always tell people we became best friends first," he said.

Over the years, the family lived the military lifestyle, moving from place to place. Powell joined the Special Forces Group in Fort Bragg, North Carolina, served in Panama and the Dominican Republic, and had two additional tours in Vietnam before moving to Florida. While Powell was serving his country, Betty was taking care of their two young children. "I was very fortunate to have a wife who was that kind of person," he added.





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In 1977, after 20 years of marriage, Powell and Betty's life changed dramatically. "A young man confronted me with the Gospel for the very first time. I was 41 years old," he shared. Powell and Betty both became Christians on October 30, 1977. "Since we have been saved, God just multiplied our blessings a hundredfold," he added.

The Johnsons began working in churches and sharing the Gospel across the globe. "One of the blessings in our life is to be involved with people. I would hate to know I had reached the age I am and not have had a positive influence in the life of someone," Betty shared.

They built a life for themselves in Georgia and continued their work on the mission field for a decade before tragedy struck. Betty was diagnosed with breast cancer in 1992. At first, she questioned why this had happened to her. She found her answer two years later while doing mission work in the Dominican Republic. While holding religious services there, they learned that many Americans were traveling to the country for an experimental cancer treatment. Betty realized that as a cancer survivor, she knew what the patients were going through during treatment. Powell had been Betty's caregiver, so he could relate to and share their faith with loved ones traveling with those who were undergoing treatment.

Years later in 1999, a new chapter in their life would present itself. A church in Weatherford wanted the Johnsons to



travel the world to aid those who had suffered a natural or manmade disaster. They left their life behind in Georgia and moved to Weatherford.

Powell is a Bible teacher at Victory Baptist Church. He challenges group members to read the Bible cover to cover in one year. He frequents a local nursing home to visit with residents and share the Gospel. Powell also mentors young men, while Betty mentors young women. Young couples often reach out to them for advice on how to obtain a happy marriage, and they don't mind offering guidance. The Johnsons decided when they got married 60 years ago that divorce was not an option. "If we had problems, *that* was not going to be discussed," Betty explained. "We laugh together, cry together, get mad together, make up together and stay together."

They both agreed they would not go to bed mad and would do their very best to forget everything that was unhappy. They believe both husband and wife should be honest with one another and that God must come first in marriage. "He's opened our eyes to one another," they said.

Powell has always made Betty feel safe and secure in their relationship, even when they first started dating. "He would not try to pressure me to do something I would not do. He's been that way our whole marriage," she explained. "He's made me feel very loved and safe."

The past three years have been difficult for Powell and Betty, but love

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and their faith have caused them to endure. Several years ago, they suffered significant injuries in a vehicle crash. Also, Powell has been diagnosed and treated for two different kinds of cancer. “Yet, we’re in good health for our age. We’re busy. We’ve still got a lot of plans on our agenda to do,” he said.

They may not travel as much as they used to, but Powell keeps a constant list of things he wants to do and places he wants to go. Earlier this year, they traveled to Niagara Falls to celebrate their 60th wedding anniversary. He wants to jump out of an airplane again and go hunting with his family. “Old people have dreams, too,” he said, grinning. Powell says at first, Betty may think he’s wasting his time on a new hobby, but soon, she’s joining in on the fun. Together, they raise chickens and keep a garden. “We have a good time,” he said.

The Johnsons enjoy visiting with their children and watching their grandchildren excel in school and extracurricular activities. “We just want to live life,” Betty said. “To do nothing is to die. We have to keep going. Even when you don’t feel like going, get out there, talk to people, and look at the beauty that God surrounds you with.”

Powell added, “Our philosophy is be right, know right, do right, and don’t quit.” **NOW**



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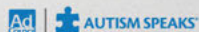
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School's in Session

— By Zachary R. Urquhart

Whether your summer has flown by or you are counting down the days until the hot months come to an end, the fact remains that summer is almost over. And with the end of summer comes the start of a new school year! If you are getting your first child ready for kindergarten, or you are a recent graduate headed away for college, follow these tips to get a great start for a great school year.





Be Ready for the First Day

• *Dot your I's.* One of the biggest jobs for parents getting ready to send kids to school is finishing paperwork. When you are starting, be ready with shot records, birth certificates and proof of residency, so that you can enroll without a problem.

If your children are in sports, get the school's physical form and head to your doctor or a nearby clinic, so they are ready on day one. There is also a mountain of surveys, financial forms and demographic sheets that will take time to complete, so do not wait until the night before the first day of school.

• *Get the gear you need.* No matter which school your child attends, supplies will be needed. Most large stores will have copies of lists from the local schools, so you can head there ready to shop. If your young student is apprehensive about starting, let him or her have fun picking out colors and characters, but be sure you know which supplies are shared by the class. This will help you avoid your son happily picking a themed box of tissues only to find out that the class uses each

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• *Older kids need stuff, too.* Though your high-schooler may not take the same pleasure in picking out school supplies, you cannot neglect that part of his or her year. Some teachers at that level will have specific requirements for their class. So while you may not be able to get an exhaustive list until your student comes home the first week, you know that they will need paper, pen and pencil and a notebook or two.

Look the Part

• *Find a style.* Unless your school has a dress code, there are endless options when it comes to dressing for the day. These days, kids can wear almost anything and fit into some style category. Whether they want to have a common theme in their dress, or they want to change it up each day, they can shop anywhere from a thrift store to the fanciest boutiques to come up with great looks for the year.

• *Function matters.* High school students normally have a regulated schedule, complete with time to change



for athletics or other special activities. But in elementary school, kids often have a different activity every day of the week. Be sure to include a variety of clothes and shoes, so your daughter does not overheat trying to run in wooly leggings or ruin a fancy dress painting in art class.

Get in Rhythm

- *Start a routine now.* Summer nights are great for staying up, enjoying sunsets and going on late night excursions. With school fast approaching, though, it is time to get your little ones back into a bedtime routine. The first few weeks might be tough regardless, but making sure they are getting to bed early now should help ensure a better start to the year.

- *Routines are good for everyone.* While it may seem like a losing battle to ask your teenagers to go to bed early with several weeks left of summer, encourage them to start waking up when they will need to be up for the school year. After a few weeks of being forced out of bed before noon, they will naturally get to sleep at a more reasonable hour. And if your high-schoolers drive themselves in the morning, spend the week before school helping them get the timing of waking up, getting ready and heading out the door in time to get to school before the bell rings.



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College Is Not Just a Party

- *Take care of the little things.* If you are a college student, on your own for the first time, you may be overwhelmed with your new responsibilities. It is a good idea to make a monthly and quarterly checklist to ensure you pay your rent and bills, keep your car maintained and do things like changing air filters and taking care of the yard.



- *Make a budget.* One of the biggest changes for many college students is budgeting money. Figure out how much money you need for utilities, housing, basic grocery purchases and any regular bills you will be paying like insurance or phone service. Compare that to your sources of income, and be sure not to spend more than you have.

- *Be careful with credit.* College students are easy targets for cards with ridiculously high rates. Their free shirt is not worth opening a high interest credit card where a pair of jeans paid for over time can cost you hundreds in fees. On the other hand, you might consider getting a card with good rates and making one or two purchases that you pay off immediately. That can help establish good credit that will help you buy a car or a home down the road.

For anyone sending a child off for the first time, or shipping a graduate into the borderline adulthood that is college, using these tips will ensure a successful start to school. **NOW**

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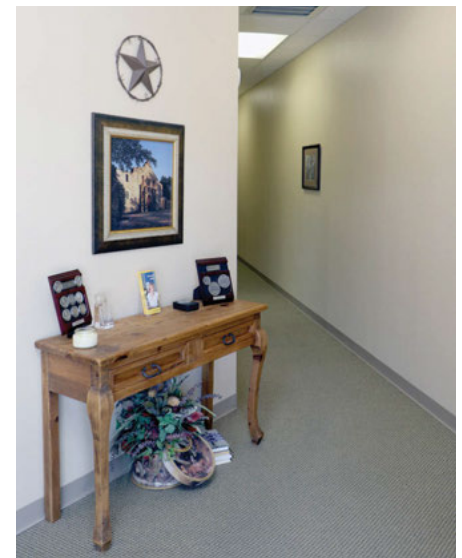


Edward Jones — Gregg Davis

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The calm atmosphere at Edward Jones — Gregg Davis relaxes clients.

Model of Success

Gregg Davis provides financial information for clients planning for retirement or other financial needs.

— By Lisa Bell

For more than 33 years, Gregg Davis worked in the financial industry. Previously, he worked 16 years at a bank and also served as an associate pastor, on staff at Willow Park Baptist Church. Although he loved being on staff at the church, he realized his real strength was financial services.

A friendship with a financial advisor led Gregg to join Edward Jones. He celebrated his 12th year with the company on January 1, 2017. He loves the freedom to do what's best for his clients. With no pressure to sell a particular product, Gregg looks at all options, and then makes recommendations. At the same time, being part of a large company enables him to use the best, newest technology from a business established in 1922. Although he is an employee of Edward Jones, Gregg

Davis is free to run his own business. He has tremendous support from the parent company, which holds him accountable to do the best thing for each client. Since that's his desire anyway, it fits Gregg perfectly.

Edward Jones offers many different services. Whether planning for retirement, college, weddings or any other type of investment, Gregg partners with his clients and seeks to understand the timing for withdrawing money. This understanding helps him determine the best investment options. While Gregg provides advice, the client makes the final decision.

With investments, fluctuations in value are common. At Edward Jones, the financial advisors do their best to

recommend proper diversification, too. Still, at times, portfolios dip, and many investors grow nervous. "We hold hands with our clients when things are tough," Gregg said.

A financial advisor offers fresh perspective and knowledge. Gregg believes there are steps to be taken in order to be successful in investing. The first step is to reduce liabilities. "Sometimes, the best investment is to pay off debt," he said. Second is to build a sufficient supply of emergency cash — typically three to six months' worth of your living expenses. Third, take advantage of what the government allows, which is tax-free or tax-deferred investments, including traditional IRAs, Roth IRAs and 401(k)s.

**"We take
customer
service
very
seriously."**

Gregg is a member of both local Chambers of Commerce. He and his wife, Margaret, have been Parker County residents for over 30 years.

Sr. Branch Office Administrator Janna Daugherty plays a big part in the success of the office. Their office ranks in the top 1 percent of all Edward Jones offices nationwide in customer service. "I credit that to Janna. Our clients love her," he said. "We take customer service very seriously." Janna has been with Edward Jones for almost 20 years, and Gregg claims she's the true reason for their success.

As an active member of the community, Gregg meets people he would not have met otherwise, leading to many lasting friendships. That is a fact that makes him very thankful for his decision to be part of Edward Jones. **NOW**



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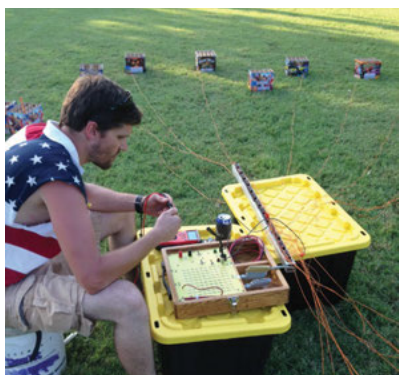
Edward Jones
MAKING SENSE OF INVESTING



Steve Randle and his family enjoy fireworks filmed with a drone.



Jessica McGee, part of the Agrilife Extension, teaches a four-week cooking class at the library.



Andy Balcom prepares fireworks for his family celebration with his new ignition toys.



Trace and Rosi Pesak from Germany visit the rodeo with Brookes Worthington, holding his granddaughter, Lyla Pearl.



Kim Burris passes out lunches at the WFD library, part of the healthy kids program.



Kinley Petzold received Reserve Overall Grand Champion Steer for the second year in a row at the Parker County Livestock Show.



Luke Nesbitt shares some love with his sister, Leah Treille.



Citizens watch fireworks at Spark in the Park.



On June 6, Aledo Learning Center presents their 2017 graduates. Congratulations to these 16 students.

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Cashing Out Your 401(k)

The purpose of a 401(k) plan is to help you save for retirement. When you participate in the plan, you may be able to take out a loan against your 401(k) account balance, but you might not be able to take a 401(k) withdrawal.

Hardship

Some plans will allow you to take out the money that you contributed in the event of a true hardship, such as high medical bills due to a serious illness in the family. Other hardship needs allowed by federal regulations, in addition to payments for certain medical expenses, are: costs related to the purchase of a principal residence; tuition and related educational fees and expenses; payments necessary to prevent eviction from, or foreclosure on, a principal residence; burial or funeral expenses; and certain expenses for the repair of damage to your principal residence. However, your employer may elect for all, some or none of these needs to be eligible for hardship withdrawals from the 401(k) plan. Also, if you receive a hardship withdrawal from the 401(k) plan, you may not be able to contribute to your account for six months. These withdrawals will generally be subject to both income tax and a 10-percent tax penalty (for participants under age 59 1/2), so they need to be used as a last resort in a serious emergency.

Leaving your job

Of course, when you leave a job, you can take your 401(k) balance with you. If you roll over your 401(k) balance into an IRA

or your new employer's retirement plan, your money will continue to grow for retirement.

That big lump sum that you receive when you leave your job may be tempting. You could just take the money and spend it on whatever you like instead of rolling it over. That's not financially responsible, though, as you will generally have to pay income taxes on the funds withdrawn as well as a 10-percent penalty tax unless you are age 59 1/2 or older. That makes the withdrawal very expensive. So if you are leaving your job to go back to school or to start a business and can find a student loan or a small business loan with a low interest rate, you may be better off borrowing the money. Then, you can keep your retirement fund safe for retirement.

Tax considerations

If you have left your employer and are over age 59 1/2, you don't face the 10-percent federal tax penalty if you take your 401(k) balance as a taxable distribution. You will have to pay taxes on the total amount withdrawn unless part of the funds are Designated Roth Contributions. Beginning at age 70 1/2, required minimum distributions (RMDs) will be necessary for any balance kept in the 401(k) plan. You should consult with your tax advisor before taking a taxable distribution from your 401(k) plan. If you are still employed, the 401(k) plan may limit withdrawals of your account balance even if you are age 59 1/2 or older. **NOW**

Article provided by The Mader-Bagley State Farm Agency.



A Mind on the Run

— By Betty Tryon, BSN

“I can’t sit still.” Those words come from an online blogger, who just needed to vent about ADHD, Attention Deficit Hyperactivity Disorder. She went on to chronicle her struggle with her thought patterns. “Like, I should have one thought that’s supposed to do its thing. Instead, it feels like there’s hundreds, all darting in different directions and confusing the others.” ADHD is a neurodevelopmental disorder that begins in childhood and can last into adulthood.

There are three types of this condition: inattention, hyperactivity and impulsivity. It is possible to have only one or a combination of the types. All of these behaviors can occur in anyone, but when they reach a level that causes everyday routines to be disrupted on a frequent basis, it is characteristic of ADHD disorder. Behaviors will differ from one person to another. Some will exhibit a combination of symptoms of this condition. Whatever symptoms are most predominant determine the diagnosis. Males are more likely to have this disorder than females. ADHD often coexists with other behaviors, such as anxiety disorders, learning disabilities and depression.

Inattention is characterized by someone having difficulty with organizational skills. They have problems keeping things in order and manage their time poorly. They make careless mistakes performing important tasks and are constantly losing items. There is difficulty in focusing and staying on task. When it comes to performing tasks that require mental focus, those with inattention may completely avoid them.

Hyperactivity and impulsivity are often seen in combination. When a person is hyperactive, that behavior will often be seen in very unhealthy ways, and being impulsive is a part of that. An example of the predominantly hyperactivity-impulsivity presentation is a person who fidgets constantly and can’t seem to sit still. Engaging in quiet activities is difficult. This patient seems to be the type of person who has to go, go, go all the time, is impatient, has trouble standing in line and engages in nonstop talking.

The cause of ADHD is still unknown. Environmental toxins have been blamed, possible brain injury, genetic factors and even cigarettes and alcohol are all suggested causes of ADHD.

The goal of treatment for ADHD is to reduce symptoms for better function. The treatment has to be patient specific and age appropriate. What works for children might not work for adults and vice versa.

When helping children with ADHD, it’s important not to label them as “bad” kids. Their behavior is not meant to disrupt and with treatment can improve. Managing this disorder gives the person a chance to live a more normal and calmer life. **NOW**

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



In the Kitchen With Dottie Vandagriff

— By Lisa Bell

“I enjoy cooking. It is very creative and satisfying,” Dottie Vandagriff said. “I also love giving baked goods away to friends and making my husband happy.” Dottie has a home economics degree from Texas Christian University, but her mother and grandmother were marvelous cooks. She inherited some recipes, many from a Swedish ancestry. She started cooking in college and as a young bride.

In her early 20s, Dottie lived in the “boonies” of Northwestern woods. She gave a baby shower for a friend and planned to make petit fours using fondant. As she poured warm fondant over the cake squares, it kept sliding off. With no one nearby and her mother far away in Texas, Dottie finally gave up and made cookies from her mom’s Swedish recipes. **NOW**

My Sister’s Quick & Easy Hors d’oeuvre

- 1 4.25-oz. can chopped California ripe olives
- 1 cup medium sharp cheddar cheese, grated
- 1/2 cup mayonnaise
- 1 tsp. Spice Islands Curry Powder
- 6 English muffins, split and quartered

1. Mix all ingredients together, except for the muffins.
2. Spread mixture with a knife on muffins.
3. Put on a cookie sheet and place under the broiler on the oven rack (not too close to the heat.)

4. Broil until bubbly but not burned; watch carefully. Serve warm or cool.

Mother’s and Grandma’s Swedish Cookies

It’s not Christmas to us unless we have these.

- 1 cup butter
- 4 Tbsp. powdered sugar
- 2 cups unbleached white flour
- 2 tsp. vanilla
- 2 cups toasted pecans, chopped
- 1 Tbsp. water
- 2 cups powdered sugar for rolling

1. Cream butter and sugar. Sift flour; add to sugar and butter.

2. Add vanilla and mix. Stir in nuts and water.
3. Roll dough into walnut-size balls; place on a cookie sheet.
4. Bake in a 250 F oven for about 45 minutes. (These do not spread.)
5. Very carefully roll cookies in sifted powdered sugar while warm.
6. Store in covered tins or plastic “boxes” with lids.

My Favorite “Tomato” Aspic

For aspic:

- 2 cups V8 Juice (spicy or regular)
- 1 pkg. Knox Gelatine
- 8 peppercorns
- 1 tsp. Spice Islands Dill Weed
- 1 beef bouillon cube
- 1 1/2 tsp. real lemon juice
- Celery tops, to taste
- Pinch of salt
- canola oil spray

For topping:

- 1 cup mayonnaise
- 1/2 cup toasted pecans, chopped
- 1/2 cup celery, finely chopped
- 1/4 tsp. dill weed

1. *For aspic:* Add all ingredients, except canola oil, to a saucepan and bring to a boil; mix well.

2. Prepare an 8x8-inch pan, spraying lightly with canola oil.

3. Pour mixture through a strainer into the pan; chill until set.

4. *For topping:* Mix all topping ingredients. Serve on the side in a small bowl.

My Friend Janet’s Hamburger Soup

- 1 lb. ground sirloin
- Minced onion (optional)
- 1 pkg. frozen mixed vegetables
- 4 cups V8 Juice
- 1 tsp. sugar
- 1 Tbsp. A. I. Steak Sauce or Lea & Perrins Worcestershire Sauce

1. Carefully brown beef and minced onion.
2. Place drained beef and rest of ingredients in a large pot; bring to a boil.
3. Simmer five minutes; serve.

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

August 1

Discovery Stations: 2:30-3:30 p.m., Weatherford Public Library. Programming for kids that is both entertaining and educational with two sessions: 1st to 3rd grade-On a Roll; 3rd to 5th grade-Candy-ology.

August 1 — November 30

Courage Exhibit: **Tuesdays-Saturdays**, 10:00 a.m.-5:00 p.m. (open until 8:00 p.m. on **Thursdays**), Doss Heritage and Culture Center, 1400 Texas Dr. This new exhibit opened in June and will run through November.

August 2

Summer Film Festival: 2:30-4:30, Weatherford Public Library. *Lego Batman*; Warner Bros. PG, 104 minutes. Enjoy the final summer film festival.

August 3

Deadline to apply for Weatherford College Teacher Certification Program: The program provides a path to an educator certificate for individuals who hold a bachelor's degree and meet other requirements. For details, call (817) 598-6446.

Summer Spectacular – The Preschool Dance Party with The Que Pastas: 10:30-11:15 a.m., Weatherford Public Library. For children 7 or under only. Please pick up your free ticket at the library, available starting **7/27 at noon**.

I Scream for Local Authors – Author Event and Ice Cream Social: 6:00-8:00 p.m., Weatherford Public Library. DFW Authors event. A portion of book sales benefits the library. The event doubles as a social with free ice cream for everyone.

August 5

Sporting Clay Shoot: Noon, Greystone Castle, 65756 I-20, Mingus. Event benefits Parker and Palo Pinto CASA Children. For more information call CASA (817) 319-1705.

Basic Home Repair: 2:00-4:00 p.m., Weatherford Public Library. Adult event presented by Home Depot. Come learn how to give your home a little TLC.

August 7

Teen Legion – Gamers Circle: 2:30-4:00 p.m., Weatherford Public Library. Last Teen Legion of the summer for teens aged 12-18 to unwind after a hectic summer. Join for board and video games fun.

August 10

Summer Spectacular – Ice Cream Social: 10:30-11:15 a.m., Weatherford Public Library. For kids from birth to 11 years who read at least 15 hours for the Summer Reading Challenge. Don't forget your invitation to a special event in your honor.

Native Plant Society of Texas, Cross-Timbers Chapter: 6:30-8:30 p.m., Cherry Park Community Center, 313 W. Davis St. Program on planting wildflowers — when, how and what. Visit www.npsot.org/wp/crosstimbers. Visitors welcome.

August 11

Texas String Art: 2:00-4:00 p.m., Weatherford Public Library. Craft a Texas style nail and string art project. No cost to attend, but you must register at (817) 598-4207 or email reeves@weatherfordtx.gov.

August 12, 13

Kingdom Rally: 9:00 a.m.-6:00 p.m., worship celebration follows at 6:00 p.m., Heritage Park. One community standing together to make a world of difference. For details and to get involved, visit www.KingdomRally.com.

August 17

Quilters' Guild of Parker County meeting: 6:30 p.m., Northside Baptist Church, 910 N. Main St. August features "disappearing blocks," plus a presentation by Myra Hall and Cindy Ewing. For information, call Pam Luke at (817) 596-5189 or visit www.quiltersguildofparkercounty.org.

August 19

1st time, Seed of Faith Gala: 6:00 p.m., Dove Ridge Vineyard, 6000 Tucker Rd. Gala benefits Live Like Johnny Organization. Dinner provided by Reata Restaurant. Visit www.livelikejohnny.com for details.

August 21

Trivia Night: 6:30 p.m. (registration cutoff), Antebellum Ale House, 321 E. Oak St. Hosted by the Weatherford Public Library. Come alone or as a team.

August 22

Books and Bagels: 10:30-11:30 a.m., Weatherford Public Library. Choose a book from the theme provided to discuss. August theme: a book adapted to film. Watch the film, also if possible.

August 28

After School for Teens: Gamers' Circle: 4:00-5:00 p.m., Weatherford Public Library. For teens aged 12-18, an opportunity to test your gaming skills against your friends on board games and video game consoles.

August 31

After School for Teens: Ex Libris: 4:00-5:00 p.m., Weatherford Public Library. For teens aged 12-18, a book club that doesn't tie you down – pick a book, film, video game or any media within the theme and share your thoughts.

September 22

Men's Legacy Conference: 8:30 a.m.-1:00 p.m., Oak Ridge Church of Christ, 4895 I-20 Service Rd. N, Willow Park. Individual tickets are \$149. Partnerships are available. Ticket includes breakfast, lunch, dessert bar, five speakers and a Legacy gift bag. For more information, visit www.MensLegacyConference.com

Ongoing:

Mondays

Aledo Farmers Market: 3:00-6:00 p.m., Aledo Community Center Parking Lot, Aledo. Runs weekly until November. Support your local farmers. For more information, contact City Hall at (817) 441-7016.

Second Wednesdays

The Twentieth Century Club: Noon, 321 S. Main St. Women's volunteer organization meets the second Wednesday of each month except in July and August. Begin with a potluck lunch, followed by a short program and business meeting. For more information, call Karren Lucas (817) 613-6697.

Thursdays

Chronic Disease Self-Management Class: 10:00 a.m.-noon, Weatherford Regional Medical Center, 713 E. Anderson St. For details, or to register, contact Deb Williford by email, DEB_WILLIFORD@CHS.NET or at (682) 582-1751.

First and Third Thursdays

Post-Traumatic Stress Disorder (PTSD) Family Support Group: 6:00 p.m., South Main Church of Christ, 201 S. Main St. The free support group will provide information and encouragement to families and friends of those suffering with PTSD. Call (817) 594-3030 to find out more.

Second Fridays

PCWNC General meeting: 9:30 a.m.-noon, FUMC Family Life Center, 301 S. Main St. Monthly meeting for Parker County Women's and NewComers Club. \$10 for lunch, \$1 for drinks only. Reservations required. Visit www.pcwnc.org.

Spring Creek Musical: 6:00 p.m., 100 Spring Creek Rd. Old time musical with bluegrass, gospel and country. Concession stand available – all proceeds going toward expenses Free and open to the public. Visit Spring Creek Musical on FB.

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



Debra Smith of Pulliam Pools and Doug Beard (FNB)
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