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SEPTEMBER 2014

# NOW

## The Need for Speed

Seth Cooke focuses  
on his rodeo future

## Growing Together

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Casey and Amanda Beck

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## ON THE COVER



*On horseback, Seth Cooke experiences the thrill of rodeo.*

*Photo by Sarah McVean.*

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## Editor's Note

*Hi there, WeatherfordNOW readers!*

I can't believe how time flies! September is here, and we'll soon have to pull our jackets from the closet to comfort us during the cooler temperatures this fall.

With fall now here, so is football! Professional athletes are playing on the big screen, and local students are taking the field. Why not catch an entertaining game at one of the local stadiums? The game would be fun for the entire

family and will support our schools and students.

September is also a reminder of the dreadful day that brought our country together 13 years ago. Each September 11, members of the Rotary Club of Weatherford display bright red, white and blue flags around Weatherford's Downtown Square. Take time to reflect on Patriot Day about the lives lost and the strength of our great nation.

Take care,

*Amber*

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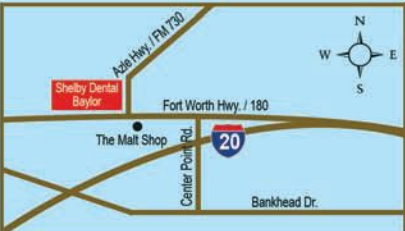
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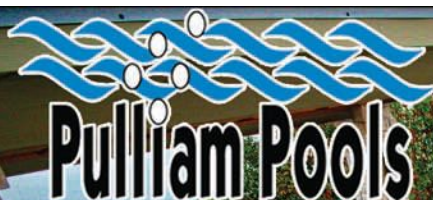
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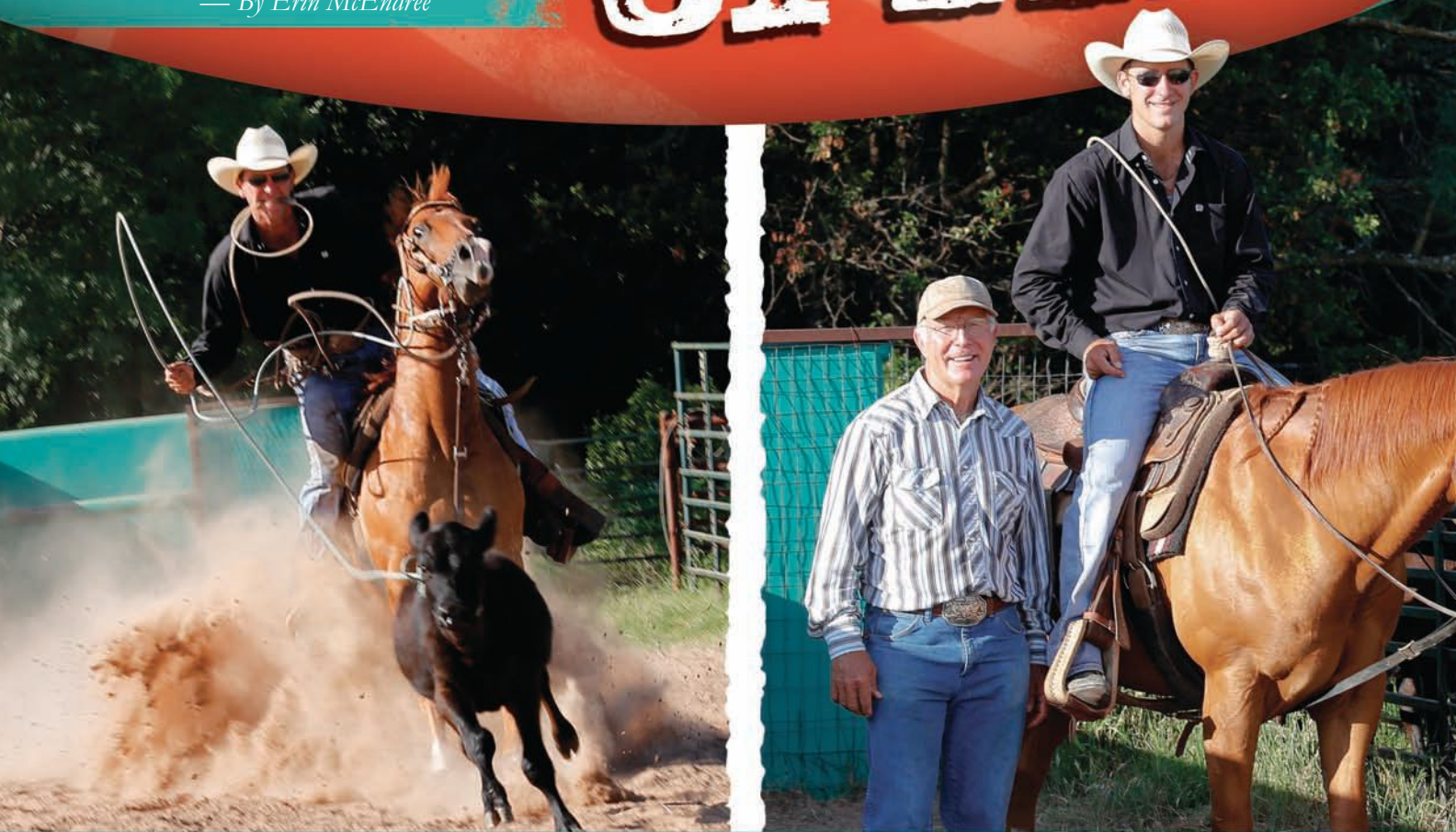
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# THE NEED FOR SPEED

— By Erin McEndree



*The crowd waits anxiously for Seth Cooke to nod. He looks for just the right moment to spring the calf from its narrow chute. The timing has to be perfect, and the barrier cannot be broken to ensure a clean ride. Rooster is pawing and stomping the ground in anticipation. He knows what to do and is fidgety and uneasy waiting for permission to burst down the arena in pursuit of the 200-pound calf. Seth has looked*

*down the arena hundreds of times. He hopes all his practice and hard work pay off. He needs a clean ride and points to keep him near the top of the standings on the leader board.*

As a kid, Seth went to school in Weatherford and helped his dad on their ranch near Cool. They baled hay and bred horses. "My dad, Joe, was a vet and in the race horse business. He taught me how to shoe and produce long, tall horses for speed," Seth said. When Seth was in the eighth grade, he started roping





with the Texas Junior High School Rodeo Association. "As for rodeos, Dad and I learned that together, and friends helped along the way with advice."

Joe and Seth decided the body style of a race horse was not built for calf roping or steer wrestling, which is also known as bulldogging. "We started buying horses that were short and stout with a quick start," Seth said. "There were many men who gave me pointers. I worked on how to add their suggestions to my program." One of those men was Bobby Ralls, who was involved in roping. Bobby supplied Seth with knowledge and techniques he could apply when calf roping.

"A lot of young boys who are successful in rodeo owe it to their dads who competed in rodeos, too. But, I'm a veterinarian," Joe said. "My friends helped Seth get to where he is today, and he has made tremendous progress." As a freshman in high school, Seth won first in calf roping at the Texas High School Rodeo Association (THSRA) Region III Calf Roping Championship. He won Best All-Around as a sophomore and senior in Region III and third in steer wrestling at state as a senior. "There are many good ropers with whom Seth contends over and over at rodeos. Seth's age group is tough," Joe said. "It's very competitive, but Seth keeps getting better and better."



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Seth attends Weatherford College and plans to keep training, learning and saving until he goes pro after college. When Seth is not at school or studying, he is in Cool. "I rope in the morning when it's not so hot. Then I may shoe some horses. I bulldog in the evenings," Seth said. "I love everything about rodeo: competing, winning and practicing. I love being outside."

Attending three or four rodeos a weekend is not uncommon for Seth. He competed at United Professional Rodeo Association-sanctioned events this past summer, and as of the July 4th weekend, Seth was ranked second in both of his events and first in the All-Around category. Standings are





calculated by earnings, so Seth tries to make it to as many rodeos as possible. "You'd be surprised how many you can make it to in one weekend," Seth said. "There are people I see all the time who have become friends." Marty Yates is a friend who helped Seth. "Sometimes I was on top. Sometimes he was on top. His family helped me a lot," Seth said. He would watch Marty's style and try to apply it to his competition.

Bulldogging consists of chasing the steer, dropping from the horse's side, grabbing the animal's horns and wrestling it to the ground by twisting the horns. The best steers are between 450-600 pounds. "I've only torn my pectoral muscle. That is the worst I've done,"



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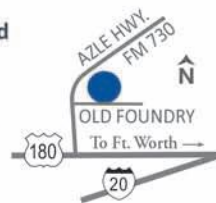
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Seth explained. "Steer wrestling gets kind of *western* sometimes. You are running your horse about 25 miles an hour, and the steer can be unpredictable. I'm lucky I haven't broken anything." Rope Myers helped Seth during high school. Rope won the 2001 World Finals in steer wrestling. Seth gives credit to Rope for helping him achieve eighth at the National High School Finals Rodeo.

Seth admits he works more on calf roping. "There is more opportunity, and we have more horses for it," Seth said. "That is my primary event." Calf roping, also known as tie-down roping, is a timed event. The rider must rope the

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calf around the neck, dismount from the horse, wrestle the calf to the ground and restrain it by tying three legs together. This event originated from actual duties on a working ranch. Restraining calves was needed when branding or medications were required.

Training is all about strength, speed and timing. Seth runs drills for himself, as well as his horse. "The horse has to give the calf a head start, or it is a 10-second penalty," Seth explained. "But, if the





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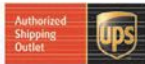
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horse is too late, he has to run farther.” The goal is getting out of the box swiftly every time. Consistent practice is the only way to apply a technique. “You want that horse, while you’re running down the rope, to pull the calf back toward you. The horse has to know to respond to the pressure on the saddle horn to pull until you get the calf flanked, which is terminology for throwing the calf to the ground. The horse has to know how to hold the calf still while you are tying,” Seth explained. “All our horses take training, but when you have a good horse, it is better.”

Seth had the opportunity to help with the THSRA outreach program called Rodeo 101 Camp. The program promotes family values and provides families the chance to “try out” rodeo events in a safe environment. Seth participated when the program was in Abilene. “I taught kids how to rope and ride,” he added.

Seth nods. The calf is let out of the shoot. Seth spurs Rooster out of the box. Dust is flying. Seth’s movements are automatic, as he prepares to let the rope fly. When the loop hits its mark, Seth jumps off his mount. Rooster knows what to do and pulls the rope taut. Seth grapples the calf down and ties three legs with the pigging string. When the tie-down is securely on, Seth raises his hands, and the time stops. His only hope is that his time keeps him at the top.

“You play like you practice and practice like you play.” Seth takes this popular quote seriously. Friends and family will be watching. His coach at Weatherford College, Johnny Emmons, will continue to guide Seth in the future and encourage his need for speed in all his rodeo events. **NOW**

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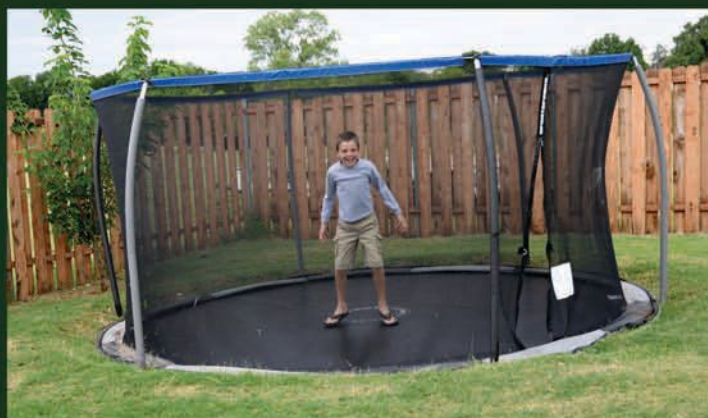
*Casey and Amanda Beck's home in Weatherford is full of life and laughter. Built on two acres at the end of a country road in 2001, the house has undergone many changes over the years. These busy people always have a project underway, and their creative spirits shine through in the end result.*

Most friends and relatives who visit aren't expected at the front door but, instead, are welcomed through French doors that open into a sunlit game room. Wooden bars line two walls near the pool table. Amanda says she hasn't picked up a pool stick in a couple of years, but the pool table is used by guests and brings back memories of her late husband, Kevin Groff. "Kevin was in pool tournaments all the time," she stated.

Amanda met Casey about a year after Kevin passed away due to complications from a kidney transplant. Casey and Amanda both attended Azle High School but graduated five years apart. "It's funny. I didn't know Casey in high school, but Kevin and I went on a date with Casey and his girlfriend one night," Amanda recalled. "I didn't remember it, but Casey reminded me."

They've been together just over seven years and will be married five years this month. They plan to renew their vows in Las Vegas, where they tied the knot. "We tried to get Elvis to marry us, but the cab lost all four gears. We tried to pay the guy to go in reverse," Casey said, "but he chickened out. He went a little way and happened to chicken out right in front of the justice of the peace."

Their family has grown over the past five years from Casey, Amanda and Jaden, 9, to include Carter, who will turn 2 this January. With the growth of their family, the Becks decided to increase their living space. Handy with tools, Casey is often enlisted by Amanda to complete projects around the house. They undertook a massive addition to the home in 2012, knocking out one wall in the two-bedroom house and adding a hallway and master suite. "We had it framed, but we did mostly everything else," Casey explained. One wall of the master bedroom is lined with windows, offering a serene view of the pool. Under the windows, a long, cushioned seating area provides baskets for storage underneath. On the opposite accent wall, Amanda added green grass cloth, implementing color and texture to the room. An antique kitchen cabinet, complete with a flour sifter, is used for storage in the bedroom. Another antique cabinet, refinished by Amanda's friend, Janis Patrick, holds family photos. Six layers of paint were stripped from the piece to reveal about a half dozen types of wood. The







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Becks added a master bathroom and large closet to the suite. Casey hoped to use the closet as his safe room. "I gave in," he grinned. "That's now going to be shoe storage for Amanda."

The original master bedroom was transformed into Jaden's room. It includes a full bathroom and a large closet. Carter's room is also original to the house. While the family was at the hospital for Carter's birth, Amanda's friend, Melinda Mobley, painted and decorated the baby's room in shades of gray and blue. She also created a sign above his crib that reads *Every little thing is gonna be alright*, paying homage to the late reggae musician, Bob Marley. "I love Bob Marley. He always puts me in a good mood," Amanda shared.

Dark wood flooring and new paint were added to the hallway, living and dining areas during the remodel. Chairs at the large dining room table provide a glimpse of the pool. Cozy couches offer seating for those wishing to relax inside for a bit. On the wall near the entertainment center hangs an antique piece Amanda plans to convert into a desk. "It's the back of a chuck wagon where they would keep all of their spices," she explained. Casey needs to add a couple of chains to the pull-down door to finish the project.

The kitchen features pine cabinets and an island topped with a butcher block. Amanda recently painted the base of the island sage green and is contemplating painting the cabinets to match. "We don't

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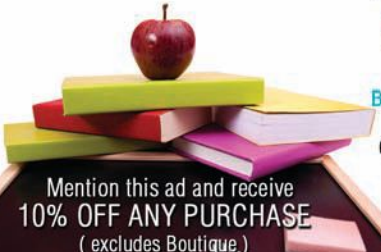
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need any more projects," Casey chimed in, grinning.

Out back, where the family spends most of their waking hours, Casey has added a covered patio with stone flooring. He wants to trim the ceiling beams in cedar to match the cedar posts and planters. A television is also planned for the outdoor living space, which includes a grill. "You will be able to watch TV when you're playing in the pool or cooking," he said. Jaden spends a lot of



time in the pool with his neighborhood friends and practicing for his competitive swim team. Pups, Trixie and Coco, curl up outside as their humans enjoy the pool.

Jaden and Carter spend many afternoons bouncing on the trampoline, which was installed to be flush with the ground. Amanda enjoys landscaping, so they've added several retaining walls to the backyard, along with a lime tree and garden. The backyard oasis is home to a variety of other plants, with passion vine growing along the privacy fence, and Virginia creeper winding its way up the pool house. Hundreds of butterflies







flutter in each summer to enjoy the vines' flowers. "We love to be out in the yard," Amanda said. "Normally, we come home, and we spend all our time in the backyard." Casey and Amanda recently built a patio table from Hardie board and stained it. They hope to build more furniture for the outdoor living space once the project is complete.

Construction isn't just a pastime for Casey. He works in construction at the Fort Worth Zoo. His experience with animals is also rich. He graduated from Sul Ross State University with a degree in natural resource management. "I used to hunt and fish professionally. Since we've met, I haven't done it once," he laughed. Amanda has an associate degree from Tarrant County College and is a pricing



analyst at GM Financial. Days are busy at their jobs, but once at home, Casey and Amanda find time to relax. They recently purchased a recreational vehicle to use for camping across Texas and surrounding states. Casey and Amanda also enjoy taking trips to Mexico to swim at the beach and scuba dive.

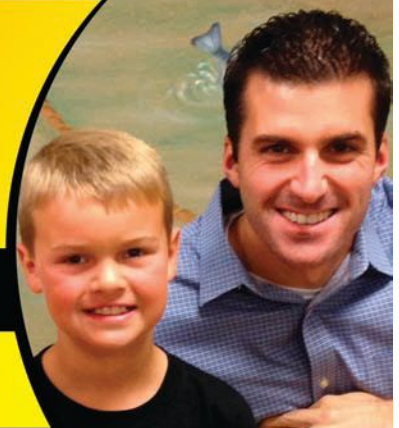
What's next on the to-do list? Casey and Amanda plan to add a carport to the shop to house their new camper. Until then, they'll finish up the projects currently underway, travel and enjoy their home and outdoor living space as a family. "We don't sit idle very long," Casey said. **NOW**

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# View From Below

— By Amber D. Browne

*Bird watching, or birding as the experts call it, can be an intense, yet relaxing, experience. Many birders watch the feathered animals feed and sing in their own backyards, while other birders may go to extremes to catch a glimpse of a bird they've only seen in books. Birding since the 1980s, Ed and Mary Lane fall in between the backyard birder and the*





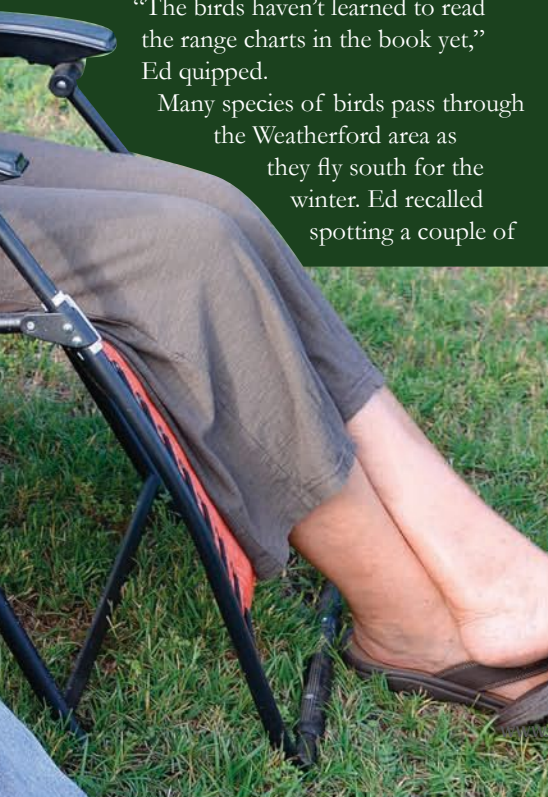


*hardcore birder categories. "Ed is a far better birder than I am. He's got really good eyesight and a far better memory for the birds. But, I'm pretty good at spotting them," Mary said.*

Ed and Mary often go birding with a group dubbed The Friday Gulls to catch a glimpse of as many species as possible. They became members about 10 years ago and have learned a lot over the years, including some of the best spotting sites in Weatherford and the surrounding area. The group spots birds at the Fort Worth Nature Center and Refuge, drying beds in Arlington, area lakes and even landfills. "We go places where there will be birds. Ridgmar Mall isn't a good place to go to see birds," Ed joked. They are familiar with most of the local species but many times spot birds not native to the area.

"The birds haven't learned to read the range charts in the book yet," Ed quipped.

Many species of birds pass through the Weatherford area as they fly south for the winter. Ed recalled spotting a couple of





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Whooping Cranes on Lake Weatherford one fall. He posted the sighting as an alert online, and the next day, about three dozen birders showed up to see the birds. "The Whooping Cranes put on a show. They hopped and danced and called for a while. And pretty soon, I guess they figured it was time to leave and head on down to the coast," Ed remembered.

Bird sightings can be posted on the North American Rare Bird Alert website. Die-hard birders may pack their bags and hop on a plane to catch a glimpse of an unfamiliar species. One year, Ed and his birding partner, Phil Craighead, received an alert about an Amazon Kingfisher that was spotted in Laredo. With their spotting scopes, binoculars and birding books in tow, the two hopped in a car and took a three-day trip to the area where the bird was last seen. They actually found the bird, and Ed added the Amazon Kingfisher to his bird-sighting résumé.

"That's part of the challenge, because they're not stationary. They might be migrating through, and you may have a limited amount of time to see them," Mary explained. The Lanes are always on the lookout for birds. They take birding trips to Canada and South Texas and challenge themselves to see how many species they can spot on any given day. Tallying up their sightings isn't the most important part of birding for Ed and Mary, but rather the excitement and experience of the journey.







Most of their daily birding is done in Weatherford and surrounding areas. The Fort Worth Audubon Society meets on the weekends at the Fort Worth Nature Center and Refuge for birding field trips. The FWAS also organizes competitions each year for teams of birders to get out and explore an assigned territory. The birders listen for calls and hone in on a section of tree where the bird is believed to be perched. Although Ed can't hear some of the higher frequency calls, he is able to spot the birds nestled in the trees.

Ed often takes photographs of birds through his scope to get proof of his sightings. "Having good optics is really nice. You can see the color and the definition of the bird," Ed explained. If a camera isn't available, birders must use memory recognition to identify the bird. The couple has about half a dozen bird books to refer to for identification.

"A juvenile bird looks different from an adult bird. You have to know the differences to confirm the ID. It's like a puzzle to try to figure it out. You really have to focus hard, unless you're a backyard birder and you just want to watch bird behavior," Mary said. Usually, it takes two people to get a positive identification on a bird. "Sometimes you want to see something, and you fool yourself."

At their home near Lake Weatherford, Ed and Mary have more than a dozen feeders outside their dining room



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window. They can sit for hours and watch the birds feed and interact with one another. Blue Jays, sparrows, cardinals and even a Red-bellied Woodpecker partake in the smorgasbord of food. "You don't make eye contact with the people you're sitting with, because you're watching the birds," she laughed.

Their resident mockingbird entertains them with songs. The mockingbird doesn't have its own recognizable call and instead, imitates other birds. "An alert birder can figure out what birds are in the area by listening to the mockingbird," Mary stated. Ed and Mary watch Turkey Vultures flying high above and have a flock of turkeys that struts around their property. Mating rituals are interesting to watch, and many birds return each year to raise their young. Screech owls zoom by at dusk, and humming birds often flutter nearby, giving Ed and Mary an up-close-and-personal view of their fast-moving wings. Mary's favorite bird is the Scissor-tailed Flycatcher. "I like to watch them soar and fly." For Ed, it's the Painted Bunting.

South Texas seems to be a popular location for Ed and Mary to appreciate birds. They've attended hawk watches, where thousands of hawks will kettle up and fly overhead. They've reported bird counts to certain organizations over the years. To do so, they count birds in a small section of sky and estimate the total number of birds flying through the area.

Ed and Mary have always enjoyed spending time outdoors, partly due to their upbringing on farms in Illinois. Due to Ed's work in the military, they relocated to Weatherford. Their love of birding increased when Ed retired from the Air Force at Lockheed Martin, and Mary from Texas Christian University. They now spend most of their free time searching for birds and educating others about the hobby. They also volunteer at Clark Gardens. Ed enjoys woodworking, and some of his handmade bird houses hang from trees in their backyard. Mary works with the East Parker County Library and is a member of the Parker County Gardeners' Club. They also enjoy spending time with their children and grandchildren. Ed and Mary will celebrate their 50th wedding anniversary this December and plan to spend many more years together spotting fascinating birds from below. **NOW**

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# DESTINATION:

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— By Shannon Pfaff

*Planning a wedding can be a hectic experience. The preparation can take months, yet the actual wedding day passes so quickly. With all the details that go into planning the wedding, it seems like the honeymoon is the time to recover. Why not get the vacation started early with a destination wedding? A destination wedding can be a unique and exciting way to get married and have a honeymoon all in one shot!*

When considering a destination wedding, it may seem like it would be more expensive than having a traditional wedding at home. Depending on the type of wedding and the location, having a destination wedding may actually save money. Many resorts will include the ceremony for free when you stay and have the reception at their location. This will save you from having to find two locations for the ceremony and the reception. Several resorts also offer credits toward the ceremony package to include: flowers, linens, chairs and the officiant, as well as room upgrades for the bride and groom. Some packages even include table settings and the wedding cake. The cost to the couple is the food, drinks and any additional guests not covered by the package.





The expense of the event will also vary depending on the number of guests and any additional activities paid for by the bride and groom. Since you are requesting for people to travel for your wedding, it makes sense to plan some fun for you and your guests. Destination weddings tend to be more intimate affairs with a smaller guest list, which helps keep costs down. While the couple is responsible for the ceremony and reception expenses, wedding guests should expect to cover their own travel expenses. To help their traveling guests, the bride and groom can arrange a flight and room block to help guests with making arrangements. Some hotels offer group discounts when booking several rooms, which will help your guests save money. This is a great incentive to start the planning process early.

Because the party generally pays for their own accommodations, the bride and groom should choose their attendants as soon as possible. Once the attendants are chosen, the couple should inform them of their plans to have a destination



wedding. This gives each person in the wedding party time to set aside funds for their trip. Encourage your guests to book early as well, which will help them save money. Be prepared to make necessary changes if someone you ask cannot afford the trip. If you can afford it, you can always help someone who is in financial need, but this is not a requirement. Consider having a reception

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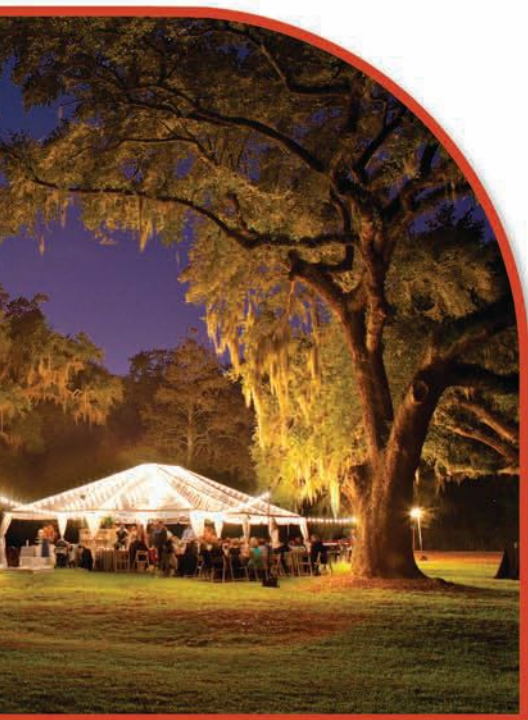
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later on to include those who could not attend your wedding.

If you are planning to travel out of the country, make sure your passport is up-to-date and that you meet all the necessary requirements to get married in that location. Some countries have residency restrictions, so it's important to plan ample travel time to meet the required number of days, if necessary. A wedding planner at your destination is a great tool to help you understand the country's requirements, communicate with vendors, set up travel arrangements and make your dream a reality. A wedding planner close to home is also a great source to help you coordinate your wedding. Whether they help you plan the entire event or just assist you in some of



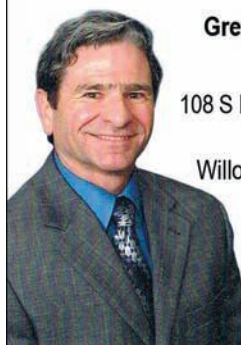


the details, they can help save time and money in the planning process.

Another wedding professional you should consider hiring is a travel agent. A travel agent can help simplify your travel arrangements. They can research destinations, compare prices, negotiate with hotels, as well as help plan excursions. It's best to select a local travel agent that you can meet personally. When selecting a travel agent, make sure you check their certifications. This will ensure they are certified with credible agencies. You will also want to interview the agent before selecting one. Ask them about their experience and their fees.

Selecting a destination is important in determining the wedding type, travel time and budget for the event. Some popular

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**1:00pm:** Steven Bailey, URBAN ACRES: Building Community Through Real Food

**2:00pm:** Daniel Vaughn, THE PROPHETS OF SMOKED MEATS: A Journey Through Texas Barbecue

**3:00pm:** Sherrie McLeRoy, GRAPE MAN OF TEXAS: How T.V. Munson Saved The World's Vineyards

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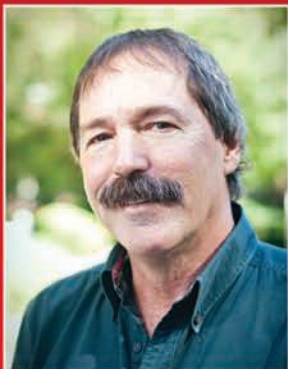


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choices are Hawaii, Canada and Europe. If your budget is limited, consider traveling a little closer to home. There are several beautiful locations that are just a drive away.

Whichever location you choose, make sure you research the weather patterns when setting a date. Keep in mind that optimal weather conditions usually coincide with high tourist season, which will mean higher prices. Shoulder season is the best time to travel for good prices and great weather. This is the time that falls between high season and low season when tourists are few and the weather is on the edge of ideal. During this time, resorts are lowering their rates due to receding tourism. The Internet is a great source for understanding the best times to travel to various locations.

Once you have chosen your destination, selected a date, advised your attendants and family, the fun truly begins in the planning process. With all of the major and more difficult decisions out of the way, you are free to think about planning your trip. There will be other wedding details to consider, but you should also think about some fun with your friends and family. Consider planning a welcome dinner when everyone arrives. A destination wedding is a great way for you to celebrate a significant moment in your life. You will be able to spend time with close friends and family and make memories that will be part of the foundation of your future together. **NOW**



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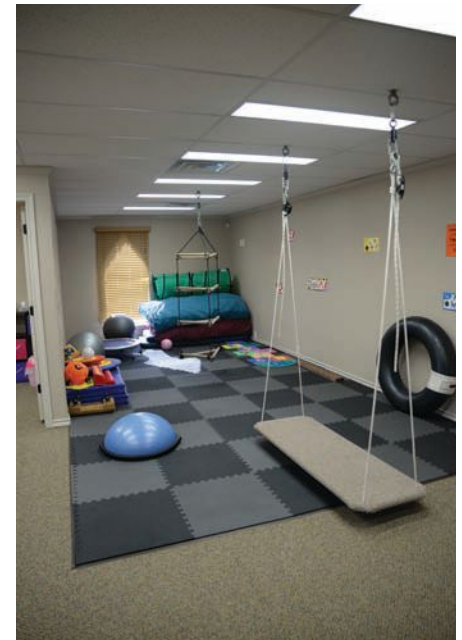


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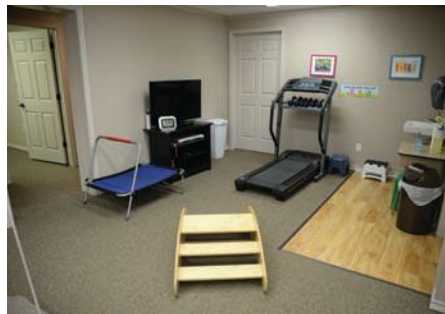
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Diane Beaver, owner, and Beth Heronemus, office manager, stand ready to assist patients and their families at Pediatric Rehab.



# Playing for Progress

*Helping children reach their goals is the No. 1 priority at Pediatric Rehab.*

— By Amber D. Browne

Caring for children who may need a little extra help to make it in today's world is how therapists and staff at Pediatric Rehab spend their days. They work with the children in occupational, physical and speech therapy to ensure the youngsters reach their fullest potential.

Diane Beaver, owner of the state-certified outpatient rehab facility, said their clients range from infant to 20 years old. Babies may be treated for problems with swallowing, and older children receive therapy for a number of issues. "We see a lot of children for speech and language disorders," Diane stated. Others may be developmentally delayed or have been diagnosed with a form of autism.

In speech therapy, therapists may work with children in receptive and expressive language or intervene in stuttering. Children who are developmentally delayed receive therapy to improve muscle coordination, strength and flexibility. For occupational therapy, children can learn handwriting, fine motor skills, such as how to hold a pencil, and basic socialization skills. "When you think of occupational, you think of a job. But, a kid's job is their school, their play, social interaction," Diane explained, "and being able to get dressed, eat and tie their shoes."

In every case, Pediatric Rehab must have a doctor's approval before they begin treatment. "Early intervention is the most important thing," Diane said. Developmental scales provide



information on where a child should be progressing. The child's primary care physician will check development at yearly wellness visits, and if therapy is needed, the doctor will refer the child for treatment. Parents can also call Pediatric Rehab to refer their child. Pediatric Rehab will send a referral form to the child's primary care physician, and once the doctor signs off on the referral, a licensed therapist will evaluate the child and create a plan of care. "If you think your child may have a problem, get it checked out. If you can get on it while they're young, you're going to help that child meet his or her life goals," Diane shared.

The child will usually receive therapy twice a week, if he or she can tolerate it. Parents are advised of daily progress, and monthly reports are sent to the primary care physician. The therapist will re-evaluate the child after six months. "If they've met their goals, and there aren't any new goals, we'll say they graduated. We'll give them a certificate." If the child hasn't met goals, or if there are new goals, the therapist will revise the plan of care.

Pediatric Rehab has a casual atmosphere, perfect for children. Several therapy rooms are available for treatment, and swings, crash pads and other equipment are located in a gym area for children with sensory processing disorders. "The child comes in, and the therapist makes it play," she said. "It doesn't look like a doctor's office." Safety and cleanliness are important, so the children must wash their hands before every treatment.

The Weatherford location opened about a year ago and is one of three Pediatric Rehab offices. Diane opened the first location in Fort Worth in 2007. A Granbury location opened this past spring to serve additional clients. Pediatric Rehab accepts various insurance plans, including Medicaid, Amerigroup, Aetna, Blue Cross Blue Shield and Cook Children's STAR/CHIP, among others.

"The kiddo is our emphasis," Diane said, "but we treat the whole family. They're not just a number or a patient." At Pediatric Rehab, therapists and staff treat the children and their families like their own. **NOW**

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*Eloisa Gallegos and Christina Berger shop at the Rustic Spur.*



*Diane Taylor stocks the shelves at the Elephants Nest Boutique in Aledo.*



*The Rodriguez family enjoys the day at the Parker County Peach Festival.*



*Alexandria Robertson gives Shelby Wiley and De'Aun Johnson a tour of Weatherford College.*



*Team members of the 2014 Aledo Black T-ball All-Stars end a great season at the Pony Baseball State Tournament in Burleson.*



*The winners of the 2014 Parker County Peach Festival Food Competition are recognized at an award ceremony.*



*Trinity and Alex Howard spend the afternoon at the Parker County Peach Festival.*



*These children grab a few treats at The Candy Store in Aledo.*



*Aisle Ten Boutique manager Jamie MacDonald adds merchandise to the racks.*





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## Work to Become a Better Investor

On Sept. 1, we observe Labor Day — a celebration of the American worker. Of course, you work hard at your own job, but, when you think of it, every worthwhile endeavor in life requires significant effort — and that's certainly the case with investing. The harder you work at it, the more likely you are to make progress toward your goals. So as you think about investing, consider the following areas in which you will need to apply yourself:

**Work to identify your goals.** It's important that you know just why you're investing. Do you want to send your children (or grandchildren) to college? Do you want to retire early? What sort of retirement lifestyle do you envision? What kind of legacy do you want to leave? Identifying your financial goals is the necessary first step toward achieving them.

**Work to know your own risk tolerance.** It's essential that you know your own investment personality — that is, how much risk you can comfortably handle. If you think you can handle a relatively high level of risk, but you find yourself worrying excessively over every drop in the market, you may need to re-evaluate your risk tolerance and adjust your investment habits. Conversely, if you believe yourself to be highly risk-avoidant, but you find yourself frustrated over the relatively low returns you get from conservative investments, you may need to revise your thinking — and your actions.

**Work to avoid bad habits.** Many investors chase after “hot” stocks or try to “time” the market. However, hot stocks can cool off quickly, while efforts to predict market highs and lows are

doomed to fail, because no one can accurately forecast those points. You will want to be especially diligent about learning to look past the headlines and beyond short-term price movements in the financial markets, because too many people overreact to these events. If you can avoid these bad investment habits, you'll be doing yourself a favor.

**Work to follow a consistent investment strategy.** If you invest over the course of several decades, you are going to see a lot of ups and downs in the financial markets. And when the markets get choppy, you may be tempted to take a “time out” from investing. But if you do this repeatedly, you will certainly interrupt the progress you need to make toward your financial goals. If you can develop the discipline to follow a consistent investment strategy and to keep investing in all types of markets, you have a pretty good chance of “smoothing out” the effects of market volatility over time. And, as a bonus, you'll be far less likely to concern yourself over day-to-day price fluctuations.

**Work to review your progress.** Along with your financial advisor, consistently review your progress toward your goals. Your investment professional should establish your portfolio review frequency and meet with you to discuss your investments at least once a year.

So, there you have it — some ideas on how you can work to be a better investor. **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.*



# Architectural Vignettes of New Orleans

New Orleans, with its richly mottled old buildings, its sly, sophisticated air and its Hispanic-Gallic traditions, has more the flavor of an old European capital than an American city. Townhouses in the French Quarter, with their courtyards and carriageways, are thought by some scholars to be related on a small scale to certain Parisian “hotels” — princely urban residences of the 17th and 18th centuries. Visitors particularly remember the decorative cast-iron balconies that cover many of these townhouses like ornamental filigree cages.

One of the truly amazing aspects of New Orleans’ architecture is the sheer number of historic homes and buildings per square mile. Orleanians never seem to replace anything. Consider this: Uptown, the city’s largest historic district, has almost 11,000 buildings, 82 percent of which were built before 1935 — truly a “time warp.”

The spine of Uptown, and much of New Orleans, is the city’s grand residential showcase, St. Charles Avenue. The St. Charles Avenue streetcar line represents the nation’s only surviving historic streetcar system. All of its electric cars were manufactured by the Perley Thomas Company between 1922 and 1924 and are still in use. Hurricane Katrina flood waters caused severe damage to the steel tracks along the entire Uptown and Carrollton route and had to be totally replaced and re-electrified. The cars themselves survived and are included in the National Register of Historic Places. New Orleanians revere them as a national treasure.

Creole cottages and shotgun houses

dominate the scene in many New Orleans neighborhoods. Both have a murky ancestry. The Creole cottage, two rooms wide and two or more deep under a generous pitched roof with a front overhang or gallery, is thought to have evolved from various European and Caribbean forms.

The shotgun house is one room wide and two, three or four rooms deep, under a continuous gable roof. As legend has it, the name was suggested by the fact that because the rooms and doors line up, one can fire a shotgun through the house without hitting anything. Some scholars have suggested that shotguns evolved from

ancient African “long-houses,” built here by refugees from the Haitian Revolution, but no one really knows.

It is true that shotguns represent a distinctively Southern house type. They are also found in the form of plantation quarters houses. Unlike shotgun houses in much of the South, which are fairly plain, New Orleans shotguns bristle with Victorian jigsaw ornaments, especially prominent, florid brackets. Indeed, in many ways, New Orleans shotguns are as much a signature of the city as the French Quarter.

New Orleans’ architectural character is unlike that of any other American city. A delight to both natives and visitors, it presents such a variety that even after many years of study, one can still find things unique and undiscovered. **NOW**

*Photos and text courtesy of the New Orleans Metropolitan Convention and Visitors Bureau, 2020 St. Charles Avenue, New Orleans, LA 70130 • (504) 566-5019 [www.neworleanscvb.com](http://www.neworleanscvb.com).*







## In the Grip of a Cramp

— By Betty Tryon, BSN

Muscles that contract are doing what they were made to do. A problem occurs when the muscle does not return to a relaxed state. A muscle or muscles can create incredible pain when the contraction continues and becomes a cramp. Involuntary muscle cramps can last a few seconds to almost an hour. Regrettably, on occasion, they can last longer.

We have three types of muscles: smooth, cardiac and skeletal. Smooth muscles line the inner organs in the body. For example, they are what propel food through the digestive system or cause you to regurgitate something unpleasant. Cardiac muscles power the functions of the heart. Smooth and cardiac muscles are involuntary, meaning you can't control their action. Skeletal muscles are voluntary and can be controlled by you. They are what allow you to move your arms and legs at will. The majority of muscle cramps occur in the skeletal muscles. You can see the muscle bunch up and become hard while in the grip of the cramp.

Muscle cramps can be alarming, but they are not uncommon. They occur most often in older adults. Cramps can be caused by a variety of conditions. Injury to a muscle or nerve can cause cramping. Dehydration, cold weather, pregnancy, depletion of certain minerals and deficiencies of some vitamins can be the source of muscle cramps. Overusing a certain group of muscles or even being in one position an extensively long time might trigger cramping. Cramping can be the side

effect of some medications. Medical problems, such as peripheral artery disease, can also be the cause of cramps because of inadequate blood flow to an area.

The treatment for muscle cramps is relatively simple. If it occurs from injuries, then medications such as muscle relaxants and/or anti-inflammatory drugs, may be prescribed. Usually, stretching alleviates the cramped muscle. Relief can also be found with the use of heating pads or soaking in a tub of warm water. Massage can bring a reprieve from the pain. If the disorder is occurring from a medical or physical condition, then that needs to be addressed. If you develop cramps from dehydration, rehydration should solve the problem.

Prevention of muscle cramps should focus on the reason the cramp is taking place. If cramps occur in a calf muscle from running, then stretching adequately before exercise will help. Make sure you are well-hydrated before exercising. For nighttime cramping, stretching before bedtime may help. If you think a medication is causing your cramping, consult your doctor. Do not discontinue medication before seeking the advice of your physician. With a little investigation and preparation, you may be able to keep muscle cramps at bay. **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.*



### September 1

Weatherford Fifth Annual 2014 DFW Free Day of Yoga: Class times vary, Indra's Grace, 131 W. Church St., Ste. 200. Visit [www.indrasgrace.com](http://www.indrasgrace.com) for more.

### September 5

Shot in the Dark Golf Tournament: 6:00-11:45 p.m., Canyon West Golf Course, 160 Club House Dr. Teams will play nine holes with glowing golf balls. Dinner and a cash bar will be available. Register online at [www.eastparkerchamber.com](http://www.eastparkerchamber.com).

East Parker County Chamber Women's Business Alliance Luncheon: 11:30 a.m.-1:00 p.m., Tucker Red's Banquet Hall, 4971 East I-20 Service Rd. N., Willow Park. Register at [www.eastparkerchamber.com](http://www.eastparkerchamber.com).

### September 6

11th Annual Food Drive: 10:00 a.m.-2:00 p.m., Walmart, 1836 Main St. Snow Garrett Williams Certified Public Accountants will host the food drive that benefits the Center of Hope of Parker County. For more information, call (817) 596-9301.

### September 11

Gardeners' Club of Parker County meeting: 10:00 a.m., St. Francis Church, 117 Ranch

House Rd., Willow Park. Barbara Shepard will speak and give demonstrations on garden crafts. For more information, call (817) 819-6280.

Build Strong Luncheon: Noon, North Side Baptist Church, 910 N. Main St. Trinity Habitat for Humanity Parker County will host the annual fundraiser to assist new homeowners. Call Linda Tingle at (817) 614-1061 for more.

### September 13

13th Annual Garden Safari: 6:30-9:30 p.m., Clark Gardens Botanical Park, 567 Maddux Rd. Funds raised will benefit Freedom House of Parker County. For ticket or sponsorship information, call (817) 596-7543.

### September 16

Healthy Woman Seventh Anniversary Celebration: 4:00-8:30 p.m., Southwest Ford, 3000 Fort Worth Hwy. Cost is \$25 per person. Find out more by calling (682) 582-1753.

### September 17

Careity Rocks: 6:00-9:00 p.m., Cendera Center, 3600 Benbrook Hwy., Benbrook. The event benefits Careity Children's Cancer Fund and Pediatric Palliative Care at Cook Children's. Call (817) 882-4100 for more information.

### September 20

Ride United Parker County: 8:00 a.m., Parker County Sheriff's Posse Arena, 2251 Mineral Wells Hwy. It benefits health and human service programs supported by United Way of Parker County. Go to [www.rideunitedparkercounty.com](http://www.rideunitedparkercounty.com) for more information.

### September 26, 27

Quilter's Guild of Parker County Bi-Annual Quilt Show: **Friday:** 9:00 a.m.-5:00 p.m., **Saturday:** 9:00 a.m.-4:00 p.m. Parker County Sheriff's Posse Rodeo Grounds Building, 2251 Mineral Wells Hwy. For more information, visit [www.quiltersguildofparkercounty.org](http://www.quiltersguildofparkercounty.org) or call (817) 771-4325.

Parker Paws Fundraiser Garage Sale: 8:00 a.m.-2:00 p.m., 506 E. First St. Gently-used items will be offered for sale. All proceeds benefit the pets in the organization's foster program. For more information, call (817) 694-5718.

*Submissions are welcome and published as space allows. Send your event details to [amber.browne@nowmagazines.com](mailto:amber.browne@nowmagazines.com).*

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## In the Kitchen With Candy Frizzell

— By Amber D. Browne

Candy Frizzell appreciates the challenge of trying a new recipe. She will first follow the instructions, but afterwards, she will change the recipe by adding or deleting ingredients. “Sometimes it is a winner and other times, not so much!” she exclaimed. Candy has invented tasty dishes over the years, but on occasion, she forgets the ingredients. The dish then evolves into a new mouthwatering creation. Her recipes are often influenced by seasonings native to New Mexico, which is where Candy was reared. She grew up in a family of 12 and learned to cook large meals with her mother. When her daughter’s family now visits from Oklahoma, Candy shares her kitchen with her grandchildren. “I enjoy teaching them how to make simple recipes,” she said. **NOW**

### Apple Pie Enchiladas

- 1 21-oz. can apple pie filling
- 6 8-inch flour tortillas
- 1 tsp. ground cinnamon
- 1/2 cup butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 cup water
- 1 tsp. vanilla

1. Lightly coat an 8x11-inch dish with cooking spray. Spoon about 2 Tbsp. of pie filling evenly down the center of 1 tortilla; sprinkle with cinnamon. Roll tortilla and place seam down in prepared dish. Repeat for each tortilla.  
2. Combine butter, sugars and water in a medium saucepan over medium heat. Bring to a boil and stir constantly; reduce heat and simmer 3 minutes; remove from heat and stir in vanilla. Pour sauce over enchiladas and let stand 45 minutes. Bake in preheated oven at 350 F degrees for 35 minutes or until golden. Serve with ice cream.

### Carmel Apple Dump Cake

- 2 21-oz. cans apple pie filling
- 1/2 cup caramel sauce
- 1/2 tsp. cinnamon
- 1 box yellow cake mix
- 2 sticks butter, melted
- 1/2 cup pecans, chopped (optional)

1. Grease a 9x13-inch baking dish. Mix together apple pie filling, caramel sauce and cinnamon in a bowl. Spread evenly on bottom of dish.  
2. Pour dry cake mix directly on top of pie filling mixture; spread evenly. Top with melted butter and pecans. Bake at 350 F for 50 minutes, or until golden brown and apple filling is bubbly around the edges. Serve with ice cream or whipped cream.

### Cowboy Caviar

- 2 11-oz. cans Mexican
- 1 10-oz. can Ro-Tel

- 2 cups shredded cheddar or Mexican-style cheese
- 6 green onions, chopped
- 1 cup mayonnaise
- 1 cup sour cream

1. Mix together all ingredients in a bowl and enjoy.

### Low-carb Simple, Easy Dish

- 3 zucchinis
- 1 Tbsp. olive oil
- 1/2 tsp. garlic powder
- 2 tomatoes, sliced
- Salt and pepper, to taste
- 4-6 oz. Parmesan-Romano mix cheese or mozzarella cheese

1. Preheat oven to 375 F.  
2. Wash zucchini thoroughly; cut 1/4-inch off tops and bottoms and slice lengthwise. Place zucchini sliced side up in greased 8x11-inch baking dish.  
3. Brush zucchini generously with olive oil and sprinkle with garlic powder. Top with sliced tomatoes, salt and pepper; sprinkle cheese on top of zucchini. Bake for 20-30 minutes, or until soft.

### Taco Pasta Salad

- 1 16-oz. pkg. spiral pasta
- 1 lb. ground beef
- 3/4 cup water
- 1 envelope taco seasoning
- 2 cups shredded cheddar or Mexican-style cheese
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 2 2.5-oz. cans sliced ripe olives, drained
- 1 16-oz. bottle Western or Catalina dressing

1. Cook pasta according to package directions.  
2. In a skillet, brown beef over medium heat; drain. Add water and taco seasoning; stir and simmer uncovered for 15 minutes.  
3. Rinse cooked pasta in cold water and drain; place in a large bowl. Add beef and next 5 ingredients to pasta; mix well. Add dressing and toss to coat. Cover and refrigerate for at least 1 hour before serving.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).





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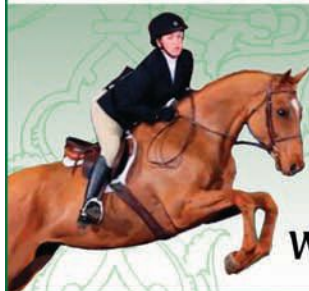
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