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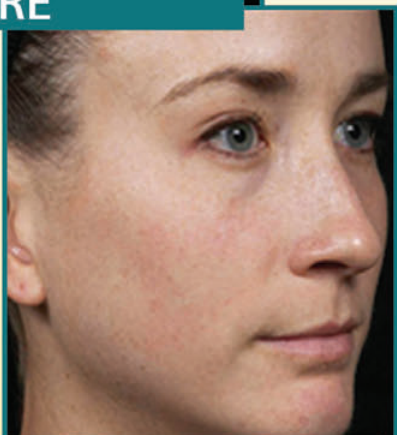
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ON THE COVER



With dual credit, Jordan Mazik makes history at Weatherford College.

Photo by Kenzie Luke.

CONTENTS

September 2016 • Volume 6, Issue 9

8



8

Tenacity Pays

Dual credit and Jordan Mazik's commitment create a Weatherford College historical event.

16

Family Roots

At Home With Michael and Sue Haupt.

24

Made With Love

Quilting is a vibrant art form in Parker County.

30

Ready, Aim, Fire!

Follow these steps to prepare for a great hunting trip.

16



36 BusinessNOW

38 AroundTownNOW

40 FinanceNOW

44 CookingNOW

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Editor's Note

Hello, Weatherford Friends!

As summer begins its descent from searing heat to cooler nights, at least in my dreams, I'm looking back over the last year. About this time in 2015, I began my journey as the *WeatherfordNOW* editor. And what a beautiful ride I've had.

As I get to know more people in the community, I'm so grateful for this town. Some people have lived here all their lives, with generations before them, while others recently moved here.



I discovered places in the vicinity I never knew existed, and I am excited to learn even more about not only Weatherford but also Willow Park, Hudson Oaks and Aledo.

Thank you all for allowing me to be part of your lives. I enjoy the unique flavor of the Weatherford area. It's fun to see the growth and have the privilege of being a small part of it. The people make this area great. You have encouraged and welcomed me, and I am grateful.


Enjoy your month!

Lisa

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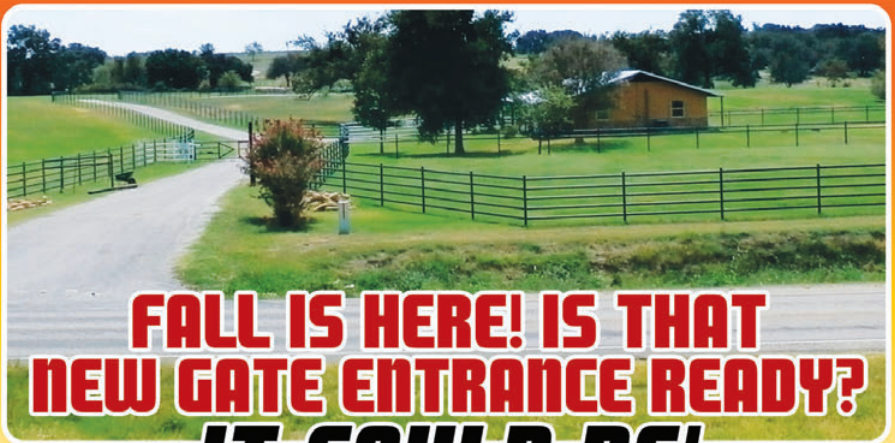
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Community PAYS

— By Lisa Bell

On May 14, 2016, Jordan Mazik walked across the stage to receive her associate degree in psychology — a big event for any college student. But Jordan's story is unique. On May 29, 2016, Jordan graduated as valedictorian from Community Christian School located in Mineral Wells — a full two weeks after the Weatherford College commencement. The dual credit program isn't new, but Jordan's accomplishment is a first in the history of the college. Never before have they seen a student earn a diploma prior to graduating from high school. The momentous event left parents and friends beaming with pride and other high school students inspired.

The 18-year-old didn't anticipate making history. She didn't set out to achieve the unimaginable. She expected to complete all of her core classes by the end of high school. But when she learned she only needed five elective classes to finish the degree requirements, she was shocked. "That was fun, really a feeling of achievement," she said.

Born in Fort Worth, Jordan's family moved to Southeast Asia when she was 11. Her new journey began after the family returned to Weatherford and she entered high school. As a freshman, she





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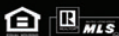
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performed extremely well on tests. Naomi Lemons, vice principal at CCS, approached her about the dual-credit program, and Jordan jumped on board. While most high school students don't pursue dual credit before their junior year, Jordan took her first classes as a sophomore, and she dived in full force.

The first year was most difficult as the young teen chose studying over hanging out with friends, sometimes. Because she also took classes during the summer, family vacation required her willingness to spend time completing assignments. The amount of time required was a challenge, but one she overcame. Understanding friends helped her achieve her goal, even though sometimes they teased her with a whispered "overachiever." But in the end, they encouraged her. In reference to grades, they said, "D is for degree." Nevertheless, Jordan maintained good grades in both schools. She also became close friends with Naomi Lemons who supported and encouraged her along the way. Summertime created more of a challenge when friends went swimming or stopped at IHOP. She wanted to join them, instead of going home to finish work or study, but chose to make sacrifices.

"It got easier. You get used to it," she said. "Having that diploma in my hand made it all worth it." Through the years, Jordan had more free time than she expected — just not as much as others did.

She spends her free time with family and friends, relaxing. She also reads before going to sleep every night. During the past three years, she spent much of her free time pursuing theater through the high school. "Theater is my passion," she revealed. A non-athlete, she declared, "Theater is my sport."

The day of her college commencement, Jordan left early to play the lead role in a state level one-act play competition in Mineral Wells. The role required



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not washing her hair for the week prior. "I got there [to commencement] and everyone else was all dolled up. I shrugged, put on my cap and walked across the stage," she said, laughing. They won first place.

Jordan gives drama credit for helping her come out of her shell and throw it away. "What is there not to love about it?" she said. "I can express myself with anything. In that moment, I can create something and be anything I want." She adopted the mindset of her director, Doug Jefferson, who said, "God created us. He created us to be creators. Through theater, we can be creators." For the intelligent young woman, theater is her form of worship.

Far from a bookworm, Jordan remains very active with her church. She volunteers in helping with media. Her achievement caught people by surprise. Some see her as a nerd and others as a theatrical actress, but few knew the two personas lived in the same girl. "I may look dumb, but I'm not," she joked.

For the first time in three years, Jordan took a month off during the summer. Before heading off to Texas State University in San Marcos, she wanted to spend a lot of time with her friends, family and especially with her 12-year-old sister. "She cried more at my graduation than my parents did. It was so sweet," Jordan confided. "We're pretty close. I'm gonna miss her a lot."

As for boys, Jordan states she doesn't have time for a serious relationship, and stays too busy for dating. "I can look. I just can't touch," she said, laughing. "I've got my textbooks. We're good. My textbooks keep me warm at night." She enjoys hanging out with groups of friends but wants to focus on education. "I'm not ready for marriage. Why date?" she asked.




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Her parents' support encourages Jordan immensely. Now in her new college, Jordan is pursuing a bachelor's degree in psychology and a minor in business administration. "I hope my peers don't see me as the baby of the group," she said. On her graduation night, she still won't be old enough to drink. "I'll be at the bar with my juice box," she kidded. At that point, she plans to continue education and work toward an MBA.

The way a mind works and affects behavior intrigues Jordan. While her best subjects in school were English and history, psychology was her favorite. After one business class, she decided that was a good way to go on using her degree.

Jordan plans to pursue a career in psychology, but she prefers the business side of it. Her dream job includes traveling and, eventually, settling down in a big city. Initially, she planned to attend college in a large city outside of Texas, but the minute they entered Texas State, she knew it was the right place for her.

"She has definitely inspired some of her lower classmates to work toward this goal. What a great legacy to leave behind," Naomi Lemons said. Not all students pursue dual credit and most won't push themselves as Jordan did. Wise beyond her years, she managed to find a balance in doing things she loves while completing all of the requirements to graduate from college and high school in the same year.

"Wherever God takes me, whatever doors He opens, it's all good," she stated. "I'm along for the ride." This attitude has worked well for the sweet and intelligent young woman, so far. Ultimately, at the end of the day, she wants to declare, "I've lived my life to the fullest." With her talents, intellect and tenacity, Jordan is sure to accomplish great things in the future. **NOW**

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Family Roots

— By Amber D. Browne



The heart of many homes is where family and friends join together to break bread. Family members and their guests chat about personal accomplishments and catch up on what's happening in their daily lives, as they share meals around the dinner table. For Michael and Sue Haupt, their formal dining room has become one such place. They often host large family gatherings that include their four adult children and their families. "We have big, family sit-down dinners with the crystal," Sue shared, "but we also sit down at the table and eat off paper plates."

Their spacious wooden dining table offers sufficient seating for guests at dinnertime. "For every holiday and occasion in the family — birthdays, weddings — if we're not going out to eat, they're coming here," Sue stated. A china cabinet in the formal dining room holds Sue's grandmother's first set of dishes alongside Sue's china. A glass curio cabinet tucked in a corner of the dining room features a variety of pieces collected over the years. Within the collection sits Sue's grandmother's



At Home With
Michael and Sue Haupt



hat and clothes brushes, thimbles and tiny porcelain dolls. Michael's family past is also apparent with his grandmother's hatpins and other trinkets.

Throughout their home in Willow Park, family history is prominent in select pieces of decor. Above the master bed hangs the elaborate baptismal certificate, written in German, of Michael's mother, Mildred Haupt, of Sweden. The couple keeps their handwritten family tree in a shadow box in the kitchen. They add each new family member to the list. With 11 grandchildren and the fifth great-grandchild on the way, they're running out of space.

Given to Sue by Michael's mother, an intricate Valentine's Day card originally gifted in 1929 is proudly displayed in a glass case. A second Valentine's Day card from 1928 is also on display, proving

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the craftsmanship and care of card makers nearly a century ago. The first of two guest bedrooms features Michael's mother's cherrywood furniture, including a comfy trundle bed. A photo of Michael and his late sister as children sparks memories of earlier times. A tiny chair provides relaxation to a Poor Pitiful Pearl Doll, and afghans tucked in a glass quilt case are ready to provide warmth to guests.

Sue is a very creative person, and quilting is one of her passions. Large windows



provide natural light and a nice view of the wooded acreage behind the home from her upstairs craft room. The space includes a few worktables and a closet full of fabric purchased over the years. "This is just for me," Sue shared. "I'm up here almost every day."

Family history makes another appearance in the room. Displayed on one wall is a dress pattern from 1907 given to her grandmother, Carola Pese Smith, when she came to the U.S. from France in 1929. "She was expecting my mother," Sue shared. "Back then, as her girth grew, they let out one of the pleats, so the dress kept growing with her."

When Michael and Sue moved to the home from North Richland Hills in 1995, Sue was working for the city of Fort Worth. At her retirement party several years ago, Sue's staff presented her with a furry family member — Abby, a Silky Terrier. Michael wasn't too thrilled about the idea at first, but he warmed up to the pup.



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On weekends, Michael cooks Abby her very own hot breakfast. Two other pets — Siamese cats named Pharaoh and Nefertiti — can be found lounging in a second guest bedroom.

Michael is toying with the idea of retirement, but for now, he'll continue running Keeton Upholstery Supply Co., his wholesale upholstery business, which he formed in the 1950s. During his



business travels to Austin and Midland-Odessa, he enjoys playing golf with his clients. "I like to do a little bit better each time I play, but sometimes, that doesn't work out," he laughed.

Back at home, Michael enjoys relaxing on the couch and watching television in the living area. When he's not home, Sue rarely turns on the TV. "When I'm upstairs, I'll turn on gospel music, and I'll sing to the top of my lungs," she admitted.

Michael and Sue often savor coffee together on the back porch while listening to the serene fountain they added in the yard. Michael enjoys grilling during the cooler months. A swing and several sets of tables and chairs offer seating during gatherings on the roofed deck. The grandchildren can be found running barefoot on the St. Augustine grass, as the older family members hit golf balls from the lawn. Freshly planted

flowers and pieces of metal yard art, including a bottle bush, add color to the landscape. "I did all of the landscaping in the yard," Sue shared. She also creates flower arrangements to showcase inside the home. Dozens of flowers and a variety of vases are housed in their three-car garage, ready to be manipulated into beautiful designs. Every arrangement in their home is one of Sue's creations.



They chose to reside in Willow Park just over 20 years ago for the small-town feel of the area and to be closer to family. "We were the original 'Brady Bunch,'" Sue stated. When Michael and Sue first met through a friend, they both had children from previous marriages. He had two daughters, and Sue had a son. After marrying on Valentine's Day in 1970, the two had a daughter. "Nobody even knew what split families were supposed to do," she said.

They've now been married 46 years. "I'm not that old," Michael grinned. One of their daughters, Tamara Dean, lives up the street with her family, and their daughter, Dori Woods, and her family live in Aledo. The eldest daughter, Debi Geltmeier, and her family have put down roots in Haltom City, while their son, Michael Haupt, resides with his family in Graham.

Love of their family bond is apparent throughout the home with photographs and pieces that celebrate their genealogical history. They travel occasionally as a couple and enjoy watching their grandchildren's extracurricular activities, but most memories are made at family gatherings within the walls of their home. They cherish each memory. "I enjoy living here," Sue shared. "We live in this house." **NOW**

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She remembers and still treasures the first quilt she ever received. It was from her grandmother and has dolls with bonnets embroidered on it and used fabric scraps from Cynda’s clothes. “I have two school pictures of me in dresses whose scraps were used in this quilt from my grandmother,” she stated. “It was because of my grandmother that I had a desire to learn to quilt and, later, taught myself how to do it.”

After getting married in 1970, Cynda realized her need and interest in sewing. While she knew the basics of it, she decided that was not enough. As a newlywed, she purchased her first sewing machine and taught herself the art of sewing and making garments. “When I seriously started quilting in 2002, I already had half the battle won, since I knew how to sew. Still, I would warn all beginners that you have to be able to forgive yourself in quilting,” she confessed. “You will mess up. You will have to rip out seams and start over.”



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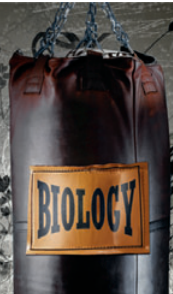


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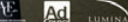
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Cynda's grandparents,
Ruth and
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She jokes that many quilters are retired, as they are the only ones who have the time for the art form. In fact, retirement gave Cynda the opportunity to study quilting books and videos and take quilting classes.

Moving to Weatherford in 2004 led her to join the Parker County Quilters Guild in an effort to learn more while making friends.

The nonprofit club is made up of more than 100 members and provides programs about quilting techniques. At the end of September every other year, the club hosts a show at the Parker County Sheriff's Posse. "We have quilts on display, some for sale, a raffle quilt, a silent auction and a country store of handmade items. Alternate years, a quilt auction is held," Cynda explained. "It's a great time and fundraiser for our Guild and Comfort Quilts program."

Through Comfort Quilts, the guild offers a way for the members to donate to nursing homes, the CPS rainbow room and police officers who carry them in their squad cars. Every home in Parker County built through Habitat for Humanity is given a quilt, as well. Last year, when Cynda was in charge of Comfort Quilts, the club donated over






200 quilts to the community. "We try to help where we can in the community, and this program gives us an outlet for our hobby," she noted.


She started quilting small wall hangings at first, but in 2002, Cynda made her first queen-size bed quilt. "I use a machine for my work. I won't live long enough to hand quilt all the pieces I want to make," Cynda said with a laugh. "Our grandmothers quilted by hand. Now, we use rotary cutters and everything has changed. It's really an art in many ways now. It's not as common to make bed quilts anymore. Many pieces are wall hangings or art quilts."

While she recently started to keep a diary of what she has quilted, Cynda estimates she has completed over 200 pieces for herself, her daughter, other family members, as gifts to give away, Comfort Quilts and for the business she runs with fellow guild member, Myra Hall. The two were on their way home from the International Quilt Show in Houston and realized they would complement each other well in a business. "This is our 'hobby' business, as it really just supports our quilting habit," Cynda said with a smile. She and Myra started Quilt Stitch and Sew in 2008, and they attend quilt shows around the state.


"What I love about quilting, other than the creative side, are the people I meet. Everyone is having fun," Cynda joked. "In fact, quilting is therapy for most of us and a lot cheaper than paying a therapist. It's a great distraction as you are able to focus on quilting versus the things in life that cannot be changed."



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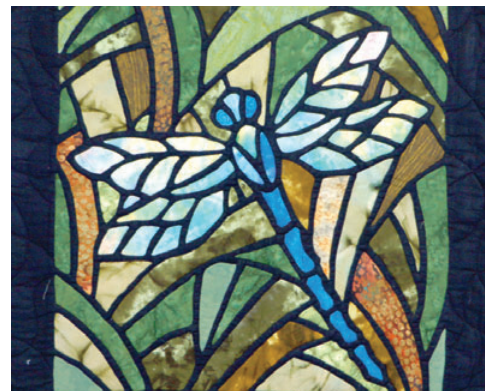
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A king-size bed quilt is the biggest piece Cynda has ever worked on and in fact, one of the king-size quilts was made with Myra. The duo created a matching shower curtain to go with it, both with the Texas flag on them. "It is very hard to pick a favorite quilting piece — that would be like naming your favorite child," Cynda said. "However, I do really like a dragon fly piece and a kaleidoscope piece I did. I really enjoy contemporary as well as old-fashioned quilts."

Never afraid to try a new technique or to reach out for help in learning something new, Cynda has experience in numerous quilting forms. "I try something new with each piece I make. That's how you learn. Free motion quilting on the sewing machine scares a lot of people, but you just have to give it a shot and know your first one might be ugly, but it gets better!" she said.

A large part of quilting is in preparing and finding the fabric. Depending on how long it takes to select fabric, size and the intricacies involved, Cynda said it could take anywhere from a week to two years to make anything from a simple throw to a bed quilt. "That is the hardest part of quilting. There just never seems to be enough time to make everything I want. There are so many designs and techniques I want to try," she continued. "I think quilting will always be an art form. It may not always be as popular, but crafts come and go. There is too much history in quilting and connections as families pass them down. Most tell a story or have emotional attachment to them, so I don't think quilting will ever fade." Having an emotional attachment to the quilt from her grandmother and a desire to provide as many quilts as she can to those in Parker County, Cynda is a prime example of the labor of love behind the craft. **NOW**

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— By Zachary R. Urquhart

It's that time of year, again! Get out your camo, start cleaning your rifle and head to the store to stock up for your hunting expeditions. While most seasoned hunters have their routines down to an exact science, there are some simple things any new or novice hunter should know before heading out to get this year's limit.

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- *Get Your Papers in Order*

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- *Know the Calendar*

Texas has outlined specific seasons for different animals. This area, called the North Zone, has start dates as early as September 1 for doves. The most anticipated season — white-tail deer — starts November 5, and there are dates for various game and fowl

starting everywhere in between. There are several animals with multiple or split seasons, so be sure you are hunting your prey legally, as the penalties include loss of license, hefty fines and can even involve jail time. If you want to try your hand at bow-hunting, your season will start about a month before rifle hunters.

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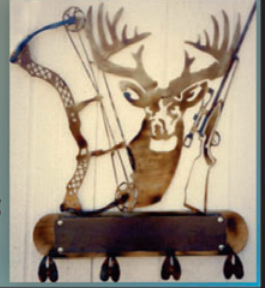
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• *Blend In and Stand Out*

The right camouflage can be paramount in keeping your game from spotting you before you pull the trigger. Make sure your gear is right for the natural environment that will surround you. On the other hand, there are clear laws requiring hunters on public lands to wear at least 400 square inches of hunter orange, in addition to orange headgear. So, when you are



packing your camouflage, do not forget your orange vest and hat.

- *Bring Your Vittles*

You will probably be in the field for a while, so be sure to pack some food and drinks. Avoid odorous things like garlic, as well as fibrous foods like beans or broccoli that may lead to discomfort while you are trying to hunt. The best options are foods that have carbs, protein and a little fat. A peanut butter sandwich is easy and will keep your body ready when that deer or bird comes into view.

- *Staying the Night*

If you are planning on making an entire weekend of your hunting trip, you will have to add another level of preparation. Research what camp grounds are available. If you are planning to go on the season's opening weekend, you will want to reserve a spot ahead of time. If you are pulling your tent from a pile of things you rarely use, set it up and check it for leaks before your trip. Bring a flashlight and extra batteries, and be sure to bring a warm enough sleeping bag for potentially cold temperatures. Lastly, be mindful of local wildlife. If bears or other animals are a potential threat, take precautions to keep food and trash sealed and out of reach from such critters.



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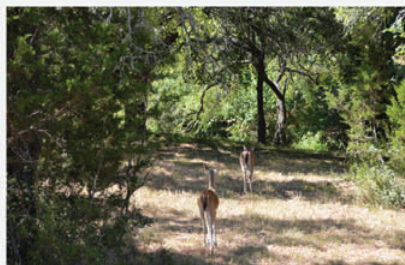
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SAFETY FIRST

• *Fire When Ready*

Guns can be dangerous if not handled correctly. The state of Texas requires a hunter's education course for every hunter, which is good for life, after completion. You can get a one-time deferral good for a year, but it is highly recommended that you go through safety courses before operating a gun.

• *Beware of Snakes*

Most likely, your hunting site will be home to slithery critters, as well as the prey you are there to hunt. Only about 10 percent of Texas' snakes are dangerous for humans, so the first step to safety is identification. Bring a field guide, and be on the lookout for copperheads, cottonmouths and rattlesnakes. If you or a companion are bitten, the best solution is to get to a nearby hospital. Do not try to cut around the puncture or try to suck out the venom. Instead, clean around the wound with disinfectant soap, take off jewelry or items that may restrict the area, and try to limit movement of the extremity until you can get to a doctor.

Whether you are hoping to bag meat for the winter, or you want a 16-point buck over the mantel, a great trip starts with the right equipment and preparation. Staying safe while you are out will ensure a successful hunt is not overshadowed by injury or tragedy. With these tips, you are ready to aim and fire. **NOW**

Editor's Note: License purchasing, laws and general hunting information are available on the Texas Parks & Wildlife Hunting Page at www.tpwd.texas.gov/huntwild/hunt/.



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High-quality hunting weaponry and excellent customer service are the specialties of SWFA's Christopher, Chris and Norma Farris.

Keeping the Wagon Full

SWFA continues to stand on exceptional customer service. — By Sandra Strong

Under the ownership of Jim and Norma Farris, Southwestern Firearms Inc. (SWFA) began selling firearms to the public in 1973 from a gun store on Jefferson Boulevard in Oak Cliff. "My dad has always been a huge gun collector," said Chris Farris, son and current co-owner. "I grew up around guns and everything that has to do with guns and hunting."

As the years came and went, the crime rate in Oak Cliff grew to a level where Jim and Norma had a decision to make. They could have closed the shop or relocated altogether, but what they did was one step better. "They started doing 50 gun shows a year. Most weekends were spent at gun shows," Chris explained. "During those years, we ate Thanksgiving dinner at Luby's Cafeteria in St. Louis, Missouri. Those were years of travel from Hollywood, California, to Hollywood, Florida."

One of the largest gun shows that brought the family a great deal of their yearly revenue was held in California at the Pomona Fairgrounds. This particular year, the event was taking place at the same time the O.J. Simpson verdict was being handed down. "The National Guard shut the show down," Chris remembered. "We were left with a massive inventory." They were able to successfully "unload" the stock by advertising in national gun magazines. In fact, the print ads were so successful, they were able to slow down on the weekend shows. "Within five years, we were no longer traveling all over the United States. Most of the stock was being sold through print advertising," Chris stated. "This was also the time when Internet became popular."

As SWFA outgrew one building after another with the advances in technology, Jim decided it was time for another

change. “Dad retired, allowing us to take it to the next level,” Chris said. “Dad is old school. The business got too big and grew too fast for his liking. He did tell me I needed two things in order to take my place as a co-owner of the family business — intelligence and a willingness to work.”

These are two things Chris and Norma have plenty of when it comes to taking SWFA into the future. The new building was designed by Chris. “I drew it out on paper with a pencil,” he smiled. “It’s not your normal floor plan.”

SWFA takes great pride in having a large inventory on hand at all times.

The 40,000-square-foot building may appear large, but the company still offers the same personal customer service they did at their onset over 40 years ago. The store front offers customers over 1,000 different types of ammunition, guns in all makes and models and an atmosphere that offers an ease for first-time buyers, as well as for repeat customers.

Half the building is store front, offices and break/meeting rooms. The other half is SWFA’s warehouse. When Chris designed the store front, he wanted something “premium” for customers. This want manifested as a mural of North American iconic animals in the large meeting room that can be easily seen from the showroom. The artist from Kansas created a 3-D rendition of wildlife that in some cases looks far away, and in other instances, can be seen up close and personal, as if looking through a high-powered scope or binoculars. It took six months to create and a full week to install.

You won’t find “cheap Saturday night specials” at SWFA. What customers will find is high-quality inventory and hands-on customer service that’s second to none. SWFA takes great pride in having a large inventory on hand at all times. As Chris and Norma can attest, “You can’t sell from an empty wagon!” **NOW**

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Lily Grace Butler is ready for school to start.



While visiting Weatherford, Shyla Harper-Bennett likes dressing up as a werefox.



Ron Mittelstedt enjoys jamming at Sweet Springs Winery.



Charles Russell Bushaw wins the Rookie of the Year award at the National Cutting Horse Association Summer Spectacular.



I Am They group appeals to the younger crowd



Camp Gladiator members break a sweat outside Willow Park Baptist Church.



The Walsh family takes a late summer trip to the library.



Volunteers have fun during the East Parker County Chamber membership drive.

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Act Today to Avoid Financial Regrets Tomorrow

"Regrets? I've had a few." — Frank Sinatra.

Mr. Sinatra, one of the most famous entertainers of the 20th century, did things his way, but he was also familiar with remorse. He's not alone, of course. We all deal with regrets — and financial ones are among the most troublesome.

Here are the leading financial regrets, according to a recent survey by Bankrate.com, along with some suggestions for avoiding them:

Not saving for retirement early enough. This was the top regret expressed by survey respondents. Saving and investing early for retirement offers you two key benefits. First, the more time you give growth-oriented investments, the greater their growth potential. And second, by saving and investing for retirement early in your career, you will likely need to put away less money each year than you would if you waited until, say, your 40s or 50s. So, if you aren't already doing so, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored plan. And increase your contributions every time your salary rises.

Not saving enough for emergency expenses. You can't plan for all expenses. Your furnace might die, your car may need a major repair, you may incur a sizable doctor's bill — the list goes on and on. If you don't have the money available to meet these costs, you might be forced to dip into your long-term investments. That's why it's important to maintain an emergency fund containing three to six months' worth of living expenses, in a liquid, low-risk account.

Taking on too much credit card debt. If you don't overuse your

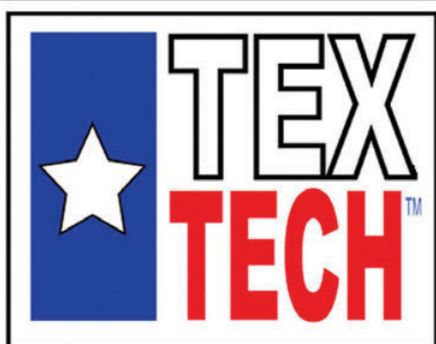
credit cards, they can be handy and helpful in many ways. Try to keep a lid on your credit card debt, keeping in mind that your debt payments reduce the amount of money you have available to invest for your long-term goals, such as a comfortable retirement.

Not saving enough for children's education. This may be perhaps the most difficult regret to address — after all, it's not easy to save for your own retirement and simultaneously put money away for your children's college educations. However, if you can afford to save for college, try to do so in as advantageous a manner as possible.

Buying a bigger house than you can afford. If you tie up too much money in mortgage payments, you will have less to contribute to your various retirement accounts. And while home equity certainly has some value, it generally does not provide you with the same liquidity — and probably not the same potential for growth and income — as an investment portfolio that's appropriate for your needs and risk tolerance. So, think carefully before purchasing that big house. You might be better served by scaling down your home ownership and ramping up your investments.

You can't avoid all the doubts and misgivings you'll encounter at various stages of your life. But if you can reduce those regrets associated with your finances, you could well increase your satisfaction during your retirement years. **NOW**

Gregg Davis is an Edward Jones representative based in Willow Park.



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Don't Get Sidelined

— By Betty Tryon, BSN

An injury commonly associated with famous athletes can bedevil nonathletic people also. The anterior cruciate ligament tear, or better known as a torn ACL, is actually a common problem. The ACL is one of the ligaments that connects the thigh bone (femur) to the tibia, which is one of the leg bones. Considering the way the knee is structured and its function, it is not surprising that it is prone to this and many other injuries. Some of the ACL's functions are to assist in changing position, bending, twisting and general stability and mobility of the knee. An injury occurs when the ligament is overstretched or tears.

These injuries occur when there is an abrupt movement, such as pivoting, having the foot planted when changing position and awkward landings with the knee fully extended and player-to-player contact. It has been found that women are more prone to this injury than men due to a combination of female knee anatomy, the effect of estrogen on ligaments, physical conditioning and muscle strength. When the ACL is torn, most people report feeling a pop in the knee. Severe pain follows immediately. Because of the swelling within the knee, straightening or even fully extending it will be challenging with a noticeable lack of stability in the knee.

Treatment after the injury will depend upon several factors, but primary to the decision is what your level of activity was

before the injury and what level of activity you wish to return to. Not every torn ACL needs to be repaired surgically. If your activity level was more sedentary and you are not inclined toward sports, you might opt for physical therapy and an exercise program to build strength and reduce further loss of function in the knee. Those who are more athletic will no doubt choose the surgical remedy to repair the structure, so they can return to their previous level of function. Recovery with the surgical option takes anywhere from four to six months before athletes can expect to return fully to normal.

Prevention of ACL injuries can be as simple as proper stretching and strengthening of the legs and also developing core and hip strength. Athletes should be taught the proper mechanics of exercises involving squatting, lunging and jumping to avoid ankle and knee collapse. Non-athletes and those who play sports should take extra care to watch their knee position when turning or twisting. It isn't possible to avoid all conflict with your knees, but being aware and having proper skill training will go a long way toward avoiding injuries. **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.

Calendar

SEPTEMBER 2016

September 3, 4

Model Train Show: **Saturday**, 8:00 a.m.-6:00 p.m.; **Sunday**, 10:00 a.m.-5:00 p.m., Clark Gardens, 567 Maddux Rd. Model train heaven. For more information, visit www.clarkgardens.org or call (940) 682-4856.

September 4

Cross Timbers Cowboy Poetry and Stories: 8:00-9:30 p.m., Lone Star Amphitheater, Lake Mineral Wells State Park, 100 Park Rd. 71, Mineral Wells. Experience cowboy lifestyle and local history through the poetry and stories of the Texas cowboy, David Owens. Normal park fees apply.

September 8

Gardeners Club of Parker County: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. Club begins its new year with a program on irises. For more information, call (817) 919-6280.

September 9 — 25

Nunsense II: The Second Coming, Annual Musical: **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m. Theatre Off The Square, 114 N. Denton St. Call (817) 341-8687 or visit www.theatreoffthesquare.org.

September 10

4th Annual Parker County Cruisers Fall Fling:

9:00 a.m.-3:00 p.m., Heritage Park. Free to the public. Event features 250 antique and classic vehicles with vendors offering food and other items. Proceeds benefit local charities. Details available at www.motortexas.com/m/events/detail.aspx?event-id=7700.

September 17

Women's Legacy Conference: 9:00 a.m.-1:00 p.m., Oak Ridge Church of Christ, 4895 I-20 Service Rd., N., Willow Park. Fun event, designed to inspire and inform businesswomen with engaging presentations and inspirational talks. Limited seating. Details and registration at www.womenslegacyconference.com

Free ladies retreat: 10:00 a.m.-2:00 p.m., Horseshoe Bend Baptist Church. Featuring "Trusting Hymn." Lunch will be provided. Contact Regina Harris (817) 598-8068 or Carol Black (817) 341-6139 for more information.

September 23, 24

New quilts from old favorites, biennial quilt show: 9:00 a.m.-4:00 p.m., Sheriff's Posse Rodeo Grounds, 2251 Mineral Wells Hwy. (Hwy. 180), Weatherford. Admission \$7 per person, free parking. Judged show of over 100 quilts. Drawing for annual QGPC auction quilt **September 24** at 3:00 p.m.

September 24

2016 Walk to End Alzheimer's: 8:00 a.m., registration; ceremony, 8:30 a.m.; walk, 9:00 a.m., Weatherford College, Roger Williams Ballpark, 312 College Park Dr. Visit www.act.alz.org for details or contact Theresa Hocker (800) 272-3900 or by email, thocker@alz.org.

TRT Booster Club Golf Tournament: 9:00 a.m., 251 Sugar Tree Dr. Fundraiser for team gymnastics, shotgun start following a Chick-fil-a breakfast. Register by **September 21**. Contact Heath, trtboostergolf@gmail.com or (817) 629-7599.

September 30

Grace House Ministries 2016 Gala: 6:30 p.m., New River Fellowship Church, Hudson Oaks. Benefits Grace House new Options Clinic. Purchase sponsorships and tickets at GraceHouseMinistries.net/Events or by calling (817) 599-9080.

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



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In the Kitchen With Shawanna Durrett

— By Lisa Bell

Shawanna Durrett is a student at The Culinary School of Fort Worth. She enjoys cooking for her husband, who is her biggest fan, and for family and friends. “I find it satisfying when I see those gathered around my table eating and enjoying the food and each other. Good food, plus good friends, equals good times,” she shared.

Shawanna moved to the area around 15 years ago. Originally from Arizona, she adds a little spice to everything. When traveling, she likes to learn local dishes. She also finds recipes on the Internet and in supermarkets. “H-E-B is a goldmine for samples with recipes,” she said. Typically, she starts with the original recipe and tweaks it to make it her own. When not cooking, Shawanna is an avid quilter. **NOW**

Bacon-wrapped Beefalo Meatloaf With Peach BBQ Sauce Glaze

Peach BBQ Sauce:

- 1 sweet onion, diced
- 3 oz. butter
- 4 peaches, peeled and pitted
- 3 ancho chili peppers, stem and seeds removed
- 1 tsp. minced garlic
- 3 oz. brown sugar
- 1/2 tsp. red crushed peppers (optional)
- 3 oz. bourbon
- 12 oz. ketchup
- 1/2 bunch cilantro leaves, chopped
- Juice of 1 fresh lime
- 2 cups (1 pint) chicken stock
- Salt and pepper, to taste

Meatloaf:

- 1 Tbsp. vegetable oil
- 1/2 medium onion, diced

- 2 medium cloves garlic, minced
- 1 tsp. fresh thyme leaves
- 1/2 cup shaken buttermilk
- 2 large eggs
- 2 Tbsp. Dijon mustard
- 1 Tbsp. Worcestershire sauce
- 1 tsp. kosher salt
- Pepper, to taste
- 1 1/2 lbs. lean ground beef
- 1 1/2 lbs. ground buffalo
- 1/4 cup finely chopped Italian parsley leaves
- 1 cup seasoned breadcrumbs
- 12 strips bacon

1. *For sauce:* Sauté onions in butter until soft. Add remaining ingredients and bring to a simmer for about 15-30 minutes.
2. Blend well with a stick blender, and allow to cool.
3. *For meatloaf:* Preheat oven to 400 F. Heat oil in a sauté pan. Cook onions, garlic and thyme until softened, about 3 minutes. Set aside.

4. In large bowl, add buttermilk, eggs, mustard, Worcestershire, salt and pepper. Whisk until well mixed.
5. Add all the meat, parsley, breadcrumbs and onion to egg mixture. Mix well, but don't squeeze.
6. With damp hands, place the meat mixture on a foil-lined baking sheet; form into a loaf. Top with Peach BBQ Sauce; place bacon over the meatloaf.
7. Tuck the ends of bacon under loaf to prevent burning. Bake until internal temperature of 155 F is reached, or about 55-65 minutes. Cool slightly before serving.

Candied Pecans

- 1 egg yolk
- 1 Tbsp. water
- 1 tsp. kosher or sea salt
- 1 tsp. cinnamon
- 1 cup sugar
- 1 lb. pecan halves

1. Set oven to 250 F. Mix egg yolk and water until frothy. Mix remaining ingredients in a separate bowl.
2. Toss pecans in egg yolk mix. Then toss in sugar mixture until covered.
3. Place on 1-2 cookie sheets in a single layer. Bake for an hour, turning every 15 minutes.
4. Remove from oven, allow to cool and enjoy.

Prize-winning Peach Jalapeño Jam

This recipe won 1st place in Jams and Best of Show at the 2014 Peach Festival.

- 3 lbs. or 4 cups finely chopped peaches
- 2-3 jalapeños de-seeded or not, diced (add more for hotter jam)
- 1 box Sure-Jell
- 2 Tbsp. lemon juice
- 1/2 tsp. butter
- 5 1/2 cups sugar

1. Bring peaches, jalapeños, Sure-Jell, lemon juice and butter to a boil on high heat. (Butter allows your jam not to foam as much or at all.)
2. Bring to a rolling boil for 1 minute; add sugar, stirring constantly.
3. Bring to a boil again for an additional 1 minute.
4. Remove from heat and place in readied jars. Seal. Jam may be enjoyed as soon as completely cooled.

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