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ON THE COVER



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Photo by Kenzie Luke.

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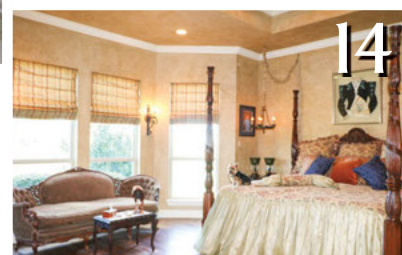
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Editor's Note

Hello, Weatherford Friends!

When you think about September, do you remember going back to school? Some of you still think about it, probably before this month, either for yourself, your kids or grandchildren. Learning is a part of life, and we should never feel too old to be part of something new and exciting. Over the last few years, I've met many men and women who approach 55 years old, insisting they'll reinvent themselves at that age — in essence pursuing a

long forgotten dream. It's never too late — nor too early.

I used to ask my daughters, "If money were not an object, what would you do?" Well, obviously sometimes money is an object — a very real and limiting one. But the answer to that question may help us become the person we really desire to be. At almost 55, I left a corporate job uncertain of the future. Now, I'm still learning, still growing. And I get to serve all of you, doing what I love.

What's your dream? Go for it!

Lisa

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TAKE THE STAGE

— By Amber D. Browne



A child's laugh can be contagious. It can inspire even the most serious adult to embrace a silly side, even if just for a moment. Since 2011, a handful of local first responders have embraced their inner child to educate Weatherford youth about a serious subject — fire safety. Weatherford firefighters don costumes and makeup to perform on stage at local elementary schools as part of the department's Fire Safety Clown program. "It takes a fun approach to education," stated Bob Hopkins, Weatherford Fire Department division chief and fire marshal, who oversees the program.

Although the Weatherford Fire Department was over a decade behind in adopting the Fire Safety Clown program, which began in the U.S. about 20 years ago, the firefighters enthusiastically accepted their roles to entertain and educate about 3,200 students each year. The popularity of fire prevention programs increased in 1972 following a report about the high number of fire-related deaths. Before Bob became fire marshal, the Weatherford Fire Department presented a game show-inspired fire safety program to elementary students. At the time, Bob served as fire inspector under then-fire marshal Kurt Harris. Bob noticed the popularity of the Fire Safety Clown program, and upon his promotion in 2009, he decided to take the program in a different direction.

Firefighter Mike Rudd discussed the success of the Mineral Wells clown program with Bob, and the idea took off in Weatherford. Mike, aka "Spanner," has been with Weatherford's Fire



"It takes a
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Safety Clown program since its inception. He is the lead clown and recruits other firefighters to perform. Gene Smithwick, the fire department chaplain, aka "Chappy," was also instrumental in bringing the program to fruition.

Weatherford's program has been successful. "When you're dealing with children, the attention span is very important. When you're trying to teach them life safety skills, things they're going to need for their rest of their lives, you're trying to present that in a funny way. Number one — they can enjoy it. Number two — they can recall it," Bob said.

Each October, the firefighters travel to Weatherford ISD elementary schools and two Christian schools, performing a skit for students in kindergarten through third grade. They also perform for the community during the October Movies in the Park event at the Heritage Park Amphitheater. The skit is performed by a circuit of other area fire departments, including Willow Park. The fire departments share props and stage settings. The Weatherford Fire Department has its own sound system, and two of the performers create the sound effects for the local program. Bob has only performed with the group one year, and it was because of his love for all things pirate. The group plans to perform the pirate skit again this year because of the popularity of the most recent motion picture release in the *Pirates of the Caribbean* franchise. "When you can tie it in to something that's popular with kids, it goes a long way," Bob explained.

In most skits, the firefighters dress in firefighting gear but resemble the bull-fighting rodeo clowns rather than circus clowns. Their message isn't always fire-related. "One year, part of our skit

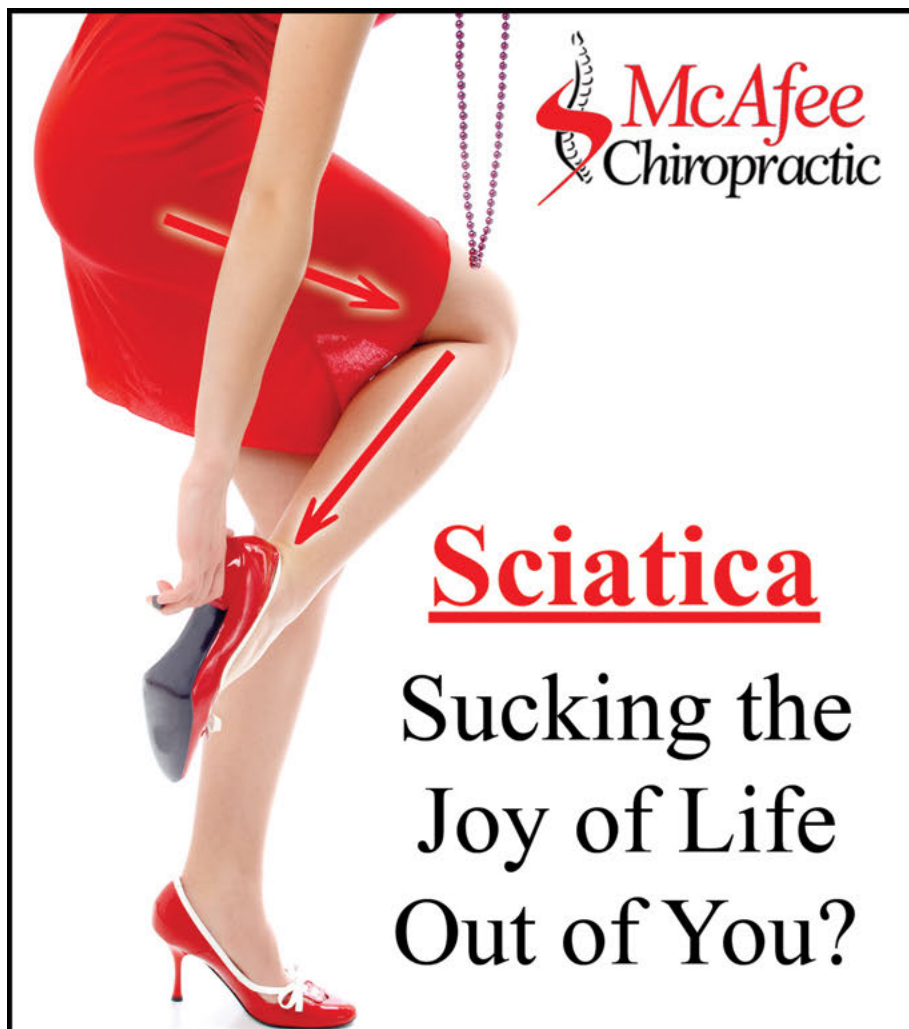


was about bullying.” The group has focused on fireworks safety. They also share several tips including that every family should have a safe place designated in the front yard. “If you have a fire, this is where the family meets. If you have an emergency in the house, this is the one place that they will all meet. If we get separated, we meet right here,” Bob explained. “We educate the children, and the children educate the parents. That’s the whole idea.”

The importance of smoke alarms is always presented in the skits. “Kids will go home and hound their parents.” On a couple of reported incidents, the clowns’ message saved lives. In one case, a sick mother stayed home while her family was out of town for Thanksgiving. The family’s dog woke up the mother after hearing the smoke alarm, and she escaped. “Their third grade daughter would not leave them alone until they got the smoke alarm fixed,” Bob shared.

The clown performance is just one step in the fire prevention program. Each student at the elementary schools receives a coloring book with fire safety tips. The books are donated by the generosity of local businesses within the community throughout the year. Without the donations, a fire prevention grant from Wal-Mart and the generosity of the performing firefighters, the Fire Safety Clown program would not be possible. The firefighters are paid overtime to perform, but they don’t get paid for weeks of practice and often provide their own costumes and makeup.

The clown performance is usually 20-minutes long and begins with loud music and dancing to get the students excited. “We enjoy it. The kids enjoy it, and they get a lot out of it,” Bob said.



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Because of state mandates, Bob said it is getting more difficult each year for the Weatherford Fire Department to perform at area schools. The program was cancelled at Weatherford ISD schools last year because of the scary clown hysteria. The schools tried to reschedule, but October is the only month on the calendar when firefighters have the opportunity to perform due to training. Although clowns may be scary to some, it hasn't been much of a problem for the firefighters during the elementary school performances. When Bob was in second grade, he had his own "scary clown" experience and understands the fear. As he and his siblings enjoyed the rodeo parade in 1967, a clown jumped off the fire truck and headed directly toward his family. "I freaked out and started running to the house," Bob confessed. "I turned around, and they had already gone. But in my brain, that clown was right behind me. I was one of those kids who couldn't cotton to clowns. We understand that." If a student is uncomfortable, they watch from a distance. Most of them eventually warm up to the clowns as they see other students having fun.

Each performing firefighter attends clown school to learn the perspective of clowning, and each takes on his own fire-related persona. Each clown has a different personality ranging from the serious clown to the clowning around clown. During the performances, they only answer to their clown names such as Hozer, Squirt and Chappy. "I think the guys like dressing up. You put people in makeup, and their personality changes," Bob shared. "They all have a sense of humor." Sparky the Fire Dog also makes an appearance at the performances. "When we get to mingle with those children for those days, I love every minute of it," Bob said. "The kids bring a lot of joy to the guys." **NOW**

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At Home With Nick and Sharon Williams



Favorite Room

— By Lisa Bell

In 37 years of marriage, Nick and Sharon Williams visited and/or lived in 50 different countries — plus 35 of our 50 states. The influence of traveling fills every room of their amazing home. Overall, they have a rustic, yet Old-World feel that works beautifully.

The couple met while both of them worked for the Army & Air Force Exchange Services. Eventually, Nick's position placed him over everything. Sharon had to quit and take a civil service job then. During those years, they moved 14 times to different countries and American states.

They eventually ended up in Grand Prairie. When Nick retired, they literally drew a 35-mile radius around their location. Weatherford fell inside of that circle, and someone at the beauty shop told Sharon to check it out. They both loved the area. Not one to sit around, Nick now works for Mr. C Food Stores. "Now that I have a local job, it's a little easier to stay," he said. Sharon



added, "I hate starting over, and we've done it so many times." During the last seven years, the two of them established roots, making friends and connecting in Weatherford. "We really feel like a part of the community now," Nick stated. Nevertheless, Sharon's love for countries where she spent time strongly influences her decor.

Large pillars stand at the front entrance, creating elegance. Stepping into the large living room, however, transports a visitor into a world of simplicity with leather, western and antique decor. A full view of the backyard fills the atmosphere with a welcoming tingle, which fits Nick and Sharon's personalities well. On a shelf near the ceiling, antique tricycles, other toys and rustic items create a wonderful display, and the windmill fan accentuates the western/antique effect. Her love of horses appears in the room, too. Here, collectibles from Russia, Germany and England have special places.

The breakfast nook holds a table made of stone and wrought iron, with a corkscrew style light above it. Built-in shelves hold dozens of antiques and the bay window enhances the view. The kitchen, open to the living room, has a large island with a hammered, stainless steel sink. Sharon loves the hammered style because it doesn't scratch or show water spots like a plain stainless steel sink. Above the stove, a pot filler makes cooking easier. The exhaust vent brings

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In the hallway, a small bathroom wall holds amazing artwork done by Scott Tucker. The painting depicts a scene from Germany. Raised bricks in the painting appear as though they are real, surrounding the scene. Created from paint, the unique effect is exquisite. Sharon's son, Shane, was born in Germany. They lost him at age 17 due to

a car accident in 2003. She treasures the reminder of his infancy.

Sharon calls one of the guest bedrooms her French Room. The furniture originally came from France, although she didn't buy it there. The Russian Blue walls combine with the silver ceiling and silver cornice formed from plaster of paris. Pairing the blue with white created a peaceful ambience. A standing dressing table reveals how


women used to finish dressing, with bustles so big they couldn't sit down to apply make-up and fasten jewelry.

Through a Jack-and-Jill bathroom, the second guest room features black and red with antique carved-wood furniture. An old treadle sewing machine sits against one wall. A cast-iron, portable machine occupies space beneath it. Women once used this heavy piece for mending, while traveling by train. On the



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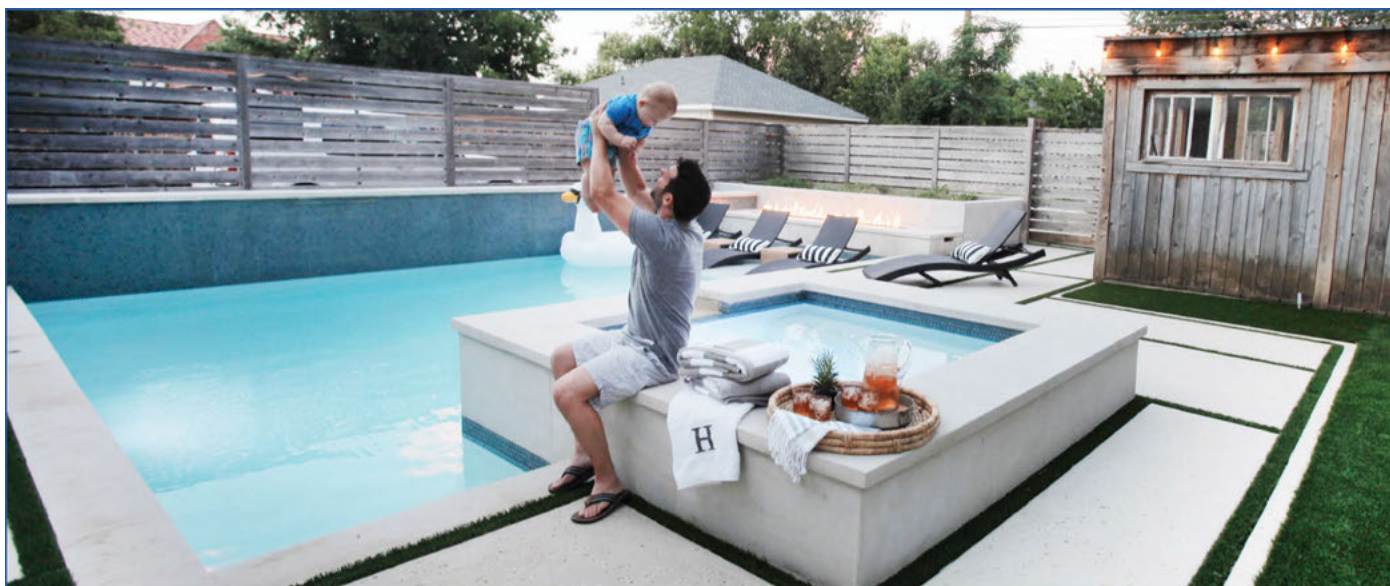
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wall, Sharon displays a painting given to her grandparents as a wedding gift. The scene of a mother teaching her daughters to spin and sew goes perfectly with the other antique items. In the hallway, paintings of the Battle of Yorktown awoken memories of the time they lived in Virginia.

The formal dining room holds a variety of items from former dwellings and travels. In this one room, Sharon placed Asian pieces, reminiscent of the time she lived in Japan. With a touch of Spain, wall art painted to match other elements and antiques from England, the room represents stories and memories from a lifetime of journeys. Wrought-iron lights hang above the old table. High above everything, a large piece of stained glass hangs in front of a window. Sharon and Nick added one wall in this room after the initial building. Using pieces of granite, they created a mosaic look and unique touch.

Nick took over the study, which is fine with Sharon. "This and the garage are my places," he said, chuckling. Simply decorated, the rich colors and antler light create the perfect atmosphere. Nick spent time in Iraq, while working with AAFES. He and Sharon are both glad he came home unscathed. "The military pretty much took care of them," Sharon said.

Although she is the hard core traveler, Nick admittedly goes because Sharon wants to. "I enjoy it once I get there," he said. "But I never plan a trip." A quiet introvert, his love for her shouts through what he does say. They have a few places left they want to visit, so Sharon chooses to go while they have the desire and ability.

The master bathroom literally steals your breath away. Scott Tucker's painting



in this room creates the feeling of being outside. Gold, copper and a touch of green accent the feeling of stepping into Tuscany. "This is one of my favorite rooms," Sharon said. "It just turned out so well." An arched alcove above the large garden tub features a sky of fluffy clouds, worthy of lying back and simply spending time relaxing. A double walk-in shower completes the open feel. Smaller paintings, which Sharon prefers over trinkets, contain scenes from Australia and Ireland.

Even though the interior of the house is fantastic, both admit the patio is a special space. A full outdoor kitchen allows them to enjoy meals at either of the two sitting areas with Coca-Cola memorabilia bringing back fond times. The swimming pool includes a fountain and beach entry. Jezebel, their sparkly eyed Yorkie, loves wading in up to her belly and lapping the saltwater as she goes. She especially gets excited when golfers stop to chat.

Sharon admits falling asleep more than once in a zero-gravity swing, located near the pool — a striking yard in the background, and golf course beyond. She has many hibiscus plants among rock gardens, deer statues and live birds. And multitudes of rabbits enjoy hanging out, too. "You couldn't get a better view," Sharon said. "I think this is the best part of the house." Nick agrees — it is his favorite space, too. **NOW**

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A Path of Purpose

— By Lindsay L. Allen

With a heart for serving, experience in missions and an opportunity to travel for 11 months straight, Holley Thornton found herself saying “yes” to a tug on her heart that was telling her to “go.” After excitedly hitting the “apply” button on the Adventures in Mission website for The World Race, Holley was ready to start fundraising the \$15,000 needed for the big trip. AIM sends “racers” out to 11 different countries over the course of 11 months to serve the communities in which they are staying and to work alongside partner ministries.

“My heart is to serve no matter where people are at. This wasn’t so much about the travel for me as it was the missions,” Holley said. “My best friend, Lyndi Jo, was doing missions one summer in the Ukraine and met some racers. She came back telling me about it, and a year later, after much prayer, she and I were both signed up to go on the race!”

Before Holley could complete her route, starting in India in June 2015, and then continuing to Nepal, Cambodia, Thailand, Malaysia, Botswana, South Africa, Swaziland, Dominican Republic, Haiti and Jamaica, she had to complete the training. During the 10-day training at the AIM headquarters in Georgia, racers from all over gathered to be physically, spiritually and mentally prepared for the 11 months ahead.





Additionally, the staff observed relationships formed among the 150 racers and personality traits to help better pair the six- to seven-person teams that would travel together in each country, as different routes and countries existed for racers to follow. Part of the training required Holley and other racers to be able to carry their 70-liter backpack — filled with a tent, water filter and clothes — along with their day pack for over 2 miles in a certain time to prepare for the possible rugged conditions ahead of them.

“I was a bit overwhelmed trying to pack a home into this backpack, along with everything I would need for 11 months. I wasn’t sure what was best to bring. Should I bring makeup? Work clothes? Pretty clothes? I had so many unknowns and questions. I just had to learn to trust that the Lord would take care of me,” she recalled.

Each location had a ministry host and a different need that the racers would help with. Holley and her team did everything from teaching English, leading Bible studies, evangelizing, visiting hospitals, helping rescued women, delivering meals to the elderly and more.

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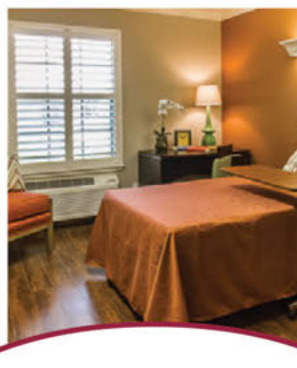
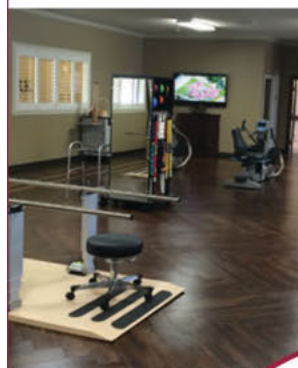
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With each location, the racers were expected to be fully immersed in the culture, which meant living on the same daily wages as the locals. The most Holley received to cover her food and expenses was \$5 a day. Each country offered Holley a different experience and connection, whether it was the street noodles in Cambodia, the street boys in South Africa, the ministry in some countries or the peace and quiet she was able to have in others. Most days, she finds herself wishing she were still on the trip. "It was simple. In America, everyone has an agenda and keeps to themselves. In the countries I visited, everyone was sitting outside their home, which made meeting new people easy for our team," Holley admitted.

When she first signed up, Holley had this idea that she was going to serve everyone. "That is part of being American — wanting to fix everything," she said. "One of the first lessons I learned on the trip was humility, and that this trip wasn't going to be about saving every single person. And even though I only had a month at each stop, I needed to focus on relationship building, because I couldn't pull everyone out of poverty, but I could offer them hope. Funny thing is, I went to serve these people, and I ended up being the one who benefited."

In Botswana, a lady named Beauty took Holley and her friends under her wing after meeting randomly at a restaurant, which was a relief as they weren't in comfortable living conditions. Holley said,




"Beauty knew we needed a mama, and she was ready to be that for us." While Holley and her team helped Beauty deliver meals to the elderly during the day, she would feed *them* at night and provided the welcoming environment they needed.

In Thailand, they helped a lady who ran a coffee house for rescued women to work in. "Emmi, the coffee shop owner, offered these ladies a way to make money, so they didn't have to sell their bodies. At night, we would go to the bar-filled street and offer to buy the ladies standing on the corners a soda and invite them into a conversation with us," she explained.



"This was the hardest month for me — to learn to love these men that had such ill intentions with these women."

In Swaziland, Holley and her team spent time in a hospital where all the children and their mothers are kept in one large room. Many of the children had snakebites or broken bones from climbing trees. "There was a 10-year-old girl who



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broke everything from her waist down in a van accident, and I just felt like it was my job to remind her how to be a kid again," Holley stated. "We would play cards and games and just have fun. It was a relief for the mothers, too, as they were sitting with their kids for 24 hours a day and sleeping on cardboard by the hospital beds."

The last month of the trip, Holley did a lot of sitting and thinking as she reflected on the past 11 months and everything she had to be thankful for. "I grew so much at each location and really learned to be confident in who I am and to shed any insecurities," she admitted. "I miss the opportunity to just sit and be still and to build relationships with people. Plus my team became my family. I miss them and the growth they provided me through feedback, encouragement and truth."

After living out of a backpack for nearly a year with a couple of shirts and pairs of shorts, Holley definitely lives with less material items in Weatherford than she did before the trip. In fact, she said she doesn't even use the air conditioner in her car, but now prefers to roll the windows down and simply enjoy the journey. The 11 months weren't only an unforgettable trip, but an opportunity for Holley to grow and to extend a helping hand to those she met along the way. **NOW**



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— By Zachary R. Urquhart

While spring may be the time for a deep cleaning of your house, autumn is a natural time to give things around the house a facelift. School, television shows and fiscal years are all starting anew, and the end of the extreme heat is perfect for starting those labor-intensive projects you have been putting off all summer. Here are some ideas for home improvement projects, big and small, you could do this fall.





Change Simple Things

• *Keep with the times.* Trends and styles change frequently, so think about swapping light fixtures and faucets. Chrome and oil-rubbed bronze are popular now, and changing fixtures can be a simple way to update your look. If you are working with electricity, be sure to turn off your power and test to ensure your breakers were labeled correctly before working with what could be live wires. If you are changing pipes, consider swapping your old connections for push-to-connect fittings that will make future plumbing work easier. And if cost is an issue, there are lots of metallic spray paints that will allow you to alter the look of your existing fixtures.



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- *Look above for a simple fix.* A step above just replacing light fixtures and lamps, swapping out your ceiling fan can alter the entire look of your room. If you are changing the color or style of the lighting in a room, it is probably a good idea to get a new ceiling fan to match. While you could technically take the fan apart to paint it to match, there are so many working parts that buying a new matching one is usually a better idea. When deciding on your new fan, you can keep it simple or get fancy when picking from the dozens of styles available at any local hardware store. Changing fans can be a two-person job, so think about getting a helper, and be careful to make all the hardware and electric connections to manufacturer's specifications.

- *Make a statement.* Painting the entire house can be an exhausting, time-intensive task. But painting a room, or even just adding an accent color on one wall, is a relatively easy way to achieve a drastically different look. You can even let each child choose a color to make their room their own. The key to any good interior paint job is the preparation. Tape off the trim, get plenty of drop cloths and give yourself enough time for the paint to dry before moving furniture back against the wall.



Know Your DIY Limits

- *Carpet has a shelf life.* If your carpet is hard to clean, fraying around the edges or just getting out of date, it may be time to call the professionals. Though you can install new carpet yourself, you need to weigh the cost of materials, including the tools you will undoubtedly need if you want to tackle the project on your own. If the space requires hiding a carpet seam in the middle of the room, it is likely that you will want an experienced company to do the work. Call around and get several quotes before you settle on someone, and be sure to look for reviews online to get a good idea of the quality of each company's work.

- *Hardwood does not have to be hard.* Decades ago, your choices were essentially carpet, sheets of slick laminate or real wood. Nowadays, though, you can find a variety of manufactured, wood-like floors that offer the refined look of wood without as much expense or difficulty in installation. Any home improvement store will have a selection of vinyl planks that look nearly identical to real wood, as well as ceramic and porcelain tiles offering a wood look. With any of these options, you should know your ability before deciding whether to do the work yourself or hire a company for the project. The flooring is easy enough to install in open spaces, but there is some finesse required for corners and transitioning to another type of flooring in another room.

- *Home needs a range.* While you are updating fixtures, it might be time to add a new cooking range to match the new style. If you have a combination oven

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and stovetop, it is easy enough to take out the old one and replace it with a new model. But, if you have a drop-in range, you need to be sure you know the steps involved before you end up with a hole in your kitchen counters.

Work Smarter

- *Take advantage of empty rooms.* If you have had any inkling to move or change your furniture around, try new ideas while your floors are bare. Once you have taken up the old flooring, test different layouts before you put the new carpet or hardwood down. This will prevent you from scratching or tearing your new floors. This is also the perfect time to paint, as any spillage will be covered once you install the new flooring.

- *Have a plan.* If you are planning to overhaul your whole house, make a list of jobs you want to get done, and devise a plan to maximize your work time. If you are paying professionals, you will probably need to do all major work at once. If you are doing the work yourself, figure out if you need to tackle one room at a time, or if you can knock out several rooms in one fell swoop.

Whatever your home improvement plans are for the fall, planning a timeframe and detailed budget will help ensure your project stays on track. Don't rule out professionals who can achieve the look you want to do harder tasks. Updates can really give the home a new and improved feel. Plus, should you decide to sell in this hot housing market, they can dramatically increase the value of your investment. **NOW**



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The Knight Propane bottle filling station is a small building filled with big hearts.

Beyond Propane Delivery

Taking care of customers is top priority for Knight Propane. — By Lisa Bell

Leslie and Sherry Knight didn't always own a propane company — or even work at one. Leslie worked in the oil and gas industry building pressure vessels, similar to water heaters and propane tanks on a much larger scale. Then he worked at the nuclear power plant near Glen Rose for 25 years. Sherry last worked from home and traveled for one of the largest banks in America. While Leslie walked miles every day — literally climbing hundreds of steps and contorting his body into odd positions — Sherry spent up to 19 hours a day at her computer, and she grew tired of traveling to Minneapolis when temperatures fell to 10 degrees.

During a car accident at 15, Leslie broke his neck. Initially, paralyzed from the neck down, doctors said he might live an hour. He didn't believe them. Then they said he'd never walk

again. He still didn't believe them. Determined to regain use of at least one arm and one leg, he slowly achieved that goal, so he could support himself and, eventually, a family. He pushed himself through physical therapy, and eventually learned to walk again. He and Sherry have been married 34 years and have two grown sons.

Severe injuries taxed his body, so by the time Leslie was 53, they both saw the physical strain. Sherry suggested he apply for disability. Still insistent on self-sufficiency, he responded, "I've still got some good left in me. I can do something. Wanna open a propane company?"

Although the idea sounded crazy, eventually Sherry agreed. In November 2015, Knight Propane began delivering gas. In November 2016, they added a propane bottle-filling station,

Business **NOW**

where they refill portable cylinders for barbecue grills, RVs, forklifts, etc. The couple joined the industry fully aware that to compete, they had to offer competitive pricing and the best customer service.

From bulk deliveries to filling bottles, that's what Knight Propane offers. "We have the best propane value," Sherry said. Leslie not only delivers fuel, but also installs and repairs tanks for customers. They generally require a 100-gallon minimum for delivery and can often deliver the same day. Their service area includes all of Parker County, as well as Springtown, Azle and part of Mineral Wells.

Every new customer gets a free gas safety check and, if needed, education on using propane.

Service sets Knight Propane apart. With expanded hours, they make it easier for customers to get propane. And they answer the phone 24/7, so if a customer has a true emergency, they are available to help. "We take care of our customers," Sherry said. In addition, every new customer gets a free gas safety check and, if needed, education on using propane. Sherry and Leslie both take family safety seriously. They also offer discount programs and a keep-full option that prevents customers from accidentally running out of fuel. If that happens, by law, the system must be checked for leaks. Knight Propane completes the testing at no charge.

Check tanks regularly and call when your level reaches 20 percent, to lessen the risk of running out of fuel. Know what to do if you smell gas. And use the bottle filling station instead of an exchange rack, thus getting more fuel for less money. Be sure to take cylinders straight home and store them in a well-ventilated place, preferably outside.

Leslie and Sherry both grew up in Weatherford and love supporting the community. Call with your questions, and let them share why you should use Knight Propane. **NOW**

Elder's Water

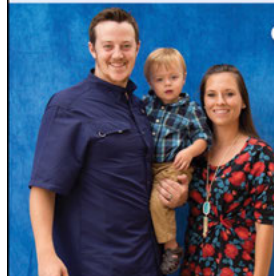
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Retired Lt. Col John H. Hull addresses business leaders at the EPCCC Luncheon.



Maera and Catheryn Campbell and Sophia Neatley enjoy final summer events at the WFD Library.



Makenzie Queen is open for business.



Payton Cortina celebrates her 9th birthday with friends.



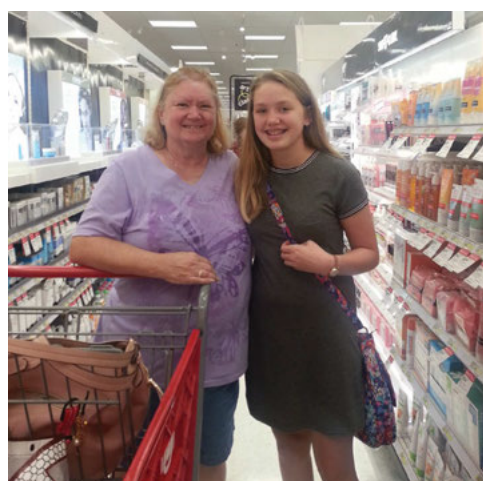
Sherry Watters with Something Special on York Avenue celebrates her 30th year anniversary.



Charles H. Norman shares his book at the WFD Library I Scream for Local Authors event.



Dara and Emkell Espinoza, sisters-in-law, love the new Hobby Lobby.



Paula Linville and granddaughter, Katie, enjoy shopping while spending the end of summer together.



Brooklynn Clapp of Brock qualifies to represent Texas at the Level 8 USAG regional championship.

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Are You a Hardworking Investor?

This month, we observe Labor Day, a celebration of the American worker. You work hard your whole life with the hope that your efforts will ultimately allow you to achieve your financial goals, such as a comfortable retirement. But for that to happen, you may need to apply some of the lessons of the workplace to your efforts as an investor.

So, what are these lessons? Here are a few to consider:

- **Be consistent.** The most successful workers are the ones who show up, day after day, and strive to overcome the inevitable obstacles that crop up. As an investor, you, too, need to be consistent in your habits — which means you should keep investing in all types of markets. If you take a “time out” every time the market drops, you might end up missing opportunities when the next rally begins.

- **Be flexible.** When good workers see that something is not going well, they change what they’re doing. And when you invest, you also may need to make adjustments. If an investment has consistently underperformed, or if you have too many others very similar to it, or if it just doesn’t meet your needs anymore, you may be better off by selling it and using the proceeds to invest elsewhere. This doesn’t mean you should constantly be buying and selling — in fact, you’ll likely be better off by purchasing quality investments and holding them for the long term. But you need to be flexible enough to make the appropriate moves at the appropriate times.

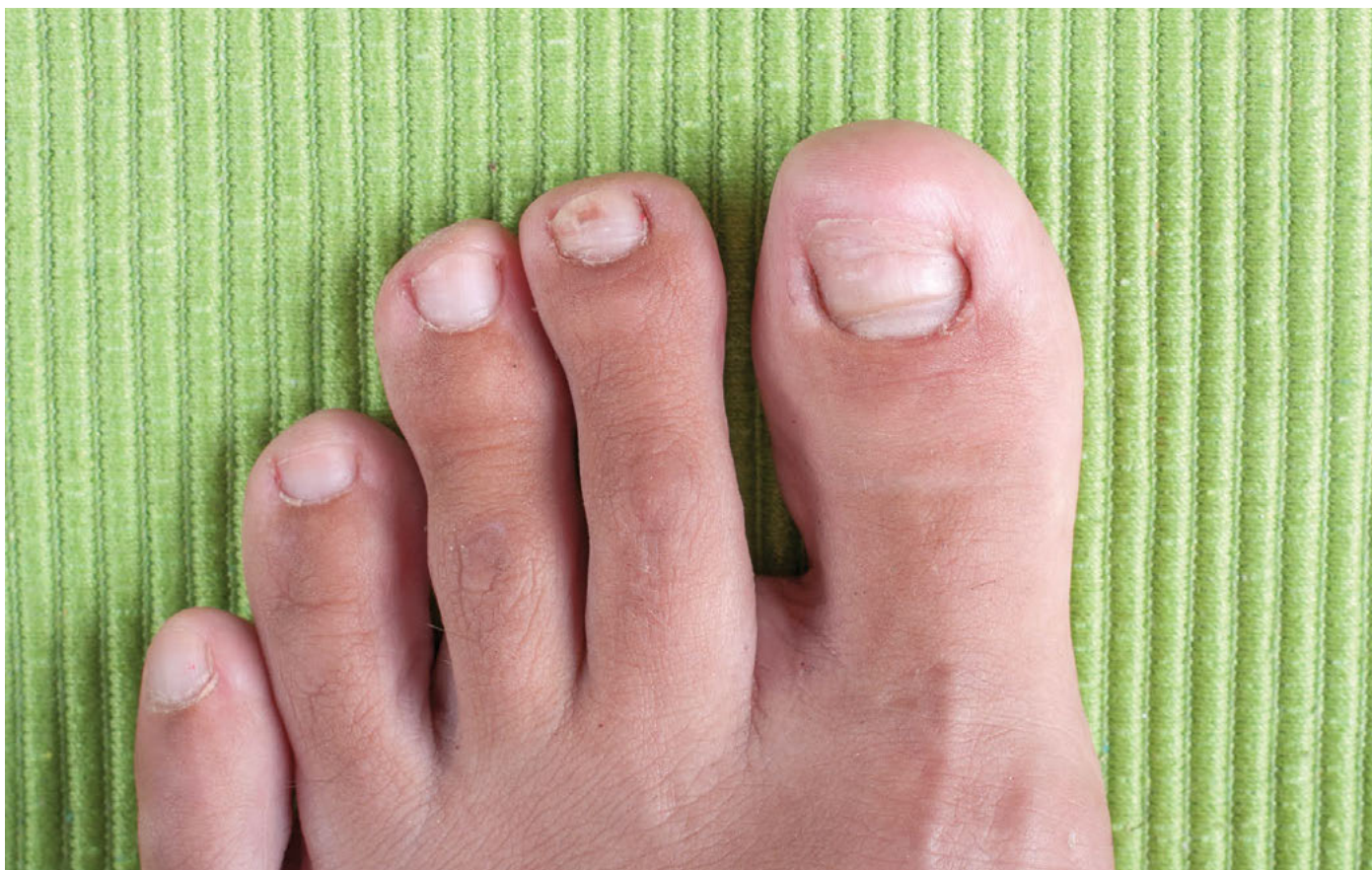
- **Be informed.** The best workers are those who regularly update their skills and acquire knowledge that helps them

do their jobs better. As an investor, you should also keep learning — about the investment world in general and about new opportunities for you to explore. And you should always understand what you are investing in — and why. Even if you work with a financial professional, you need to inform yourself about every aspect of your investment portfolio. After all, it’s your money and your future.

- **Be farsighted.** Good workers not only know what they’re doing, they also can visualize the desired outcome of each task. And, of course, people who are in charge of a particular endeavor, or who are responsible for the fortunes of a business, have a clear view of what they want to accomplish, even if the achievement of that goal is many years in the future. When you invest, you also need to see where you want to go. If you can constantly keep in mind your long-term goals — such as the type of retirement lifestyle you desire — you will likely find it easier to stick with an investment strategy that’s appropriate for your needs and risk tolerance. Conversely, if you lose sight of your destination, you might be more prone to taking short-term detours, which could work against you.

Labor Day reminds us to appreciate the skills and dedication of all workers. And as an investor, you can put these same attributes to good use. **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.



When Toenails Hurt

— By Betty Tryon, BSN

The affected girl watched her big toe grow swollen and bruised-looking with a bloody discharge crusted around the cuticle line. She flinched as she pulled on her shoes. As a sufferer of an ingrown toenail, it was time for her to see a doctor. An ingrown toenail is when the side of the nail begins to grow downward into the skin, causing inflammation. The medical term for this is onychocryptosis. If not treated or cared for, the toe can become infected.

This condition commonly affects the big toenail, although any of the toes can be affected. The main causes of onychocryptosis are tight-fitting shoes or tight socks that apply too much pressure to the area causing the nail to curl into the skin, and improper trimming of toenails. When the toenail is cut too short or the edges are rounded, the skin can grow over the nail and produce problems. Fungal growth and deformities of the foot or injuries to the toes can also create this condition.

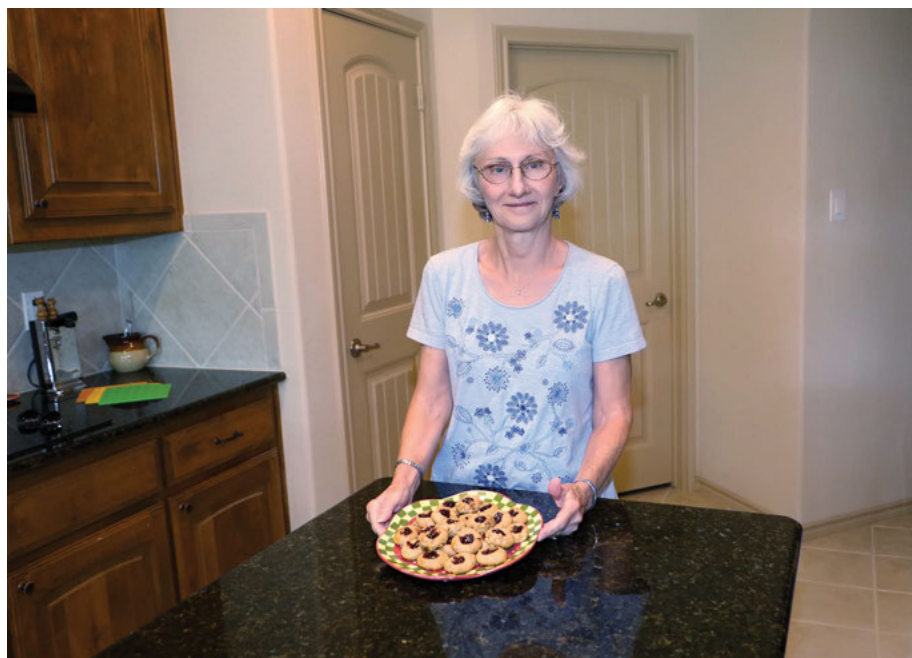
The symptoms of an ingrown toenail are redness, swelling and pain. If the condition is a mild inflammation of swelling and tenderness, you may be able to treat it yourself. Soaking your foot in warm water for three to four times a day for about 15 minutes each time can bring some relief by helping to reduce the swelling. Applying a topical antibiotic can promote healing and lessen the

possibility of infection. Try to keep the affected toe protected as it heals, but wear open-toed shoes during this time or shoes that do not press on the toe.

If the swelling, redness and pain increases, along with drainage containing pus from the ingrown nail, an infection has likely developed. This needs the attention of your family doctor or a foot specialist called a podiatrist. If you have nerve damage to the limb, diabetes or circulation problems, you should see your doctor right away. Oral antibiotics may be prescribed. In some cases, if the ingrown nail does not heal or keeps coming back, removal of part of the nail may be necessary.

In order to avoid having this condition, it is important to take care of your toenails properly. Always cut nails in a straight line that is even with the edge of your toe. Avoid ill-fitting shoes. Shoes that constantly press down on the nails can cause ingrown toenails. Keep your feet clean and dry. Change your socks daily. If any changes in the nails are noted, take care of them early to avoid possible painful consequences. **NOW**

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



In the Kitchen With Ruth McCandless

— By Lisa Bell

In New England, Ruth McCandless grew up with a church family that consisted of mostly Scottish people. “We had a church tea every Sunday evening right after youth choir practice,” she said. “All of the baked goods were so special.” Ruth still enjoys all kinds of baking. She first learned to cook at the local community center, while she was in elementary school. She sees cooking as a social event with results that bring people together.

Never a professional cook, Ruth had three wonderful careers — teaching deaf-blind children, starting a computer software company with a small group of people and as a financial advisor with American Express. In her spare time, she likes reading, singing, hiking and playing the ukulele. **NOW**

Thumbprint Cookies

Makes about 4 dozen cookies.

- 1 cup shortening, part butter**
- 1/2 cup brown sugar, packed**
- 2 eggs, separated**
- 1 tsp. vanilla**
- 2 cups all-purpose flour (can be sifted or not)**
- 1/2 tsp. salt**
- 1 1/2 cups nuts of your choice, finely chopped**
- Jelly or seedless jam of your choice, to taste**

- 1.** Preheat oven to 350 F. Mix shortening, brown sugar, egg yolks and vanilla thoroughly.
- 2.** Blend together flour and salt; stir into soft mixture.
- 3.** Roll dough into balls using about 1 tsp. of dough per ball.
- 4.** Beat egg whites slightly with a fork. Dip balls in the egg white; roll in nuts.

- 5.** Place on ungreased baking sheet about 1 inch apart. Press thumb gently in the center of each ball.
- 6.** Bake 10 to 12 minutes or until set; cool. Fill each thumbprint with jelly.

Ham and Cheese Biscuits

- 1 8-oz. can Pillsbury Refrigerated Crescent Dinner Rolls**
- 8 cubes cheddar cheese**
- 8 thin slices cooked ham**
- Melted butter, for brushing**
- Townhouse Original Crackers, crushed, to taste**

- 1.** Heat oven to 350 F. Separate dough into 8 triangles.
- 2.** Roll 1 cube of cheese in a slice of ham and roll 1 triangle around the outside of the ham, pinching all corners and openings.
- 3.** Brush each biscuit with butter and roll in crushed crackers.

- 4.** Place on ungreased cookie sheet. Bake 15 to 19 minutes or until golden brown. Immediately remove from cookie sheet; serve warm.

Pumpkin Bread

- 3 cups sugar**
- 4 eggs, beaten**
- 2 cups (or 1 lb. can) cooked pumpkin**
- 1 cup vegetable oil**
- 3 1/2 cups flour**
- 2 tsp. baking soda**
- 1 tsp. baking powder**
- 2 tsp. salt**
- 1/2 tsp. cloves**
- 1 tsp. nutmeg**
- 1 tsp. cinnamon**
- 1 tsp. allspice**
- 2/3 cup water**

- 1.** Combine sugar, eggs, pumpkin and oil.
- 2.** Sift flour with baking soda, baking powder, salt and spices.
- 3.** Add dry ingredients to other mixture, alternating with water.
- 4.** Place in 3 small, greased loaf pans or 2 9x5-inch pans. Bake at 350 F for approximately 1 hour.

Shepard's Pie

- 1 1/2 to 2 lbs. potatoes (about 3 large), peeled and quartered**
- 1 tsp. salt, plus additional for seasoning**
- 1 1/2 lbs. ground beef**
- 1 medium onion, finely chopped**
- 6 Tbsp. butter (divided use)**
- 1 14-oz. can creamed corn**

- 1.** Place potatoes in a medium-size pot. Cover with at least an inch of cold water above potatoes. Add 1 tsp. salt. Bring to a boil; reduce to a simmer, and cook until tender (about 20 minutes).
- 2.** Place ground beef and onion in a frying pan. Season with salt and pepper to taste. Cook until beef is no longer pink; drain grease.
- 3.** When a fork can easily pierce the potatoes, remove them from the pot and place them in a bowl with 4 Tbsp. of butter. Mash with a fork or potato masher; season with salt and pepper to taste.
- 4.** Preheat oven to 400 F. Spread the ground beef in an even layer in a 9x13-inch casserole dish. Pour creamed corn over beef layer.
- 5.** Spread mashed potatoes over top of corn. Rough up the surface of the mashed potatoes with a fork, forming peaks that will brown well. Dot the potatoes with the remaining butter.
- 6.** Place in oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

September 1 — November 30

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

September 4

DFW's 11th Annual Free Day of Yoga: 9:00 a.m., 10:25 a.m. or 11:45 a.m., Indra's Grace, 131 W. Church St., # 200. Limited space. RSVP for this event at (682) 241-5020 or indrasgrace@gmail.com with preferred time in the subject line.

September 5

American Red Cross Blood Drive: Noon-6:00 p.m., Weatherford Public Library. Visit the library and help save a life. Visit www.redcrossblood.org and search for sponsor code [parkercountyarc](http://parkercountyarc.org) or call 1-800-REDCROSS.

September 7

Aledo Clay Busters Organizational meeting: 6:30 p.m., The Village at Crown Point club house, 180 Crown Point Blvd., Willow Park. New youth competitive shotgun shooting team. For information, contact head coach Creighton Maynard at (713) 562-0995 or email Creighton@fwpharm.com.

September 14

Gardeners' Club of Parker County: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. Jacque Brock, Master Gardener and Landscape Artist, speaks about unique plants this month. For more info, call (817) 919-6280.

Native Plant Society of Texas, Cross Timbers Chapter: 6:30-8:30 p.m., Cherry Park Community Center, 313 W. Davis St. Hands-on demonstration on propagating native plants. Bring your gardening gloves. Visitors welcome. Details at www.npsot.org/wp/crosstimbers.

September 15 — October 1

The Miss Firecracker Contest Live Play: **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m., Theatre Off The Square, 114 N. Denton St. For tickets and more information, visit www.theatreoffthesquare.org.

September 16

Downtown Scrabble Run: 6:00 p.m., Yesterday's Sandwich Shop. Prior to 6:00 p.m., buy a T-shirt, get a wristband and collect scrabble tiles from each participating shop. At 6:00 p.m., play an epic game of Scrabble against everyone else participating. Prizes awarded, and proceeds go to CASA.

September 18

Brewing 101: 6:00-7:30 p.m., Weatherford Public Library. Learn basics of beery brewing. Don't leave

brewing in the hands of your crazy uncle. Must be 21 and over. No cost to attend. To register, call (817) 598-4207.

September 21

Book Club: 6:00-7:30 p.m., Weatherford Public Library. Open to adults of all ages. September book selection *News of the World: A Novel by Paulette Jiles*.

11th Annual Quilt Auction: 6:30-8:30 p.m., Northside Baptist Church, 910 N. Main St. Quilt auction – many sizes. "Take it for Ten" and other fun opportunities to take home quilting related items. Visit www.quiltersguildofparkercounty.org for more information.

September 22

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

September 24

Inaugural Aledo Wine & Art Festival: Noon-8:00 p.m., Stillwater Meadow Event Center, 9842 E. Bankhead Hwy. A portion of the proceeds will be donated to St. Jude's Hospital. For more information and tickets, visit www.StillwaterMeadow.com or Aledo Wine & Art Festival Facebook page.

September 26

Books and Bagels: 10:30-11:30 a.m., Weatherford Public Library. Read a book of your choice from the September theme — a book that has been banned or challenged.

October 12

Red River Celebrity Softball Game: 6:00 p.m., Dr. Pepper Ballpark, Frisco. Tickets on sale now for as low as \$10. Celebrities and veterans playing on both teams. For information, to view team rosters and purchase tickets, visit www.rrcsg.org. Game benefits the Lone Survivor Foundation.

Ongoing:

Mondays

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

First Mondays-Fridays-Sundays Prior

Weatherford First Monday Trade Days: 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. One of the oldest open-air markets in Texas steeped in tradition

and located in the heart of the historical district. Old traditions with a new look, attractions and fun activities. Contact rhamilton@weatherfordtx.gov or (817) 598-4359.

Second Wednesdays

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

Thursdays

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

Doss After Dark: 6:00-8:00 p.m., Doss, 1400 Texas Dr. Doss After Dark strives to build relationships across generations through fun programs that appeal to a broad audience. For more information, visit www.dosscenter.org.

First and Third Thursdays

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

Fridays

Hope: Yoga for Healing: 11:15 a.m., Indra's Grace, 131 W. Church St., Ste. 200. Indra's Grace partners with The Weatherford Breast Cancer Treatment Center and Careity Foundation offering cancer patients and caregivers the free class to help ease stress and pain. Visit www.indrasgrace.com or call (682) 241-5020.

Second Fridays

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

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

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



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October 13th, 2017



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