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2015
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Evolving Traditions

At Home With Tony and Kristy Byrne

Interactive Preservation

Amanda Edwards designs engaging exhibits at the Doss and Culture Heritage Center

A Model Life

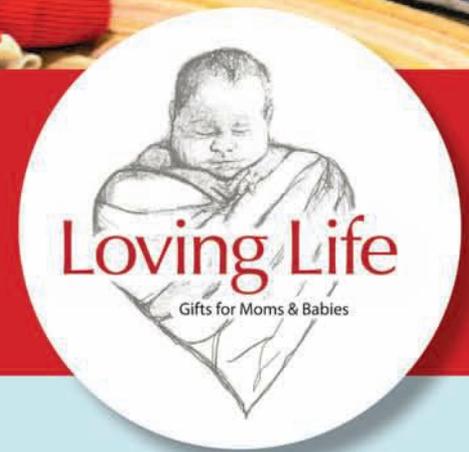
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ON THE COVER



The Byrne family counts their blessings this Thanksgiving.

Photo by Jen Thompson.

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Editor's Note

Greetings, WeatherfordNOW Readers!

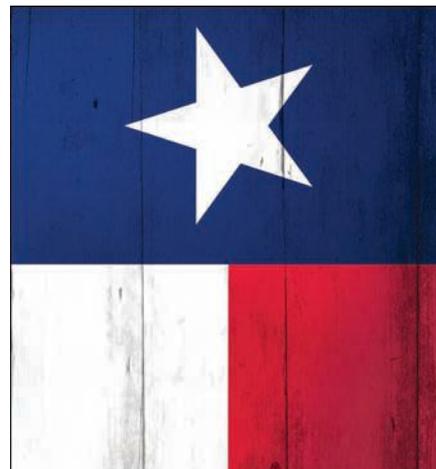
The holiday season is upon us! Thanksgiving is right around the corner, and Christmas will be here before we know it. I've always enjoyed spending Turkey Day with my family, sharing quality time and delicious fare with my loved ones. Each year, the men in my family fry a turkey, sealing in flavors to savor at lunch. I'm glad the turkey is off my to-do list!

November is also a time to honor our veterans of the U.S. Armed Forces. My family proudly consists of veterans of several wars, including my father and late grandfather, my late father-in-law and my husband's now 95-year-old grandfather. Veterans Day falls on November 11, so whether it's a family member or a stranger at the grocery store, please take a moment to share your thanks for their service to our great country.

Until next time,

Amber

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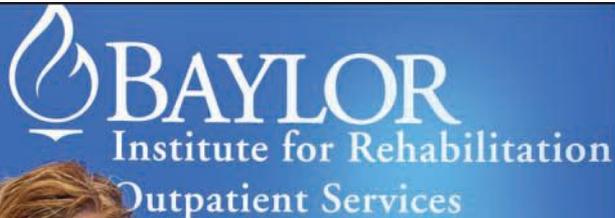
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— By Lisa Bell

Amanda Edwards grew up in Richmond, Texas, near Houston. With rich Texas history and an abundance of museums in the area, she spent time entrenched in heritage. “I fell in love, at an early age, with the interpretation of history — bringing it to life,” she said. An amazing third grade teacher solidified that love.

After graduating from high school, she attended Southwestern University in Georgetown, Texas, majoring in history. She thought she wanted to be a lawyer, but after a couple of classes, she decided law wasn't her passion.

During her senior year of college, Amanda did an internship at the Smithsonian Institution in Washington, D.C. In her collections role, she cataloged objects. The stories associated with the objects fascinated her more than measurements and lists. Fortunately, the curator gave her freedom to research the items. In learning about them, Amanda discovered herself and found her passion.

George Washington University in D.C. offered a great museum study program, so she completed graduate work



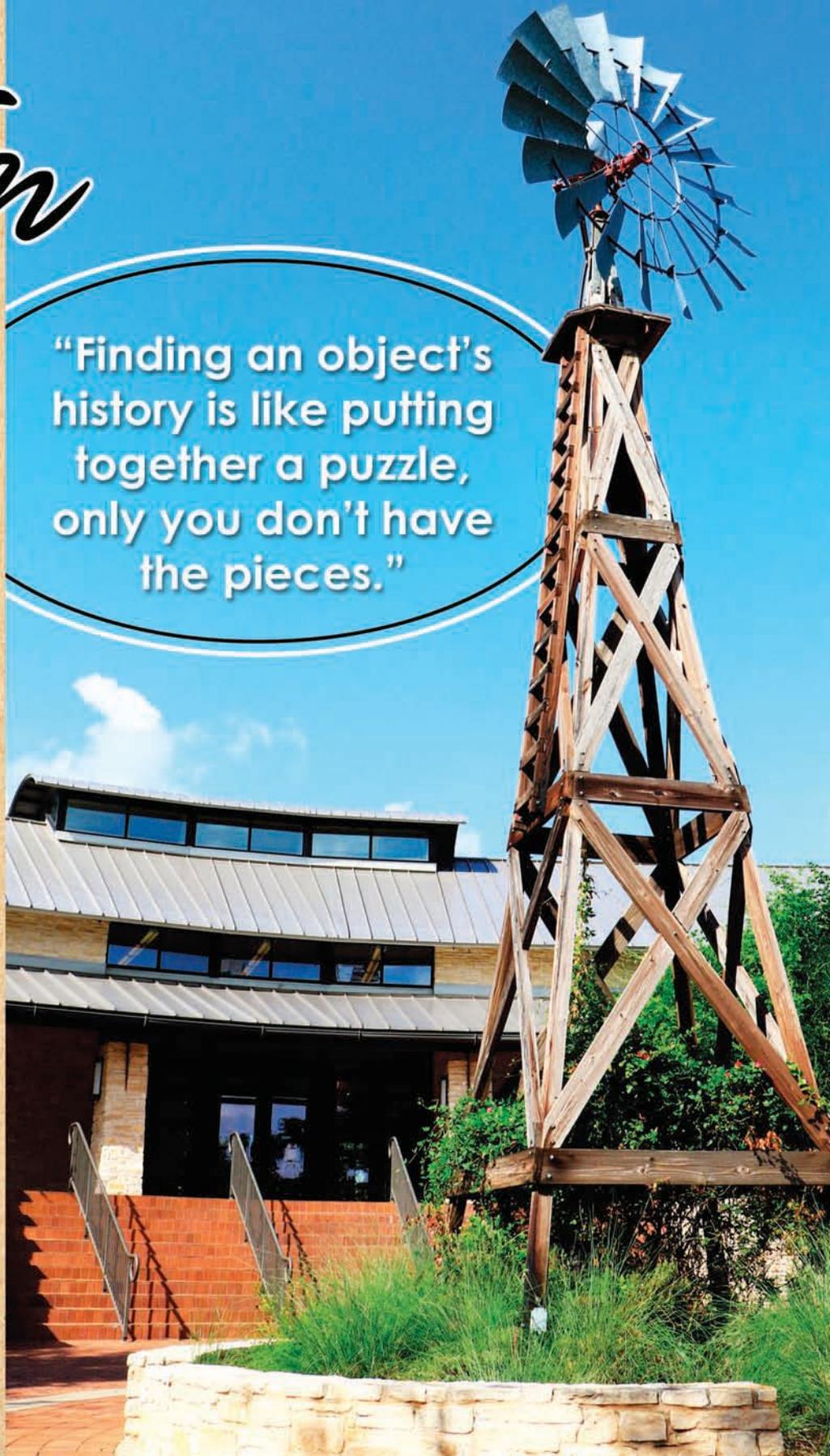
vation

there. The university collaborated with many museums, including the Smithsonian. As she worked toward a master's degree, Amanda received a great deal of hands-on experience. Classes often took place at museums. They did actual projects, designing and building exhibits. She also took several internships at the Smithsonian.

Amanda loved the interpretive side of history. Even with technology, stories around historical objects sometimes get lost. Written accounts don't always capture the attention of museum visitors. While Amanda enjoys writing about heritage, she loves designing engaging exhibits. "If you can find a connection to people and that object, it bridges the gap," she said. She uses technology, graphic design and creative displays to draw children and adults in, giving them a desire to learn more.

When she graduated, Amanda wanted to move back to Texas where all of her

"Finding an object's history is like putting together a puzzle, only you don't have the pieces."



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family still lived. Weatherford reminded her of Richmond, with similarities in size and historic culture. At a local museum, she could connect with schools and the community. Three years ago, she got a job at the Doss Heritage and Culture Center as the curator and moved forward with passion to create an interactive environment.

The Doss exhibited a lot of art but also had many donated pieces in the vault that the public had never seen. Coming to Weatherford, Amanda made it her goal to pull objects from the collection and build displays around unseen artifacts. For each donated piece, she does her best to build a story. "Finding an object's history is like putting together a puzzle, only you don't have the pieces," she said.

Often people donate an item and know very little of its history. Amanda and her collections manager, Paige Baker, gather as much information as possible. They ask questions and look at photos of the object when the owners or their ancestors used it. Sometimes, they search catalogs to date an article and find the original cost. Sharing this information and translating to current prices can help create connections for people.

In an exhibit of the Old West, visitors see a chuck wagon. Discussions of trail drives, no fast food or gas stations available, mesmerize children. Even the 1950s-style television seems weird, but they connect with the idea of a lunch

box, dishes and toys bearing images of singing cowboys, instead of today's stars. A wall holding 60 longhorn skulls lets visitors imagine 6,000 cattle crossing prairies during drives.

Amanda takes advantage of technology. Even the youngest children enjoy using iPads as an interactive way to learn about history. Digital recordings of interviews or movies bring reality to photos and other artifacts.

She invited people from Weatherford to share memories of the square. Fire maps helped her catch a glimpse of the town square long ago. A puzzle and old-fashioned parking meter give children activities that involve them in history.

As 2015 soon comes to an end and 2016 begins, Amanda looks forward to filling the Doss with new adventures. Working with the American Legion, she will preserve stories from local vets as part of a memorial to veterans. "I'm really excited about that."

In addition, the Doss celebrates its 10th anniversary next year. Amanda sees it as a great opportunity to create vignettes from vault objects. They have one or two pieces that don't fit with a larger theme. These wait in storage for a chance to come alive. She will show them in a "Through the Years" display.

Finally, the biggest and most exciting part of the Doss' future is the development of the log cabin project, Pioneer Cabin Park. Original log cabins still exist in Parker County. Bringing them together requires a lot of work, funds and knowledge. Amanda came to the job knowing this would be part of her work. A chance to work on the Newberry cabin thrills her because it remains on the original location. As they take the cabin apart, they will look for artifacts embedded in the chinking. When they put it back together, they will rebuild it with methods as close to earlier times as possible.

The plans include a stained concrete sidewalk. As they maintain a natural feel in the park atmosphere, they want anyone with disabilities to feel welcomed and able to visit the history-filled site. She also likes the idea of a spot where children use Lincoln Logs to mimic building a cabin. Amanda hopes to see the project underway by late fall 2015.

The Doss is privately funded and

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supported by grants. To support creating a village, the center arranged a concert series of western musicians. The final concert, featuring Sons of Pioneers, occurs December 10. Western music plays a great part in American history as a reminder of cowboys singing to soothe the cattle. Early television and radio launched singing cowboys, who came primarily from cities. Today's western musicians blend the two.

In March 2015, Amanda married Kevin Edwards, a local dispatcher for Weatherford PD and Parker County Fire Alarm, plus a volunteer firefighter. They met through a mutual friend, but quickly found common interests. Both of them find the history of firefighting intriguing. Their wedding took place in the Peaster Fire Station. Kevin grew up in Weatherford, so he provides historical insight for Amanda. His two children, from a previous marriage, spend time at the center, helping her test ideas for interactive displays.

One of the most rewarding things for Amanda was the push to eliminate admission. "Museums should be accessible to all people," she said. When opened, the Pioneer Cabin Park will also be free to the public, including one interactive cabin. "But while you're here," she said, "you might as well go inside." **NOW**

Editor's note: For more information on Doss Heritage and Culture Center or to donate items, visit www.dosscenter.org.

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Amold

Life

— By Amber D. Browne



Modes of transportation have continued to evolve over the years. Before the intertwined network of roadways of present day, dirt roads were the primary course of travel. Transportation at the time was the wagon. As time went on, the Model T was born. Jim Vinson appreciates the history of the vehicles, and over the years, he's enjoyed the restoration process, too.

Recently, Jim took it upon himself to restore a wagon from the 1800s. The wagon was rotting away in his son's yard. Jim was raised on a farm, so the wagon sparked his interest. "I was intrigued with the metal undercarriage. Normally, all of that is wood. I didn't want to see it going to the scrap yard," he explained. To begin the restoration process, Jim took a lot of

photographs. He then began the painstaking process of pulling the wagon apart, piece by piece.

After sandblasting the metalwork, Jim discovered a logo for the Canadian based Gananoque Spring and Axle Company circa 1884. Jim began to research the wagon's original wood structure, but he had no luck discovering what type was used. On a tip from Jimmy Wilson, the son-in-law of stage coach builder J. Brown, Jim decided to use ash. He purchased the wooden wheels from an Amish farm. After several months of restoration, the wagon was finished. Jim wanted to share the wagon with the community. It was briefly displayed at BBVA Compass Bank, and Jim is now looking to place the wagon in a new location. "It's not going back outside to rot again," Jim stated. "The idea is to let people see it. Why hide it in a barn somewhere if people can come out and see it?"

At his home in Weatherford sit several Model Ts. After Jim's wife, Josie, passed away from pancreatic cancer in 2009,



he wanted a hobby to keep him busy. Memories of driving a Model T, which he had purchased with his brother-in-law during the summer of 1949, came flooding back to Jim. "We drove all over Benbrook in that Model T just having a ball," he remembered. The teenagers drove the car into a creek and stripped the gears in the rear axle, so they sold it for \$15. "I've always loved the Model T because of the experience of having one as a teenager. After Josie passed away, I saw an ad for one down in Houston," he added. Jim drove to Southeast Texas to get the 1922 Roadster soft top. It had been painted white, and the tire spokes were rotten. He repaired it,

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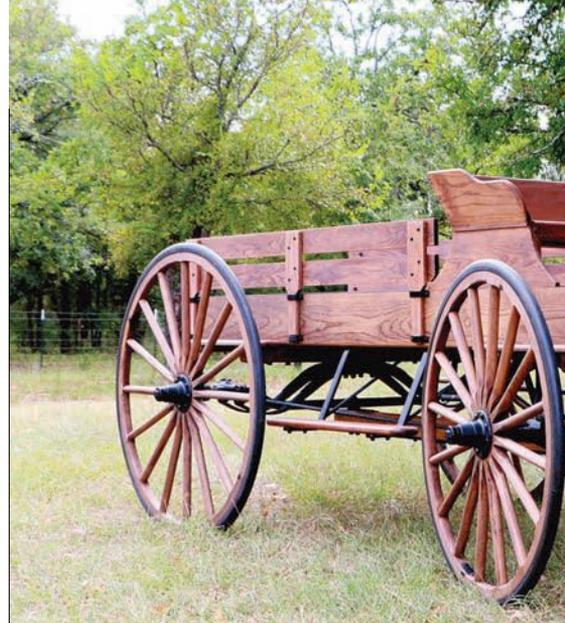
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rebuilt it and started driving it around the neighborhood. The car doesn't drive very fast or have turn signals. There is no radio or air conditioning, and the gas is controlled by a lever on the steering wheel. After a close call with another driver while using a left-hand arm signal, Jim now primarily shows off the Model T at parades and car shows.

A 1926 Model T hard top, a Roadster Model T pickup and a 1931 Model A Coup have been added to his collection over the years. He works on a couple of the vehicles in his garage. "There's nothing more simple than a Model T or a Model A," Jim shared. He joined the Cowtown T's in Fort Worth to show off his cars. "It's interesting that we kinda lose history, and people aren't aware of what it used to be like. Like no seatbelts. People who have grown up with seatbelts can't imagine we didn't have them."

Jim and his son, Dusty Vinson, Parker County Justice of the Peace of Precinct 3, are working on a Jeep for his grandson. Jim spends a lot of time tinkering in Dusty's shop. "I'm always a tinkerer. If I see something that breaks, I tear it apart to see how it's made," he said. In high school, Jim enjoyed woodworking class. When he was 18, he traveled to California for the summer to work with his uncle. He attended a church camp at Sequoia Lake with his two cousins. On the first night, he noticed a girl serving in the cafeteria. "I looked across the room and said, 'I'm going to marry that girl.'" That girl was Josie.

Before the week of church camp was over, Jim told Josie he would come back to get her and marry her. "I don't think she believed me, but she gave me

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her address. We communicated with letters," he shared. With a year left at Arlington State College, now known as The University of Texas at Arlington, he joined the U.S. Navy to serve in the Korean Conflict. The Navy also got him back to California. Assigned to the USS *Iowa*, Jim spent six months in Korea. Once back in the U.S., he was transferred to Norfolk, Virginia. "I was stuck on the East Coast, and my girlfriend was on the West Coast," he explained. The USS *Missouri* was docked in Virginia, so Jim traded bunks with a crew member of equal rank and job. That fateful decision got him on the USS *Missouri* and back to the West Coast in 1954. Once in San Francisco, Jim took leave, married Josie, and honeymooned in Yosemite. "She was my ideal gal," he said.

Jim was in Hong Kong in 1955, missing the birth of his first-born — David Vinson. He headed to Texas

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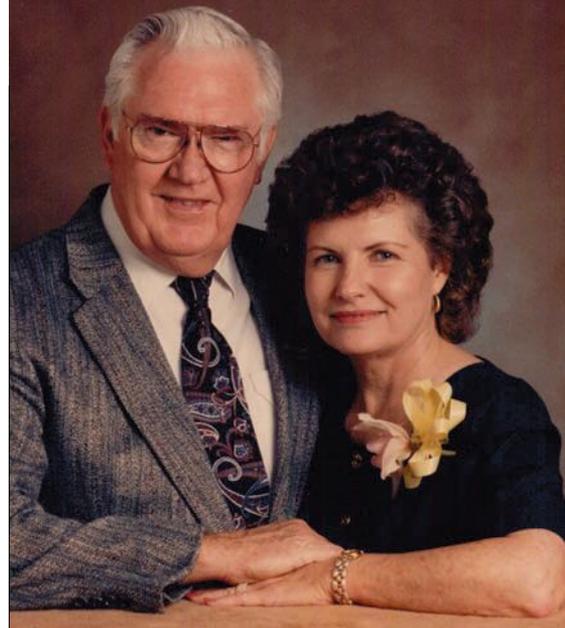
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after his service abroad and pursued architectural engineering at Texas Tech University. In 1956, they moved to Fort Worth where Jim started working at Bell Helicopter. He and Josie had two more sons: Dale and Dusty. "I kept getting these raises and incentives not to go back to school," he stated. Jim worked his way into management. "Forty-two years later, I retired."

After retiring, Jim and Josie began volunteering their time building churches and schools through Baptist Church Builders of Texas. "You are like a bunch of ants. If it was organized, you could really get something done," Jim explained. Most of the volunteer work was during the summer. "It's hot weather for old people," Jim laughed. Volunteers from their church, Lakeshore Drive Baptist Church, organized another group to work during the cooler temperatures of the spring and fall. The Lone Star Baptist Builders traveled the state helping others build their houses of worship. "It was a great thing for couples," he shared. "You can't describe it. It's just wonderful. You're retired, so why not donate your time?"

After his wife passed away, his volunteer work slowed. They were married for 54 years. "I have been blessed. I've had a fantastic life," he mused.

With memories of his beloved Josie, plenty to tinker with in his garage and grandchildren who keep him cheering from the sidelines, Jim keeps himself busy. With his restored wagon and Model T's, he also spends time sharing his passion for vehicles of past eras with the younger generation. He concluded, "It's something I think anyone can enjoy." **NOW**

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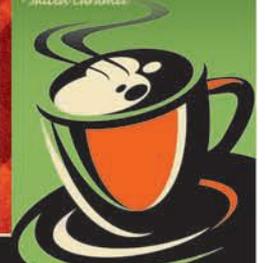
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Evolving Traditions

— By Amber D. Browne

With Thanksgiving right around the corner, many are planning for the traditional turkey dinner. The American holiday we've come to know as Thanksgiving was first recorded in the autumn of 1621 in Plymouth, when the Pilgrims and Wampanoag shared a feast. Thanks was given to God for the bountiful harvest. The painting by Jean Leon Gerome Ferris entitled The First Thanksgiving 1621 encompasses a vision of what the meal might have been nearly 400 years ago. The food may have changed somewhat over the years, but the painting is a reminder of why the holiday is important — to count our blessings and give thanks.



*At Home With
Tony and Kristy Byrne*



Tony and Kristy Byrne embrace Thanksgiving, opening their Aledo home to both sides of their families. A poster of *The First Thanksgiving 1621*, framed by Tony, adorns one wall of their home during their feast, reminding visitors of the holiday's origin. Before hosting Thanksgiving, Tony and Kristy would attend two celebrations between their families. Both were held at their grandmothers' homes. After Tony's grandmother passed away, his parents joined the celebration at Kristy's granny's house. It became a blended celebration. As the years continued, more in-laws and cousins arrived, forcing the need for a bigger space. "We have plenty of room, so everyone comes here," Tony shared. With nearly 1 1/2 acres covered in trees, the children have plenty of space to run and play. "It's a non-gift-giving holiday when we can all get together, eat and hang out," Tony shared. "It's cool to have everybody over to watch the Cowboys game."

The Byrnes move all the furniture out of their second living room to accommodate four tables. About 30 people join them, each bringing a delicious dish to share at the feast. Thanksgiving decor gained over the years from shopping excursions by Kristy's mother-in-law, Patti Byrne, and passed down by her family, is scattered throughout the home. When the space isn't decorated for the holidays, constructed LEGO sets are displayed on a wall of white, built-in shelves. Their son, Teryn, created the masterpieces, which include his favorite, the spaceship from *The LEGO Movie*.





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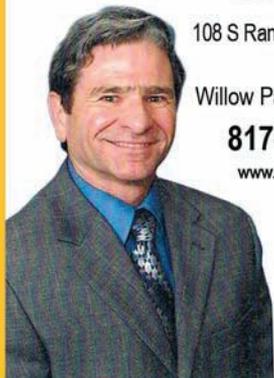
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A smaller table in the kitchen nook near the main living room provides seating for the younger generation. Tony designed and stained the unique concrete flooring in the nook and kitchen. The main living room is comfortable and open with minimal decor, providing a safe space for Tony and Teryn to play. With a Styrofoam bat and stuffed baseball, the father and son enjoy many afternoons playing ball in the air conditioning. The custom-made Lazy Boy sofa provides cozy seating as they watch their favorite sports teams on television.

The Byrnes purchased the property after discovering it on a drive through Aledo. “We actually got lost,” Tony grinned. “We made a wrong turn on



a dead-end street, and there was a for sale sign.” There was a contract on the property, but that didn’t stop them. “I said, ‘How about I bring you cash, and you don’t have to wait?’” A couple of weeks later, they began building.

Tony and Kristy based their house plans on a home they saw in Granbury. They drew their design on a napkin and contacted an architect. “Tony, with the aid of his dad, Clay Byrne, was the general contractor and the finish guy,” Kristy stated. Tony cut and installed all of the trim, including 10-inch crown molding, and the kitchen cabinets. “I appreciate our place so much more.”

In January 2005, about six months after beginning construction, Tony and Kristy



moved into the home. The kitchen boasts a large island, creating a comfortable spot for visitors to gab. When guests visit, Kristy feverishly bakes away in the kitchen, using her double, convection and toaster ovens. Food is set out to share on the durable Silestone countertops. “Everybody always hangs out in the kitchen,” Kristy shared. She relishes entertaining family and friends — regardless of the reason for the celebration.

One bedroom has been transformed into a hobby room, where Kristy displays her collection of wizard and dragon figurines. The large walk-in closet was designed with her scrapbooking passion in mind. A desk provides space to work

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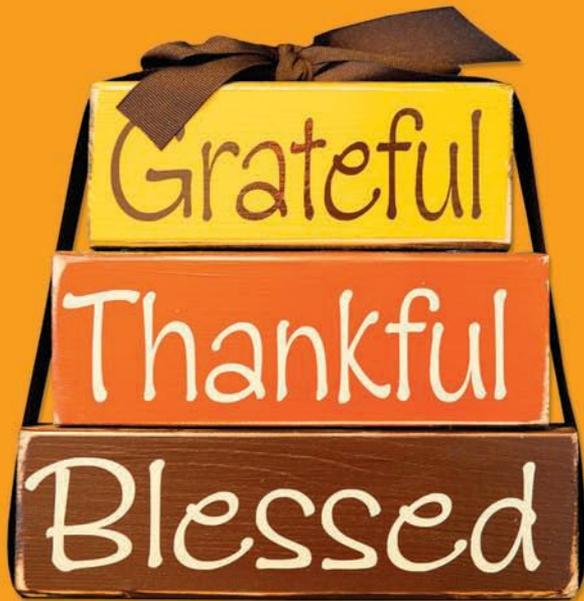
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and for her supplies. “I got the creativity from my mom. She’s the most creative person I know,” she said. Tony uses the room to unwind, often spending time rocking out to ’80s heavy metal songs on his guitar.

Teryn has taken over two other bedrooms in the house. One provides comfortable sleeping quarters, and the second houses all of his toys. “He has more Nerf guns than I think any kid in the world,” Kristy grinned. And of course, thousands of LEGO pieces sit in piles, waiting for him to assemble them.

In the master bedroom, Tony and Kristy warm up by the remote-controlled, gas fireplace. With a little guidance from his mother-in-law, Tony sewed the curtains in the master bedroom to match the bedding. “I’m pretty handy with the sewing machine,” he laughed.

The original design of the home included an office in the space that now holds a large, master closet divided into two sides. “We built our closets giant, so we could hide everything,” Kristy grinned.

Throughout the home, abstract art is displayed. In the master bedroom, a sculpture from Mexico depicts a man caressing a woman’s face. A colorful glass sink gives the illusion it’s melting into the granite countertop in the guest bathroom. The clear window on the front door appears as if the solar system landed in its etchings. Tony crafted the stained, concrete foyer to match the modern design on their dinnerware displayed behind glass in the kitchen cabinets. They enjoy sharing their home, which is full of unique ideas brought to life.

Tony and Kristy met through a mutual friend in the late 1980s but didn’t get serious until they ran into each other

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about 10 years later. They married in September 1998. "He wanted to get married on a non-gift-giving holiday and was dead set on the Fourth of July. I was not getting married on the Fourth of July, so we settled on Labor Day," Kristy shared.

When Tony's not working with Guild Mortgage, he tinkers with his '71 Mustang in their three-car garage, pitches for an adult baseball team and Teryn's baseball team. Teryn has earned plenty of trophies and medals over the years playing baseball and basketball. He is also involved in the local Boy Scout troop and enjoys playing catch with their Australian Shepherd, Astryk. Although Kristy spends most of her time taking care of the boys and working at First American Payment Systems, she always seems to find a moment to share her creative side, either through scrapbooking or hosting get-togethers. This month, she'll get creative for the Thanksgiving feast to share with loved ones. **NOW**

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Dealing With Problem Pets

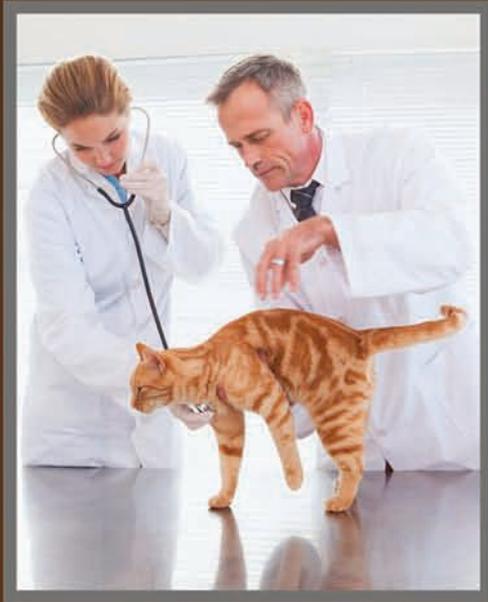
— By Melissa Rawlins

Whether dog or cat, a pet depends on its human for more than just food, water and love. They also require structure, which will prevent many problems faced by parents of four-legged children.

Even though different animals react differently to circumstances and training, common amongst both felines and canines are separation anxiety and food aggression. Both

problems inspire some very nasty behaviors that are enough to make you feel like withdrawing your love and, sometimes, your food! Instead, remember that vast resources are available to help resolve your pet problems and restore peace at home.

Veterinarians are a wealth of knowledge about your pet's health. Since your animal's behavior is often the vet's best clue to what's going on inside your pet's body, you'll find conversation



with your vet an informal source of pet training information. For instance, you will want to have your cat tested for a urinary tract infection if you notice them spraying urine. While there, your vet will discuss with you the fact that when cats spray urine, they are either marking territory or indicating stress.



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Your job is to manage your cat's behavior, since you can't train this instinctive reaction out of them. First, look for environmental triggers like your own schedule or other cats. Some cats are agitated by the slightest changes in routine. Many felines feud, and urine spraying is part of their arsenal. All you can do as a steward is keep the fighters separated. Most importantly, feed them in distinctly different locations where they cannot see each other.

Similar mitigation is necessary when dogs exhibit food aggression, which the American Society for the Prevention of Cruelty to Animals simply calls food guarding. Their research says that unless you fear your canine will bite you, you can employ desensitization and counter-conditioning techniques to change the way your dog feels about people approaching him when he has food. The ASPCA website warns never to punish or intimidate the dog that guards food. This could be dangerous and, possibly, derail the relationship you're building with your dog.

A variety of reasonable precautions ensure safety for people and other dogs. Simple procedures to prevent drama include:

- Leave dogs alone while they're eating.



- Feed dogs in a separate room, in a crate or behind a barrier.
- Provide dogs with adequate amounts of food so the canines feel less motivated to guard.
- Do not attempt to take away stolen or scavenged food from dogs.
- Cause the food-aggressive dog to realize that food is provided by you by placing the food bowl at your feet or requiring the dog to eat directly from your hand.

One key to dwelling in a peaceful kingdom is empathy. According to Emily Gilliland, a young mother who has also trained her own cats and dogs for over six years, it makes all the difference when you understand how your animal is feeling about the task or behavior at hand. Commonly, cats jump up on counters and tables reserved for human use. Emily patiently uses a spray bottle of water or an air can to chase them off surfaces, and then sets it on the counter where the cat was. This teaches the cat they will not be comfortable where they once felt welcome.

Repetition is another key. "As a 2-year-old child, a dog has the ability to grasp simple commands only after many repetitions," Emily said. "They also can problem-solve simple tasks. Our communication is skewed, though.

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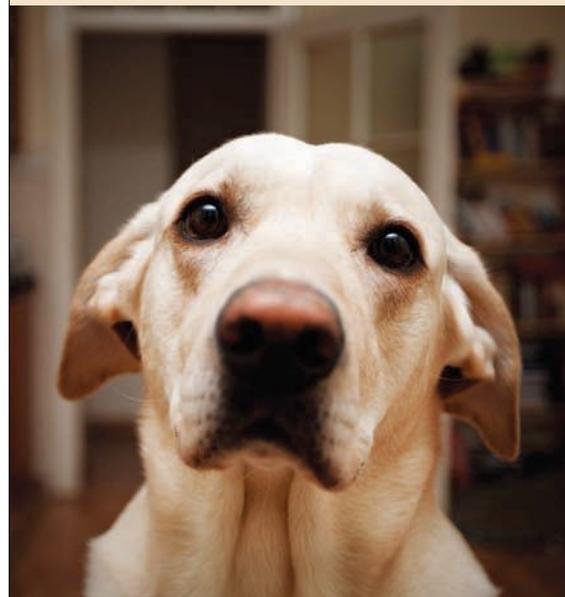


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Animals can be misunderstood because they communicate not with words, but with subtle cues. Remembering this when training and behavior shaping can have a significant impact on the end result and reduce overall stress levels for all involved — canine and child included.”

Emily experienced the joy of a strong trust and loving bond with all her animals after investing patience and energy. “Training my pets is beneficial to both my pets and me,” she said. “They are expected to behave in a particular way, and they have learned to expect the same from me.”



Whether taking in a new dog or changing your schedule, Emily suggests watching for symptoms of separation anxiety that include, but are not limited to: excessive chewing, destruction of doors when keeping the dog inside, pacing, whining, barking and window surfing. There is a simple solution. Have the dog lie or sit in a room, and then leave, closing the door and waiting five seconds before returning. Repeat this procedure, stretching the wait time progressively to 10 seconds, then 45, then a minute-and-a-half and so on. “As you do this, the dog will start to realize you will come back,” Emily said. “Adding in a treat or a little play time on your returns will certainly make this a positive experience in the dog’s mind.”

Promoting positive experiences is part of being what the American Kennel Club calls a responsible owner. Responsible owners have well-mannered dogs and cats. If you discern that you

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need a little help, you can find local clubs and classes for training your dog to be a good citizen. Visit www.akc.org/dog-owners/training/ or ask around at boarders and groomers in your community. Although it's rare to find professional cat trainers, there are excellent books on the topic available in bookstores, and tips abound online.

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More Than Mail

AIM Mail Center in Weatherford offers a variety of services to meet customers' mailing and printing needs.

— By Amber D. Browne

With the holidays right around the corner, many area residents will be shipping gifts to loved ones not so close to home. At AIM Mail Center in Weatherford, owner Ritchie Barlow and his staff will not only ship packages for their customers, they'll provide the materials and pack the boxes, too. "We do a lot of holiday shipping. November is a good time to prepare for Christmas shipping. Save money by shipping early," Ritchie explained.

With a variety of shipping options available — UPS, FedEx, DHL and the U.S. Postal Service — AIM Mail Center will provide the most cost efficient domestic or international shipping rate available. "Shipping costs vary, depending on how much it weighs, among other things," Ritchie explained.

"We have all our rates in the computer. In fact, we have a screen that faces the customer, so they can see what they are. We show them all the different services." Boxes of all sizes and packing materials are available for a fee. "If we don't have the size box needed, we can make one for them."

If the items are larger than a box can hold, AIM Mail Center provides freight and palletized freight shipping. "It doesn't matter. We can take care of it," Ritchie stated. "We track and send an email when it's delivered." Pre-labeled packages are also accepted for shipping.

Packaging and shipping aren't the only services provided at AIM Mail Center. The location offers a variety of printing services: indoor and outdoor banners, yard signs, posters and

business cards, to name a few. The customer can create the information to be printed, or AIM Mail Center's staff can create the design for the customer. "Usually, we can print it that day, unless it's a little bit more complex or something we have to put together," Ritchie explained. Photography paper is available to print pictures from a digital or scanned image. The photos can be enlarged or printed on canvas and framed, as well.

Shredding, faxing, Notary Public and copying services are also available. AIM Mail Center's staff or the customer can print copies in black and white or color. For a small usage fee, a computer is on site for customers to access digital information to print and copy.

"We care about people. We take pride in our customer service. If there's a problem, we take care of it."

The storefront offers Melissa and Doug toys and greeting cards, and Private Mail Boxes are available for rent. The Private Mail Box offers those who office out of the home a commercial address. The Private Mail Boxes can be accessed 24/7 at the front of the store, and prices range from \$15-\$20 per month, with a minimum three-month contract.

AIM Mail Center opened in Weatherford in 2004 and moved to the location on Adams Dr. in July 2009. Staff members, Emily McIntosh and Valerie Horton, have each been working at the location for a minimum of five years. "They know what they're doing," Ritchie stated. If a problem occurs with a shipped package, Ritchie and his staff will do the legwork on claims. They work directly with the shipping company and customer to resolve the problem. "We don't just say, 'You need to talk to them.' We do the communication with carriers," he said. "We care about people. We take pride in our customer service. If there's a problem, we take care of it." **NOW**

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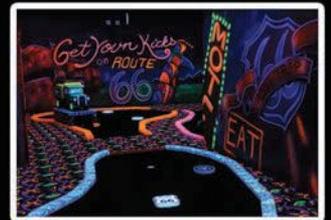


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Avoid Emotional Investment Decisions

What's the biggest obstacle to your ability to invest successfully? Is it the ups and downs of the financial markets? Political events? The fact that you weren't born rich? Actually, the chief hurdle you face is something over which you have control — your own emotions.

Your emotions can lead to a variety of ill-advised investment behaviors, such as these:

- *Cutting losses.* Declines in the financial markets can lead some investors to try to cut their losses by selling investments whose prices have declined. Yet, when prices have dropped, it may actually be a good time to buy investments, not sell them, especially when the investments are still fundamentally sound.

- *Chasing performance.* In the investment world, the flip side of fear is greed. Just as some investors are propelled by fear of loss, others are motivated by quick, big gains. They may pursue hot investments, only to be disappointed when the sizzle quickly fizzles. Instead of trying to score that one big winner, you may be better off spreading your investment dollars among a range of vehicles — stocks, bonds, government securities, certificates of deposit (CDs) and so on. While diversification can't guarantee a profit or protect against loss, it may help reduce the impact of market volatility on your portfolio.

- *Focusing on the short term.* When the market is down, you might get somewhat upset when you view your monthly investment statements. But any individual statement is just a snapshot in time. If you were to chart your investment results over a period of 10, 15 or 20 years, you'd see the true picture of how your portfolio is doing — and, in all likelihood, that picture would look better than a statement or

two you received during a down market. In any case, don't overreact to short-term downturns by making hasty buy or sell decisions. Instead, stick with a long-term strategy that's appropriate for your goals, risk tolerance and time horizon.

- *Heading to the investment sidelines.* Some people get so frustrated over market volatility that they throw up their hands and head to the investment sidelines until things calm down. And it's certainly true that, when owning stocks, there are no guarantees. You do risk losing some, or all, of your investment. But if you jump in and out of the market to escape volatility, you may take on an even bigger risk — the risk of losing some of the growth you'll need to reach your goals. Consider this: If you had invested \$10,000 in a package of stocks mimicking the S&P 500 in December 1979, your investment would have grown to more than \$426,000 by December 2013. But if you had missed just the 10 best days of the market during that time, your \$10,000 would only have grown to less than \$206,000 — a difference of about \$220,000, according to Ned Davis Research, a leading investment research organization. The bottom line? Staying invested over the long term can pay off. (Keep in mind, though, that the S&P 500 is an unmanaged index and isn't meant to depict an actual investment. Also, as you've no doubt heard, past performance is not a guarantee of future results.)

Our emotions are useful in guiding us through many aspects of our lives, but when you invest, you're better off using your head — and not your heart. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.

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A Belly Full

— By Betty Tryon, BSN

Your belly bulge may carry a huge price you hadn't counted on. There are two types of fat in the abdomen — subcutaneous and visceral. Subcutaneous fat lies directly underneath your skin. Visceral fat in the abdominal area lies underneath the muscles and wraps around your organs. They both carry a risk for your health, when in excessive amounts, toward the possible development of high blood pressure, heart disease, diabetes, cancer and other sundry illnesses. However, abdominal visceral fat can be far more dangerous.

An impressive study published in the *Journal of the American College of Cardiology* concluded that central obesity (beer belly) carried as great a risk to your health as smoking a pack of cigarettes a day or having an extremely high cholesterol level. The results qualified as being globally applicable, since the study was conducted in five separate studies around the world. There were 16,000 participants with coronary artery disease. Those with central obesity were more likely to die from the disease than those with a different pattern of fat distribution. Men had a higher risk of dying than women. Another startling conclusion is that this discovery pertains even to those who have normal weight and a small amount of belly fat.

Why does belly fat carry such a great risk? According to Dr. Francisco Lopez-Jimenez, the study's lead investigator and director of the Mayo Clinic's Cardiometabolic Program, "Visceral (belly) fat has been found to be more metabolically active. It produces more changes in cholesterol, blood pressure and blood sugar. However, people who have fat mostly in other locations in the body, specifically the legs and buttocks, don't show this increased risk."

There is a way to determine your risk by looking at your waist to hip ratio or WHR. Using the WHR you can determine whether or not you are more at risk for developing serious diseases. It's

all about the distribution of fat. You can calculate your WHR by first getting your waist size by measuring with a tape measure at the smallest point. Get your hip measurement by putting the tape measure around the widest part of the hips. Divide the waist circumference by the hip circumference.

Here are some of the indicators for your measurements:

Male: WHR close to 0.9 — Ideal. Very low health risk.

Female: WHR close to 0.7 — Ideal. Very low health risk.

Male: WHR 0.95 or less — Low health risk.

Female: WHR 0.90 or below — Low health risk.

Male: WHR 0.6 to 1.0 — Moderate health risk.

Female: WHR 0.81 to 0.85 — Moderate health risk.

Male: WHR 1-plus — High health risk.

Female: WHR 0.85-plus — High health risk.

The WHR is an indicator, not a certainty. However, it makes good health sense to take the WHR test. Armed with this knowledge, you can start working on being your best healthy self. **NOW**

Sources:

<http://health.usnews.com/health-news/family-health/womens-health/articles/2011/05/02/belly-fat-43-heart-disease-can-be-deadly-study>

<http://www.medicalnewstoday.com/articles/223919.php>

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November 7

Parker County Gold Star: 7:00 a.m., check-in; 8:30 a.m., race begins, Shirley Hall Middle School. The 5K event benefits the veteran's memorial fund. Adult \$30 (\$25 active duty) and children 6-12 \$15. Children under 6 free. Visit www.runsignup.com/Race/TX/Weatherford/WeatherfordRedWhiteBlue5K.

Just Women Ministry Holiday Brunch: 10:00 a.m.-1:00 p.m., Church at the Crossing, 128 Elm St., Aledo. Speaker Julie Stobbe will encourage attendees with "Cutting the Crazy out of Christmas." Childcare available by reservation by emailing vwhite@crossingaledo.com. Tickets: \$20 available at the church office by calling (817) 441-8885 or online at www.crossingaledo.com.

November 12

Gardner's Club of Parker County: 10:00 a.m., St. Francis Church, 117 Ranch House Rd., Willow Park. Bill Hopkins will speak about native plants. Refreshments and a short meeting to follow. For more information, call (817) 919-6280.

November 13

Celebration of Hope 2015: 7:00 p.m., New River

Fellowship Church, 3252 I-20, Hudson Oaks. Unveiling our plans, building hope for tomorrow. Tickets \$50, benefit the Center for Hope. For more information, visit www.centerofhopetx.com.

November 14

2015 Faith Promise Dinner: 6:30-9:30 p.m., Canyon West Clubhouse, 160 Clubhouse Dr. Community event benefits Weatherford Christian School and features keynote speaker Abby Rike. For more information, contact Leslie Chalmers at (817) 596-7807 or leslie.chalmers@wcsliions.org.

November 19

Quilters Guild of Parker County: 6:30 p.m., fellowship; 7:00 p.m. monthly meeting, Grace First Presbyterian Church, 606 Mockingbird Ln. November's meeting features Deanna Hadson and her program "Everything New is Old Again." For more information, visit www.quiltersguildofparkercounty.org.

November 20

Quilters Guild of Parker County Workshop: 9:00 a.m., Grace First Presbyterian Church, 606 Mockingbird Ln. Six-hour workshop with Deanna Hadson. For more information, visit www.quiltersguildofparkercounty.org.

November 21

Home for the Holidays Craft Fair: 9:00 a.m.-3:00 p.m., First Baptist Church of Weatherford. Free admission, crafts, gifts, quilt raffle, food, youth fundraiser and door prizes. For more information, call Chris Rickels at (817) 437-2060.

November 26

5th Annual Aledo Thanksgiving Trot: 8:00 a.m., 1-mile; 8:30 a.m., 5K, Aledo High School football stadium. This year's recipient is Lauren Barnhart Reed, a young mother with a rare cancer. Adults \$25, Children under 12 \$15. To participate, visit www.aledothanksgivingtrot.com.

November 28, 29

Days of Yore Christmas Fair: Noon -6:00 p.m., **Saturday**; Noon-5:00 p.m., **Sunday**, Hollow Hill Farm Event Center, 1680 Mary Dr. Free admission. Craft fair, children's festival and fundraiser benefit Emily's Hope. For details, contact Michelle Gechter at (682) 233-3065 or michelle.gechter@hollowhillevntcenter.com.

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 Shelly Mowery

— By Amber D. Browne

As an inductee into the National Cowgirl Hall of Fame and the Texas Rodeo Cowboy Hall of Fame, Shelly Mowery feels right at home in the arena. She also feels right at home in the kitchen, creating comfort food for family and friends. “My mother was a great cook, and so she inspired me even though she would run me out of the kitchen most the time,” Shelly recalled. “She would seldom measure the ingredients and went by taste. So, I am self-taught.”

Shelly enjoys canning and often incorporates fruits, vegetables and herbs from her garden into her dishes. She also serves as the executive director of the Parker County Committee on Aging. The committee is accepting donations this fall to help fill the Senior Center food pantry. **NOW**

Five Hour Stew

Makes 10-12 servings.

- 5 potatoes, peeled and diced
- 5 celery stalks, diced
- 5 carrots, peeled and diced
- 1 8-oz. pkg. sliced mushrooms
- 1 15-oz. can tomato sauce
- 1 14.5-oz. can stewed tomatoes
- 1 1.9-oz. pkg. dried Lipton Recipe Secrets Onion Soup and Dip Mix
- 2-3 lbs. stew meat

1. Stir together all ingredients in a Dutch Oven.
2. Cover and bake at 290 F for 5 hours.

Summertime Angel Hair Pasta

- 1 10.5-oz. carton cherry or grape tomatoes, halved
- 2 scallions, finely diced

- 1/2 2.25-oz. can sliced black olives
- 2 Tbsp. fresh Basil, julienned
- 2 garlic cloves, minced
- 1/2 avocado, diced
- Zest of 1 lemon
- 2 Tbsp. olive oil
- 2 Tbsp. parsley, finely minced
- 1/2 tsp. dried oregano, rub between palms to release oils
- Salt and pepper, to taste
- 1 tsp. chicken bouillon
- 4-oz. Annie Chun's Maifun Brown Rice Noodles
- Parmesan or Romano cheese, to taste

1. Add first 11 ingredients to a large bowl. Cover and marinate at least 4 hours. Do not refrigerate; stir occasionally or shake ingredients while marinating.
2. Ten minutes before serving, bring water to a boil in a large pot. Add a splash of olive oil, pinch of salt and pepper, chicken bouillon and pasta to the water.

3. Once pasta is cooked, use tongs or pasta utensils to transfer to the bowl of vegetables. Toss; serve immediately with grated Parmesan or Romano cheese.

Mom's Pickles

- 7 cups cucumbers, sliced
- 1 cup onion, diced
- 1 cup bell pepper, chopped
- 2 Tbsp. sea salt
- 1 cup cider vinegar
- 2 cups sugar
- 2 tsp. celery seed
- 2-3 cloves garlic per jar

1. Combine the first 4 ingredients in a large bowl; set aside.
2. In a separate bowl, mix together the next 3 ingredients.
3. In a sterilized canning jar, add vegetables and 2-3 cloves of garlic. Repeat for each jar until all ingredients are used. Can pickles according to canning instructions. Keep refrigerated.

Shelly's Meatballs

Makes 10-12 meatballs.

- 1/4 lb. ground veal
- 1/4 lb. ground pork
- 1/2 lb. ground hot Italian sausage
- 1 lb. 90% lean ground beef
- 2 eggs, beaten
- 1/2 cup grated Parmesan cheese
- 1/4 tsp. dried oregano
- 1 cup Italian breadcrumbs
- Salt, pepper and garlic, to taste
- 67-oz. Prego Traditional pasta sauce
- 1 lb. pasta
- Parmesan cheese, to taste

1. Mix together the first 9 ingredients in a large bowl. Roll mixture into baseball-sized meatballs.
2. Add meatballs and pasta sauce to a large pot. Cover and simmer for about 3 1/2 hours; stir occasionally.
3. Boil pasta. Add cooked pasta to meatball sauce. Top with freshly grated Parmesan cheese before serving.

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



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