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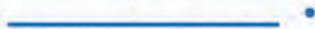
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Editorial Coordinator, Sandra Strong
Editorial Assistant, Beverly Shay
Writers, Amber D. Browne
Gregg Davis. Carolyn Wills
Editors/Proofreaders, Pat Anthony
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GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Julie Carpenter . Martha Macias
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Photographers, Natasha Franklin
Thomas Freylack . Lora Ralston. Jim Turner

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On The Cover



The Piland family enjoys a multilevel backyard, a perfect fit for their natural lifestyle.

Photo by Natasha Franklin.

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Editor's Note

Hello Friends,

A new school year looms, yet warm summer nights provide options for fun to families in our area. Weatherford's 10 city parks are beautiful places to spend the evening, playing softball, baseball or whatever you might dream up.

For some, stargazing might be the most relaxing option. In my youth I crept away from all the activity to lie on my back on the grass, surrounded by a cozy blanket of darkness. Exercising my imagination, I listened to the symphony of bugs and other sounds that floated my way while looking for patterns in the heavens. I did this during outdoor concerts in the park, with friends in my own backyard, or while out camping with my family. We may grow up in different environments, but thankfully we're all given summertime skies.

Enjoy your stars!

Melissa

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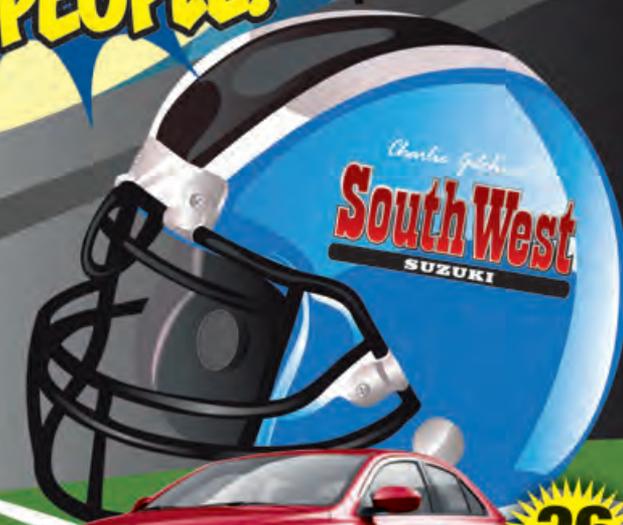
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Musical Inspiration

— By Amber D. Bronne

Inspiration can come in many forms, but for Sunshine Emery, it shows through in her love of music, teaching and volunteer work. The local musician writes and performs her own songs, and shares her talent with the younger generation through teaching. She is inspired by music and uses it to inspire others.

Sunshine teaches children ages 6 and up how to sing and play guitar. Most of her students are young girls. Through private lessons at students' homes, at The Rock in Weatherford and even during after school and summer programs with the Weatherford Independent School District, Sunshine keeps busy teaching. She educates her students about music appreciation, music history and, of course, how to play a variety of musical instruments. "If it's not fun, they don't want to do it," Sunshine explained. In just one lesson, students can learn about guitar and practice on the piano, the banjo and other string instruments. "I never want to sour a kid on music," Sunshine explained, in reference to keeping her classes fun.

Many of her students ultimately want to show their talents on stage, so Sunshine helps them set goals and will often schedule performances in front of live audiences. For Sunshine, it's worth all the practice it takes to get her students ready to perform. The students have a great time, too. "I'm like a proud mama," she gushed.

Although she may not have enjoyed school when she was younger, Sunshine feels like she was born to teach. One of her teachers took an interest in her in the sixth grade, which helped turn her life around. "It just makes me realize the impact you can have," she said. "What an honor to be able to help them identify their strengths and then build on those. We all have weaknesses, but that doesn't mean we can't do something. You have to work at it." She also helps her students gain more self-confidence, especially when they are able to showcase their talents on stage. Her students have performed with her at the Parker County Peach Festival, a local nursing home and various local benefits.

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Sunshine enjoys performing on stage. She has been singing since she was a little girl. Her mother used to tell her she was singing before she could talk. She started playing guitar at 15 and never put it down. After graduating with honors from Texas Wesleyan University in 2010, Sunshine started picking up gigs. She majored in education and minored in music, but she found it difficult to find a full-time teaching job. Sunshine started teaching music lessons on the side and became a full-time musician.

Her music is honky-tonk, Southern rock and folk, all rolled into one. She describes it as very straightforward and even comical. "I'm almost baring my soul. I'm giving it everything I've got, and people identify with that. Hopefully, they are inspired," she said. She compared her musical performances to teaching. "It's just exciting and interesting to be able to engage and have that connection with so many people. It's pretty amazing," she said. "You're inspiring them to dance. They're having a good time."

You cannot miss Sunshine with her long, curly locks. She brightens a room. Sunshine dubs herself a low-maintenance girl, with her naturally curly hair part of her signature look. Sometimes Sunshine takes three hours to straighten her hair, but her husband, Chris Emery, has pointed out her curls are special. "I've tried to embrace what I've got naturally. As I get older, I start to realize how important it is to appreciate what you've got," she said.

Sunshine performs across north Texas

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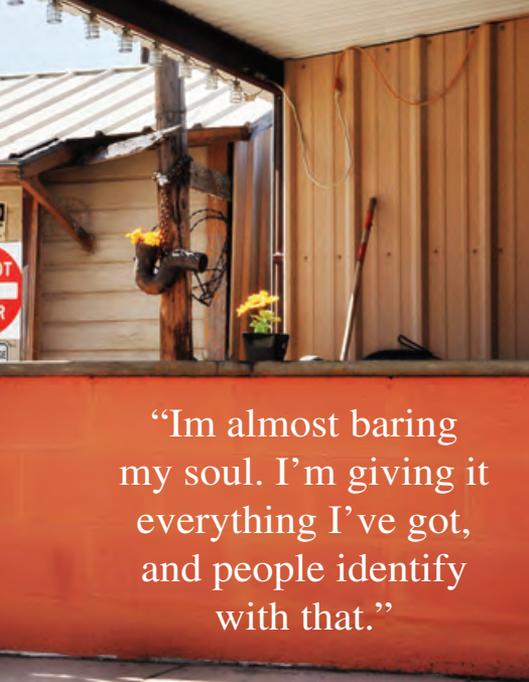
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“I’m almost baring my soul. I’m giving it everything I’ve got, and people identify with that.”

and regularly plays at Hip Pocket Theater in Fort Worth and The Weatherford Lake Marina. She takes the stage with her full band, but also does solo performances, duos and trios. As lead singer, she commands the stage alongside a lead guitarist, bassist, drummer and another musician who plays flute, harmonica and saxophone.

Her life may get hectic with teaching and late night performances, but Sunshine gets a lot of support from her husband. “My husband knows that life is short, and we only get one shot. He just really wants me to be whatever it is that I want to be and accomplish the things I want to accomplish in life.”

Sunshine gets a lot of attention while on stage and believes it must be tough to be her husband, who often stands on the sidelines during her performances. “I get four hours to be a rock star, so I get up there and pretend I’m a rock star,” she said. Even though she portrays the rock star image when on stage, Sunshine lives a regular life with grocery shopping and everything else that comes with being a wife and mother.

Performing multiple shows on the weekends, Sunshine doesn’t have much free time. She spends any extra moment with her 15-year-old daughter, Jewelia Sky, who sings, plays guitar, bass and piano. Instead of following in her mother’s rock star footsteps, Jewelia is more interested in piano and classical music. “It’s like she has rebelled against me in the most awesome way. I try not to let her know that, because I’m kind of

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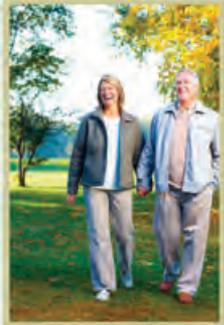
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a rocker. But, I'm so happy with that," Sunshine smiled.

Sunshine stays involved in her daughter's life as much as possible. She has coached her soccer, basketball, volleyball and softball teams over the years. She also led her Girl Scout troop for several years. For fun, the two often find time for volunteer work. "Any time I get to make a difference, it makes me feel good to help people," Sunshine confessed. She hopes to inspire others to get out and volunteer in the community. She believes if you let things like that be known, people will see it and follow suit. "I think we all have a lot more impact on each other than we realize," she said.

One of her goals is to encourage people and be encouraged. "There are a lot of people out there who are doing things I see, and I think, *Wow, I never thought about that.* I'll go do the same thing," she said.

Sunshine ultimately wants to teach music in a local public school district and perform on stage during the summer. She keeps a positive outlook on her situation. "I'm giving everything I have to music and to education, and I'm just waiting to see which way I am going to go." Whether she becomes a school teacher, a superstar or both, Sunshine Emery hopes to keep inspiration alive with her work. **NOW**

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Standing in the Computer Classroom at Center of Hope, pictured left to right are: Corey Tucker, Vice President, PlainsCapital Bank Weatherford; Pat Hamilton, President, PlainsCapital Bank Weatherford; and Jerry Buchanan, Hope for Tomorrow Program Director, Center of Hope.

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All About

Two Little Boys

— By Carolyn Wills



It has been awhile since Andrew and Arti Piland loaded their dirt bikes into the trailer and headed out for a weekend of riding, racing and camping. These days those shiny red bikes, briefly on sabbatical, are parked in the garage, the Jeep has been sold as space and leisure time has decreased, and life for the Pilands is all about two sweet little boys. “We thought we were busy before but, wow, now that we have 3-year-old and 11-month-old boys, we know what busy is,” Andrew smiled.

Together they make up a vibrant fun-loving family. Andrew exudes all-American charm, and Arti’s exotic beauty is breathtaking. They share a love for family and the dedication to living a positive and natural lifestyle. They met as students at The University of Texas at Arlington, dated for six years and have been married now for almost six years. Their marriage was a combination of two ceremonies, a Hindu one lasting three days, which culminated when they exchanged vows in colorful traditional Indian clothing in the presence of over 200 friends and family followed by a Christian ceremony on the balcony



AT HOME WITH *Andrew and Arti Piland*

level of Fort Worth's Bass Performance Hall, where Arti wore a traditional Western wedding gown.

A little over four years ago Arti received an opportunity to work in Weatherford. As general manager of a local hotel, Andrew was already commuting from Arlington to Weatherford, so the timing to relocate couldn't have been better. Having graduated from Weatherford High School, the move for Arti was like a homecoming. "I was thrilled to have the chance to work with hotel design and renovation," she said. "Previously, I was an architectural designer for a residential builder. I loved the work but, in this field, it's important to have both residential and commercial experience."

They looked at many homes in Weatherford before finding the right one. "I like that every ceiling is angled," Andrew said. "The backyard is great and we're located on a cul-de-sac in an established neighborhood. We're

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extremely analytical people,” he smiled. “At times, it makes it hard to buy things but we want to know that we’ve picked the right product at the right price.”

The 1,850-square-foot, four-bedroom home sits on a lush quarter-acre lot. “The house is traditional on the outside with a modern interior, and we’ve done a lot of updating,” Arti explained.



The main living room, the “heart” of the home, is open to the kitchen and dining areas. With the master suite separated by a hallway on one side and the other three bedrooms separated by hallways on the opposite side, the core

of the home is a natural gathering place. “We spend most of our time in the living room, at the kitchen table or in the backyard,” Andrew said.

The Pilands were excited to find a home with character, curb appeal and enough bedrooms to claim one as an office and another as an architect’s work space. Today, the designated office features an impressive oval desk

given to Arti as a gift from Andrew. The architect’s workroom houses a large center island with a countertop big enough to accommodate blueprints and design samples. “We love that Weatherford is a mix of old and new,” Arti said. “There’s life here and you can feel it.”

No sooner had she completed some major design tasks and settled into their new home than she learned she was pregnant with their first child. “Before having kids, we saw Weatherford in a different way,” Andrew smiled. “It was



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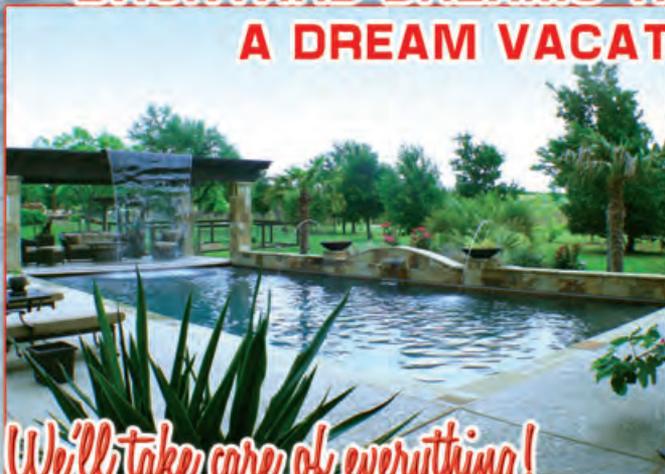
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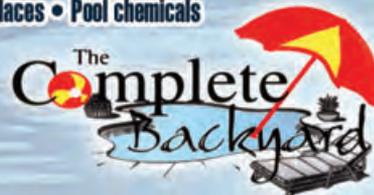


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great to be close to work, but now I'm thankful that this city is one of the safest and best places to raise children, and that we live on a quiet cul-de-sac with neighbors who care for their property and look out for each other."

The Pilands are now a family of four. Well, actually five, counting Bond, their beloved 100-pound Black Mouth Cur rescue dog. "I still take on occasional design projects," Arti said, "but my priorities are our boys. Preston is now 3 years old, loves to express himself and is a lot of fun, and Peyton will soon celebrate his first birthday. Between the two of them, my days are full," she smiled. "I belong to a local mom's playgroup in Weatherford, where we have fun socializing with mothers and their children."

Andrew and Arti are committed to living a natural lifestyle, especially when it comes to food, household products and yard maintenance. "Arti specializes in natural foods," Andrew explained.

"I believe in eating wholesome foods so I shop for organic products," she said. "It's OK to have meals like chicken and dumplings, but let's use clean foods, foods that the body can process and are not chemically modified. It's a really satisfying way to cook and to live."

"Our direction with the yard is to add more native plants like feather grass, sage and Japanese maple trees," Andrew added. "When it comes to yard care, we use dried molasses to combat ants."

Their preference for natural materials comes through in design choices, too. "We like the natural look of leather, stone and wood," Arti said. "We wanted



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a round dining table so the family would focus on each other. It needed to be a certain size and height and a solid heavy piece. It took us two years to find the right one.” Their wood table, with insets of slate tile, is indeed heavy, unique and an absolute work of art.

The living room sofa features rich leather and carved wood trim and another sofa is covered in a natural wheat-colored woven cloth. The solid wood coffee table was custom-made as a gift from Arti to Andrew. “It’s so durable that whatever Preston and Peyton do to it will only make it better,” Andrew said.

“We especially enjoy the backyard,” Arti added. The yard, much like a garden, is rectangular and surrounds the back and one side of the home, so it feels like separate areas flowing into each other.



There is an almost magical second tier with flagstone pavers and tall trees, a side yard of lush St. Augustine grass and magnificent crepe myrtles, a central area just outside of the living room where Bond hangs out, and a far wall of towering junipers. “We’ve planted two Japanese maples. One for each of our boys,” Arti smiled. “Preston and Peyton love to be outside. They play with Bond, one of the world’s most patient dogs. Preston has his own yard tools and always wants to be with Andrew when he’s doing yard work. Our boys are true boys.” It’s safe to say that as the Piland boys grow so will the thrilling dirt bike and outdoor adventures. **NOW**



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A Certain Envy

— By Melissa Rawlins



Thirty years after choosing to follow his father's footsteps, Dr. Jeffrey Hanks leads Weatherford ISD and is content as can be. Guided by a personal motto of students first, his happiest memories are of times when he has worked with kids and had an impact on their lives. This fall begins his first full school year in Weatherford, since he became superintendent of schools midway through the 2011-2012 school year. The changing of the guard has seemed natural and easy. "Dr. Cron instilled in the crew she hired the desire to make the transition easy for the incoming superintendent," Dr. Hanks said. "There's



a tremendous team of extremely good people in WISD who care about kids." Just as importantly, the students have welcomed Dr. Hanks. He has already been active in as many student activities as he could, from band concerts, choir and theater productions to award ceremonies and community events to basketball, softball and baseball games. He is looking forward to joining the crowd in Roo stadium, cheering the 2012-2013 football team on to victory.

"The greatest impression I've had of Weatherford since coming here is that we have great kids," Dr. Hanks said, recalling his first week in the district. "As I went around meeting teachers for the first time, I went to the high school. It was 7:30 a.m., and I was obviously lost. A kid coming in stopped me, introduced himself, asked if he could help. He took me in and showed me



exactly where I needed to be. There were three more kids waiting for the library to open. They were working on a community service project. We carried on a great conversation, and they told me, 'Yes, Sir. No, Sir.' And every campus I've been to, I've had a similar experience. I think we're very fortunate in Weatherford, because of the kids we have the pleasure of working with."

Throughout his youth, Dr. Hanks

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observed his father's lifestyle and dedication to teaching and coaching. "I grew up in the school house. During summers, my two brothers and I were helping him," Dr. Hanks said. "We were up there playing football or baseball while the high school team was out there playing. We were in the gym during winter, on the football field in the fall and the baseball field during spring." He met his sweetheart, Maxine, when they both attended Connally High School in Waco, and they married on August 22, 1981. He enjoyed hunting and fishing, so he earned his college degree in forestry with an emphasis in wildlife management. "Yet by the time I got through Stephen F. Austin State University, I understood I needed to be a teacher and in the classroom."

Since becoming certified to teach, he has not had time for the great outdoors, but has no regrets. His career began at a middle school in Temple ISD, teaching science and coaching. After a year-and-a-half, an opportunity came to move to Palestine High School. For 15 years, he taught biology, coached football and spring sports and spent one year as an assistant principal. He left there for a 2-A school, serving as principal of Cayuga High School from 1993-1995, and then returned to Palestine as a principal in a



4-A system. Later, he was invited to serve as the high school principal of Burnet ISD, where after three years he had the chance to serve as superintendent of schools for 11 years.

Then came Dr. Hanks' biggest challenge yet: familiarizing himself with programs and systems in place in Weatherford ISD. "I spent the last half of the 2012 school year learning who's responsible for what, what our history has been and climbing that learning curve you have whenever you come into a new position," Dr. Hanks said, adding, "Weatherford has a lot of great things going on, and I'm proud to be part of that."

"The quality systems and continuous improvement model we follow offer great value in that there is never an endpoint," Dr. Hanks explained. "We're always doing an analysis of everything we do to determine ways to improve the process. We'll get from point A to point B, and then evaluate what it will take to get to point C with an improved effort or product. It's a way of thinking that's different from what a lot of people typically do in their professional lives. We address all the little things. How well you take care of the little things is what helps you to excel beyond the norm." This

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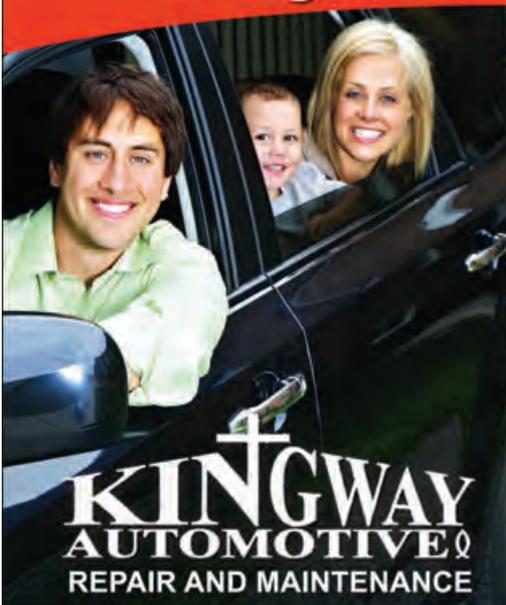
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happens not only at the administrative offices. "The teachers, also, do an analysis of the instruction they've done over the unit of study, and their reflection on that allows them to reform and offer an improved process for students the next time that unit takes place."

A fine example is the Bringing Back the Blue project, completed at the end of last school year. The district logo was updated in a process that invited input from community and school representatives. Hoping to inspire instant recognition, the new Roo logo was given a collegiate flair by Joe Bosack, a Pennsylvanian artist known for producing school logos around the country. "As soon as you see it you're going to know it represents Weatherford, since it evokes all the traditions and strengths of the community rolled up into an identifier that invokes pride in our community," Dr. Hanks said. "It is not necessarily tied to sports. Everybody who lives in this community contributes in some way. As an athlete, an artist or a student, we in Weatherford ISD add to the collection of who we are in Weatherford. The logo represents that unity."

The new superintendent focuses on improving student achievement in all areas, including developing opportunities through Weatherford College for students to receive dual credit. Impressed with Weatherford's community pride, independence and heritage, Dr. Hanks wants to brand Weatherford's school district statewide. "We want to instill a certain envy that others might have of us because of the things we've been able to do in this community within our school systems," he said, hoping that people from other districts notice the new logo on our musicians, athletes and UIL competitors and say, "Hey look, that kid's from Weatherford!"

Like Dr. Hanks, his son, Taylor, grew up in the schoolhouse or the gym. "When he was a little bitty guy, he slept on our fold-out foam mattress when he was tired during my events," said Dr. Hanks, whose father has retired from teaching but continues to coach fall athletics. "My father is my hero, and says he'll stop when he's no longer having fun nor having an impact on kids' lives." Like father like son, Dr. Hanks is determined to maintain the same balanced attitude as he leads the march. **NOW**

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All eight of Gary Williams' staff members run The Malt Shop with skill and pride to bring you fresh and tasty ice cream, hamburgers and more.

As You Like It

Serving food made the old-fashioned way, The Malt Shop specializes in YUM! — By Melissa Rawlins

If you know what a Dynabite is, then you know your way around Weatherford to The Malt Shop, where you'll find those delicious broccoli-and-cheese battered balls. The drive-up restaurant serves a variety of tasty food, all cooked when you order it, exactly as you like it.

While you wait under the '50s-style awnings outside The Malt Shop, you can spend quality time with your companion. The cooks inside the pink and white eatery prepare corn nuggets, fried squash, French fries, burgers, corndogs and hot dogs — plus malts and shakes made from homemade ice cream. "The food is worth waiting for, because it's always cooked fresh," Gary Williams said.

A CPA, Gary bought the restaurant in 1992 from its original owners. He recently refurbished the exterior and the interior of

The Malt Shop, and bought new equipment that allows the staff to produce good quality fresh food in a reasonable time — four to five minutes for the home-fried squash, and three to four minutes for a homemade malt. For people who want to cut their wait time by calling ahead and picking up a to-go order, Gary publishes The Malt Shop menu on their Web site.

The Malt Shop parking lot is a friendly and spacious meeting place providing drive-up ambience with room for more than 25 trucks. As football season approaches, Gary looks forward to busy Friday nights. Born and reared here, Gary is a former Weatherford High School (WHS) band member. "Of course, we always went to the football games and marched and played at halftime," Gary remembered. Now, The Malt Shop supports the WHS football program by helping to sponsor the game

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broadcast on KYQX. "I try to do my part to make it possible for people to hear the football games if there is not room enough for them to be in the stands."

Saturdays and Sundays keep his crew on their toes, too. "We also have a pretty good run Monday nights," Gary said, "when we have half-price hamburgers." Those sandwiches are made on the grill, so that the meat juices mix with the butter slathered on the buns. "I find the best quarter-pound, thick-cut meat I can find. I want lettuce crisp, tomatoes nice and fresh, and I don't cut costs."

"You'll break your diet when you eat our rich and creamy ice cream."

Chief cook, Tim Phillips, has almost 40 years' experience cooking for larger restaurants. "He knows his meat cuts, and I rely on him to help us with the quality of product we serve in the kitchen," Gary said. He also depends upon his two store managers, Janie Poulter and Steve Perez, to run the business.

Janie specializes in making the homemade ice cream with lots of half-and-half and heavy cream. "You'll break your diet when you eat our rich and creamy ice cream," Gary said. The Malt Shop often makes special-ordered gallons of ice cream for customers. They use their vanilla ice cream to make shakes and malts.

Expected flavors, like vanilla, chocolate and strawberry, compete with such unusual concoctions as butterscotch, banana and even banana nut — made with pecans. A very special flavor is peach, made with natural, local peaches. Using zippered storage bags and freezers, The Malt Shop preserves Parker County peaches so they can serve yummy malts and shakes all year round. **NOW**



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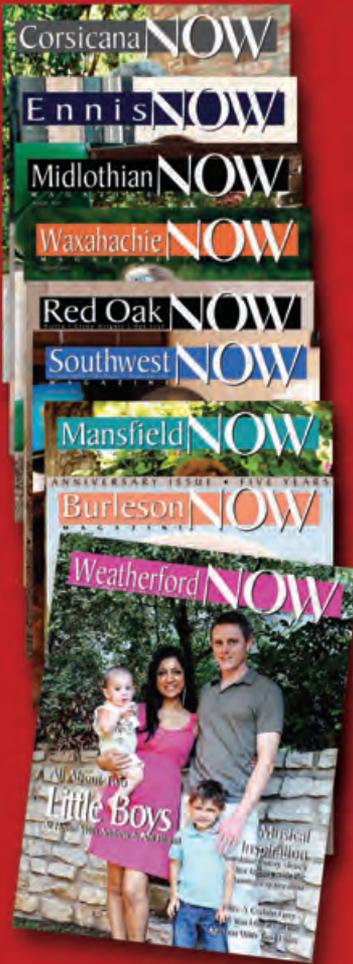
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Eyes Wide Open

— By Betty Tryon, BSN

If your child can see, you might take it for granted that everything related to their vision is perfect. It might not be. The American Optometric Association recommends children have their first comprehensive eye exam at 6 months of age, another one at age 3 and again right before beginning school. If problems are detected, the time table will change according to the specialist's recommendations.

It is important to have a child's vision tested at an early age. The earlier problems are discovered, the more responsive they will be to treatment. It also gives a child the opportunity to see the world as it really is. If a child has always had vision problems, they think what they see is the way the world is supposed to look. What a tremendous opportunity to give them the gift of true sight.

The benefits to a child entering school with normal vision are obvious and vital. Here are a few specific vision skills crucial to your child's success in school.

1. Visual acuity is how clear or sharp a person's vision is in the distance and up close. This can be measured with the Snellen test that will show if your child's visual acuity is normal. This is a test where the individual is positioned 20 feet from a Snellen eye chart and asked to read letters or symbols on different lines as accurately as possible. A normal reading yields the result of 20/20 vision.

2. Eye focus is important when a child must look up at the teacher or the board and then back at their paper or book. Their eyes must be able to handle this transition smoothly without having to squint or blink or struggle to bring shapes into alignment.

3. Eye/hand coordination is mentioned frequently in our culture. It is the ability of the eyes to receive information and direct or delegate which action the hands are to perform. When catching a ball or playing a video game, the eyes make the first determination of whether this task can be completed.

There are some signs parents can watch for if they suspect a problem with their child's vision. Sitting too close to the television, squinting at the computer, frequent rubbing of the eyes and blinking excessively are symptoms of possible eye problems. The bottom line is if your child does not get their vision screened, you do not know if they have problems or not. Getting their vision checked is just another step in ensuring they have the best future possible. **NOW**

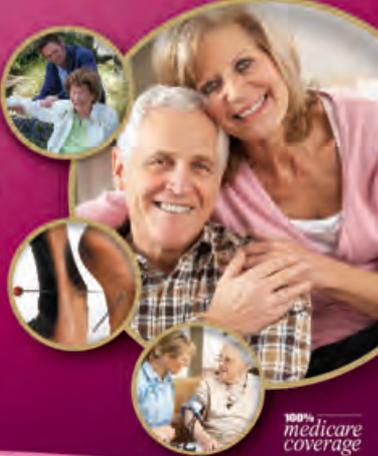
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If you're a woman who owns a business, you've got plenty of company. In fact, women own more than 10 million U.S. companies, and women-owned businesses account for about 40 percent of all privately held firms in the U.S., according to the Center for Women's Business Research. Clearly, the good news is that women like you are entering the small-business arena at a rapid pace. The not-so-good news is that you may be facing a retirement savings gap in comparison to male business owners.

To get a sense of this gap, consider these statistics:

- According to the U.S. Small Business Administration's Office of Advocacy, 19.4 percent of male business owners have 401(k) or similar plans, compared with just 15.5 percent of women owners.

- The percentage of female business owners with Individual Retirement Accounts (IRAs) is about the same as that of male business owners — but the men have more money in their accounts. The average woman's IRA balance is about \$51,000, compared with \$91,000 for men, according to a recent report by the Employee Benefit Research Institute. Although these figures change constantly with the ebb and flow of the market, the difference between the genders remains significant.

One way to help close this savings gap, of course, is to set up a retirement plan for your business. But for many women business owners (and male owners, too), the perceived cost of setting up and running a retirement plan has been an obstacle. However, the retirement plan market has opened up considerably for small business owners over the past several years, so you might be surprised at the ease and inexpensiveness of administering a quality plan that can help you build resources for your own retirement — and help you attract and retain good employees.

With the help of a financial professional, you can consider

some of the myriad of plans that may be available to you:

- *Owner-only 401(k)* — This plan, which is also known as an individual 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. You may even be able to choose a Roth option for your 401(k), which allows you to make after-tax contributions that can grow tax-free.

- *SEP IRA* — If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees.

- *Solo defined benefit plan* — Pension plans, also known as defined benefit plans, are still around — and you can set one up for yourself if you are self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and as is the case with other retirement plans, your contributions are typically tax-deductible.

- *SIMPLE IRA* — A SIMPLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees. Still, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions, than an owner-only 401(k), a SEP IRA or a defined benefit plan.

As a business owner, you spend a lot of time thinking about what needs to be done today, but you don't want to forget about tomorrow — so consider putting a retirement plan to work for you soon. **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.

Through August 31

Chandor Gardens: **Monday-Friday**, 9:00 a.m.-5:00 p.m.; **Saturdays**, 9:00 a.m.-3:00 p.m.; **Sundays**, noon-4:00 p.m., 711 West Lee Ave. Cool off in Weatherford's historic oasis of creative gardening. For more information, call (817) 613-1700.

Box Fan Drive: 8:00 a.m.-5:00 p.m., Weatherford Police Department, 801 Santa Fe Drive or Parker County Senior Center, 1225 Holland Lake Dr. Contact Detective Wendy Field at (817) 598-4345 or wfield@weatherfordtx.gov.

Through October 3

"Through the Looking Glass": **Tuesday-Saturday**, 10:00 a.m.-5:00 p.m.; **Sunday**, 1:00-5:00 p.m., Cartwright Gallery at The Doss Heritage and Culture Center, 1400 Texas Drive. With the Texas Glass Artists Association, The Doss Heritage and Culture Center presents this juried show of glass art made up of more than 100 pieces from 26 different artists. Admission: adults/\$5; seniors (60-plus) and students/\$3; children under 6 and members are always free. For more information, visit www.dosscenter.org or call (817) 599-6168.

August 2

Girls' Night Out: 5:00-8:00 p.m., historic

downtown Weatherford. More than a dozen merchants open their stores for you and a friend to come shop into the night! Fashion, jewelry, antiques, gifts, home and garden accessories, florals, sweets, books, wine and beauty products. For more information, call (817) 304-5946.

August 3

First Friday Outdoor Concert: 6:00-9:30 p.m., Aledo's historic downtown. Bring your lawn chairs for the free performance by Texas Backroads Band and stay for the elaborate fireworks show! Contact Angela Kell at (817) 704-8223.

August 9

Ice cream social: 10:30-11:30 a.m., Weatherford Public Library, 1014 Charles Street. Summer Reading Club event: A reward for readers — ice cream treats for kids who have read more than 15 hours. For more information on how to qualify for ice cream, call (817) 598-4150.

August 10

Parker County Women's and Newcomer's Club meeting: 10:00 a.m., Doss Student Center on the Weatherford College campus. Joel Lawson presents a program about "Face Reading!" Lunch: \$10; reservations required by **August 5**: Please RSVP to (817) 594-0125. Guests are

welcome. For more information, visit pcwnc.org.

August 11

The Big Tent Project Back-to-school Fair: 10:00 a.m.-2:00 p.m., Harberger Hill Community Center, 701 Narrow Street. For Parker County kids (pre-K through sixth grade). For more information, call (817) 336-4949.

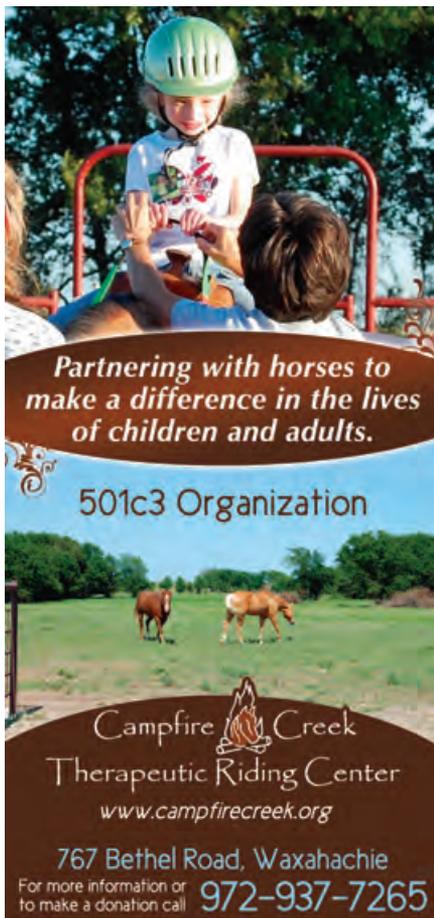
August 24

Tees For Teens: 9:00 a.m.-2:00 p.m., Sugar Tree Golf Course, 251 Sugar Tree Drive, Lipan. Unique ladies golf experience for amateurs and professionals, hosted by Crossroads Youth Ministries of Parker County. To register for the tournament or for information on supporting Crossroads' programs, visit www.crossroads-wfd.org.

August 27

Public school back in session: Aledo and Weatherford ISDs. For more information, call Aledo ISD at (817) 441-8327 or Weatherford ISD at (817) 598-2858.

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

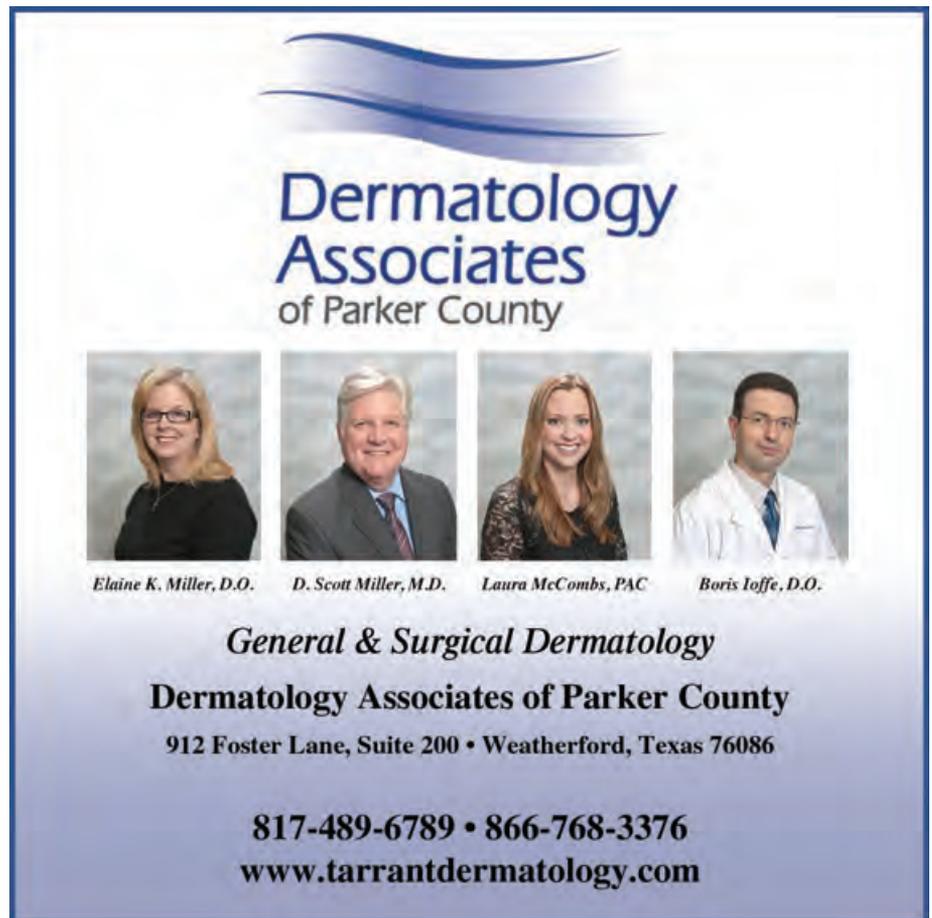


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In The Kitchen With Traci Farris

— *By Melissa Rawlins*

Traci Farris began cooking creatively 10 years ago while serving at a restaurant called Reata, where she watched the chefs. Seven years ago, after studying massage therapy, health and fitness became important to her. Since she began to eat more healthfully, Traci has seen her body change. “I admit I love sweets,” said Traci, who learned to cook from her aunt and remembers baking a 20-minute chocolate cake every week during junior high and high school in Canyon, Texas. “I only occasionally indulge in such treats. There are studies showing sugar is highly addictive, and so the craving for desserts is created by eating sugary foods.” She moved here in 2001. “I love the small-town, American feel of Weatherford. It’s been a great place to raise my children.” **NOW**

Zucchini Salad

2 zucchini
1 carrot
1/3 cup raisins
1/4 cup pecans
1/4 cup plain Greek yogurt
3 Tbsp. agave nectar
1 Tbsp. balsamic vinegar
1-2 Tbsp. olive oil mayonnaise (optional)
Salt, to taste

1. Shred zucchini and carrot. Add pecans and raisins.
2. In separate bowl, mix Greek yogurt, agave nectar, vinegar and mayonnaise. The mayonnaise can be omitted, but I use it to take the yogurt zing out.
3. Blend sauce into vegetable mixture,

starting with a small amount and adding more as needed. Salt to taste.

Poblano Shrimp

1 large poblano pepper
1 yellow bell pepper
1 orange bell pepper
1 yellow squash
1/3 cup mushrooms
2 Tbsp. coconut oil and olive oil
1/3 cup onion, chopped
1/4 tsp. minced clove of garlic
12 jumbo shrimp, raw and deveined
1/3 cup fresh spinach
2 Tbsp. Old Bay blackening seasoning
2 oz. queso fresco

1. Cut peppers into bite-sized pieces. Slice

squash and mushrooms.

2. Heat pan with oil, just enough to cover bottom of sauté pan, over medium high heat. Cook onion and garlic in hot pan for about 2 minutes. Add peppers, squash and mushrooms and cook 3-5 minutes.
3. Add shrimp and spinach, sprinkle with blackening seasoning; cook about 2-3 minutes or until shrimp turn pink. Do not overcook! Veggies should not be soggy and shrimp will be tough if overcooked.
4. Crumble queso fresco on top and serve immediately. Can be served over quinoa or rice.

Curried Chicken Salad Lettuce Wraps

2 cups chicken breast, cooked (grilled or use leftover rotisserie chicken)
1/4 cup celery
1/3 cup red seedless grapes
1/4 cup pecans or pepitas
1 Tbsp. olive oil
1 Tbsp. coconut oil
1 tsp. yellow curry powder
Salt and pepper, to taste
8 leaves from hearts of romaine lettuce

1. Dice chicken into 1/4-inch cubes.
2. Chop celery; cut grapes in half or quarter if they are big; add nuts and a mixture of olive oil and coconut oil to make chicken moist and stick together a bit.
3. Add curry powder and salt and pepper, as desired.
4. Spoon chicken salad into romaine leaves.
5. Serve chilled.

Sweet and Sour Cucumbers

2 medium cucumbers, pared and sliced thin
1 red onion, sliced thin (optional)
1/4 cup agave nectar
1/2 cup vinegar
1/2 tsp. salt
1/4 cup water
1 Tbsp. parsley (optional)

1. Mix agave nectar, vinegar, salt and water with parsley. Pour over cucumbers and chill.
2. You can also add sliced onions as well.

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



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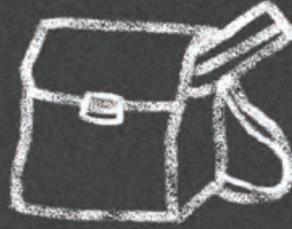
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