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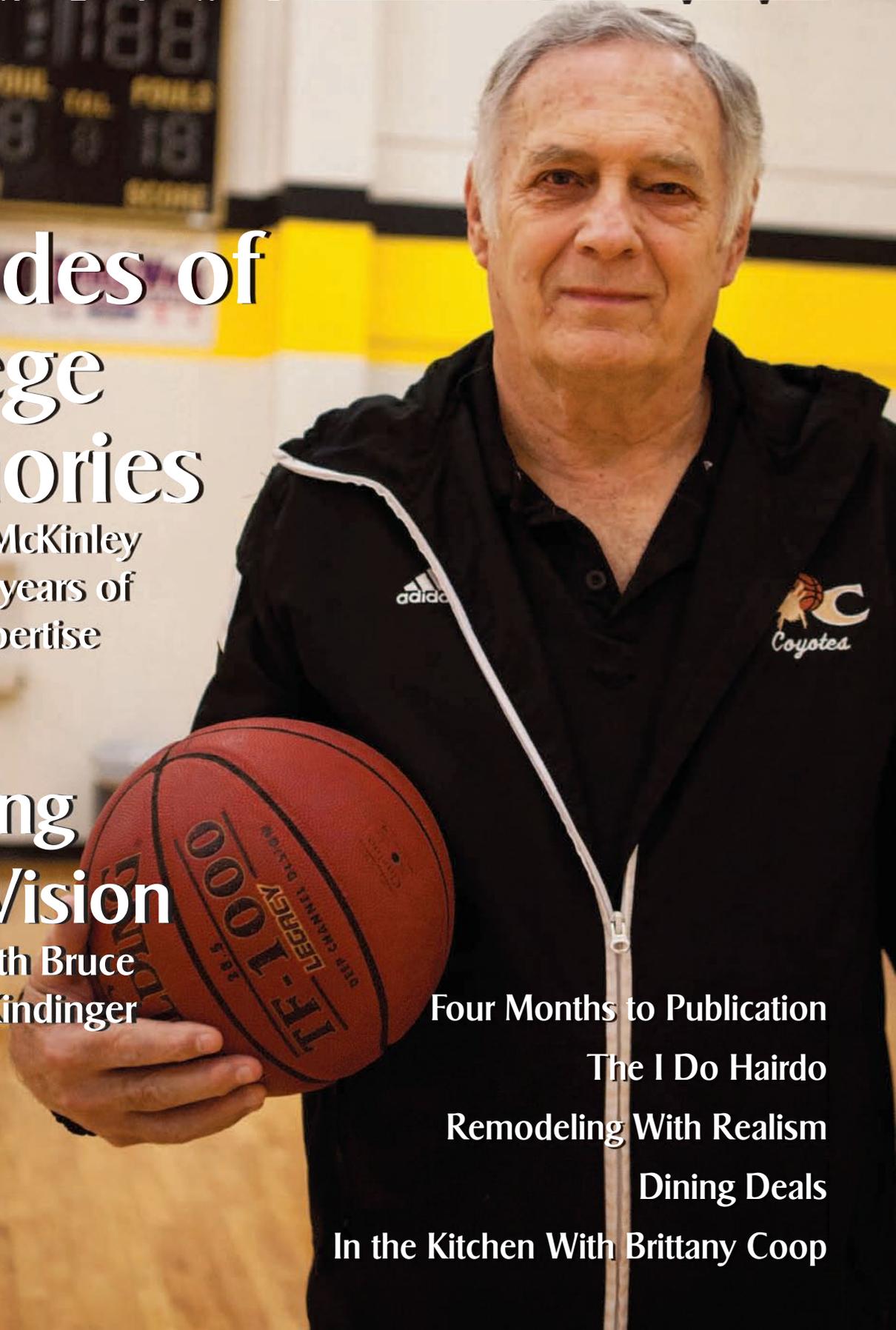
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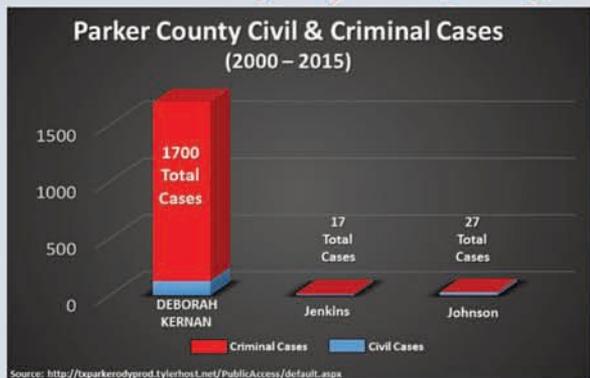
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## ON THE COVER



*Bob McKinley has been coaching more than 50 years and is still going strong.*

*Photo by Amanda Olson.*

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## Editor's Note

*Hello, Weatherford Friends and Family!*

February in Texas usually brings cold weather, gray skies and sometimes snow. This is a quiet month and a great time to cuddle up, read a good book or maybe cook something yummy. We have wonderful recipes this month, which you might enjoy trying.

Many people consider February the love month, which causes a wide range of emotions — from joy to sorrow to sheer panic for those who forget and suddenly realize Valentine's Day came too soon. I wonder how different our world would look if we expressed love every day. Better yet, imagine if we started each day with a prayer that states simply, "Good morning, Lord. Thank you for loving me and letting me love you back."

During this month, treasure old relationships and develop new ones. And remember to say three important words — I love you.

*Lisa*

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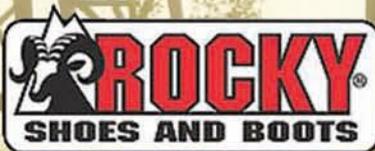


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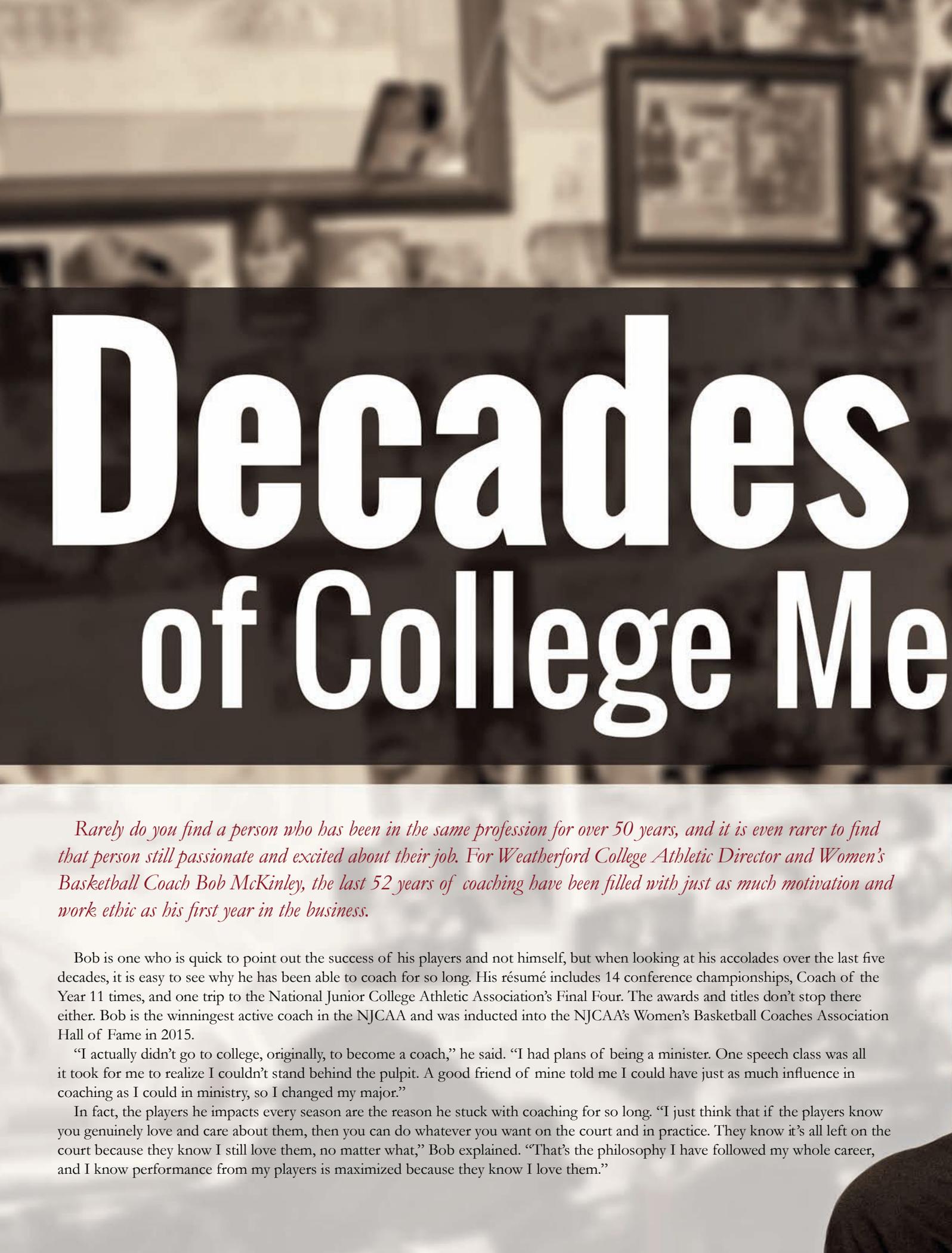
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# Decades of College Me

*Rarely do you find a person who has been in the same profession for over 50 years, and it is even rarer to find that person still passionate and excited about their job. For Weatherford College Athletic Director and Women's Basketball Coach Bob McKinley, the last 52 years of coaching have been filled with just as much motivation and work ethic as his first year in the business.*

Bob is one who is quick to point out the success of his players and not himself, but when looking at his accolades over the last five decades, it is easy to see why he has been able to coach for so long. His résumé includes 14 conference championships, Coach of the Year 11 times, and one trip to the National Junior College Athletic Association's Final Four. The awards and titles don't stop there either. Bob is the winningest active coach in the NJCAA and was inducted into the NJCAA's Women's Basketball Coaches Association Hall of Fame in 2015.

"I actually didn't go to college, originally, to become a coach," he said. "I had plans of being a minister. One speech class was all it took for me to realize I couldn't stand behind the pulpit. A good friend of mine told me I could have just as much influence in coaching as I could in ministry, so I changed my major."

In fact, the players he impacts every season are the reason he stuck with coaching for so long. "I just think that if the players know you genuinely love and care about them, then you can do whatever you want on the court and in practice. They know it's all left on the court because they know I still love them, no matter what," Bob explained. "That's the philosophy I have followed my whole career, and I know performance from my players is maximized because they know I love them."



# memories

— By Lindsay Allen

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Bob, who keeps track of most of his players through Facebook, is happy to be coaching second generations. "It really makes you wonder when your old players now have kids old enough to come play for you," he shared.

With almost 900 wins under his belt as both a men's and women's coach (some seasons coaching both), there is no doubt that Bob was most deserving of his hall of fame induction last year in Niceville, Florida. He was inducted along with Ricky Gene Ford, formerly of Northeast Mississippi Community College, and Denny Jerome, formerly of Waldorf College in Iowa, during the Women's Basketball All-Star Weekend. The three men had 2,043 wins between them, with Bob's 872 wins leading the pack.

"That was a really special award and one of my fondest memories here at the college. It meant a lot to me because it's a special recognition in relationship with all the other junior college coaches in the nation," Bob said.

He also pointed out that WC is unique because it has not one, but two coaches who have been inducted into the NJCAA's Women's Basketball Coaches Association Hall of Fame. Former coach, Betty Jo Graber, who coached at WC for more than 35 years, was inducted in 1998 in the hall's inaugural class.

The majority of Bob's wins have been right here at WC, where he has coached for 39 seasons. "The environment, the city itself and the school system have been the key factors that made Weatherford College our home for so long," Bob stated. "My family and I just really love it here."

Bob coached at Pasadena High School in 1964 and then at Houston Baptist University from 1975-1977 before making Weatherford his home



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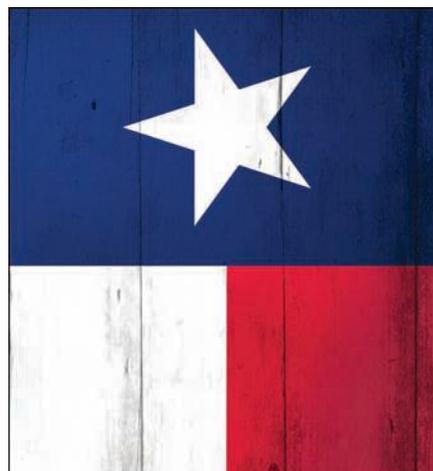
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and joining the WC staff. “It’s always hard to leave a school when you have good friends there. From a coaching standpoint, the move may not be difficult, but my family always makes decisions together. I was once offered a job in Alaska, and my wife was quick to help me make the decision that we would not be living in that state,” Bob said with a smile.

His basketball career started early when he was a player for Bowie High School, where his team went to state in 1959. Bob was later inducted into the High School Basketball Hall of Fame. In college, Bob was the team captain for Trinity Christian University (TCU), where he played and lettered three consecutive years.

Bob even had the opportunity to coach his son, Trey, who played at WC before going on to Abilene Christian College (now Abilene Christian University). Now he is head of the kinesiology department at WC. His daughter played basketball at TCU, and both kids live nearby. “I get to see all five of my grandkids almost every day. They have pretty good basketball coaches in their parents, but I don’t mind playing and teaching them either,” Bob said.

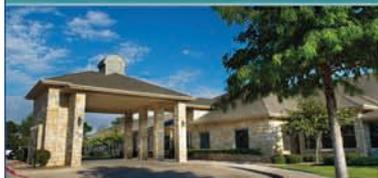
Apart from his family, the players really are Bob’s world. “In junior college, you get a new set of players at least every two years, so things change quickly around here. It’s always exciting to see them progress and get opportunities to play after they leave Weatherford College,” Bob admitted.

For Bob, one of the most difficult aspects of coaching is when players don’t make the grades, and he isn’t able to award scholarships as a result. It is also difficult when he isn’t able to bring a player back for a second year. “Those decisions, hard as they may be, have to be

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made sometimes," he noted. "Discipline problems are easy. They take care of themselves. But apart from that, it gets really hard making calls as a coach."

After 39 years in Weatherford, coaching 18 seasons of men's basketball (six of those years coaching both men's and women's teams), Bob has seen a lot of changes on campus, most notably from a physical standpoint. "There have been quite a few new buildings built in the last years, including the addition of our new baseball and softball facilities. It's been exciting to watch the college grow and expand," he said.

Five minutes with Bob is all one needs to know and hear about his passion and love for the sport and the players. Having been called to coaching to make an impact, he is certainly doing just that. With a new group of players every two years, hundreds of players have received the honor of playing basketball for one of the all-time greatest basketball coaches at the junior college level.

When asked if there are any signs of slowing down, Bob simply said, "Social Security keeps asking me the same thing. The last time, I wrote down 2024 is when I plan to retire, mainly because I figured that would get them to leave me alone until then." **NOW**

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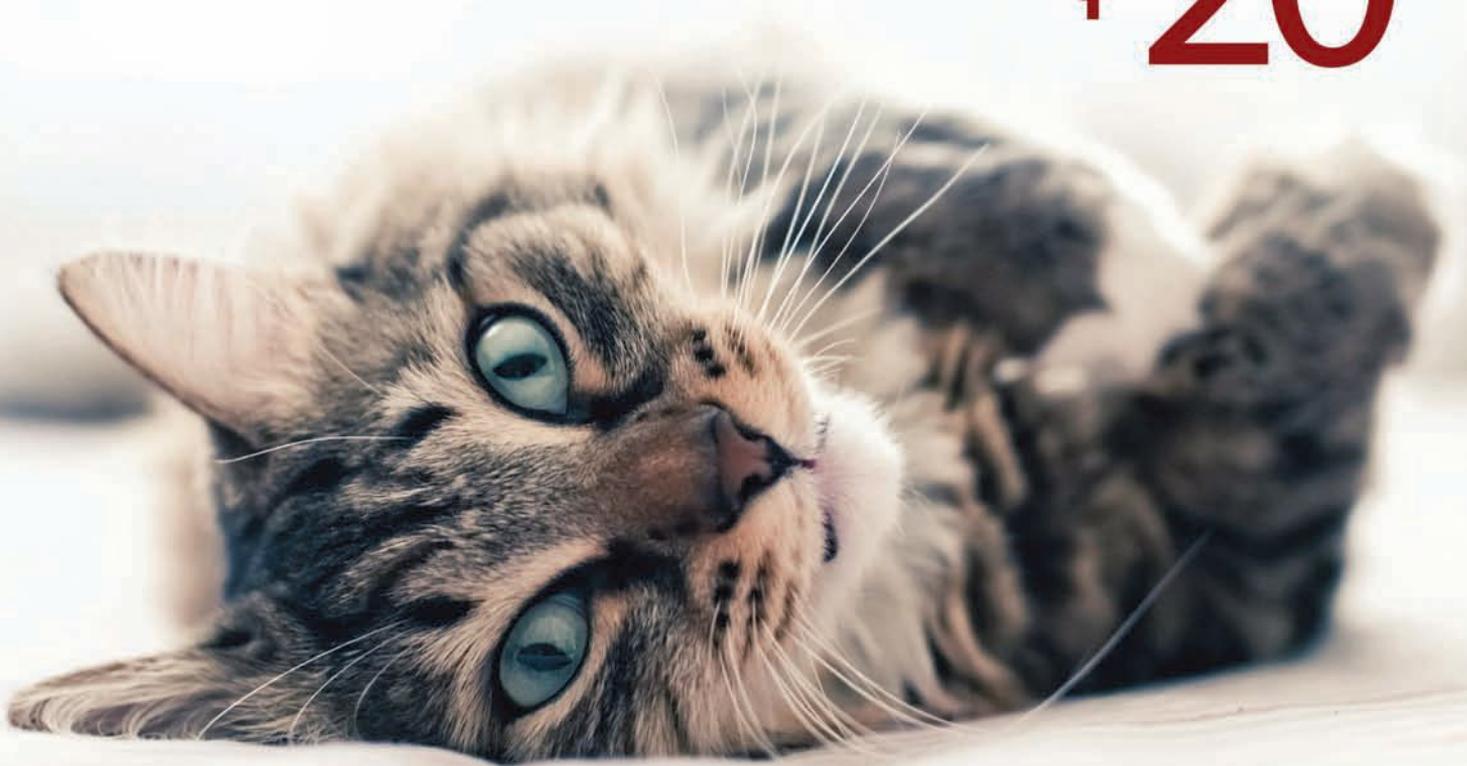
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# Realizing Their Vision

— By Amber D. Browne

*For months, Bruce and Carine Kindinger's home was an ambitious dream waiting to be realized. They discovered the once-in-a-lifetime find in February 2014. The Kindingers were looking for a place large enough to accommodate their growing family. The two-story home was perfect, but it would take some trials and tribulations to make their dream home a reality.*

The home sat vacant and would soon hit the auction block. After months of back-and-forth talks with the bank, they became even more determined to purchase the home. "It was one thing after another, but we knew this was our house," Carine said. "Our minds were constantly here. We were here every other day checking on the house, dreaming of it." While on a working trip in Puerto Rico, they kept running into a man who was CEO of a bank in Texas. On a tip from "Charles," they were able to escalate the home-buying process. "We are 100-percent sure Charles is an angel," Carine said.

Within two months, they closed on the 4,800-square-foot home and moved in the fall of 2014. The house was in disarray, thermostats needed to be installed and the waterline repaired, but they were home. "You name it. We've had everybody out here — plumbers, electricians — to check it or fix it," Bruce explained.

The Kindingers spent many nights remodeling and renovating the interior. As owner of a local general contracting business

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that specializes in residential remodeling, Carine has used her professional experience to create an inviting home. The walls, once yellow, are now white, reflecting the brightness of the window-lit dwelling. Large windows, on both the front and back of the house, as well as skylights scattered throughout, provide an abundance of natural light. Dark wood floors are a nice contrast to the walls, which are decorated with simple accents and family photographs. Metal artwork collected by Carine over the years is displayed on a rock wall in the foyer and on a built-in bookcase in the formal living area, which they transformed into a dining room. The Kindingers envisioned adding a table to seat just over 20 of their



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the same thing with me,” Carine shared. They married about a year-and-a-half later, blending their families. Their children were able to watch their Las Vegas wedding via webcam. “The Vegas wedding was a blast. Elvis did a great job,” Bruce said with a grin. Between them, they have seven children who have added six grandchildren to the family since Bruce and Carine wed.

family members, and they found just what they were looking for at Restoration Hardware. The chairs surrounding the long, wooden table feature white covers. High chairs for their grandchildren can be added, providing all family members a spot at the table. “With so many family members, nobody feels left out,” Bruce shared.

Bruce and Carine were both looking for a serious relationship when they met through eHarmony in 2011. “Sometimes, he’ll have a certain behavior, and I’ll remember it was in his profile. He does

Their children range in age from 16-27. Olivia, 16, and 18-year-old Sixtine, live at home with Bruce and Carine. Olivia attends school online and is a social media personality. Sixtine graduated in December. Both girls often travel to New York and LA for modeling jobs. Sixtine plans to travel to Europe this spring.

Carine hopes to one day take Bruce to Europe to meet her family in Belgium. In high school, Carine spent time in Abilene as a foreign exchange student and always planned to make her way

back to Texas. She returned to Abilene in 2000 and transferred to Weatherford after meeting Bruce. When she’s not working as a general contractor, Carine is a “Strategic Intervention Coach.” A wall in her coaching office displays picture boards. One board features a magazine photograph that has an uncanny resemblance to their current homestead. The flower gardens, front porch beams and pergola in the photograph, once thought a vision of the future by Carine, are almost identical to the Kindingers’ home. “I always dreamed of a house of brick and lots of flowers in the front,” she said. Carine believes vision boards are



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a huge tool in life. "You need to know what you want."

Bruce is employed as a systems support representative and works directly with the National Guard. He's originally from Ohio but traveled the world while serving with the United States Air Force. He moved to the Dallas-Fort Worth area for work and retired from the military.

Bruce and Carine spend much of their free time working on the house. Carine is in the process of staining the woodwork in the home a rich brown, including the trim around the windows and doors and the kitchen cabinets. The family often gathers in the kitchen to share conversation. They've converted the adjoining breakfast nook into a living space with plenty of seating, including a built-in window seat. Bruce relaxes on the couch, and the girls curl up to read, while Carine cooks dinner. The open floor plan is ideal for sharing the stories of the day.

Bruce creates family meals using a smoker out back. They spend a lot of time on the back patio, which includes several large skylights. They replaced the skylights after moving in and restored a couple of sheds on the property,

so Bruce can store his tools and yard equipment. Wildlife is a staple at the Kindingers' home. Deer grab a snack from feed they placed out front. They even named a vulture, who nests under a mature tree, Oscar. The yard provides ample space for their three rescued dogs, Bob, Champagne and Snickers, to play.



Back inside, the furry family members have their own area in the center of the home. Metal gates enclose their sleeping quarters. Terrariums placed throughout the downstairs area house pet frogs. "They keep having fun and making babies," Carine divulged, laughing.

The master bedroom is Bruce and Carine's own private retreat. The white walls and bedding emit an elegant atmosphere. The dark wood furniture offers a rich contrast to lighter decor. "It's so peaceful. We love it," Carine shared. Plans are in the works to remodel the master bathroom, which includes a large, walk-in closet for Carine. Bruce stores his belongings in two other closets in the master suite. "We take so much pleasure in fixing up the house and making it nice."

After marrying, they set a goal to find a home to share with their blended family. It has become the perfect spot to gather for dinners and share fun afternoons with their children and grandchildren. "We had a dream," Carine shared, "and we made it happen." **NOW**

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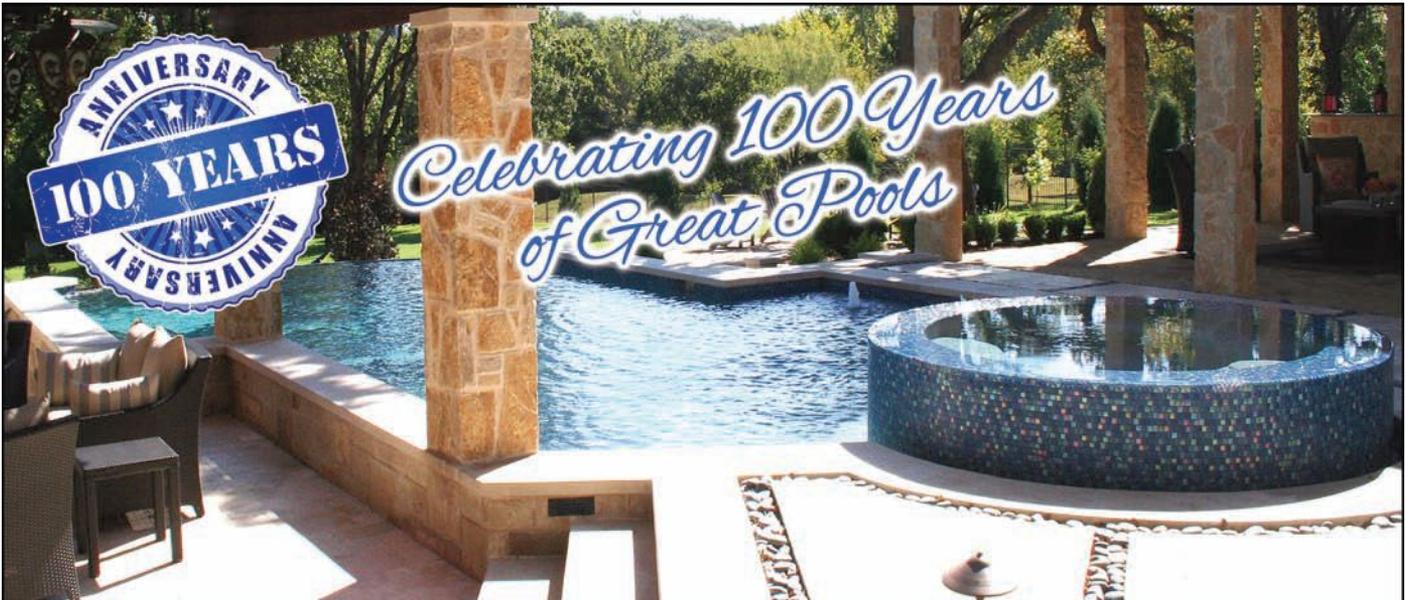
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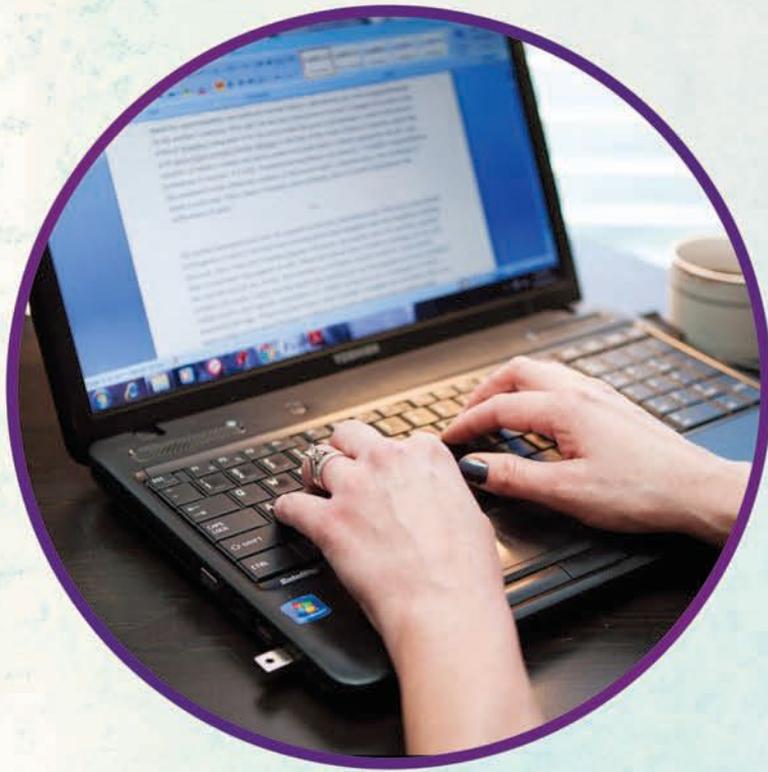
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# Four Months to Publication

— By Lisa Bell

*When C.M. Frank, better known around town as Crystal, decided to write her debut novel, she had an idea of her main character and a hint of where the girl might journey. Initially, she didn't plan to publish the book, but like the plot, the manuscript took on a life of its own. Crystal started in February 2015, and the book released in mid-May of the same year. Any writer will tell you, finishing a manuscript in two months requires a great deal of dedication and commitment. This is especially true if you have a spouse, family and job demanding your attention. But Crystal succeeded.*

“I always loved creative writing. It was sort of an escape for me,” Crystal said. She didn't grow up dreaming of being an author, and she wasn't sure she could write an entire novel. Nevertheless, she decided to try. By nature, she has a personality that simply goes with the flow. Never one to outline, she sat down and started typing. Before long, she had several chapters completed.



Within a few weeks, she thought perhaps she could get the book published. At that point, she queried several publishers. Some wrote back and told her it wasn't for them. Others showed interest in the project, and she did more research on those publishers. In the end, Crystal opted for an Indie publisher, so she could keep the rights to her book. She chose to follow what felt right for her and her family.

Crystal attended Texas Tech University and later transferred to The University of Texas at Arlington. She holds a degree in marketing/advertising with a minor in dance. A dancer since the age of 3, she fully intended to own a studio someday. In 2013, she opened Elite Performing Arts Conservatory in Weatherford. She has proven her business acumen by winning the best of Weatherford dance school three years running. Owning a successful business and teaching classes didn't stop her from pursuing her dream of writing. And no doubt, her skills will help her succeed with *The Inspiring Mind of a Quixotic Girl* and the other books in the series.

Crystal lives in Aledo with her husband, Christopher. They have three children. Fallon, their 11-year-old daughter, and Slade, their 9-year-old son, think their mom being an author is so cool. Aspen isn't quite old enough for school, so at times, she sat in her mother's lap during writing sessions. The 4-year-old joins her siblings in inspiring their mother. "I want to show them they can do anything they put their minds to. I love leading by example," Crystal said. "I always say go big or go home."

Christopher, a steady force in Crystal's life, encourages, supports and keeps her grounded. "He is my biggest supporter," she said. He loves her book, but cautiously warns her about others who may not like it. So far, her feedback has been great. "I'm such a positive person, if someone said something negative, it would hurt my feelings," she shared. However, she is prepared to handle anything coming her way, knowing the time may come when a negative response surfaces.

With such a busy life, Crystal made time to write. She had great momentum going and knew putting the work aside for a week or two would ruin that. While she didn't necessarily write every day,

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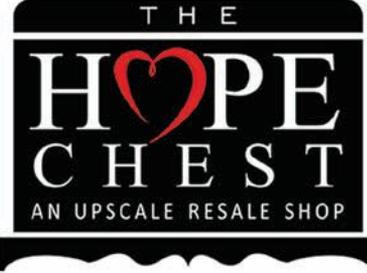
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she set aside space and time for writing. In a small nook at their home, Crystal placed a small desk. The area has large windows allowing for natural light and a nice view. She didn't add any knickknacks or anything else to distract her while working. With a cup of coffee and her laptop, she entered her writing nook and went to work.

Some days, she took the older children to school and, by 7:45 a.m., sat down and worked while Aspen played. Other times, she might wake up in the middle of the night and sneak down to work on the manuscript for an hour or two. She consistently wrote, producing an average of three chapters when she wrote. At the end of two months, she finished the first of a three-book series.

"My husband loves that this is my creative outlet, and he understands I need that," she said. Her marketing background helps with promoting her book, something most writers struggle to do well. With a strong online influence, she managed to make readers aware of the new offering.



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Her children ask when she's going to start writing the next one. They are her inspiration to continue writing. The two oldest understand that writing a book is a big deal and are proud of their mother. Crystal is in no hurry but plans to start work on the next book in the spring of 2016. The first series spans decades, so she already thinks about what will happen in the next two books. As the main character grows older, she will continue to be that same starry-eyed woman, perhaps with a bit more wisdom. Because the setting is Louisiana, Crystal at some point will include Hurricane Katrina, building history into the fictional series. She may also include other historical



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events during the decades between 1990 and current days.

Crystal keeps a solid objective of empowering women in mind. She includes the idea of women being able to accomplish anything they want. While some of her personality lives in the protagonist, Crystal drew in bits of people she knew throughout life. She created a character like herself, times ten. Some of her other characters have traits she notices in others, good and not so good. By capturing these multiple characteristics, she strived to build a believable character for the book.

After finishing the first series, Crystal wants to write additional book series with new characters and different cities for her settings. She plans to remain true to encouraging women and girls to set their minds on something and pursue their goals.

Currently, Crystal doesn't participate in any writing groups, but she is open to the idea. Although she wrote the first book alone, she sees value in learning from other writers and looks forward to getting feedback that will make her writing better.

Crystal proves that women can accomplish big things in life. The pursuit of a dream may not come easy, but with perseverance, anyone can achieve his or her goals. That's the message she wants to include in her novels, and she will continue leading by example. A quixotic girl herself, this new author moves forward with starry eyes, a bit flighty, yet down-to-earth and sure of her future. With support from her family and friends, she will keep working to make more dreams come true. **NOW**

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— By Jo Monroe



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*overwhelmed with choices, and out of frustration, decides to do her own hair. On the day of the wedding, no matter the weather, a bad hair day can show up without an invitation. When everything needs to come together perfectly, having a stylist ready to create your predesigned hairstyle will get all those butterflies flying in order!*

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If you are planning to use a professional photographer, ask him or her for recommendations on stylists they have worked with before.

The wedding location and theme should be taken into serious consideration when selecting the wedding hairstyle. Whether the ceremony is located on the beach, on a bridge, in a field of bluebonnets, in a cathedral or in a cottage chapel, it is essential that you feel complete and comfortable. Whether you walk barefoot in the sand, in heels in the city or in boots in the country, your focus is to look beautiful as you reach your destination at the altar. Theme weddings can require a bit more creative work in order to reflect a time period or a historical event. Whether Victorian, Grecian, Bohemian or traditional, your hairstyle will give you confidence to walk down the aisle, feeling beautiful.

## Hairstyles and Necklines

Bridal hairstyles can be a failure, or they can be a grand success when created well in advance of the date. You need to consider your body and face shape, the gown style and neckline, and last but not least, the texture of your hair and your personality type.

A V-neck wedding gown embellished with the hair pulled up high, will give the face and neck a notably long appearance. If your face is already long, it is best to style your hair in a way that creates fullness at the cheekbones, making your face appear rounder. A V-neckline is best for someone with broad shoulders, a full bust and a short neck. If you have a wide, round or square jaw, this style is very flattering.

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Depending on how low your neckline is and how high you style your hair, you could look inches taller than the groom — especially when wearing heels. When deciding the height of your hairstyle, take into consideration the neckline, the dress, the shoes and the groom's height.

Off-the-shoulder gowns are often made of lace or chiffon and softly reveal eye-catching shoulders. However, be aware this style can widen the appearance of your neck and broaden the look of your jawline. If you are a bride with a square-shaped face, you may already wear your hair in a short, bobbed cut. If your hair length is medium or long, it can be pulled up and away from your face, and this will give the appearance of width at the ears. Creating a soft, wispy style will bring a balance to the strong features. A tiara will create added charm, and with a long veil, your look will be absolutely chic.

If you are a modern bride, you may select the sweetheart neckline because it visually elongates the face and provides an overall proportioned silhouette.

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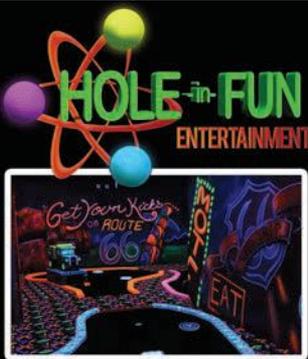
This complementary neckline is most preferred by all face shapes and body types. An updo will make you look elegant and feminine. A tiara with pearls placed high with a floor-length veil will make you look enchanting and regal.

A gown with a halter or high neck creates an illusion of a wider neck. This is a flattering style for those with long necks or faces, as well as for small-chested women. Wear your hair down, and keep it soft and tousled. Hair tucked behind one ear and a petite flower or jeweled comb really complete this sophisticated look.

If you are a bride with a heart-shaped face desiring a voluptuously soft and romantic look, wear your hair chin-length and pull it off the face to one side. If you wear your hair longer and flowing to the side with a little fringed bang, you will disguise the broadness of your forehead. Your gown selection should have a scooped neckline, which will elongate a short or thick neck.

Strapless necklines, sometimes referred to as tube tops, aren't flattering for most body types. However, on a petite figure, they can create a longer silhouette and neck. If you are a petite bride, don't overdo. Soft fabrics, soft flowing hair, delicate jeweled combs and whimsical veils give elegance to your total look.

Needless to say, your bridal hairstyle should be designed to reflect the image you desire and your personality. Your hair and neckline will be the frame for your beautiful wedding pictures. How do you want to be remembered — romantically royal or softly sophisticated? This is what you dreamed of, and as you slip into your gown, your hair should complete the once-in-a-lifetime look that takes your groom's breath away. **NOW**



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The small showroom at Corner Stone West Granite & Floors offers an abundance of options with little confusion.



# Remodeling With Realism

*Justin Goddard adds realities of life to customer desires. — By Lisa Bell*

Long ago, choosing tile for remodeling didn't take long. But with so many different options today, working with a team that can offer expertise and guidance makes a sometimes-overwhelming decision easier.

Justin Goddard began working in the industry about 12 years ago. He didn't intend to make remodeling his lifelong career. But, he found working on different jobs with various types of people fun. He eventually went to work for Corner Stone Granite & Floors in South Fort Worth.

Corner Stone West Granite & Floors grew out of a desire to provide local service west of Fort Worth. As the area in and around Weatherford grew, he realized a local presence made doing business easier for his customers. About a year-and-a-half ago, he purchased the building on Fort Worth Highway in

Hudson Oaks, and opened the second location as full owner. Although he does business as a separate entity, Justin continues working in partnership with his previous Fort Worth employer, drawing on his 10 years of experience.

People see ideas online and love the look. Designers often leave school with great ideas, but little experience. Justin looks at the practicality of what a customer wants. He asks the tough questions to help customers determine the best selections. While a material may work beautifully for a couple with no children or pets, that same option may disappoint a family with small children and a dog or two. His experience allows him to guide customers, whether they are simply buying the elements for a DIY project or hiring his team to complete an entire remodel.

Visiting the showroom allows customers to see the most

## Business **NOW**

frequently used materials and choose what they want without too many varieties overwhelming them. One thing that differentiates Corner Stone West Granite & Floors is having stock available to fill an order immediately. Based on experience with multiple projects, Justin understands current trends and carries product to match the most frequently requested styles. When new products come out and styles change, he adjusts inventory to meet the new choices. Nevertheless, if a customer sees something online that Justin doesn't stock, he has accounts with all suppliers and can quickly get the materials.

The goal for Justin and Corner Stone West Granite & Floors is to make his customers' dream remodels come true in a way that produces great results they love.

The business offers granite, quartz, soapstone and marble countertops. They also carry a variety of tile, hardwood flooring, carpet and showers. In addition, they provide bathroom and kitchen remodeling services with backgrounds in realty, electricity and remodeling design.

Justin works hard to keep prices down, but in February, he is discounting select hardwood flooring to \$5.49 a square foot, installed. Potential customers can go online and complete a form in order to receive a free estimate.

When considering and planning a remodel project, Justin offers some advice. First, do your homework. Go online and look for ideas. Know what you want. Then, keep an open mind to the possibility of changing plans to more realistic options.

The goal for Justin and Corner Stone West Granite & Floors is to make his customers' dream remodels come true in a way that produces great results they love. He invites readers to visit the showroom, located a quarter of a mile west of David's Stove Shop, where they can envision the possibilities for their home. **NOW**

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*Ambassador's monthly meeting with the Weatherford Chamber.*



*Alice D., visiting from Wisconsin, looks for yarn to keep her busy while staying with her son in Weatherford.*



*Watching Fieval at The Doss is a perfect way to spend a cold day.*



*2015 President's Quilt, crafted by guild members, was presented to Myra Hall, the outgoing guild president.*



*Asbely Bentley and son, Logan, at McDonalds.*



*Erica Markley and Michelle Adams enjoy supporting the Hope Center while working at the Hope Chest.*



*Barbara Binion Osborn dresses in period costume for the Heritage Ladies Society.*



*East Parker County Chamber hosts a party for members.*



*Jeremy Moore and his daughter, Mallory, take advantage of a mild winter day with their dog, Jackson.*

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# It's Time for the Important Part!

In his book, *Pay Checks and Play Checks*, author Lt. Col. Tom Hegna writes: "Saving for retirement can be challenging enough. However, how you draw down and distribute your retirement savings will determine whether or not you run out of money."

Every day it seems, we are inundated with advertisements from mutual fund salesmen, brokers and financial planning companies on how to save for retirement. Yet, little is said about what happens at retirement and beyond.

## Considering Retirement Distributions

Hegna continues: "Accumulating money is an important first step on the road to retirement. However, the day you retire, the rules change! Now you are spending assets instead of accumulating them. The accumulation phase is only the end of the beginning, whereas the distributions from your savings must last the rest of your life."

"Distributing assets in a way that ensures you get the most out of your retirement without running out of money is a difficult balancing act, and should be taken even more seriously than accumulation."

## Longevity Risk

Since we all want to live a long life, there are other issues to

consider as well: coordinating Social Security, health care, lifestyle concerns, long-term care decisions. These are all affected by one important factor in your retirement years — longevity risk! Hegna explains: "It is also important to understand that longevity is not just a risk. It is a multiplier of the other risks. Because of this, it is imperative that you transfer that risk. ...

"If you retire at age 65 and die at age 68, it would not matter if the stock market dropped 40 percent. It would not have mattered if you had withdrawn 12 percent per year, or if inflation increased by double digits, or if you did not buy a long-term care policy. You did not live long enough for any of that to matter. However, if you live to age 100, any one of those things would have devastated your retirement. So if you ask me what the biggest risk in retirement is, I would say that hands down it is longevity risk, simply because it has a multiplier effect on all of the other risks."

Enjoying your golden years for a long time is important to all of us. Thus, solving the longevity risk is the pathway to a financially healthy retirement. **NOW**

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*Owner Ridglea Consulting/Retirement Advisor.*

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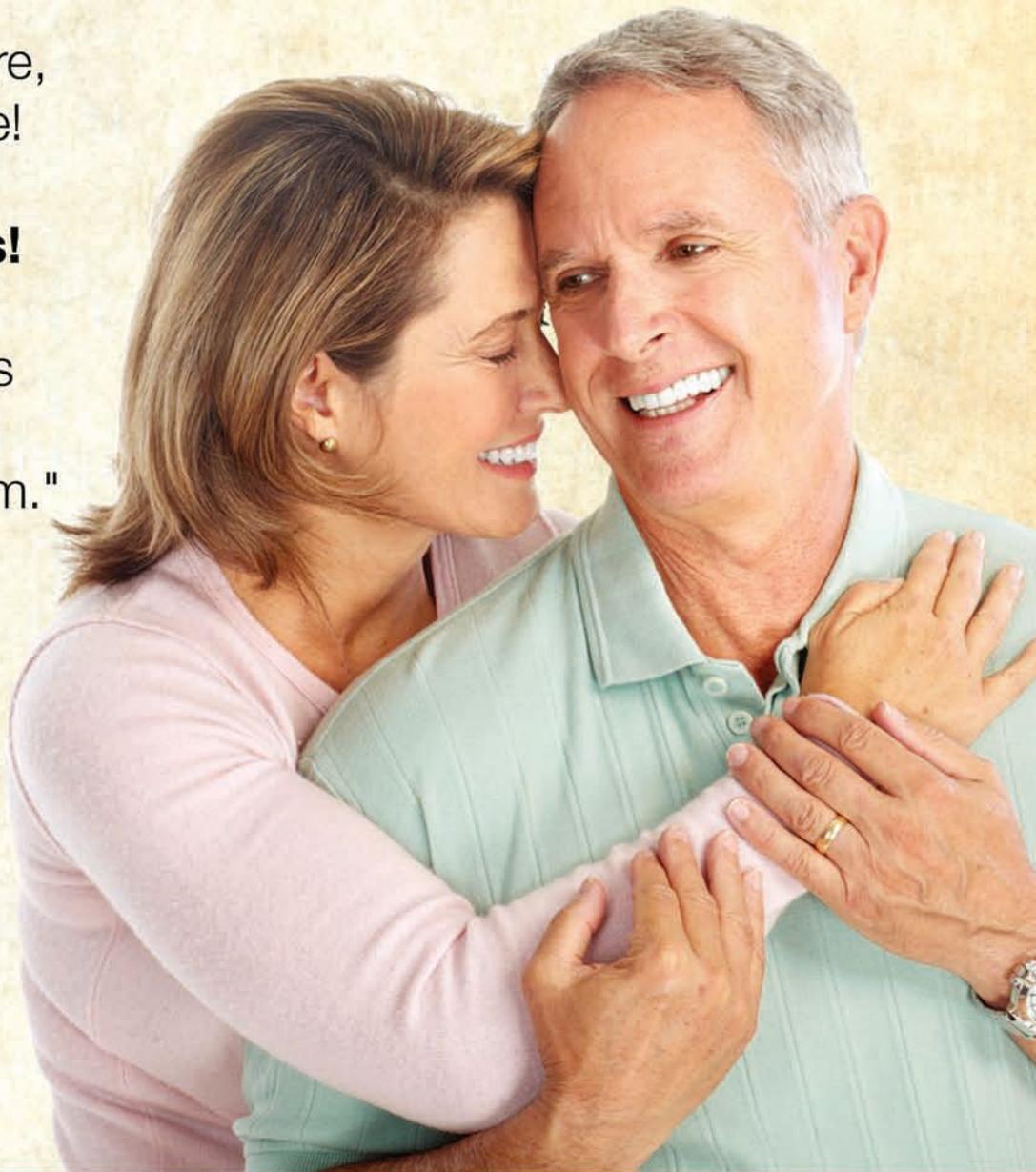


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# Healthy Heart

— By Betty Tryon, BSN

Imagine a pipe drain inside your bathroom. Over time, hair, soap residue and other gunk may stick together and start to collect on the internal walls of the pipe. Naturally, since the deposits are inside the pipe, the pathway for flowing water begins to narrow. In coronary artery disease, or CAD, the pipe is your blood vessel and the gunk is cholesterol. If the gunk in your pipes builds up enough, water flow will cease, and you'll have a clogged drain. If the cholesterol in your blood builds up enough, you could have a heart attack or stroke.

CAD is the buildup of cholesterol containing deposits called plaque in the arteries that supply blood to the heart. This plaque causes the arteries to become narrow and rigid, which in turn restricts the blood flow through the vessels. It often takes years to receive this type of damage. Some people may not be diagnosed with CAD until they have a heart attack. As the arteries narrow, it becomes more difficult for enough oxygen-rich blood full of nutrients to reach the heart.

One of the most common symptoms of this disease is angina, or pain in the chest. In women, especially, this pain can also be felt in the back, abdomen, jaw and arm. Angina may feel like indigestion, squeezing, pressure or aching. Another telltale symptom is shortness of breath. If your coronary arteries are compromised enough by plaque buildup, the proper amount of

blood cannot get through to meet your body's needs. This leads to breathlessness and fatigue.

Risk factors for CAD are interrelated and can exacerbate each other. Some of the factors are smoking, which can restrict the flow of blood vessels; high blood pressure; high cholesterol; being overweight; family history; and diabetes. Men are more likely to have CAD than women. But that statistic changes when a woman reaches menopause. A sad fact is that some risk factors now begin in childhood, with so many children being overweight and inactive.

CAD can be prevented and/or treated. There are medical procedures and medication to treat CAD, but there is a lot you can do for your health on your own. It begins with living a healthy lifestyle by watching your diet, keeping your weight under control and getting enough exercise. Much of what makes a healthy body is up to you. **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.*

### January 29 — February 14

Last Round-up of the Guacamole Queens: **Friday** and **Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m., Theatre Off the Square, 114 N. Denton St. Order tickets at [www.theatreoffthesquare.org](http://www.theatreoffthesquare.org) or call (817) 341-8687.

### February 4

Father-Daughter Dance -An Evening in Paris: 6:00-8:00 p.m., Clark Gardens, 567 Maddux Rd. Fathers and daughters (K-6th grade) share a special bond with music, dancing, refreshments and fun memories. \$20/couple, only 250 tickets. Must pre-purchase at Cole's House of Flowers, 100 S Oak Ave., Mineral Wells or online, [www.cacpalopinto.org](http://www.cacpalopinto.org). For more info, contact the CAC for Palo Pinto County at (940) 468-3895.

### February 9

Stories Along the Trail, East Parker County Library Fundraiser: 6:30-8:30 p.m. Faith Presbyterian Church 301 Bailey Ranch Rd., Aledo. Welcome Brian Burns, singer/writer/historian, as he performs "Once Upon a Time in Texas," enjoy a wonderful dinner and announcement of the annual "Never Give up Award" recipient. \$50 includes dinner, program and benefits the library. Contact East Parker County Library at (817) 441-6545 or email [libdirector@epclibrary.com](mailto:libdirector@epclibrary.com).

### February 13

Cupid Shuffle 5K & 15K: 7:50 a.m., 15K; 8:00 a.m., 5K, start and finish line at Getzendaner Park, Waxahachie. Wear your tutu and your valentine's socks and come RUN in the name of LOVE! Register online at [reachcouncil.org/events](http://reachcouncil.org/events). Email [nisa.hurd@reachcouncil.org](mailto:nisa.hurd@reachcouncil.org) for more info

Cowboy Up for a Cause: 7:00 p.m., Clark Gardens, 567 Maddux Rd. Grab your boots and saddle up. Clark Gardens goes western on Valentine's Day with Cowboy Up for a Cause. All proceeds benefit the Billie Y. Clark Foundation through the Alzheimer's Association. For more info, contact Jaci Ingram at [jaci@clarkgardens.com](mailto:jaci@clarkgardens.com) or (940) 682-4856.

### February 16

History Alive President's Day Story Time: 10:30 a.m., The Doss, 1400 Texas Dr. Community education program for children ages 3-10. Free. Visit [www.dosscenter.org](http://www.dosscenter.org) for more information

### February 27

Parker County 5K/1mile Run: registration 8:00 a.m.; race 9:00 a.m.; awards 10:00 a.m., WCS - Secondary Campus, 2300 Ranger Hwy. Cross Country Style Course with grass, hills and beautiful views. This

event will become ongoing every last **Saturday** of the month. \$10 individual, \$35 maximum per family. For more information, contact Cross Country Coach Bryan Ruiz at 817-341-0000.

### March 4

TCA Red Carpet Dinner and Auction: 6:00 p.m., Trinity Christian Academy, 4954 E I-20 Service Rd., Willow Park. Alex Kendrick, latest movie *War Room*, is the guest speaker. Proceeds will go toward the purchase of buses. Individual tickets, \$40. Sponsored tables available. Find reservation form at [www.tcaeagles.org](http://www.tcaeagles.org).

### March 5

A Walk Through Time, WCS 2016 Gala: 6:30 p.m., New River Fellowship, Hudson Oaks. Annual gala benefitting Weatherford Christian School features Nicole C. Mullins as the keynote speaker/entertainer for the evening. For more information on tickets, tables, donations or volunteering, contact Leslie Chalmers directly. Email [leslie.chalmers@wcsions.org](mailto:leslie.chalmers@wcsions.org) or by phone 817-596-7807 ext. 327.

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

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## In the Kitchen With Brittany Coop

— By Lisa Bell

Brittany Coop works for Texas A&M AgriLife Extension Service of Parker County. Teaching nutrition and cooking skills to families gets her out of bed. At home, she cooks for her fiancé and 8-year-old son. Growing up in Benjamin, Texas, she saw few gourmet foods but learned a lot about canning. Now she teaches food preservation skills.

Many of her recipes come from the Supplemental Nutrition Assistance Program website. The meals are low-cost and nutritious, but for some recipes, Brittany substitutes foods she already has, saving even more money. “Cooking is a chance to show others your culture and learn about theirs. If I can change just one person’s ideas about healthy cooking and eating through a recipe demonstration, then I know I accomplished something important,” she said. **NOW**

### Skillet Pasta Dinner

Makes 4 servings.

- 1/2 lb. ground turkey, ground sausage or beef (85% lean)
- 1 medium onion, chopped
- 1 tsp. or 2 garlic cloves, minced
- 1 15-oz. can tomatoes
- 1 8-oz. can tomato sauce
- 1 cup water
- 8 oz. uncooked tube pasta (ziti, penne or macaroni)
- 2 cups fresh or frozen vegetables (try zucchini and carrots)

1. Brown the ground meat, onion and garlic in a skillet or heavy saucepan. Drain any grease.
2. Add tomatoes, tomato sauce, water and uncooked pasta.
3. Cover and simmer for 10 minutes.

4. Add the fresh or frozen vegetables; stir. Continue cooking until the pasta and vegetables are tender (about 10 more minutes).

### Avocado Breakfast Bruschetta

Makes 4 servings.

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 4 hard-boiled eggs
- 1/2 cup chopped fresh basil (plus 2 Tbsp. for garnish)
- Cracked black pepper, to taste
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)

1. Dice avocado, tomatoes and green onion. Peel and chop hard-boiled eggs.
2. Reserving 2 Tbsp. of basil for garnish,

gently toss first five ingredients in a small bowl. Add pepper to taste.

3. Toast baguette slices and smear with ricotta cheese; top with avocado mixture and garnish with chopped basil.

### Fiesta Wrap

Makes 6 servings.

- 1/4 cup quinoa, dry
- 3/4 cup water
- 2 1/4 cups canned low-sodium black beans, drained and rinsed
- 1/4 cup fresh red bell pepper, seeded and diced
- 1/4 cup fresh red onions, peeled and diced
- 1/2 cup fresh carrots, peeled and diced
- 1/4 cup reduced-fat white cheddar cheese, shredded
- 1 tsp. chili powder
- 1 1/4 tsp. ground cumin
- 1 1/4 tsp. fresh lime juice
- 6 whole-wheat 6-inch tortillas
- 1 Tbsp. vegetable oil

1. Preheat oven to 325 F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3/4 cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.
3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash the beans.
4. Add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin and lime juice.
5. For each wrap, place 1/2 cup of filling on the bottom half of a tortilla, and roll in the form of a burrito. The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 F. Wraps will be lightly brown. Serve with fresh, diced tomatoes, corn salsa and/or lettuce.

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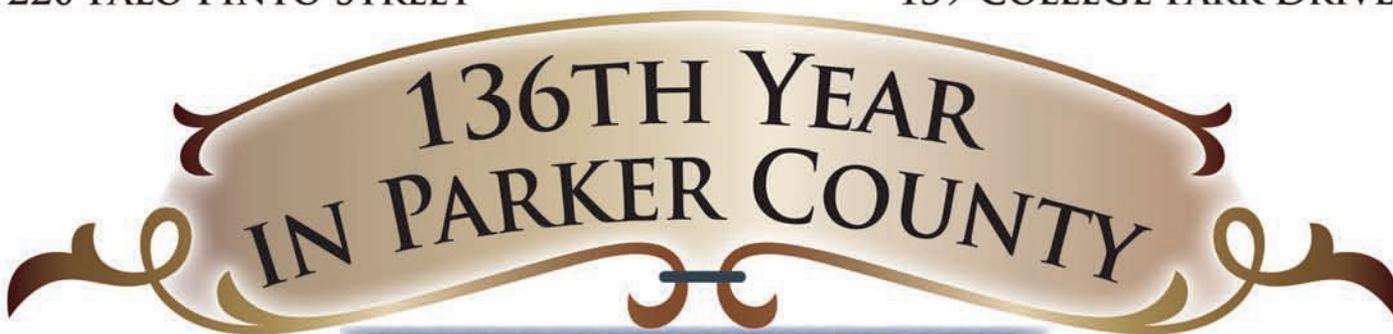
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