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M A G A Z I N E

FEBRUARY 2019

Hell-bent Hiker

Completing the
Pacific Coast Trail is
a feat Marilyn Sikes
intends to accomplish

In the Kitchen With
Gilbert Rivera

Many Happy Accidents

At Home With
Anita Ruthenberg

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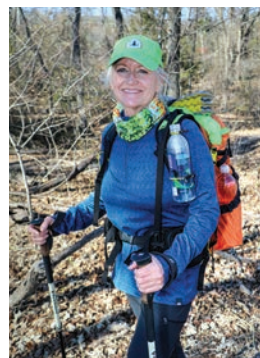
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ON THE COVER

*Avid hiker, Marilyn Sikes,
prepares for her
upcoming trip.*

Photo by
Kenzie Axtell.

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FINALLY a way to fix the PAIN of a BULGING DISC



Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging DISC. That's when one of your spinal discs are bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it. That's a major problem: bad information, because in the right hands, a lot can be done for you.

To end the misery caused by Bulging DISCS, you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. If left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain from getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

FACT: Not true. Dr. Carl McAfee in Weatherford is currently offering an initial consultation with one of their specialists for just \$29.

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EDITOR'S NOTE



Lisa

Lisa Bell
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Imagine a world of perfect love ...

In my imaginary world, love is perfect. When feelings disappear, actions take over. We do it as parents, family and friends all the time. It's difficult to always feel love. But that doesn't mean we quit practicing it. With true love in every heart in this little kingdom of my mind, the inhabitants don't have to know someone to show love. It is simply so prevalent, not showing love is virtually impossible.

I like this world of my imagination. February is that month when we're supposed to show our love to each other. Of course, that doesn't mean we go up and kiss a perfect stranger. That'd be a little weird — and it might end with you in jail or at least having endured a very hard slap to the face.

Still, wouldn't it be nice if this month we really did reach out to total strangers and offered a random act of kindness? Imagine if every person did that for just one other person. Wow. Do you see it in your mind? Consider how many people have no family nearby, and maybe they're new in the community and don't have many friends yet. Let's face it. Some people drive others away. But if we all looked beyond our emotions and put some logical thinking into love, perhaps we could make life a teensy bit better for someone else. And isn't that a big part of love?

Go out and have a loving February all month long!

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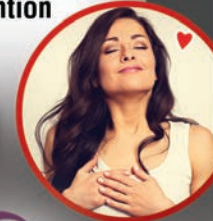
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• MANY • HAPPY ACC

AT HOME



Through five years of vibrant living in her colorful, artfully decorated home southwest of town, Anita Ruthenberg's generosity has been magnetic. An interesting conversationalist who volunteers for the animal shelter, hosts quilting bees and teaches new quilters, she has also impressed new friends with her unique antique dishware, awesome plant collection and a lofty quilting studio that is accessed by a stairwell featuring a stained glass window.



IDENTS

— By Melissa Rawlins

WITH ANITA RUTHENBERG

Berber carpet on the wooden stairs is mostly for the benefit of smiling, happy Henry, Anita's 7-year-old Yorkie. He follows his best friend everywhere in the house she's called home since August 2013. That's when she purchased the place in advance of her December 31, 2013, retirement from a career as an accountant in the oil industry. Once the former owners moved out, Anita had carpets removed and hardwood floors installed. "Then I started coming back and forth with my pick-up truck, delivering mostly garden stuff and oddball items," she said. "I moved a U-Haul truck full in November, and the second load in January 2014."

Reared on a farm in downstate Illinois, Anita moved to Fort Worth in 1976 for work. "Growing up on the farm, gardening and quilting were very different

than what I do now. We had a quarter acre vegetable garden that I helped work in, and I helped with the canning. That was not fun," she said. Quilting according to her mother's techniques was, similarly, too much work.

Throughout her adult life, Anita has perfected the art of flower gardening and quilting for enjoyment. She made her first quilt in the 1980s. "It was barely big enough to cover my legs, and it was hideous," she said. "I show that at quilt guild meetings, because I think it's important for beginners to see that everybody starts at the same ugly place." When Anita had surgery in 1990, and was off work for 8 weeks, she made two quilts. The craft didn't become a habit, though, since she was gardening heavily then.

When she learned about programs

at the Parker County Quilt Guild, she and a lady neighbor drove together from Benbrook. "That got me gigged up for sewing again," Anita said. She organized her spare bedroom in Benbrook, and started quilting in earnest. She's had a sewing machine and an ironing board at-the-ready ever since. In 2000, Anita joined the quilt guild in Weatherford, because it met in the evening, and she worked full time. Not only did she make many friends, but in 2005, she became president of the guild. "In 2006, my company was bought out by ConocoPhillips. Their main accounting office is 50 miles north of Tulsa, so I decided I should follow my pension," she said. "When I returned, I moved to Weatherford because I had kept up my friendships down here while attending quilting events during those eight years."



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Quilting and gardening are more than hobbies for Anita. "It's also my social life," she said. Several sewing machines in her upstairs studio allow her to host all-new quilters. "I call them my green beans," she said. "I'm there to assist with whatever help they need on their own projects." They work surrounded by dozens of wooden shelves filled with neatly folded fabrics and topped with Anita's collection of heirloom items related to sewing.

"I like antiques, and family antiques make me feel connected. I got all my mother's buttons after she died, and her old spools. I bought the large spools from a defunct yarn mill for decoration. I also have chops from Indonesia for printing batik fabrics, a few vintage irons and an old sewing basket," said Anita, who is a vintage sewing machine aficionado. "The first I acquired was my great-grandmother's treadle. The wood has been refurbished, but it still has the ink bottle stain on the corner."

She keeps that bit of heritage at the foot of the stairs, a few feet away from her stunning dining room. Its shiny black table and chairs, which she reclaimed and refurbished, make her placemats pop. She made them just for this room, to pick up the colors in her wall hanging. The matching napkin-holding basket, however, was made by her good friend, Marie Hogia, and purchased at a quilt show in Bartlesville, Oklahoma. "It looked made for my set, but it was pure chance," Anita said. "There are lots of happy accidents in my life, because I look for them."

She looks for color, too. It's easy to see how much she enjoys botanicals when you step into the family room where she and Henry like to watch



television. A couch and an armchair are set on two sides of a gigantic, deep purple area rug. On its third side, eye-catching vases and glass art in purples and reds highlight the bright white mantel. Across the bar, the kitchen has a farmhouse motif, but the dining area looks like a greenhouse, thanks to Anita's collection of orchids growing in the bay window. The purple-toned valance, handmade by Anita, reminds visitors they are indoors. Another valanced window on the rug's fourth side provides light for all the potted plants Anita brought in to overwinter. Out the patio door, bright pots are planted with the kinds of plants Anita has learned do well in our winters.

She chooses pansies and kale, and takes sunny coffee breaks on the patio. From its pleasant seating area, with one love seat, two chairs and pedestaled planters, she enjoys a view of her recently installed perennial garden. She made it from three wooden raised bed planters filled with perennials, as well as "flowers" created by stacking and gluing antique cake stands to fanciful vases. Anita is already planning to expand her collection of potted plants, part of which she'll arrange on a freestanding spiral staircase. Happy accidents like these make Anita's home a place of cheer year-round. **NOW**

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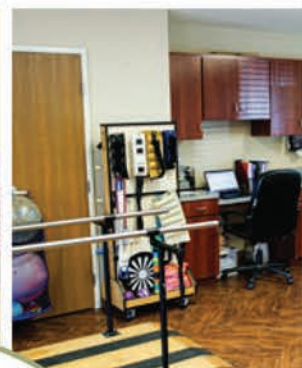
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A hiker, Marilyn Sikes, is shown from the side, walking on a dirt trail in a forest. She is wearing a green cap, a blue long-sleeved shirt, dark pants, and a large backpack with orange and black sections. She is holding a trekking pole. The background is a dense forest with bare trees and fallen leaves on the ground.

HELL-BE Hike

The last time Marilyn Sikes and Dan Shirey hiked the Pacific Crest Trail, they shed supplies as fast as they could. The couple has a “heart-full-of-love relationship.” That four-month adventure in 2017 was their first long-distance hike. They took everything they could think of. Yet as they realized how heavy their stuff was, this dynamic duo took advantage of small-town post offices near the trail and mailed their extra clothes and shoes back to Texas. “I started with a 35-pound backpack, and reduced the weight to 24 pounds by the end of the trail,” Marilyn said.

She plans to tackle the Pacific Crest Trail again next month. This time, she’s packed a mere 20-pound burden. Her new, ultra-light pack is embroidered with “Hell-Bent,” the trail name Dan bestowed to her. “She

NT

— By Melissa Rawlins

or



was hell-bent on finishing the trail, and the only thing she'd slow down for was me," Dan said. "She gave me my nickname, "Stop n' Go." When she gave me that trail name, I said, 'Well, that's really convenient.'"

After hiking most, but not all, of the 2,650-mile trail extending from Mexico to Canada, Dan felt a desire to pay back all the nice people he and Marilyn met on the trail. She'll never forget the trail angels — people who live near the trail and welcome hikers for showers, lodging, meals and fellowship at no charge. He'll never forget his fellow hikers, like the two men who helped him when he took



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one wrong step on a narrow portion of the trail. He fell through the bushes and landed on a boulder 20 feet below. The men who had been resting with their hiking party heard the sound and ran to extricate him. Only his pride was damaged, and he and Marilyn hiked another 200 miles until weather and fatigue halted their journey.

He went back to the Pacific Crest Trail last fall, joining a group of about 12 people to maintain the trail for the safety and enjoyment of adventurers making their way in 2019. But Dan is not going to walk with Marilyn this year. Having hiked in 2017 after healing from a heart attack in the fall of 2016, Dan found his best pace could not keep up with Marilyn's. Instead, she will go with a friend from Austin, Rebecca, whom they met on the trail in 2017.

That year, forest fires in California and avalanches in the Sierra Nevada mountain range prevented many PCT hikers from accomplishing their goal. "You have to be finished by the first of October, before the snow, cold and rain hit. I don't want to be out there during all that," Marilyn said. "I'm going again, so I can finish. I'm going to feel like I've accomplished something with my life."

Forty-five years of Marilyn's life were spent rearing her children and working behind a computer. She always enjoyed the great outdoors, however. On weekends, and sometimes after work, she and Dan bicycled and ran along the trails in and around Fort Worth, and sometimes they traveled to other states for long weekends of hiking in national parks. "Now that I'm getting close to

retirement, I've got to do some things in a hurry, before I run out of time. My definition of retirement is hopefully doing more hiking," Marilyn said.

In 2016, after beginning a part-time job and having more time to hike, she researched the adventures she'd like to tackle. The three trails within the United States that avid hikers call The Triple Crown are The Pacific Crest Trail, The Continental Divide Trail and The Appalachian Trail. Dan may join Marilyn on parts of those trails, as she walks over the next several years to complete the Triple Crown. "I really do like to hike with my partner," she said, smiling as she thinks of Dan's good heart. "He's always a jokester and kept me laughing when the days were long and tough, and believe me, some were tough."



To complete the Pacific Crest Trail will be a lifelong accomplishment, into which Marilyn has poured a lot of planning and processing, mentally and physically. She spent the last year training at Quanah Hill, at the west end of Lake Weatherford, walking with her backpack to keep her muscles strong and the soles of her feet flexible. She and many others are grateful for the Pacific Crest Trail Association and the maintenance crews. They work continually to provide a glorious trail for the many hikers (aka, Hiker Trash) from all over the world. "This trail is definitely World Class," Marilyn said.

Now, free at heart to seek fun and adventure along the West Coast, Marilyn is going into the mountains, the desert, the snow and the heat. "My goal is to experience all of those issues, to see what I can do," she said. And through it all, she's going to see how tough she can be. **NOW**

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— By Lisa Bell

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Since 1986, Blue Ridge Signs' work has appeared all over Parker County and surrounding areas. What began as a love for custom-etched wooden signs grew to meet all sign options. But Scott Alley admits the wooden signs are still his favorite.

Blue Ridge Signs is a full-service commercial sign shop, but it also serves individuals, offering custom-etched wooden signs, as well as decals, lettering on vehicles and 3D building signs. In addition, when its employees go to install a sign, they obtain city permits and adhere to requirements. Scott encourages new businesses to talk with them before ordering something they



can't use because of restrictions. They also serve individuals with smaller signs in wood or stone.

Scott's mother-in-law, Sherry Hamilton, and his wife, Amanda, have been creating the rustic hand-made signs for more than 20 years. In Parker County, they found a need for long-lasting signs to identify ranches. The signs made from redwood or cedar last many years. And even when they need a touch-up, the structure remains sound, whether it is a small individual sign or one that hangs over a store front. "Ink, color and plastic wear out," Scott said, "but the wooden signs last. We have lots of secrets no one can know."

As time went by, Blue Ridge Signs learned how to create lettering on vehicles. Then a customer wanted a banner, so they learned how to create banners. With many companies wanting magnetic signs for their vehicles, they learned how to do those, as well. The best sellers for individual purchases include names in wood or stone, which become markers on

mailboxes or may be used as a unique wedding gift. Often, they get orders for a stone someone wants to use as a memorial for a beloved pet or to celebrate a new home or marriage.

While Sherry and Amanda are the true artists of the business, Scott loves interacting with people. He enjoys meeting with customers and attending community events.

Scott's passion for small businesses and the community is obvious. "I most love seeing new businesses — the excitement when someone gets their first sign and opens the door," Scott said.

Scott also appreciates watching that business grow. He rejoices when the business gets so big the owner sends in an assistant for a new sign. "That's what I love," he said.

In the old days, Blue Ridge Signs hand drew and faxed designs for approval. Now they use computers, but they still provide a free on-site evaluation. Blue Ridge Signs knows city codes and can recommend the best options to fit a business need while meeting local requirements and restrictions. However, businesses and individuals should have a good idea of the design they want on a sign. Blue Ridge Signs welcomes printouts and drawings.

"I most love seeing new businesses — the excitement when someone gets their first sign and opens the door."

When ordering a sign, Scott encourages adequate planning. The wooden signs take longer to make, but the company must also obtain permits. With a new business, a good timeline prevents the need for a temporary banner while waiting for the creation and installation of a permanent sign.

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Zoomed In: Melissa Smith

By Lisa Bell

When visiting the Weatherford Public Library, you may notice the beautiful smile of new children's librarian, Melissa Smith. Joining the staff in late November 2018, Melissa said, "I feel lucky and blessed to have become a part of the Weatherford team." From an early age, she always loved books. Instead of playing school, Melissa played librarian. She made her own cards and system, pretending at the career she eventually chose.

A librarian for 25 years, Melissa recently moved to Weatherford. "I always loved books and helping people find information," she shared. "It's been wonderful here. People are very friendly." Of course, Melissa makes friendliness easy as she greets each customer with a smile and helpful attitude. Welcome to Weatherford, Melissa.



Daisy and Maggie get lots of attention during their outing with their mom, Julie.



Jon and Dottie Vandagriff establish the first new scholarship for Weatherford College's 150th year.



Tina's Rentals takes down equipment after First Monday.



Cindy Clifton receives the Weatherford College Staff Member of the Year Award.



Nathan and Claudia Gene enjoy a mild winter day, complete with a coonskin cap.



Liz Lawler is ready for some serious reading.



Colton Wurtsmith gets excited over the windchimes with his mom, Shanna.



Dylan Mcvold and Nicole Phillips take good care of their coffee customers.



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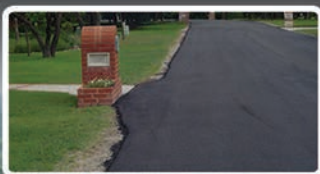
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Around 10 or 11 years of age, Gilbert Rivera began cooking. “My grandparents and I would go see my great-grandma every summer,” he said. “They let me grill things like basic hamburgers and hot dogs, or even sausage.” Gilbert admits he has a lot to learn from his dad about grilling. He also loves baking.

“I enjoy cooking because you can be creative and express yourself. You can try different ways of doing things with amazing outcomes,” he said. “When you combine knowledge, you may be surprised what happens.” He works at Parker County Senior Center and wants to attend culinary school and perhaps own a food truck. When not cooking, Gilbert is a gaming video creator and produces and uploads videos to Twitch, YouTube and Facebook. **NOW**

Beef Stew

From PCCOA Kitchen staff. Serves 25.

6 lbs. lean beef chuck, cut into
3/4-inch cubes
Flour for dredging
Oil for browning
1 1/2 gal. beef stock
2 lbs. carrots, peeled and sliced
1 1/2 lbs. celery, chopped
2 lbs. onions, chopped

4 lbs. potatoes, cut into 3/4-inch cubes
1/4 gal. canned tomatoes
1/4 gal. tomato puree
2 oz. salt
2 tsp. pepper
1/2 tsp. oregano (optional)

1. Dredge 2/3 of the beef in flour; brown in oil.
2. Combine with all beef in a large pot; cover with beef stock.

CookingNOW

In the Kitchen With

GILBERT RIVERA

— By Lisa Bell

3. Let simmer for 2 hours or more, adding beef stock when needed.
4. Stir in carrots, celery, onions, potatoes, tomatoes and tomato puree. Add seasonings.
5. Cook slowly until meat and vegetables are tender.
6. Serve with cornbread.

Cornbread by Glenda Walley

Makes 72 muffins.

10 1/2 cups corn meal
4 1/2 cups flour
10 Tbsp. baking powder
1/2 Tbsp. baking soda
3 Tbsp. salt
1/2 cup sugar
14 eggs
1/2 gal. buttermilk
1 qt. water
3/4 cup melted shortening

1. Preheat oven to 375 F
2. In a large bowl, combine all ingredients; mix well. Fill muffin tins.
3. Bake for 15 minutes.

PCCOA Kitchen Staff

Potato Salad

Serves 25.

- 20 lbs. potatoes
- 12 hard-boiled eggs
- 4 large onions, chopped
- 2 cups dill relish
- 1 stalk celery, chopped
- 4 cups mayonnaise
- 1 cup mustard
- 2 cups pickle juice
- 3 tsp. salt
- 1 bell pepper, chopped

1. Peel and cut potatoes into chunks; boil until soft. Let cool.
2. Cut hard-boiled eggs into chunks.
3. Once potatoes have cooled, mix with eggs, onion, relish, celery, mayonnaise, mustard, pickle juice, salt and pepper. Refrigerate until cold.
4. Serve and enjoy!

Barbara's Sugar Cookies

From PCCOA Senior Ann Gardner
Makes 7 dozen.

Cookies:

- 2 cups Crisco shortening
- 3 cups sugar
- 4 eggs
- 4 tsp. vanilla
- 8 cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 10-12 Tbsp. milk

Icing:

- 1 tsp. vanilla
- Water, to reach desired consistency
- 1 lb. powdered sugar
- Food coloring (optional)

1. For cookies: Preheat oven to 350 F.
2. Cream together shortening, sugar, eggs and vanilla.
3. In a separate bowl, sift together flour, baking powder and salt.
4. Gradually alternate adding milk and flour mixture to shortening mix.
5. Chill dough well. Roll with rolling pin; cut into desired shapes.
6. Bake 12-15 minutes. Cool; add icing.
7. For icing: Add vanilla and water to powdered sugar until desired consistency is reached. Add food coloring, if desired.
8. Dip top of cookie into icing; drain off excess.

Banana Pudding

Gilbert Rivera, PCCOA Kitchen Manager
Serves 6-8.



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Barbara's Sugar Cookies

3/4 cup sugar
1/2 cup flour
1/4 tsp. salt
2 cups milk
3 eggs
2 Tbsp. margarine
1 tsp. vanilla

8 bananas
1 11-oz. box Nabisco Nilla Wafers
Whipped cream

1. Combine sugar, flour and salt together. Add milk; cook over low flame, stirring occasionally, until mixture thickens.

2. Slowly stir half of mixture into well-beaten eggs.
3. Combine with remaining hot mixture; cook for 2 minutes. Add margarine and vanilla; remove from flame.
4. Let cool completely.
5. Once pudding is cool, start with one layer of pudding mixture, then one layer of bananas, followed by one layer of wafers. Continue repeating layers until all ingredients are used.
6. Top with whipped cream; chill in refrigerator until ready to serve.

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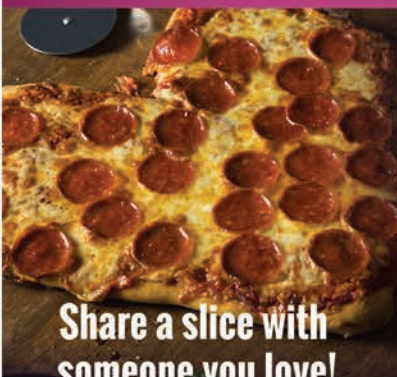
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ADVENTURE T H R O U G H HISTORY

— By Melissa Rawlins

Lift your glass for a toast: To life! And give three cheers for destiny — a concept Americans hardly discuss anymore. Since accomplishing our manifest destiny, we tour distant places on a roundtrip ticket, sure that our final destination is home sweet home.

Yet, there is a spot on this planet that has been and will be home to countless generations. And its doors are open to visitors year-round. Israel's heartland, otherwise known as Samaria and Judea, has welcomed intrepid travelers ever since Abraham left Ur Kašdim (commonly translated as Ur of the Chaldees) for Canaan. But the 40-mile-wide swath of land, with Jerusalem in its center, is especially popular now that agritourism is trendy.

Participating in farm activities while touring this part of the Middle East provides a balanced approach to travel. Seasonally, there are grapes to prune in the winter and harvest in the summer — when figs are also easy to find — and olives to pick in the fall. Organic olive orchards, planted near vineyards equidistant between the Dead Sea and Jerusalem, experience pure sunshine throughout the year.

One reputable organization that has developed relationships with multiple local farmers is HaYovel.com, based in the United States. Since Israel's Hebrew-speaking populace rests every Saturday, and prepares for the Sabbath on Fridays, agritourists only work a few days per week and then give their bodies a rest while investigating various aspects of the region's art, archaeology and appetite.

Health nuts can smell, taste and hear the story of the Saboneto family of organic soaps after driving northeast of Jerusalem to Kochav HaShachar. Foodies will be fascinated by the cuisine throughout Israel. Small cafés with spicy, healthy meats and vegetables are usually ensconced near museums, synagogues, marketplaces and gas stations.

In Jerusalem, larger restaurants like Ima's cater to tourists visiting Israel's center of government, the Knesset. Throughout the day, kiosks pressing juices from fresh pomegranates make a nice alternative to the ubiquitous coffee break. And it's always a treat to start mornings with a visit to the *shuk* (fresh market) in Jerusalem, where cheeses and candies unlike any other are bought in the thousands by people who plan to share them in their own restaurants or homes.

Afternoons and evenings are perfect times to visit the wineries that are popping up throughout the country. Sixteen years ago, Samaria and Judea had only a few small vineyards serving individual families. Now, more





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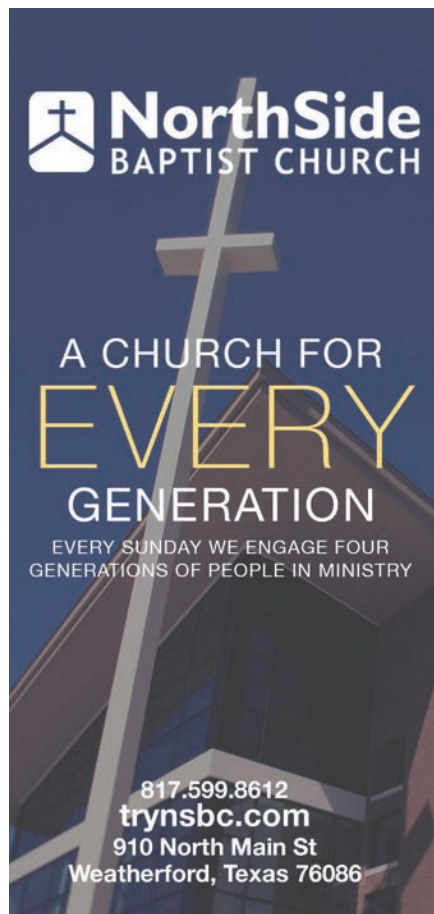
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than 350 acres are planted with fruitful vines, and a million bottles of wine are produced annually. This is partly because volunteer agritourists are empowering the wine industry's growth. Psagot Winery, close to Beit El (Bethel) northwest of Jerusalem, is a modern gem boasting wide-open views of rock-studded mountains. Kabir Winery, farther north in Elon Moreh, feels a bit more "ancient." Maybe that is because its vintner, Eliav Hillel, is also a scribe. Nearby, the settlement of Itamar, established in 1984, is at the forefront of Israel's organic agriculture.

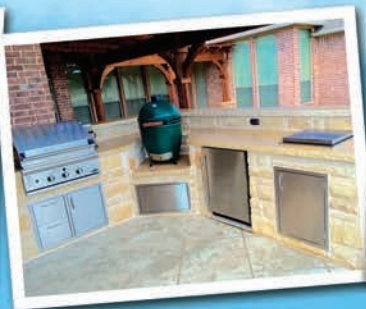
Forty miles north, you can wine and dine in Tiberias, where a 10th-century crusader castle now hosts a nightclub. Not far up the shore of the Sea of Galilee, viewing fine and modern art in Ginosar's Museum of the Galilee can precede an invigorating swim in the harp-shaped lake. A little farther north, Capernaum provides history buffs an abundance of beautiful ruins to study. And the beaches of Ein Gev invite families and individuals to simply chill.

No matter how much you enjoy traveling independently, you'll glean more of the depth and breadth of Israel's nature, history and culture by traveling with a guide who lives in the land. Michael Bar-Neder (annbn@012.net.il) specializes in guiding mentally and physically challenged people, as well as families, on tours of biblical Israel. Maayan Usva Cohen (pathsofisrael@gmail.com) guides both on contemporary political issues and in the biblical landscapes of Judea and Samaria, and can also take you on off-road adventures in her jeep. Ask for recommendations when you start planning your trip to the heartland of Israel with the Shomron Regional Council at www.tourshomron.org.il.

Israel awaits with much to learn and see. *L'chaim* — to life — and to destiny! **NOW**

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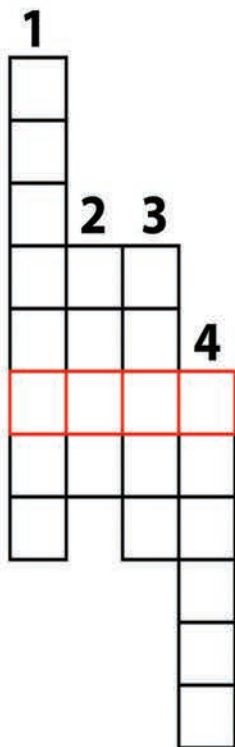
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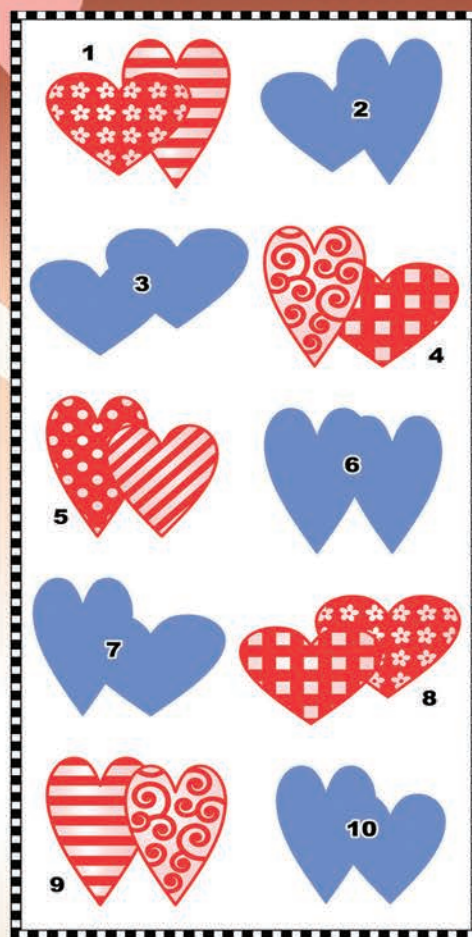
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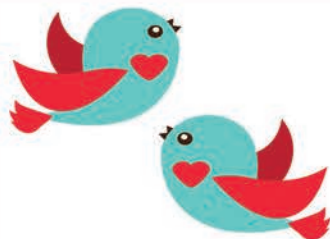
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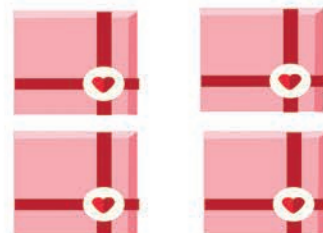
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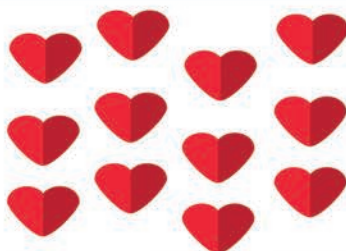
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Review Your Fixed-income Strategy as Interest Rates Rise

When interest rates rise, the value of your fixed-income investments, such as bonds, will typically fall. If this happens, how should you respond?

First of all, it's important to understand this inverse correlation between interest rates and bond prices. Essentially, when interest rates rise, investors won't pay you full price for your bonds because they can purchase newly issued ones that pay higher rates. So, if you sell your bonds before they mature, you could lose some of the principal value.

You may be seeing a price drop among your bonds right now, because interest rates generally rose in 2018 and may continue to do so in 2019. While you might not like this decline, you don't necessarily have to take any action, particularly if you're planning to hold these bonds until maturity. Of course, you do have to consider credit risk — the chance that a portion of the principal and interest will not be paid back to investors — but unless the bond issuers default, which is usually unlikely, particularly with investment-grade bonds, you can expect to receive the same regular interest payments you always did, no matter where rates move.

Holding some of your bonds — particularly your longer-term ones — until they mature may prove useful during a period of rising interest rates. Although long-term bond prices — the amount you could get if you were to sell these bonds — tend to fall more significantly than

short-term bond prices, the actual income that longer-term bonds provide may still be higher, because longer-term bonds typically pay higher interest rates than shorter-term ones.

To preserve this income and still take advantage of rising interest rates, you may want to construct a “bond ladder” consisting of short-, intermediate- and longer-term bonds. Because a ladder contains bonds with staggered maturity dates, some are maturing and can be reinvested — and in a rising-rate environment such as we're currently experiencing, you would be replacing maturing bonds with higher-yielding ones. As is the case with all your investments, however, you must evaluate whether a bond ladder and the securities held within it are consistent with your objectives, risk tolerance and financial circumstances.

You can build a bond ladder with individual bonds, but you might find it easier, and perhaps more affordable, to own bond-based mutual funds and exchange-traded funds (ETFs) that invest in bonds. Many bond funds and ETFs own a portfolio of bonds of various maturities, so they're already diversified.

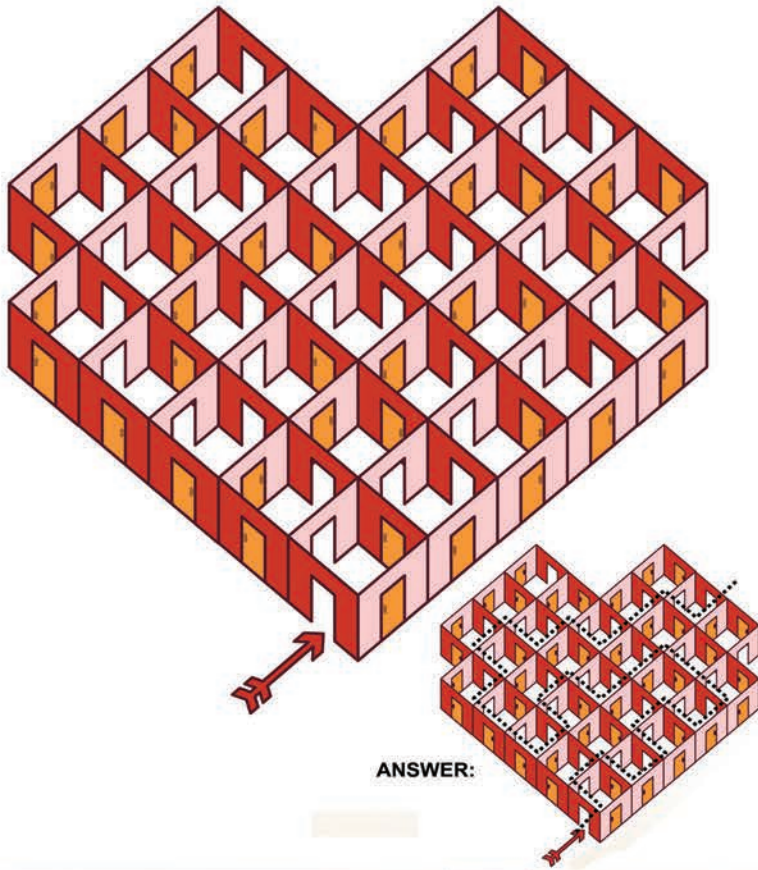
Building a bond ladder can help you navigate the rising-rate environment. But you also have another incentive to continue investing in bonds, bond funds or ETFs — namely, they can help diversify a stock-heavy portfolio. If you only owned stocks, your investment statements would probably fluctuate greatly — it's no secret that the stock market can go on some wild rides. But even in the face of escalating interest rates, bond prices generally don't exhibit the same sharp swings as stocks, so owning an appropriate percentage of bonds based on your personal circumstances can help add some stability to your investment mix.

As an investor, you do need to be aware of rising interest rates, but as we've seen, they certainly don't mean that you should lose your interest in bonds as a valuable part of your investment strategy. **NOW**

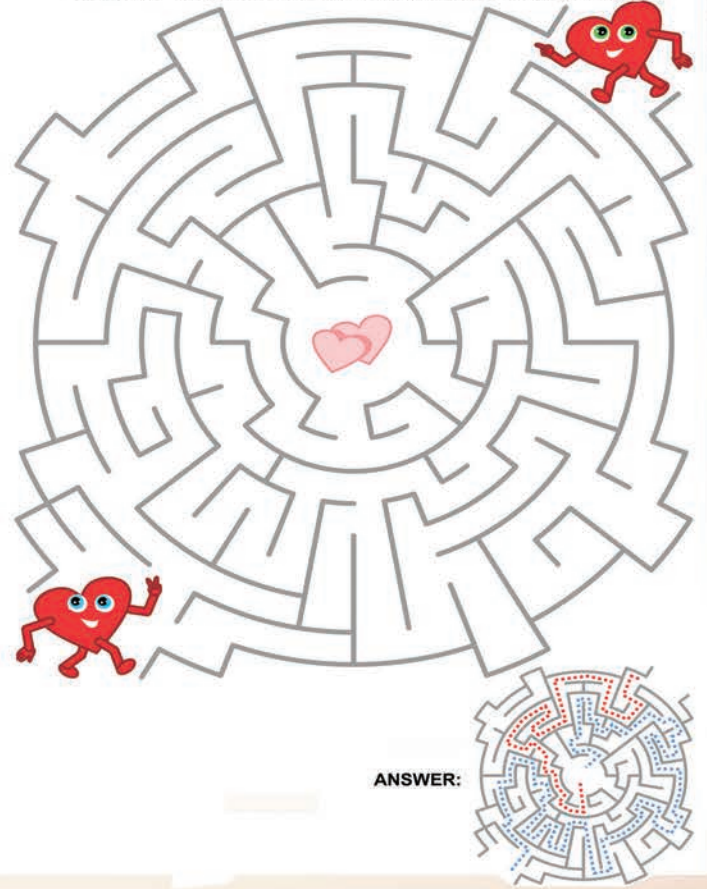
This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.

Kids' Fun Pages

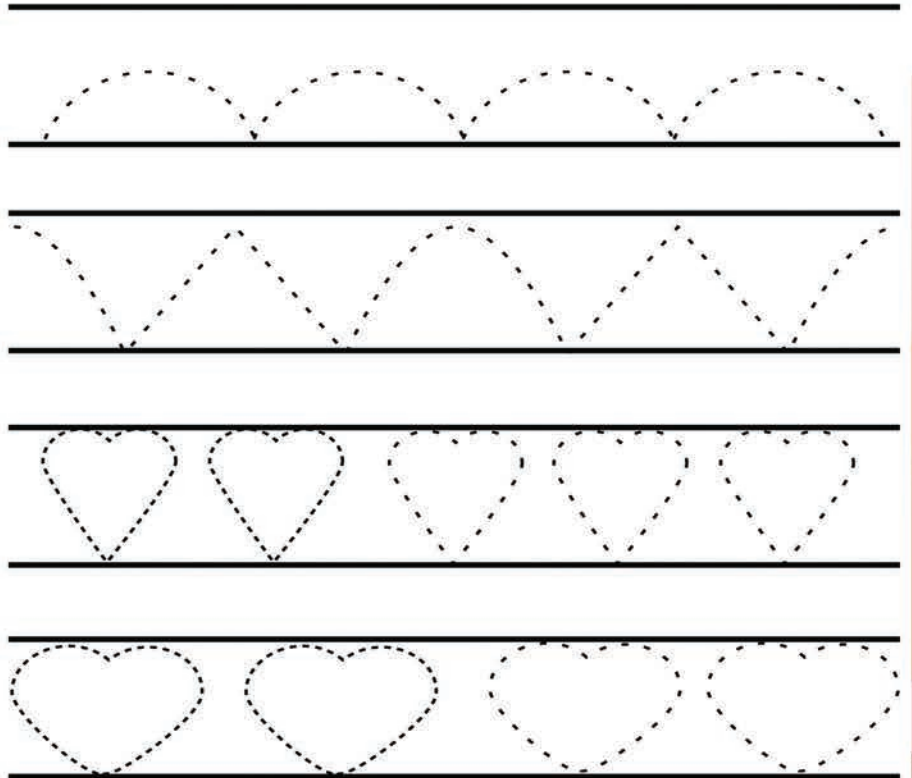
Can you find the path through this heart shaped maze?



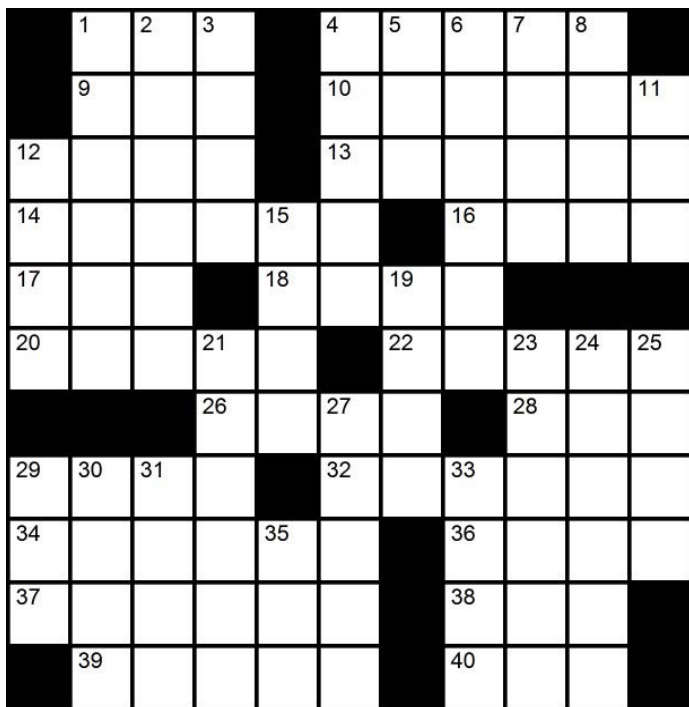
Help the hearts to meet in the middle of the maze.



Handwriting practice



Crossword Puzzle



CrosswordSite.com Ltd

Across

- 1 " --- now or never"
- 4 Hard on the nose
- 9 Vast amount
- 10 Arranged for voices
- 12 Pie-crust ingredient
- 13 Only state with two official lang
- 14 Puncture
- 16 Caltech, for ex.
- 17 Sparse fluid
- 18 P --- puzzle
- 20 A freckle past ---
- 22 Once more
- 26 Exultation
- 28 Attempt
- 29 Comedienne née Molinsky
- 32 Commuter computer
- 34 Taking the place
- 36 Outer covering
- 37 Softened
- 38 "Halt, --- fire!"
- 39 Prolonged blockade
- 40 Advent mo.

Down

- 1 Prophetic Bible book
- 2 Blessed Mother
- 3 --- City (Baghdad district)
- 4 Pains
- 5 Half a dance, perhaps
- 6 Quarreling
- 7 Pakistan neighbor
- 8 Politician's stand?
- 11 Snockered
- 12 Where to find swinger Michelle Wie
- 15 Songwriter --- Perkins
- 19 UN nuclear watchdog
- 21 Set on fire
- 23 What one goes around in
- 24 Subtly sarcastic
- 25 Big Apple corps
- 27 Cleverly avoid
- 29 Dandy beginning?
- 30 Singles
- 31 Slimming drug
- 33 Urge along
- 35 Brain surgeon's test equipment

Solutions on page 44



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Sudoku Puzzle

Easy

4		9	7		2		6	
	2		4					
	8	2	3					
6								1
		4			5	6	2	
		6		5		2		9
	4	5		1		7		
				3				

Medium

5								
			6	8			3	
	9					1	6	
							5	1
		4	7	2	1			6
7								
		6		1	2	4		
		1		5			7	
						8		

Crosswordsite.com Ltd

Solutions on page 44

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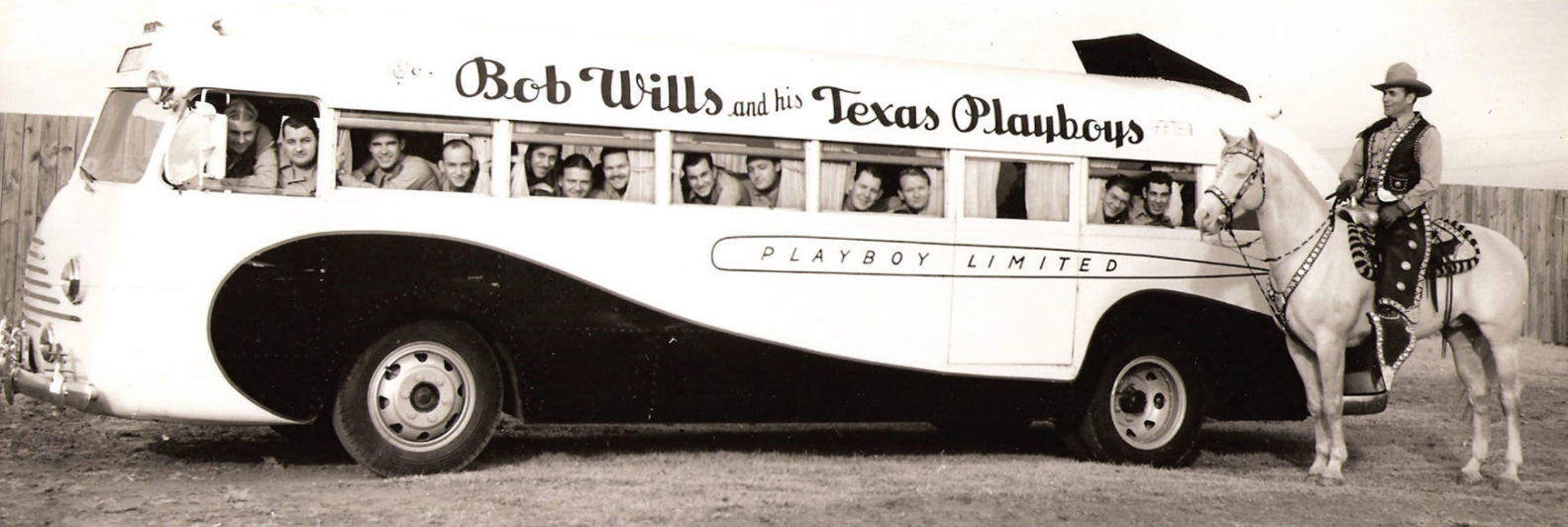
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Did You Know ... Western Swing Is the Official Music of Texas?

— By Carolyn Wills

Yes, that would be a resounding yes and a good ole Bob Wills holler. Officially, the designation happened June 17, 2011. That's when Governor Rick Perry signed Resolution #35, and the 82nd Texas Legislature got 'er done. Long before 2011, though, and even before its naming, Western Swing was playing in the hearts of two innovative Texans.

Those Texans were Milton Brown (1903-1936) and Bob Wills (1905-1975), both among the most influential swing artists of all time. They met in Fort Worth in the early 1930s, gained popularity as the original Light Crust Doughboys and, then, formed individual renowned Western Swing bands.

Sadly, bandleader/vocalist/guitarist Milton Brown died from a car crash at an early age. Although he missed the opportunities of time, as “the Father of Western Swing,” his is a great legacy. With the Musical Brownies, he often performed to packed houses at Fort Worth's Crystal Springs Dance Pavilion with its 800-capacity dance floor and fabled reputation as the birthplace of Western Swing.

Bob Wills had a long, prolific career as bandleader, fiddler, composer, charismatic performer and one who

created a rodeo, owned ranches and dancehalls, loved horses and appeared in black and white “shoot 'em up” Hollywood westerns. Among his many recognitions are inductions into the Country Music Hall of Fame, Rock & Roll Hall of Fame (with his Texas Playboys as Early Influences) and a Lifetime Achievement GRAMMY.

What is it, then, about their music? Why, with beginnings in the 1930s, has Western Swing gained distinction as our state's official music?

A little history:

Western Swing is unique within the spectrum of country music. It's a demanding form, calling for musical attention and skill and, traditionally, asking performers to employ a certain style and, above all, respect for those who come to listen and dance or, simply, to tap toes. It was born of frontier and Texas fiddling, of blues, jazz and gospels shared in cotton fields and country churches, of Mariachi influences and heart-pounding big band sounds.

Before transitioning to the city in the 1930s and to radio, recordings and Texas dancehalls, it was the music of ranch



Joey McKenzie of the Western Flyers performs the music of Texas.



dances and country gatherings. During the Great Depression, it was the source of hope and release, and during World War II, the sound of home.

In 1969, Wills' "San Antonio Rose" traveled to space to be enjoyed by the crew of Apollo 12. In the 1970s, having just discovered Western Swing, a young Ray Benson formed his band, Asleep at the Wheel, to begin a long, successful career. Then, by the late 1970s and 1980s, as Willie, Waylon and "the boys" created a stir with "outlaw country," Waylon Jennings reminded the world that "Bob Wills Is Still the King." Later, when the Rolling Stones came to Austin, Mick Jagger made sure to perform that song.

Brown and Wills were superstars with unprecedented style and profound abilities to connect with audiences. They were gifted musicians who surrounded themselves with great musicians, who also knew how to touch the hearts of those who listened.

"I love Western Swing because it incorporates different styles from jazz to blues to swing," Jason Roberts, leader of the Jason Roberts Band, said. "The great musicianship of Western Swing players over the years remains unrivaled!"

To this day, Texans tell tales of grandparents or parents who loved the Light Crust Doughboys or who met and fell in love at a Milton Brown dance or of a grieving family comforted by Bob Wills and his Texas Playboys, who often played funerals for free. The lore is colorful and stories endless but, importantly, this amazingly versatile music endures.

According to Ray Benson, Western Swing is alive and well. "Quite an achievement for music that began in the early 20th century," he smiled. "When Bob and his contemporaries blended fiddle and string band music with big band and blues, original American music was born. That my band and entertainers like George Strait and literally dozens of groups around the world are reviving and reinventing Western Swing shows that it still resonates with audiences."

So, it's true. With far-reaching implications, Western Swing is part of the fabric of Texas. "It was born here and is as much a part of our culture as oil derricks, longhorn cattle and chicken fried steak!" Joey McKenzie, leader of the Western Flyers, said. "If something was ever truly cool, I believe it will always be cool, and Western Swing is the epitome of cool," he added. "It has stood the test of time, influenced musicians from George Strait to the Rolling Stones and, thanks to the Internet, is enjoying increased exposure around the world. When the Flyers travel internationally, it amazes us how many passionate and knowledgeable fans there are. Yes ... Western Swing is the epitome of cool!"

So, here it is...

"Today, the foot-tapping tempo of Western Swing continues to be heard across our state. ... It is indeed a fitting symbol for the rich cultural heritage that is shared by all Texans; now, therefore, be it RESOLVED, That the 82nd Legislature of the State of Texas hereby designate Western Swing as the official State Music of Texas." **NOW**

HAPPY VALENTINE'S DAY

FEBRUARY

2/1 — 2/3

12 Angry Jurors Live Play:
Friday and Saturday, 8:00 p.m.;
Sunday, 2:00 p.m., Theatre Off
The Square, 114 N. Denton,
www.theatreoffthesquare.org or
(817) 341-8687

2/2

Cross Timbers Bird Walk:
Guided birding walk to locate and
identify birds of the Cross Timbers
area. Binoculars available for loan.
Free with paid park entrance or
State Park Pass, but reservations
required. 10:00 a.m.-noon, Lake
Mineral Wells State Park, 100 Park
Rd. 71, Mineral Wells,
(940) 328-1171 ext. 222
www.tpwd.texas.gov.

2/7, 2/14, 2/21

**Texas A&M Agri-Life
Extension Be Well;
Live Well – Program on
Healthy Living:**
Learn how to Reduce your risk
for disease, engage in healthy
lifestyle, increase cognition,
enhance physical abilities. 1:00-
2:00 p.m., Weatherford Public
Library. www.ci.weatherford.tx.us.

2/8

**Parker County Women's
and Newcomers' Club:**
Ukaladies entertain with love
songs in honor of Valentine's
Day. All ladies in Parker County
welcome. Support scholarship
fund, create new friendships and
have a wonderful time. Buffet

lunch \$11. Make reservations by
2/1. 9:30 a.m.-1:00 p.m., FUMC
Family Life Center, 301 S. Main
St., Shirley (817) 757-7379
or Lois (817) 946-1930,
www.pcwnc.org.

2/8 — 2/10

12 Angry Jurors Live Play:
Friday and Saturday, 8:00 p.m.;
Sunday, 2:00 p.m.,
Parker County Courthouse,
www.theatreoffthesquare.org or
(817) 341-8687

2/9

Hank's Valentine's Party:
It's Dinner, Dancin' and
Romancin' with Gourmet Food
from Ketzler's. \$92 per couple;
\$50 for singles. 7:00-11:00 p.m.,
Lake Granbury Conference Center,
www.921hankfm.com or
(817) 573-1385.



2/11

The Geekdom:
Share your love of film, TV, books,
videogames and much
more through fan-art and other
geek-tastic activities. 4:00-5:00
p.m., Weatherford Public Library.
www.ci.weatherford.tx.us.

2/14

**Native Plant Society
of Texas, Cross
Timbers Chapter:**

Hands-on program on plant
propagation. 6:30 p.m., Mount
Pleasant School, 213 Raymond
George Way, Jacque Wortman,
jw1829@swbell.net or
www.npsot.org/wp/crosstimbers.

2/16

Kid's Wilderness Survival:
Two-and-a-half-hour course
for kids to learn safety outdoors
and what to do if lost. Kids must
be accompanied by an adult.
Reservations required. 2:00-5:00
p.m., Lake Mineral Wells State
Park, 100 Park Rd. 71, Mineral
Wells, (940) 328-1171 ext. 222.
www.tpwd.texas.gov.

2/18

Trivia Night:
Join us for our quarterly trivia
night. Come alone or as a team.
Antebellum gift cards awarded
to 1st, 2nd and 3rd place teams.
For one night, the library won't
help you find the answers. 7:00
p.m., Antebellum Ale House,
321 E. Oak St. Watch for
updates at www.facebook.com/
WeatherfordPL.

2/19

Beyond Board Games:
Recommended for ages 14
through adult. Collectible card
and table-top gaming. Bring your
own materials for game of choice.

6:00-8:00 p.m., Weatherford
Public Library.
www.ci.weatherford.tx.us or
www.facebook.com/WeatherfordPL.

2/26

Books & Breakfast:
Theme for February is a book
you love; re-read a favorite book
to discuss at the meeting. 10:30
a.m.-noon. Sr. Care Center at
Holland Lake, 1201 Holland Lake
Dr. www.ci.weatherford.tx.us.

2/28

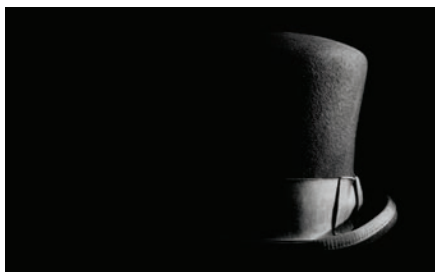
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Add eclectic spice to your
homeschool by blending aspects
of popular teaching approaches
including Charlotte Mason,
Classical, Montessori methods
and more. All parents and
educators welcome. 6:00-7:30
p.m., Weatherford Public Library.
www.ci.weatherford.tx.us.

Mondays

Lone Star Yoga Warriors:
Veterans are supported with
science-based, trauma-sensitive
exercises to regain resiliency. 1:30
p.m., Circle Y Yoga Ranch, 1303
Russell Bend Rd. (817) 609-6454.

First Mondays-
Fridays-Sundays
Prior

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2/28-3/3

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Third Tuesdays

Parker County Cruisers:

The group for those interested in classic cars and specialty vehicles.
6:30 p.m.,

Mount Pleasant School,
213 Raymond George Way.
(817) 994-0074.

First Wednesdays

Zonta of Parker County:

Zonta is an International organization that is empowering women worldwide. Guests are always welcome. 11:30 a.m.,

North Side Baptist Church, Room 118. Brenda (817) 771-9713.

Second Wednesdays

The Twentieth Century Club:

Women's volunteer organization meets each month except in July and August. Begin with potluck lunch, followed by a short program and business meeting.
12:00 noon, 321 S. Main St.
Karren Lucas (817) 613-6697.

Thursdays

Doss After Dark:

Doss After Dark strives to build

relationships across generations through fun programs that appeal to a broad audience. 6:00-8:00 p.m., Doss, 1400 Texas Dr.
www.dosscenter.org.

Second Thursdays

Gardeners' Club of Parker County:

10:00 a.m., St. Francis Church,
117 Ranch House Rd.,
Willow Park. (817) 919-6280.

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Crossword - Sudoku Solutions

[illegible]

7	6	3	5	9	1	4	8	2
4	1	9	7	8	2	5	6	3
5	2	8	4	6	3	1	9	7
1	8	2	3	4	6	9	7	5
6	5	7	9	2	8	3	4	1
9	3	4	1	7	5	6	2	8
3	7	6	8	5	4	2	1	9
8	4	5	2	1	9	7	3	6
2	9	1	6	3	7	8	5	4

5	6	3	1	9	7	2	4	8
1	2	7	6	8	4	5	3	9
4	9	8	2	3	5	1	6	7
6	8	2	9	4	3	7	5	1
3	5	4	7	2	1	9	8	6
7	1	9	5	6	8	3	2	4
8	7	6	3	1	2	4	9	5
2	4	1	8	5	9	6	7	3
9	3	5	4	7	6	8	1	2



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