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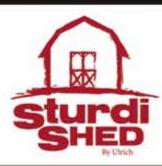
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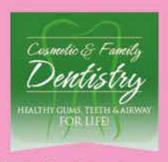




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ON THE COVER



Fredrick Sanders brings jazz music alive in Weatherford.

Photo by Lori Baur.

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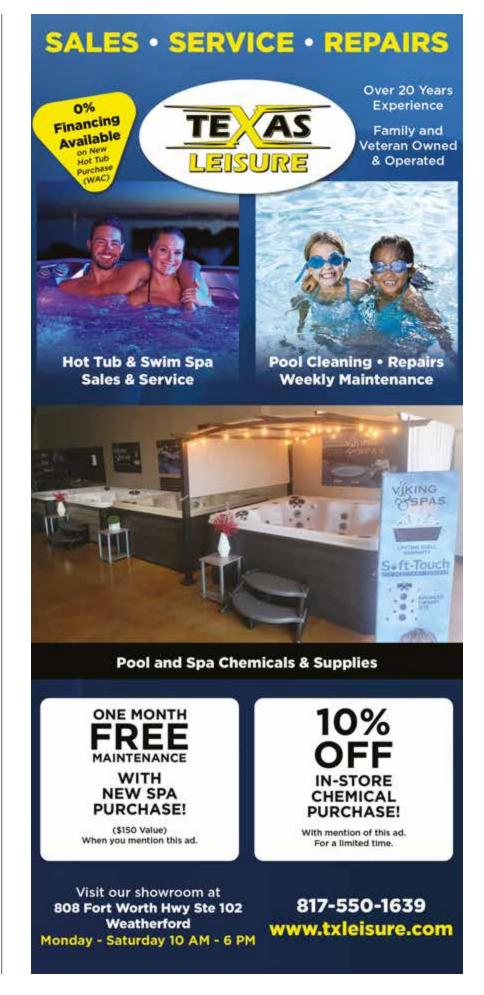
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EDITOR'S NOTE

As February dawns ...

I reminisce about the past decade. In 2012, I had the privilege of meeting two ladies from NOW Magazines, LLC in search of freelance writers. Trying to establish myself as a credible writer, I didn't hesitate. My inaugural story, "Angels in Leather," appeared in the December 2012 issue of *GranburyNOW Magazine*. A proud moment, it launched a three-year-long freelance relationship.

In 2015, I left a corporate job to pursue writing, never dreaming of what God had planned. Near fall of that year, I accepted a position as the community editor for *WeatherfordNOW Magazine*. I grew to love the community, meeting many of you around town, taking photos, interviewing and writing your stories. Some of you became genuine friends and remain so, and many of the stories forever reside in my memories.

With mixed emotions, several months ago, I decided to retire from NOW. Someone asked me, "Do writers ever really retire?" No, I think not. I plan to continue writing books and assisting other writers with editing and seeing their works published. Although excited, I will miss writing for the community. You won't see me here in the magazine every month. But who knows? I love Weatherford, and you might catch me around town. I leave *WeatherfordNOW* in capable hands, knowing you will welcome back Amber D. Browne and give her as much love and joy as you have given me.

Until we meet again, may God bless you all beyond your wildest dreams, just as He did me during our time together.





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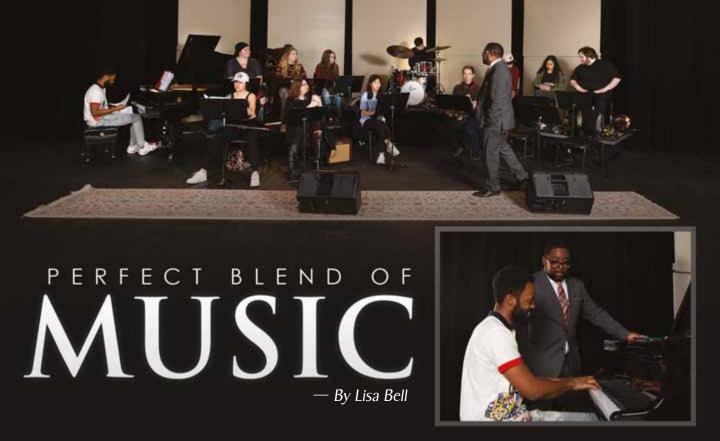
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With a pandemic in sight and no answers, Fredrick Sanders returned to Weatherford College where his formal education in music began more than 30 years ago. But his story of a lifelong love for jazz developed long before he studied officially. "It's been an amazing journey. My whole life's been built around this journey, and it's not over yet," he shared. With a humble attitude, Fredrick brings a wealth of experience and accolades to the jazz program, and it shows.

Born at Parkland Hospital, Fredrick grew up in West Dallas. Although his parents met in Dallas, his father came from Mexia, Texas, and his mom from Oakwood, Texas. His early informal music training came from the rich sounds of a structured church environment and his grandmother's singing and humming around the house. "I could hear the articulate, consistent, yet unrefined organization of my grandmother's tunes, but I kept trying to figure out how to document the technical aspect of what I heard," Fredrick said.

By the time he reached fourth grade, Fredrick already had an entrenched love for music, picking up and beating on anything he could. One of his first teachers at Amelia Earhart Elementary School, Mrs. Williams, introduced him to his first musical training, "I found the violin too wimpy and wanted to play the bass. But we didn't have a car, so I couldn't get it home on the bus, and settled on the cello, later realizing it gave me the best of all musical worlds," he admitted. "You have to embrace the cello, with its broad musical range, to play the intimate instrument."

Later, Fredrick was accepted to Booker T. Washington High School for the Performing and Visual Arts, for four years. "It was like stepping into a candy store," he exclaimed. With all the creatives at the school, he blossomed and

met many amazing people such as Bart Marantz, Roy Hargrove and Erykah Badu. While Roy introduced him to jazz, Marantz gave him the opportunity to play with ensembles.

After high school, Fredrick continued trying to figure out what he heard at home and church. Bringing musician friends with him, he enrolled at Weatherford College in 1989. Under Dwayne Duret, he received a scholarship to study famous jazz musicians such as Duke Ellington, Ray Charles and Count Basie. "Duret had just returned from European touring. I'm not sure anyone realized what a big deal it was for a little school to represent America with jazz," Fredrick marveled.

Through relationships, the young musician gained opportunities to meet and play with some of the elder statesmen of jazz music like David "Fathead" Newman, James Clay and Clark Terry, who took a liking to his and other young musicians' work. "Clark Terry took us on the road and taught us to play jazz that came from Black culture and embraced blues and folk music with the sophistication of European classical music," Fredrick reminisced.

At Clark's wedding, Fredrick met Alvin Batiste, who became a major mentor in his life. In 1992, he gathered all his resources from working, bought a car from his grandmother, Ruby Lewis, and showed up at Southern University in Baton Rouge, Louisiana. "I knocked on Batiste's office door on campus. Surprised, he asked, 'What are you doing here, Texas?' I told him, 'I came to study under you.' I wasn't even registered for the college, and he helped with that," Fredrick recalled. "It was the beginning of the best education I ever experienced in my life."

With a life designed around nothing but getting better, Fredrick worked multiple jobs, including a job as a security guard, often pulling double shifts. He preferred the graveyard shift outdoors, which no one wanted. "Every morning, I saw the sun approach the horizon, and it reminded me of my purpose, like a light at the end of the tunnel," he said.

After two to three years of studying, Fredrick ran out of money and returned to Texas, where he finished his degree at Southwest Texas State

University (now Texas State University). But the relationships with friends from New Orleans continued. He traveled between Austin and Louisiana every other weekend.

Around that time, he met his wife, Sheila. Best friends for 30 years, 28 years ago she "obeyed the Lord" and agreed to marry him. They have two sons, and one daughter, all in their 20s. His love for jazz continues with an ongoing goal to express his faith, family and creativity.

Fredrick's family returned to Texas in 2011 with several years at Southwestern Baptist Theological Seminary, where he entered a program merging jazz and theology — two of his greatest loves. After several years, a job opened at his high school alma mater.

In 2020, a job opened at Weatherford College, giving him a chance to move his family to a smaller town, somewhat more protected from the pandemic. It also allowed him to give back to the school that had given him so much. "Thinking back to my time as a security guard, I want to be that sunrise for students, to bridge the gap between formal and informal learning," he shared. "I teach my students the importance of not having a backup plan. Born from fear of failure, a backup plan can keep you from pursuing the first plan."

Fredrick partners with Phillip Matthews to better prepare students for the future. By joining art with organizational leadership and technology, he helps students understand they don't have to choose between business or art. The two fit together for those who pursue art as a career.

With an audio engineering class already offered, Fredrick hopes to increase class offerings for managing technology. He'd love to see a computer lab for sound design, graphic arts and more. Eventually, he envisions a supper club or café on the top floor, where student musicians perform, while audiences admire the view of Weatherford. He also dreams of expanding leadership and technology to influence the next generation of leaders.

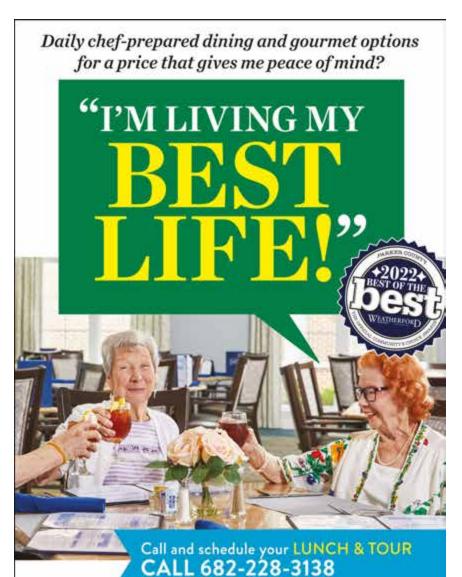
As an immediate need, Fredrick admitted, "We're out of room. We have the best mixing consoles and converters for recording within a 70-mile radius in what we call the jazz studio. But we don't have enough practice rooms." He challenges the community to support the college to meet this need.

The Weatherford College jazz program offers free public concerts, including the Friend and Family Concert coming this spring. If everything works out, Fredrick wants to provide a Mardi Gras event on campus, too. Check the WC calendar for more information on these and other events, and experience an evening of jazz with the man who helps make it happen. NOW









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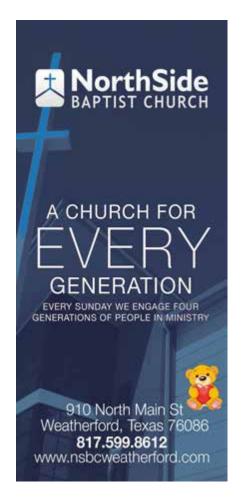
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Around Town



Zoomed In:Timothy "TK" Klund

The Lee Greenwood Patriot Award is a prestigious honor recognizing leaders who support veterans and the military. Former President Donald J. Trump, the Honorable Dr. Ben Carson and Dallas Cowboys Owner Jerry Jones are just a few well-known names to have received this honor, and one of Weatherford's own — Timothy "TK" Klund, CEO of Verve Systems, LLC — was recently added to the list of recipients.

"It's a pretty amazing group of alumni, and it was an honor to be a part of it," TK said. The U.S. Air Force veteran was nominated by Meredith Iler of Helping a Hero and Shilo Harris, a wounded warrior, for his efforts raising funds for veteran organizations including through TK's event, Celebrity Softball Classic.



Bailey poses with Ozzy at Texas Pawfection in Brock.



Emily and Hannah greet customers with a smile and a hot coffee at Ironworks Coffee.



Alex Garrett, owner of Pathway Rehabilitation Sports Therapy, enjoys a Friday at his facility with his pup, Samson.



At The Full Cup for coffee and tea, Lisa Bell passes the torch as community editor to Amber D. Browne.



Reagan Forman and Danelle Weaver are ready to serve customers at Bearcat Pack and Ship in Aledo.



Caleb and Keith Housley take a shopping break with furbabies, Maggie and Molly.



Weatherford College celebrates Kelly Staub as 2022's Faculty Member of the Year.





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- By Lisa Bell

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Owned by U.S. Army veterans, Jennifer Superales and Bryan Gray, the husband/wife team opened for business in January 2022. Jennifer said, "We're looking to help people in financial distress, and we try to assist those who don't qualify for conventional or FHA loans. As veterans, we focus on other veterans, but we'll try to help anyone."

The Porch REI assists homeowners who need or want to sell a home. "It could be a situation where the owners need to sell because they bought another home but don't have the time, energy or money to invest in their previous house. We also see those who inherited a home they don't want or need, and still others who need to get out from under a house for whatever reason," Bryan offered. "But we don't know you're in a situation if you don't reach out to us."

The team also assists those who want to buy property. REI works hard to maintain a trustworthy network. They choose carefully, always cognizant of integrity and protective of individuals and themselves. Their network consists not only of other real estate investors, Realtors and property managers but also of professionals who can handle anything necessary. Their team includes lawyers, buyers, contractors and licensed plumbers and electricians. Where they lack expertise, they turn to their network, enabling REI to give clients the best possible outcomes.

Jennifer and Bryan see themselves as a service provider. They approach people with an attitude of helping them and want those in financial distress to reach out. As a team, they serve as an advocate for the seller to walk away free from a difficult situation. "Understanding a person's 'why' is important," Jennifer shared. "We strive to make sure the homeowner got what they needed, didn't lose their property and could move forward."

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REI tries to make a difference in people's lives. They offer various tools and strategies rather than simply listing a home and waiting for a buyer. Sometimes, they work with their network to support the seller. If a homeowner needs help with cleanup or finding their next place to live, Jennifer and Bryan can help with those situations, too. "It's not just about turning a profit," Jennifer said. "It's more about the social aspect of what we do and leaving a legacy for our children."

Bryan added, "We do our best to be honest and transparent with everyone we meet."

Besides providing services, REI invests in rental property. After making repairs or remodeling a home, they sometimes choose a lease-to-own option. "In these days, 80 percent of people can't qualify to buy a home. By leasing for a specified time, they can then meet down payment requirements and purchase the home," Bryan said.

For those in a situation or who have family or friends going through tough times, Brian and Jennifer encourage them to reach out for help. Bryan advised. "Visit our website and call for an appointment to discuss options." NOW



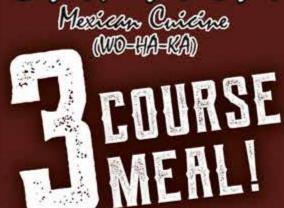


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- Virginia Woolf

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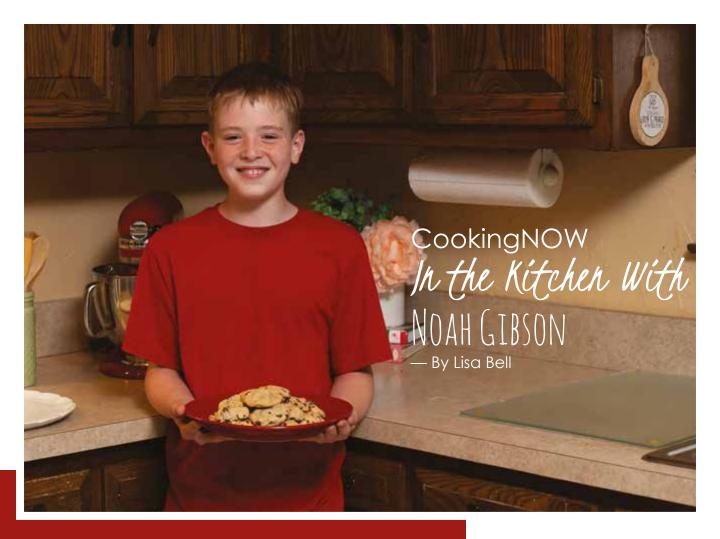
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"Cooking was just a hobby, but then I got really good at it, and it was so yummy, and my family loved my cooking," said 11-year-old Noah Gibson. His mom taught him to cook scrambled eggs at age 6. Finding recipes online and in cookbooks, he sometimes adjusts them to fit his tastes. He especially enjoys making breakfast and desserts with cinnamon as a favorite spice, but he admits he prefers plain of baking.

Noah cooks for his family, who often request his chocolate chip cookies. With four younger brothers, he has a ready audience to teach cooking. "I don't have a profession because I am II, but I want to be a builder or a cook," he shared. His other hobbies include baseball, building and carving. Now

Noah's Chocolate Chip Cookies

- 1/2 cup cooking oil
- 1/2 cup softened butter
- 1/2 cup white sugar
- I cup brown sugar, packed
- 1/2 tsp. baking soda
- 2 eggs
- I tsp. vanilla
- 2 1/2 cups all-purpose flour
- 2 cups semi-sweet chocolate chips
- 1. Preheat the oven to 350 F.

- **2.** Mix all the ingredients together in a large bowl. Mix with a hand mixer until it is all combined like a thick mud.
- **3.** Roll into balls; put the balls on a parchment-lined cookie sheet. Place the cookie sheet in the oven for 11 minutes. Don't overcook!
- **4.** Take them out; let cool. Enjoy! And if you have little brothers, hide them as long as you can.

Mom's Enchiladas

3 Tbsp. all-purpose flour

- I Tbsp. ground chili powder (less if you don't like this flavor, which Mom doesn't so much)
- 1 tsp. cumin
- 1/4 tsp. dried cilantro
- 1/4 tsp. salt
- Dash of black pepper
- 2 Tbsp. tomato paste
- 2 cups vegetable broth (Mom uses Better than Bouillon Premium Vegetable Base.)
- I tsp. apple cider vinegar
- Sriracha sauce, to taste
- 3 Tbsp. olive oil
- I lb. cooked ground beef or ground turkey (can use a blend or ground chicken)
- 3 cups Colby cheese 10 medium flour tortillas
- **1.** Mix all the dry ingredients in a bowl. Mix all the wet ingredients except oil, meat and cheese in a separate bowl.
- **2.** Warm the oil in a small pan until a few flecks of flour sizzle. Pour in the dry ingredients mixture; blend quickly.
- **3.** Whisk in the all-wet ingredients; blend until saucy.
- **4.** In a 9x13-inch glass pan, spread about 3 Tbsp. of the sauce on the bottom.
- 5. Open one flour tortilla on a plate; put

about 3 Tbsp. of the meat, 1 Tbsp. of the red sauce and a generous pinch of cheese on the tortilla. Roll like a burrito; place in the glass pan. Repeat until all the meat is gone. Note: You will still have plenty of

- **6.** Once all the enchiladas are formed, pour the remaining red sauce over them generously, especially covering the ends of the enchiladas.
- **7.** Cover them with cheese; there should be no bare tortillas showing. Cover with foil; cook in the oven on 350 F for about 30 minutes.
- **8.** Enjoy! Goes well with white rice and corn.

Dad's Saturday Pancakes

This makes a ton of pancakes for a house full of hungry boys!

2 cups milk 2 cups flour 2 cups oatmeal I cup water 2 Tbsp. baking powder 1/2 cup white sugar 2/3 cup oil 2 eggs Pinch of salt 1 tsp. cinnamon

1 tsp. vanilla

- 1. Mix all the ingredients in a very large bowl with a hand mixer, making sure everything is blended. This can be done the night before you are ready to cook them.
- 2. Warm a large skillet; when nice and sizzly, pour pancakes to fill the pan, using about 1/3 cup batter for each one.
- **3.** Once bubbling, they're ready to flip.
- 4. Once you have several stacks of pancakes, make sure to grab a plate before your brothers eat them all! Oh, and top with syrup, of course.

Pink Stuff

We have pink stuff every Sunday for feast day.

1 20-oz. can pineapple tidbits, well drained 12 oz. cottage cheese 4 oz. Cool Whip 1/2 3-oz. box Jell-O (any flavor) Fruit, nuts, marshmallows (optional)

- 1. Mix all the ingredients in a medium or large bowl; enjoy.
- **2.** Note: We call it pink stuff even if we make the lime flavor and it's green!

Cinnamon Rolls

Rolls:

2 Tbsp. salted butter I cup brown sugar, packed







Cinnamon, to taste Parchment paper Store-bought pizza dough roll

Icing (the best part):

- I cup powdered sugar
- I Tbsp. butter or cream cheese (depending on desired flavor) Dash vanilla or almond extract (optional)
- **I.** Melt the butter; blend with the brown sugar and cinnamon; it should be grainy.
- **2.** Place parchment paper on a cookie sheet. Unroll the dough flat on top of the parchment paper.

- **3.** Spread the sugar mixture generously to all edges of the raw dough; roll up the dough the long way. Cut into 8 or 9 rolls.
- **4.** In a greased, glass pan, place parchment paper on the bottom; put rolls 1 inch or so apart.
- **5.** Bake in the oven according to the instructions on the pizza dough packaging. (Adjust temperature if needed.)
- **6.** For icing: Mix all the ingredients together. After they have baked, resist the urge to eat them right away! Not only will you burn your mouth, but the glaze will melt right off. The best thing is to wait at least 20 minutes before spreading the icing, then enjoy!

M.O.P. (Meat, Onion, Paprika) Omelets

Butter, for cooking
I tsp. onion powder
I tsp. paprika

- 1/4 cup meat (sausage or your choice)
- **1.** Beat the eggs. Melt the butter in a pan on medium-high heat. Pour the beaten eggs into the pan; sprinkle with onion and paprika.
- **2.** Put the meat on top of the egg; add more onion and paprika to taste if desired. Cook until the egg is firm.
- 3. Enjoy.

3 eggs











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Across

- 1 Robert Downey Jr's father's original surname
- 6 Javanese tree, a source of arrow poison 10 Cavalry
- weapon
- 11 Get -- (banish)
- 13 Failed to keep cool 15 Behind, at sea
- 16 Dictator of former Yugoslavia
- 17 Consider
- 19 "But of course!"
- 20 Front part of an apron
- 23 Half a South American dance
- 24 After costs and taxes
- 25 "Messenger" molecule
- 26 Bright, positive Chinese principle
- 28 Man-eating giant
- 30 Angolan capital 34 Globally
- renowned
- 36 Hullabaloo 37 Often "done" in the middle of the day

- 38 Distribute cards
- 39 Tend a fire

Down

- 1 Scat artist Fitzgerald
- 2 "Land of a million elephants"
- 3 "Meet Me -Louis"
- 4 Behaved
- 5 Requirement for a surprise party
- 6 Vase
- 7 "Seven Years in Tibet" actor
- 8 --- Monk, TV
- 9 Alleviate
- 12 Fishing bob 14 Sine of 30°
- 18 Instruction
- books, as Mulan reinterpreted
- 20 Chesterton's sleuthing cleric
- 21 Close, Don and I go off
- 22 Pan inventor
- 27 Full range
- 29 "Born Free"
- character 31 Forbidden act
- 32 Down source

33 "But, --- was ambitious, I slew him" (Shakespeare, "Julius Caesar")

35 Key to oblivion?

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.

Medium

Sudoku Puzzle

Crosswordsite.com Ltd

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2/3-2/19

Ken Ludwig's Baskerville: A Sherlock Holmes Mystery:

Live stage performance. Fridays and Saturdays: 8:00 p.m.; Sundays: 2:00 p.m., Theatre Off the Square, 114 N. Denton St. (817) 341-8687, www.theatreoffthesquare.org.

2/5

2nd Annual Valentine's Day Party:

Celebrate horses' birthdays.
1:00-3:00 p.m., Golden
Reward Sanctuary, 1201
Friendship Rd.
www.goldenrewardsanctuary.com.

2/10

Sweet on Business:

Networking and luncheon event of the year. Tickets are \$40. Limited seating. 11:30 a.m.-1:00 p.m., Parker County Sheriff's Posse, 2251 Mineral Wells Hwy. (817) 596-3801 or www. weatherford-chamber.com.

2/17-4/17

A Matter of Balance Fall Prevention Class:

Mondays for 8 weeks. 1:00-3:00 p.m., Parker County Extension Office, 604 N. Main St. For more information or to register, call (817) 598-6168.

2/22

Love Your Heart Program:

Learn heart healthy tips and food ideas. \$10. 10:30 a.m.-noon, Parker County Extension Office, 604 N. Main St. For more information, call (817) 598-6168.

2/25

Bearcat Mardi Gras Ball: Proceeds benefit Aledo High

School Project Celebration 2024. Tickets are \$125 each. 6:00-10:00 p.m., The Social Space, 205 S. Calhoun St., Fort Worth. www.aledopc2024.com.

2/27

Weatherford Art Association:

Create a mixed media "junk journal" for 2023. Weatherford artist Sarah Fino will demonstrate creative collage techniques. 6:00-7:30 p.m., Barlow Hall, 125 S. Waco St. www.weatherfordart.com.

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

























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- 8 lb. Ground Beef
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- 4 lb. Thick Bacon 6 lb. Chuck Pot Roast
- 6 lb. Short or BQ Ribs
- 6 lb. Whole Chicken
- ALL FOR ONLY 3 lb. Farm Sausage
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- 3 lb. Chicken Breasts
- 5 lb. Tenderized Round Steak

FREE WITH PURCHASE OF FAMILY SAVER:

10 CENTER CUT PORK CHOPS

FOR THOSE WHO LIKE TO SAVE MONEY AND EAT GOOD

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Steaks, Roast, Ground Beef, Ribs, Brisket, Soup Cuts, **All Your Cuts** Avg. Weight 275 lbs.

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- 4 Pork Chops
- 4 Rib Eyes
- 4 T-Bones (10 oz.)
- 4 NY Strips 4 - Top Sirloins

FREEZER

- 4 Filet Mignons (8 oz.)
- 2 Beef Roasts
- 3 lb. Spare Ribs
- 4 Chicken Fried Steaks
- 2 lb. Pork Sausage
- 2 lb. Bacon
- 12 Ground Beef Patties
- 2 lb. pgks. of Ground Beef

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- 1 lb. Texas Jumbo Gulf Shrimp
- 4 12 oz. Rib Eves
- 2 14 oz. Main Lobster Tails
- 4 Chicken Breasts
- 1 lb. Large Scallops

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