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ON THE COVER



Lupe Torres gives kids an edge in track and for life.

Photo by Kenzie Luke.

CONTENTS

June 2017 • Volume 7, Issue 6



8 Competitive Edge

For nearly a quarter of a century, Lupe Torres coached in Weatherford.

16 These Old Walls

At Home With Mac and Laura Roberts.

24 Hope Within

Alicia Pittman loves volunteering and staying active.

30 Road Trip

Make sure your car is ready for a summer of fun.



36 BusinessNOW

38 AroundTownNOW

39 FinanceNOW

44 CookingNOW

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 613-1533 or visit www.nowmagazines.com.



Editor's Note

Hello, Weatherford Friends!

As June rolls around, we often think about vacations. I have one memory, in particular, that might be my favorite — or most traumatic — which I share with my sister who is two years older than I am. We went with my aunt and grandparents to Garner State Park. What a trip — literally. My sister tripped and rolled down what seemed like a mountain to me, tearing off a toenail in the process. Luckily, a paramedic rented the cabin next to ours. As he worked on her toe, I watched intently.

Granddaddy caught my head about an inch off the concrete stoop. Thank God, I eventually outgrew fainting at the sight of blood!

Although I remember that one bad part, you know what I remember most? Swimming in the river and the Friday night dance, when, as little kids, we showed the adults unadulterated joy and no shame. In spite of the bum toe, my sister and I had fun that week. As always, she looked out for me. She still does.

Make some great memories this month!

Lisa

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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.

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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 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.

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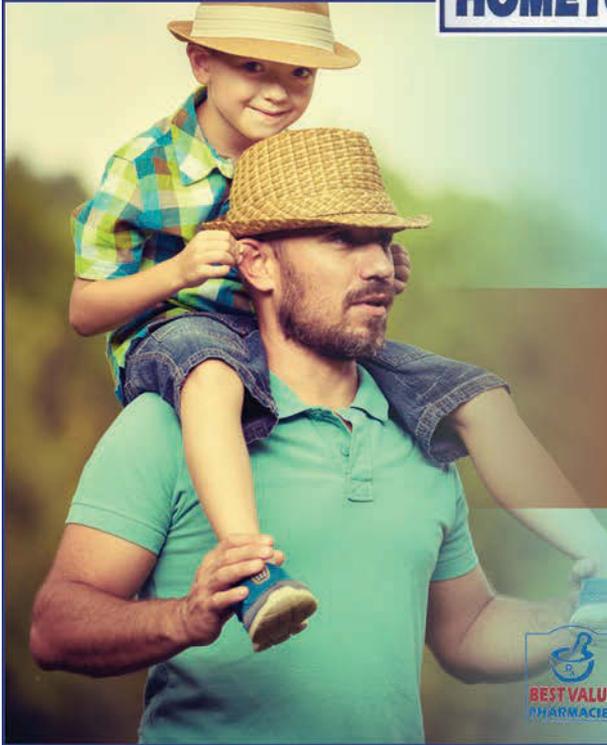


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COMPETITIVE EDGE

— By Amber D. Browne

The competitive spirit lives within most of the human race. Whether it is through sibling rivalry, one's own self-improvement or a team sport, competition drives most to strive toward growth and, ultimately, reach their goals. That competitive spirit motivates Lupe Torres to push his athletes to do their best out on the track each summer.

Lupe volunteers as head coach for Mach 1 Track in Weatherford. Jeff Brazzell founded the running club as Weatherford Track Club back in 1989 to allow his daughter a chance to face tougher competitors. The club later became Mach 1 Track under the direction of Earl Mitchell, who retired in 2012, allowing Lupe to officially take over as head coach. Lupe has been coaching for the program since Earl recruited him and his sister, Rosey Gray, at church 23 years ago. Lupe was attending Weatherford College after graduating from Weatherford High School, where he ran track. At the time, his sister was receiving recognition in the local paper for her high school track performances. Mach 1 Track was a perfect fit for them.

Lupe began using his high school experience, running the 1-mile and 2-mile races to train future track stars ranging in age from 8 to 18 years old.

“When I first started, I used to do the workouts with them. It was much easier then,” he





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said, grinning. Lupe still enjoys the occasional race out on the track with his athletes, but he primarily teaches them running strategies for the distance events, which include the half-mile, 1-mile and 2-mile races. Coaches for other events, such as sprints, include Rosey; Lupe's brother, Antonio Torres; and Matthew Mitchell. Because volunteers run the club, events are limited depending on the coaching staff. It can be difficult to get volunteers to help with the team because of the time commitment. The events the coaches focus on often result in competitors advancing to the USA Track & Field Junior Olympics, which has hosted Mach 1 Track members almost every year since the club was founded.

Mach 1 Track tryouts are held at the end of April, and the team trains and competes in May and June until the Junior Olympics in July. Dozens of children try out for the team, but only about 25 make it. Members are asked to train three days a week and compete each weekend in track meets across North Texas.

Over the years, Lupe learned what characteristics to look for in a runner. When children want to learn and progress, he will help them attain their goals. "They get better when they're competing against the best. For the kids who stick with it, they see how fast the other kids are and progress," he said. "Every year, we have a lot of kids who break records." And when those Mach 1 Track members return to school in the fall, they can see the difference out on the track or field.



Lupe Torres teaches Micah Neal the importance of stretching when participating in track.



The Mach 1 Track athletes have become like family to Lupe, who doesn't have children of his own. "Most of the kids who have been with me since they were young get used to me. I've even had a couple of girls call me dad," he laughed. Lupe's wife, Teresa Torres, serves as the club manager and takes care of athlete and event registrations. The two actually met out on the track in 2010. Teresa is a dental assistant, and the dentist at her office would often urge her to attend track meets to cheer on the team. She decided to go one Saturday in the summer of 2010, met Lupe, and they married 15 months later. "She saw how involved I was and got addicted," Lupe shared. "She's not a runner, but she likes to watch our kids compete.

"We try to make it like a family atmosphere. I think that's what makes our track club unique," Lupe explained. Most parents stay for practices and spend their May and June weekends at the track meets cheering on their children and the team. Many families have siblings who participate with the track club, which has had several sets of twins compete over the years. "They encourage each other."

Lupe enjoys watching his athletes excel in the sport. "It's the competition. It feels good when you beat everybody else or you come close," he explained. "It comes through at practice. They want to get better. They want to get faster."

Mach 1 Track members compete under the USATF Southwest Association and race other teams in the Dallas-Fort Worth Metroplex. Most Mach 1 Track members are from Parker County, but the team occasionally accepts children from other counties who want to learn and compete. "They want to practice with us," he said. "Most of them who stick with the program end up getting scholarships."

During the season, the team has a strenuous schedule. Lupe heads from his full-time job as an aluminum parts plant manager to coach evening practices.

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Track meets are held on Saturdays. The younger athletes compete at track meets in the morning, and the teenagers run in the afternoon.

During the summer, of course, Texas temperatures soar, so the athletes must stay hydrated. The heat doesn't sway the runners, though. They always try their best on the track, pushing themselves to beat the competition. Lupe has prepared them for the race, but it's ultimately up to the athletes to perform. "I think I get more nervous than when I used to compete. I can't control what they're doing," he confessed. "It's tough because you think you have a kid who will advance, but at the regional meet, you see a lot faster kids."

But sometimes, Lupe's athletes surprise him. In 2004, David Hebert went to regionals in Houston. Lupe wasn't able to make the trip, but David won the meet and qualified for the Junior Olympics at Hayward Field in Oregon. They traveled to the Junior Olympics, and David won the national title for the 5,000-meter run. "You just never know."

Mach 1 Track athletes race through the club, competing through their childhood and teenage years. Young children join the club to learn the sport, while the teenagers run to hone their skills during the summer. "Every time it seems like I want to retire, a new set of kids comes along. It makes it hard. I want to see them through." It takes time, effort and a lot of heart, but the Mach 1 Track athletes continue to learn and progress each season. "They start medaling and start to feel really good about what they're doing. That's why I do it." **NOW**

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These Old

At Home With Mac and

There is the old saying, "If these old walls could talk..." and how Mac and Laura Roberts wish that was true for their four-bedroom, two-and-a-half bath, restored home built in the 1800s that once set on 75 acres. The couple moved to Texas and into this home in November 2015. "We walked in, and both of us looked at each other and said, 'This is the home,'" Laura recalled. "It's like it was built and restored just for us."

During the house-hunting process, they told the Realtor they weren't interested in older homes. Laura wanted white subway tiles, a farm-tub sink, all wooden floors and white cabinets. The Realtor decided to bring them to this home, despite their desire for a newer one, as it fit all the other requirements they had. And even though it wasn't on the market at the time of their showing, Mac and Laura wasted no time in claiming the home and making the purchase final.

The Robertses have paperwork from the original house dating back to 1892, and they have concluded



Watts

— By *Lindsay L. Allen*

Laura Roberts



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that it was most likely built between 1875 and 1885, based on stamps on the wood and other indicators. While the home has gone through various phases, it has not changed structurally since 1892. What is now the front of the house actually used to be the back. In the spring of 1892,



their street was built. And to fit with the look of the rest of the homes that followed after the street was finished, the previous owner, J.T. Johnson, took out a loan for \$400 to add a porch around the house, so that the back of the home could become the front and face the street like all the others.

The history of the home continued with various owners, and during the height of war, it was divided into four apartment rentals when Fort Wolters, in Mineral Wells, experienced a lack of housing. To accommodate the upstairs renters, a staircase was added on the outside of the home for their private entrance, but that was later removed.

“After World War II, the owner stopped renting the home out, but didn’t want to sell it either, so he locked it up, and it just sat here on this lot, and everything grew up around it. It was so bad that it actually had a condemned sign on the front door,” Mac said.

In the ’80s, Ron Walker and his wife purchased the home and had their work cut out for them. The cookhouse was ripped out, and it was the only time new shingles have been put on the home since it was built. After the Walkers made a few changes, the house was once again locked up when the couple wasn’t able to finish the restoration due to Mrs. Walker’s sudden death. “The next owners were

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Stan and Minnie Garner, who bought the home at the beginning of 2015, and have since told us their work on the home was almost too late as the house had been left unattended for so long,” Mac said. “He had to gut the house, but the trim you see around the doors and bathroom mirrors are all original.”

The floors in the home were past the salvaging point, when Mr. Garner began his renovations, but he was able to salvage enough of the wooden floors to use for the fireplace mantel and island in the kitchen. “When you look at the decor of our home, it’s new, mixed with old, which fits the history of the house well,” Laura said. “We have always had antiques and this traditional look, mixed with our modern pieces. It just fits.”

Some of the antique pieces found throughout the house include an old wardrobe hutch from a monk monastery in Kansas that sits in the kitchen, next to an organ on the left and an antique icebox with an antique picture and frame above it on the right. In the next room is the antique record player. Laura’s favorite and most cherished piece is a nearly 200-year-old mirror that has been passed down five generations in her family. “I remember seeing it growing up in my grandmother’s home. It had belonged to her grandmother, and then it was passed down to my mother. Now I have possession of it,” Laura said.

In addition to the neat antiques in every room, fresh flowers are found all over. Mac favors orchids and has several he’s watched re-bloom time and time

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again, and Laura loves spending her time in the yard with her flowers, as well.

“The backyard is our favorite place to be. It’s really pretty when all my flowers are planted, and there’s the original and working well on our back porch, with an old wardrobe dresser I bought at an auction that holds my garden tools,” Laura said. One step into the backyard and it’s easy to see why they spend their time outside with the perfect shade and sun, no matter the season. The wraparound porch with seating for up to 10 people, is the perfect entertainment spot and often turns into the hang out location when their children and grandchildren are over.



The guest rooms are each unique, one with white iron furniture and bright colors and another with a more antique look and feel, accompanied by a built-in daybed and yarn art from an older relative. “One thing we loved about this house, which is unique for a home this old, is the size of the closets. They are all very large,” Mac noted. In fact, when the renovations were taking place on their home, one room downstairs was connected to the master bath and was intended to be an office or sitting room, but it was turned into the master closet for Mac and Laura. The upstairs boasts two sitting rooms, both with great views and perfect for entertainment.

“I just want people to walk in and know they can set a glass down anywhere and wear their shoes and just hang out with us,” Laura said. “Our home is comfortable and cozy and traditional and historic, and that is what we really like about it. Everything that was installed in the house was exactly what we would have picked out ourselves, from the lights to the countertops. We wouldn’t change a thing about it.” **NOW**

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“I don’t think I have a Southern accent,” Alicia Pittman said. “But I know those who do.” While she’s lived in Texas long enough to lose much of her Mississippi accent, she kept some of the accent and all of the charm.

Born in Columbia, Mississippi, Alicia’s family moved up to Belzoni when she was in fourth grade. Located in the Delta, many considered Belzoni the Heart of the Delta even though the town wasn’t in the middle of it.

When she went to Mississippi College, the first university east of the Mississippi River to allow women, she met George Pittman from Georgia in 1957. She graduated with a degree in psychology. They married in 1960, and he finished his education at Ole Miss. An English professor before the age of 30, George and Alicia traveled all over the world. Most years while teaching, he took students to England, and some of the times she went with him. “He’s been about 32 times. I’ve been about 27,” she said. He also spent eight summers in China, teaching English. She went some of those years. As the executive assistant to the president of Reformed Theological Seminary for 20 years, Alicia had only two weeks of vacation. She retired to travel.

Early in his career, George landed a job at Howard Payne University in Brownwood, Texas. Their first taste of Texas left a great impression. “We always knew we’d retire in Texas,” Alicia said. Even when they later returned to Mississippi, they took home a love for Texas. Their son came back first, attending Baylor University. He stayed with

Thin

— By Lisa Bell

a new job. Several years later, their daughter got a job at General Dynamics in Fort Worth.

Their son always told them, “If you move to Texas, move where one of us lives, not in-between.” As retirement age approached, one day their son-in-law called and told them the house next door was for sell. So although they weren’t quite ready to retire, they bought the house in 2001 and moved in 2002. “God led us here,” she said. When George retired, they could travel more for pleasure.

“I never dreamed I’d be able to travel. I never left Mississippi until I was 13.” Alicia’s first trip included a 30-minute train ride to New Orleans. “I vividly remember what I wore,” she said. Besides the trips they took for teaching, they went on many mission trips to places such as Morocco, London, Spain, Egypt — Cairo and the Nile River — New Orleans, Oklahoma and Vermont.

Alicia also visited Scotland, Wales, Ireland, Europe, Germany, Spain, Israel, Egypt, the Mediterranean and Caribbean. Iceland, Nova Scotia, Mexico, Jamaica and New England join the list, as well as seven cruises and camping in all but two states in the U.S.

In addition to travel and friendship, the two of them always enjoyed volunteering together. Even when they traveled for pleasure, they often contacted missionaries where they

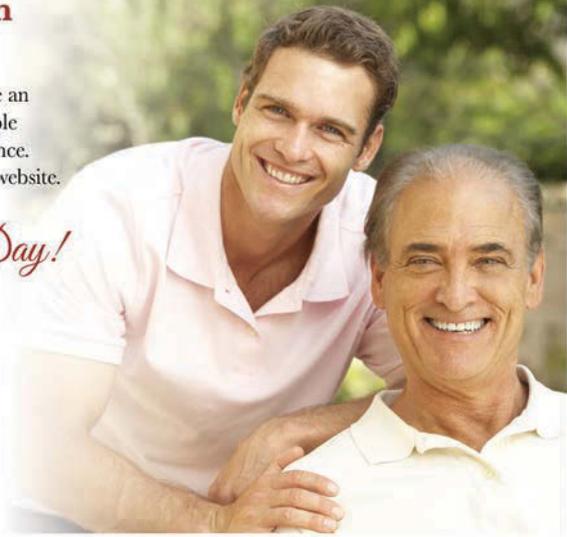


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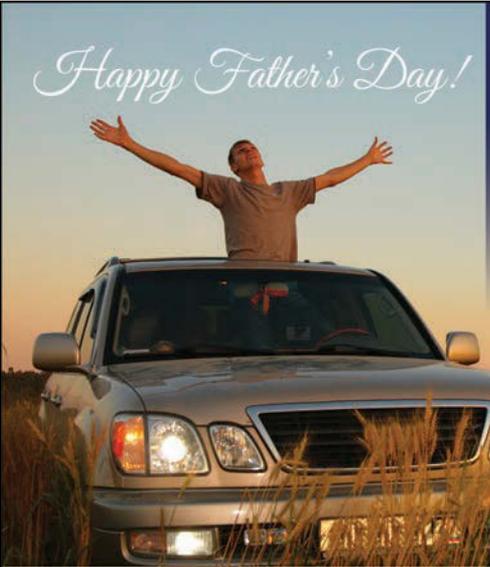
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planned to go. Volunteering their assistance for the week made their trips interesting. They didn't want to travel like most tourists do, but preferred blending in with the local cultures. Before his death, they both worked at the Center for Hope and the Doss. George sat on the board for Doss, and Alicia is a docent. They always loved museums and visited many during their travels.

Varied friendships were part of their life. "George and I had many different groups of friends," Alicia remembered. "In the '60s, one year we spent \$8 for babysitters in December. They costed 35 cents an hour back then."

After 53 years of marriage, early in December 2013, George got sick and was diagnosed with terminal cancer. He spent Christmas week in the hospital, but came home, as the New Year grew close. Three weeks after the diagnosis, on January 1, 2014, he passed.

But Alicia didn't let that destroy her hope. She stays busy with friends and volunteer opportunities. And if she wants to read, George left behind hundreds of books. He was a true bibliophile — loving and collecting all types of books — 19 bookcases full at present count. She still loves reading.

While Alicia doesn't travel much now, she holds sweet memories of the many trips they took together. Having volunteered with George at the Center for Hope, she wanted something different. So she now volunteers at the Hope Chest, an upscale resale shop,



where the money made helps support the Center and gives clients an opportunity to learn about working. She still enjoys her docent role at the Doss.

Not wanting to close herself off and change the active lifestyle she always knew and enjoyed, Alicia looked for opportunities. One of the first things she discovered after moving here was Parker County Women's and Newcomers Club. She'd been part of women's clubs before and joined newcomers clubs as well, many of them with limitations on how long she could stay active. One thing



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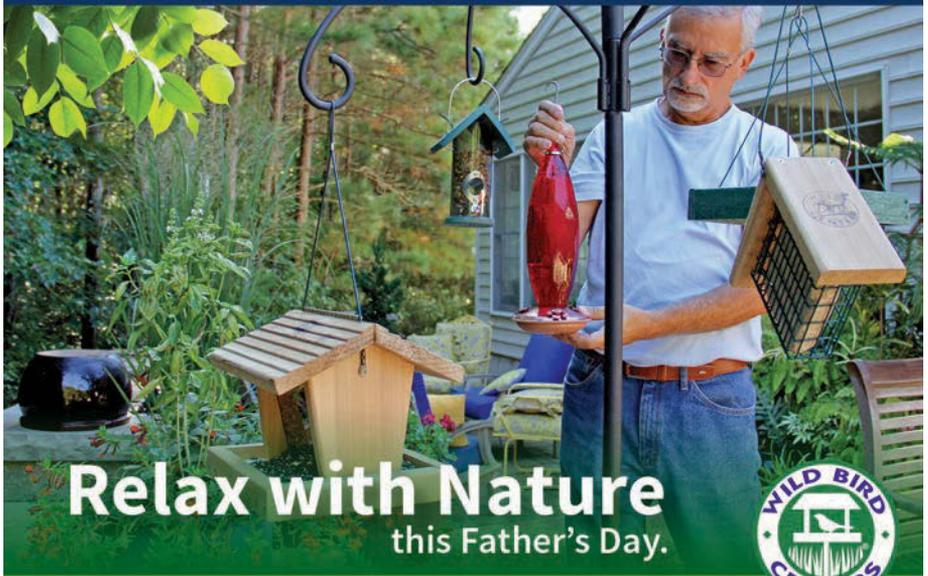
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Some of the other groups Alicia attends are Chick Flicks, Mah Jongg, Book Club, Canasta, Lunch Bunch and Game Daze. Since joining, she has been on the board in several positions, and in 2015, she was named Woman of the Year.

Alicia is an active member of the Church at the Crossing. She also participates in several Bible studies held in different places — Broadway in Fort Worth, the First Baptist Church at Willow Park and Bible Study Fellowship. She plays the piano and organ, plus is part of two ukulele bands.

Cutting back on volunteer opportunities, she allows herself to relax and relish life. She still enjoys entertaining in her home, but also does less than she used to do. "I'm trying to slow down," she said with a laugh. In her spare time, Alicia loves being outside working in the yard. And, of course, she spends time with her daughter, son and four grandchildren whenever possible.

"George's death was sudden, but not the middle-of-the-night-call kind. I was not planning on it," Alicia said. "I'm grateful God didn't choose me as a long-term caregiver." She has a faith-filled hope within that she'll see him again in heaven. In the meantime, she plans to stay active, continue building friendships and finish the happy life she always knew. **NOW**

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- *Oil changes are important.* While the old model of changing your oil every 3,000 miles or three months is often outdated, you do need to make sure to maintain your vehicle's standards. But before you run to an oil shop just before a trip, know that gaskets on oil pans and filters can be faulty, so you want to make the change at least a few days before your trip. That way, you will avoid getting stranded on the highway with a blown engine.

- *A clean car is a happy car.* Washing your car helps with more than just aesthetics. Regularly washing and waxing will protect your car's paint. And if your trip takes you to the sandy beaches of the Gulf or the red dirt near Oklahoma, you will want to make sure to give the car a thorough cleaning after your trip, as sand and grit can hurt both your car's exterior and its inner workings, if left over time.



PLAN FOR THE WORST

- *A little preparation goes a long way.* While no one wants to break down or be in a wreck, ending up stuck on the highway is sometimes an inevitability. While you cannot prepare for every situation, having an emergency kit is a simple step to take. You want to include things like foam tire sealant, jumper cables and duct tape that may allow you to fix minor problems until you can get into a proper shop. You

should also have road flares or reflective triangles, as well as a fire extinguisher and flashlight to keep yourself safe and protected.

- *Have more than just tools.* In addition to roadside safety items, you should always travel with food and certain clothing items. It is smart to throw bottles of water and nonperishable snacks in the car for a long trip, in case you are stranded for a long period. Gloves will come in handy when changing a tire or lifting the hood to check for leaking fluids. And even though it is summer, you want to be sure you have blankets and a poncho, as changing a tire in the rain is no fun at all.

- *Information is key.* You should always have an up-to-date insurance card with you, but especially before embarking on a long trip. Additionally, know where your various roadside assistance numbers are located. All Texas driver's licenses have a number on the back, as do toll tags and insurance cards, if that is part of your coverage. And if you are a member of a group like AAA, you have ample options for getting help when your car is stranded.



DRIVE SAFELY

- *Don't be distracted.* Drivers sometimes think that long stretches of highways are less dangerous, but trying to text or otherwise letting yourself be distracted is dangerous. Playing road trip games or singing along is great, as long as the driver stays focused on the road.

- *Speed kills.* "Young drivers, especially, often think the open road

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"Pay attention and gain understanding." Proverbs 4:1

is an open invitation to see how fast they can go, but that is a huge mistake. Other than being distracted, the biggest problem is driving too fast and following too close," an officer with the DeSoto Police Department said. "Make sure you keep at least three car lengths between you and the next driver in town — more on the highway."



WORST CASE SCENARIOS

- *Don't make it worse.* If you end up having an accident, the first thing you need to do is get yourself in a safe place. "If the car can drive, slowly move it off the road," the officer continued. "If the car cannot drive, just leave it where it is and stand in safety away from the road." Before worrying about insurance, fault or repairs, you need to be in a safe place.

- *Make the call.* When you are in a wreck, the first call you make needs to be to the police. "If it's a teen driver, they should call the police first, then call their parents," the officer detailed. "Then, call your insurance company." If a tow truck is needed, you or your insurance should call it in. State troopers calling a wrecker often leads to higher costs.

- *You should see the other guy.* Only when both drivers are safe, exchange insurance and contact information. If you are hit and the other car flees the scene, do not try to track them down. "The best advice is to get the color, the plate and any description of the driver you can," the officer stated.

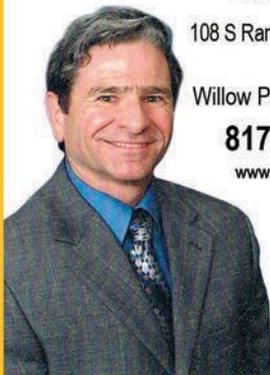
No one wants to break down or be in a car wreck. But, by being prepared and knowing how to handle the worst situations, your summer can be full of open roads and new destinations. **NOW**

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Award-winning Realtor Lisa May creates beautiful drawings in her spare time.

Not Lucky — Blessed

Lisa May feels blessed to be part of a true team at Weichert Realtors. — By Lisa Bell

Lisa May sold her first home as an agent at Weichert Realtors, Team Realty. When everyone in the office celebrated, cheered her on and gave her high-fives, she knew she made a great decision. “I finally figured out what I wanted to be when I grew up,” she said.

A former secretary at Weatherford High School, Lisa knew she needed a better-paying job, especially after her husband’s cancer diagnosis. She thought about real estate when her children were young, but accepted an offer from the high school in 2003. “I thought God must want me at the school,” she said. “I got to be right there with my sons.” Lisa has two adult sons who keep an eye on her. Cody and his wife, Kelli, live in Salt Lake City, where he is a firefighter. Her younger son currently lives with her like a roommate. He is starting his own company to help real

estate agents by taking aerial pictures with drones.

A couple of years ago, she decided to apply for a job as a secretary at real estate offices. After taking résumés to multiple places, Lisa ended her second day of searching at Weichert. As she and Jearl Tipton talked, he asked several questions before saying, “I think you’d make a good Realtor. If you go to school and get your license, I have an office I just painted. It’s yours.”

She discussed it with her husband, who supported her 100 percent. She called Jearl to confirm the offer, then went in and resigned from the high school. At the end of November, she finished classes and after the holidays, she took the test and passed. Going straight to the office, she met Beth Dickens. “Beth had me out showing houses the first day,” Lisa shared. “She’s amazing.”

Business **NOW**

Lisa believes Weichert's uniqueness comes from the people, who aren't just co-workers, but more like family. They supported her through November and December 2016, until her husband passed at the end of the year. According to Lisa, the team cheers each other on. "Most learning about real estate comes from on-the-job training. When I started, several other Realtors went along to put door hangers out just for me."

Lisa works hard and enjoys living, which makes her a great Realtor.

Lisa herself is a walking miracle — literally. In 2013, a horse threw her, and she suffered a hangman's break, which in most cases causes death. She also crushed vertebrae and crushed an artery. Although she lived, doctors didn't expect her to walk again. While she has limited mobility of her neck, she walks perfectly fine. "I don't do 'quit' very well," she said. "I'm on bonus days — I have to make every one of them count." She works hard and enjoys living, which makes her a great Realtor. Plus, Lisa makes friends with every client — friends to the point of getting together for dinner. Many of her clients came to her husband's service, and one offered to help her write thank you notes. Lisa believes if a Realtor doesn't develop that type of friendship with a client, they're missing out.

She looks forward to her 2013 student aide joining Weichert soon. She plans to mentor this new agent and continue sharing everything she learns with others. Winner of the 2016 Executive Club for Outstanding Sales Performance, she also looks forward to many successful years in real estate. **NOW**

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Happy Father's Day!

Lisa May

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Junior AP art student, Naila Wilson, places second at the Parker County Art Contest - National Crime Victims' rights week.



Congratulations to the WCS track team members who qualified for state finals.



Families from Emmanuel Church enjoy the Pizza Place.



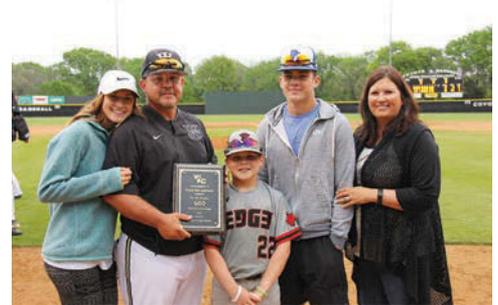
Grace Edwards wins at the state competition.



The Circuit Breakers advance to the world championships.



Alondra Resendez and Jaydyn Frank share knowledge with a younger student at the Aledo ISD STEM Carnival.



Coach Jeff Lightfoot celebrates his 600th win with his family.



WCS celebrates and supports Leslie Chalmers as she moves to a new season.



Weatherford College students enjoy digging at the Newberry Cabin site.

Money Management for Teens

For many teenagers, living on their own at college is a major reality check. While 71 percent of teens feel confident in their money-managing skills, many lack practical experience. Teach your child how to make sound financial decisions without your help. Here are three important lessons in money management for teens:

Lesson #1: Creating a Budget

Help teens understand where their money is going with a basic budget.

- **Track spending.** Before deciding how to allocate expenses, teens should track where their money goes for a few weeks. Include items they might not pay for now but will in the future, such as clothing, entertainment or extracurricular activities.
- **Do the math.** Help your teen come up with an income total for each month, including allowance, gifts or after-school jobs. Then budget necessary expenses first. If there's a shortfall, discuss ways to cut discretionary spending or increase income.

Lesson #2: Saving Money

Make setting aside income second nature for your teen.

- **Be consistent.** Teens should strive to put the same percentage of their income each month toward savings goals. This will help make savings a habit.
- **Watch it grow.** Once your teen is saving consistently each month, open a savings account and explain how compound interest can increase savings.

Lesson #3: Building Credit

Teach your teen the benefits — and risks — of buying on credit.

- **Use responsibly.** By carrying a balance from month to month, your teen could pay hundreds of dollars in compound interest charges. Discourage teens from charging purchases they can't really afford.
- **Scores matter.** Explain how to build a good credit history by avoiding late payments and keeping card balances low. Good credit will help your teen years down the road when securing a car or home loan. **NOW**

Article provided by The Mader-Bagley State Farm Agency.

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In the Kitchen With Carol Beggs

— By Lisa Bell

Carol Beggs grew up in Ponca City, Oklahoma. “I took the attitude of the pioneer woman with me to Texas. I grew up on good, Southern home cooking and was brought up to be virtuous, (Proverbs 31:10-31). I had great role models in my parents and grandparents.” Carol still prefers down-home cooking, although she likes all styles. Cooking means creating with food.

“Married for 35 years and having seven children to cook for, including for all of their events, my family said I should open a tea room someday.” So, when they moved to Weatherford two years ago, she opened Painted Pony Tea Room. When not cooking, Carol loves to draw, paint, sew, crochet, knit, dance, sing and do hair and makeup. **NOW**

Peanut Butter Chocolate Chip Cookies

This is a family favorite.

- 1 cup butter, softened to room temperature**
- 1 cup peanut butter**
- 1 cup granulated sugar**
- 1 cup brown sugar**
- 1 egg**
- 1 Tbsp. milk**
- 1 tsp. vanilla**
- 2 1/2 cups flour**
- 1 1/2 tsp. baking soda**
- 1/2 tsp. salt**
- 2 cups semi-sweet chocolate chips**

- 1.** In a mixer bowl, blend butter with peanut butter until incorporated.
- 2.** Add sugars and mix well. Add egg, milk and vanilla; mix well.

- 3.** In another bowl or gallon-sized Ziploc baggie, mix together flour, baking soda and salt.
- 4.** Add the dry mixture to the wet and mix; add chocolate chips.
- 5.** Roll dough in ping pong ball-size balls; roll them in sugar, and flatten them onto a cookie sheet lined with parchment paper.
- 6.** Bake in a 375 F oven for 8 minutes.

Millionaires for a Penny

- 1 11-oz. bag Kraft caramels**
- 1 Tbsp. water**
- 1 16-oz. bag chopped pecans**
- 1 pkg. chocolate almond bark**

- 1.** Unwrap and place caramels in a glass, microwave safe bowl.
- 2.** Add water and microwave for 1-2 minutes, until melted; stir.

- 3.** Add pecans and stir again.
- 4.** Drop caramel/nut mixture onto a cookie sheet lined with a butter-greased piece of parchment paper.
- 5.** Place into freezer for a couple of minutes. In the meantime, melt some chocolate almond bark in another microwave safe bowl.
- 6.** Drop caramel/nut clusters into the chocolate and pick up with two forks, letting most of the chocolate drip off.
- 7.** Place onto a clean sheet of parchment paper and leave until chocolate is set.
- 8. Note:** Putting back into freezer helps to expedite this step.

Great Beginnings to Great Gravies

- 3-4 Tbsp. grease from fried chicken, pork or beef patties (or substitute 3-4 Tbsp. butter)**
- Flour (enough to absorb the grease)**
- Milk, to desired thickness**
- Salt and pepper, to taste**

- 1.** After frying and removing meat, drain all but the required grease.
- 2.** Add enough flour to absorb the grease.
- 3.** Using a fork or a whisk, slowly add milk a little at a time while stirring until desired thickness is reached.
- 4.** Bring to a boil then remove from heat. Gravy thickens as it cools.
- 5. Note:** With seasoned meat, additional seasoning may not be needed. When using butter, add salt and pepper to taste, or add chicken or beef bouillon. You may also use this recipe as a base for soups or sauces.

Best Marinade for Chicken

- Chicken, whole (or substitute pieces as desired)**
- Italian dressing**
- 7UP soda**

- 1.** Rinse and cut up chicken. Place into a gallon-sized Ziploc bag.
- 2.** Add enough Italian dressing and 7UP to cover chicken when bag is closed.
- 3.** Squeeze as much air out of bag as you can when closing.
- 4.** Refrigerate overnight and cook as desired.

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

June 1

Book Buzz with Penguin/Random House: 6:00-7:30 p.m., Weatherford Public Library. Representative from the publisher will present new books, and attendees will receive a free tote bag and more. For more information, visit www.weatherfordtx.gov/142/Library.

June 1 — 5

Experience Art in Nature Exhibit: **Monday-Saturday**, 8:00 a.m.-6:00 p.m.; **Sunday**, 10:00 a.m.-5:00 p.m., Clark Gardens, 567 Maddux Rd. One of a kind exhibit, showcasing art and sculpture from the private gallery of Shafer Collection. For details, visit www.clarkgardens.org.

June 2 — 11

TOTS Dilemmas with Dinner: **Friday-Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m., Theatre Off The Square, 114 N. Denton St. For details or tickets, Call (817) 341-8687 or visit www.theatreoffthesquare.org.

June 6

Cool Down with Refreshing Recipes: 12:30-1:30 p.m., Weatherford Public Library. Four-week series by Texas A&M AgriLife Extension. Fun discussion of food, samples and more. Visit www.weatherfordtx.gov/142/Library.

June 15

June Quilters Guild of Parker County: 6:30 p.m., Northside Baptist Church, 910 N. Main St. National awarding winner Melissa Sobotka from Richardson, Texas, presents "My Quilting Adventure." For more information, contact Pam Luke at (817) 596-5189 or visit www.quiltersguildofparkercounty.org.

June 16

DIY Recycled Glass Succulent Terrariums: 2:00-3:30 p.m., Weatherford Public Library. Come make a low-maintenance, glass-contained succulent terrarium. No cost, but must register. For more information, call (817) 598-4207 or email reeves@weatherfordtx.gov.

June 19

Independent Filmmakers Retreat: Weeklong event, Capernaum Village, 10700 FM 920. Opportunity for Christian filmmakers and potential Christian filmmakers to experience and learn the basics and all that goes into producing film while actually making original film content. Visit www.transformfilm.com.

June 23

Independent Filmmakers Weekend: weekend event, Capernaum Village, 10700 FM 920. Intensive weekend study of film production, combination

of classroom and practical work assignments. Visit www.transformfilm.com.

June 24

Annual Summer Brock Homecoming: 3:00-5:30 p.m., Brock Community Center. Bring a covered dish. Honoring the class of 1967's 50-year reunion. For more information, call Thresa Bratcher Leatherman at (940) 682-1800.

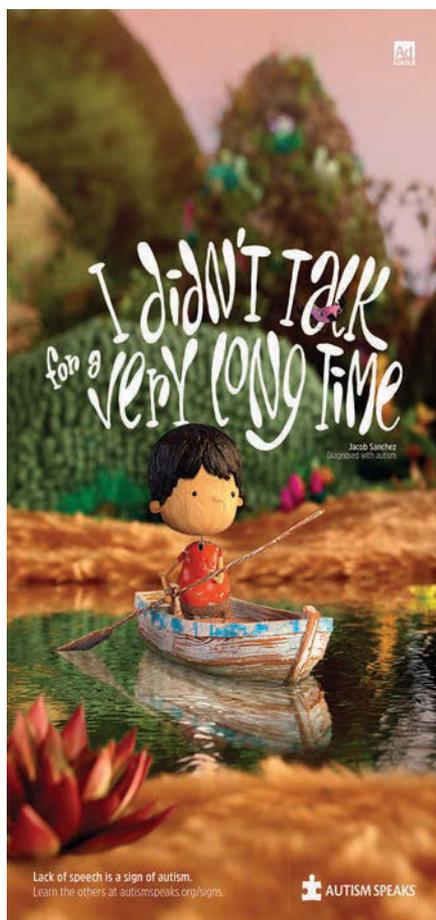
June 27

Books and Bagels: 10:30-11:30 a.m., Weatherford Public Library. Discuss books, your choice within theme, while enjoying other readers and bagels. June theme is historical fiction. For details, visit www.weatherfordtx.gov/142/Library.

June 30 — July 9

Annual Youth Productions- *Rapunzel & Hyronomous A. Frog*: **Friday-Saturday**, 8:00 p.m.; **Sunday**, 2:00 p.m., Theatre Off The Square, 114 N. Denton St. For details or tickets, call (817) 341-8687 or visit www.theatreoffthesquare.org.

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



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