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M A G A Z I N E

JUNE 2020

Perseverance

The Weatherford
ISD graduating
Class of

Incredible Resilience

Aledo High School
Principal Dan Peterson
praises the Class of 2020

Also inside:

Kids' Fun Page

Crossword/Sudoku

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"The overall evidence for the appropriate use of MRI in low back pain is limited and weak"

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ON THE COVER

*The Class of 2020
moves forward.*

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EDITOR'S NOTE



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Summer at last ...

After an intense spring, we welcome summer with enthusiasm. Paulo Coelho, Brazilian author of *The Alchemist*, said, "When we least expect it, life sets us a challenge to test our courage and willingness to change." While we can focus on negatives, let's look instead at the positive ways we embrace challenges — as a nation, state, community and individuals. If I can see the good blossoming from any tough situation, my future fills with hope. And hope never disappoints.

So, over the past few months, we have learned technology — some kicking and screaming all the way to the computer. People created grand dishes from random cans of whatever in the pantry and taught their kids a basic skill at the same time. Those forgotten hobbies and projects? With time at home, people retrieved and finished them. Family game night returned perchance out of self-defense and boredom — still, it returned. Parents saw the importance of teaching critical lessons to their little ones. And they thanked God for the Internet and helpful teachers where they fell short of knowledge. Perhaps a few rediscovered a love of science in their own backyards.

People say life will never return to the same, that we can't go back. Maybe that's not terrible. Maybe we need to move forward, building on the positives as we overcome the negative impacts of the spring. I suspect none of us will ever again run too low on toilet tissue. Nor will we wash our hands without adding a few extra moments. And the next time we feel sick, maybe we'll choose to stay home — for others.

Enjoy your summer!

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The Class of 2020 in Weatherford Independent School District has much to celebrate, despite perhaps the strangest spring of their young lives. "I don't think WHS Class of 2020 will ever forget their senior year," said Mr. Rod Townsend, the interim superintendent. "These students entered the world in the wake of 9/11 and are now graduating during a pandemic."

These young adults experienced more history in their first two decades than most generations do over much more time, and they learned to deal with every change that came along. "I think the past few months remind us all that change is a part of life," Mr. Townsend shared. "Our students, along with everyone else, have had to be resilient, disciplined, deal with disappointment and be patient. These qualities will serve them well as they go through life." A new generation moves forward, prepared for the future in ways not learned from textbooks.

While Mr. Townsend recognizes the way missing numerous senior-year activities disappointed the graduates, he

commends them for the positive attitude they maintained through the pandemic and closing of schools. The students exhibit a willingness to make the best of the situation, another trait they can use for the rest of their lives. "Our senior students have been amazing. I couldn't be prouder of the way they have handled themselves during our COVID-19 closing," he said.

As the students move beyond high school, the interim superintendent encourages them to dream big and set goals to accomplish those dreams. He admonishes the seniors to "be proud of how far they've come and the accomplishments they've achieved."

Mr. Townsend declared, "We hope our seniors will always remember the friendships they've made and the relationships they had with our teachers, coaches and sponsors."

As the academic year closes, the school district plans to do everything possible to make the end of their final high school year special. While they can't make everything happen, the teachers and administrators continue working together. The graduation ceremony at Kangaroo Stadium will be a memorable event for the seniors and their families.

Without doubt, this generation of students has an amazing life ahead. Although they faced many adversities, something parents don't wish for their children, their resilience proves they can overcome any scenario and do so with positive attitudes and behaviors. As they end high school and move into adulthood, the world holds many possibilities with no limits. To the seniors at Weatherford High School, congratulations. Dream big, and make your hometown proud. NOW

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Photos courtesy of Weatherford ISD.





NCE

— By Lisa Bell



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As Aledo ISD wraps up another successful year, Principal Dan Peterson views the ending with a different perspective. He fully understands the bittersweet end-of-year. As his high school students graduate in the wake of a pandemic, he retires after a 35-year career. He spent the last 12 years as principal of Aledo Middle and Aledo High. "They are the last ones I will be working with," he shared. "And man, did you end it with class and character!"

Beginning 2020, the Aledo Bearcats celebrated a historical nine-time football championship. Running on that excitement, no one anticipated such a historic spring. When these students look back, Mr. Peterson hopes they remember feeling prepared for the next step in life.

"If it is college, the military or a career path, you are ready for that transition," he encouraged. More than 40 years following his graduation, he remembers all the fun times with classmates at games or other events. He knows these students will do the same. Like any educator, Mr. Peterson hopes the students learned the curriculum, but he also hopes they expanded their horizons and connected with teachers and friends. "Those are the things I hope they take away from Aledo High School."

The Class of 2020 learned to adapt quickly, changing the way they learn, work and socialize — skills to serve them well in the future. "Talk about being flexible and resilient!" Mr. Peterson said. "They have adapted to these new norms and continued to grow and take care of each other. They are such a mature group of students and handled all of this with such grace and understanding."

On Friday, May 29 at 10:00 a.m., the Class of 2020, from both Aledo High School and Aledo Learning Center, gathered at Bearcat Stadium. By hosting the outdoor graduation, the district held an in-person ceremony, while observing state guidelines and regulations. Each senior got only four tickets for loved ones, but Aledo ISD live-streaming video was provided for others to watch remotely. Attendees sat on both sides of the stadium while observing social distancing. The 428 graduates were required to maintain a buffer of six feet between themselves and others. The district provided the required face-masks for each one, matching the cap and gown.

To this incredible group of students, Mr. Peterson said, "You have endured changes to your senior year that haven't impacted other classes for decades, so you can handle what lies ahead. You are strong, caring people who are going to leave your legacy in so many ways. COVID-19 is not the way people will remember you in 10 years." And neither will it be the way they remember Mr. Peterson.

Congratulations Aledo ISD Class of 2020 as you make an indelible mark on the future. **NOW**

INCREDIBLE RESILIENCE

— By Lisa Bell





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BusinessNOW

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— By Lisa Bell

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For the last nine years, since February 2011, Big Burger has offered family-friendly dining. “We focus on good, fresh food,” Owner Patrick Terry said. “Real, cooked food in quick, casual dining.” Although they serve most orders in about 10 minutes, they prepare everything fresh when ordered. They use fresh meat and produce, even breading the kids’ chicken tenders and onion rings, as opposed to pulling them from the freezer. As a result, they can take great pride in the quality of their food.

While they offer salads, sandwiches and wraps, plus regular and sweet potato fries and onion rings, they make burgers the most. But even their burger lineup isn’t ordinary. Alongside



classic burgers, they have a dozen other exceptional flavor offerings and use fresh-baked buns made only for them. They also offer a gluten-free variety for those who need it.

“So many options — so many interesting burgers,” Patrick admitted. “It’s hard to pick one as a favorite.” However, he admitted the Weatherford Peach Burger sounds weird but ranks at the top of his list. Named after Texas cities, all the burgers have a distinctive taste. From the Big D Classic to a spicy El Paso Chipotle or Cowntown BBQ to Sweetwater Salmon, everyone can find a taste to suit personal preferences. Kids have a menu, too.

Before Big Burger, Patrick worked in the food industry most of his life. As a teenager, he worked in a restaurant that belonged to his parents’ friends. Through the years, he worked every conceivable position in the business. Later, as a manager for 13 years at a chain restaurant, he saw a change from fresh, chef-prepared food to reheating frozen product. He wanted to

serve authentic food for customers, so when he found the spot for Big Burger, he started the business and never looked back. "Service is in my nature. I'm good at taking care of people," Patrick said. "It's all I've ever really done." Some of his former employees joined him at Big Burger, sharing his service-based attitude.

"We aren't all biological family, but it feels like family," Patrick added. "Some employees have been with me 15 years. Their kids work for me now."

Patrick's children also work at Big Burger. At 19, his oldest daughter runs things when he isn't on-site. His 12-year-old also helps at the restaurant sometimes. Having the entire family involved means a lot to Patrick. "They are as involved as I am," he said. "When we moved to Weatherford from Arlington in 2003, we started homeschooling."

**"We focus
on good,
fresh food."**

Big Burger gives back to the community by supporting many local organizations with small donations when possible. However, they regularly support Mary Martin Elementary and Young Life in Aledo.

Throughout the challenges of COVID-19, the business continued to thrive. Patrick admitted they started practicing social distancing before the county closed inside dining. With a small dining area, many of their customers already picked up food to go, so the shutdown didn't affect them as much as it could have. Patrick is thankful for that. Because of location, lunchtime brought the largest crowds, but for a while, they increased nighttime business. While that may shift again, one thing is certain: Patrick and his team plan to keep doing what they do best — making fresh, tasty food. **NOW**



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Zoomed In: Rhonda Lynn and Taylor Bonham

By Lisa Bell

Rhonda Lynn and Taylor Bonham served in the military and met during a national Veterans Administration songwriting competition. The talented individual singer-songwriters capture higher ground together as the duo, Proud Country. Rhonda grew up in Gordon with a population of 500, and Taylor started life in Roanoke back when it was a small town of 800. Living in Weatherford, they joined musical talents about two years ago. Having played hundreds of times, the duo individually and as a team have won more than a dozen awards — and counting. “We have many more plans,” Rhonda shared.

As they continue performing classic country sounds, they enjoy giving back, particularly offering free concerts for veterans. Recently releasing their first single, “I Just Need to Hold You,” Taylor said, “That’s just the beginning.”



Kay Landrum, associate dean of student success, was announced as the 2019 Staff Member of the Year during Weatherford College’s annual Employee Awards Dinner.



Members of the Flowers family enjoy fishing on a warm-weather day.



Jed and Lilly Corey have fun during a family field day school assignment.



Brothers John Ryan and A.J. Pugh practice social distancing.



Members of WC's public safety program host an online meeting.



Josh Jones pauses from a workout at the Hall Middle School track.



WC alumni twin brothers, Damek and Derek Salazar, put theater careers on hold, but they'll be back.

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First of all, you need to establish a proper withdrawal rate — the percentage of your portfolio's value needed for one year's worth of retirement expenses. Ideally, if you were to stick with this rate, your portfolio would last as long as you do. Your withdrawal rate should be based on a number of factors, including your age, amount of assets, portfolio mix and retirement lifestyle. A financial professional can help you determine the rate that's right for you, but it's important to understand that this rate is a starting point since you will want to review your withdrawals each year to ensure they are still appropriate.

If the financial markets performed smoothly and predictably, year in and year out, any adjustments you make would likely be more modest. But, as you know, and as we've all been reminded the last several months, the markets are neither smooth nor predictable. Rather than constantly trying to change your withdrawal

rate and spending in response to movements in the markets — which may be challenging if you have grown accustomed to a certain standard of living — you might be better off adopting a more conservative rate at the beginning of your retirement. For example, if you are in your mid-60s, you could start at a withdrawal rate of about 4 percent, which also assumes an increase in withdrawals (a "raise") of approximately 3 percent each year to incorporate inflation. By starting at a more modest withdrawal rate, you would have some flexibility for those years in which the market drops significantly. And you could increase your chances of extending the lifetime of your portfolio.

But even if you started out with a conservative rate, you may need to review it during periods of extreme market movements. If, for instance, your portfolio were to fall 20 percent in one year, the 4 percent you had planned to withdraw would actually become 5 percent because you're taking out the amount you had planned, but now it's from a smaller pool of money. If this happens, should you consider making an adjustment?

There's no easy answer. The amount you withdraw from your portfolio has a major impact on how long your money lasts. You'll improve your likelihood of success if you are able to be flexible and make some spending adjustments — spending less on some of your discretionary items, for example, or not taking a "raise" until your portfolio recovers. Importantly, your financial advisor can help run different scenarios to determine if adjustments need to be made to ensure you remain on track.

In any case, think carefully about your withdrawal rate. By managing it carefully, and reviewing it over time, you can take greater control over your retirement income. **NOW**

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


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CookingNOW *In the Kitchen With* MONICA RUSSO

— By Lisa Bell

“Italy is the place of millenary traditions,” Monica Russo stated. She can’t remember when she first learned to cook, but she remembers fantastic meals her mom and daddy cooked. “Food is love,” she said. “With food you take care of the most important part of our life. Food is good for the body and soul.”

Although Monica wasn’t a chef before coming to Texas, she takes pride in cooking “for the soul in need of love” at her restaurant, Mamma Monica’s. When not cooking, she enjoys a morning walk around the ranch with her dog and riding horses. “I always have a new challenge and project,” she said. Among her favorite projects, supporting Careity ranks high on her list. **NOW**

Penne With Vodka Sauce

Makes 4 servings.

12 oz. Barilla Penne
1 28-oz. can whole plum tomatoes
1 Tbsp. butter
2 oz. shallots, finely chopped
1 clove garlic, finely chopped
1/4 tsp. red pepper flakes
1/2 cup vodka
Kosher salt, to taste
2/3 cup heavy cream

**1/2 cup freshly grated Parmesan cheese,
plus more for topping**
Fresh basil, to taste

1. Bring a large pot of salted water to a boil. Add the penne; cook as directed on the package. Reserve 1/2 cup of the cooking water; then drain the pasta.
2. Empty the tomatoes into a bowl; crush them with your hands.
3. Meanwhile, melt the butter in a large skillet over medium heat. Add the shallots;

cook, stirring occasionally, until slightly softened, about 3 minutes.

4. Add the garlic and red pepper flakes; cook, stirring, for 30 seconds. Remove from heat; stir in vodka, tomatoes and salt to taste.

5. Return the skillet to medium heat; simmer, stirring often, until the alcohol cooks off, about 7 minutes.

6. Stir in the heavy cream; cook until the sauce thickens slightly, about 3 minutes. Stir in the Parmesan and basil.

7. Add the pasta to the sauce; toss to combine, adding some of the reserved cooking water to loosen if needed. Season with salt. Serve topped with more Parmesan and basil.

Caprese Salad

Makes 3 servings.

3 vine-ripe tomatoes, cut into 1/4-inch-thick slices
1 lb. fresh mozzarella, cut into 1/4-inch-thick slices
20-30 leaves (about 1 bunch) fresh basil

Fresh oregano, to taste
 Thyme, to taste
 Coarse salt, to taste
 Black pepper, to taste
 Extra-virgin olive oil, for drizzling

1. Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each. Season with herbs, salt and pepper.
2. Drizzle the salad with extra-virgin olive oil.

Spaghetti Alla Puttanesca

Makes 5 servings.

1/4 cup extra-virgin olive oil
 5 cloves garlic, chopped
 5 anchovy fillets, chopped
 28 oz. diced tomatoes
 1/2 cup Kalamata olives, pitted
 1/4 cup capers
 1/2 tsp. crushed red pepper flakes
 1 pinch salt
 1 lb. spaghetti
 2 oz. parsley, chopped
 Parmesan, freshly grated, for serving

1. Heat the oil in a large skillet or pot over medium heat. Add the garlic; cook until fragrant, 1 minute.
2. Add anchovies; cook until fragrant, another minute. Add tomatoes, olives, capers, red pepper flakes and salt.
3. Bring to a boil; reduce heat. Let simmer for 15 minutes.
4. While the sauce simmers, bring a large pot of salted water to a boil. Add the spaghetti; cook according to package directions, until al dente. Drain.
5. Toss the spaghetti in the sauce. Sprinkle with parsley and Parmesan; serve.

Spaghetti Alla Napoletana (Sciuè Sciuè)

Sciuè Sciuè in the Neapolitan dialect simply means "Hurry Up."
 Makes 4 servings.

28 oz. San Marzano tomatoes
 8 Tbsp. extra-virgin olive oil
 2 cloves garlic, crushed
 1/2 tsp. red pepper flakes
 Salt, to taste
 10 basil leaves
 10 oz. spaghetti

1. Blanch the tomatoes for 2 minutes in boiling water; drain. Let the tomatoes cool; peel and finely chop them.
2. Heat the oil in a nonstick saucepan; brown the crushed garlic cloves. Add red pepper to the pan; sauté.
3. Add the tomato pulp and salt; cook over

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Spaghetti Alla Puttanesca

high heat for 15 minutes without drying the sauce too much. (It must remain very soft.)

4. Once cooked, remove the garlic; add the basil leaves, chopped with your hands. Add a drizzle of raw oil. Adjust salt to taste.

5. Meanwhile, cook the spaghetti in salted water. Drain well; add the noodles to the pan containing the sauce.

6. Sauté the pasta in the saucepan with the sauce, sprinkling with grated cheese. Serve very hot.

Italian Limoncello

10 lemons

1 750-ml. bottle vodka

3 1/2 cups water

2 1/2 cups sugar

1. Using a vegetable peeler, remove the peel from the lemons in long strips. Save the peeled lemons for use in other recipes.

2. Using a small, sharp knife, trim away the

white pith from the lemon peels. Throw away the pith. Place the lemon peels in a 2-quart pitcher.

3. Pour the vodka over the peels; cover with plastic wrap. Steep the lemon peels in the vodka for 4 days at room temperature.

4. Add the water and sugar to a large saucepan. Stir over medium heat until the sugar dissolves, about 5 minutes; cool completely.

5. Pour the sugar syrup over the vodka mixture. Cover; let stand at room temperature overnight.

6. Strain the limoncello through a mesh strainer. Discard the peels. Transfer the limoncello to bottles, seal and refrigerate until cold, at least 4 hours and up to one month.

Saluti! (Cheers!)

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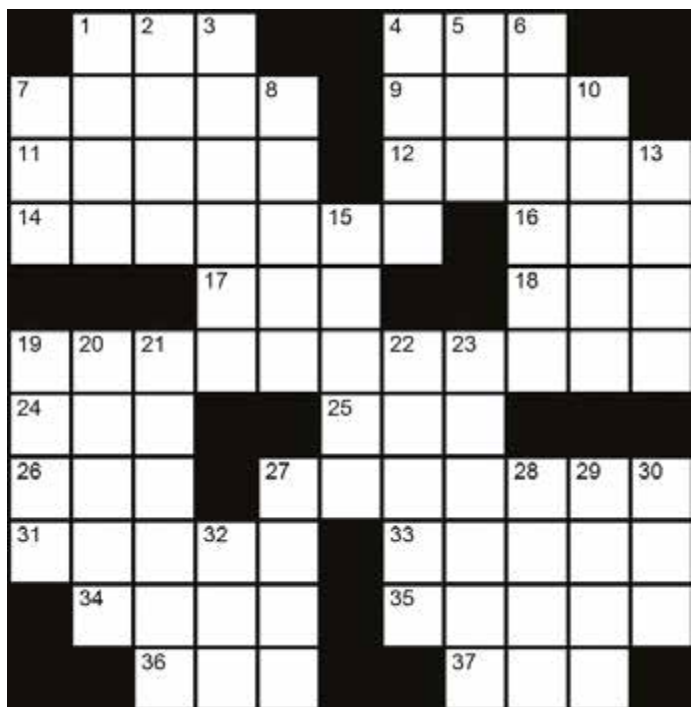
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Across

- 1 Plea at sea
- 4 Acquire
- 7 Units of electromotive force
- 9 "A Little Bitty Tear" singer Burl ---
- 11 The ---, Dutch seat of government
- 12 Essayist --- Waldo Emerson
- 14 Infinitely repeated geometric pattern
- 16 Narrative song
- 17 Senior army rank
- 18 Eccentric
- 19 Morning must-have, for many
- 24 Your choice
- 25 Belonging to us
- 26 Source of gas at the track
- 27 Meet expectations
- 31 --- Merman
- 33 Nimble
- 34 Up-and-down toy
- 35 Colossus
- 36 Beak
- 37 Society newcomer

Down

- 1 Rise higher
- 2 Bond girl --- Kurylenko
- 3 House finish
- 4 Vermeer's wore a pearl earring
- 5 "Desperate Housewives" actress --- Longoria
- 6 Spread the word about
- 7 From 30 to 300 MHz
- 8 Words before keys or wheels
- 10 Dashiell Hammett's gumshoe
- 13 Twinned with Jekyll
- 15 Aluminum producer
- 19 Sleeveless cloak
- 20 Togetherness
- 21 Squeezing snake
- 22 --- the elbows, or down-at-heel
- 23 Icy
- 27 No neatnik
- 28 Set of pages
- 29 Excess fat
- 30 Hankering
- 32 Inspect

Solutions on page 28

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Sudoku Puzzle

Easy

Medium

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

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

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Solutions on page 28

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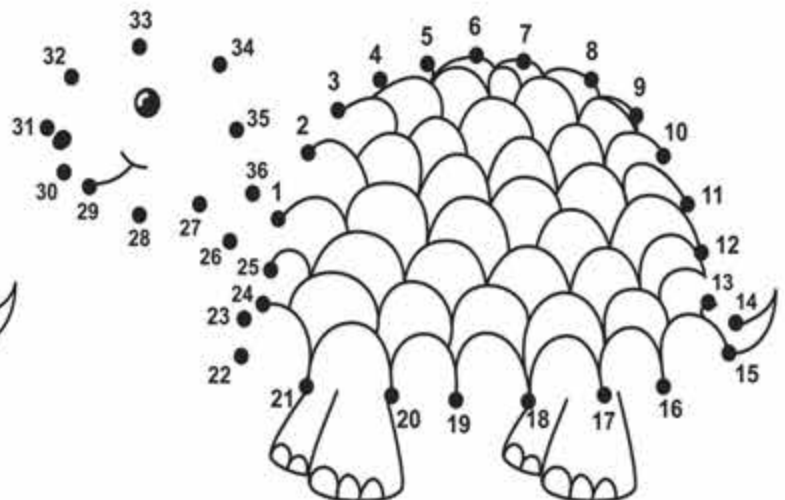
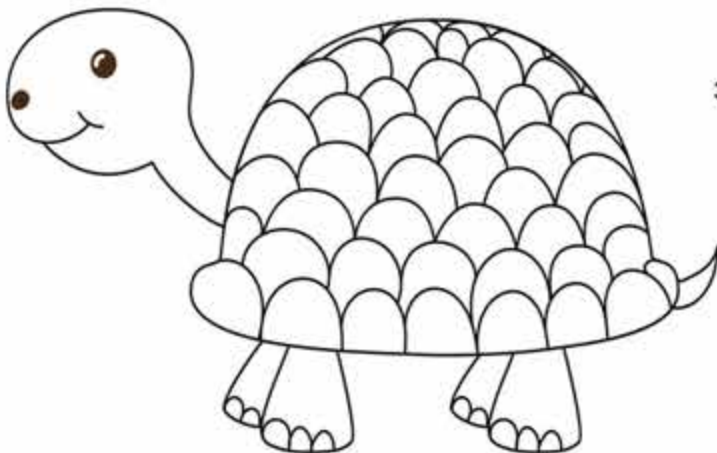
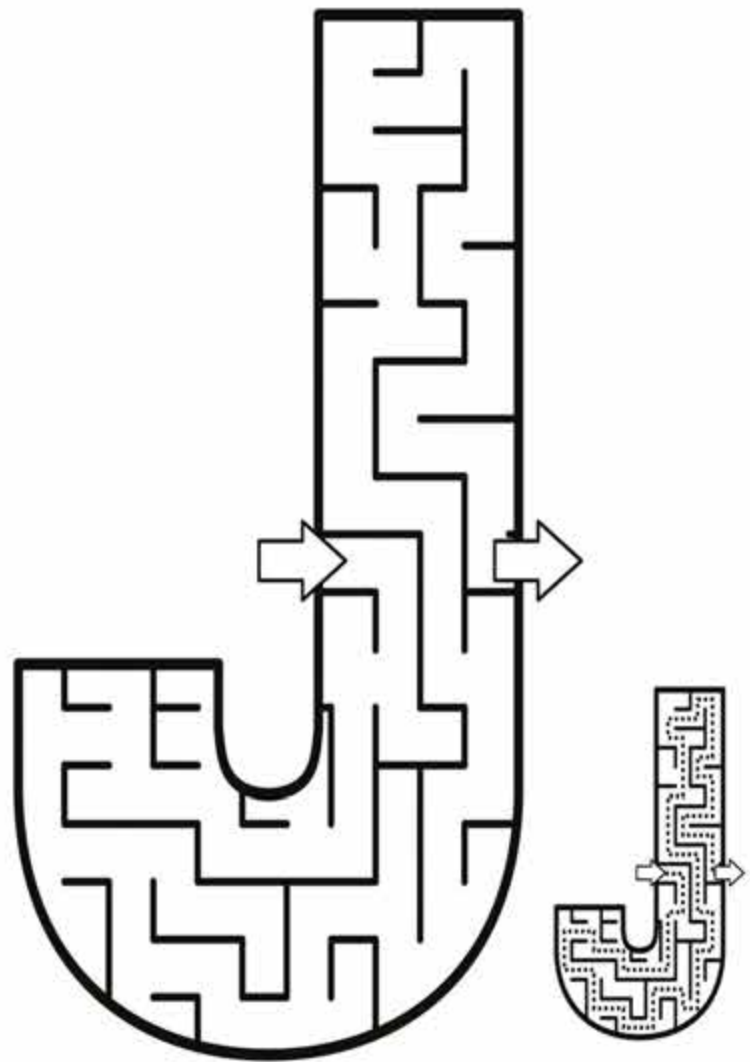
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Crossword - Sudoku Solutions



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

Medium

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

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