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MAGAZINE

JULY 2014

## Cycling's Perfect Storm

Bill Mendrop  
rides for fun and  
reaps health  
benefits



Whiz Kid  
The Versatile Stripe  
Learning to Jump  
In the Kitchen With Ryan Mordecai

Rustic  
Elegance  
At Home With Lindy Burch

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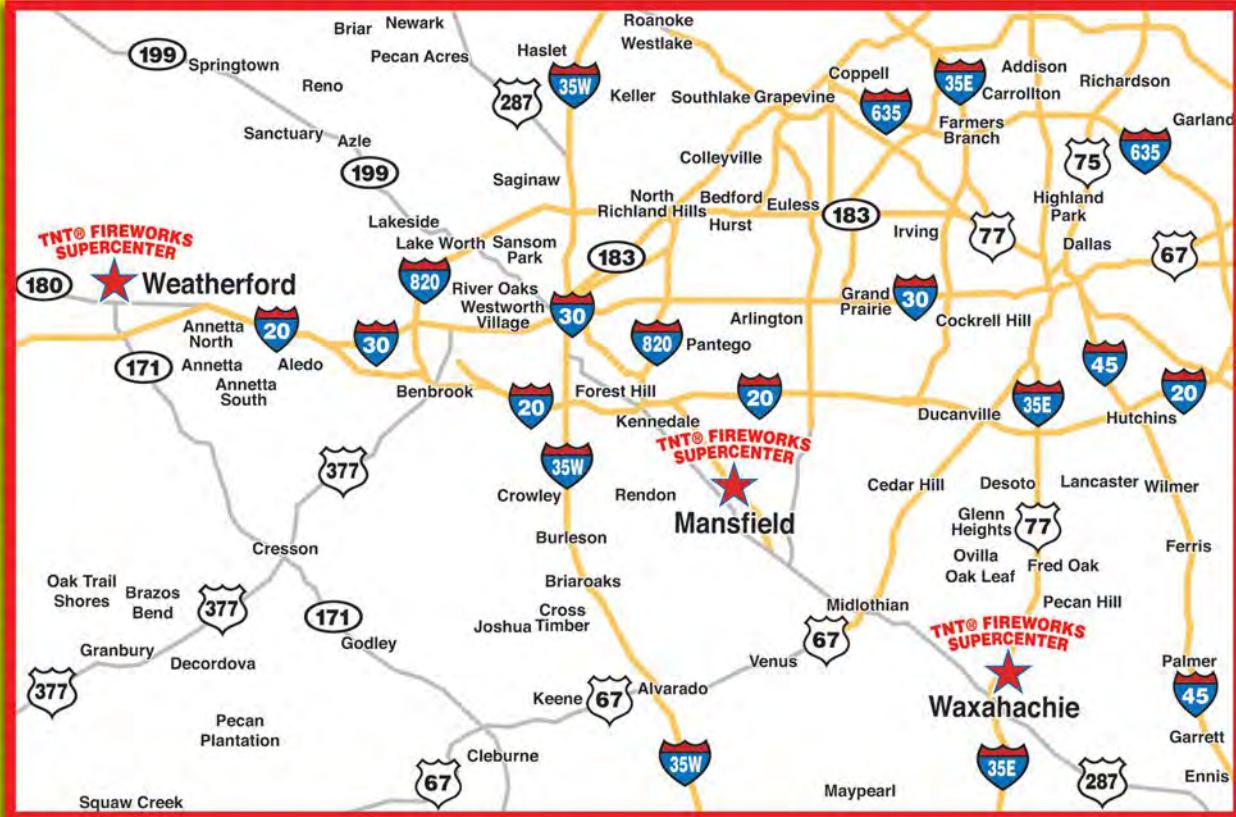
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#### ON THE COVER



Bill Mendrop rolls around town on two wheels.

Photo by Sarah Claussen.

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## Editor's Note

Greetings, WeatherfordNOW readers!

I love summertime! I know, I know. The 100-plus temperatures are a bit much, but it sure is fun to take a dip in the pool or chat around the picnic table with family and friends. Plus, my children are enjoying their break from school. We are busy most summer afternoons. We spend them together hunting for treasures in our backyard, feeding the ducks and geese at the Lake Weatherford Marina or just curling up with a book on the hammock.

We also take time to savor some of Parker County's tasty peaches! The 30th Annual Parker County Peach Festival will be held in Historic Downtown Weatherford on July 12. Tens of thousands will visit the downtown area to enjoy all types of peach treats, as well as live music and arts and crafts vendors. Why not join them?

Happy summer!

*Amber*

Amber D. Browne  
WeatherfordNOW Editor  
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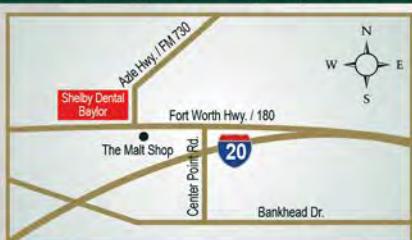
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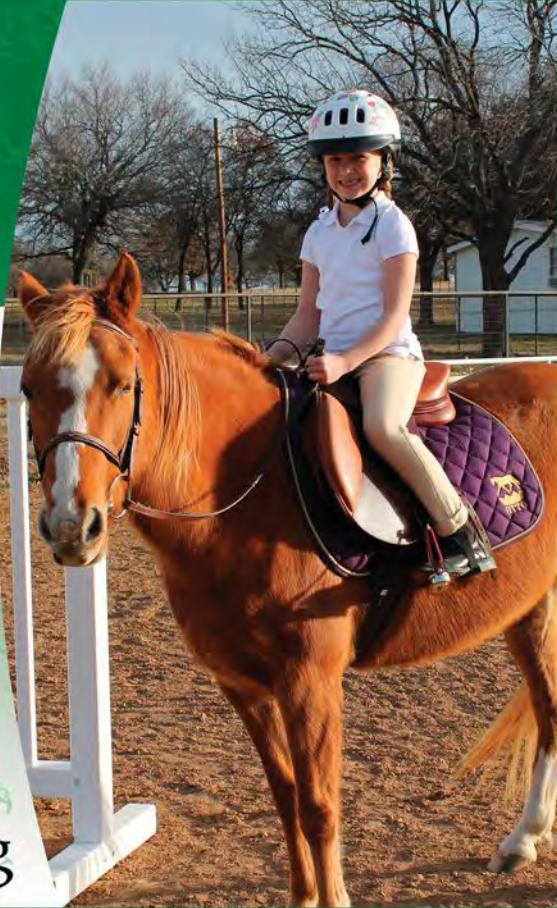
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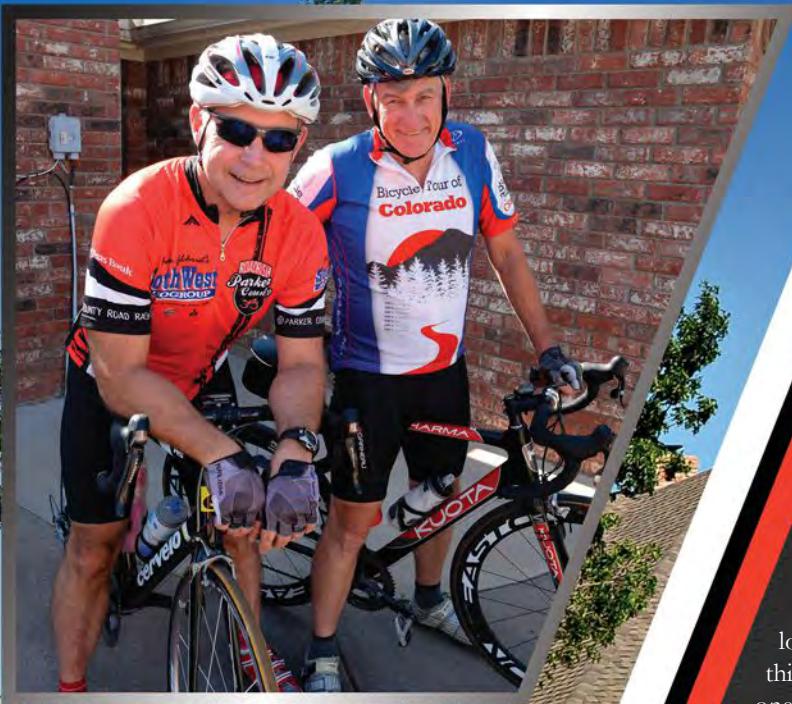
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# CYCLING'S PERFECT STORM

— By Lisa Bell





*Feet pump pedals faster, harder. Wind whips past your face while you pick up speed taking the lead among your friends. Your bike wasn't the best, but you could make it fly when you gave everything. Nothing beat the feeling of freedom you found as a child on a bicycle — your first vehicle. The thrill and hours of pleasure meant everything — the side benefit of exercise never crossed your mind.*

Some things don't change much. For Bill Mendrop, riding a bicycle means time outside doing something he loves. He considers himself fortunate. "Most of the things I enjoy doing in life are not good for you. This one is," he said.

Bill and his wife, Debbie, moved to Weatherford from Mississippi by way of Louisiana in 1984. At the time, he sold law books. In 1986, he went into the custom clothing business using his current clients as a base, and then started his own clothing business in 1990. Around the same time, he noticed a couple of neighbors out riding bikes. It looked like something he would enjoy doing. Fortunately, one of his friends wanted to move up from pedaling to riding Harleys. Trading two sports coats, he acquired two bicycles with all of the gear for himself and his wife.

With small children, the couple rode when they got a chance, but mostly on weekends. They enjoyed the rides, but although he wanted to get more serious about it, Bill just didn't have enough time. In 2003, Bill turned 50, and with the kids in college, he entered a new season of life. He began meeting Rickey Parsons, a friend from the gym, for rides. At first, a 6-mile trip wore him out. Soon the two men and a few others began riding on a regular basis.

Now they meet with a group of men twice a week at 5:00 p.m. During the next hour-and-a-half, they ride approximately 30 miles. With a personal goal of 100 miles per week, Bill picks up additional riding time on weekends. Sometimes he joins other men or his wife for a fundraising ride. While they may ride in competitive events, he is not a sanctioned racer. He prefers riding for fun.

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After he became more serious about cycling, he purchased a tandem bike. Although Debbie liked riding with Bill, he was a stronger rider, and she didn't want to hold him back. He never felt that way, but the tandem option works very well for them. Not every couple does well together on one bicycle. In fact when he bought their first one, the man told him, "Whichever way your relationship is going, a tandem's gonna get it there faster."

Usually the heavier of the two riders takes the front or the pilot position. The lighter person, or the stoker, sits in back where they must give up control and simply pedal. "Debbie's a good partner on the tandem," Bill said. "She's a strong enough rider to help out. It's not like I'm pulling her around."

Together the couple has taken two trips to Vermont for cycling vacations, and a great trip to Italy found them riding around Tuscany. Each time they enjoyed the rides and shopping in small towns along the way.

Parker County is a great place to live for those interested in cycling. Bill looks forward to the annual Peach Pedal, which raises funds for the Weatherford College Foundation. This year's event will be on July 12. He and Debbie choose a longer route for the event and ride tandem. "It's very well done," he said. They provide good rest stops for the cyclists.

At least four or five similar events can be found within the county. With a little research, riders can find events anywhere they want to travel. For people who find routine exercise on a treadmill or lifting weights boring, cycling may be a great option. Although the sport doesn't fit every personality, Bill loves the opportunity to get outdoors. Riding



is something he can do alone or with others, whether he includes friends or his wife. He recommends choosing those who are at the same riding level or willing to meet yours.

Most people know how to ride a bike, so the skill set already exists. A small learning curve for shifting gears and other things makes it enjoyable from the beginning. Still, Bill suggests borrowing a bicycle from someone to try serious riding. "A lot of people go out a couple of times and give up, because their rear end hurts," he explained. "Visiting a bike shop and getting properly fitted helps resolve that issue." Nevertheless, a top-of-the-line bike can cost a lot of money. Testing the desire before spending a lot is wise.

Riding with at least one other person keeps accountability in place. By riding with a group, Bill has built not only



accountability but also a great deal of camaraderie. He likens the experience to a softball team, where the men develop different degrees of friendship. They don't always talk during a ride but spend time hanging together with a common interest. The regular riders know each other better, but all of them also enjoy a community with those they see at different events.

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good helmet, but it isn't optional for Bill, even for a short ride around the block. "It doesn't take much to hurt yourself really badly," he said. "I've broken two helmets. Obviously, that would have been my head."

One accident happened when he wasn't paying attention and clipped another rider's wheel. Like geese, cyclists switch off the lead, taking turns to keep each other moving without exhaustion. As Bill moved to take the lead, he ended up on the pavement with a separated shoulder.

During a Southwest Tandem Rally in Paris, Texas, Bill and Debbie celebrated with the oldest couple present. They shared a combined age of 158 and started riding together in 1975. Their tandem days didn't end when the gentleman had a hip replacement. Bill and Debbie have been married for 41 years and hope to experience many more rides in the future.

Eventually, Bill wants to ride overseas again. With a daughter and son-in-law moving to Laos as missionaries, he has already started researching guided bike tours in that area. He has ridden down the Haleakalā Volcano on Maui. His ultimate bucket list ride includes traversing up the volcano. "Whatever level you are, it's all good," Bill said. "I'm fortunate to have found something I enjoy doing with people I like spending time with in a place where I can — the perfect storm of sorts." **NOW**

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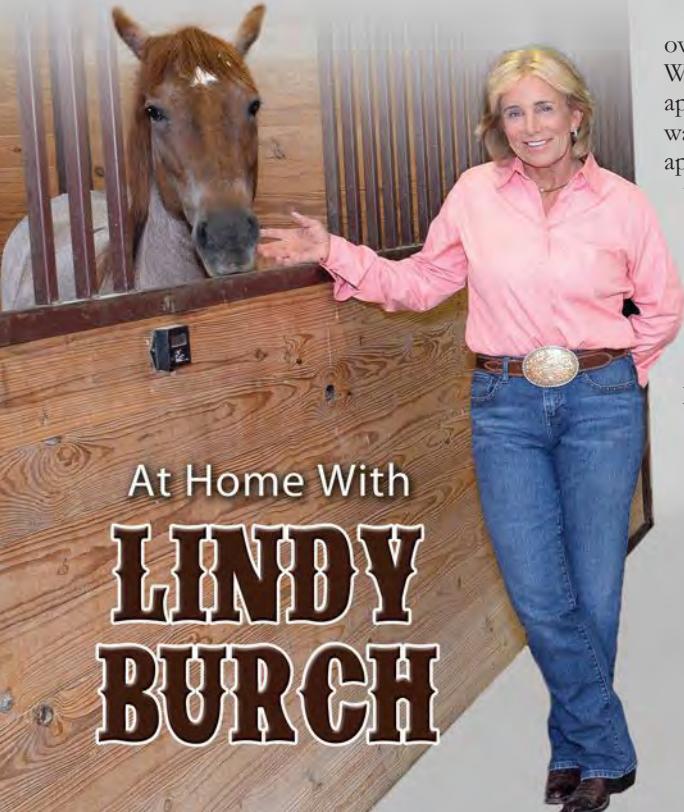
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*A sprawling ranch in Weatherford is not just the place where Lindy Burch makes her home. Ranching is her way of life. Lindy grew up in Southern California and moved to the Cutting Horse Capital of the World in 1990. She lived on a couple of local ranches over the years, and in 2007, she downsized to her current homestead on the 34-acre Oxbow Ranch.*



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# RUSTIC *Elegance*

— By Amber D. Browne

As visitors enter the gated property, a sense of comfort and relaxation takes over. That feeling is amplified once inside Lindy's rustic, yet elegant abode. When she purchased the home, Lindy decided to renovate the original barn apartment and add on a foyer, master suite and office. Her reasoning was additional space, mostly to fit a refractory table into the original apartment. She renovated a bedroom into a large dining area, where the beautiful refractory table is now the centerpiece. Lindy and her former husband discovered the heavy table in a mission in Carmel, California. "It takes six grown men to pick it up," she explained. "I've carried it with me forever." The dining area also includes a large, wooden buffet cabinet, which holds an assortment of wines for Lindy and her guests.

A granite-topped island surrounded by oversized, leather stools was added to the kitchen for additional entertaining space. Stainless steel appliances were installed, including a microwave drawer oven. Fresh flowers add a little color to the kitchen, along with a cabinet door featuring an antique, stained-glass window. The iron hood above the range has been oxidized to match the fireplace in the living room. The gas fireplace, controlled by remote, is flush with the wall as to not take up space. Lindy spends evenings cozying up to the fire on her brown, leather sectional, as she catches a few shows on the big screen television above the mantel, which is crafted from a refurbished wood beam salvaged from a church in





South Texas. Corrugated tin panels that have gained character over the years were added to the ceiling, bordered by additional wood beams. The tin adds rustic charm to the room, which features wood floors and wood paneling.

It's a cozy home, highlighted with rustic elegance. "I've lived in more formal places, but here, I can come in with my boots and spurs, or I can get dressed up and go out in heels," Lindy shared. "Anyone who comes here usually tells me they feel quite welcome. That's the key to a nice home."

The guest bedroom in the original section of the home has been redone to include a stall door. Lindy added an iron bed and comfy bedding, which guests appreciate while staying overnight. "They hate to get out of it. Maybe that's just an excuse, so they don't have to get up and work," Lindy grinned.



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The foyer addition features an antique iron chandelier, which emits a soft glow as visitors enter the home. Lindy's love of Native American culture is apparent in the foyer with a bronze statue of Indians on horseback. A Native American rug purchased from a rug trader in Arizona about 30 years ago adds a splash of color atop the tile floor. Another



stall door slides open into the master bedroom, which is also an addition to the home. Painted in warm colors, the room features western decor and a second Native American rug. Her master bathroom, accented with raw cedar, houses her exercise equipment. Health and fitness are very important to Lindy. "It's necessary in my line of work," she said.

Lindy has been called a trailblazer in the cutting horse sport. Her home office is lined with trophies. Large, custom-framed photographs, showing Lindy in action atop her show horses, give visitors

insight into her passion for cutting. One of her mares, Bet Yer Blue Boons, was selected to pose for a collectible figurine, which is displayed on a shelf in her office. "Of all the mares I know, she certainly deserves it." Lindy continues to compete, judge and train horses across the globe.

Lindy was raised riding horses. "I would ride for fun. Most kids had bikes. I had horses." At 15, she began cutting. After a cutting trainer moved in across from her childhood home, Lindy got a job working in his barn. In return, she got cutting lessons and began competing

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when she was about 16. She attended the University of California, Los Angeles on a sports scholarship and began training horses part time. She earned her bachelor's degree in zoology and a master's degree in endocrinology. She taught school for a year and trained horses on the side. "I never dreamed you could make a living out of your hobby," she explained. "I still ride on Sundays. I ride no matter what."

Because of her experience and talent, Lindy became the first woman to win the titles of the National Cutting Horse Association (NCHA) Open Futurity Championship and the NCHA Open



World Championship. Lindy was inducted into the National Cowgirl Hall of Fame and the Texas Cowboy Hall of Fame, among others. "It's a great honor," Lindy shared. "It's like a piece of the cake. It's an added bonus. I'd never realized my life would have that kind of distinction." Lindy became the first female to hold the position of president of the NCHA in 2001 and continues to volunteer with the organization. She serves as chairperson of the NCHA Horse and Cattle Welfare Task Force and as a member on additional committees.





Horses may be Lindy's first love, but she enjoys several hobbies in her spare time. "My No. 1 hobby is bird hunting." She often takes her two black Labradors, Ziggy and Jet, to hunt pheasants and ducks. Lindy enjoys watching movies and playing sports and spends the summer wake surfing behind her ski boat on Possum Kingdom Lake. In Lindy's mind, labeling herself an adrenaline junky would be an understatement. Although her life is busy with work and play, Lindy tries to find time to relax on her cozy back porch in the evenings. It gives her a chance to soak up the view and reflect.



Why does she like to ride horses? "It's like why do you like to breathe?" she shared. "I can't see myself in the future ever not riding. I hope it never comes to that. I love to be with a horse. I love to form that partnership, that bond."

Lindy's love of ranch life is apparent throughout her home. From the shiny belt buckle display and bronze statue collection to her mounted ducks and framed artwork of her horses and dogs, Lindy Burch is a woman destined to enjoy ranch living. "I'm a ranch girl, I guess," she admitted. **NOW**

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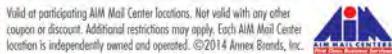
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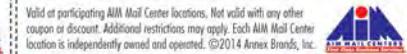
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# WHIZ KID

— By Erin McEndree



Parents nurture skills and talents in their children when it becomes evident what their talents are. Tim and Kristin Sehnem could tell their daughter, Morgan, was passionate about music and had a strong desire to learn even before she was 5. On her fifth birthday, she received a piano keyboard and the promise of lessons at a local performing arts studio. Now, three years later at the age of 8, she plays like a whiz kid far beyond her years of study. "Morgan picks up everything conceptually. It comes to her naturally," Kristin said. "When Morgan was a baby, before she was even walking, she would move her body to the beat of music." The Aledo third-grader has been described as a fireball, and her curly, red hair matches her bouncy personality.

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Kristin looked for a studio to enhance Morgan's gift of music. She is grateful she found the Lakeshore Drive Baptist Church and their Academy of the Arts music ministry. The music program was established in 2001 and offers instruction in voice, drama, piano and other instruments. According to their brochure, the academy's goal is to "provide an atmosphere of learning that reflects God's love for all and to help individuals realize the potential God has placed within them as they develop talents God has given them."

"It's a great music program," Kristin said. "Morgan wanted to start guitar lessons when she was 5, but her fingers were way too small." Soon, however, Tim and Kristin will allow Morgan to start guitar. "I didn't want to confuse her. I wanted her to learn the notes," Kristin said.

Every Monday, Morgan takes lessons with Ms. Susan Smith at the academy. Ms. Susan fosters critical listening skills and exposes students to new scores to reinforce music theory learning. Morgan also practices on her own almost every day. Ms. Susan uses gift cards as an incentive for her students to practice.

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Morgan gets giddy when she thinks about what she can get with a gift card. She practices scales, chords and different hand-on-key patterns. Practice develops muscle memory in the hands. Over time, the brain and hands work together, and play becomes instinctive. Morgan is also learning music theory, which is the study of the structure of music, dealing with fundamental elements of music like rhythm, harmony, melody, structure, form and texture. Theory also deals with concepts about music. Morgan admits learning about music's structure is not her favorite part of practice.

"I love playing," Morgan said. "One of my favorites is 'Joyful, Joyful We Adore Thee.'" Morgan's hands move confidently over the keys as her foot controls the pedal. Her fingers complete different patterns along the ivory. Transitioning from playing the same rhythm with both hands to playing different rhythms with each hand is hard for many piano players, but Morgan does it effortlessly. When the two rhythms are combined, a rich sound emanates from the piano.

In one song called "Surprise Symphony" by Franz Joseph Hayden, Morgan crosses her hands while playing. Crossing hands is needed when one hand has an ongoing rhythm, but the music calls for a bass or treble tone. When a

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pianist chooses to cross his or her hands, it helps the flow and energy of the music stay at a continuous level, instead of interrupting the stream of notes. It also looks really impressive. The surprise in this song is the dynamic forte note that the listener does not anticipate coming. Thus, the surprise is when Morgan strikes the keys hard in what began peacefully.

All the kids surprised the family for the Christmas holiday in 2012 when they traveled, along with their parents, to California to visit Tim's family. Taylor (9), Wilson (6) and the other cousins acted out "Silent Night" while Morgan played the music on the keyboard. "My brother and sister think it's cool when I play, and they get to sing along," Morgan said. "But they're really not interested in playing."

Morgan participates in local competitions held at the Academy of the Arts. In each competition thus far, she received the highest rank possible — Superior Plus. Morgan's score is based on several criteria: rhythm accuracy, dynamics, phrasing, interpretation and stage presence. She competes with children her own age by playing two songs with the music and one song by memory. "I feel a little nervous with the two judges sitting there," Morgan said. "One time, I ran out so quickly because I was nervous, I forgot to wait for my score sheet." Her rank propels her to the recital at the end of the competition

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where she performs her selections on the baby grand piano. "I'm nervous at competitions," Morgan said, "but I love playing in front of people. I love all of it."

Besides just playing the piano, Morgan is also known for singing and dancing. "I love being on stage and singing like Taylor Swift. We even have the same birthday," Morgan beamed. "I want to be a rock star." Morgan wants to emulate Taylor Swift's talent, but no doubt she puts her own unique energy into each performance.

Morgan seems to have endless energy. She is involved in softball and CrossFit Kids in Aledo. She would like to take ballet, but Kristin said she would have to give up an activity, and Morgan is not willing to do that now. People tend to underestimate Morgan because of her small stature, but she is quite a go-getter. "She might be small, but she can get a big hit in softball," Kristin added.

Morgan is also the most artistic member of her family, as evidenced by the plastic spoon snowmen she, Wilson and Taylor glued together to send to their dad, Tim, who was in Afghanistan. He returned home Christmas Eve last year and continues to serve in the Air Force Reserves while working at BGI. Kristin works at Lockheed. She used to fly C-12s, T-37s and T-38s, but now is an engineer on the F-35. Morgan is also known for making great birthday cards. "She puts so much thought and detail in her work," Kristin said.

"Really, none of us are musically gifted, except Morgan," Kristin said. "She looks at music, and it just makes sense to her." Morgan participated in the piano-athon and the Spring Top Pop Festival earlier this year and is looking forward to academy recitals and playing at local restaurants. Morgan wants to climb higher in her musical abilities and add guitar to the musical repertoire of instruments she plays. **NOW**

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# The Versatile Stripe

— By Amy Walton

*It's no secret that trends between home design and fashion are closely related. They not only coordinate in color scheme, but also in pattern. For example, I'm sure we've all noticed the pastel trend over this past year — coral and mint to be exact. We've also noticed the chevron trend, first in home design, and then quickly transitioning into the fashion realm. As much as I love recent trends, I want to focus on a more classic style that also has the ability to remain trendy — stripes.*

Stripes have been thought of as rather traditional, and in a lot of cases, I have to agree. I love the look of a classic stripe, no matter what the color or application. In the classic form, a stripe can be displayed in a horizontal or vertical manner. In home decor, you might consider a vertically hung stripe on a set of drapes to be more formal; whereas, a horizontal, bulky stripe might feel a bit more casual. Another big trend has been placing thick horizontal stripes on the interior walls of your home. I love this trend, because rather than using wallpaper to create interest on your wall, you are simply using paint. For this application, a smoother finish on your walls is ideal, as a textured surface might interfere with achieving clean paint lines.

Color also plays a big part in the look of a classic stripe. A lighter fabric or color choice may come off as more approachable and

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welcoming compared to a bolder black and white print. If you are looking for a more intense look, a high contrast stripe might be the choice for you. To achieve a calm, relaxed feel, lean toward lighter tones with less contrast between the hues of your stripes. The same theory applies to fashion. A softer color scheme will represent a lighthearted and relaxed look as opposed to a bold print, which will signify a larger, more obvious fashion statement. These bold prints have been seen anywhere from maxi dresses to handbags. They are especially popular during the summer months in both high contrast hues and tone-on-tone applications.

But stripes don't have to take on a traditional appearance. They can have a very trendy, casual feel, as well. For example, when applied to a nautical or beach theme, stripes undergo



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a complete transformation and quickly represent the essence of a relaxed environment. There is nothing more relaxing than the look of a navy-and-white-striped rug nuzzled up against a bright white linen couch with some burlap trimmed pillows sitting atop. Ahh! I can hear the waves rolling across the beach right now and envision my toes in the sand! Just imagine, an aged driftwood coffee table supporting a beige-and-white-striped storage basket and some scattered seashells to complete the look. Maybe it's just me, but that scenario sounds like sheer perfection. Without going too over the top with your theme, this beachy design can really create a peaceful and serene room with a casual, effortless elegance.

The nautical theme doesn't stop with home design either. We have been seeing this trend transition into fashion for quite some time. Beginning with gold jewelry making its comeback a few years ago,

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it then became more obvious. Anchors became prevalent in jewelry, and stripes, while they have always been popular in fashion, began pairing up with the nautical aesthetic, as well. The nautical stripe has been applied to many things such as nail art, handbags, shoes, shorts — you name it. Even pairing a classic striped sundress with an anchor charm bracelet or ring has become trendy. Pair



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Aside from the nautical theme, stripes have many other ways of taking on a casual look. I call this the rustic stripe. You might see this in the French country design style, along with the shabby chic and cottage look. I've also seen this rustic stripe in the industrial style. You can find them printed on a kitchen towel, a grain sack pillow or even roughly painted on a table or dresser as a charming accent. You won't find clean lines when observing this type of style, but the imperfect elements of the rustic stripe are where you find its true charm.

The rustic stripe can also be seen in the fashion world when applied to items such as the boyfriend jean, or even when printed on a summer scarf or canvas tote. I love pairing a bright and simple summer dress with a more rugged "rough around the edges" striped scarf. The contrast of those two elements creates interest and meaning behind an otherwise simple look.

It's hard to imagine that such a simple aesthetic can be applied to so many different design styles, but it's true. Whether you are going for the latest trendy look or the traditional classic look, stripes have the ability to take on many roles. What I find most appealing about stripes is their ability to never go out of style. They are timeless in so many ways and will always find a way to make a statement in both interior design and fashion. **NOW**

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Little Feather Equestrian Center is also on Facebook.

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Rebecca Innerarity teaches students traditional English horseback riding at Little Feather Equestrian Center in Weatherford.

# Learning to Jump

*Little Feather Equestrian Center offers beginners and advanced riders English horseback riding lessons.*

— By Amber D. Browne

Galloping through a lush field on horseback, jumping hay bales and fences may be just a dream for some, but it's a reality for Rebecca Innerarity. At Little Feather Equestrian Center in Weatherford, Rebecca shares her knowledge of English horseback riding with others. Rebecca is a hunter-jumper instructor and trains both riders and horses in the sport.

Hunter riding is based on fox hunting. “We want our horses to go around the way they do if they are in open field — jumping brick walls, hay bales, hedges — like they do in the English countryside,” Rebecca stated. Jumpers are about power and speed. The jumper competitions are timed and judged on

the number of rails knocked over by the horse and other faults. “Hunter-jumper riders learn the basics, so they can do either one. It’s just a matter of which they favor and which their horse prefers doing.”

Rebecca grew up in West Texas and began learning the western style of horseback riding at just 3 years old. At 8, she began taking English riding lessons and started to compete. Rebecca has been riding professionally for just over a decade and is certified with the American Riding Instructors Association.

She opened Little Feather in the spring of 2013, shortly after moving to Weatherford from Lexington, Kentucky. Rebecca

# Business NOW

chose Weatherford for its close proximity to horse shows. Over the past year, she has added jumps to the Little Feather arena and several pens for her five horses. Her father, Ed Innerarity, works on various projects at the farm. "He's helped me out with a lot," she added.

Students of all riding levels, ages 7 and up, are welcome at Little Feather. Beginners are taught how to approach and brush the horse, how to put the saddle on and how to catch a horse in the field. Rebecca also educates them about steering, stopping, walking and trotting. For Rebecca, why something is done with a horse is just as important as how it is done.

Students learn skills to control the horse independently. Rebecca wants them to have complete control as quickly as possible. "That's where the confidence comes from. You're not working with a piece of equipment. It's a live animal that outweighs you by hundreds of pounds and has a mind," she explained. "When the rider earns dominance over the horse, it's great for their confidence and for them physically, just like any sport."

Everything the students learn at Little Feather prepares them for jumping. Many students may not move on to that aspect of English riding, but they learn how to support themselves on the horse and ride safely. "It's nice when I can just watch them ride, and they figure things out on their own," Rebecca shared. More advanced students will travel to local shows to compete in hunter or jumper trials.

Riders can wear jeans and cowboy boots, or traditional English riding attire during lessons. Little Feather will provide the helmets and horses, but advanced riders can bring their own animals. Beginners start off with 30-minute lessons, which are \$30 each or four lessons for \$115. Advanced riders can take a 45-minute private lesson for \$45 or group lessons for \$40 each.

Rebecca's friends believe if you live in Texas, you should know how to ride a horse. She agrees and teaches techniques to ride safely. "If you can be safer and do it better," she remarked, "it's worth taking a few lessons." **NOW**



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Brent Baker, executive director of the Weatherford College Foundation, honors outgoing President Dr. Mike White for his service with the organization.



Daniel and Debbie Collins share lunch at Railhead Smokehouse in Willow Park.



Parker County Women's and Newcomer's Club scholarship chairperson Virginia Presnell presents Chelsey Williams with a scholarship award alongside PCWNC president Lorena Friddle.



Six of the 13 Rotary Club of Weatherford's 2014 scholarship recipients are honored at a luncheon.



Arlington Area Street Rods members relax in the shade at the Blooming Car Show.



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**High Yield Bonds** — High yield bonds are corporate bonds rated below investment grade that have a higher level of default risk. As of March 31, 2014, the Bank of America Merrill Lynch Cash Pay High Yield Index had a yield to maturity of 6.06 percent. Over the 10 years ending March 31, 2014, total returns were 8.46 percent annually (average annual return). Since you cannot invest directly in the index, you will need to find a good mutual fund or separately managed account. Consult an investment professional to see what they may recommend.

**Equity Real Estate Investment Trusts (REIT)** — A REIT is a company that, in most cases, owns income-producing real estate. REIT typically may own any kind of real estate. Holdings may be office buildings, warehouses, shopping centers, hotels and apartments. Over the long term investors may get appreciation if the underlying value of the real estate increases. REIT's have to pay out 90 percent of taxable income as dividends, to maintain REIT status.

**Mortgage Real Estate Investment Trust** — These are real estate investment trusts that, instead of investing in physical properties, invest in mortgages. They typically borrow money at three times or more of their equity. This usually produces a high level of income, but creates higher risk.

**Business Development Companies** — A Business Development Company (BDC) is a form

of a registered investment company in the United States that usually invests in smaller and mid-sized businesses. While many business development companies invest in debt securities of the companies, some also invest in equity. The BDCs that invest in debt securities tend to pay a higher dividend yield. Ninety percent of their income must be paid out to maintain investment company status.

**Master Limited Partnership** — This is a type of limited partnership that is registered and usually trades on exchange or OTC (over the counter). A master limited partnership must derive most of its cash flows from real estate, natural resources or commodities. The most common invest in the oil and gas sector and typically pay out their income as dividends.

**Alternative Investment Managers** — These are stocks of publicly traded investment managers, usually structured as partnerships or limited liability companies, which invest money for institutions into buyouts and hedge funds. They earn revenue from management fees and incentive fees if their investments produce a positive return. They usually pay dividends out from the fees earned.

The investments discussed are more complex in nature and may not be suitable for all investors. We believe it would benefit clients to research and explore these types of investments as potential, income-generating alternative investments. Talk with your financial professional to review your own financial objectives and see if an investment of this nature is suitable for you. **NOW**

*This article was written by Dwayne Moyers, president and chief investment officer of SMH Capital Advisors, Inc. Past performance is not indicative of future results. Investments involve risk. You can experience both a profit and a loss.*

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# Caught in the Food Crosshairs

— By Betty Tryon, BSN

The evening ended as a memorable affair — just not the way the hostess envisioned. Within a few hours after eating, one by one, the guests began to feel ill with nausea, vomiting and diarrhea. Only those who ate the salad became sick. In looking for what might have caused this, it was discovered that the salad ingredients were chopped on the same cutting board on which the raw chicken had been prepared. In cleaning the cutting board after using it for the chicken, the cook thought a quick rinse was good enough, but it was not.

Cross-contamination of food is a public health concern. Food cross-contamination is the act of transferring germs from one object to another. Using the same cutting board in the kitchen for raw meats, bread, fruit and salads is an accident waiting to happen. To be safe, save one board for raw meats and another one for vegetables and fruits. Considering the distressing consequences, it is a relatively easy thing to do to help protect your health. Even under the strictest cleaning practices, juices from raw meat can be harbored in cracks and tiny crevices on the board. Toss a board that has too many scars on the surface. When cleaning your meat board, use hot soapy water, follow up with a disinfectant and rinse thoroughly.

The quest to avoid cross-contamination of food begins even before the food ends up in your kitchen. If you use re-usable grocery tote bags, keep them clean. In tote bags and plastic bags, try not to

carry your fresh produce in the same bag you carry raw meat. In other words, don't package your hamburger meat with your tomatoes.

After rinsing your fresh produce, store it in a clean container rather than returning it to its original container. As always, wash hands thoroughly before preparing food. Another precaution is to wear gloves if you have a wound on your hand. The gloves protect you by providing a barrier to keep your wound from becoming contaminated, and they prevent germs from getting on your food. Storing eggs can be risky business. They should be kept in the original container and placed on refrigerator shelves, rather than in the egg containers on the fridge door. The constant opening and closing of the door jostles them and exposes them to fluctuating temperatures which reduces their quality.

When grilling this summer, employ the same rules you use in your kitchen. Never put cooked meat on the same plate or pan that held uncooked meat. Keep grilling utensils separate between raw food and cooked food. And remember, always wash your hands after handling raw meat. **NOW**

*This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.*

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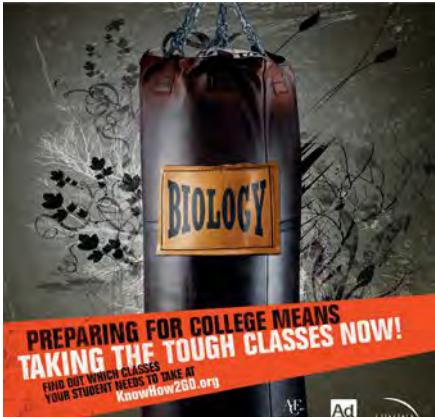
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# Calendar

JULY 2014

## July 4

Boomin' 4th: 6:00-10:00 p.m., Gene L. Voyles Park, 210 N. Lakeshore, Hudson Oaks. The free family event will kick off with patriotic music by Wynn Williams and the Hazers, followed by a fireworks extravaganza. Call the East Parker County Chamber of Commerce at (817) 441-7844 or visit [www.boomin4th.com](http://www.boomin4th.com) for more.

## July 5, 12, 19, 26

Parker Paws Adoption Events: 11:00 a.m.-2:00 p.m., Weatherford PetSmart, 138 E. Interstate 20. Furry friends will be available for adoption. Please call Parker Paws at (817) 694-5718 or visit [www.parkerpaws.org](http://www.parkerpaws.org) for more information.

## July 12

26th Annual Peach Pedal Bike Ride: 7:30 a.m., Weatherford High School, 2121 Bethel Rd. The races' start times are staggered, so check out [www.peachpedal.com](http://www.peachpedal.com) or call (817) 594-5471 for specific race times and more information.

Parker County Peach Festival: 8:00 a.m.-5:00 p.m., historic downtown Weatherford. The festival is celebrating its 30th anniversary. Admission is \$5, and

children ages 12 and under are free. For more, visit [www.parkercountypeachfestival.org](http://www.parkercountypeachfestival.org).

Annual Gabe Vick 42 Tournament: 8:30 a.m., Texas Bank Financial, 901 Santa Fe Dr. Cost is \$5 per person, and registration forms are available during business hours in the bank lobby. For more information, visit [www.texas-bank.com](http://www.texas-bank.com).

## July 18, 19, 20, 25, 26, 27

Summer Children's Theatre Camp Performance: Friday-Saturday: 7:30 p.m., Sunday: 2:00 p.m., Theatre Off The Square, 114 N. Denton St. Theatre Off The Square's Summer Children's Theatre Camp participants will perform *Miss Nelson is Missing*. For more, visit [www.theatreoffthesquare.org](http://www.theatreoffthesquare.org).

## July 19

2014 Texas National Guard Family Fun Event: 7:30-10:00 p.m., Splash Kingdom - Wild West Water Park, 1001 Cinema Dr., Hudson Oaks. Community members are invited to say "thank you" to members of the Texas National Guard 840th Battalion and their families during the event. Proceeds benefit the soldiers, Rotary Club of Aledo and the non-profit Life Skills International. Call (817) 781-1454 or email [stacey.bartell@n2pub.com](mailto:stacey.bartell@n2pub.com) for more information.

## July 20

Parker County Aggie Moms' Club 2014 Howdy Party: 5:00 p.m., Parker County Sheriff's Posse Clubhouse, 2201 Mineral Wells Hwy. Contact Terri Smith at (817) 374-3188 or [terrilsmith1963@yahoo.com](mailto:terrilsmith1963@yahoo.com) for more information.

## July 28

Kiwanis Club Children's Magic Festival: 7:00-8:30 p.m., Weatherford College Fine Arts Alkek Building, 225 College Park Dr. Come enjoy a spectacular magic show with entertainment for all ages. Funds raised benefit local charities through Kiwanis of Weatherford. Call (817) 613-1914 after 5:00 p.m. for more information.

## August 1

Fourth Annual First Fridays Summer Concert Series: 6:00-10:00 p.m., downtown Aledo. A Fireworks Extravaganza will end the evening. For more information, visit [www.aledo-texas.com](http://www.aledo-texas.com).

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

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Kim Mader-Bagley & Craig Bagley



## In the Kitchen With Ryan Mordecai

— By Amber D. Browne

After graduating with a business degree from the University of North Texas, Ryan Mordecai chased his dream of becoming a restaurateur to Austin, where he received a culinary degree. The restaurant industry wasn't for him, and Ryan now uses his culinary experience to create meals at home. "I like opening the refrigerator to create a dish from scratch," Ryan stated. He often cooks with his wife, Angela. "She is a very good cook and has taught me a thing or two about cooking fresh seafood!"

When he's not working as market president for BBVA Compass Bank, Ryan spends time hunting wild game, which he incorporates into recipes. "It doesn't get much better than spending time in the outdoors and sharing what you killed with family and friends." **NOW**

### Alligator Sauce Piquante

**1/2 cup olive oil (divided use)**  
**1 1/2 cups yellow onion, chopped**  
**3/4 cup green bell pepper, chopped**  
**3/4 cup celery, chopped**  
**1 tsp. salt**  
**1 tsp. crushed red pepper flakes**  
**1/2 tsp. cayenne**  
**4 bay leaves**  
**1/2 cup plus 3 Tbsp. all-purpose flour (divided use)**  
**4 cups plum tomatoes, seeded and chopped**  
**3 cups chicken stock or broth**  
**1 tsp. Worcestershire sauce**  
**1 tsp. Emeril's Red Pepper Sauce or other pepper sauce**  
**1 1/2 lbs. alligator meat**  
**1 1/2 tsp. Creole seasoning**  
**2 cups rice, cooked**

**1/2 cup green onions, chopped**  
**1/4 cup fresh parsley, chopped**

- 1.** Heat 1/4 cup olive oil in a nonstick pot or Dutch oven over medium-high heat. Stir in next 7 ingredients. Heat 5 minutes or until vegetables are soft. Add 3 Tbsp. flour; stir 1-2 minutes. (Do not brown flour.) Add next 4 ingredients; bring to a boil and reduce to medium-low heat.
- 2.** Cover alligator meat with plastic wrap; pound with a mallet until 1/4-inch thick; cut into 2-inch strips.
- 3.** Heat 2 Tbsp. oil in a large nonstick skillet over medium-high heat. Combine remaining 1/2 cup flour and Creole seasoning in medium bowl. Dredge alligator pieces in seasoned flour. Fry half of the meat about 3-4 minutes on each side until golden brown. Heat remaining oil in skillet and fry remaining alligator.

**4.** Add alligator to vegetable mixture; bring to a boil. Reduce heat; simmer uncovered for 2 hours, stirring occasionally. Remove bay leaves.

**5.** Spoon rice into bowls; top with alligator and vegetables. Garnish with green onions and parsley.

### Deer Meat Stroganoff

**1 lb. venison, cubed**  
**Salt and pepper, to taste**  
**Garlic powder, to taste**  
**1 Tbsp. butter**  
**1 onion, chopped**  
**2 10.75-oz. cans cream of mushroom soup**  
**8 oz. sour cream**  
**16 oz. egg noodles, cooked**

- 1.** Season venison with salt, pepper and garlic powder.
- 2.** Add butter and onion to a large skillet; sauté until soft; add venison and brown. Drain venison and add soup. Reduce heat to low; simmer 10 minutes. Add sour cream to meat mixture. Pour meat mixture over hot noodles and serve.

### Migas Chorizo Casserole

**2 cups tortilla chips**  
**1 cup onion, chopped**  
**1-2 jalapeños, finely chopped**  
**2 cups salsa**  
**8-12 oz. Mexican chorizo**  
**8 eggs**  
**1/2 cup milk**  
**1 tsp. garlic powder**  
**Salt and pepper, to taste**  
**2 cups Monterey Jack cheese, shredded**  
**1/4 cup green onions, chopped**

- 1.** Preheat oven to 350 F. Coat a 9x13-inch glass baking dish with cooking spray. Spread tortilla chips evenly in dish.
- 2.** Heat onions and jalapeños in a large skillet on medium-high until tender; spread onions, jalapeños and salsa over chips.
- 3.** Heat chorizo in skillet on medium-high for about 7 minutes or until done; drain oil and add chorizo to baking dish.
- 4.** Whisk next 4 ingredients in a large bowl. Pour mixture into baking dish; top with cheese and green onions. Cover with aluminum foil coated with cooking spray. Bake 45-50 minutes. Cool 10-15 minutes before serving.



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