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Angels of Mercy

Dean Kathy Boswell helps advance education at Weatherford College In the Kitchen With Ben and Dora Long

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ON THE COVER

Kathy Boswell drives excellent health care preparation at Weatherford College.

Photo by Peace, Love & Realty Productions.

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EDITOR'S NOTE

In this month of celebrating freedom

I think my perspective might be a bit different this year. Although we never lost our freedom (we could still leave our homes), it rather felt that way this spring, didn't it? In the beginning, I found myself staying inside most of the time, not even venturing out to the office behind my house. I didn't open my front door for weeks. Thankfully, that changed. As the weather warmed, I headed outside more, enjoying the beauty of birds and fresh air. I'm blessed with a large backyard and thankful for it — except maybe when it needs a good mowing. But as I reflect on the precious gift of liberty, I imagine what life might look like without it. What if we couldn't leave our homes, travel anywhere or even go to the store whenever we desired? Imagine living where the government dictates every action.

As we celebrate America's Independence Day, I hope we all remember the treasure we have in America. I wake up every morning with the right to sing, speak or write whatever I want. Not everyone has that freedom. I choose what job I pursue, where I live, what I wear, how to think, worship and pray. I fear we sometimes take our freedom for granted. With any national holiday, we can forget the origins. Enjoy your picnics and family get-togethers. We need that reconnection and feelings of community. But as you watch fireworks, remember how it must have felt to see bombs exploding in the air — and utter thanksgiving that we are, indeed, still free.

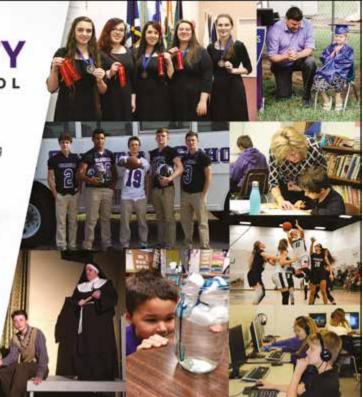
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"The overall evidence for the appropriate use of MRI in low back pain is limited and weak'

And yet this diagnostic technology is touted by many as being the definitive answer for the question of why someone might be suffering with pain.

No wonder so many people are struggling to get rid of their back problems when they go down the conventional route...

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well even when you have been diagnosed with disc problems like slipped discs, bulges, herniations, prolapses etc.

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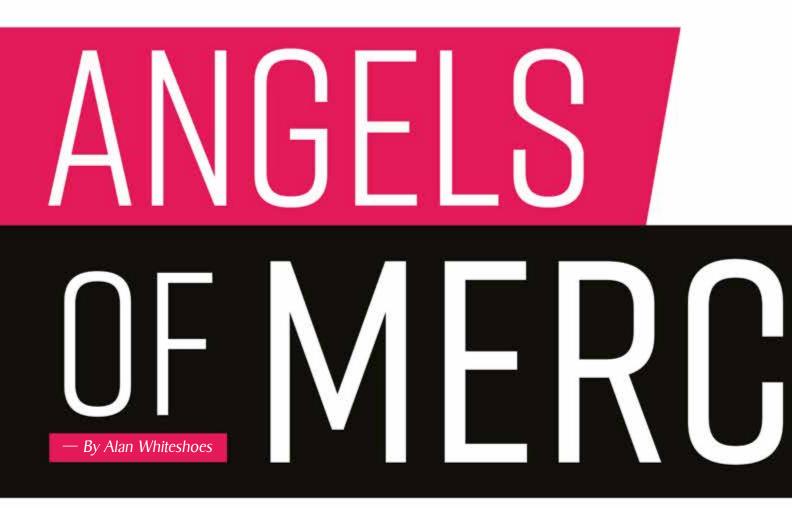


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"I have the greatest job in the world, developing health care programs," Kathy Boswell proudly proclaimed. Kathy is dean of the Weatherford College Health and Human Sciences Division, which has been making lots of news lately because of steps forward in the industry.

The biggest news of late is the college's approval to offer a Bachelor of Science Degree in Nursing. Pending final approval, students at this two-year institution can earn a four-year degree beginning in the fall. Of course, two-year nursing associate degrees, offered since 1998, will still be available.

"We hope to go back 20 years and capture all the associate degree nurses who don't already have their BSN and help them get it," Kathy said. "This is really a great opportunity. They're getting their bachelor's degree at community-college prices, and that saves a lot of debt."

Kathy, now in her fourth decade at the school, started the Vocational Nursing Program in Mineral Wells in 1980. Five years later, it merged with the existing program in Weatherford, and Kathy became director. In 1998, she was named dean of the Health Science Division.

Kathy started her nursing career at Parkland Hospital in Dallas before she and her husband relocated to Throckmorton, and she went to work in an eight-bed hospital. She also worked at Palo Pinto General Hospital in Mineral Wells, the city where she was raised and still calls home. She worked in a variety of capacities in the medical field.

Kathy's uncle and brother were both cardiologists, and she found their careers fascinating. "When I was small, I was always bringing in birds and little creatures that were hurt. I thought I was going to be a vet," she said with a chuckle. Instead, she went to work as a nurse's aide. From there, the rest is history.







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Springtown Park Rehabilitation ground breaking happening soon! Fellow registered nurse, Tola Plusnick, program director for the newly established RN-to-BSN degree, has known Kathy for more than two decades and began working for her at WC in 2010. Since coming to the school, Tola has seen Kathy play a pivotal role in the development of not only the RN-to-BSN program, but also programs for occupational therapy assistants and physical therapist assistants.

"She also lent her support for increasing enrollment for the ADN program by expanding it to the Wise County campus. Without her strong backing, I do not believe the Health and Human Sciences Division programs would have the same impact on the health of our community and lives of our students," Tola said.

"Dean Kathy Boswell is one of the pillars of Weatherford College. She has also been instrumental in helping Weatherford College offer an expansive range of health science programs," WC President Dr. Tod Farmer said. "Throughout her prolific career, Kathy has positively impacted countless lives."

On the Palo Pinto County Hospital Board of Directors for 26 years and on the Mineral Wells Parks and Recreation Board for 30, she also teaches swim lessons for the Red Cross. "I've been training lifeguards for the Mineral Wells Parks and Recreation Department for many years," she said. "I am the oldest living certified lifeguard in Texas, if not the world, and I just recertified last summer."

Among things dear to Kathy's heart is the Substance Abuse-Counseling Program she helped develop at the school. "There is a great need for improved behavioral medicine access in the United States and in our community. I'm very passionate about focusing efforts on continued work toward decreasing substance use problems that plague our country," she said. "This program provides jobs for individuals interested in working as a counselor in this field."

Kathy's awards include the WC Faculty Member of the Year in 1990, along with a nomination for the prestigious national honor, the Piper Professor Award, in 1995. "You're competing nationally against thousands of faculty members, many of whom hold doctorates and come from Ivy League universities. I didn't win the overall title of Piper Professor, but the fact that my fellow faculty members nominated me meant more than the award," she said.

Kathy has three children, who all earned degrees from Weatherford College. Wendy received three degrees before going on to earn two master's degrees. Joe has one degree and is currently pursuing a second. Joshua earned certification in the Substance Abuse Counseling Program. Kathy's husband also earned a degree in business from Weatherford College.

"If you're looking for someone enthusiastic and passionate about health care education, look no further than Kathy Boswell. 'Boz' has built one of the finest groups of health care career programs in the state of Texas," said Brent Baker, vice president of institutional advancement.

Throughout the COVID-19 pandemic, the school and state responded quickly to challenges. Students and instructors both adapted to online learning to finish their classes. Required lab work presented a dilemma, but by checking all who entered the building for fever, requiring protective equipment and instituting 6-foot distancing, they managed to overcome the obstacles. Because clinical sites were closed to students, the college and state needed a way for them to simulate patient care areas. Some programs allowed limited simulations, enabling students to finish coursework. In an unprecedented action, the governor and Texas Board of Nursing reached out to colleges. With a growing need at all levels of nursing, they determined that those in good standing could receive permits to enter the workforce prior to passing boards until the testing centers reopen.

"I do not believe we will ever return to what normal has been but will develop a new normal as we move into the future," Kathy said. "Health care personnel must be flexible, competent and capable. This was demonstrated to me over and over by the faculty and students. I can honestly say I have never been prouder. As our students graduate and move into those important roles and become my peers, I am confident they will make their employers, patients, families and Weatherford College proud." **NOW**





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BusinessNOW McAfee Chiropractic

— By Lisa Bell

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From the time Dr. Carl McAfee opened McAfee Chiropractic in April 2011, he developed relationships with medical doctors in the community. Those doctors now provide most of the referrals to McAfee Chiropractic. "They know I'm going to treat the problem, not put a Band-Aid on it," Dr. McAfee said. "I promise each of my patients that if I'm not confident I can correct the problem, I won't waste their time, energy or money. I'll find the best doctor for them and make the necessary referral."



He focused on correcting problems from the beginning of his practice. To do that properly, McAfee Chiropractic always takes X-rays for a new patient. Next, they create a game plan to address the root cause. Taking X-rays at the end of the program confirms that they corrected the reason for a patient's pain.

While chiropractors deal with realigning bones and working with muscles, treatments involve the nervous system. When a bone presses against a nerve, the system doesn't flow as it should, and the body reacts with pain. Corrective treatment allows the body to heal naturally. As a doctor, McAfee found his niche by treating causes. Although he doesn't oppose prescriptions and surgery when needed, he prefers a less invasive approach first.

As an athletic college student, Dr. McAfee injured his back. A chiropractor relieved him of pain without surgery and got him playing baseball again — something doctors said wouldn't happen. Pursuing sports therapy as a major at the time, his experience sent him a different direction. He opted to become a chiropractor and help people from birth to their final days.

Dr. McAfee admitted that many of his patients come to him after other therapies fail, so he sees hard cases. From failed back surgeries to chronic lower back pain, the practice excels in these areas. However, he cautioned, "We are not Amazon Prime. It doesn't happen in two days. Healing takes time, and we can't control how long it takes a body to heal."

McAfee Chiropractic spent the last nine years developing repeatable systems and procedures to obtain positive outcomes for patients. Dr. McAfee is using these systems to expand his practice, opening satellite practices to help more people experience true chiropractic and long-lasting relief. His new office in Trophy Club opens next month, and another in downtown Fort Worth opens later this year. Although Dr. McAfee continues to operate out of his Weatherford office, the same systems will be implemented with the doctors running his satellite offices.

"They know I'm going to treat the problem, not put a Band-Aid on it."

During the pandemic, Governor Abbott mandated that Dr. McAfee remain open, taking necessary precautions. By treating patients, McAfee Chiropractic helped keep people out of the hospital. Their services often delay or prevent more invasive types of treatment, which is always the goal.

As a business, they support several local organizations and have done so for the last decade. An active member of the Weatherford Lions Club, Dr. McAfee sits on its board. They recently donated personal protective equipment for the upcoming rodeo concession-stand workers, keeping everyone safe.

When considering a chiropractor, remember they are licensed physicians. If they can't address an issue, they should refer the patient to someone who can. "Make sure they always start with X-rays and a treatment plan," Dr. McAfee shared. Although a plan may take time, it should correct the reason for pain and never merely treat symptoms. **NOW**



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Zoomed In: Fredrick Sanders

By Lisa Bell

Former Weatherford College student, Fredrick Sanders, returns as the new director of jazz studies, bringing more than 30 years of both music performance and education. "I am a product of the excellence Weatherford College embodies. WC is in a position to establish a culture that's unique in our region," Sanders shared. "WC students will have a global presence in the arts community." His primary principles include integrity, proficiency and excellence. As an accomplished pianist, Sanders performed with incredible musicians, but his teaching and directing credits shine with equal impressiveness. He earned the college's Distinguished Alumnus Award in 2018 and said, "I'm returning to WC because it provides endless opportunities for students."

Around Town



Local boy, Hunter Matthews, lands his first big catch in Port Aransas, Texas.



Business friends support Burgers & Bingo at Parker County Senior Center.



Zonta installs new members — Penny Shelton, Staci Markwardt, Renea Skelton and President Anita White.



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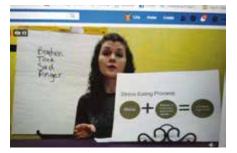
Governor Greg Abbott virtually addresses local small businesses.



President Tod Allen Farmer and family establish a permanent endowment earmarked for students aspiring to become college-university presidents.



EPCCC Chairman, Shawn Calloway, addresses golfers as Texas reopens.



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Ben and Dora Long celebrate their 67th wedding anniversary on September 11, 2020. "I never studied cooking but learned a lot from both Ben's mother and mine," she said. As their family grew, Dora learned to feed a crowd, cooking three meals each day. "We have five children, 10 grandchildren and 14 great-grandchildren," she added. "I am still blessed to show my family how much I love them by cooking for them."

Ben's garden provides much of the produce she uses, and they grow fruit, beef and eggs. "Every Saturday, I prepare lunch for whomever wants to show up," she shared. "I love to cook with native pecans from our land. Ben gathers, cracks and shells them." Dora also makes award-winning quilts as a hobby.

Fried Okra

I lb. fresh or frozen okra, cut
Salt, to taste
Pepper, to taste
Garlic powder, to taste
2/3 cup cornmeal
1/3 cup flour
1/2 cup oil or bacon grease

I. Cut up the okra; mix it with salt, pepper and garlic powder. Mix the cornmeal and flour together; pour the mixture over the seasoned okra.

2. Pour the oil in a skillet; heat until really

hot. Put 2/3 of the okra in the skillet; turn heat to medium.

3. Don't stir until the okra is brown on one side. When brown on one side, stir and add the remaining okra mixture.

4. Cook until brown and tender without too much stirring.

5. Remove to a paper towel-lined dish to absorb the excess grease before serving.

Roasted Pecans

1/2 stick melted butter

2 tsp. garlic salt

3-4 Tbsp. Worcestershire sauce

1 1/2 tsp. chili powder
 1 tsp. red pepper
 2 tsp. garlic powder
 2-3 cups whole pecans

 Mix the butter, garlic salt, Worcestershire sauce, chili powder, red pepper and garlic powder. Pour mixture over the pecans; stir.
 Pour pecan mix onto a cookie sheet. Roast for 15 minutes at 350 F. Do not overcook.

Broccoli Soup

This soup freezes well.

6 cups water
16 oz. frozen broccoli
1/2 cup onions, chopped
2 tsp. salt
1 tsp. pepper
2 tsp. garlic powder
8 oz. American cheese
1 1/2 cups milk (divided use)
1 cup cream
1 stick butter
1/4 cup flour

I. Bring the water to a boil. Add the broccoli

and onions; cook for 10 minutes, breaking up the broccoli while cooking. **2.** Add the salt, pepper, garlic powder and cheese. After the cheese melts, add 1 cup milk, cream and butter; heat to boiling. **3.** In a separate bowl, add 1/2 cup milk to flour; stir until smooth. Slowly add the flour mixture to the soup, stirring quickly. **4.** Cook soup until it comes almost to a boil. Turn off burner; do not boil.

Cream Corn

6 ears fresh or frozen corn 3/4 cup milk 1 1/2 Tbsp. cornstarch 1 tsp. salt 1 tsp. sugar 1 stick butter

 Boil the ears of corn for 6-8 minutes. Let it cool. Cut the corn off the cob; place it in a microwavable bowl. In a separate bowl, mix the milk, cornstarch, salt and sugar.
 Add the cornstarch mixture to the corn; stir. Place the corn mixture in the microwave; cook for 6-8 minutes, stirring every couple of minutes.

3. Add the butter; stir well before serving.

Pecan Fudge

3 cups sugar 1 1/2 cups milk or cream 1/2 cup cocoa 1/2 bag marshmallows 1 stick butter 2 tsp. vanilla 2 qts. pecans Candy thermometer (must use)

I. In a heavy, large pan, combine sugar, milk and cocoa; stir well.

2. Cook on medium heat until the thermometer reaches 236 F, stirring constantly. When the temperature reaches 236 F, turn off the heat.

3. Add marshmallows, butter and vanilla; stir until all the ingredients melt. Immediately add the pecans; mix quickly until all pecans are covered.

4. With a big spoon, drop mixture onto parchment or waxed paper. Let the candy dry. Sometimes, it takes up to 12 hours to harden. When hard, put the candy in sealed containers.

Cinnamon Rolls

2 cups warm water 2 pkgs. dry yeast 1 1/2 cups sugar (divided use)



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2 tsp. salt

- 6 cups flour (divided use)
- 1/2 cup shortening or oil
- l egg
- 1 stick butter (divided use)
- 1 cup brown sugar
- 4 Tbsp. cinnamon (divided use)
- 1-2 cups pecans, chopped
- Water for sealing

- In a large bowl, mix water, yeast, 1/2 cup sugar and salt. Let stand 10-15 minutes.
 Add 3 cups flour; mix. Add shortening and egg; mix again.
- **3.** Add the remaining 3 cups of flour; mix well and knead. Place in an oiled bowl; let rise.
- **4.** Melt 1/2 stick of butter. Pour melted butter onto a cookie sheet. Mix brown sugar

and 2 Tbsp. cinnamon; sprinkle into the butter. Sprinkle pecans over the brown sugar mixture; set aside.

5. Roll out the dough to 1/2-inch rectangle. Spread remaining butter on the dough; sprinkle 1 cup sugar and 2 Tbsp. cinnamon on top of the butter.

6. Roll the dough into a log; seal it with a little water. Cut the roll into 1/2- to 1-inch slices; place on top of the brown sugar pecan mixture.

7 Let rise 1 hour; cook at 350 F for 15-20 minutes. Remove from the oven; turn the pan upside down onto a sheet of foil.

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Crossword Puzzle

9	8	7	6	5			4	3	2	1
	+				11		\vdash			10
t	┢	┢		\vdash		13	\vdash	1		12
\uparrow	┢	16		\vdash	\vdash	15		\uparrow		14
+	\uparrow		19		\vdash		18	17		
	\vdash	\vdash		21		\vdash	\vdash		20	
		\vdash	\vdash		23		\vdash	1		22
28	27	26		\vdash		25		+		24
+	+		31		\vdash		30	1	1	29
+	+		33			\vdash	\vdash	+		32
+	+	-	35			-	+	+		34

Across

- 1 "Summertime" singer --- Fitzgerald
- 5 Long for
- 10 Quick look
- 11 Diddy record label
- 12 Constant
- 14 Long-leaved lettuce
- 15 Baby weight units
- 16 It's boring to be stuck in one
- 17 Cosmetic ingredient, often
- 19 Audition sample
- 20 Can cause temporary blindness
- 21 Drones might attack you here
- 22 Some docs' degs
- 23 Bond's M
- 24 To be unwell
- 25 Pony ---, for small beer perhaps
- 26 DoJ enforcer
- 29 Interrogation aid
- 32 Starts an answer to "What's in the paper today?"
- 33 Goat's milk cheese
- 34 Snug shelters
- 35 Horatian works

1 Huge in scope

Down

- 2 Former "Tonight Show" host
- 3 Ever-decreasing
- 4 Copy
 - 5 Elevator chambers
 - 6 Vitamin-bottle abbreviation
 - 7 Cut short
 - 8 Book
 - 9 With an --- (mindful of)
 - 11 Sacred name in baseball history
 - 13 Used to move 20 Across
 - 18 LA article
- 19 Solved
- 20 Sunni counterpart
- 21 Very important
- 22 Much-lampooned Alaskan politico
- 23 High-speed streams
- 25 In Florida, they're 113 miles long
- 27 Schlep
- 28 Italian monks
- 30 "Who ---?" (Saints' chant)
- 31 Corp's money mgr.

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Solutions on page 28





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Sudoku Puzzle

Easy									1	Mediu	m					A14	
		9		7	5			8				4	5	2			7
	1	4					9										
						7						7					3
	3			5				4					2		5		
	5				8			7		3							
	8		4		7						1	9	7	8		6	
				4			8			6		8	3		4		
		2			9						9					8	
		5	2	6			1				4				3		1
For on								Crosswor	dsite	e.com Ltd			<u> </u>	1.11			- 00

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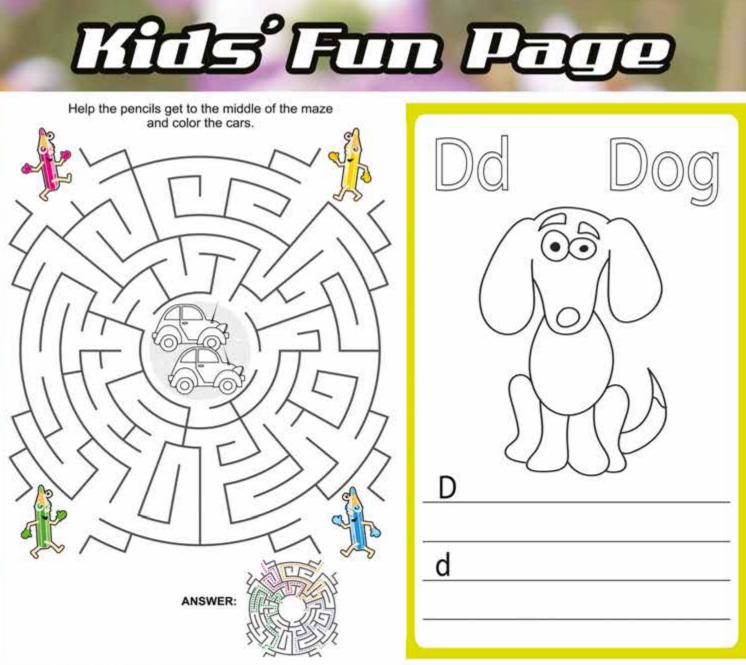
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Solutions on page 28





Fill in the missing numbers

1	+	7	=		3	-	=	
+				-	+			+
				4	4			8
=				=	=			
	-	2	=			+	=	9

available online. Activities: 7:30 p.m. nightly; Rodeo: 8:00 p.m. nightly. Various times for other events. For details, visit www.pcsp-frontierdaysrodeo.com.

7/11-7/18

Parker County Peach Week 2020:

In place of the one-day annual Peach Festival, have fun for an entire week with food, activities and more. Enjoy the joy of peaches without the massive crowds. For more information and the weeklong event schedule please visit www.parkercountypeachfestival. org/peach-week.html.

7/14

Macramé Feathers: Get crafty with Weatherford Public Library. May register and pick up supply kit June 29-July 5. Demonstration video live on Facebook. Visit the website for this and other virtual programs all through July. 9:00 a.m. For details, www.ci.weatherford.tx.us/ 142/Library.

8/6

Sugar Rush 2020:

Celebrating new beginnings, this mixer is hosted by the Children's Advocacy Center of Parker County. 4:00-6:30 p.m., 1224 Clear Lake Rd. www.cacparkercounty.org.

Mondays

Aledo Farmers Market: Shop for farm fresh items and homemade foods and novelties. 3:00-7:00 p.m., Aledo Community Center Parking Lot, 104 Robinson Ct., Aledo. For information or vendor applications, contact Toni Fisher (817) 441-7016, event. planner@aledon-texas.com. www.aledo-texas.com.

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



7/4

Spark in the Park:

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Hired Guns and Jack Ingram,

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7/7-7/11

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 Sudoku

 Solutions

 E² L³ L⁴ A
 5 C⁶ R⁷ A⁸ V⁹ E

 P E
 P
 1⁸ B A D B O Y

 ² I N S E
 P A R A B L E

 ⁴ C O S S
 1⁵ L B S
 1⁶ R U T

Crossword

		"A	Ľ	0	E		D	E	Μ	0
	20 S	N	0	W		21 H	t	٧	Е	
22 P	н	D	s		23 J	U	D	1		
²⁴ A	1	L		25 K	E	G		²⁶ A	²⁷ T	28 F
29 L	1	E	³⁰ D	Е	Т	E	31 C	Т	0	R
32	Т	s	A	Y	S		³³ F	Е	Т	A
³⁴ N	Е	S	Т	S			35	D	E	S

Easy

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

Medium

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



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