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Mary Hirsh and her thoroughbred, Phil, have competed together since 2006.

Photo by Opaque Visuals.

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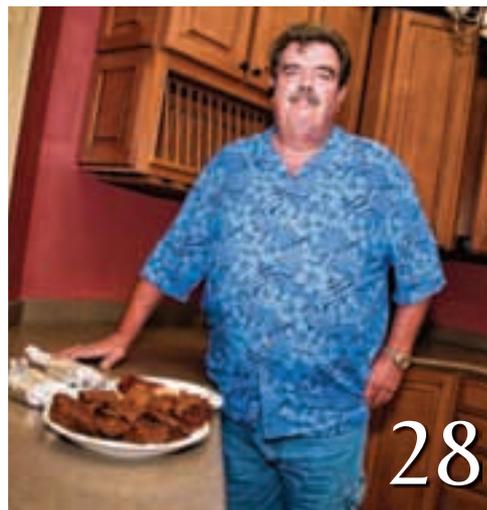
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# Editor's Note

*Howdy, Weatherford!*

School starts at the end of this month, and there is a long checklist of supplies every student needs. For children residing in Parker County whose parents need a little help providing all these supplies, North Side Baptist Church hosts the Back to School Fair on Saturday, August 13, from 8:00 a.m.-noon, inside the church at 910 North Main Street. Last year, they gave out supplies — plus immunization vouchers, free hair cuts, snacks, child identification kits and free eye exams — to over 700 children here in Parker County, according to Ragan Carr, Women's Ministry director. Each child must come with their parents to pick up their supply packs. Ragan is most excited that the mission will offer backpacks to many of those who preregister by August 5. In the face of our economy, it is heartwarming to know so many good folks donated services and supplies for this year's service to families in Parker County.



*Melissa*

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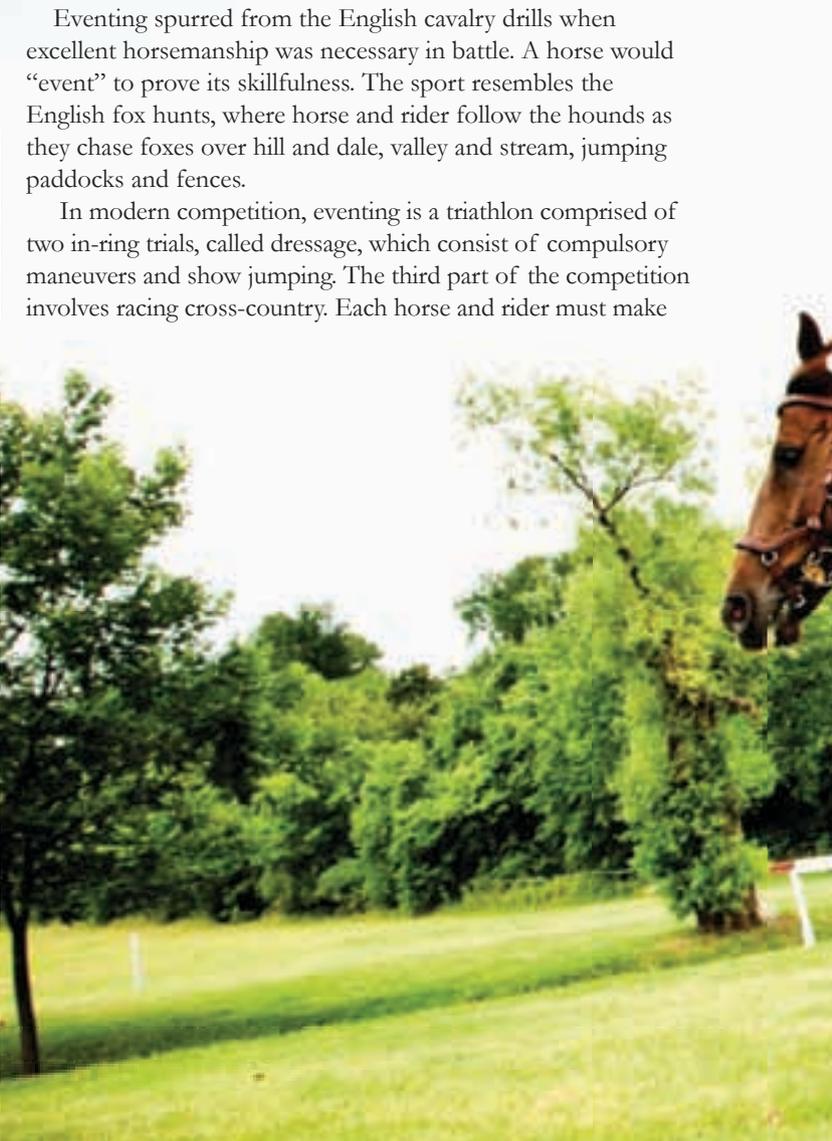
# The Mane Event

— By Julie B. Cosgrove

*On most days at Greenwood Farms near Weatherford, you can spot a lady riding a thoroughbred with a black Labrador retriever at their heels. Mary Hirsch is an event rider — a sport that became an Olympic competition in 1912. However, up until 1954, women were banned from Olympic equestrian eventing because officials believed it to be too rough and dangerous for the “fairer sex.” The sport became more popular among female riders during the 1980s. Today, about 85 percent of the eventing competitors are women.*

Eventing spurred from the English cavalry drills when excellent horsemanship was necessary in battle. A horse would “event” to prove its skillfulness. The sport resembles the English fox hunts, where horse and rider follow the hounds as they chase foxes over hill and dale, valley and stream, jumping paddocks and fences.

In modern competition, eventing is a triathlon comprised of two in-ring trials, called dressage, which consist of compulsory maneuvers and show jumping. The third part of the competition involves racing cross-country. Each horse and rider must make





their way through fields and woods, clearing natural and man-made jumps at full gallop. If the events are held over one or two days, it is called a horse trial.

“The cross-country is the most dangerous,” Mary explained, “because horses are born to gallop. They are suddenly no longer in the confines of the ring. They become completely different animals. The horse becomes excited and invigorated, and doesn’t want to slow down or stop.” She went on to say, “The horses don’t know the jumps are coming up. The riders do because they have walked the course. It’s up to the rider to

not get nervous and to steer the horse to do what it naturally wants to do. If you miss, at that speed, you’re toast.”

Horses must not veer away from a jump. If they do, or just stop dead in their tracks, that is called refusing the jump. “You are only allowed so many refusals, and they count against you,” she explained. “It’s a timed event, although you rarely see more than one horse and rider at a time on the same jump section. We’re spaced out two minutes apart. It’s like golf. The lowest score wins. A perfect score in the jumping segment is zero.”

Mary owns a thoroughbred horse

officially named Golden Sun, but who has always gone by the name of Phil. The now 13-year old Phil and middle-aged Mary have been eventing together since the fall of 2006. “I bought Phil in Colorado, where I lived at the time.”

When asked how she became interested in equestrian sports, Mary explained she grew up near College Station, Texas. She fell in love with horses and riding. “Back then, most parents put up with their little girl going through the ‘I want a horse’ phase by going to a barn and signing them up for riding lessons for a year to get it out of their system. That’s



**Mary owns a thoroughbred horse officially named Golden Sun, but who has always gone by the name of Phil.**

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what mine did.” However, this was not just a preteen phase for Mary.

She always felt more athletic than girly. “Where I went to school, there were no sports for girls. The school council actually said it wouldn’t fly, because girls don’t like to mess up their hair or get sweaty, and because they were not as strong as boys.” Horse riding filled the sporty desire inside Mary to excel, push herself to new limits and compete. She took to the English saddle-riding style and jumping in a closed ring. Thus, in-





ring competition became a huge part of her life through high school and even through her college years, as she studied for an undergraduate degree at Texas A&M University. "After that," Mary shrugged, "I couldn't afford a horse."

Mary was embedded in the financial corporate world when the desire to participate in equestrian events resurfaced. Up until then, Mary had not realized she was working in the area of Colorado that was "into eventing." She took that as a definite sign. "I called this lady named Kate Christensen who trained at an eventing barn. I explained I hadn't ridden in years and asked if she had a spot for someone who wanted to just try it out for size again, say once a week or so." To her surprise, Kate answered in the affirmative.

"I'd never ridden cross-country. Where I grew up near the Brazos River, there were too many armadillo holes," Mary laughed. "I remember the first time I went to cross-country jump. I asked myself, *What are you doing?* This type of jumping takes a whole new set of skills I didn't have yet."

However, it didn't take long for her to get hooked on this new style of competition. "I fully intended to have both eventing and my career as parts of my life. So, I bought Phil and boarded him at Kate's farm."

Part of mastering cross-country eventing is the horse and rider becoming one. "When you compete in eventing, or any other equestrian sport, you are dealing with two athletes — the horse



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and the rider,” Mary elaborated. “Both have good days and bad days. Both have personalities. Both learn each other’s mental signals.”

Mary moved to Weatherford in 2009 after learning through the equestrian grapevine that Christie Tull at Greenwood Farms not only had event acreage, but a small house for rent. “That’s something that only happens once in a lifetime.” So, Mary packed up Phil and moved back to Texas to live in more seasonable weather, as well as being closer to family. “You have to keep training the horse, no matter the weather. Like any athlete, horses must keep in shape. Phil loves this warmer weather. It means we don’t have to train indoors for months on end.”

Today, the pair has become a trio. An abandoned black Lab strolled up to the farm one afternoon. “The hands fed him for three days. Then they told us, ‘One of you needs to adopt him.’” Only half-grown, Ranger was rambunctious. He also didn’t want to be left alone again. When Mary and Phil took off cross-country, he followed them. Now Ranger is one of the official greeters, wagging his tail and checking out the riders and horses.

Mary recently trained with Irish Olympic coach Mary D’Arcy O’Connell and assists in the horse trials at Greenwood Farm. “I love my life now. I’m self-employed and doing what I love,” she smiled. “I have two wonderful companions to share it all with me. What more could you ask for in life?” From the contentment on Mary’s face, it seems the answer is — not much else. **NOW**

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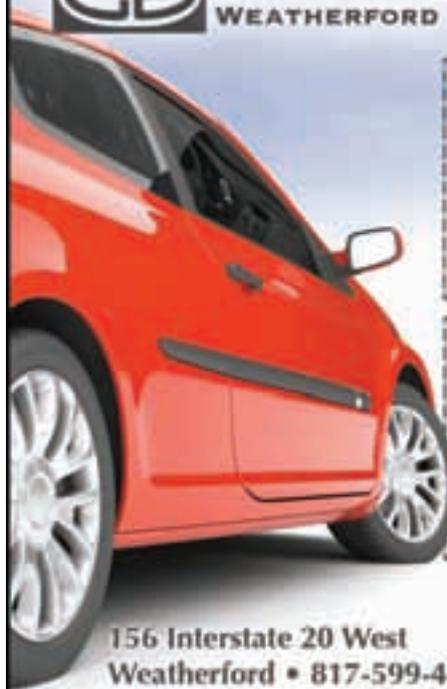
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# MAKING *Memories*

— By Melissa Rawlins

## AT HOME WITH PAUL AND COURTNEY RUST

*When Paul Rust, the city's new fire chief, shuts the doors on his office, located inside the house where Jim Wright grew up, he looks forward to getting across town to his real home — and to pure fun. What else would you expect in a house full of energetic children? Only their mother, Courtney, knows the depths of desire in Paul's heart to provide peace and safety where he can. And only Paul knows the strength of Courtney's devotion to helping others.*

She keeps the family Bible in the entrance way, inside an antique case displaying mementos of her family, many of whom were teachers. Courtney works from home as a recruiter for a consulting firm, so when she is not traveling, she is available to guide the Rusts' two girls, 6-year-old Ashlyn and 9-year-old Avery, and Paul's nephew, 12-year-old Wesley, who moved in with them recently. While they are in the process of adopting Wesley, the young boy has adopted them full-force. "I have a lot of favorite things about living here," Wesley said. "I have a lot of new friends, I get to be with a mom and a dad and two sisters, and I get to pick on one of them!"



Ashlyn may not like being teased, but Wesley's a good sport. When Avery and Ashlyn start fixing each other's hair, they set up "salons" in their colorful bedrooms upstairs, on the built-in desks where one day they will have a computer. The under-the-cabinet light makes the tanning bed. They have their own cash register and swipe Wesley's card in exchange for a tanning session. "Wesley only does it whenever we make him," Avery said.

In fact, consideration for Wesley was one of the deciding factors when Paul was offered the position of assistant fire chief two years ago. Happily ensconced in their custom-built, three-bedroom home in Midlothian, near Waxahachie, where Paul was a battalion chief, the Rusts thought it was a possibility Wesley

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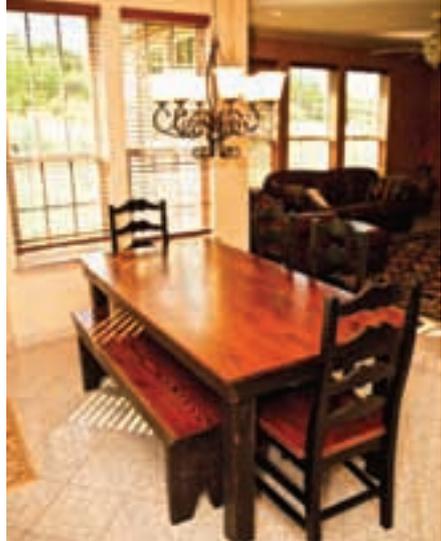
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would come live with them. After praying for guidance on whether to leave the Waxahachie Fire Department, they home-shopped in Weatherford and immediately found a four-bedroom, four-bath house with room enough for Wesley — a clear sign to Courtney they were supposed to move here.

Paul already knew the move would be a step in the right direction. His father is a retired firefighter, and the hero's lifestyle is all he knows. "I don't have a lot of hobbies. I'm one of those fortunate people, who loves to do

what I do for a living," Paul said. Since taking the position here, he has worked tirelessly to help make positive changes in the department former Chief George Teague led for 27 years. Between the two of them, several grants were written and approved, which funded hiring additional firefighters and purchasing needed equipment. The "best practices" staffing standards of the National Fire Protection Association (NFPA) are now an obtainable goal for Weatherford's fire department. Under Paul's leadership, the department will continue working toward

hiring more firefighters and relocating fire stations, so that within the next two years they can fully comply with NFPA 1710, which requires at least 14 personnel to arrive to 90 percent of structural fires within eight minutes.

Paul spends twice that amount of time driving home each night. Once in the spacious Hill Country-flavored house with his wife and children, he puts out whatever "family fires" might have started and commences to play. That might involve joining a game of pickup basketball with Wesley, watching the

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girls zoom around on their plasma cars or just watching his big, new flat screen, while Courtney whips up dinner in the adjoining kitchen.

When she sets the meal on their ranch-style table, Courtney smiles at the faint engravings made in its finish by three sets of fingers pressing hard on their pencils while finishing their homework each night. During dinner, she can gaze from her family's faces to the red-sand walls, giant steer horns and Navajo rugs in her favorite area, the family room. In its coziness, the family will later relax, watching movies together. For more formal occasions, the living room on the opposite side of the kitchen contains chairs and couches selected for their Hill Country look. The furniture surrounds the gorgeous wooden trunk built by Courtney's great-great-uncle.

To intensify the Texan look in their home, the Rusts revamped their new kitchen by antiquing the cabinets. Once they saw how effectively the "new" cabinets' green interiors and blackened exteriors created a rustic look, they decided to do the same to all the bathroom cabinets. Courtney regrets that the bathroom adjoining Wesley's



newly-painted Dallas Cowboys room now looks "too girlie." Wesley has not noticed. He is more interested in his video games or in the playhouse Paul built for the children in the woods out back.

The backyard also contains a gigantic trampoline, which Paul and Courtney believe was one of their best play investments. The family has even tried camping out on the taut, breathable mattress, stretching out, holding hands and laughing under the big Texas stars.

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Too much movement, though, resulted in their camping experience lasting only about an hour before they switched to a tent. Despite the mosquitoes, the Rust family makes full use of their pretty, oak-covered property.

Their last home had no trees, but it provided home base while Avery started school and Ashlyn learned to walk and talk. Now the girls are growing up in Weatherford and creating new memories for the family. Ashlyn started kindergarten here, and Avery learned to love swimming at Cherry Park. All three children have gotten involved in community activities like Pee Wee cheerleading, volleyball and basketball. Paul has joined Rotary, and he and Courtney are part of New River Fellowship and have begun hosting Life Group meetings. Their new friendships have sealed their fondness for Weatherford.

In the space Paul and Courtney share, the walls are reserved for feathery wall sconces and crosses, and the floors for dancing. The girls love to perform on two distinct stages: the balcony above the stairwell or the bay-window section of the master bedroom. "They get in there and do cartwheels and sing and dance," said Courtney, who has chosen not to fill the room with furniture, but to let it remain "a big canvas" for the children.

Sometimes, Wesley joins them with the karaoke machine. And Paul is happy to use the back porch as a man cave. "One day," he said, "the play room upstairs will become the media room — when they're old enough to give away the Barbies!" Until then, it is the children, who constantly beckon their parents to come home — and create many more happy memories. **NOW**

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# Meant to Teach

— By Carolyn Wills

*Valerie Osterhoudt begins each day as if the first bell signals a new year at Curtis Elementary School. “I’ve been teaching for 23 years,” she smiled. “I love what I do. Although no one else in my family teaches, I feel like it is in my blood.”*

Valerie graduated from The University of Texas at Tyler, completed her student teaching and, then, taught second grade in Tyler for three years. She moved from Tyler to Irving, where she continued to teach second grade for the next five years. “It was time to buy a house,” she said, “and I chose Weatherford because my brother and sister-in-law live here, and I wanted to be close to my niece and nephew.” While it was a leap of faith to buy a new home before finding a teaching position, as it turned out, Valerie was hired that July, the same month she moved into her house. “I kind of counted on it to work out,” she said.

She has now been on staff at Curtis Elementary School for 15 years. “In the first two years, I taught third grade, then fourth grade for 10 years, and I just finished my third year teaching fifth-grade math,” she explained. Until three years ago, she had taught in self-contained classrooms where children



are with the same teacher all day. In fifth grade, though, students begin to rotate classrooms and teachers by subject. “It was a big change for me,” she said. “I teach four classes a day — a total of a hundred students.” The change also required a commitment to teach math all day long. “I have always loved math,” she explained. “It makes sense to me, and like solving riddles; it’s fun. I had planned

math for my fourth-grade team, so I was excited about the opportunity.”

The fifth-grade curriculum is divided into blocks of science, language arts/social studies and math. Since the teachers share the same students, it is important for them to work as a team. “At Curtis, we’re very close,” Valerie said. “We talk constantly about our kids.” Valerie has even received calls from





“I want to understand how they think and what works best for them.”

team members at 6:45 a.m. to discuss a meeting with a student. “We all have the same drive,” she explained. “We want our kids to succeed.”

In fifth-grade math, students learn to rely less on pictures to help solve problems, answer questions and to conceptually grasp the answers. “It’s a big jump,” Valerie explained, “and one that can cause the kids anxiety, especially

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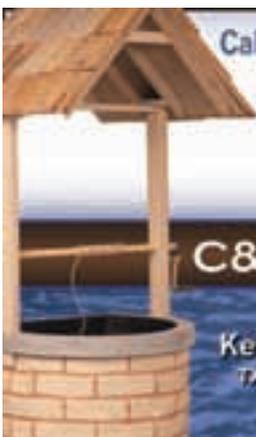
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at the start of the school year. When it comes to understanding fractions without pictures, everyone gets nervous, so I try to make it fun. Techniques, strategies, practice and more practice work wonders.”

Beyond fractions, fifth-grade math encompasses geometry, measurement, patterns, probability, statistics, problem solving, numbers, decimals, place values, factors, common denominators and conversions, to name only a portion of what is taught within the classroom in a given school year. “I’m big on students tracking their own progress,” Valerie said. “Each student has a private data folder to record grades, attendance and to establish goals, so they can make a plan to reach



them. When they take ownership of their grades and begin to see a jump in their performance, it gives them confidence.”

An important technique used by many of the teachers is one Valerie learned after moving to Curtis. “It involves the use of an acronym to help guide students when approaching a problem. In my class, we use the acronym ‘SUPPER’ to stand for show the meaning, underline the important information, pay attention to the picture or draw a picture, plan and solve, eliminate multiple choices and recheck your work.”

Valerie also stresses the importance of relationship-building. “I strive to know every student. I want to understand how they think and what works best for them. Before any child can learn, there has to be a relationship.” She believes equally in the importance of knowing the parents. “I can’t get through to kids unless they know I’m on the same page with their parents.”

To advance to the sixth grade, fifth-grade students are required to pass the math and reading sections of the Texas Assessment of Knowledge and Skills (TAKS) test. They are given three opportunities to do so. “Every fifth-grade student I’ve taught has successfully moved on to sixth grade,” Valerie shared. “It’s only because of their hard work and determination that they have found this success.”

Classes start at 7:45 a.m. and end at 3:15 p.m., but Valerie’s day usually ends around 4:30 or 5:00 p.m. She tutors on

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Tuesdays, Thursdays and sometimes on Wednesdays and often shares responsibility for ensuring students are not lingering after school or still waiting for a ride home.

Valerie's greatest wish as a teacher is to have more time in the day, especially for the students who struggle. She has been known to take a whiteboard outside and work with math students during recess. She is also committed to making school fun. "We do a lot of singing in class," she said. "I play songs on my iPod that have to do with math. Sometimes we practice multiples to the "Macarena" song and, on those days when no one is paying attention, I play a child's song called "Tootyta." Everyone stands and follows the actions in the song. The exercise takes about two minutes and is a great way to re-energize the kids and get them back on track. I also like to use different voices when I'm teaching to keep everyone's attention."

Valerie has been married for 13 years and has one daughter, Grace, who is in the second grade. They live on five acres south of Weatherford and have horses, cows, a bucking bull and a 3-year-old Dachshund named Rusty. "We like Weatherford," she said, "there are good people here, and it's where Grace is growing up. It's her hometown."

A native Texan, Valerie was born in McAllen and moved to Chandler when she was 4. "My parents still live in Chandler, and I love to go there to fish." Her favorite pastime, though, is spending time with her family. "In the summers, I rest and relax," she said. "I work in the yard and spend lots of time with my daughter. The summers are a time to regroup, recharge and be ready for the next school year. I'm blessed to be doing what I love. I'm meant to be a teacher," she smiled, "it's my calling." **NOW**

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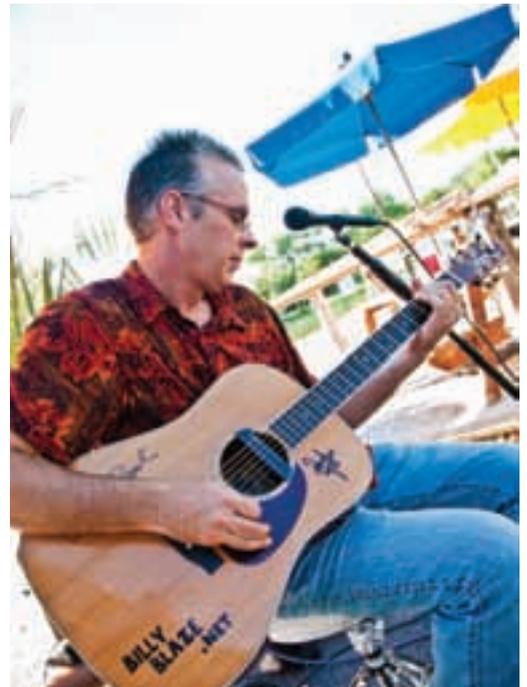
*Women of Influence, clockwise from left: Cheryl Cooper, Lisa Graves, Marcia Etie, Lyn Walsh, Shivaun Palmer and Beverly Branch.*



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**From left:**

Posing here are the girls of Salon Flirt: Jessica Coursey, Shana Martin, Amanda Burns and Shannon Ray. Shannon takes her cuts seriously. Jessica gives Cody a fauxhawk.

# CUTS WITH COMPASSION

*The girls at Salon Flirt do everything in their power to make each client feel like a million dollars.*

— *By Melissa Rawlins*

A new season is upon us, and stylists at Salon Flirt are on their toes, ready to make your changes. Now is the time when women, especially, are transitioning between summer and fall. Switching between the brightness of highlights and blondes to the drama of reds and browns requires creativity and skill. The four women at Salon Flirt each have their own technique for achieving their customer's dream, and together they brainstorm the best approach to a client's new look.

Back-to-school hair designs for girls, boys and teachers keep the stylists busy — and happy. They serve whole families in Weatherford, people of all age groups, and thanks to consistent referrals, the salon just celebrated its two-year anniversary. Owners Shannon Ray and Amanda Burns earned their degrees

in cosmetology from Weatherford College. They both have a lot of compassion for their work, caring not just about their business, but about their clients. "Our team is awesome," Shannon said. "Shana Martin is a great stylist who works really hard and fits right in with us, and Jessica Coursey is very compassionate. We went to hair school with her, too."

Graduates often take the plunge into ownership. What is uncommon is such quick success. Since both Shannon and Amanda worked for the previous owner, they were able to maintain their clientele and since then, to grow. They recently hosted a Customer Appreciation Carnival for their clients, some of whom model Salon Flirt's creative hair styles on the posters decorating the walls of the salon. Salon Flirt also struts

its stuff at Christmas on the Square and the Homecoming Parade. "Last year our float's theme was *Grease*, with the big rollers and the beauty school drop out," Shannon said.

*"Our clients notice how much we all care about them."*

Fun and fashion are hallmarks of Salon Flirt. The name itself represents fun. "We have a lot of the younger crowd who come in for the funkier styles," said Shana, who especially enjoys devising cool color treatments. As families get ready for school, the women at Salon Flirt recommend getting a new hairstyle along with new clothes.

"It's important that you look your best on the first day of school," Amanda said. "Boys need to have a clean hair cut, especially if they're in sports. Girls always want that color or those highlights right before school starts. And we can give the little girl an easy hairstyle that won't take forever to get ready in the mornings before school."

Teachers want to look their best as much as students do. In August, Salon Flirt offers a \$20 cut-and-style for teachers and a \$10 cut-and-style for kids. "I hear a lot from my clients that we stay competitive in our pricing," said Shannon, whose focus is giving customers the highest quality hair style no matter how much time it takes.

"Our clients notice how much we all care about them," Shannon said. "Right now our No. 1 goal is to make every one who walks in the door 100-percent happy." Salon Flirt takes their compassion outside the door, too. They donate a lot of haircuts for students who cannot afford to pay for a trip to the salon, and they also join in with the North Side Baptist Church back-to-school event. "We have all fallen on hard times. I was a single mom for a very long time, and I know what it's like to struggle. It's our way to give back. We will do it every year from now until we die." **NOW**



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# Fighting Preventable Cancers: Live a Healthy Summer Lifestyle

— By *Jessica Hals, D.O.*

Over the course of a lifetime, one in three women will face a cancer diagnosis. For men, the odds are one in two. The good news is that up to a third of common cancers may be preventable, according to the American Institute of Cancer Research. Often, taking preventive measures by adopting a healthy lifestyle is the best tool available to reduce cancer risk.

Texans may find that summer is the perfect season for improving one's health inside and out. To jumpstart a healthy summer, Texas Oncology suggests five simple steps to improve overall health and protect against cancer:

**1. Eat Right!** Overall, managing weight and eating a well-balanced diet full of powerful nutrients may bolster cancer and other body defenses as part of a healthy lifestyle. The summer season is full of fruits and vegetables at their peak, and as an added bonus, buying in-season produce is generally less expensive.

**2. Remember Checkups!** Take advantage of summer's longer days and get important cancer screenings if they are due. Screening exams allow cancers to be diagnosed at the earliest, most treatable stages. While many recommended cancer screenings vary by age, everyone should keep an eye on their skin and check for changes in moles, freckles and other marks once a month.

**3. Get Active!** Summer is an ideal time to increase physical

activity. The impact of participating in the recommended 30 or more minutes of moderate exercise at least five times a week could be lifesaving. In fact, an estimated 25 to 30 percent of several major cancers are associated with obesity and lack of physical activity. Use this summer's fun physical activities to achieve or maintain a healthy weight.

**4. Save Your Skin!** Many favorite summer activities involve being outdoors in the sun, but Texans can outsmart the sun's harmful rays. While skin cancer is the most common form of cancer, it is also very preventable by limiting exposure to the ultraviolet rays of the sun, using sunscreen and covering up the skin.

**5. Quit Smoking!** Smoking-related deaths represent 87 percent of lung cancer mortalities and half of lifetime smokers will die from some tobacco-related disease. Research has consistently proven that smoking cessation is paramount to lung health, and smokers who quit are more likely to live healthier and longer lives, while greatly decreasing their lung cancer risk.

By making simple changes to adopt healthy lifestyle habits, Texans can realize the full range of healthful benefits the summer season offers. **NOW**

*Dr. Jessica Hals is a medical oncologist at Texas Oncology-Weatherford 911 Foster Lane — Weatherford, Texas.*

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### Through August 19

Summer Swimming: Cherry Park Pool, 302 West Lee Avenue. Hours of operation for public swim are as follows: **Monday-Friday,** 12:30 p.m. to 5:00 p.m.; **Saturday and Sunday,** 12:30 p.m. to 7:00 p.m.; and beginning June 6, night swim will be available on **Mondays and Wednesdays,** 7:45 p.m. to 9:45 p.m. with lap lanes available. Daily admission is \$3 per person, and night swim is \$2 per person. Season passes can be purchased for \$50 for city of Weatherford residents and \$65 for nonresidents. For more information, call (817) 598-4124 or (817) 598-4125.

### August 1-3

Roo Football Camp: 6:00-8:00 p.m., Middle School. Contact Reid Waller at (817) 598-2935 or e-mail [rwaller@weatherfordisd.com](mailto:rwaller@weatherfordisd.com).

### August 1, 2, 8 and 9

Camp Hope: Mondays and Tuesdays, 10:00 a.m.-noon. **Mondays** at Western Lakes Estates Community Center; **Tuesdays** at the big field by Calvary Baptist Church at Hwy. 51 and Lucas Street. The Hope Center started Camp Hope to feed children physically, spiritually and emotionally during faith-based activities focused on helping children learn to cook. Then, they send groceries and recipes home with the children so they can make their own lunches at home. Camp Hope is offered at six other locations throughout Parker County. For more information, contact Michelle Buchanan at Center of Hope at (817) 594-0266.

### August 2

Weatherford Aero Modeling Society Meeting: 6:00-8:00 p.m., R&K Café, Hudson Oaks. Visitors and spectators are welcome. Busiest flying days are Saturday and Sunday mornings and early afternoons. Sunday afternoon is popular for family members. During the hot Texas summer months, we fly in the early evening. Family participation is heartily encouraged and is supported throughout the year by the club. For more information, visit [www.wamsrc.com](http://www.wamsrc.com).

### August 4, 11, 18 and 25

Creative Connections: 6:00-9:00 p.m., Doss Heritage and Culture Center, 1400 Texas Drive. **August 4:** Learn how to make travel mugs from certified Zentangler, Gwen Hornsby. **August 11:** Learn how to bind books from Gail Young. **August 18:** Learn how to bead brooches from Mendie Cannon. **August 25:** Learn how to sew a "Courthouse Steps" reversible quilt from Lisa DeVille. Each class has a different fee and requires advance registration. Please contact (817) 599-6168.

### August 6

Back-to-School Immunizations: 8:00 a.m.-noon, Campbell Clinic, 1517 Texas Drive. Free back-to-school immunizations for children ages 4-18. Sport physicals: \$15. A current shot record is required for those getting immunizations. For more information, call (817) 599-1230.

### August 8-11

Brock Football Camp 2011: 8:30-11:30 a.m., Brock Football Field. Eligible campers: seventh- and eighth-graders. (This is not a contact football camp.) Camp fee: \$75 for preregistered campers, \$90 for those who register the day of camp. For more information, call Percy Whitmire at (817) 319-7721 or Terry Brewster at (940) 597-4091.

### August 10

Free Shot Clinic: 8:00 a.m.-1:00 p.m., Peaster ISD High School Library. Peaster ISD is offering free booster shots. This is only for kids under 18. Peaster ISD will be offering Td Booster, Meningitis, Hepatitis A, and Varicella.

### August 12-28

**Greater Tuna: Fridays and Saturdays,** 8:00-10:00 p.m.; **Sundays,** 2:00-4:00 p.m., Theatre Off The Square, 114 North Denton. Acclaimed comedy will cool off your hot August! Joe Sears, Jaston Williams along with Ed Howard give the incredible tale of Tuna, Texas. For more information, call (817) 341-8687.

### August 13

Back-to-School Fair: 8:00 a.m.-noon, North Side Baptist Church, 910 North Main Street. School supplies, immunization vouchers, hair cuts, eye exams plus snacks given to children who are residents of Parker County. Each child must present themselves with their parents to pick up their supply packs. Backpacks will be offered to many of those who preregister by August 5. Donations of goods and services will be happily accepted through August 10. For more information, contact Ragan Carr, Women's Ministry director, at (817) 599-8612.

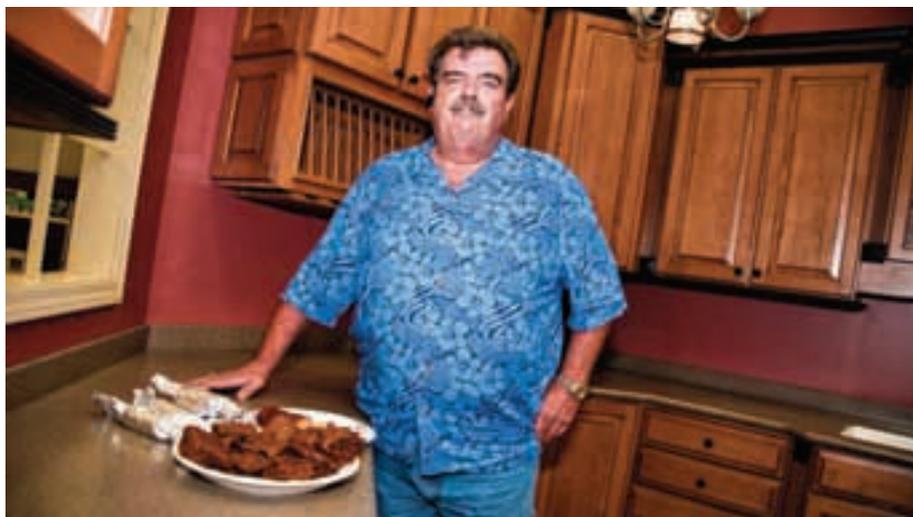
### August 19

Hearts on Fire: 6:30-10:00 p.m., First Church of the Nazarene, 2001 East Main Street, Crowley. All-Ages Christian Music Concert and Benefit for Jamie McLester. NewLyfe Paperboy (hip-hop) and Supernova Remnant (rock) close out the show, which starts with spoken word and praise. Tickets: \$10 at [www.ticketstorm.com](http://www.ticketstorm.com). For more information, visit [www.897powerfm.com](http://www.897powerfm.com) or [www.fwf.org](http://www.fwf.org), call (817) 297-7003 or contact Jamie McLester at [jamesmichael9@gmail.com](mailto:jamesmichael9@gmail.com).

### August 20

Gospel Concert Fundraiser for the Pythian Home: 7:00-9:00 p.m., Weatherford 9th Grade Center Auditorium. Music provided by The New Plainsmen. Tickets are \$10 in advance or \$12 at the door. To get advance tickets, call (940) 391-7964 or call the Pythian Home at (817) 594-4465.

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



## In The Kitchen With Lary Hawkins

— *By Melissa Rawlins*

Lary Hawkins can never forget the time his mom sent a care package for all 70 men in his company at Navy boot camp. The big cardboard box arrived filled with all kinds of goodies: cakes, tarts, candy, cookies, banana and apple breads. “Later, my dad told me she baked for three days straight,” Lary said.

These days, Lary strives to emulate both his folks. When he is not at work at Crow Carpet, Lary enjoys cooking, and lately has researched diabetic-friendly baking to help folks at church. When his mom passed away six years ago, her recipe box disappeared and the method for preparing her special holiday cheese logs was lost — until Millie Crow restored the recipe, which Lary shares below. **NOW**

### Cheese Roll

Makes about 4 logs.

- 1 lb. Longhorn or Colby cheese, grated**
- 1 8-oz. pkg. cream cheese**
- 1 Tbsp. each: dried minced onion, water and garlic salt**
- 1 cup pecans, finely chopped**
- 1 cup chili powder**
- 1 24-oz. box Ritz crackers**

- 1.** Work with cheeses at room temperature. Blend cheeses with mixer, adding minced onion and water, garlic salt and optional Tabasco or cayenne pepper. Stir in pecans.
- 2.** Form cheese into logs, about the diameter of a Ritz cracker and about 5 to 6 inches long. Roll in chili powder, then wrap in aluminum foil and refrigerate until firm. Serve with Ritz crackers.

### Goulash

- 2 lbs. hamburger**
- 1 cup each: onion, celery and bell pepper, finely chopped**
- 1 20-oz. can tomato sauce**

- 1 15-oz. can stewed tomatoes**
- 1 Tbsp. each: garlic salt, seasoning salt and pepper**
- 2 Tbsp. Italian seasoning**
- 3 bay leaves**
- 2 cups elbow macaroni**
- 3 cups water or beef or vegetable stock**

- 1.** In a large pot, brown meat. Do not drain.
- 2.** In a separate pan, sauté onion, celery and bell pepper. Add to meat.
- 3.** Add all other ingredients. Cook on high for about 45 minutes.

### Ooey-Goey Pumpkin Cake

- 1 18 1/4-oz. yellow cake mix**
- 1 egg**
- 8 Tbsp. (1 stick) butter, melted**
- 1 8-oz. pkg. cream cheese**
- 1 15-oz. can pumpkin**
- 3 eggs**
- 1 tsp. vanilla extract**
- 8 Tbsp. butter, melted**
- 1 16-oz. box powdered sugar**
- 1 tsp. each: cinnamon, nutmeg and cardamom**

- 1/2 tsp. cloves**
- 1 12-oz. tub Cool Whip or whipping cream**

- 1.** Preheat oven to 350 F.
- 2.** Combine cake mix, egg and butter. Mix well with an electric mixer until moist, but crumbly. Pat into bottom of lightly greased 9 x 13-inch cake pan or baking dish. Set aside.
- 3.** In a large bowl, beat together cream cheese and pumpkin until smooth. Add eggs, vanilla and butter. Blend well. Add powdered sugar, and then add spices. Spread over cake mix.
- 4.** Bake for 40 to 50 minutes, being careful not to overbake. Pumpkin topping will not bake, so toothpick test will not work.
- 5.** Let cool. Refrigerate and then cut into 2-by-2-inch squares. Top with Cool Whip or whipped cream.

### Diabetic-friendly Streusel Apple Muffins

- 1/2 cup light brown sugar, packed**
- 1/2 cup applesauce**
- 1/4 cup vegetable oil**
- 1 egg**
- 1 tsp. vanilla extract**
- 1 cup all-purpose flour**
- 1 tsp. baking soda**
- 1 tsp. baking powder**
- 1/2 tsp. each: cinnamon, cardamom and nutmeg**
- 1/4 tsp. cloves**
- 3/4 cup apple, peeled and finely diced**

#### Topping:

- 2 Tbsp. brown sugar, packed**
- 2 Tbsp. all-purpose flour**
- 1/2 tsp. ground cinnamon**
- 1 tsp. margarine**

- 1.** Preheat oven to 375 F.
- 2.** In a large bowl, combine brown sugar, applesauce, oil, egg and vanilla; mix until smooth.
- 3.** In a separate bowl, whisk together flour, baking soda, baking powder, cinnamon, cardamom, nutmeg and cloves.
- 4.** Combine wet and dry mixtures, stirring until incorporated.
- 5.** Add diced apple last. Spoon into greased 12-muffin pan (or use cupcake papers), about 2/3 full.
- 6.** In a small bowl, make topping by combining brown sugar, flour and cinnamon. Cut in margarine until crumbly.
- 7.** Sprinkle topping evenly over muffins. Bake for 20 minutes or until tops are firm to the touch.

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