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M A G A Z I N E

AUGUST 2020

Tumbling Between Dreams

Kamrey Mullens
pursues a new vision
and finds success

In the Kitchen With
Brenda George

Also inside:

Crossword/Sudoku

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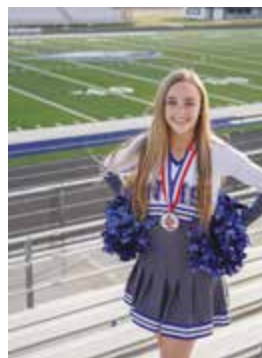
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ON THE COVER

*Kamrey Mullens builds more
than cheerleading skills.*

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EDITOR'S NOTE



Lisa

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The dog days of summer ...

Did you ever wonder where we got that saying? My mind pictures intense heat — so intense that even dogs lie around not wanting to do anything more than lap up some sun and water. Then again, I live with a big, elderly dog. On the coldest day of the year, he mostly eats and sleeps. All year long, he gingerly walks with stiff hips, which, incidentally, don't keep him from maneuvering himself onto the sofa or under the fence. The triple digits have little to do with his laziness.

The only canine connection to the phrase “dog days of summer” comes from the Dog Star, also known as Sirius. In ancient Greece, people pronounced that this particular star represented Orion's dog. The star shines bright because it lies closer to Earth. But from early July until mid-August, the star rises with the sun, and seems invisible. Finally, it reappears, and the Greeks referred to this annual ritual as “dog days.” In Texas, dog days equal extreme heat. Australians might say dog days of winter. Perspective changes everything.

This month may incorporate dog days, but not with laziness. August still holds the possibility of summer vacations, backyard cookouts and swimming, alongside preparations for the return to school. Regardless of how that plays out for the 2020-2021 school year, the bright Dog Star reminds us to look up and have faith that all is well. Ease forward this month in a world slightly different from last year and perhaps, in many ways, far more treasured.

Happy end of summer!



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Although a dream may appear crushed, it could simply be resurfacing in another form. Kamrey Mullens is proof of this. The 16-year-old junior at Weatherford High School had her sights set on someday being a gymnast in the Olympics. That dream ended in 2014 after an elbow injury forced her to have surgery.

TUMBLING BET *Dream*

— By Alan Whiteshoes

"My doctor said if I stayed in gymnastics, I'd have surgery every year," Kamrey said. "I was devastated. Then, my sister said to try cheer. I watched her do cheer, and I was not into it. In gymnastics, you're very quiet and serious, and cheer is not like that. But then I tried it and loved it."

Now cheer is her new passion, and just like with gymnastics, she's stellar at it. In fact, she's on three squads — the Weatherford High School squad that cheers at games, the school's University Interscholastic League team that finished ninth in the state spirit competition in January and on a nationally and world competitive team at Maverick Cheer. Making life even sweeter, she was recently named the new varsity cheer captain at WHS.

In gymnastics, Kamrey's résumé included being a state and regional champion at her level and age group. She was also a national competitor. Once she decided to follow in her sister, Kyleigh's, footsteps and enter cheerleading, Kamrey's success in the sport took off like a rocket — and she accomplished this at a new school where there was no legacy of her sister. Kyleigh was a cheerleader in Aubrey, which is where the family lived to be closer to Kamrey's gymnastics training center in Denton.

"I was really nervous," Kamrey said of her initial cheerleading tryout. But that soon passed, as she not only made the squad in eighth grade but also became a captain.

Krystal, Kamrey's mother, said the experience in gymnastics helped her daughter's confidence as a cheerleader. "When she walked into Maverick, it made her more confident. She made Level 5 (elite level)," she said.

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Kamrey began power tumbling at age 3. Her coach, Shawn Brogan, was thrilled to see her walk back through his doors. "Kam is an extraordinary athlete. Power tumbling team was a passion, and her success was immediate with it. She's always been such a hard worker and passionate about what she was doing," Shawn said. "Kamrey goes all in when she gets into something and dedicates her mind, body and soul to her training and sport. She leads by example and is very focused. She's more like a daughter to me, not just an athlete. I wish I had more like her."

In June 2019, Kamrey attended a cheerleading camp at Tarleton State University in Stephenville. She was named the top All-American. "It was cool to be known as the best cheerleader," Kamrey said. "It gave me confidence to push myself harder, to make my tumbling harder, to challenge myself more."

On the heels of that, she went to the world cheerleading competition in Orlando in November. Her Maverick team finished in the top 10 in their division for a second straight year. "It's the biggest competition in the world," Kamrey said. "It was so much fun. We got this big house to stay in with a pool. We went to Disney World for a day."

If some of what Kamrey and her teammates do looks scary, it is. She gets thrown up in the air — very high — trusting her team to catch her when she comes down. They usually do, but accidents happen, as she found out once in a frightening moment when she hit the mat hard, suffering a mild concussion. "You just keep doing it over and over. You get back out there," she said. "There's a huge level of trust."

What she does requires tremendous discipline, not only when she's performing. A typical day for Kamrey involves school, of course, and some days she's doing cheer until 9:30 at night. Then, there's competition on many weekends and games at which she cheers.

Of course, COVID-19 changed some of that over the summer. While she attended a local cheer camp, the university-sponsored ones didn't happen. "I couldn't get the honor of All-American this summer because they didn't have it," she shared. "I really hope



we have a football season.” Without the summer camps, Kamrey and other cheerleaders risk college scouts not seeing their athleticism, which can affect future scholarships. It’s a concern for the young woman as she enters her senior year of high school.

Cheer practices, normally held during the summer, started and then became delayed until around the middle of July. However, Kamrey chose to stay in shape by going to Maverick, where she worked out, conditioning her body for when things open up again.

“I have to balance it all very carefully,” Kamrey said, noting she sometimes does homework in between competing at meets. “I also have to watch my body and not overwork.”

Looking to the future, Kamrey wants to cheer in college and study to be an ultrasound nurse. Someday, she’d like to coach youngsters in cheerleading herself, having already worked with youths at Maverick. Leadership skills she built through cheerleading will serve her well in the future regardless of the direction she takes.

“Everyone she worked with made the team,” Krystal said. “She’s a very good coach. They love working with her. I’m very proud of her. I tell her that every day.” **NOW**

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Optimum Healthcare Management

— By Lisa Bell

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Although better known by facility names, Optimum Healthcare Management began operations six years ago. The owners of College Park Rehab branched off, launching the management company. With College Park as their first building, they purchased Hilltop Park Rehab and built Willow Park Rehabilitation and Care Center. They plan to open a new location in Springtown toward the end of 2020.

Although they own five facilities in Texas and manage four, the company intends to stay with community operations. Lauren Stoff, marketing director for the Weatherford area locations, said, "Each facility looks different, but at all of them, caring for others is what we do every day."

All locations provide long-term care and rehab to home, plus short-term respite care when caregivers need a break. College Park and Willow Park both offer the three services, as will the Springtown location. In addition, Hilltop provides assisted living and a secure unit. Each facility employs nurses, certified nursing assistants, medication aides and dietary staff. Wonderful housekeeping and administrative staffs round out the offerings.

"I've been around since before Optimum," Lauren shared. As a nurse with a business degree, she always wanted to do something with geriatrics. "This is where I fell into it. I love what I do. It's a blessing." Building relationships and acting as an advocate/resource for the seniors and their families fuels her passion. She also enjoys educating others.

Locally owned and operated, Optimum Healthcare Management supports the Pink Lady Luncheon, Parker County Health Foundation and other local organizations. With a variety of services, they can accommodate every end of the spectrum. They also work with specialty doctors, such as orthopedic and wound care, to aid residents. In addition, they can provide care for acute patients when needed.

Enduring the pandemic required extra steps, and each facility did their best during the months when residents didn't get to go out or see family members in person. They arranged for Facetime and guided residents to front windows for visits.

"It changed our world and theirs completely," Lauren admitted. "They're in the best place they can be because we take so many precautions to keep them healthy."

All staff members must wear personal protective equipment, wearing masks all day, every day, and taking temperatures. If exposed, an employee goes home immediately. In late May, they tested everyone for COVID-19, regardless of exposure risk.

Before making a choice on a facility, Lauren recommends visiting in person. "What you read and see are two different things. Take a tour and get information," she said. "Go with gut and heart feelings, but do your research. Ask questions. Make a list of what's important to you, and then weigh the pros and cons of each place."

Lauren and all staff members embrace the Optimum Family Vision — to seek to become the most sought-after skilled nursing company in the state of Texas, for both residents and employees alike. "We will do this because of the reputation for excellence we will practice together. We will build a family atmosphere that carries this responsibility together with great pride." **NOW**

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Zoomed In: Don and Hallie Cranford

By Lisa Bell

Don and Hallie Cranford launched a nonprofit organization called Titus 2 Communities, promoting a safe, encouraging, drug-free place to live. After living in Parker County many years and fostering seven years, the Cranfords saw a need for addiction resources. "As we developed relationships with the parents [of kids we fostered], we realized these people often come from friends and families involved with drugs and abuse," Hallie said. "Basically, their whole support system revolved around addicts." Wanting to change lives and improve the future of the children in foster care, they opened a men's house and a women's house in September 2019. "We knew God called us to love those who needed someone to walk alongside them because of the damage of addiction." So, they obeyed.



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CookingNOW *In the Kitchen With* BRENDA GEORGE

— By Lisa Bell

Coming from an ancestry of great cooks, Brenda George learned by watching her mother and grandmother prepare fabulous country-style dishes. But she also enjoys making Mexican and Asian meals and often uses the grill and her InstaPot. In her well-stocked kitchen, she creates amazing dishes and seldom prepares a meal without garlic in one or more of them. “My favorite thing to do is bake,” she admitted. “Unfortunately, I love to eat sweets, so I don’t bake as often as I’d like.”

She saved recipes from her mother and grandmother, plus dozens she received as a pastor’s wife at many potlucks. “I always asked for the recipes,” Brenda shared. She happily passed on cooking skills to both her son and daughter, who are “wonderful cooks.” **NOW**

Chicken and Rice InstaPot

Serves 4.

2-3 boneless-skinless chicken breasts
1 tsp. salt, plus extra, to taste (divided use)
1/2 tsp. black pepper, plus extra, to taste (divided use)
2/3 cup jasmine rice (not instant)
4 cloves garlic
1 10.5-oz. can cream of chicken soup
1 1/2 14.5-oz. cans chicken broth

1/4 tsp. cayenne pepper
2 Tbsp. butter
Cooking spray
Olive oil (to cover bottom of pot to 1/4 inch)
1/2 to 1 cup Durkee Fried Onions

1. Cut the chicken into 1/2-inch strips; sprinkle with salt and pepper to taste. Measure out the rice; set aside. Mince the garlic; set aside.

2. Make a sauce by combining soup, broth, 1 tsp. salt, 1/2 tsp. pepper, cayenne pepper and butter; set aside.

3. Spray the bottom of the InstaPot; add olive oil. Using the “brown” setting, brown the meat slightly. Remove meat to a plate.

4. Drop minced garlic into the oil; sauté slightly. Pour half of the sauce mixture into the pot; stir, scrapping up the leavings on the bottom.

5. Pour in rice; place chicken on top of it. Cover with remaining sauce; cook for 10-15 minutes.

6. Release the steam valve immediately; unplug the pot to prevent overcooking. Place in a bowl, sprinkle onions on top and serve.

InstaPot Corn on the Cob

Fresh corn on the cob (desired amount)
Water, enough to cover the bottom of the pot to 1 inch

1. Add the water to the InstaPot.
2. Clean the corn; stand the ears on end, beginning around the edge and working inward.

3. Cook on rice setting (10 minutes). For softer rather than crisp, cook for 15 minutes.
4. When finished cooking, release steam immediately; unplug the pot to prevent overcooking. *Note:* You can leave husks and silk on the corn while cooking and remove them before serving. Use caution when handling hot corn. It's easier to remove before cooking.

Yummy Meatballs

For meatballs:

- 1 lb. hamburger meat
- 1 egg, beaten
- 1/4 cup green pepper, chopped
- 1/2 cup onions, chopped
- 1/2 cup prepared breadcrumbs
- 1 tsp. regular SPIKE Original Magic! Gourmet Natural Seasoning

For sauce:

- 1 cup ketchup
- 1/4 cup brown sugar
- 1/4 cup molasses

1. For meatballs: Combine all ingredients; form into 1 1/2-inch meatballs.
2. Spray a slow cooker with cooking spray; place meatballs in the pot.
3. For sauce: Put all ingredients in a small bowl; mix well. Pour sauce over the meatballs. Cook on high setting for 1 hour, 45 minutes.

InstaPot Fresh Green Beans

- 1 lb. (or desired amount) fresh green beans
- 1 onion, quartered
- 2-4 slices bacon, chopped
- Salt, to taste
- Pepper, to taste
- Chicken or beef broth, enough to cover the bottom of the pot to 1 inch

1. Place the green beans in an InstaPot; add onion, bacon, salt and pepper. Add broth.
2. Cook on rice setting. When finished cooking, release the steam immediately; unplug the pot to avoid overcooking. *Note:* For soft instead of crisp, extend the cooking time to 15 minutes.

Fried Okra Medley

- 2 cups fresh okra, sliced
- 1 medium onion, quartered and separated
- 5-6 sweet mini peppers
- Salt, to taste
- Pepper, to taste
- 1/2 cup cornmeal
- Cooking oil, to cover 1/2 of the vegetables in the pan

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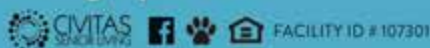


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1. Prepare vegetables; mix in a medium bowl. Add seasonings. Pour in cornmeal; toss to coat vegetables.
2. In a large skillet, heat oil; carefully add the coated vegetables. Cook over medium heat, stirring occasionally, until browned.
3. Line a bowl with paper towels to absorb excess grease; remove cooked vegetables to the bowl. Remove the paper towel gently before serving.

Baptist Pound Cake

From Brenda's grandmother.

- 1 stick butter
- 1/2 cup shortening
- 3 cups sugar
- 5 eggs
- 3 cups flour
- 1/2 tsp. baking powder
- 1 cup milk
- 1 tsp. lemon extract

1. Cream the butter, shortening and sugar. Add eggs, one at a time, beating well after each addition.
2. In a separate bowl, combine flour and baking powder. Alternating milk and flour mixture, add to butter mixture a little at a time.
3. Add lemon extract; stir well. Bake in a tube pan that has been sprayed well with cooking spray or greased and floured.



Snickerdoodles and Baptist Pound Cake

4. Put in a cold oven. Bake at 350 F for 1 hour, 15 minutes. Start checking at 1 hour to avoid overcooking.
5. Allow to cool for 20 minutes; run a knife around the edge before plating.

Snickerdoodles

Makes 6 dozen. Can mix dough and store in fridge, and then bake as needed.

- 1 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 2 3/4 cups flour
- 2 tsp. cream of tartar
- 1 tsp. soda

- 1/4 tsp. salt
- 2 Tbsp. sugar
- 2 tsp. cinnamon

1. Mix together shortening, sugar and eggs. In another bowl, mix flour, cream of tartar, soda and salt; mix into sugar mixture.
2. In a small bowl, mix 2 Tbsp. sugar and cinnamon. Shape dough into 1-inch balls; roll in cinnamon mixture.
3. Place cookies 2 inches apart on an ungreased cookie sheet (may spray with cooking spray, if desired).
4. Bake at 400 F for 8-10 minutes. Cookies puff up and then flatten. At 8 minutes, they may not look done, but they usually are.

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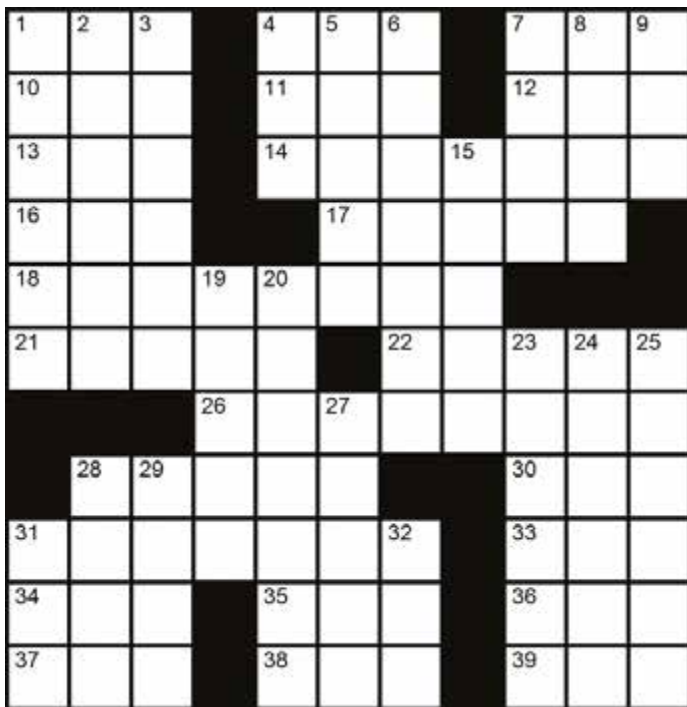
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Across

- 1 Label for Elvis
- 4 Trucker's bedroom?
- 7 Youngster
- 10 "Huffington Post" owner
- 11 Undergarment
- 12 Position of a golf ball
- 13 Corn eater's leftover
- 14 Organizations
- 16 Mamie's other half
- 17 Rubbed in during Lent
- 18 7&7 or MD90
- 21 Admitted
- 22 Some final resting places
- 26 To a certain extent
- 28 Utah's --- Hatch
- 30 Semiformal evening jacket
- 31 One is super every four years
- 33 Pismire
- 34 Bill dispenser
- 35 Ram's dam
- 36 Fifth sign
- 37 Howl
- 38 Steep
- 39 Wrongdoing

Down

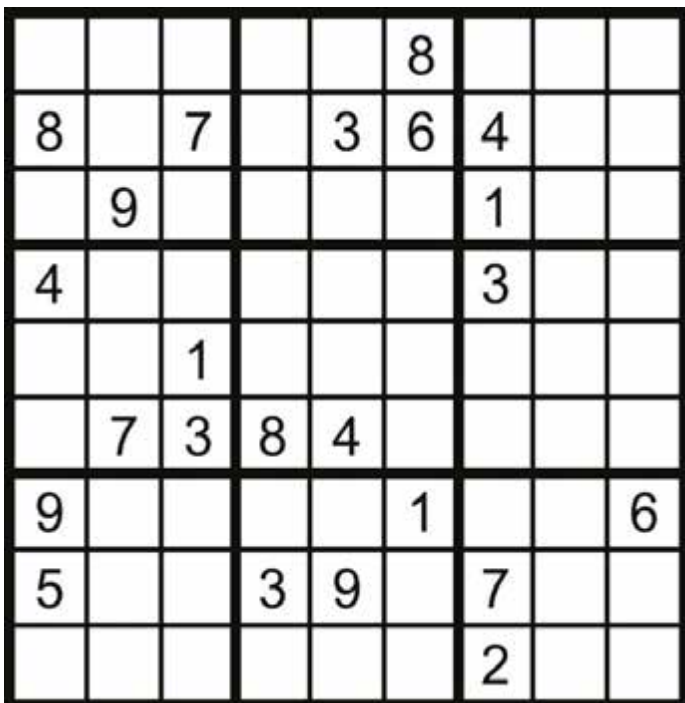
- 1 Kind of discrimination
- 2 A website might send you one
- 3 Queen Victoria's consort
- 4 TV network with eye logo
- 5 From eastern old Iran
- 6 Droopy-eared hound
- 7 Turn tail
- 8 Outer edges
- 9 Triumphant cry
- 15 Deliberately lose
- 19 Kind of poker
- 20 Person with special access
- 23 Mercury and others
- 24 Sultanate in Borneo
- 25 Churchyard gravedigger
- 27 Dumbfounded
- 28 "--- sight!"
- 29 Cognac bottle name
- 31 Check
- 32 Nevertheless

Solutions on page 28

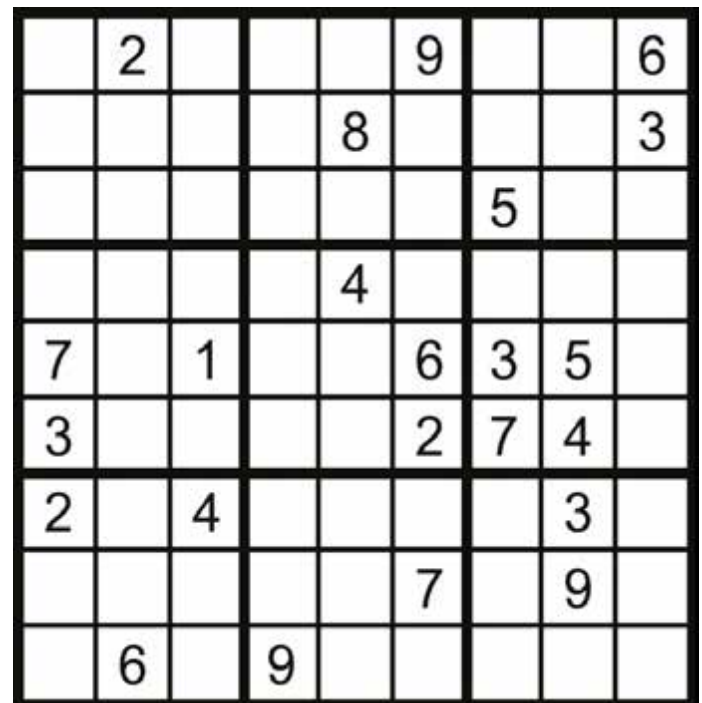
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Sudoku Puzzle

Easy



Medium



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Solutions on page 28

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1	R	C	A		4	C	A	B		7	F	R	Y	
10	A	O	L		11	B	R	A		12	L	I	E	
13	C	O	B		14	S	Y	S		15	T	E	M	S
16	I	K	E		17	A	S	H	E	S				
18	A	I	R	L	I	N	E	R						
21	L	E	T	I	N		22	T	O	M	B	S		
					26	A	S	I	T	W	E	R	E	
				28	O	R	I	N		30	T	U	X	
31	T	U	E	S	D	A	Y		32					
34	A	T	M		35	E	W	E		36	L	E	O	
37	B	A	Y		38	R	E	T		39	S	I	N	

Easy

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

Medium

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

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