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M A G A Z I N E

SEPTEMBER 2020

Functional Creativity

Chase Coffee
designs beautiful
art with a purpose

In the Kitchen
With Shilo Treille

Also inside:

Crossword/Sudoku

Featured Business:
Weatherford Cosmetic &
Family Dentistry

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ON THE COVER

Chase Coffee makes useful art shine brightly.

Photo by

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EDITOR'S NOTE



Lisa

Lisa Bell
WeatherfordNOW Editor
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Where did summer go?

Am I alone in wondering what happened to the last three months? What happened to the entire year? Realistically, I ask myself the same question every year, so I can't blame it on COVID-19, although I want to. I find comfort in having something to blame for my shortcomings. After all, nothing happened the way I planned. Poet Robert Burns said, "The best laid plans of mice and men often go astray."

In reality, we have little control over anything. "We plan, God laughs," quips an old Yiddish proverb. Does that mean I quit planning? No way. Just because my 13th grandchild arrived a month early, throwing me behind in everything I wanted to finish before July, didn't give me license to give up on projects and tasks. I still had to finish.

As September launches into an uncertain future, I dare not quit. I reassess intentions from January, getting real with myself. What can I yet finish, postpone or release? Change never comes easy for me, but my only constant is change. When I keep that in mind, I can conquer anything. Often those wonderful plans I make become the first thing I need to revise. But that's the beauty of accepting change. Like it or not, life morphs sometimes into circumstances we detest. If God laughs when I make plans, then perhaps I must learn to laugh with Him — after I adjust and maybe revise or let go of my desires.

Happy fall y'all. It's coming soon!



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The background of the entire page is a warm, orange-toned photograph of a wooden interior. Three geometric, faceted pendant lights hang from a wooden ceiling, casting a soft glow. The lights have a complex, crystalline design. The wall behind them is made of horizontal wooden planks.

FUNCTIONAL CREATIVITY

— By Lisa Bell

Art, in its purest form, gives people something to enjoy. When a work of art fulfills a purpose, we love it even more. Chase Coffee produces functional art that looks beautiful, while each piece does exactly what he created it to do.

Chase's dad got him started with creating lamps from what most consider old junk lying around. For about a month, during July 2019, the two of them spent time working together. Although his dad lives in Florida, Chase talks to him frequently. "It's really cool to see random pieces turn into something," he said. "I like working with my hands."

Inspired by his father and grandfather, who own a construction company, Chase helped build an arena. While they influenced him, he recently became more interested in building. He admits to constructing shelves in his garage. Yet a desire to produce functional art took him by surprise. He never planned to sell the pieces he made, but he figured why not try it? He soon learned people liked his artwork.

After high school, Chase spent four years in the Army. He came home and worked as an insurance agent for a year. Wanting more, he enrolled at Weatherford College as a full-time student. In the fall of 2020, he plans to transfer to Texas Christian University, where he'll finish his accounting degree. He always liked math, and those skills come in handy when he's planning a design for his art.



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When Chase sees anything with a rustic appearance, his mind visualizes what could come from those discarded materials. Old farm equipment, rejected horse equipment, unmarked bottles, plain and decorative liquor bottles, Mason jars and wood come together and morph into lamps, sconces, tiki torches, hanging lights or other useful art. Usually, he sees the design in his head and goes to work creating the piece. But he confessed, "I love Pinterest." He visits antique shops, trade shows or searches online, always looking for usable objects. And he enjoys attending First Monday Trade Days in Weatherford.

Using the raw materials and a design in his head, Chase creates. He admits he cannot draw and doesn't attempt to put his imagination on paper. Fortunately, he can transfer it from his brain to reality. The process itself can take anywhere from a few hours to a week or more. "It depends on how much it wants to cooperate. It's fun," he shared. "Seeing the finished product is good." When he creates a box lamp, for example, he spends about eight hours on this unique design. The box holds small items, and he includes an outlet with a USB port on top. When working on an extensive project, he spends a minimum of 15-20 hours. Most of the time, he finishes a piece within a week.

While some builders and woodworkers don't like knots in wood, Chase prefers to embrace them. He often flips the wood so knots and other imperfections show. They become part of his overall design, transferring character into the art. As he works, Chase turns on music and becomes





absorbed in the creation process. While relaxing into the project, he also gets excited as the design takes shape, becoming what he envisioned and often beyond his imagination. In that mode, he focuses 100 percent on the task, forgetting everything else.

Like many artists, Chase takes pleasure in the journey, wondering whether he will finish the same day or will have to revisit his creation later. When he hangs the piece for a photo, pride of a job well done fills his soul. So far, he claims a live-edge wooden piece with five lights as his favorite. The most challenging work came from a circular light. "I'm most proud of that one," he said. "I feel more accomplished when I do something by myself."

As Chase continues working on new designs, he chooses to stick with making pieces such as lights, wall sconces and tiki torches. However, he messes around with building small furniture as well. He would like to venture into building coffee tables. In reality, nothing but his imagination can stop this young man.

By looking online and then at raw materials, Chase's inspiration grows. He didn't dream of this hobby becoming anything more. Yet as he grows in his talent, the results offer unique working art for anyone interested. And whether that constitutes a few or many, he'll keep creating — because that's what an artist does. **NOW**

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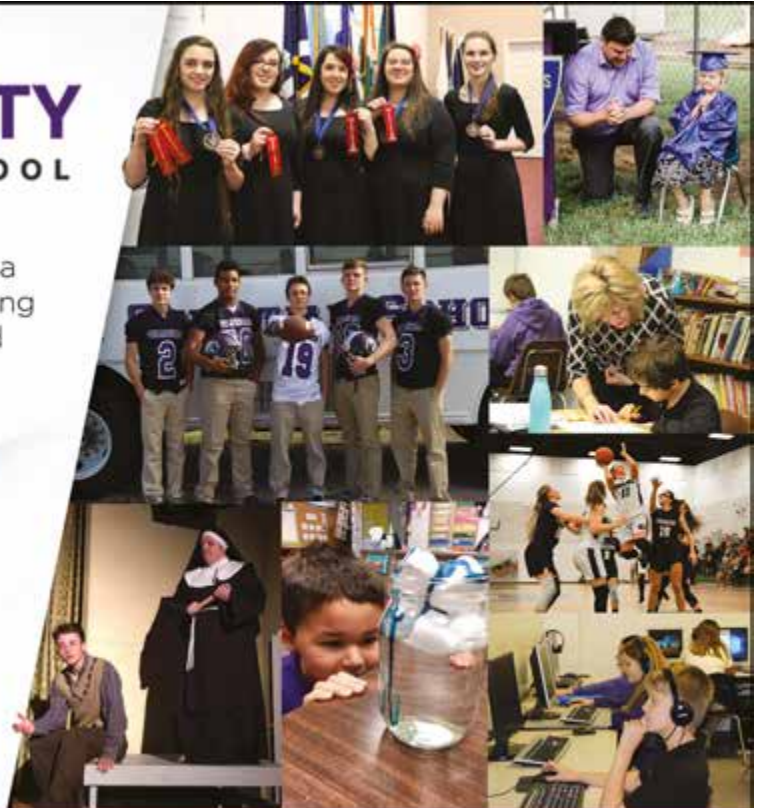




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BusinessNOW

Weatherford Cosmetic & Family Dentistry

— By Lisa Bell

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Friday: 8:00 a.m.-noon

In 1998, Dr. Deborah Romack joined Weatherford Cosmetic & Family Dentistry, clicking with Dr. McCarty from the beginning. In 1998, the current location was built. In 2002, they brought on Dr. Garrett Mulkey. When Dr. McCarty retired, Dr. Romack took over the practice, and in June 2019, they welcomed a third dentist, Dr. Ashley Decker.

For more than 70 years, Weatherford Cosmetic & Family Dentistry has offered quality dental care. After 22 years, Dr.



Romack personally sees patients she remembers as children. A private practice, the dentists and staff take time with each patient, building relationships. While Dr. Romack emphasizes regular dental care, she is currently transitioning to specialized services the practice offers.

Many years ago, she embraced a passion for treating obstructive sleep apnea. It remains her top interest. “Oral appliances can be the first line of therapy for those with mild or moderate obstructive sleep apnea,” she said. “We have a streamlined method by which we can now order at-home sleep tests.”

Working as a team with certified sleep physicians and ENT’s, Dr. Romack helps her patients arrange a telemed conference with the doctor. Once diagnosed, she uses FDA approved oral appliances to correct the issue, most of which insurance covers. But Weatherford Cosmetic & Family Dentistry doesn’t stop there. Patients maintain a therapeutic schedule with devices to

monitor heart rate and oxygen levels to determine whether the appliance works as intended. "Severe obstruction sleep apnea is serious," she said. "Uncontrolled, it affects every system in the body, including the immune system and can lead to death. If a patient is non-compliant with a CPAP machine, for any reason, you must do something."

A second and newer passion for Dr. Romack comes from patients who have no teeth — yet. A common issue, lip and tongue ties (where connective tissue is too short or thick), seem like minor annoyances. Sometimes, this common problem can be serious. In newborns, lip or tongue tie affects the ability to nurse, leading to slow weight gain and issues with latching. "Moms come in and cry, some having already given up. Breastfeeding is such a nurturing, bonding experience," Dr. Romack said. "Failure can affect the mother emotionally."

Using a CO₂ laser for the procedure takes about one minute, causing less bleeding and swelling. The swaddling, photos and instructions consume the majority of an appointment. Follow-up visits check progress, and post-op games get the baby to move the tongue or lips. While the immediate reward comes from seeing a happy mother and newborn, Dr. Romack pointed out, "Tongue ties can cause issues with future growth and development." Even adults can experience issues when uncorrected.

Dr. Romack also focuses on orthodontics and Invisalign. "A smile is one of the first things you see," she said. More important than the aesthetic value, issues with teeth can cause difficulty in maintaining good hygiene. Some patients also report improvement of TMJ with the correction of improper collision of teeth.

Although Weatherford Cosmetic & Family Dentistry always pays close attention to cleanliness, they instituted additional steps during the pandemic. All staff and patients mask up. The staff checks temperature before anyone enters, and patients go directly to a room without any time in the waiting area. Good dental hygiene counts more than ever. Gum disease weakens the immune system, so making and keeping dental appointments helps with overall health and well-being anytime. **NOW**

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Peach Week People's Choice winner Sarah Willoughby shows off her ribbons.

Zoomed In: Bob Folmar

By Lisa Bell

Standing on the left, Bob Folmar poses with the late Ed Crozier. The two men participated in their first ride back in May 2016. "Ed came to me one day and said, 'Why don't we feed the cops?' So in September, I loaded my grill, and we served hamburgers and chips at the First Monday food court," Bob shared. By April 2018, the two men formed a 501(c)(3) called Patriots United for Heroes. Today, it honors, supports and helps veterans and first responders. On September 26, they will host a golf scramble and dinner at Canyon Creek West to benefit Officer Matthew Brazeal. Hit by a stolen vehicle, Officer Brazeal continues a long road of recovery, backed by Bob, the organization and the Weatherford community.



WeatherfordNOW Ad Rep Steve Randle welcomes his new granddaughter, Remi Jade Derden, 6 lbs., 19 inches



At the Biker Blue event, bikers support local police.



Practicing safety, East Parker County Chamber welcomes CBD American Shaman of Aledo.



Former WC Coyote, Tejay Antone, becomes a Cincinnati Reds player.



WeatherfordNOW Editor Lisa Bell welcomes her new grandson, Emerson Whiteaker.



Student services reopen in anticipation of fall classes at Weatherford College.



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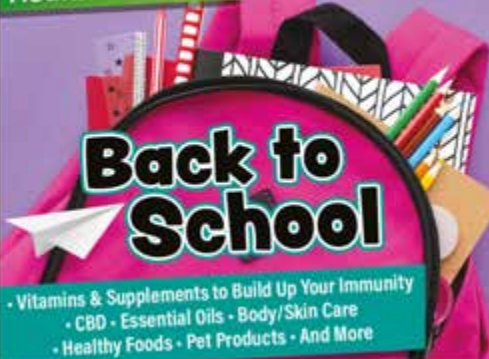
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The eldest of four, Shilo Treille helped in the kitchen from an early age. “With modest means, I learned to cook economical and easy dishes, often substituting ingredients out of necessity,” she said. “Learning the art of not being wasteful helped me through times when I didn’t have ingredients I wanted.” Shilo discovered the art of hosting by watching others. Her husband’s family, from New Orleans, taught her new cooking methods, as did his hunting.

An idealistic newlywed and young mother, she obsessed about nutrition. “I wondered whether they ate too much junk or processed foods, so I gravitated toward whole, local, in-season and organic ingredients,” she added. “Another of my passions is writing, similar to cooking. First you learn the rules, so you can bend them and make things your own.” **NOW**

Hunter’s Gumbo

A few Tbsp. oil
1 onion, diced
1 bell pepper, diced
Minced garlic, to taste
1 whole game bird (may substitute chicken or chicken pieces, bone in)
Water, enough to cover
1 can or carton chicken broth, as needed
1-2 bay leaves

Cayenne pepper, to taste
1-2 lbs. venison sausage (or any variety), sliced
Salt, to taste
Pepper, to taste
Gumbo filé, to taste (found with seasonings)

1. In a stock pot, heat oil. Add the onions, bell peppers, garlic and bird; brown thoroughly.

2. Add water to cover; simmer with the lid on, checking occasionally to scrape the bottom and begin to break up the large pieces.

3. As liquid needs to be added, use the chicken broth. When the joints begin to loosen and the meat begins to separate, you may fish out some of the solids, such as skin and some of the bones. Note: Do not extract all, as they will enrich the broth as they break down.

4. Add bay leaves and cayenne; simmer on low, covered, for at least 30 minutes and up to an hour or so.

5. Add the sliced sausage. When cooked thoroughly, remove the bay leaves. Add salt and pepper to taste. Serve in shallow soup bowls, garnished with filé.

6. If preferred, serve over rice and with French bread. Some East Texans prefer theirs served over potato salad, but one must never do this in the presence of a Louisianan!

Vaquero Pic

1 lb. ground meat
1/2 onion, chopped
1/2 green bell pepper, chopped

Minced garlic, to taste

1 15-oz. can whole kernel corn, drained

1 15-oz. can black, pinto or kidney beans, drained and rinsed

1/2 cup shredded cheddar

1 box cornbread mix

Sour cream, to taste

Salsa, to taste

1. Preheat the oven to the suggested temperature on the cornbread directions.
2. In a cast-iron skillet, brown the meat, onions, bell peppers and garlic. Add corn and beans to the meat mixture.
3. Remove from heat. Stir; top with cheese.
4. Prepare the cornbread batter according to the package directions; pour the batter over the ingredients in the skillet, smoothing out evenly.
5. Bake until the batter is thoroughly cooked and beginning to brown. Serve with sour cream and salsa.

Hamburgers for Dessert

1 yellow cake recipe, baked into cupcakes

1 recipe brownies, cooled in the pan

1 tube each of red, yellow and green frosting

1 pkg. frilled toothpicks

1. When the cupcakes are cool, remove the paper liners carefully, if used.
2. Cut each cupcake horizontally with a serrated bread knife, so the muffin top becomes the top bun.
3. Using a small, sharp, round biscuit cutter, cut the pan of brownies into "patties," as close together as possible, as you will need 1 for each cupcake.
4. For each burger, set a brownie patty on top of each bottom bun.
5. Around the edge and just over the patty, add red, yellow, and green piped frosting to imitate ketchup, lettuce and cheese.
6. Add the top bun; secure with a toothpick.

Mrs. Treille's Dirty Rice

Handed down from mothers-in-law, lest the men in their lives perish from lack of a weekly serving.

Roux:

Oil, to taste

Flour, to taste

Dirty Rice:

1 to 1 1/2 lbs. ground meat

1 white onion, diced

1 bell pepper, diced

Minced garlic, to taste

1 handful raw chicken livers

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2 14.5-oz. cans chicken broth, or

1 32-oz. carton

1-2 bay leaves

Salt, to taste

Pepper, to taste

Cayenne pepper, to taste

1 recipe roux

1 pot leftover rice (not overcooked — having sat out, covered, overnight)

1. For roux: In a cast-iron skillet, pour about a half inch of oil; heat. When it becomes shimmery, reduce the heat to low; begin stirring in flour by the spoonful, until all the oil is absorbed but the mixture is not dry and crumbly. Note: If the roux is too dry, add a bit more oil. If it is too runny, add a bit more flour. You must stir constantly, thoroughly scraping the bottom of the pan. A whisk or spatula works well for this.

2. Cook the roux until the mixture is at least the color of peanut butter, but darker if you prefer. Store in a mason jar on the counter; add to any recipe that needs thickening.

3. For dirty rice: In a large Dutch oven over 2 burners, brown ground meat and vegetables.

4. Add the chicken livers on top; break them up with a spoon. Stir into the mixture as they cook, until they are indiscernible from the mixture.

5. Pour in the chicken broth; add bay leaves.

Cover; simmer for 30 minutes. Add salt, pepper and cayenne. Gently fold in about half of the roux; simmer over low heat.

6. Cover; simmer on low, checking and stirring regularly. It should have the consistency somewhere between a thick stew and a thin oatmeal. Adjust with more water or broth to thin, or more roux to thicken. Remove from heat; remove the bay leaves.

7. Use a large fork to break up the leftover rice. Gently fold in spoonfuls of the rice into the meat and gravy mix, breaking up lumps with a fork. Being careful not to mash the rice, mix until all gravy is absorbed and the meat and rice are thoroughly distributed.

8. Serve alongside protein for supper; serve leftovers alone as lunch.

Mamaw Era Hamner's Rum Cake

Cake:

1 box yellow cake mix

1 3.4-oz. box instant vanilla pudding

4 eggs

1/2 cup water

1/2 cup cooking oil

1/2 cup rum

1/2 cup pecans, chopped

Icing:

1 stick butter

1 cup sugar

1/4 cup rum

1/4 cup water

1. For cake: Mix all cake ingredients, except the pecans. Thoroughly grease and flour a Bundt cake pan; sprinkle pecans in the bottom of the pan.

2. Gently pour cake batter over the pecans. Bake at 325 F.

3. Cool 15-20 minutes; prepare the icing.

4. For icing: Boil all icing ingredients in a saucepan; pour over prepared cake while it is still in the pan.

5. Let sit at least 1 hour, or overnight, before inverting onto a cake plate to serve.



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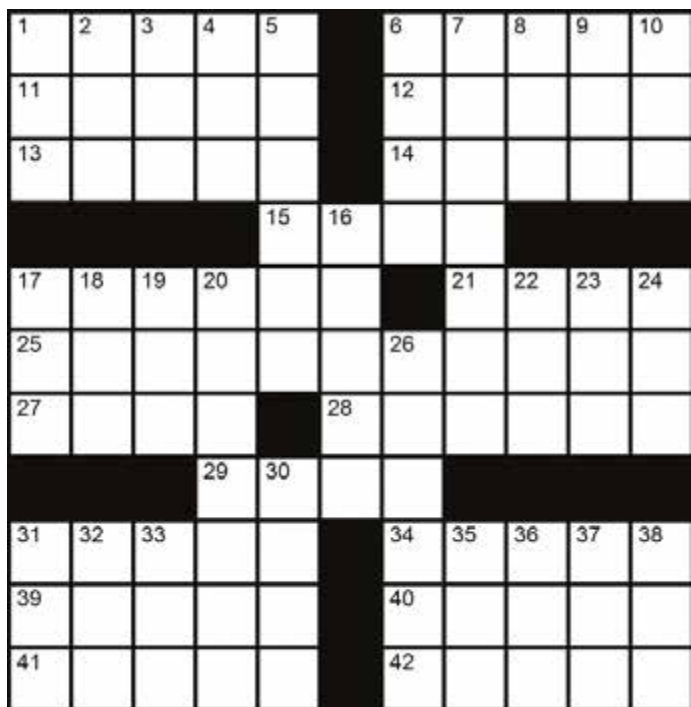
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Crossword Puzzle



CrosswordSite.com Ltd

Across

- 1 Taffylike
- 6 Nautical entrance
- 11 What the Jumbies went to sea in
- 12 O3
- 13 Belief of more than a billion
- 14 Promotable chessmen
- 15 Czech runner — Zatopek
- 17 Mountain plant
- 21 TV trophy
- 25 Country on the Red Sea and the Persian Gulf
- 27 Easterly projection of a church
- 28 Neutralize
- 29 Sends up
- 31 Solo employer of old
- 34 Mournful verse
- 39 What not to build a dam on
- 40 In Montreal, it's "voir"
- 41 Follows orders
- 42 Ahead

Down

- 1 Hit CBS forensic series
- 2 That man's
- 3 Fish which might shock you
- 4 Mountain state
- 5 Likely to be an adherent of 13 Across
- 6 Squash blossom tribe
- 7 Acid-loving shrubs
- 8 Unspun fibers
- 9 Wolf Blitzer's channel
- 10 Guys
- 16 Maryland fort
- 17 Hungry — bear
- 18 Lick
- 19 Sign of infection
- 20 In the best of all possible worlds
- 22 Bus. deg.
- 23 "Peace", which fell to earth in 2001
- 24 Sweet potato, in the South
- 26 — the occasion
- 30 Darlings
- 31 "The X-Files" topic
- 32 Arrest
- 33 Stimulus
- 35 Wolf Man — Chaney
- 36 Superlative ending
- 37 Former GM marque
- 38 Not nope

Solutions on page 28

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Sudoku Puzzle

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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 8 | | | 5 |
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| | | 8 | | | 5 | | | 2 |
| 3 | | 1 | | | | | | |

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Solutions on page 28

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| | | | | | | | | | | | | |
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| 1 | C | H | E | W | Y | | 6 | H | A | T | C | H |
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| 13 | I | S | L | A | M | | 14 | P | A | W | N | S |
| | | | | | | 15 | E | M | I | L | | |
| 17 | A | L | P | I | N | E | | 21 | E | M | M | Y |
| 25 | S | A | U | D | I | A | | 26 | A | R | A | B |
| 27 | A | P | S | E | | | 28 | D | I | S | A | R |
| | | | | | | 29 | A | P | E | S | | |
| 31 | U | N | C | L | E | | 34 | E | L | E | G | Y |
| 39 | F | A | U | L | T | | 40 | T | O | S | E | E |
| 41 | O | B | E | Y | S | | 42 | O | N | T | O | P |

Easy

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

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

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