

# WeatherfordNOW

M A G A Z I N E

September 2021

## Striving for Uniqueness

Erin Propst discovers  
joy and relaxation  
through creativity

In the Kitchen With  
Alyce Bixby

Also inside:

Crossword/Sudoku

Featured Business:  
West Fork at Weatherford

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## **ON THE COVER**

*With her artwork, Erin  
Propst shows the power  
of imagination.*

**Photo by**  
Constance O'Bryan.

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# EDITOR'S NOTE



*Lisa*

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*Happy beginning of fall, Weatherford!*

September ushers in a sense of relief from a sultry summer — and panic. Less than four months until Christmas Day. Yikes! I need to get busy finishing those projects I started, or promised myself to start, way back in January. It happens every year. I plan, prepare, even buy materials to create something beautiful for kids, grandkids, siblings. Then, as if by magic, the calendar flips, and it reads, *September*. How does that happen?

Honestly, I get a nice little reminder around June when I write my September articles for NOW Magazines. Yes, we work several months ahead, so by the time you read this, I'm already thinking about 2022. Scary thought, isn't it? The upside of my job comes from the wonderful people I meet. I find marvelous stories, and then interview a person who goes beyond the amazing thing we feature. Many of you fall into that category of people who should remain in my life. If I only had a gazillion hours every day to keep track of you all!

Some former subjects reach out occasionally to meet for coffee — a few for dinner or lunch. I watch others on Facebook or Instagram, knowing they keep an eye on me, too. What a great thought. We can meet someone and instantly bond. If we never get together again, that moment of connection remains with us. Consider how many times a day you touch someone's life. I pray I end each encounter, leaving an emotional deposit, never a withdrawal.

*May you make many deposits this month!*

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*"I've never been one to go all out with special tools. And trying to follow a design never works well for me."*

# • STRIVING FOR uniqueness

— By Lisa Bell

*The influences of Instagram played a vital role in leading Erin Propst to explore a new world of creativity. Although her art doesn't fit everyone's taste, she takes joy in the process and finds that it leaves her happy and fulfilled. "If I paint or make jewelry before work, I'm in a good mood when I get there," she said. "When I do it after work, it helps me relax even on hard days — a great way to escape life for a while."*

Erin started painting two or three years ago after seeing an acrylic pour painting on Instagram and wanting to try it. Although the process can get quite messy, it suits people who have a hard time drawing or with other types of more traditional painting. True to her nature, every piece of art comes out unique simply because of the process involved. No two can ever look the same.

Although she prefers canvas, she also played with doing the acrylic pour technique on some wooden cutouts. By mixing acrylic paints with a pouring

medium, the colors flow without blending. "Some people use silicone drops, but I stick with Floetrol. It's less expensive," she shared. While Erin chooses equal ratios for her artwork, finding the right consistency depends on each artist's desired look and the way the liquid reacts.

She mixes the paint and other ingredients in Dixie cups, pours some on the canvas and tilts it to get the effect she has in mind. By adding more colors, she builds on the picture. Erin adds metallic paints to achieve an accent and add a





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pop while working with a mix of light and dark colors. She also enjoys working with color-shift paints. "It's kinda like an illusion," she stated.

Erin learned the process by watching online videos and trying out different techniques until she found what worked best for her. "I've never been one to go all out with special tools," she admitted. "And trying to follow a design never works well for me." She prefers letting the art go where it wants, even when it looks different after drying.

Unlike many artists, Erin doesn't necessarily want to make art her life or sole source of income. Instead, she prefers enjoying it as something she does for fun. If she sells a piece, that's a way to fund her hobbies. Her dad, Don Propst, is her biggest fan.

When Erin recently moved into her first apartment, she lost space to pursue acrylic pour painting, which can also produce a big mess. Without room to store her supplies and with a tight budget, she does fewer paintings these days.



Still, she longed for a creative outlet, so she learned a new skill — jewelry making. She loves earrings the most. "I like making earrings with original designs," Erin shared. Less mess, less room required for working and storing supplies, her newest artistic endeavor challenges her inner artist. With jewelry, she continues striving for a distinctive finished product, playing with colors and shapes.

As she did with painting, Erin turned to online resources to learn how to make jewelry well. "In the past, I worked





Always on the lookout for new things, she continues with the arts and crafts she loves. Perhaps another creative outlet will find its way into Erin's life when she sees a video or photo that captures her attention. As she strives to create something unique, Erin doesn't mind trying new things, and she enjoys the minor changes and adventures along the way. **NOW**

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## Zoomed In: Ryan Golden

By Lisa Bell

A regular at Holland Lake Park, Ryan Golden grew up around fishing. His father, Dannie Golden, works as a fishing guide. Ryan dreams of becoming a professional angler. About three or four years ago, he started Golden Swimbaits, hand creating and selling fishing lures. "I like to think they're unique," he said. "I've caught some huge fish with them."

Because he grew up around fishing and water, he can't remember a time when he didn't want to pursue professional fishing. "Being around fishing and water always seemed like a second home to me," Ryan shared. He chooses Holland Lake when he has a little time, but not enough to get out in a boat. It gives him a fantastic place to practice and try out new lures.



Mr. Willy Wonka shows up for the Children's Advocacy Center open house.



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Jed and Callie Barlow enjoy a swing in the park.





Cast members from *Much Ado About Nothing* celebrate a stunning performance.



Parker County Quilter's Guild members show quilts and sell raffle tickets for the September quilt giveaway.



Owner of Better Health, Kathleen Campbell, takes a moment to relax.



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# BusinessNOW

## West Fork at Weatherford

— By Lisa Bell

### West Fork at Weatherford

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Situated five minutes from Weatherford's best, West Fork at Weatherford offers Assisted-Living and Memory Care options. Several signature programs enhance the many other benefits of becoming a resident of this beautiful and fun community.

Each residence includes services that assist and allow residents time for what they truly love. Weekly housekeeping, trash disposal, dining on demand with chef-prepared meals, laundry, landscaping and a maintenance-free abode are only a few amenities of West Fork's community.



For those who need support, the **Assisted Living** community offers a robust activities program, along with passionate care services. The Assisted-Living option empowers residents to enjoy every moment. Customized to individuals, the staff strives for a precise balance between care and independence the residents want and need. When needed, West Fork offers a full-time nurse, medication management, and personalized assistance with bathing, dressing, grooming, transferring and incontinence alongside other amenities. Simply knowing the loving and dedicated staff are available 24/7 gives residents and their families peace of mind with freedom from worry. With a robust activities program, individuals thrive in a community where they remain as active as desired.

**Memory Care** at West Fork at Weatherford is designed to provide the good life in increments of the present moment for Alzheimer's and dementia care residents — moments filled with happiness, kindness, purposefulness and laughter — the



kind of small, pleasurable moments that make life worth living. At West Fork, residents are engaged in a specialized method of teaching and learning in a no-judgment zone. Staff per resident ratios are high, so residents receive the warmest, most attentive and compassionate care possible in a home-like ambiance. Individuals feel like they matter in a caring, close-knit community. A specifically designed program for the Memory Care Cottage, My Legacy, addresses one of the greatest challenges facing those affected by memory loss — an increased lack of involvement in daily activities. Engagement, participation and connectivity in the everyday living of Memory Care residents is promoted.

West Fork at Weatherford offers a Passion Program, too. Through clubs and activities, residents enjoy card games, dominoes, sewing, gardening and Bible study. With the My Wellness program, residents and their families can always access an Electronic Medication Administration Record. More than meeting nutritional needs, residents experience food on many levels, from upscale, passion-filled meals to themed dinners, birthday meals, weekly chef features and community signature dishes. The My Activities program celebrates stories, memories and milestones, exceeding daily care expectations for health and wellness through stimulating, engaging and entertaining activities.

In addition, residents have access to three pet-friendly courtyards. In the on-site movie theatre, senior ambassadors host nightly movies. They also have access to the gym for PT or daily exercise and salon services without leaving the community. A weekly bus outing allows safe trips for dining, shopping or a scenic drive. To accommodate family celebrations, West Fork provides a private dining area, and with a bistro, anyone can stop for coffee and a snack, alone or with friends.

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ALYCE BIXBY

— By Lisa Bell

Alyce Bixby's passions for beauty and cooking have one result — a job done well that makes people feel good. In her 20s, Alyce worked as a garde manger chef, later moving to pastry chef. After closing Sugar Shakers Bake Shop, she returned to skincare and beauty two years ago. "I still love cooking," she shared. "Food brings people together."

Growing up in coastal New England, surrounded by mostly Italians, their cuisine remains her favorite. "I remember the family next door bringing over wonderfully fragrant, braided Italian breads at Easter," she reminisced. "They spoke little English, but my taste for delicious food had no language barrier." Her children inherited that love. On their birthdays, the aroma of freshly baked Italian bread and grissini fill the air, with homemade cannoli waiting in the refrigerator. **NOW**

## Grandma's Meatballs

2 lbs. lean ground beef  
1 lb. ground pork  
1 lb. ground veal  
1 1/2 cups Italian breadcrumbs  
6 large eggs  
1/4 cup plain yogurt

1 tsp. Italian seasoning  
2 cloves garlic, finely minced  
2 Tbsp. parsley, finely chopped

1. Combine all ingredients together in a large bowl; mix well.  
2. Scoop and roll the mixture into balls of desired size. Place on a parchment-lined baking

sheet; bake at 350 F for 25-30 minutes.

3. *Note: They will begin to brown slightly. You can also sauté them over medium-high heat in olive oil, rolling them around until all sides are browned.*

4. Cook over low heat for 6-8 hours in your favorite tomato sauce, completely covering the meatballs. *Note: I do mine in a Crock-Pot on high for about the same amount of time, adding links of Italian sausage I browned beforehand. My grandma always added any leftover pork chops or chicken that she might have on hand to the pot as well.*

## Grissini

*These look great in varying lengths displayed in a jar or vase on a buffet.*

2 cups bread flour (substitute all-purpose flour if necessary)  
1 1/2 tsp. salt  
1 tsp. sugar  
1 tsp. yeast (fast acting is easiest)  
3/4 cup warm water, bottled or filtered



**2 Tbsp. olive oil**

**Semolina, for the bottom of the sheet pan**

**Egg white, for brushing**

**Coarse salt, to taste (optional)**

1. Mix the flour, salt and sugar together in a mixing bowl. Add the yeast to a well in the center; add the water and oil.
2. Mix on low with a dough hook, gradually increasing the speed as the dough comes together. *Note: Your dough should start to form a ball and come away from the sides. Gradually sprinkle a little more flour, if needed, around the sides until it comes away.*
3. Knead in the mixer or by hand until smooth and elastic.
4. Cover the dough with plastic; let it rest for 10 minutes. Form your dough into a long rectangle by folding the outside edges in to make a roll; pat into a rectangular shape.
5. Place the dough on an oiled pan; oil the top of the dough. Cover with plastic; let rise for 1 hour in a draft-free location.
6. Heat the oven to 450 F; line baking sheets and sprinkle them with semolina.
7. Take your dough and cut long, narrow strips with a large sharp knife or pizza cutter. Gently roll until about pencil thick. Cut to desired length; place on prepared sheet pan.
8. Brush with egg white; sprinkle with coarse salt, if desired. Bake 12-15 minutes until light golden. Let cool completely before storing in an airtight container.

## Lemon Champagne Zabaglione

**8 egg yolks, room temperature**

**1/2 cup sugar**

**3/4 cup champagne**

**1 tsp. lemon zest, finely grated**

1. Mix all ingredients in a stainless-steel bowl that will sit on top of a pan to form a double boiler. Have about 1 inch of water in the bottom of the pan, barely simmering.
2. Set the bowl on the pan of barely simmering water; with a whisk or an electric mixer on low, continue mixing until the ingredients become light and frothy and triple in volume. This will take about 5-8 minutes. The mixture should form a ribbonlike stream when you lift the whisk. Be careful not to overcook, or your sauce will break.
3. The sauce can then be spooned over fresh berries in a glass and served immediately while still hot or you can refrigerate the dessert for up to an hour.

**Ricciarelli**

*Yields 30 cookies.*

**2 large egg whites**

**Pinch of cream of tartar**



**brother**

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**On Staff**



1/8 tsp. fresh lemon juice  
 2 1/4 cups almond flour  
 1 3/4 cups confectioner's sugar,  
 plus extra for coating cookies  
 Pinch of salt  
 1/4 tsp. baking powder  
 1 tsp. orange zest  
 1 Tbsp. almond extract  
 1 tsp. vanilla extract

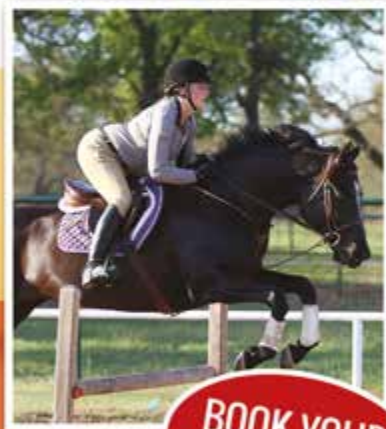
1. Mix egg whites, cream of tartar and lemon juice on low with whisk attachment until frothy. Gradually increase the speed to medium-high; whip until stiff.  
 2. Process the almond flour, sugar, salt and baking powder in a food processor or blender just to combine. Be careful not to overmix or oils will release from the almond flour.  
 3. Add half of the almond flour mixture

to the egg whites; gently fold in until incorporated. Add the rest of the almond flour and the remaining ingredients, folding gently until incorporated.  
 4. Scoop 1-inch balls into a small bowl with confectioners' sugar and coat each ball; place on a cookie sheet.  
 5. Let the cookies air dry for 1 hour uncovered.  
 6. Bake in a 320 F oven for 20 minutes. They will crack and spread out a bit as they bake. Let the cookies cool completely before removing from the pan.  
 7. Store in an airtight container. They are best after curing for 2-3 days if you can wait! These will keep about 3 weeks if kept sealed.



Ricciarelli

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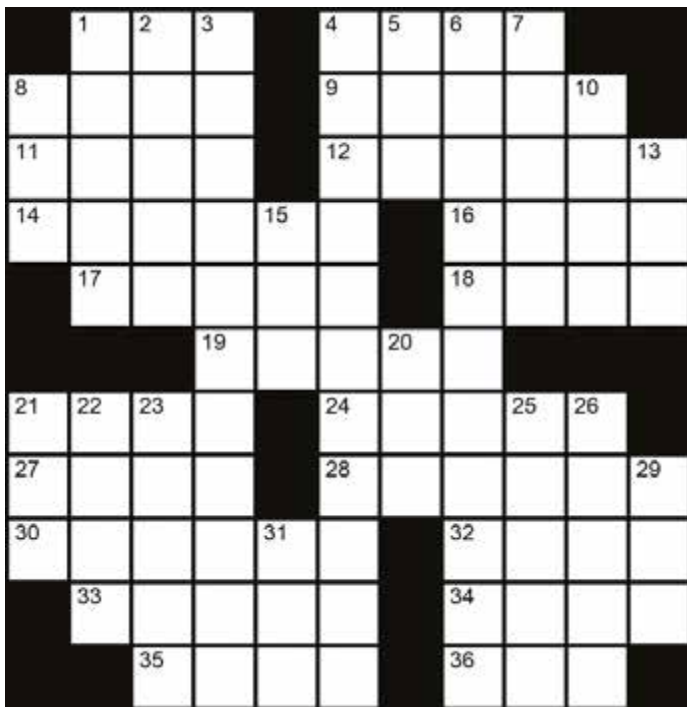
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# Crossword Puzzle



## Across

- 1 Claptrap
- 4 Funds for the future
- 8 Quartet
- 9 Morticia, to Fester
- 11 Capable of
- 12 Overseas
- 14 Profit on sales
- 16 About
- 17 Jewish teacher
- 18 Consider
- 19 Hop named after a pilot
- 21 Temper
- 24 Squeals
- 27 Black cuckoos
- 28 Rip to pieces
- 30 Andean capital
- 32 One of the Three Bears
- 33 An island, according to John Donne
- 34 Jump --- the deep end
- 35 Biblical passage
- 36 National health watchdog

## Down

- 1 Polling pioneer Elmo ---
- 2 "(If You're Not in It for Love) I'm --- Here!" (Shania Twain)
- 3 Annoying cocktail of obsolete rum
- 4 Right away
- 5 Tease
- 6 Relating to the study of moving air
- 7 Ballpark figure
- 8 Controversial wear
- 10 Abate
- 13 Monk's title
- 15 Diamond statistic
- 20 Casino cube
- 21 Beater for mixing mortar with hair
- 22 Unknown
- 23 Leg of lamb
- 25 K
- 26 Tanning material
- 29 Small flat mass of a soft substance
- 31 Burden

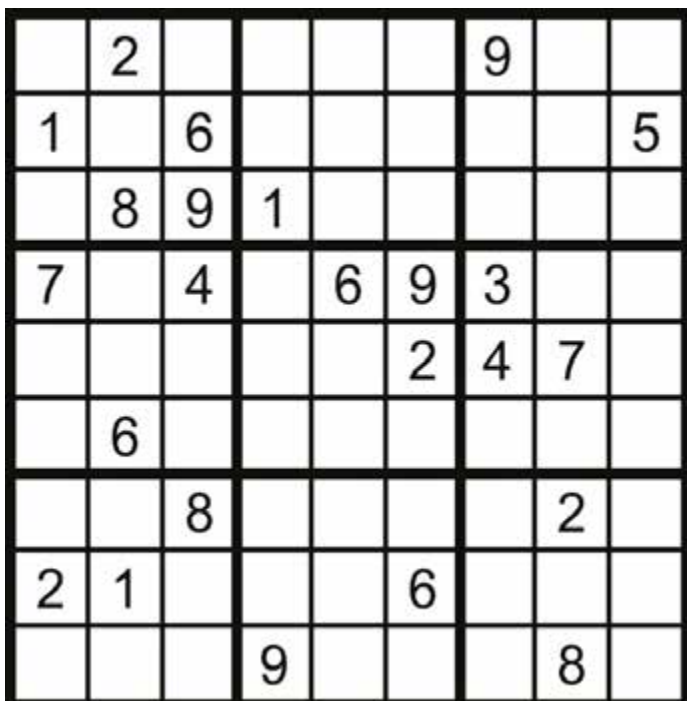
Crosswordsite.com Ltd

Solutions on page 28

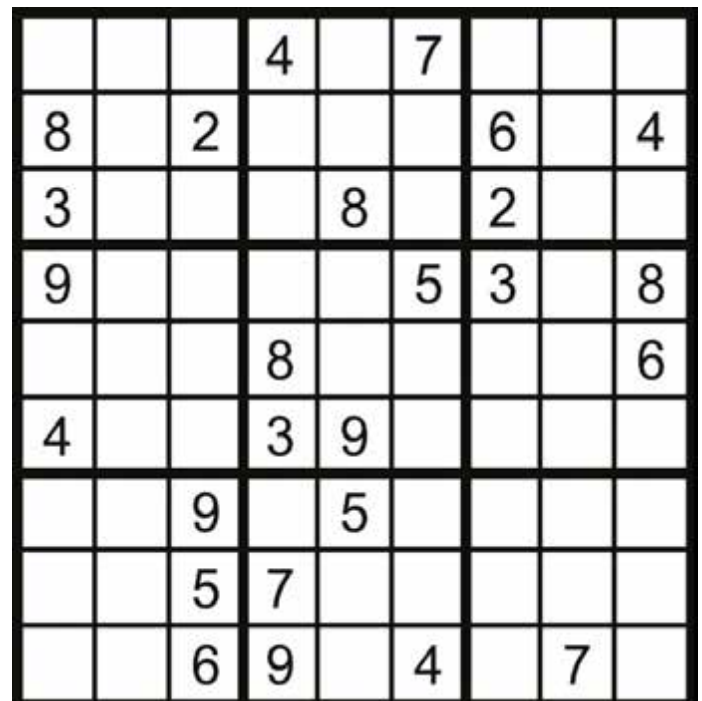
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# Sudoku Puzzle

Easy



Medium



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Solutions on page 28





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# SEPTEMBER

9/6

## Spirit of the

### West Submission:

Submissions deadline.

See specifications and other dates in the online newsletter. [www.weatherfordart.com/donations-payments/](http://www.weatherfordart.com/donations-payments/).

9/8

### Cub Scouts Sign-ups:

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9/10-9/26

### The Addams Family: A New Musical Comedy:

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9/16

### First Responder Appreciation Meal:

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9/18

### Quilt Auction and Raffle Drawing:

Hosted by Quilter's Guild of Parker County. **Previewing/Country Store:** noon; **Auction:** 2:00 p.m., Texas Church of God Gymnasium, 2240 Fort Worth Hwy. [www.quiltersguildofparkercounty.org](http://www.quiltersguildofparkercounty.org).

**Bach, Brazil & Beatles:** Chandor Garden Foundation concert features Christopher McGuire. Water and light snacks available for purchase. \$30/person. **Doors open:** 6:30 p.m.; **concert:** 7:00 p.m.

Submissions are welcome and published as space allows. Send your current event details to [lisa.bell@nowmagazines.com](mailto:lisa.bell@nowmagazines.com).

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## Crossword - Sudoku Solutions

1	R	O	T	4	I	R	A	S	
8	F	O	U	R	9	N	I	E	C
11	U	P	T	O	12	A	B	R	O
14	R	E	T	U	R	N	15	O	R
17	R	A	B	B	I	18	D	E	E
19	L	I	N	D	Y	20			
21	R	A	G	E	22	S	I	N	G
27	A	N	I	S	28	T	E	A	R
30	B	O	G	O	31	T	A	32	M
33	N	O	M	A	N	34	I	N	A
35	T	E	X	T	36	C	D	C	

Easy

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

Medium

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



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- ★ ETC...

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