Back to School 24-page guide included in this issue

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THE COMMUNITY NEWS

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The Halls of Congress

AHS graduate does advocacy at the national level By Randy Keck

By Randy Keck The Community News

Editor's Note: This is the first in what we plan as a series of stories about former local students and where they are now. To nominate a former student, send an email to news@community-news. com.

Are you doing what you thought you would be doing when you were in High School?

Austin Hall isn't — and he's fine with that. He's found his passion. And he found it in Washington, D.C.

Hall graduated from Aledo High School in 2012.

"The thing I was most passionate about, being a part of the fantastic Bearcat Regiment in the Aledo High School Band, was music performance," Hall said. "During my senior year of high school I auditioned at several schools of music around the country, everywhere from Juilliard, University of Michigan, and also the University of North Texas."

Hall ultimately chose UNT to study music performance and education,' but that's not where he stayed.

"About two years into my college career I decided that music was just a hobby, and that I did not want to pursue it as a full-time profession," Hall said, "and it was then that I switched to political science."

So after receiving a degree in political science, with a minor in music, Hall had to decide what came next.

"I ended up applying to a bunch



Bond project update Annetta Elementary

Annetta Elementary set to open this month By Makenzie Plusnick The Community News

Annetta Elementary School is set to open later this month, completing one of the 2019 bond's major projects.

Director of Construction and Facilities Tyler Boswell updated the board about the status of the bond projects in July. Two of the larger items in the voter-approved bond package were a new elementary campus and a new middle school campus. The bond package also included renovations to three campuses, new furniture for three existing elementary schools, land purchases for future school sites and new school buses. The total cost of the bond came out to \$149,950 million.

One of the new campuses, Annetta Elementary School, will open its doors for students this month. The bond had budgeted more than \$36,507,000 for the project, while the current amount the district expects to pay for the project is more than \$36,780. Though this amount exceeds the budget, Boswell says this is not a concern.

"Part of that to understand is we still have about \$850 thousand in our contingency, so we still have a healthy contingency sitting there," he said. "We do have open items, just things we needed to accomplish with getting the schedule, keeping it on track and out in front of us."

The 107,391 square foot school moved technology and furniture into the building in July, and media center and playground equipment will be moved in and installed in early August, Boswell said. However, fencing for the playground has been delayed, so temporary fencing will be placed around the equipment.

of law schools. And I eventually realized that I didn't really have the desire to practice law," Hall said. "I ended up deferring my law school acceptances, and I started to look for internships here in Washington."

"I wanted to be in the center of law and government and there's really no better place for that than Washington, D.C.," Hall added.

Hall found an internship at a small boutique lobbying firm called Washington Partners LLC.

"During that internship, I realized that I really enjoyed the advocacy space and being able to advocate to government on behalf of certain groups of people and in certain organizations. And I was lucky enough to be hired full-time there at Washington partners. Fast forward five years and I'm still with the firm."

The firm grew when it merged with a larger lobbying firm and the



SPECIAL TO THE COMMUNITY NEWS

Austin Hall is shown on the Speaker's balcony at the United States Capitol Building.

new name is Bose Public Affairs Group. Hall actually has two job titles in the company.

At Bose Public Affairs Group, his title is Assistant Vice President.

"So the thing that I really enjoy about this position is that no two days are ever the same," Hall said. He compared his job to being like a lawyer.

"But your client is an organization and your practice is not in a courtroom — it's in a legislative body or an executive agency trying to advance your client's interest in Congress and the executive branch, and even more recently in state houses around the country," he added. Hall gave an example that ties in with his other job title.

"I have a client called the STEM Education Coalition (science, technology, engineering, mathematics education coalition). And it's a client of the firm, but it's also a separate nonprofit organization that we run at the firm. In that nonprofit, I am the Director of Policy," Hall said. "One example I'll give is that the COVID-19 pandemic has presented, obviously, a huge amount of challenges for everybody in the education space.

"But one of the most significant and emerging things that was very clear as soon as the pandemic started was that we have a huge

distance education, and particularly internet connection, problem for students to access e-learning."

Hall said his group advocated in Congress to provide resources and funding for schools and families to be able to access high speed internet, and also be able to get devices so that students could could continue learning in a virtual environment.

"There are certainly many challenges to that. But the first thing that we want to accomplish is to be able to get devices and internet connectivity out to folks," Hall said. "And so we advocated Congress

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See our sneak peek of Annetta Elementary School in this week's Back to School section.

The campus is located on FM 5 in Annetta, which has been undergoing a widening project by TxDOT. The project began in June and has had daily single-lane closures, but no detours were required. The previous asphalt top was removed and a new asphalt top began instillation to the west bound lane in mid-July, Boswell said.

The second new campus included in the bond, McAnally Middle School, will serve grades 6-8. The bond budgeted \$53.7 million for the 181,009 square foot school but the district has only spent \$49,170,312.28 on the project so far.

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The sag factor Editor Randy Keck describes the process of aging.

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Football Annual Bearcat Football Camp comes to a close.

PAGE 9



There is no try... Aledoan completes first triathlon at age 44.

PAGE 7





YPC offers quality, healthy meals for busy families

Families living in the hustled and hurried world of back to school sometimes don't have an opportunity to prepare quality or healthy food at home.

For almost seven years Your Personal Chef, located at the corner of Oak and Pecan Streets in Aledo, has been providing delicious, quality meals for busy local residents.

Owners Chris and Janet Coble know how busy life can be - their own children attend Aledo Schools.

"We have available meals for you to come in and pick up fresh every single day, made from scratch," Janet said. "Our dinner menu changes every day. We always have a fish choice, we have a healthy choice, we have family favorites, we have side salads, side dishes, and desserts. We even have beer and wine, and lunch options are available as well.

Janet said some of the favorite main dishes are Meatloaf, Pecan Chicken, and Cowboy Brisket Casserole. She said the Grilled Chicken Piccata and Mediterranean Chicken Hummus Bowls are popular healthy choices.

For add-ons, customers can select Greek or Caesar salads or side dishes like garlic broccoli, roasted mixed

veggies, carrots, or mac and cheese.

"Every Tuesday we do chicken nuggets," Janet said. "That's really popular with the kids, especially at this time of year.

As for the beer and wine selection, Your Personal Chef offers local craft beers.

enjoy we bring in for the rest of the community to enjoy," Janet said.

Chris, a professionally trained chef, went to the Culinary Institute of America in the 1990s. After serving as a chef in the Virgin Islands, Puerto Rico, and other locations, he moved back to Personal Chef.

He started at home, preparing meals for clients who would often have Chris plan their meals for the week.

Shortly after he began his venture, he and Janet met.

"In 2005 he was looking to expand the business and I was looking to change up

"Honestly, things that we Fort Worth and started Your my career. And so when we married I quit my corporate job and decided to do what he was doing, and took on my own clients," Janet said.

> The Cobles moved to Aledo in 2011 when son Sam was six months old, and daughter Lily was 18 months.

"We kept all of our clients and we would just drive

into Fort Worth and cook for them — most of our customer base was in Fort Worth. And we just didn't have enough time in our day to take on anybody else," Janet said.

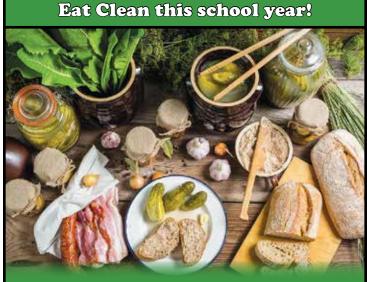
The Cobles moved the business to its current location in January of 2015.

The kitchen at YPC is wide open so customers can see their food being prepared.

"There are no preservatives in our food," Janet said. "Everything's made from scratch from raw ingredients. So when you look in our store, you don't see a bunch of canned things. In fact, the only canned products we use are canned tomatoes and pumpkin for the pies. We put a lot of love into our food."

You can pop in anytime to see what's available that day or call ahead and they will set your meal aside for you. You can also call in a custom order with 24 hours notice.

Your Personal Chef is located at 213 E. Oak St. in Aledo. For more information, call 817-926-2762 or visit ypccorp.com.



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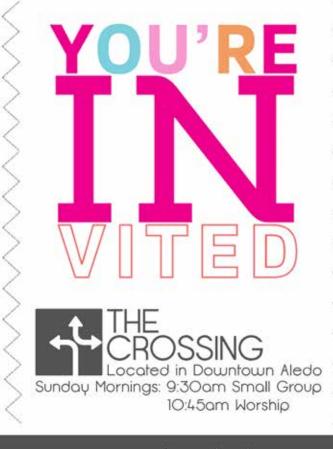
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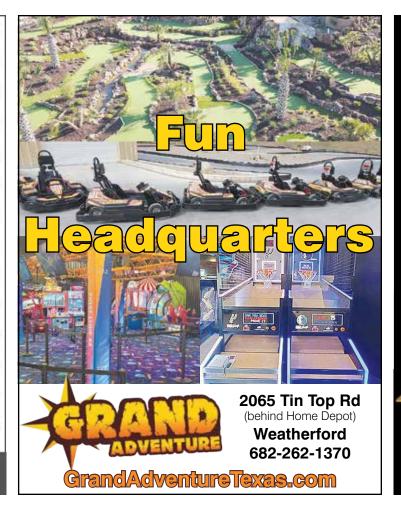
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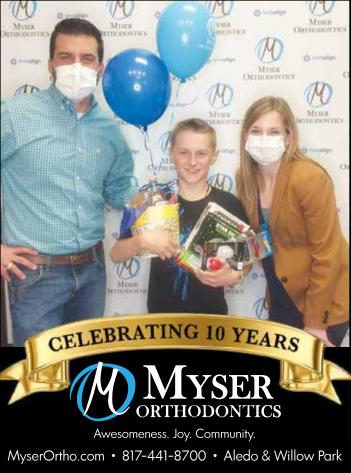
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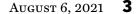
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SPECIAL TO THE COMMUNITY NEWS Rena Peden, left, discusses possible family ties with Donald Trump, Jr.

Family ties?

Peden, Trump talk family histories

By Randy Keck ne Community News

When Donald Trump, Jr. visited Parker County on July 16, local resident Rena Peden had more than just politics on her mind.

Peden, who is a former Parker County Commissioner representing this area, has been active in her party. She has served in a number of positions since she became active in Republican politics about 1979, She has served on the State Executive Committee. She has also been active on the Candidate Resource Committee, which helps down-ballot Republicans get elected.

And, in 2016, she was a delegate to the Republican National Convention and served as a Donald Trump Elector from Texas.

But all of that aside, she had family matters to discuss.

Trump's grandmother and Peden's mother were both born on the Stornoway Isle of Lewis in the



SPECIAL TO THE COMMUNITY NEWS

Rena Peden, center, is shown with Leann Ivey from Congressman Roger Williams' staff (left) and Deon **Starnes, Senator Drew Springer's District Director.**

Hebrides off the northwest coast of Scotland.

The two were born about ten years apart, and both were named Macleon.

The United States had an air base on the island during World War II.

Peden and Trump agreed that there had to be a tie somewhere.

"I would have gone anyway to support my party," Peden said. "But this was a bonus."

HALL from page one

to eventually pass the CARES Act, which was the big first major Coronavirus relief package which included funding for broadband connectivity devices so that schools and students could access devices. And schools could help pass out hotspots."

Hall said his group also did work in the Texas legislature to make sure the federal relief funds were used wisely.

"And so that led to an initiative that was announced by the Texas Governor and supported by the Texas legislature called Operation Connectivity," Hall said. "So that school districts like Aledo ISD, Dallas, ISD, Fort Worth ISD, all of a sudden received this significant amount of funding to make sure that every student had a device and some sort of internet connectivity so they could continue learning in a virtual platform during the COVID-19 crisis. That's an example of some of the advocacy work that we do, especially during COVID times."

Hall was asked what he enjoys most about his job.

"The thing I like best about it is being able to be an advocate here in Washington, but also see how what happens here in Washington impacts folks back at home in Texas and all around the country, and being able to elevate the voices of those that don't necessarily work as professionals here in Washington.

"A lot of the work that we do is trying to elevate the voices of populations who haven't traditionally had access to power and add a voice in the halls of Congress which really try to elevate those voices so that their concerns are heard and met. It's no secret that Washington can be a place where the influential people really do have unfettered access at times. And so trying to

compete with those forces, we really want to elevate the voices of those that aren't traditionally heard to those in power. And it's really great to see when that daily scrum that we get involved with up here makes an impact, most recently around these Coronavirus relief packages. There's been a ton of money that's gotten back into the community, even Aledo and Weatherford and surrounding communities that's been really influential and really impactful. And it's good to see that work make an impact."

Hall recalled how his experience at Aledo helped prepare him for the life he lives today.

"I was blessed to have great teachers all throughout my time at Aledo, from kindergarten all the way through 12th grade. It was very rare that I had an issue with an educator at Aledo ISD. They're all great. It really was, for me, a community where I felt that they really wanted students to succeed and wanting to help elevate students to become the best that they can be," Hall said. "If I were to select a few folks that really had an impact on me,[it would be] the band directors and the music teachers - Mr. Paul, Mr. Albin, Mr. Qualls, and others - they instilled in me a sense of how to work hard, how to how to have a positive outlook on everything that we do, how to work collaboratively as a team towards a common objective. And those fundamental values I took to college as a music major, when I got into political science, and even what I'm doing now, they really did have a profound impact on me."

Hall also said his mother, Paula, helped instill an interest in politics and government due to her activism. They went to Washington for Obama's second inauguration.

"And it was really then I realized this seems like a super cool field where you can make a huge impact on people's lives."

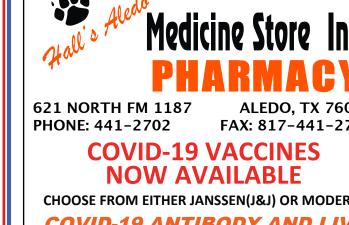


RANDY KECK/THE COMMUNITY NEWS Austin Hall in the Longworth Building in Washington, D.C.

Not to mention the opportunity to catch a foul ball at a Washington Nationals game, which happened on Monday.

"If I were to go back and ask myself when I was back at home in Aledo, could I ever have imagined where I'd be now? And that answer is 'no way.' I could have never imagined where life would have taken me now. And I say that like I'm 50 years old or something, but I'm only 26. But even in that short amount of time between 2012 and 2021 I could not have imagined that pathway. And I have to go back and credit number one, my education that I received in Aledo, but also the community for just establishing that baseline of support, and that feeling of welcomeness make everything else that happened after that possible. That really was a blessing.





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THE COMMUNITY NEWS

BONDS from page one

The campus, located on Old Weatherford Road, is currently undergoing foundation work, utility work, and electrical work, according to Boswell. The school is expected to be mostly completed in late June 2022 so it can open for the 2022-23 school year.

Work on the expansions and renovations for Aledo Middle School has started, Boswell said. The bond includes grade-level academic wings and a new library, fine arts wing, cafeteria space, and field house. Pier drilling and foundation work is underway. Fire proofing on the project is complete and all framing inspections have been completed. Drywall is currently going up.

"We have about forty drywallers in there right now and then painters come in right behind that," Boswell said. "So there will be one right behind the other to get this thing ready to go for students."

The contractor for the project has run into problems, Boswell said.

"We have seen that contractor have some labor shortages, some challenges, we've had some unforeseen [situations]," Boswell said. "Some of these jobs that are starting later in the spring and on into summer... we are starting to see the quirky material supply chain issues for paint and just odd things... we are just doing our best to manage that."

An unexpected problem the district ran into with the campus is with the concrete slab cutouts, specifically with the south side of the school, Boswell said. The district







Steel framing fot the new McAnally Middle School went up this week.

had to tear more of the concrete slabs out than expected to fix problems with the slabs and plumbing, he added.

"Those are the areas we are really focusing on and really wanting to manage and stay on top of," he said. "Those will be the last pieces that go together for the students."

Another major ticket item from the bond is the conversion of the McAnally Intermediate School to the new Vandagriff Elementary School. The 103,866 square foot school, which will serve grades K-5, is expected to open Aug. 2022. The district budgeted for \$9,611 million. The district had only spent nearly \$8.4 million of the budget thus far, Boswell said.

The contractor for the project started working on the campus in June, Boswell said. They have been careful to work around material shortages, though it is not as much of a problem for this project because it has more time to be completed, Boswell said.

"They were very conscientious about not going in and really demoing that school out this summer," he said. "Just getting started in June, getting all their sub [contractors] on board, materials procured, making

sure they can get a material to put it back, so not tearing something out if we couldn't get it done."

The district is just starting on the conversion of the current Vandagriff Elementary School to Early Childhood Academy project. The Early Childhood Academy will house pre-kindergarten, as well as have a preschool program for children with disabilities and a daycare for Aledo ISD employees. It is projected to open for fall 2022.

This fall, the district will issue drawings and it will start bidding in January. Construction is set to begin in March 2022.

RANDY KECK/THE COMMUNITY NEWS An automated crane lifted air conditioning units to the roof of Aledo Middle School this week.





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Capital Highlights

Eight proposed amendments on November ballot



Gary Borders gborders

The order has been drawn for eight proposed amendments to the much-amended Texas Constitution that will appear on the Nov. 2 ballot. The proposed amendments were approved by at least two thirds of both houses of the state Legislature. According to the Austin American-Statesman, they include:

• Allowing families to designate an "essential caregiver" to have access to loved ones in nursing homes and other long-term facilities. The issue came up when visitors were banned from such facilities during the pandemic.

• Banning all government entities state, cities, counties, etc. - from limiting or preventing religious services, also an issue that arose during the pandemic.

• Providing property tax exemptions to spouses of soldiers killed in the line of duty.

• Barring attorneys whose law license has previously been suspended or revoked from serving as judges, and requiring district judges to be practicing lawyers for at least eight years. The minimum required now is four years.

• Allowing counties to issue bonds to finance transportation or other infrastructure projects in blighted or unproductive areas.

• Allowing the state's professional rodeo associations to raise money through raffles, as other charities can do.

· Authorizing the State Commission on Judicial Conduct, which investigates complaints against judges, to also oversee the conduct of judicial candidates.

• Allowing school taxes to continue to be reduced for those 55 and older upon the death of a spouse with a disability.

As the Statesman reported, Texas voters to date have approved 507 amendments, making the Texas Constitution one of the in grants for vaccine efforts

bare and hasn't put out a single leaf, it is almost certainly dead. This also applies to palm trees, which were especially hard hit by the storm.

"Anything green means that the tree has a chance for recovery," Riley said. "But a single small frond should have grown and opened on palm trees by now. No green means it is dead and has already started rotting internally."

She added that trees that lost much of their canopy may or may not survive. A good rule of thumb is imagining a circle around all a tree's branches. A fourth of that circle should be filled in with leaves. If not, the tree is most likely doing to die, Riley said.

State reports first West Nile case

The state's first case of illness caused by West Nile virus this year was reported in Dallas County, according to the Texas Department of State Health Services.

The virus is transmitted through bites from infected mosquitoes. While most people exposed to West Nile don't get sick, about 20% develop symptoms such as headache, fever, joint and muscle aches, nausea and fatigue.

DSHS urges Texans venturing outdoors to wear long sleeves and pants and apply insect repellent. The agency also recommends removing standing water from tires, toys, buckets and other items.

Over the past five years, the state has had 805 cases of West Nile virus and 63 deaths.

TCEQ plans to use drones during disasters

The next time a hurricane or other natural disaster hits Texas, the Texas Commission on Environmental Quality plans to use drones to help staff survey land difficult for personnel to visit by foot or in a vehicle.

TCEQ now has 25 drones equipped to allow live-streaming video during disaster events. More than two dozen staff members have completed classroom instruction, with 17 having passed the FAA exam for what are formally called Unmanned Aerial Systems.

DSHS awards \$10 million



Slings&Arrows Signs of aging



Randy Keck rkeck@community-news.com

There are events in life that cause you to be acutely aware that years are passing by. Today I received notification that I have been approved for Medicare starting in November, the month of my 65th birthday.

When I was younger it was difficult to imagine what life was like for older people, so I thought I would make some observations about aging.

In my conscious mind, I don't really feel any different than when I was 20. Goals and objectives have changed, but for the most part, my thinking processes seem to be the same.

Age-related insights like that are presented, let's say, more sensitively by older practitioners than you. They have lived it.

But once you reach the tipping point, if your doctor is older than you you begin to worry if he or she has all faculties, even as you worry about your own.

As the years roll on, my early ambition to become President of the United States fades. Except for Obama, every president has been, or is, older than me. I keep thinking that someday there may be another, but we keep electing people who are, at the time, the oldest person to become president.

But I guess as long as presidents are older than I am, there is a shot for me.

While my general thought processes haven't changed much, the things I think about have.

"What will be aching when I wake up tomorrow?" seems to be a common night-time thought, as well as "I wonder how many times I'll have to get up during the night?"

Ear and nose hair trimmers were invented mainly for people older than 40.

If you are getting older, when the barber asks, "do you want your eyebrows trimmed?" the answer should always be yes, or you will live to regret it.

You also become much more aware of gravity as you get older. Parts of our bodies put up valiant fights against this force of nature for years, but sooner or later sagging sets in.

In addition to your skin, pretty much anything that grows in pairs will end up losing the battle with gravity sooner or later.

My father's mother had a razor-sharp mind until she died in her late 90s. Some of us are not so lucky.

I don't know if it's age or information overload, but I have come to realize I am not as sharp as I used to be.

longest in the nation.

Advice on trees recovering from Winter Storm Uri

As August arrives, landowners wondering about trees stricken during Winter Storm Uri in mid-February can quit wondering what to do about trees that are still completely bare: they are almost certainly not going to come back.

Specialists with the Texas A&M Forest Service, along with Neil Sperry, a widely known gardening and horticulture expert, teamed up last May to urge Texans to wait until mid-July before cutting down leafless trees. The vast majority of trees that were slow to leaf out have mostly recovered.

"The waiting was important, because we're just now beginning to differentiate between those trees that are obviously not going to survive; those that are wounded and we hope will survive; and those that are definitely going to survive, but are going to take a little while to come back," Sperry said,

Gretchen Riley, the Urban and Community Forestry Program Leader at Texas A&M Forest Service, said if a tree is

As COVID-19 vaccination rates lag and cases of the delta variant spike, The Texas Department of State Health Services will award \$10 million to local groups working to promote vaccination efforts. The grants of \$50,000 to \$150,000 will go to a wide range of organizations providing vaccine education across the state.

A total of 6,251 lab-confirmed COVID-19 patients were in Texas hospitals as of Sunday, according to DSHS. That is quadruple the number reported a month ago and the most seen since February.

The Coronavirus Resource Center at Johns Hopkins University reported 62,722 new cases in Texas during the past week and 271 deaths — a five-fold increase from a month ago. A total of 12.67 million Texans are fully vaccinated - about 43% of the state's population.

Gary Borders is a veteran award-winning Texas journalist. He published a number of community newspapers in Texas during a 30-year span, including in Longview, Fort Stockton, Nacogdoches and Cedar Park. Email: gborders@texaspress.com.

The things that do change do so gradually, so we're not necessarily aware of them.

There are tipping points in life.

When Barack Obama was elected president, I realized it was the first time we had a president who was younger than me at the time of election.

There are people I have always wanted to be older than me.

Take doctors, for instance. I have always wanted my doctors to be older than me because I felt that with age comes wisdom. When I was barely 40 I had an appointment with an optometrist who was barely out of diapers. After my examination, he made a comment that a certain aspect of my eyesight "is not unusual for a man your age."

We become more aware (and accepting) of physical changes as we grow older.

Parts of your body may not work as well as they used to. There are days when I wake up feeling like the Tin Man from The Wizard of Oz, and I do what I call my "Frankenstein Walk" until my joints thaw out.

There was a time I didn't mind haircuts, but now I am in search of barbers who don't use black capes. When I get a haircut now I look down at the black cape and it looks like it's been snowing.

And as you get older, hair doesn't necessarily grow where you want it to, and it starts growing in places where hair shouldn't grow.

Just today, I was thinking about a website address I would like to own. I went online to see if it was available but, alas, it was taken.

Upon researching who owned that site, it turned out to be me.

I believe the important thing to remember as you grow older is not to give up on your dreams. You may have to temper expectations, but it has been pointed out that people in my generation are living 20 or more years longer than our grandparents.

Some people literally begin new careers when they reach what was once considered "retirement age." They call it Act III.

So you never know what tomorrow will bring, so make the best use of today you can.

The Community News

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We welcome letters, articles and guest opinions from our readers. Opinions expressed in this newspaper will be labeled as opinions, editorials or letters, and do not necessarily reflect the opinions of the ownership. Letters should be signed, and limited to approximately 300 words. All submissions to the newspaper should include a telephone number in case we have questions. Letters are due by Monday at noon for that week's paper. Community announcements, achievements and obituaries are due by noon Friday for the following week's paper. Send submissions to news@community-news.com.

Photos submitted should include names of the people in the photograph. For ease in submitting photographs electronically, visit our contact form at community-news.com/ contacts.

The Community News does not charge for timely wedding, engagement and birth announcements provided they are of reasonable length. Lengthy announcements will either be edited to a reasonable length or, at the discretion of the person submitting the announcement, be charged a fee. The deadline for submitting announcements is noon Friday for the following week's paper.

Sports Nolan Ruth

Events

August 6, 2021 THE COMMUNITY NEWS WWW.COMMUNITY-NEWS.COM

Find more events at community-news.com/events



AUGUST 6

Meet the Eagles

Trinity Christian Academy will host Meet the Eagles beginning at 5:30 p.m. Friday, Aug. 6 in the Barber Gym at 4954 E. I-20 Service Road S. in Willow Park. Free hamburgers and hot dogs will be served, and free souvenir/autograph shirts will be handed out to the first 200 elementary students who attend.



Outdoor Movie Night

The Church at the Crossing in Aledo will host an outdoor movie night at 7 p.m. Friday, Aug. 6, at Dub's Tub Baptismal Park, 128 Elm St. in Aledo.

Free hot dogs, popcorn, and drinks will be served. Bring your own lawn chairs and blankets.



AUGUST 7

Bearcat Nation 101 The annual Bearcat Nation 101 will run from 9 a.m. to noon on Saturday, Aug. 7, at the Aledo High School Cafeteria. Local non-profit organizations, department and campus officials, and others will be there to provide information.

AUGUST 10

Republican Women mixer

The Parker County Republican Women and prospects will meet for a mixer from 5-7 p.m. on Tuesday, Aug. 10, at Rio Mambo, 1302 S. Main St. in Weatherford. No reservations are necessary.

Cancer Support Group

A support group to create a space for those who have battled or are battling cancer meets at 6:30 p.m. the second Tuesday of each month at Aledo United Methodist Church, 100 Pecan Dr. in Aledo. For more information, email Joan Ward at jcjkat1959@ gmail.com.

AUGUST 11

Back 2 School Bash Aledo United Methodist Church will host a "Back 2 School Bash" from 6-8



p.m. Wednesday, Aug. 11, at 100 Pecan Dr. in Aledo. Activities will include bounce houses, water slides, sidewalk chalk games, and other activities. Julie Bean's Ice Cream and hot dogs will also be available.

AUGUST 12

2021 Fashion Show Arlene Gale will be the featured speaker when Sanctified Hope holds its 2021 Fashion Show at 11:30 a.m. Thursday, Aug. 12, at Trinity Bible Church, 4936 E Interstate 20 in Willow Park.

Available sponsorships include Title Sponsor (\$7,500); Gold Level (\$2,000); Silver Level (\$1,500); Bronze Level (\$1,000); or an individual ticket for \$50.

Sanctified Hope Home for Women provides a safe, learning environment for women who have recently been released from prison. Through a 12-18 month Christ-centered program, women journey to freedom and success. They will participate in Bible-based discipleship training, vocational classes, job training, volunteer programs, which will then lead to full-time employment.

For more information, call 817-901-5446 or email sharon@sanctifiedhope.org.

Weatherford College Alumni Mixer

The Weatherford College Alumni Association will hold an Alumni Mixer from 4-7 p.m. Thursday, Aug. 12, at Shep's, 202 Fort Worth Hwy. in Weatherford. To RSVP, visit https://bit. ly/3xswCGi. For more information, call Jaci Edwards at 817-598-6272 or email jedwards@wc.edu.

AUGUST 13

Parker County Women's and Newcomers' Club Laurie Chance Smith, author of "Around Veal's Station," will be the featured speaker at the August meeting of the The Parker County Women's and Newcomers' Club, which meets at 9:30 a.m. on the second Friday of every month at First United Methodist Family Life Center, 301 S. Main in Weatherford. The social hour, including Club Shop, begins at 9:30 a.m. The business meeting, including program, is at 10:30 a.m. Lunch is \$11. Please make lunch reservations by calling Shirley at 817-757-7379. For more information on the organization, visit pcwnc. org.

Meet the Band

The Aledo High School band program will host "Meet the Band" from 6-7 p.m. Friday, Aug. 13, at Aledo High School. Food trucks, Aledo merchandise, and live music will be featured (food trucks will



arrive at 5 p.m.). The Band Olympics will follow at 7 p.m.

AUGUST 14

Meet the Bearcats

Meet the Bearcats will be held at noon on Saturday, Aug. 14, at the Aledo High School Indoor Practice Facility. Meet the Bearcats traditionally provides fans (young and old alike) an opportunity to meet fall athletes and cheerleaders.

AUGUST 16

Rotary Club of Aledo

The Rotary Club of Aledo meets from 11:30 a.m. to 1 p.m. the first and third Monday of each month at Sunny Street Cafe, 229 Shops Blvd. Suite 103 in Willow Park. For more information, visit aledorotary. org.

Meet the Teacher

All Aledo ISD elementary schools will host "Meet the Teacher" on Monday, Aug. 16. For students whose names begin with A-L, the time will be 4:30-5:30 p.m. For students whose names begin with M-Z, the time will be 5:30-6:30 p.m.

AUGUST 24

Aledo Community Lions



Club

The Aledo Community Lions Club meets from 12-1 p.m. the fourth Tuesday of each month at the Aledo Community Center. The public is invited. For more information call Bob Carlson at 817-718-4902.

SEPTEMBER 06

Rotary Club of Aledo

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SEPTEMBER 10

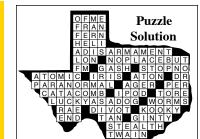
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Sports

AUGUST 6, 2021 **THE COMMUNITY NEWS** WWW.COMMUNITY-NEWS.COM

Aledoan completes Iron Man Triathlon

Training was key for 44-year-old Brandon Swain

By Nolan Ruth

Community News

Brandon Swain is a 44-yearold local realtor, a husband, and a father of two. Like most people in Aledo he's a friendly man who definitely enjoys the people around him. So, why is he being covered in the sports section of the local paper? Swain is a triathlete, who two months ago completed a full Ironman triathlon in Coeur d'Alene, Idaho.

The intense event starts with a 2.4 mile swim then transitions to cycling with a 112-mile course, and then is topped off with the running of a full marathon. Swain completed all of it in 13 and a half hours.

It all started in 2005 with a flyer in the mail.

"Everyone is different," Swain said looking back on his time. "It's not, you wake up one morning and say 'I want to do an ironman.' It starts small, you want to do a 5k or a 10k. For me a flyer in the mail with a team in training to do some fundraising for leukemia and lymphoma society to go and do an olympic distance triathlon in Austin."

It only grew from there as he started doing more events. A natural runner, Swain had to adjust to cycling and swimming.

"Over the years I started doing a half marathon, a full marathon, doing century bike rides just by themselves, and then the swimming comes in with a half ironman and then one day you just go 'Yeah, I think I'm going to go for this."

Swain started running and cycling at an early age. He competed in many events from his high school years on to the present. It was the swimming that he had to truly adjust to.

"I started swimming because of triathlon. I had been cycling, I had been running, but to do the triathlon you have to swim. I was a terrible swimmer for the first few



JUSTIN LUAU PHOTOGRAPHY JUSTINLUAU.COM

Brandon Swain is shown in the second of three events during the Iron Man Triathlon at Couer d'Alene, Idaho.

didn't swim in high school or college, you're not a swimmer and it took me a few years to come to that realization. So I joined a swim club and learned to really swim."

Through a four to five month training process, Swain prepared for the full Ironman triathlon, but it was nothing new to him. In 2016, Swain completed the same event in Cozumel. Even so, the training was rigorous. On race day after a large breakfast and setting up the gear and equipment, the event started with the swim.

"My swim was an hour and ten minutes, which is super fast for me. I was very excited about that time."

Immediately after the 2.4 mile swim, Swain jumped on the bike.

hours. During that time, you've got However, the training had preyears of doing triathlons. To get to take a lot of fluids. The tempera-pared Swain for the transition from ture on race day was 101. I think I cycling to running. He completed took in twelve bottles. It would go the marathon in just around five

two Gatorades and then one water, repeat. I had plenty of salt and caffeine. It's all about managing your output on the bike, taking in enough calories, and drinking as much fluid as you possibly can."

Swain also mentioned how during cycling, it is not just a physical battle, but a mental one as well.

"You get fatigued and you'll go through these spots where you feel just amazing, and then 20 miles later you could be questioning whether or not you're going to finish. You have ups and downs, you just have to trust your training and trust the process you went through."

After seven hours and 112 miles on a bike, to complete the race "My bike was close to seven was the full 26.2 mile marathon.



SPECIAL TO THE COMMUNITY NEWS Brandon Swain is shown at the end of the 13.5-hour triathlon

FOOTBALL Eagles look to improve record this season Team has 11

returning starters By Nolan Ruth

Dec. 7, 2018 is a date that will always be remembered for the football team at Trinity Christian Academy in Willow Park. The Eagles came back to upset Boerne Geneva School 15-14 for the TAPPS Division III State Title.

Nov. 15, 2019, less than a year after their title, the Eagles lost to Pantego Christian in the first round of the playoffs, finishing a 1-10 season. In 2020 the Eagles improved to 4-4 and made it to the second round before falling to Colleyville Covenant.

This year, with 11 returning starters and decent size in the trenches, TCA looks to improve on its .500 record from last year. Despite lacking in depth, head coach Joe Hamstra remains hopeful.

"If you look at our roster," Hamstra said in an interview, "we don't have a lot of football players. We have 21 kids this year. But I really like our chemistry, I really like our camaraderie we have with each other, there's no egos involved. The majority of our kids are putting the team first and they have a lot of experience. A lot of those kids have gotten a lot of snaps, so it's a good group coming back."

Like the past two years, it won't be an easy task for the Eagles. The Dave Campbell's Texas Football magazine has TCA finishing fifth in district, which would give the Eagles the lowest seed in the Division III

better at swimming, you have to do it on [a regular basis]. If you

hours to complete a full ironman triathlon.

Turn to EAGLES, page 9



Classifieds

August 6, 2021 THE COMMUNITY NEWS WWW.COMMUNITY-NEWS.COM

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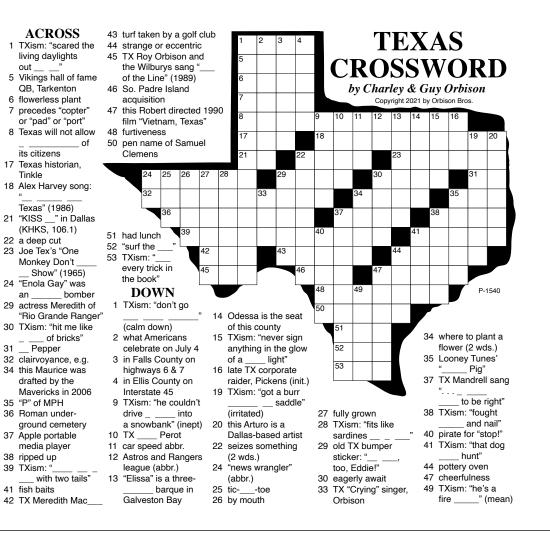
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The last day of Aledo football camp was last Friday. Young Bearcats honed their skills.











PHOTOS BY RANDY KECK

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WC hurler makes Cape **Cod All-Star Team**

By Crystal Woerly

Weatherford College pitcher Adrian Siravo has earned a spot on the Cape Cod Baseball League All-Star Team for his performance so far this summer.

Siravo is the only player from a twoyear college program selected for the all-star team.

"The Cape Cod League is the most storied and prestigious college summer league in the nation," said Jeff Lightfoot, WC head coach. "There are only a handful of two-year college players in the Cape, so he is playing against some of the top talent that the NCAA has to offer from Power 5 programs such as Stanford, Florida State, TCU and Texas, just to name a few."

Through late July, Siravo had a 1.74 ERA in 20 2/3 innings for the Hyannis (Massachusetts) Harbor Hawks. He struck out 14 batters while only walking seven.

Lightfoot said another Coyote pitcher, Kade Bragg, is joining the Cape Cod League midway through the season with the Chatham Anglers.

"To have these two guys competing in the Cape is big for our program," he said. "Siravo is not only competing but excelling. This experience will no doubt make these guys better and further build their resumes."

Both pitchers will return to WC as sophomores in August.



Adrian Siravo



SPECIAL TO THE COMMUNITY NEWS

Trinity Christian Academy senior Ryan Hollingsworth scores against Lubbock Christian in the Eagles' final playoff game this pasty season.

EAGLES

from page seven playoff bracket. Such a result would likely set up an area round matchup with reigning state champion and district rival Covenant.

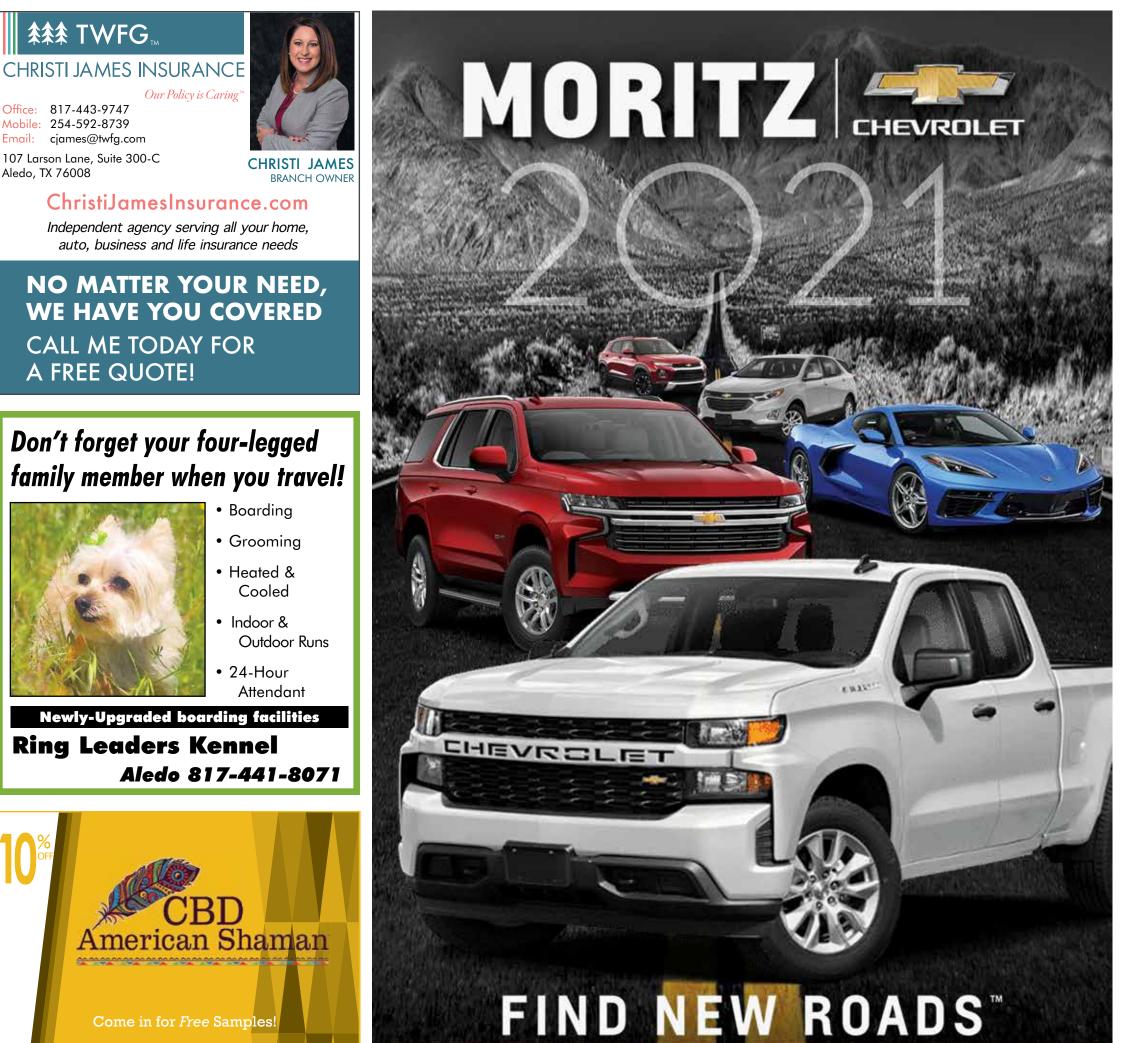
Fort Worth Lake Country will also be a tough test for the Eagles. The state with Westlake Academy, a

their starters from a young squad in 2020.

While the district schedule looks tough, Hamstra is prepared for that. The schedule starts off with a game at Peaster High School, followed by a Thursday night matchup

semifinalists return half of team that made the state finals as a six-man team in 2020. Both games should prove as good measuring sticks for the Eagles.

> It will be an interesting season for the Eagles, and The Community News will be here throughout to provide updates.



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