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From Scratch

PRAIRIE HOUSE

By Jodie Linton-Prickett



Prairie House has been hosting a loyal clientele in the corridor for 30 years, and for good reason. This local landmark has amazing food in a unique atmosphere. There is a variety of items on the menu, so there is something for everyone.

While sitting down with restaurateur, Jim Murray, I learned a lot about his ambition, drive, and insight for the restaurant industry. Over 30 years ago, Murray had the wherewithal to create a location that fit the 380 corridor's needs at the time, and the foresight to change with the unprecedented growth of the area.

After working for the once famed Trail Dust, he was able to understand their success and their strengths, while determining how to improve on their shortcomings. He created a menu that would stand the test of time yet allow for modifications. His food is consistently appetizing, prices are fair, and the atmosphere is comfortable.

When Murray designed the menu and the ambiance, he played off things he was familiar with and expanded upon them. For his ambiance, he recovered wood from barns, recycled doors and re-homed art pieces and kitchenware before reclaiming was cool. All the re-purposing and salvaging made for an eclectic and rustic environment that is distinctively his own. Murray's food derived from Texas favorites, but the real secrets came from his East Texas upbringing. The flavors are the familiar ones he grew up with around the dinner table with his family. Meals there were fresh and homemade by his mother, which is translated on his menu. His savory sauces are passed down from his father's French heritage. Combine these together and you get the distinctive flavors you find at Prairie House.

When guests from out of state come to town, Prairie House is the first place we go to eat. It never fails that someone makes a comment along the line of, "Wow! This is exactly what I expected when I visited Texas." The savory aromas, bucolic appearance with



oversized furnishings, and an oversized Texas bar with giant horn chandlers, fits perfectly with their preconceived expectations. The decor is so organic that you feel that it has naturally evolved over a long stretch of time, not arranged. Yes, the atmosphere is backed up with a delightfully delectable style of home-cooking.

It is no secret that many residents of the 380 corridor like to go out for breakfast. Murray listened to the clients and a few years back and started opening for breakfast. Serving some seriously Texan selections as well as eggs, pancakes, bacon, ham, and plenty of it. Prairie House offers breakfast daily. Don't worry if you are a late sleeper, or a breakfast for lunch enthusiast, you can enjoy breakfast until noon every day of the week.

A new dish on the menu is scrumptious, and one of my favorites, the Grilled Salmon Salad. It consists of fresh spinach with succulent grilled salmon, strawberries, red onion, feta cheese, mushrooms and croutons, try it with the miso dressing. However, my



all-time favorite thing on the menu is the famous Banditos! This to-die-for dish is made up of jalapenos stuffed with cheese, wrapped in chicken and bacon, then lathered in barbecue sauce.

Prairie House is proud to serve a wide variety of Texas Craft Beers and all well drinks are Texas brands.

Other than dining, the tractors outside may be one of the most photographed locations in Denton County. Children love to climb up on the seat for a photo op. I have seen my fair share of adults, maybe after a visit to the bar, straddle over the tractors too! Next time you're there join in the fun.

Prairie House is also a great place for business gatherings, networking groups and meeting with a client. The Lilly Room is available for small to medium size meetings and is booked complimentary on request with no minimum numbers. This room offers privacy in a casual setting. If you have a larger group, you will need to make arrangements in advance for the party

room where the space can be configured to suite your needs. The large room is perfect for business lunches, wedding rehearsal dinners, networking groups, after church meals, and seminars. It is also a great place to kick off a family reunion or feed a tour group.

If you are wanting offsite service, Prairie House offers tasty and efficient catering. They provide options to fit your needs and budget. You can opt for a drop-off or a full-service catering event. Prairie House has mastered large groups with their well-organized service that feeds everyone in a timely fashion, while keeping the food fresh and warm. They also have an over-sized grill available that is perfect for groups of 20 to 1,000. The smoky smell from the barbecue options is mouthwatering, consequently your guests will be excited about the food before it even hits the plate. Then they will be equally impressed with the unique flavors and quality of the meal they enjoy.

We all know traffic on Highway 380 can be tiresome, but if you are going to get stuck in traffic, may you be so lucky to have it happen at the corner of Naylor and Hwy 380 while Prairie House is Mesquite smoking their meats. If you have not been so fortunate, the aroma is mouthwatering! After the smell wafts through your window do not be surprised if you are not calling the family and having them meet you at Prairie House for dinner.

If you like Prairie House, don't forget about Murray's upscale steak house J2. This inviting restaurant is located in downtown Lewisville where the old feed mill used to be. He is also putting the final touches on the new Elm Fork restaurant located off I-35. It is set to open later this fall.

Remember, if you are looking for a meal for two or a catering of 1,000, Prairie House can meet your needs. Visit their website at www.phtexas.com for more information.



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YOU'RE INVITED!

To the First Annual Aubrey 380 Area Chamber of Commerce Clay Shoot

By Donna Sims

The Aubrey 380 Area Chamber of Commerce is excited to announce our First Annual Clay Shoot! The shoot will be held on November 8, 2019 at Fossil Pointe Sporting Grounds, 7282 N FM 51, Decatur, TX 76248. Fossil Pointe is approximately 35-40 minutes from downtown Aubrey, and a beautiful wooded location with rolling hills and an awesome "lodge" where registration, required orientation, lunch, and awards will happen.

The format for the shoot is four-person teams, and the entry fee is \$125 per shooter. Sponsorships are available, ranging from \$50 to \$500. There will be a raffle for a Weatherby Orion over and under shotgun, valued at \$1100. Raffle tickets are \$25 each, or five for \$100. The raffle is underway, and will conclude with the drawing of the winner during the awards presentation at the conclusion of the shoot.

Your entry includes: golf cart fees, eye and ear protection, two mulligans, poker run (cash prize), one raffle ticket for the Weatherby Orion over and under, lunch provided by World Famous Moms, the awards presentation, with trophies for 1st, 2nd, and 3rd place teams, as well as a trophy for the most clays hit, and the least clays hit.

The Clay Shoot replaces our annual golf tournament, and we are excited to start a new and fun tradition! Come out and let's have some fun on a Friday afternoon in the cool, November air!

For information, please contact the Chamber office: 940-365-9781, chamber@aubreycoc.org. For online entry forms, visit www.aubreycoc.org.



OF THE SQUARE

**OCTOBER 26TH
6 - 10 PM**

CELINA'S HISTORIC DOWNTOWN SQAURE

Celina Main Street and Historic Square will have a new community event in October that's sure to create some chills and thrills for those who dare to attend! It's called "Beware! Of the Square" and will take place on Saturday, October 26 beginning at 6:00pm and will be an expansion of previous years' "Treat-or-Treat on the Square". Rebecca Barton, Celina's Downtown Development Manager, said, "There has always been interest in a more robust event to celebrate fall and the Halloween season. There will be activities for all ages."

The Main Street Board wanted to provide a different and unique experience for area residents who enjoy the Halloween spirit. One of the event's volunteer organizers, Philip Ferguson, said, "We have a great downtown and this is an opportunity to do something new." He added, "There's lots of ways to create a spooky good time for everyone, and this should turn in to a great new annual event for Celina."

Kids of all ages will be able to fill their bags with complimentary candy from downtown businesses and other local vendors starting at 6:00pm until they run out. Besides candy and creepy characters,

there will be other activities to keep the ghosts, ghouls, zombies and monsters of all types busy during the evening. Some of those include a bounce house, an obstacle course activity for younger children and Halloween themed music playing throughout the Square. Plus, everyone will have the opportunity to learn the Thriller dance! Attendees can also bring their own carved or decorated jack-o-lanterns for public viewing during the evening. Those will be displayed to create a memorable Halloween photo opportunity. Of course, everyone is encouraged to dress in a costume and take a lot of pictures!

If you're looking for a good fright, the Celina High School Theater Department will be ready to send shivers down your spine! They will be performing their very popular play, *Nightmare on the Hill*, during the event. Traditionally, this occurs at the high school. However, it will be revamped this year with the beginning of the story happening inside "Two 29 on the Square" located at 229 W. Pecan St. The remaining part of the scary tale will take place at the high school during the week of Halloween. The instructor for the Theater Department,

Cynthia Baker, said of the event, "This is an opportunity for those who don't know Celina High School Theatre to experience their (the students) amazing talent. Adding the prequel to our fifth season of 'Nightmare' is right on target for our growing and innovative department." Tickets for the play are \$5 per person and the proceeds are used to support their on-going student activities. The walk-through attraction will be available until approximately 10:00pm.

A free outdoor showing of the horror comedy "Goosebumps" (PG) will take place on the lawn when activities end at approximately 8:15pm. Bring your folding chairs and blankets for ghastly good time. As with other similar Main Street events, this is free to the public and everyone is welcome to attend.

To find out more, please visit the website at <http://www.celina-tx.gov/downtownevents> or www.Celina360.com. Those interested in becoming a sponsor, volunteering or participating should contact Rebecca Barton at rbarton@celina-tx.gov or Megan McGraw at mmcgraw@celina-tx.gov.



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BACKYARD GRAPE GROWING IN NORTH TEXAS:

A Sweet Reward

By Michael Cook

For backyard viticulture, or grape growing, gardeners look mostly for low input, low maintenance grapes that serve two purposes. First to produce high quality fruit with little to no input and second to beautify their landscape. Often selecting grape varieties that are self-fertile is also of interest so you do not need to be concerned if you need a male pollinizer and can simply plant one vine if so desired. With thousands of varieties available it can be challenging to not only choose the one that best fits this criteria but also locating the plant material.

With over 13 wild grape species, the largest number in the nation, Texas has an interesting grape history from the very beginning. Franciscan missionaries in the late 1600s were the first to bring cultivated grapes to the state and from there people of all different cultural backgrounds have been experimenting with them. So just how do we wade through the plethora of cultivars that may be suited to backyard viticulture in North Texas? Currently, there are 8 identical Earth-Kind® vineyard trials ongoing across the state where nine grape cultivars are being trialed. These grapes must adhere to the criteria backyard growers are requesting and have received no pesticides, no fertilizers, water only at planting and during severe drought, and are mulched. The cultivars under evaluation are hybrid grapes where their genetic background includes American parentage to at least some degree. This increases adaptation to the harsh Texas environment. Many also have interesting historical backgrounds.

While there is currently no Earth-Kind Vineyard trial in Denton County due to the close proximity of a handful of these Earth-Kind research vineyards, AgriLife Extension has installed a teaching vineyard at the Sandy Jacobs Government Center's Grove in Carrollton. This spring vines will be planted in the remaining open spaces of the trellis and all are welcome to attend. Other teaching and work opportunities exist. More information can be found by contacting the Denton County Master Gardeners.

For grape growing enthusiasts in Denton County there are three types of grapes available for backyard use. The first option for Denton County is to plant grapes from solely European parentage. Thompson Seedless and Flame Seedless may well be the best known of this type for fresh eating and Cabernet Sauvignon for wine. These grapes have very high fruit quality but since they are not native they are not well adapted to our soils, heat, humidity, wet springs and autumns, pest and disease pressure, and need a great deal of care. The Achilles heel of all European grapes is their susceptibility to Pierce's Disease, a bacterial infection with currently no cure that will

usually kill vines within their first four years. They need almost constant attention and frequent pesticide spraying. Many of the local wineries in Denton County will grow or source fruit from this group of grapes but must be managed very diligently. Because they are such high input, growing European style grapes in the backyard is often not recommended unless growers are prepared to spend many hours out in the vineyard.

The second option would be the Muscadine native to East Texas. They love acidic soils – less than 7.0 or 6.5, with 5.5 to 6.0 being ideal. They are considered to be the toughest and hardiest of all of the grapes. They have excellent pest and disease tolerance and a very unique flavor profile. There are improved varieties, however that show great promise for Denton County's viticulturists. 'Southern Home' is a release of the University of Florida and is tolerant of Pierce's Disease and it does not mind clay soil as long as it's not extremely alkaline. 'Southern Home' also has the advantage of being drought tolerant once it is established. It has good flavor and can also be used for wine. Its claim to fame is its beautiful sprawling shape and exotic leaves. It has the best ornamental value of any grape with leaves that resemble a Japanese maple. It is one of the only successful crosses between bunch type grapes and muscadine. It's a true gem.

The third group of grapes to choose from are the American hybrids. These cultivars are proving to be some of the best to grow for backyard viticulturists. T.V. Munson, famed North Texas viticulturist from the late 1800s, is one of the most well-known examples of someone who cross bred wild grapes with both other native grapes and also French grapes to achieve a table grape that would grow in North Texas. He created more than sixty hybrids and is also celebrated as saving the French wine industry from complete annihilation. If you attend one of Michael Cooks grape workshops you will learn more about this fascinating man.

If you've ever tried to eat the unimproved wild Mustang grape you know they are sour and bitter even when turned purple. Munson's grape hybrids kept the toughness and durability of native grapes while improving the flavor and productivity.

'Champanel' is a seeded purple grape bred by Munson that is tolerant of Pierce's Disease, many pests, and the heat of North Texas summers. It tastes similar to the Concord grape, which were used in the hybridization process – think Welch's grape juice. 'Champanel' makes for a good table grape, as well as a good grape for production of sweet wine, and excellent jelly and jam. It has very low input requirements and thrives in our shrinking/swelling clay soil. After it is established, each vine yields between fifteen and thirty pounds of grapes a year,


coming on in late July to August. 'Champanel' is one of the best choices for our area. It is a large vine and often only one vine is needed. It has heavy white pubescence on the underside of its leaves which makes for a striking contrast out in the landscape.

'Victoria Red' has an interesting story. It was developed by the University of Arkansas where it did not perform very well, but was trialed near Victoria, Texas where it thrived! So well in fact, that it has been named a Texas Superstar plant! It just wanted that special Texas touch, I think! 'Victoria Red' is the closest to a "true" table grape that we have here – it has seeds, but not many in each grape. The very large pinkish-rose colored grapes grow in long clusters, many up to a foot long. These start maturing in mid-July to early August. It is well adapted to our soil and heat, and while not immune to fungal disease, it is tolerant of Pierce's Disease. Because of this 'Victoria Red' will do best when sprayed with a fungicide a few times a year.

For the lovers of green grapes, known in the viticulture trade as white grapes, (hence red wine and white wine) 'Miss blanc' is an extremely tough hybrid from Mississippi that does well in North Central Texas. It loves heat and humidity, has low pest disease susceptibility. It does succumb to magnesium deficiency quite easily but often a dose of Epsom salt will take care of this. Miss blanc sports glossy, dark green foliage and yields heavily with fruit that has a Moscato-like aroma and flavor, which makes sense because Muscat grapes are in the parentage of 'Miss blanc'. This vine is a good one for growing over a pergola or trellis since the grapes won't stain hard surfaces. The green grapes turn amber gold when ripe in mid-July. 'Miss blanc's' grapes are smaller than other varieties mentioned here, giving them an intense, fruity flavor. It makes excellent juice, a fruity clear jelly, and a good wine.


Within the past month, Dr. Justin Scheiner from Texas A&M University has received a quantity of numbered selections from breeding programs across the United States for trialing at the research vineyard on the A&M campus. The exciting news is that all of these selections are seedless table varieties that have the potential to be adapted to our environment. Over the next couple of years, it is our hope to find a Pierce's disease-tolerant, low input, seedless table grapes for backyard growers' use. Stay tuned!

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Lake Ray Roberts Rotary Club to Partner with **SHELTERBOX**

By Linda Bullwinkle, President

Lake Ray Roberts Rotary Club to Partner with SHELTERBOX at Bonnie and Clyde Days, October 12, in Pilot Point.

Rotary International is proud to be a Project Partner with ShelterBox disaster relief, further strengthening a global circle of friendship. The partnership enables Rotarians to take action by connecting their own communities directly with disaster-affected communities around the world.

The LRRRC will be highlighting an actual, livable Shelter Box to raise awareness and funds to support Shelter Boxes in areas of disasters throughout the year. The local Rotary Club is committed to providing funds for one Shelter Box and is working to raise \$1,000 to fund another which would provide a family with a livable shelter and the tools they need to recover from a disaster.

SHELTERBOX INFORMATION

ShelterBox is made up of people who believe in shelter as a human right – that shelter from the chaos of disaster and conflict is vital.

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We are impatient to see a world where no family is left without shelter when disaster strikes. This drives us to transform the support of our donors, fundraisers and volunteers into the hope and power of families all over the world - the power to rebuild homes, lives and communities.

Our impatience leads to determination. We will do whatever it takes to ensure that no family goes without shelter.

We put families first. The commitment of our supporters enables us to provide emergency shelter and tools for families robbed of their homes by conflict and natural disaster.

ShelterBox works hard to understand the impact of each emergency and the need this creates within individual communities. The equipment and support provided, whatever shape it takes, gives people the hope and the power to transform their own lives. ShelterBox has provided over 70,000 families with emergency shelter and tools over the past seven years. They have recently been nominated for the 2019 Nobel Peace Prize for their humanitarian efforts.



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Happy HopperWeen

EVERYONE IS INVITED to the Ninth Annual HopperWeen



Everyone is invited to the Ninth Annual HopperWeen. This free annual community event is brewing up for the season and they would like you and your family to join in for the fun. Hopper Ranch is located hauntingly close to the center of the 380 Corridor at 5502 South Highway 377 in Aubrey, Texas. Mark your calendar for October 26th for a full day of exciting activities. Of course, it is a come and go as you please event.

Activities kick off with the peewee and competitive barrel race at noon. This entertaining race lets you watch competitors and fast horses compete for money, prizes and buckles. The peewee event is open for those 12 and under.

What's a HopperWeen without a costume contest? Here you can dress as anything! You, your horse, or even your goat can participate! Bring your favorite costumed barn animal friend along with yourself for the festivities. Please do not bring your dog, barn animals only. The contest will be judged for a buckle, cash, trophies, toys, goodie bags, and candy for all! The costume contest follows the barrel race, but will not start

before 3:00 p.m. Last year, there were some amazing entries, so let your imagination go wild!

One of the most exciting events of the evening is the Hopperween Hotties. They will be dancing and entertaining the crowd. You can enjoy watching the choreographed dance they will be performing and join in the fun. This wickedly amusing group of dancers convene from all over the 380 Corridor. If you want to dance in the moonlight, they will be recruiting from the crowd, getting anyone willing to bust a move dancing along. Without a doubt it will be a frightfully good time.

For more information about Hopper Ranch or this event please visit Hopperranch.com/hopperween.

Even if you have never been out to a ranch don't let that stop you. The attendees are warm and welcoming. There is such a love and passion for what they do that they are eager to share information and answer questions.

This day at the ranch has something for everyone. If you've never been to Hopper Ranch - it's time!



Concert Brewing for the *Victorian Piano Festival at Central Christian Church*

By Marie-Pierre Ware



Francis Vidil with the public after inaugural concert last May
Photo: Sergey Mishenev

It is never too early to start a good brew: the Victorian Piano Festival will hold its second benefit concert for Central Christian Church, 201 E Liberty Street, Pilot Point, Saturday, October 26th at 7 p.m. Half of the ticket proceeds will go again to the church's maintenance building fund. The church no longer holds services and the historical building must be preserved. Francis Vidil, internationally known pianist and Pilot Point transplant will play Halloween music to entertain the crowd. He will also improvise to the delight of his local audience.

Last May's inaugural concert's proceeds covered the church's insurance for an entire year. This allowed the church board to use funds to restore

the outside of the 19th-century-style building that had been badly damaged by hail a few years back. The Christian Central Church is a spectacular example of a turn-of-the-century amphitheater seating style allowing privileged viewing and listening for all. Gathering enthusiastic community support for this gracious and symbolic building's preservation, the May inaugural concert was totally sold out.

For this upcoming Halloween concert, organizers are asking the ticket purchasers to attend in a costume of their choiceand keep any tall hats on their knees during the concert! They will be proposed to participate in a panoramic concert hall picture with Francis Vidil! (The costumes are required to be modest and appropriate given the contemplative nature of the building.). A gathering place for an after-concert celebration with the artist and the costumed public will be disclosed soon. The event is open seating. The tickets will be available again on Ticketspice for \$10 and \$20 starting mid-September. Tickets will be \$25 at the door. A Facebook platform will soon be up for followers!

Also, the concert organizers are looking for event sponsors whose donations will go entirely to the Central Christian Church's maintenance building fund. Contact Marie-Pierre Ware via text or phone for further information at: 972-467-5271.



Restoration of Central Christian Church's facade in May following inaugural concert.
Photo: Marie-Pierre Ware

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Increasing the Score AT AUBREY ISD

By Amy Ruggini

The Aubrey Independent School District received an overall district rating of an "A" with a score of 90 on the Texas Education Agency's academic accountability system. Aubrey ISD increased its score in all three domains and improved overall by three points from the previous school year.

"We are very proud of our students, teachers, and staff at all four campuses," Aubrey ISD Superintendent Dr. David Belding said. "Our teachers have worked very hard in cooperation with parents for the district to achieve this rating."

The TEA determines each campus and the district's state accountability rating. It is comprised of three different domains: Student Achievement, School Progress and Closing the Gaps.

For elementary and middle schools, STAAR scores are the sole source of information to determine rating levels. For high schools, End of Course Exam scores, College-Career-Military Readiness, and Graduation Rates are used to determine ratings. To rate school districts, the state uses a combination of STAAR for grades 3-8, End of Course Exam scores, College-Career-Military Readiness, and Graduation Rates.

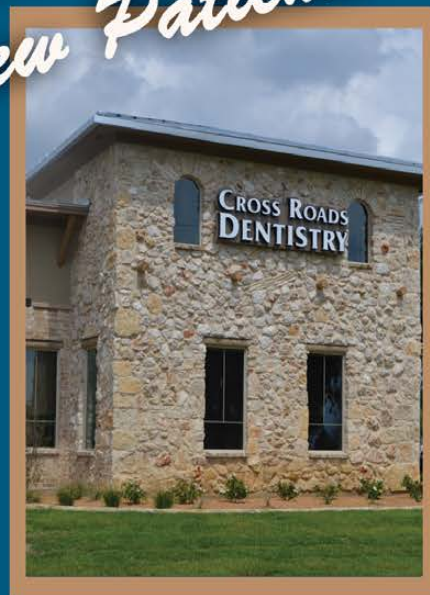
Two of Aubrey's schools also received an A rating. Brockett Elementary received a school rating of 93 and an A ranking, while Aubrey High School was awarded a rating of 92 and an A ranking. BES received four out of five distinctions: top 25% comparative academic growth, top 25% comparative closing the gaps, academic achievement in English language arts/reading and post-secondary readiness. AHS received two distinctions for academic achievement in mathematics and ranking in the top 25% in comparative academic growth. Aubrey Middle School received an 84 or a B rating and Monaco Elementary School received a 71 or a C rating.

"Assessment for learning is a valuable tool to guide instruction, inform teachers of student areas of strength and need, and allow schools to gauge progress," Dr. Belding said. "We acknowledge that one test given on one day does not adequately measure the educational experience and achievement students have in school. We want more."

The TEA implemented this iteration of the state accountability system in 2018 in response to the State Legislature and the Governor passing HB22 in the 85th Legislative Session. The new accountability system heavily relies on STAAR and STAAR End of Course testing to rate schools and districts with new labels of A, B, C, D, and F.

"We are committed to living out our Vision Statement which says we will Inspire Passion, Empower Excellence, Nurture Innovation . . . Challenging ourselves to be World-Class," Dr. Belding said. "This vision dictates to us that we are not satisfied with simply succeeding on a standardized test as measured in the state accountability system. We are committed to preparing our students to succeed in an ever-changing world which goes beyond a multiple choice test. We will continue to analyze assessment results to improve student achievement and ensure all of our students are receiving the best education possible."

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Come out and meet Lisa and Andy Singleton and get to know more about their exceptional products. At the farm you will find seasonal produce, local honey, pastured eggs, jams, jellies, sauces, desserts, baked goods, as well as fresh bread and butter. They also offer gourmet balsamic vinegars, specialty oils, artisan foods and several other unique and fresh items.

If you heard they have a country kitchen, you heard right! Treat yourself and your family to a nourishing homemade breakfast or lunch Friday through Sunday. While you are enjoying your meal at Singleton Farms, the friendly atmosphere and tempting aromas in the air present a comfort level that makes you feel right at home! If you prefer, you can dine inside but they now have finished their new outdoor seating with a serene view of the farm.

With day to day life we often get busy. On the days that you have a tight schedule juggling work, school and other daily activities meal planning and cooking can sometime be overwhelming. Let Singleton Farms take that off your plate and make it easy to fill yours! You can still serve your family a yummy and nutritious meal around your home table with scrumptious heat-n-eat meals and desserts in their grab and go freezer.

Besides wonderful and organic food, Singleton Farms offers fun for the whole family! Farm and garden tours, plus educational interactions are available. A favorite for many is feeding and petting the large and small animals.

Construction is underway on their 22,000 gallon rainwater collection system. Singleton Farms will be the third location in the great state of Texas to harvest and sell filtered rainwater, and the very first in Texas to sell rainwater ice! Swing by and let Andy talk you through the process and tell you why rainwater is so important to Singleton Farm's market, kitchen and farm as they continue sustainable agriculture practices.

Drop in and check out one of Pilot Point's cool destinations. Lisa and Andy are looking forward to meeting you!

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• **PILOT POINT'S** •
BONNIE AND CLYDE DAYS:
• **OCTOBER 12** •

*ALL-DAY FESTIVAL CELEBRATES
"THE DAY HOLLYWOOD CAME TO TOWN"*

ABOUT

In the fall of 1966, North Texas was invaded by Bonnie and Clyde. Not the real Bonnie and Clyde, who had previously terrorized the area with their crime spree in the 1930's, but rather, Hollywood's Bonnie and Clyde: Warren Beatty and Faye Dunaway along with supporting actors (Michael J. Pollard, Gene Hackman and Estelle Parsons), film crew and director Arthur Penn.

THE FILMING OF BONNIE AND CLYDE. Several towns in North Texas were used to capture the authentic look and feel of towns throughout the South and Midwest where the Barrow gang had perpetrated their years-long crime spree: Pilot Point, Waxahachie, Lavon, Red Oak, Garland, Ponder and Maypearl.

Pilot Point's Farmers and Merchant's Bank was used for the film's "bank robbery scene". News reports at the time report that several locals were hired on as extras. Local extras included relatives of Mayor George Hilz (his 11-year-old daughter Karen Hilz and nephew 14-year-old Michael Hilz), and Mrs. Harold Smith (wife of then Chamber of Commerce President). North Texas State University's custodian Dee Ray Jones was hired as an extra in the bank robbery scene because his haircut matched the 1930's style. He can be seen walking from the rear of the bank, looking through the bank teller's window, and raising his hands.

THE MOVIE'S DEBUT. The film debuted in 1967 to mixed reviews, but eventually became a box-office smash. By year's end the film had grossed \$23 million in US release, becoming the studio's second highest-grossing film of all time, right behind *My Fair Lady*. The movie garnered two Academy Award Oscars: Best Supporting Actress (Estelle Parsons) and Best Cinematography. With its unprecedented blend of drama, romance, comedy and action, the provocative and controversial film's style was unusual at the time.

The movie changed the way violence was filmed and depicted on screen. "More or less before 1967, getting shot was a tidy event. Now sachets of blood and small powder charges sewn into clothes would become part of a film's resources..." reports *The Guardian*.

AREA CRIME-SPREE CONNECTIONS: Local legend has long held that somewhere in the Pilot Point area Barrow's relatives gave safe haven to the fugitives, who were spotted often throughout north Texas. Newspaper reports show that Clyde Barrow was briefly incarcerated in the Denton jail in 1930 in connection with the burglary of the Motor Mark Garage. Barrow was transferred to the McLennan County jail in Waco, where Barrow accomplices Turner and Abernathy were being held after sentencing, and the trio escaped after Bonnie allegedly smuggled weapons into the jail.



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THE 2019 BONNIE AND CLYDE DAYS FESTIVAL

The 10th Annual Bonnie and Clyde Days festival will be held Saturday, October 12, 2019 on the historic town square. The festival starts at 10:00 a.m. and runs through 5:00 p.m.

The annual festival is held to commemorate and reenact the 1967 filming of the "bank robbery scene" in the Warner Brothers movie "Bonnie and Clyde," (starring Faye Dunaway and Warren Beatty), at the historic bank building on the town square.

The annual "Bank Robbery Scene Reenactment" – complete with gangsters and police squad cars – occurs at high noon and again at 3:00 p.m.

During the all-day festival, Pilot Point becomes a piece of living history with 1930's-era family fun! Festivalgoers step back in time with a Model A and Classic Car Show, a Chain Gang Walk, a Pie Eating Contest and Peanut Thrasing Demonstrations.

Bonnie & Clyde Days also offers street and food vendors, live musical entertainment throughout the day, and a FREE Kids Zone featuring children's activities.

SOAP BOX CHALLENGE: The popular Cabinet Makers' Annual Soap Box Challenge takes place at 12:30 p.m. on the town square. (Practice runs and qualifying event times are held between 10:00 a.m. and 12:00 p.m.). Challenge drivers must be between the ages of 6-12. Trophies are awarded for 1st, 2nd, and 3rd Place winners. Sponsored by Pilot Point Cabinet Makers, the event is open to all businesses, clubs, families and individuals. For more information, or to register, contact the Pilot Point Booster Club or visit the festival's website.



LOCATION: Pilot Point, Texas is 11 miles north of Denton on 377.

For more information, sponsorship and vendor opportunities, visit the event website at BonnieAndClydeDays.org.

Resources:

- <https://blogs.library.unt.edu/media/2015/09/11/hollywood-invas-north-texas-the-making-of-bonnie-and-clyde-1967/>
- https://en.wikipedia.org/wiki/Bonnie_and_Clyde
- <http://www.movie-locations.com/movies/b/Bonnie-And-Clyde.html#.WbaUmBSuLr9>
- *Denton Record-Chronicle* (Denton, Texas) · Tue, Nov 22, 1966 · Page 13
- *Denton Record-Chronicle* (Denton, Texas) · Fri, Nov 11, 1966
- Terri Jo Ryan, "Clyde Barrow," Waco History, accessed September 11, 2017. <http://www.wacohistory.org/items/show/123>.
- <http://www.imdb.com/title/tt0061418/locations>
- <https://www.theguardian.com/film/2010/oct/17/bonnie-clyde-crime-shoot-out>
- http://www.wacotrib.com/news/waco_history/brazos-past-waco-s-run-in-with-bonnie-and-clyde/article_f40261ff-e4f7-5e19-9f5f-42668505a249.html
- *Bonnie and Clyde: The Lives Behind the Legend* By Paul Schneider



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2019 BONNIE AND CLYDE DAYS SCHEDULE OF EVENTS

6:30am - 9:30am	Vendor Registration	The Square
10:00am	Welcome to Bonnie & Clyde Days	Main Stage - The Square
10:00am	Vendors Open	The Square
	Kid Zone Opens	Fire Station
	Museum Opens	The Square
10:00am - 1:00pm	Model A's Car Show	The Square
	Classic Car Show	The Square
10:00am - 2:00pm	Antique Tractor Show	The Square
10:00am	Soap Box Challenge - Qualifying Rounds Begin	Library - Fire Station
10:30am - 11:00am	Live Performance - Savannah Dance	Main Stage - The Square
11:00am - 11:30am	Live Performance - Apex Tumbling Show Team	Main Stage - The Square
12:00pm	Bank Robbery Scene Reenactment	F & M Bank
12:30pm - 1:00pm	Live Performance - Davis Dance Team	Main Stage - The Square
12:30pm	Soap Box Challenge - Elimination Rounds Begin	Library - Fire Station
	Awards immediately following elimination round	
1:00pm	Western Son Distillery Tour	Western Son Distillery
1:00pm - 2:00pm	Pie Eating Contest	Main Stage - The Square
3:00pm	Western Son Distillery Tour	Western Son Distillery
3:00pm	Bank Robbery Scene Reenactment	F & M Bank
4:00pm - 4:30pm	Live Performance - Apex Tumbling Show Team	Main Stage - The Square
5:00pm	Western Son Distillery Tour	Western Son Distillery
5:00pm	Kid Zone and Vendors Close	
6:00pm	Square Opens for Concert Seating	Main Stage - The Square
6:30pm	Live Performance - Tyler Rogers	Main Stage - The Square
8:00pm	Live Performance - Jarrod Morris	Main Stage - The Square



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CONCERTS TO ROUND OUT THE EVENING AT BONNIE AND CLYDE DAYS

Come fill your evening with music at Bonnie and Clyde Days on October 12. The square will be alive with authentic Americana style music for the entire family to enjoy.

Start your evening with a wide range of music from the opening act Tyler Rogers. He will hit the stage and start the show at 6:30 p.m. Jarrod Morris will headline with his raw and real authentic style music beginning at 8:00 p.m.

Come early and bring your chair or blanket to watch this great event unfold under the stars on the magical Historic Pilot Point Square. This family friendly concert is free for the public. There will be food trucks on site offering a variety of cuisine and beverages including beer and wine available for purchase. Please remember that only service dogs are allowed at this event.

This event will be too fun to miss and a great way to round out this exciting annual event!



WEST OF EAST

Get to Know Jarrod Morris

*Dave Smith Productions,
information provided by JarrodMorrisMusic.com*

Jarrod was born in Largo, Florida on March 25, 1991. At the age of seven, his family moved to the small town of Decatur, Texas. There he enjoyed the benefits of small town life, even though he didn't appreciate them at the time.

Growing up he moved to several different schools and met lots of different people which had a positive impact on his world view. Jarrod is honest and calls it like he sees it. Sometimes, he says, to a fault. All his songs are about his life and are authentic.

He wants his music to be relateable and relevant to people. Jarrod has lived in big cities and small towns alike.

Having experience in both ends of the spectrum gives him a broader life experience, which translates to his music. However, ask him where he'd rather be now, and he'll answer a small town.

For more information please visit
www.JarrodMorrisMusic.com.



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POLO



Photo by Walter Workman©

Walter Workman Photography captures National All-Star players and brothers, Vance and Vaughn Miller, in action at Prestonwood Polo Club

Helping your neighbor has never been so much fun! HOPE Food and Clothing Ministry and Prestonwood Polo Foundation will be the beneficiary of this year's Polo on the Midway again this year. Last year the efforts fed over 100 families in need over the holidays. The festivities of the 13th Annual Polo on the Midway will have a Christmas at Halloween theme, and the finals of the 380Guide Community Challenge Cup. The 380Guide Community Challenge Cup is recognized as an official cup of the United States Polo Association and was the brainchild of Dena Miller who reached out to Jodie and David Prickett at 380Guide Magazine thirteen years ago to cooperatively work together in helping to raise funds and draw awareness to local charities and organizations. This successful synergy has been assisting area organizations for over a decade!

Join us at Prestonwood Polo & Country Club on October 26th at 3:00 p.m. for Christmas themed fun, while raising funds and awareness for HOPE Food and Clothing Bank in Aubrey, TX. Polo on the Midway is a family fun event that includes exciting polo matches, and music by Pink Couch Productions. This year as we celebrate Halloween we will be working to bring Christmas to the tables of those in need in our community. To get the Christmas spirit going there will be an ugly Christmas sweater competition, an ornament decorating contest, and a Christmas gift drive. The gifts can be home good needs for family members of all ages, items to help prepare for the Christmas dinner celebration, or toys for the children of course! If you come to tailgate and would like to participate in the Trunk-or-Treat, we ask that you bring candy to share with the children who are attending. While tailgating is often associated with football it is a long



Bob Johnson, Karen Svien-Johnson, Anita Jean and Jodie Linton-Prickett enjoy the match from their grandstand box

on the MIDWAY

380Guide Community Cup Challenge Celebrates Christmas at Halloween for

standing tradition in polo. It is a bit different, because often people create their own environments, decorate to their liking and serve food that ranges anywhere from hot dogs to surf and turf.

There will also be an opportunity to meet the internationally recognized polo players after the game. The players are highly skilled, friendly and accessible. Also, 380Guide Magazine will be providing memento shot glasses for the first 200 attendees.



Vaughn and Dena Miller enjoy a day of polo with their children Vance, Vaughn and Gigi

photo by Jin Kim©

One of the highlights of the day is the quintessential halftime divot stomp. It is a ceremonial tradition that is open for everyone to participate in. While it is very social and enjoyable event for all attendees to take part in it also protects the horses. Divots are the mounds of earth that are displaced from the ground during the game. Participants socialize, drink bubbly, and flatten the mounds back into the earth with their feet.

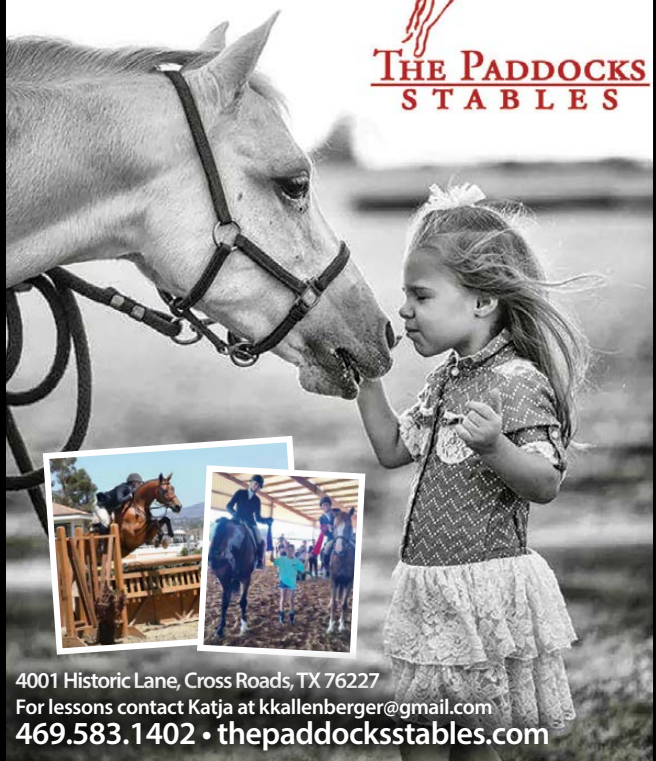
With the holidays just around the corner, we hope to have Christmas for Halloween, by asking everyone to bring some nonperishable items to donate to our neighbors in need. HOPE is a community food and clothing bank that is supported by many individuals and churches in the Denton County area. The food bank survives solely on donations and you can find drop off locations at area businesses. In the beginning, the food was delivered to families confined to their homes. In 2006, a monthly centralized distribution of groceries as well as home deliveries began. HOPE provides food throughout the month if needed. About one hundred local families are served by this much needed organization. In 2013, HOPE was able to build a new building from donations and help from many organizations. The HOPE building is now completed thanks to all of the volunteers that donated time and funds. Currently, HOPE is open the third Saturday of each month from 9:00 a.m. to 11:00 a.m. Their goal is to be able to open their doors more often to meet the area's needs. The only way this can happen is through steady donations and regular volunteers to help run the building each week.

The HOPE Food and Clothing Ministry is located at 819 West Sherman in Aubrey, TX. They can also be reached by phone at 940-218-5615. HOPE accepts non-perishable food donations and clothing at that address. Cash donations should be mailed to HOPE Food and Clothing Ministry at P.O. Box 349, Aubrey, TX 76227. Volunteers are always welcome. Call HOPE for more information on how to get involved with the organization.

So, save the date and come out and celebrate the kindness of people at this spectacular annual event, Polo on the Midway. Tickets can be purchased online at www.prestonwoodpolo.com, starting at \$10.00 for general admission or at the gate for \$25 per person, children 12 and under are free. Leashed dogs are welcomed. BYOB/Picnic or purchase food and beverages on site. Prestonwood Polo & Country Club is located at 525 Yacht Club Road, Oak Point, TX.

Sign up early to get your spot for our Annual Christmas Camp Dec 17-20
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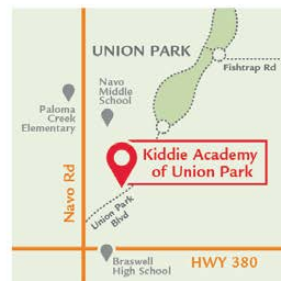


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Join Us for Screams®

By Helaine Thompson, Photos By Pongo

Do you love Halloween? Are you ready to get scared? Then Screams® Halloween Theme Park is the place you need to go! After being totally transformed over the last several years, Screams®, presented by Metro by T-Mobile, has been further enhanced for its 24th season to provide the scariest Screams® experience ever!

Each of the 5 haunted houses has a different theme and are filled with creepy characters that are sure to find what terrifies you. You will also meet the cast of haunting new Strigoi (evil souls) roaming throughout the site... everywhere you go... you never know when or where they will be!

Here's a glimpse into the horrors you'll encounter in the haunted houses: Cursed... the witches of TerraMythica Castle – it's a terrifying trip into the Medieval Myths surrounding the Magdena Sisters and their evil! PT Harmum's Carnival of Chaos – you'll get lost and hopefully not found in this Carnival of Clowns and Freaks. Captain Barbarosa's Blood Harbour – looting, murder & magic await as you enter a cursed pirate village and confront the evil that encompasses it – part of it's even in 3-D! Hotel D'feers – it's frozen in time after a brutal mass murder, you'll meet the ones who STAYED for eternity! Zombie Wasteland... Apocalypse – it's a fight to the finish where the survivors think you're zombies and Zombies think you're food... Good Luck!

There are two things that really makes Screams® stand out from other Haunted Houses around the area. One is that your one ticket (only \$35) gets you admission to all 5 haunted houses and also includes Scary-Oke and music making it one of the best values anywhere. And you can go through the haunted houses as many times as you like (as the lines will allow)! On the busier nights, especially as it gets closer to Halloween, it's recommended that you get a fast pass (for \$20) so that you can cut your wait time in half!

The second thing is that it's an entire night of Halloween fun all in one place. When you are ready to take a break from being scared, you can get a bite to eat at the Screams® food court or full-service restaurant, the Full Moon Café. Those over 21 can even enjoy an adult beverage including an outstanding selection of craft and seasonal beers at Screams® full bar and 3 pubs.

Then you can enjoy music on the Screams® stage, sing some Scary-Oke (Screams® very own version of Karaoke), visit the psychic and palm readers; get a henna tattoos or wax hands; play games of skill; shop in the Screams® stores and souvenir shop and much more!

Screams® is 5 Haunted Houses and a whole lot more and you don't want to miss a minute of it! Screams® is open every Friday & Saturday night September 27 – October 26, 2019. Tickets are \$35 at the gate and parking is free compliments of Waxahachie Nissan. There are also some great offers that will make it a little easier on your budget. Get \$4 discount coupons at North Texas Metro by T-Mobile stores and advance discount tickets can be purchased on-line at ScreamsPark.com.

Screams® is also super easy to get to, just 30 minutes south of downtown Dallas at the Scarborough Faire® site in Waxahachie just off I-35E on FM 66 (exit 399-A). You can get all the details and a sneak peak of the ultimate Halloween experience at ScreamsPark.com.

So, make the drive down to Waxahachie and spend the whole night enjoying the ultimate Halloween experience at Screams® Halloween Theme Park!



EVERYTHING COMES TOGETHER AT RUSTIC FURNITURE DEPOT

Quality, Price and Inventory

Karen Svien-Johnson

Phillip Moreino gets a sparkle in his eyes and flashes a satisfied smile when he gets that last puzzle piece to fit and it brings the whole puzzle together. This is an accurate analogy of how Phil operates his business called Rustic Furniture Depot, where he magically combines an ultimate value opportunity with an enjoyable buying experience for the benefit of his clientele.

Customers regularly drive or fly from Abilene, Houston, Colorado and even Wyoming to load up U-Haul's with purchases from Rustic Furniture Depot, and then enthusiastically travel back to make them an integral part of their homes. How fortunate are we locally in the 380 Corridor that we can get ours delivered to us? Rustic Furniture provides a delivery service within a two hour drive of its home in Crossroads.

There are three highly motivating reasons why it's worth the clients' time and travel:

First, **QUALITY**. A common occurrence is that, once a client buys one



furniture piece, they recognize the quality and start replacing rooms, or often the whole house, with more items from Rustic Furniture Depot. The well-built furniture moves well without being damaged or destroyed, and perhaps that is why they have such a large military clientele.

Second, **PRICE**. Customers are pleasantly surprised to find they can buy solid wood, high quality furniture versus paying surprisingly more for laminate particle board furniture. Phil figured out how to efficiently buy solid wood lines, in volume, resulting in superior low pricing that provides a huge value to the customer. Rustic Furniture Depot typically beats competitor pricing by thirty percent on average! In fact, they sell more rustic



furniture than all competitors in the DFW Metroplex combined.

Third, **INVENTORY**. Another key value for the client is inventory availability. Rustic Furniture Depot maintains a steady three million dollars in on-site furniture inventory. The pieces are there when you want them because, as we all know, nobody wants to wait!

Their inventory goes beyond the bedroom, living room, theater seating and outdoor furniture to some unique accessories. These include the ever-popular large Brazilian cowhides (at \$129.00 each), stunning equine art, windmill wall decor, gift items such as candles and other unique accessories.



A major influence that helped shape Rustic Furniture Depot's success is Phil's family upbringing. He and his siblings were raised in a slightly poor to middle-class home environment that helped shape them as individuals. That experience taught them the value of durability and this ingrained value has resonated with Phil ever since. Bottom line ... every product on the floor is problem free and stands the test of time, so it can be enjoyed for years or even generations by the family. Visit to recognize the values available at 11901 US HWY 380, Crossroads TX or visit the web site at RusticFurnitureDepot.com

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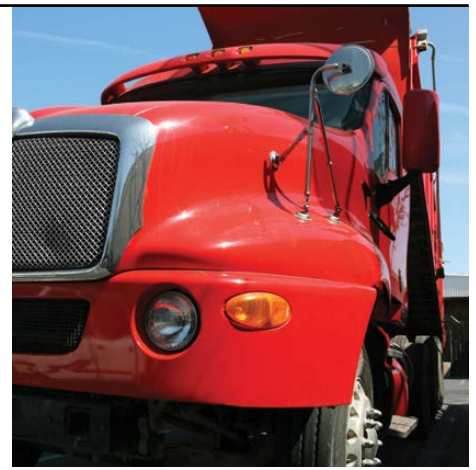
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They offer 12x50 spaces for an easy to budget \$100.00 a month. This state-of-the-art facility is owned, operated and designed by Robert Parr. Tejas can take care of all of your outdoor storage needs. They pride themselves on excellent customer service, 24-hour access, digital video surveillance, convenient outdoor access and easy online bill pay.

"We take the security of your property seriously and our SSL secure website protects your personal information," says Parr. They also offer easy access to your outdoor parking and you can manage your storage facility from the convenience of your own home, 24 hours a day and seven days a week.

For more information please visit www.TejasOutdoorParking.com.



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VISIT PILOT POINT

There's an App for That!

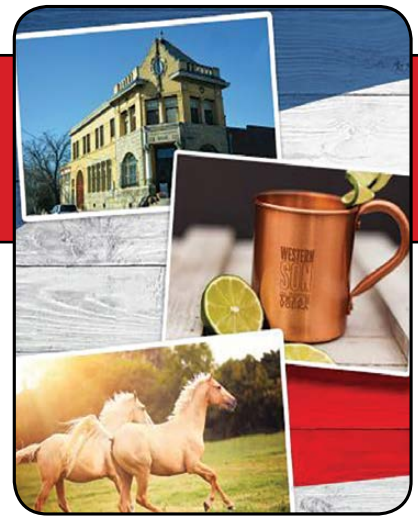
Welcome to Pilot Point! If you live here or are just visiting, the app is an interactive tool to assist you in navigating the area. It might surprise you how many area attractions are packed into this picturesque community.

The Visit Pilot Point app gives visitors and locals alike a snapshot about this quaint community. The app provides quick access to local attractions, businesses, recreational activities, and community affairs. It is free, and effortless to download. Just go to your app store, search for Visit Pilot Point, Texas, and it will pop up quickly. Hit get, and it will rapidly download. Now you have all kinds of local information at your fingertips! The great thing about this app is that it is user friendly, provides a map, news and updates. You can upload your favorite images, rate area businesses and attractions, and share the app on your favorite social media outlets.

Pilot Point is an easy drive from anywhere around DFW. They are listed in D Magazine's best small town day trips because it offers activities for visitors year-round.

Cities several times larger than Pilot Point would have a hard time competing with the variety of local attractions this area has to offer. Besides regular free events for residents and visitors to attend, there is an abundance of things to do. Among them include: Lake Ray Roberts State Park, Texas Tulips, Christie's Golf Ranch, and Western Son Distillery. These are just some examples of the many attractions that make Pilot Point unique and exciting.

Whether you're looking for a place to visit, live or build a business, know that you are welcome in Pilot Point!



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Deanie Deal Sings from the Heart and Leaves a Song in Yours

By Jodie Linton-Prickett



Deanie Deal is a soulful musician that sings from the heart. If you are from the area you have probably encountered her at some point. If you have met her it wouldn't surprise me if you told me she was singing when you did. Anyone who has been around her for long knows she is in her element when she is around music. If you haven't met her just hang around for a while!

Often you will find Deanie performing at Lowbrows, The Garage Door Theater, or over at the American Legion. While serious about her music she has a relaxed, unpretentious style. Her spirit on the stage clams you internally even if you're tapping your toe to the beat. Deanie will be the first to tell you that she is passionate. "Passionate about God, family, her country, community and of course, music," says Deanie.

Personally, I don't think Deanie has ever met a stranger. Her easy going, sink down deep in the couch style conversations, allows her to genuinely listen. Her ability to of presence may very well be how she writes such moving lyrics.

Often, she is one of the first to speak up when a cause needs attention. The combination of compassion and talent allows her to use her music to draw attention to serious platforms such as human trafficking. Instead of sitting quietly she lends her voice to heated issues. And what a voice it is!

As an accomplished songwriter and performer, in most cases she draws her inspiration from the little things in life. After a while these small moments stir around inside her until they bloom into inspiration for a song. As you listen to her music, you will find her body of work encompasses a wide variety of emotions, feelings and situations. However, the common thread in all of her music is the passion that exudes out in each song she records. Great lyrics are often found just by paying attention to the condition of being human.

If you are looking for a great way to spend your evening you don't need to go far. Just find out where Deanie Deal is playing! Currently you can find her playing with her duo partner Dave Hollowell in their band Tin Suitcase on the first and last Thursday night each month at the American Legion, located at 905 Foundation Drive in Pilot Point.

Deanie's freshman album, Giant was produced in 2012. Since then, she has released "Second Chances", "Girls & Grit", "Little Tin Suitcase" and her latest CD "Choices, Chances & Change" by For Chics & A Cause; a project to help bring awareness to the epidemic of human trafficking. This CD was a collaborative with original songs from Teresa Arnold, Shelley Justine, Robin Hackett and Deanie Deal.



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TRUNK OR TREAT AT COC METRO

A free family friendly, safe environment to celebrate the fall season.

Brad Wilkerson, Senior Pastor of COCMetro

In October of 2015, Derrick Campbell (Director of Outreach at COC Metro) and I took a survey trip to Maricopa, Arizona, to experience our sister church's fall outreach event called Trunk or Treat. Now, we all know what a Trunk or Treat is but this was more than just your average Trunk or Treat. This citywide event for Maricopa annually drew over 10,000 attendees consistently for

over five years. As Derrick and I experienced the event we both agreed and committed to bring something like that to the 380 Corridor. So, literally a few weeks after our return from Arizona, we began planning our first annual COC Metro Trunk or Treat that was held at Braswell High School in 2016. Now, as we approach this year's event, to be held again at Braswell High School on October

the 27th, it is crazy to think that it will already be our fourth year to host the event. It has not only been amazing to see how the event has not only grown in attendance but how many of the great people of COC Metro have gotten involved in giving our community a family friendly, safe environment to celebrate the fall season. With over 40 trunks, food trucks, and many other kid friendly activities, this free

event is sure to be a huge success again this year. We look forward to seeing all of you again this year from 5:00 p.m. to 8:00 p.m. for a great evening of fun for the entire family...and oh yea, plenty of candy!

Brad Wilkerson is the Founding and Senior Pastor of COC Metro meeting on Sundays at Navo Middle School at 9:45 a.m. and 11:15 a.m. For more information please visit cocmetro.com.



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Would you like to be in the next issue of 380Guide? If so send us your photo with your 380Guide to YouCanTakeItWithYou@380Guide.com



Krys Murray, Kathy Ramsey and David Painter took their 380Guide with them to an Aubrey 380 Area Chamber of Commerce ribbon cutting



Emily Davis from Davis Dance in Pilot Point and her nephew took their 380Guide to Aspen, Colorado.



Jeff Booker took his 380Guide with him to his ribbon cutting for Talon Martial Arts new Aubrey location on Highway 377.



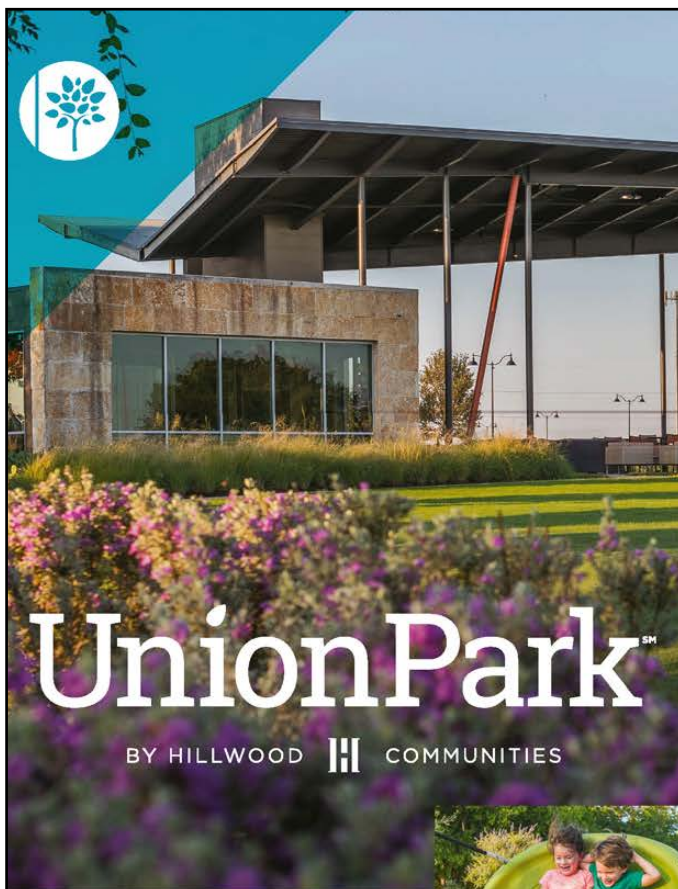
John and Jody Friberg took their 380Guide to the Boone County Draft Horse Sale in Sedalia, Missouri.



Milton and Joyce Duesman took their 380Guide with them to St. Petersburg, Russia.



Sara Redfearn took her 380Guide to Boston and Provincetown, Massachusetts.



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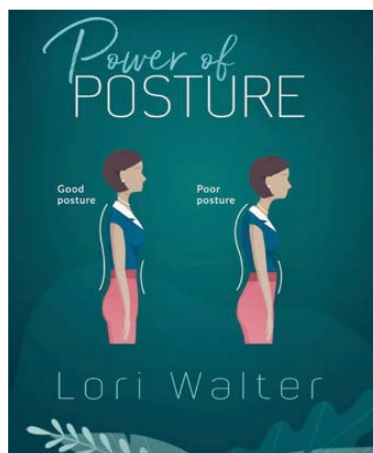
Meet the Author, Lori Walter

Power of Posture

Stretch 4 Life has an exciting new book by Lori Walter, *Power of Posture*.

Walter's new book also has an app that is a companion to the training of brain and neurotransmitters.

The exciting new version of Walter's original app will also guide each user toward their postural position that will enhance connections between brain and body allowing the emotional power and the mental power to infuse the best messages of healing and well-being throughout our systems. The stretches that have been the cornerstone of healing at Stretch 4 Life from the original app once again will play a significant roll in this app, as well. "The wonderful creative team for my app are to be congratulated once again for being fearless," said Walter.



"The book is a 365 daily devotional to bring together the words of wisdom and the healing power of morality and discipline. The laws and status are the most powerful tools of healing for our immune system," said Walter, "The app highlights each neuro connection that has to be reestablished for the brain to be completely transformed into postural alignment."

To help the body escape the bondage of fear and pride. To use the words of one of the current best-selling books in the areas of

history, science, and the human condition just to mention a few of its insightful parts. The commentary that is the writer's contributions is meant to focus on these insightful words toward the aspects of the brain becoming more integrated into the immune system which is controlled by the nervous system.

We all read body language in every person we know. We observe if someone is emotional or sick by the look and appearance of their body. This becomes the normal posture for most people if they stay locked in a cycle of emotional energy for a period of time. The body language lasts longer than the original event but it takes apart our immune system. As a long time practitioner, I have made a long term study of connecting the internal struggle with the exterior posture presentation. It is easy to come quickly to the recognition that how we communicate our need to share burdens is carried on our shelves. The questions is how do we help and who we turn to if someone seems stuck in a loop. All these questions will be answered in this study.

Along with the study guide on the app there will also be *Power of Posture* in a paperback book or eBook format of daily homework. The app, which will include daily audio files, learning videos on the nervous system, as well as stretches to encourage the body language to lineup with the emotional language, will include a weekly session with a Wellness Life Coach for six one hour sessions via email.

What the brain can conceive the body can do!

If you would like to hold a book signing event to help raise money for literacy in your area please feel free to send Lori Walter a message to her phone number 940-205-8376 or email stretch4lifecolnic@gmail.com

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