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SEPTEMBER 2013

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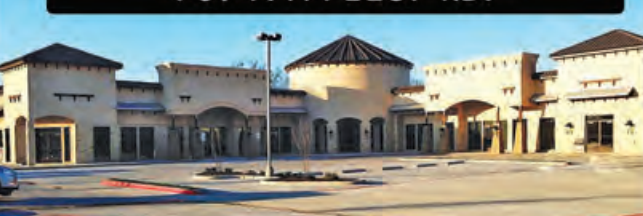
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Managing Editor, Becky Walker

Weatherford Editor, Amber D. Browne

Editorial Coordinator, Sandra Strong

Editorial Assistant, Beverly Shay

Writers, Lisa Bell . Johnita Darton

Gregg Davis

Editors/Proofreaders, Pat Anthony

Pamela Parisi

GRAPHICS AND DESIGN

Creative Director, Chris McCalla

Artists, Casey Henson . Martha Macias

Felipe Ruiz . Arlene Honza

Brande Morgan . Shannon Pfaff

PHOTOGRAPHY

Photography Director, Jill Rose

Photographers, Sarah McVean

Vanessa Polozola

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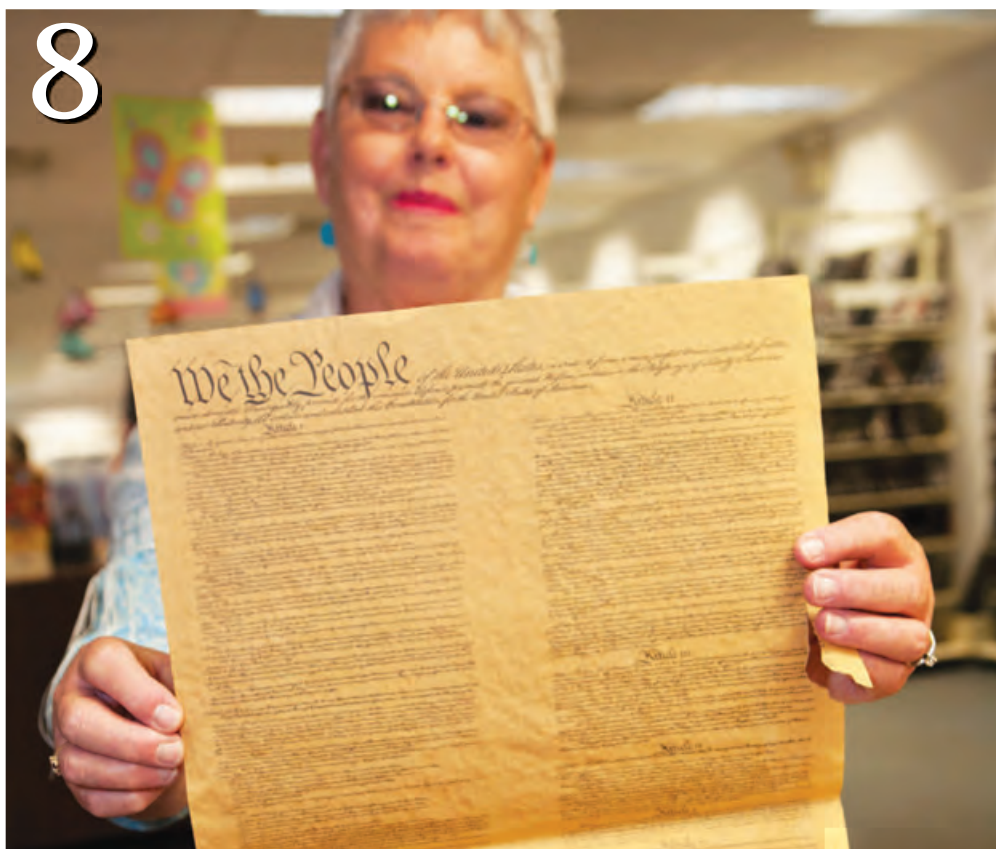
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Shirley Godfrey helps preserve history through education.

Photo by Vanessa Polozola.

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Editor's Note

Dear Friends,

I love fall! The cooler breeze; watching the leaves change to bright shades of red, orange and yellow; and, of course, the realization the holidays are right around the corner.

September is a time of celebration for me, but also a time of remembrance as my birthday falls on 9/11. I take time on my birthday each year to remember those who perished on September 11, 2001. The terrorists who attacked the U.S. 12 years ago meant to break our strength and spirit, but their actions brought the country together in solidarity.

September 11 is now referred to as Patriot Day and National Day of Service and Remembrance. It's a time to come together with others in the community and volunteer to serve others. It's a great opportunity to find a nonprofit or other group to help those in need.

Take care,

Amber

Amber D. Browne
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W D We The People



— By Lisa Bell



Constitution Week, September 17-23, commemorates the development of this country's most important document. Shirley Godfrey serves as chairperson of the Constitution Committee for the Weatherford chapter of Daughters of the American Revolution. In this position, she takes an active role during this special week.

The Daughters of the American Revolution started this commemoration, which is celebrated annually during the anniversary week of the signing of the Constitution of the United States. In 1955, DAR petitioned Congress to set aside and dedicate September 17-23 annually for observance of Constitution Week. The U.S. Congress later adopted the

resolution, and President Dwight D. Eisenhower signed it into public law on August 2, 1956.

The celebration week aims to emphasize citizens' responsibilities for protecting and defending the Constitution by informing people that the Constitution is the basis for America's great heritage and foundation for our way of life. People are encouraged to study the historical events, which led to the framing of the Constitution in September 1787. On September 17 each year, the local DAR chapter organizes a presentation at the Weatherford Public Library. The program is open to the public, and sometimes involves other area groups such as the Granbury Sons of the American Revolution.

During this week and the one prior, Shirley and a team of about three other DAR members don colonial dresses and visit fifth graders in area schools. They target this age because the children typically study American History at this grade level. In a 10-15 minute presentation, the ladies teach major parts of



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the Constitution. They also discuss why the document is needed by relating it to identifiable experiences such as driving to school without rules. They finish the discussion by telling the students the Constitution provides the rules for our government.

During the program, the women explain how some very important men gathered in Philadelphia in 1787. In a hot building, without any air conditioning, the windows were closed against a curious public. The men spent the entire summer arguing and debating over the document until September 17. At that point, the men signed a not quite perfect document with as much agreement as they could reach. Almost immediately, they added the Bill of Rights. Shirley teaches this part of the presentation, drawing students into the story. "I didn't like history when I was young," Shirley said, "but I love it now." Her passion for this subject helps her bring the story to life. As she talks, listeners can almost feel the stifling heat and hear the debate through closed windows.

Students love the presentation, but Shirley doesn't stop there. Her first year as chair for the committee, they did only a simple presentation. The second year, she decided they could do better. "Every year it gets a little bigger and a little better," she said.

After the first year, she heard about a group handing out booklets containing the Constitution. "We could do that," she said. Searching the Internet, she found a source for the booklets at a reasonable cost and negotiated a bulk discount as well. Now they end the school visits by presenting the booklet to each student, inviting them to sign the back, which states they have or will read the contents. Shirley challenges them further to seek help from their parents or teachers for the parts they don't understand. Afterward, the team goes out for lunch

in full costume. People often approach them, and Shirley enthusiastically offers them a copy of the Constitution as well.

This year, they plan to include additional schools, presenting their history lesson to more fifth grade students. They also will provide a copy of the Constitution to graduating seniors, arming them with the important document as they venture out into adulthood. An enclosed letter will encourage them to read and study the contents, and recognize the importance of this unique



document. "It is the oldest and shortest written constitution of any government of the world," Shirley said. "I didn't know that until about four years ago."

Working with the Parker County Quilting Guild, she provides copies for distribution at their annual show, and she leaves more at the library. She relentlessly pursues her goal of teaching Constitutional history wherever she can. DAR shares that same goal.

Shirley first became interested in DAR following a visit from her sister. "What are we?" her sister asked.

"What are you talking about?" she responded.

"Where did we come from?" her sister questioned.

"Joyce, we're mutts. We're a mix," Shirley said.

The conversation launched interest in their genealogy, about which they knew very little. When Shirley ventured to the library for research, she met Jean Bennett. At that time, Jean worked as the library genealogist and served as the DAR registrar. She helped Shirley uncover her family background, where they discovered

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proven links to American Revolution patriots. Jean also introduced her to other DAR members who connected her to women with common interests. With all of the work researching and learning about DAR, Shirley proceeded with paperwork to become a member.

To join DAR, a woman over 18 must provide verifiable proof of lineage to someone who fought in the war, signed an oath of allegiance or otherwise aided the revolution. A modest annual membership fee helps fund special projects throughout the year including education, scholarships and supporting veterans. Other funding comes from private donations. The Weatherford chapter also creates a quilt and accepts donations for an opportunity to win it.

Shirley's husband of 51 years, Larry, supports his wife's efforts. While golfing with a friend, who is a former member of the U.S. Army Special Forces, Larry discussed his wife's involvement with DAR. The conversation led to the donation of a handmade rocker they will use in a silent auction to raise money. One of the most important things the organization does comes in the form of scholarships. "It's hard to make a decision," Shirley said. "We want to help all the applicants. Even a small scholarship can make a difference in a student's life."

DAR is a nonprofit, nonpolitical women's service organization with goals of better education, preserving history and promoting patriotism. Their motto is God, Home, Country. The Washington, D.C. headquarters houses a premier genealogical library with an extensive collection of historical documents. DAR encourages new membership and provides assistance with paperwork to those who believe themselves eligible.

The United States Constitution stands as a testament to Americans who fought and died for freedom. Some say, "If we don't keep telling our children about our Constitution, there will be a generation that will say, 'What's the Constitution?'"

"Whenever I hear statements like that, it makes me think of the Bible verse that says, 'And there arose a generation that knew not God,'" Shirley shared. She educates with the same passion as her ancestors. "That's why education on preserving history is so important." **NOW**



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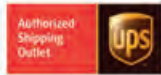
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HOUSE ON THE HILL



— By Amber D. Browne

You can see for miles and miles while standing atop Johnnie Wright's property in Weatherford. Her house on Newsome Mound Road gives visitors a birds-eye-view of surrounding locations, including the downtown Fort Worth skyline and Eagle Mountain Lake. "You can see forever up here," Johnnie proclaimed. She and her late husband, Bob Wright, moved onto Shell Rock Farm in 1968 after his father passed away. "Bob's dad used to be able to see 11 towns from up here. But, you can't distinguish them now because there are so many lights."

Bob's great-uncle traveled to the area from Oklahoma in 1907. "He came in a covered wagon and lost two children from the flu going around at that time," Johnnie explained. "They're buried



AT HOME WITH
Johnnie Wright



off the hill, but we don't know for sure where. But, that's why this is called Newsome Mound, because it's kind of a cemetery." Inside the home is a framed, black-and-white photo from 1912 that includes the entire Wright and Newsome families.

Johnnie's in-laws bought the property in 1937. A barn and dairy were built in 1938 near Highway 730 just east of her current home. The Wrights added a farm house about a year later, and Johnnie's only son, Weldon Wright, now lives there.



Their house was built on 32 acres of the original property back in 1967, on a hill that is one of the highest points in the area.

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Johnnie moved to Weatherford from Fort Worth at the age of 13. She met Bob while at Azle High School, where she taught for 23 years. The two were married for 55 years before he passed away.

Their house was built on 32 acres of the original property back in 1967, on a hill that is one of the highest points in the area. The U.S. Coast and Geodetic Survey, now known as the National Geodetic Survey, placed three bronze

disks on the property back in 1946. The disks sit on buried concrete posts. Each marker has an arrow pointing to one of the other markers in a triangular shape. The house was built between the markers, so it wouldn't disturb them. "A lot of surveyors come by here," she explained. According to NGS documents, the property sits 997 feet above sea level. The

NGS periodically checks the markers on Johnnie's property to make sure they are in good condition.

Plenty of places can be found to plop down under shade trees or taste some fresh fruit from a peach tree while enjoying the view. Comfy chairs on the front porch provide seating to watch bunnies hop by, listen to the birds sing



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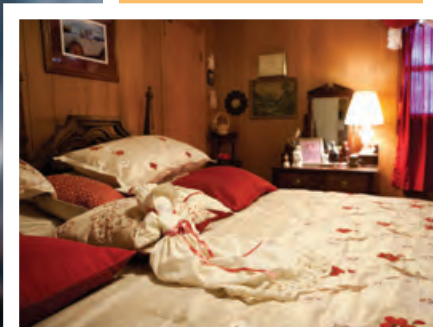
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or just enjoy some iced tea with a friend. In her manicured yard, Johnnie has transformed an old cast iron bathtub into a garden with squash, tomatoes and okra. An old red tractor sits in the front yard, which is full of oak and elm trees, where rusty wagon wheels lean, giving a feel of old country life. Wooden Christmas carolers donning cloth attire and a statue of the Madonna are also displayed in the yard. "I'm not Catholic. I just liked the statue," she said, chuckling. She also has a chicken coop where her eldest great-granddaughter, Bobby Daye, raises chickens.

Bobby, her father, Zach Wright, and her sister, Jesse Kay, live further east on the farm. The girls spend plenty of time at their great-grandmother's house. They even have their own rooms. Bobby sleeps on a white rod iron bed that is, according to Johnnie's cousin, believed to be more than 100 years old. "She just had it lying out in a pasture," Johnnie said. So, she offered to take it off her cousin's hands. A shadow box full of arrowheads, which Bob found in the local area or were gifted to him by friends, hangs on one of the wood paneled walls in Bobby's room. Her sister, Jesse, has a room full of dolls. One painting in Jesse's room depicting two young girls with dark hair was given to Johnnie by a friend. The girls in the painting actually resemble the sisters. Johnnie has also displayed two schoolhouse paintings from 1945, which she purchased for \$2 at a Goodwill store.

In the master bedroom, the bed is covered with beautiful beige and maroon bedding embroidered with small flowers. A photo of Johnnie and her second husband, Paul Busby, is also displayed in the room. The two were married for about three years before he passed away during surgery in 2011. The photo provides a beautiful memory for Johnnie, with the two of them sitting in a car with a rainbow crossing the blue sky behind them. A child-size dresser from Wales lines one wall and gives a home to Johnnie's African jewelry and figurines. "I bought all of these in Africa," Johnnie recalled. She and her sister, Betty Russell, like to travel and have visited Germany, China, France, England and other locations across the globe. Now she and



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her son, Weldon, take off once a month on a vacation in her motor home.

When she's not on the road traveling, Johnnie enjoys spending time at home with her family. Her house is full of antiques, with two wooden chairs that are over 100 years old in the living room. She often uses one of them to rock her younger great-grandchildren to sleep in front of the fireplace. She has an antique china cabinet full of tea sets she's collected over the years. She also enjoys collecting ceramic roosters and has a small collection of old cow bells from the now closed dairy. At an estate sale, Johnnie purchased a painting that resembles her late daughter, Judy, who passed away in an automobile accident when she was just 17 years old. The painting hangs in her living area where you can hear the antique grandfather clock chiming in the background.

She has plenty of space to host family gatherings for holidays, birthday parties and baby showers. Many family members don't have to travel far to visit, because they live just down the road. "They're usually hollering at me to pick them up something," she said, laughing. "I love to be around my family. Everybody's so close." Her son and grandson live nearby, and her other two grandchildren visit as often as possible. Her grandson, Alex Wright, and his wife, Kimberly, recently had their first child, Monty. Her granddaughter, Kate, often brings her two other great-grandbabies, Gemma and Eli, over for a visit. Kate and her husband, Nick Webb, have a third baby on the way, and Johnnie plans to spend some more time in her antique rocking chair lulling him to sleep.

"They keep me busy," she said. But, she enjoys time spent with them. "We've raised our kids to be all together as a family." **NOW**



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REACHING OUT

— By Amber D. Browne

Often donning a brown Fedora-style outback hat, Darren Donaldson is easily recognizable in any crowd. Darren spends much of his waking hours volunteering to help others in the Weatherford community. However, that wasn't the case just a few years ago. "I was depressed, and my relationship with my son, whom I love more than anything on Earth, had deteriorated," Darren said. "I tried to fix it, but I wasn't smart enough to figure out a way." Darren turned to God for help. "He pointed out my priorities were out of whack, and



I needed to put my relationship with God first on that list. And then, He would show me how to deal with my precious son and every other worldly relationship," Darren explained.

"Being a single guy, when God got ahold of me, it was no longer about me. So, no more thinking about chasing women. No going to bars and dancing and drinking." Darren felt he had been wasting his time, so he decided not to sit around or do things just to entertain himself. "Many times I thought, *You know, my life is not over.* The only thing keeping me from accomplishing all my passions is me," he confessed. "Now, I had all this time. When you straighten up a little bit and get on a better path, it opens up a more excellent way of living."

Darren had been meeting with others in the local community to find an organization to help him have a better relationship with his son. After several months, he found his calling. "In my search for help, people opened up and would tell me their situations. Most of them were going through a harder struggle than I was. They all ended up being in agreement that there is not enough awareness, and people don't know what resources are available."

Darren decided to take action regarding the issue of drug abuse awareness locally. "People need to speak up more about it," he stated. "Everybody keeps it in the dark, and they don't receive the help they need." He wanted to create a safe place where people could visit, hear testimonies and learn about the resources available in the community. Thus, IFC Wellness Coalition was born. (IFC stands for Individual, Family and Community.) "I didn't have a venue at that time." He owns Cool Breeze A/C and did some repair work for the Texas Opry Theater. As Darren sat in the theater one day back in 2010, he began to think about how it would be the perfect place to reach out to people who are searching for help. "It would be a win-win," he concluded. The theater owners wouldn't have to pay Darren for his air conditioning work, and he would have a

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place to hold the IFC Wellness rallies.

Many area residents stepped up for the cause and now volunteer their time at the rallies, which are held at the theater every two months. "An amazing group of people have become supporters and



encouragers of IFC," Darren said. "They show up in numbers."

Harley Farris, who owns Aaron's Catering, is one of Darren's most dedicated volunteers. He serves as vice president and chief operations officer for IFC Wellness and also caters the food for the rallies at no charge. Harley believes God led him to Darren and IFC Wellness. He first noticed Darren when he became a Rotary Club of Weatherford member. "I wanted to know his secret," Harley admitted. Darren eventually opened up to Harley about the faith-based nonprofit. That's all it took for Harley, and he offered to help Darren in any way he could. "That was just right up my alley."

"I thank God for Harley," Darren admitted. "He just does so much. It's just



amazing.” Along with the volunteers, local groups set up tables at the rallies to distribute literature to attendees who may be looking for help. People also share their own struggles with the crowd. “These people sharing their testimonies

are just like them. Just regular people who don’t like to get up in front of people,” he said. “Their nervousness comes across as sincerity.” That allows the crowd to really relate to the speaker on stage. “They’re not holding back. They’re being very vulnerable.”

Darren believes it’s important for those struggling in life to know there is a safe place they can go to hear from others who have lived through various problems. Frequently, some

people won’t ask for help because they don’t want others to know about what is going on in their lives. Darren thinks it’s because they believe asking for help is an automatic admission of guilt. “They won’t go. They won’t get the help they need.” He hopes the IFC Wellness rallies not only offer a safe environment to seek needed help but also give those struggling with addiction an inside look at others who have had similar experiences.

The testimonials are a big part of the rallies, but Darren tries to mix things up to keep it interesting for people of all ages. He’s had Christian bands perform and often invites people who work in fields of dependency and related issues to speak at the rallies. Law enforcement officers and chemical dependency counselors have taken the stage. The

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Although Darren is not a licensed counselor, he considers himself a mentor. He has volunteered with Crossroads Youth Ministries of Parker County and recently began working as an educational coordinator with Teen Challenge of Texas in Azle. "I have to be real up front with folks," he said. "I'm always really cautious to make sure they don't get misled." If someone wants to confide in Darren, he will share what he has learned over the past few years. He can then point them to another local resource to get the help they need.

Darren is also heavily involved in the Rotary Club of Weatherford. He has served as sergeant at arms for the past two and half years and received the 2012 Rotarian of the Year Award. He's now serving as president elect. He enjoys spending his time helping others and wouldn't have it any other way.

"I wanted to be a part of something that would make a difference," Darren shared. He realized his life isn't just about him, but about how God can use him to bless other people. He enjoys reaching out to others and impacting their lives. "I catch myself privately doing the jig," Darren confessed. "God is doing so much in so many people's lives. And, I'm so thankful I've gotten to see it!" **NOW**

*Editor's Note: For more information, visit
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Seeing Without Sight

— By Lisa Bell



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On the morning of the rodeo, when the stock show comes to Fort Worth each year, Billie June (BJ) Cox meets with a group of AT&T and Lighthouse for the Blind volunteers at 7:30 a.m. for breakfast. Within an hour, they finish breakfast and arrive at Will Rogers Coliseum for the rodeo. The volunteers begin wiring the headsets for the vision-impaired children while BJ checks with various organizations to be sure they are ready for the children. Unlike just any school group, these kids will see the rodeo by hearing. Dedicated volunteers, especially those with audio experience, enable the group of blind children to experience the stock show and rodeo. Groups

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In their seats by 1:50 p.m., 25 volunteers help 75 children put on headsets. They quietly approach families around them and apologize in advance for any disruption. Most don't seem to mind as they watch joy travel through the group. As the rodeo begins, another unique volunteer, Ms. Paula Tollett, describes all the activities of the rodeo with amazing detail. The children listen and breathe in smells most people miss. During the rodeo they enjoy hot dogs, Cokes, chips and cookies. For most

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of the children, events organized by the Telephone Pioneers become the highlight of their year. Many of the children return each year for the special event, eager to connect with volunteers from previous years. "They attach quickly," BJ said.

Although BJ spent more than 200 hours volunteering in 2012, she is quick to mention others who make the events successful. One man named Wayne, with Lighthouse for the Blind (LHFB), wheelchair-confined due to childhood polio, was a favorite among the children prior to his passing. BJ admired his willingness to do whatever was needed to help. Wayne and BJ worked together to make the rodeo a success with the help of the volunteers, teachers, parents and of course, these special children.

BJ first started volunteering as part of a company-sponsored program while working for the telephone company. Her boss at the time called her into the office one day. "I want you to start taking care of the rodeo, circus and Special Olympic events," her boss said. BJ knew about the volunteer program, but she had children at home, PTA meetings and a busy life. Nevertheless, she accepted the challenge.

The first project included lining up 140 volunteers for the Special Olympics held in Arlington for the first time that year. BJ managed to enlist the required number of workers. Her husband, Paul, not only supports the efforts, he joins BJ at events, providing help to make the outings successful. The couple instilled the desire to volunteer in their three sons, who, as adults, continue giving back to their communities.

Based in Fort Worth, the AT&T Pioneers work with kids from all over the area. The organization oversees the



Stock Show and Rodeo event, as well as a trip to the circus and Special Olympics. Collaborating with Lighthouse for the Blind, the AT&T Pioneers benefit from a vast network of resources LHFB provides. In return, they volunteer to help the organization, which aids individuals with vision impairment. For about 10 years, BJ sat on the

board for Lighthouse.

The organization offers services, but also provides employment in light manufacturing, packaging and distributing products. Selling the items allows them to support needs of the blind. According to their winter 2012 issue of Insight, more than 37,000 individuals in Tarrant County are blind or visually impaired. As the number grows, the local organization plans for expansion, always needing more volunteers and funding. BJ loves going to the facility in Fort Worth and interacting with the people who work and visit there. Those who can't see recognize her voice and scent, reaching out for hugs and saving a place for her to sit next to them.

BJ grew up in Weatherford, and after moving back she let go of some responsibilities in volunteering with the blind. She stepped down from the board in spite of pleas to stay. "I had to give up something," she said. "I told them they needed new blood anyway. But I can't let go of the rodeo — I just love it too much." She avoids driving into Fort Worth as much as possible and stays busy volunteering in Weatherford.

At 77, the stairs in the arena bother BJ some. When she talks about no longer doing the event, other volunteers and the children convince her she can't stop. Although working with the blind is her favorite, she also pursues other opportunities.

During the school year, she participates with wonderful teachers at various schools to help with the afterschool program, where she spends time talking with children and involving them in creating cards for senior citizens. They decorate and write messages on the cards supplied by Weatherford Regional

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Medical Center Senior Circle. She then sends their artwork to Senior Circle members for their birthdays.

In another role, she takes safety videos and coloring books from the Texas Department of Transportation to local school children. BJ teaches the children through videos and discussion. For younger children, she uses the coloring and activity books to teach about traffic and bike safety. She helps kids understand they should not go with strangers in a way that doesn't frighten them.

During her high school years, BJ was a majorette, twirling her baton to the band's renditions of popular music. Her friend, Nadeen Murphree, coaxed BJ to use her twirling talents as something unique for the Ms. Senior Parker County pageant this past April. "I was shocked," BJ said. "I never expected to win, but it was for charity, so I figured why not." For someone who loves volunteering, the words "for charity" prompted her to enter the pageant. Her unique talent gave her an advantage, and she won the title.

Although BJ holds many volunteer positions, her work with the blind tops the list. She hopes to bring awareness of the needs of this growing segment of individuals as she journeys around the area wearing her crown and sash.

Looking back to the early days of volunteering, she never expected to become so involved with the visually impaired. Her willingness to serve provided some of her most cherished moments. She fondly shares scrapbooks, filled with photos of children enjoying events. Without BJ and volunteers like her, willing to share time despite their busy schedules, these special kids would miss experiences many people take for granted — experiences where they see without sight. **NOW**

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Tim Clark, president of Clark Real Estate Group, and his team of agents and brokers help their clients buy and sell properties.

MORE THAN A TRANSACTION

At Clark Real Estate Group, experience and communication are keys to success.

— By Amber D. Browne

Residential. Commercial. Farm and ranch. Clark Real Estate Group has helped buyers and sellers across Texas find their perfect property since 2007 and recently expanded the business north to include properties in Oklahoma. “A lot of buyers, especially ranch buyers, are looking for cheaper property. And, Oklahoma is an emerging market,” said Tim Clark, president of Clark Real Estate Group.

Tim has been involved in the real estate business for most of his life. He worked at his family’s home-building business while growing up in San Angelo. He owned a landscape company for 18 years and then decided to sell in 2002. “I was 39 and had sold my company,” Tim explained. “I just started thinking, What can I do that I enjoy? I had always bought and sold real estate,

and I guess God told me to get into real estate.” Tim moved to Granbury and began working for a real estate company. In 2007, he completed his broker license and earned a Certified Commercial Investment Member (CCIM) designation, making him one of only about 14,000 CCIM designees in the U.S. That same year, he opened Clark Real Estate Group, which now has offices in Weatherford, Granbury and Brock.

“We try to recruit seasoned agents who have a following,” Tim explained. “A lot of people actually had their own company and came back to join our team. The business is not about me — it’s about the people. We are a big family,” he confessed. “When you grow a company, everybody’s got to be on the same page. I don’t want any deception. That’s important to me.”

“I think one of the biggest things in our business is responding to the client when they need you.”

Communication is also very important in the real estate business. Tim prefers face-to-face communication when helping buyers and sellers with property listings. “We don’t just put it on MLS (Multiple Listing Service) and let it happen,” he explained. “We do trade shows literally all over the country.” They also market with print materials, by word of mouth and by hitting the pavement. “I think one of the biggest things in our business is responding to the client when they need you,” Tim said. “Respond to people’s needs. It’s not just about selling their property. It’s about providing a service.” Most of their clients are repeat business. “A lot of people think it’s just about the transaction, but there’s a lot more than the transaction,” Tim explained. “We don’t want clients who say we just barely did enough to get the job done. That’s not what we do.”

Because Clark Real Estate Group covers such a large state and now includes Oklahoma, Tim and his team often travel. “We’re very mobile in this business,” Tim said. “I tell everyone, ‘To make money, you must wear out our shoe leather,’” he said, grinning.

Tim and his team have a mutual respect for one another. “We work with him, not for him,” said Stephen Reich, an agent with the company. “Tim does what he says he’s going to do. The core of it is he thinks outside the box.” That talent helps the team work out any challenges that may arise in the buying and selling process.

Honesty is also a top priority for the agents and brokers at Clark Real Estate Group. They hope to have an open line of communication with their clients so they can help them find their property of a lifetime. **NOW**

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Gabby and Quinton Boedeker have some fun in the sun in downtown Weatherford.



Logan Copeland and Haley Robinson grab lunch at The Malt Shop.



Weatherford College Police Chief Paul Stone shares advice with future educators on how to deal with an active shooter on campus.



Quilter's Guild of Parker County members Jo Lynn O'Neil and Dianna Carter Hinz receive third place for their quilt, Arlington, at the 44th Annual National Quilting Association Quilt Show in Ohio.



Gina Thomas and E.L. Knox enjoy peach cobbler and peach ice cream at the Parker County Peach Festival.



Amy Wilkins gets a fashion tip from Rachel Bolles, owner of Rhema Boutique.



Anita Birkhimer decorates a vintage table at Feather Your Nest.



Kids Unite camper MacKenzie Stevens participates in the Climb On Mobile Rockreation event at Wright Elementary.



Tonya Harugthy and Dottie VanKleeck try some peach salsa made with Salsa in a Snap at Mama G's Creations.



Teen Challenge of Texas and community members gather at an IFC Wellness rally.



Kathy Terry with the Weatherford Citizen Police Academy Alumni Association directs traffic at the Parker County Peach Festival.

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What Do New Investors Really Need to Know?

If you're starting out as an investor, you might be feeling overwhelmed. After all, it seems like there's just so much to know. How can you get enough of a handle on basic investment concepts so that you're comfortable in making well-informed choices?

Actually, you can get a good grip on the investment process by becoming familiar with a few basic concepts, such as these:

- **Stocks Versus Bonds** — When you buy stocks, or stock-based investments, you are buying ownership shares in companies. Generally speaking, it's a good idea to buy shares of quality companies and to hold these shares for the long term. This strategy may help you eventually overcome short-term price declines, which may affect all stocks. Keep in mind, though, that when buying stocks, there are no guarantees you won't lose some or all of your investment.

By contrast, when you purchase bonds, you aren't becoming an "owner" — rather, you are lending money to a company or a governmental unit. Barring default, you can expect to receive regular interest payments for as long as you own your bond, and when it matures, you can expect to get your principal back. However, bond prices do rise and fall, typically moving in the opposite direction of interest rates. So if you wanted to sell a bond before it matures, and interest rates have recently risen, you may have to offer your bond at a price lower than its face value.

For the most part, stocks are purchased for their growth potential (although many stocks do offer income, in the form of dividends), while bonds are bought for the income stream provided by interest payments. Ideally, though, it is important to build a diversified portfolio containing stocks, bonds, certificates of deposit (CDs), government securities

and other investments designed to meet your goals and risk tolerances. Diversification is a strategy designed to help reduce the effects of market volatility on your portfolio. Keep in mind, however, that diversification, by itself, can't guarantee a profit or protect against loss.

- **Risk Versus Reward** — All investments carry some type of risk: Stocks and bonds can decline in value, while investments such as CDs can lose purchasing power over time. One important thing to keep in mind is that, generally, the greater the potential reward, the higher the risk.

- **Setting Goals** — As an investor, you need to set goals for your investment portfolio, such as providing resources for retirement or helping pay for your children's college educations.

- **Knowing Your Own Investment Personality** — Everyone has different investment personalities — some people can accept more risk in the hopes of greater rewards, while others are not comfortable with risk at all. It's essential that you know your investment personality when you begin investing, and throughout your years as an investor.

- **Investing Is a Long-term Process** — It generally takes decades of patience, perseverance and good decisions for investors to accumulate the substantial financial resources they'll need for their long-term goals.

By keeping these concepts in mind as you begin your journey through the investment world, you'll be better prepared for the twists and turns you'll encounter along the way as you pursue your financial goals. **NOW**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.



The Last Chance!

Did you get all the trimming of your shrubs and trees finished? If not, sharpen up the loppers and trimmers and get with it. Our plants need time to recover after we hack at them. The trimming actually stimulates growth, so we need to get it done at least six weeks before the first freeze.

I usually trim my bushes and trees as the year progresses, but I fell behind for about two years. When I mowed, I hated the branches slapping me in the face, so I made it a point to trim the branches down low as soon as they thickened up. The general rule of thumb is to not worry too much about little branches, but cutting them when they are about 1-inch thick will not leave a scar, and the tree will benefit from the food production of the leaves before they were cut. Be sure not to cut the central leader — the one you want to be the main trunk. You only need one main trunk. On most mature trees, the little shoots that come out on the trunk or large limbs are suckers and need to be removed. This can be an easy job with clippers or loppers, but leave the ladder-climbing to the experts.

Shrubs can be trimmed a bit differently, with the tallest and oldest branches usually cut to the ground or their point of origin. This results in a more open shrub and doesn't stimulate as much new growth, allowing plants to be maintained at a given height and width for years. Removing up to one-third of the oldest and tallest branches will rejuvenate an aging shrub. Remove much more, however, and you will take your chances! Not only could you put the plant in stress, but you might remove the very growth that would be the blooming part the next spring. Redbuds, quince, forsythia, hawthorn, some roses, as well as azaleas, all bloom on the previous season's growth. The shrubs that bloom after June, usually bloom on the current season's growth, and they need to be pruned in late winter to promote vigorous growth in the spring. Clean clippers are a must, but pruning paint isn't necessary unless disease is an issue. **NOW**

Nancy Fenton is a Master Gardener.



What's Your Number?

Controlling your blood pressure begins with understanding what normal blood pressure, prehypertension and hypertension are. Your blood pressure reading is made up of two numbers: the systolic (top number) and diastolic (the bottom number) pressure.

Systolic:

- Normal systolic blood pressure is 120 or below.
- Prehypertension is a systolic blood pressure of 120 to 139.
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Diastolic:

- Normal diastolic blood pressure is less than 80.
- Prehypertension is a diastolic blood pressure between 80 and 89.
- Hypertension is a diastolic blood pressure number of 90 or higher.

Lower Your Blood Pressure

Is your blood pressure reading too high? There are many ways

to lower it through simple lifestyle changes, without medical treatment. Try these tactics:

- Maintain a healthy weight.
- Make good nutritional choices with plenty of whole grains, fruits and vegetables and dairy products. Try following the DASH, or Dietary Approaches to Stop Hypertension, diet. To learn more, visit www.nhlbi.nih.gov/health/health-topics/topic/dash.
- Limit sodium to 2,300 milligrams a day or less or 1,500 milligrams or less if you are age 51 and older or have high blood pressure.
- Limit alcohol and caffeine.
- Exercise regularly.
- Relax with music.
- Get plenty of sleep. **NOW**

Johnita Darton, M.D.

Internal Medicine, Lone Star Family Care

Member of the medical staff at Weatherford Regional Medical Center.

Through October

Gardens of our Heart: The Art of Glenda Green Exhibit: **Tuesday-Saturday:** 10:00 a.m.-5:00 p.m., **Sunday:** 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. The exhibit features a tribute to Green's Garden, which was established in 1960. Please call (817) 599-6168 or visit www.dosscenter.org for more information.

Through December

Annetta Valley Farmers Market: **Sunday:** 11:00 a.m., 2655 W. FM 5, Annetta. You are welcome to bring the entire family to enjoy some fresh air and fresh produce out at the farm. Please contact Lynne Carpenter at (817) 992-5691 for more information.

Through February 2

Trail Drivers Exhibit: **Tuesday-Saturday:** 10:00 a.m.-5:00 p.m., **Sunday:** 1:00-5:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Visitors will learn more about the cowboys instrumental in the Texas Longhorn cattle drives during the 19th century. Visit www.dosscenter.org for more information.

September 2

7th Annual Free Day of Yoga: 8:00 a.m., Indra's Grace: A Yoga & Meditation Studio, 131 West Church St., Ste. 200. Free classes will be held to help raise awareness about the benefits of yoga. All ages are welcome. Please call (682) 241-5020 or you can visit www.indrasgrace.com for class times and more information about the event.

September 3

Parker County Retired Teachers Luncheon: 11:30 a.m., Central Christian Church Cuppett Hall, 1602 S. Main St. Guests will enjoy a barbecue chicken lunch followed by a business meeting and program featuring speaker David Orcutt, CEO Weatherford Regional Medical Center. Please call (817) 594-5748 to make a reservation or for more information.

September 6

Women's Business Alliance Luncheon: 11:30 a.m.-1:00 p.m., Wild Mushroom Steakhouse, 1917 Martin Dr. Community leader Zan Prince will speak at the event. Call (817) 441-7844 for more information or visit www.eastparkerchamber.com to register.

September 7

Parker County Republican Women's Fall Extravaganza: 6:00-8:30 p.m., Parker County Sheriff's Posse, 2201 Mineral Wells Hwy. Bid on items in a silent auction and enjoy live entertainment featuring world renowned country musical comedian and impersonator, Johnny Counterfit. An enchilada dinner will be served. For ticket information, please contact Deborah Peacock at (817) 597-9559 or email deborahpeacock@sbcglobal.net.

10th Annual Food Drive: 10:00 a.m.-2:00 p.m., Wal-Mart, 1836 S. Main St. Non-perishable food and cash donations will be accepted to benefit the Center of Hope of Parker County. You can find out more information by calling (817) 596-9301 or by email at info@sgwcpas.com.

September 9

For the Sake of the Shot: 9:00 a.m.-11:00 p.m., Canyon West Golf Club, 160 Club House Dr. The Randy Rogers Band 5th Annual Golf Tournament and a post tournament acoustic concert by Randy Rogers and Friends will be held to benefit CASA of Johnson County. You can find more information at www.rrbgolf.com or by calling (817) 596-4653.

September 13

Parker County Women's and Newcomer's Club meeting: 10:00 a.m., Alkek Fine Arts Building of Weatherford College, 225 College Park Ave. The cost is \$10 per person, and lunch will be provided. Non-members are welcome. Please call (817) 594-0125 to make reservations. You can get more information at www.pcwnc.org.

Talking Tombstones 10th Anniversary Reunion: 6:00-8:00 p.m., Cup 'n Cake, 105 College Ave. Come donning a costume or just as you are to share memories and stories about the Old City Greenwood Cemetery. For more information, please contact Jonelle Ryan Bartoli at president@parkercountyheritagesociety.com.

September 17

Healthy Woman Sixth Anniversary Celebration: Who Hijacked My Fairy Tale?: 4:00-8:30 p.m., Southwest Ford, 3000 Fort Worth Hwy. Comedian and motivational speaker Kelly Swanson will show attendees how to keep laughter alive when life may not go as planned. Attendees will enjoy dinner, a vendor expo and door prizes. Tickets are \$25 per person. For more information, call (817) 341-7465 or visit WeatherfordRegional.com/HealthyWoman.

September 20 — 22

Workshop In Oils with Western Impressionism with Mia DeLode: 9:00 a.m.-5:00 p.m., Firehouse Gallery, 119 Palo Pinto St. The Weatherford Art Association will host the workshop where participants can learn drawing, composition and color selections. One to three day workshops are available, and the cost is \$75 per day. Visit www.weatherfordart.com or contact John Stout at (817) 597-9282 for more information.

September 21

3rd Annual Ride United Parker County: 8:00 a.m., Parker County Sheriff Posse Arena,

2251 Mineral Wells Hwy. Registration opens at 6:30 a.m. Three routes will be featured in the bicycle ride, which benefits 18 health and human service programs supported by United Way of Parker County. You can get more information at www.rideunitedparkercounty.com.

Sporting Clay Tourney: 9:00 a.m.-5:00 p.m., Alpine Shooting Range, 5842 Shelby Rd., Fort Worth. The tournament will raise funds for A Hole in My Heart Ministry. The entry fee of \$90 per person includes 100 sporting clays, lunch and one bonus raffle ticket. For more information, contact Autumn Ater or Joseph Pryor at (817) 594-6148. You can register online at www.aholeinmyheart.com/fundraiser.htm.

Gallery Talk: 1:00 p.m., Doss Heritage and Culture Center, 1400 Texas Dr. Nancy Dozier will discuss Oliver Loving and the Loving family. You can get more information at www.dosscenter.org.

September 26

Plaid LIVE! Event in Parker County: 9:00-11:00 a.m., Doss Heritage and Culture Center, 1400 Texas Dr. Come join a networking event for women business owners and professionals. To register and find out more, visit www.plaidforwomen.com/parkercounty.

September 28

Azle Sting Fling: 9:00 a.m.-5:00 p.m., Downtown Azle, 404 W. Main St., Azle. The day begins with a parade and includes a 5K run, Wiener Dog Derby and classic car show. Attendees can enjoy plenty of food and arts and crafts. Funds raised will support community projects. Visit www.azlechamber.com to get more information.

Lord's Acre Festival: 10:00 a.m.-4:00 p.m., Aledo United Methodist Church, Oak at Pecan St., Aledo. The event will feature food trucks, artisan vendors, carnival games and auctions all benefitting local and global missions. You can get more information at www.aledoumc.org.

September 30

IFC Wellness Rally: 7:00 p.m., Texas Opry Theater, 315 York Ave. Speakers will share their stories about overcoming addiction or tragedy. Educational information and support will be available to attendees at the faith-based rally. Visit www.ifcwellness.com or call (817) 304-1715 to get more information.

Submissions are welcome and published as space allows. Send your event details to amber.browne@nowmagazines.com.



In The Kitchen With Jayne Dawson

— By Amber D. Browne

Cooking runs in Jayne Dawson's family. Her mother grew and preserved all her own fruits and vegetables, and Jayne's father raised cattle and pigs to feed the family. As the oldest of four children, Jayne was in charge of keeping the cookie jar filled with delicious treats. Jayne's brothers were always eager to sample one of her desserts.

As director of Children's Enrichment at Aledo United Methodist Church, Jayne now implements cooking as part of the curriculum. "Cooking involves lots of math, science and reading readiness," Jayne said. "And, when the student is involved in preparation, they are more likely to eat the product."

Jayne often cooks enough food to share with her son's and daughter's families. "Cooking is fun, but 'breaking bread' together is the celebration." **NOW**

Chicken Spaghetti

12-16 oz. spaghetti
1 Tbsp. vegetable oil
1 small onion, chopped
2 cups chicken, cooked and diced
1 10 3/4-oz. cream of mushroom soup
1 cup chicken broth
2 4-oz. cans sliced mushrooms
1 cup cheddar cheese, shredded
1 Tbsp. garlic powder
1/2 10-oz. can Ro-Tel diced tomatoes and green chilies

1. Boil spaghetti in pot; drain.
2. Heat oil in sauté pan; add onion; cook until tender. Add remaining ingredients.
3. Combine chicken mixture with spaghetti. Pour mixture into a 13x9-inch casserole dish. Bake for 15-20 minutes at 375 F.

Foil Burgers

1 lb. lean ground beef
Worcestershire sauce, to taste
Salt and pepper, to taste
4 carrots, peeled and sliced
2 potatoes, peeled and sliced
1 onion, sliced

1. Divide beef into 4 or 5 patties. Place each patty on a large piece of square foil. Sprinkle patties with Worcestershire, salt and pepper.
2. Place vegetables on patties; seal foil securely; place on baking sheet.
3. Bake 30-40 minutes at 350 F.

Meat Loaf

1 lb. ground chuck
1 small onion, chopped

1 tsp. garlic salt or garlic powder
1 cup rice, cooked
2 eggs, beaten
1 4-oz. can mushrooms
1 15-oz. can whole kernel corn
2 Tbsp. Worcestershire sauce
1 10-oz. can tomato sauce

1. Mix all ingredients together in a bowl. Divide mixture into 2 8.5x4.5-inch baking dishes. Bake at 350 F for about 45 minutes.

Drop Sugar Cookies

2 1/2 cups flour, sifted
3/4 tsp. salt
1/2 tsp. baking soda
1/2 cup margarine
1/2 cup vegetable shortening
1 1/4 cups sugar (divided use)
1 tsp. vanilla
1 egg
2 Tbsp. milk

1. Sift together flour, salt and baking soda in 1 bowl.
2. Cream margarine and shortening together in a separate bowl with an electric mixer. Gradually beat in 1 cup of sugar until light and fluffy. Beat in vanilla and egg.
3. Add flour mixture to the wet mixture; beat until smooth. Beat in milk.
4. Drop cookie mixture by the teaspoonful, about 3 inches apart onto greased baking sheet. Dip flat-bottomed glass into remaining sugar; use glass bottom to flatten each cookie. Bake 12 minutes at 400 F.

Poppy Seed Pound Cake

1 box Duncan Hines Butter cake mix
4 eggs
1/2 cup sugar
3/4 cup vegetable oil
8 oz. sour cream
1 1/2 Tbsp. almond flavor (optional)
1/4 cup poppy seeds

1. Blend together first 6 ingredients with electric mixer for 4 minutes.
2. Blend poppy seeds into mixture.
3. Pour mixture into greased Bundt pan. Bake at 325 F for 50-55 minutes. Cool in pan for at least 10 minutes before inverting onto serving dish.

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