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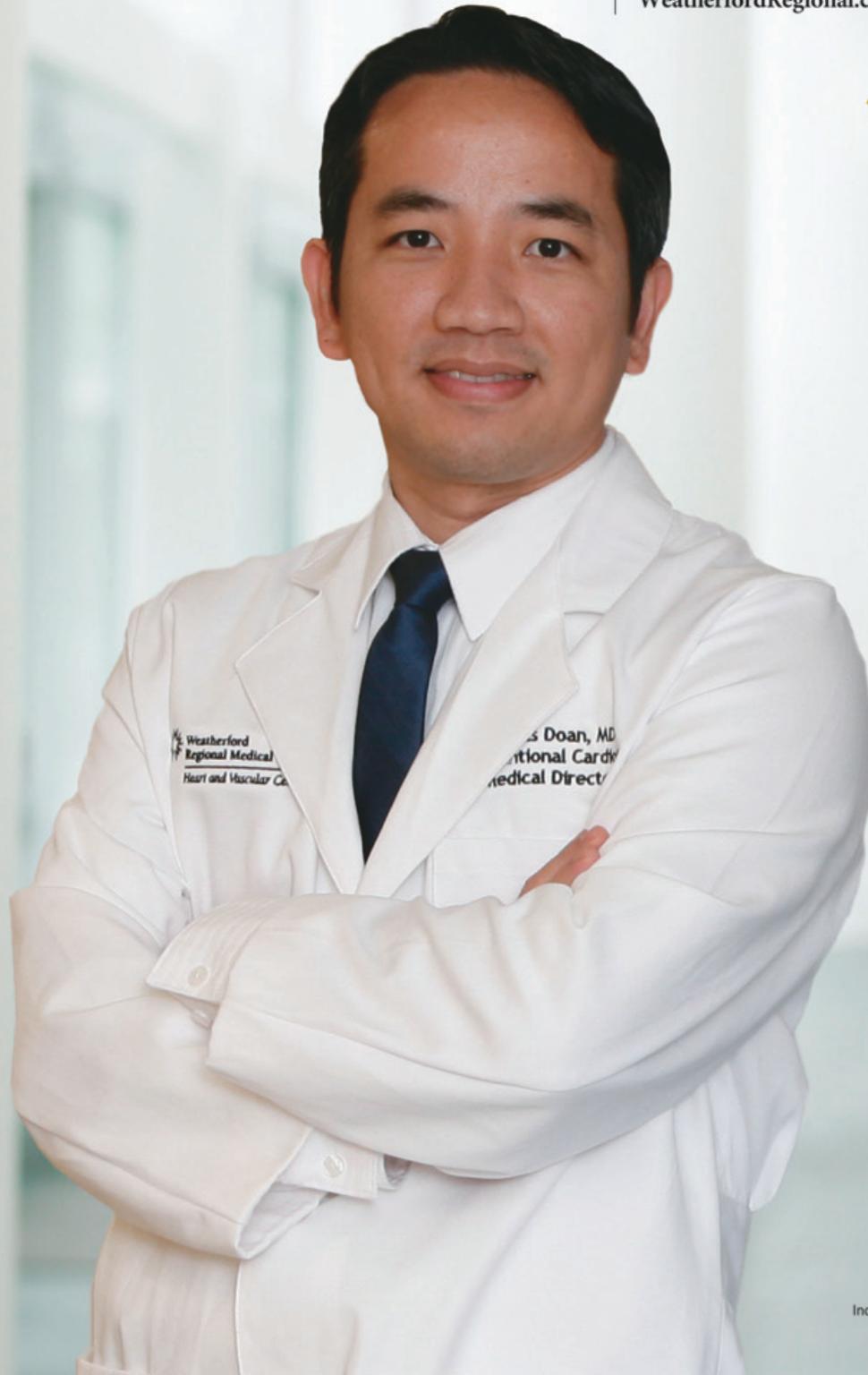
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ON THE COVER



Selma Johnson encourages women through her work.

Photo by Vanessa Polozola.

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Editor's Note

Hi there, WeatherfordNOW readers!

May is a busy month! Mother's Day is right around the corner, and students are preparing for graduation or the summer break. And, Cinco de Mayo, marking Mexico's independence from France, will be celebrated in local cantinas on the 5th.

Grills and barbecue pits will also be lighting up as family and friends celebrate Memorial Day on May 27. Don't forget to display your American flag and take a moment to remember the thousands of veterans who have given their lives for our freedom.

The VFW Post on Zion Hill Road is hosting a breakfast starting at 7:00 a.m. on May 27. The Parker County American Legion Post 163 will also honor fallen veterans at Memorial Gardens Cemetery at 10:00 a.m. and at East Greenwood Cemetery at 3:00 p.m. Without the brave military service members who gave so much, our world would not be the same.

Take care,

Amber

Amber D. Browne
WeatherfordNOW Editor
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“THEY SAY YOU
WANT TO HEAR
MY STORY.
I'M NOT SURE
WHY.”

In May 2012, Selma Johnson pattered onto stage at the Ms. Senior Parker County pageant. An oversized coat, old hat and bark cane, inferring a state of old age. “They say you want to hear my story. I’m not sure why,” she said. “Where’s my husband, Chop Johnson? He’s my starter and keeper. His real name is Walter, but it doesn’t fit him.” She peered over the audience. “Guess he stayed home tonight. I’m supposed to tell you what it’s like to grow old. What do you mean I’m growing old?”

GROWING OLD WITH BEAUTY

—By Lisa Bell

With that, she tossed the cane aside, throwing off the hat and coat. “I’m not growing old. I am old.”

Selma continued with a monologue she rewrote based on a poem called “Warning,” by Jenny Joseph. Naming all she could still do, she acted out each one of the things she has done her in life (such as skydiving and dancing) with pictures displayed on a screen behind her. She ended by saying, “And I can just be me.”

Later, the contestants sat on stage waiting for the judges’ decision. Suddenly her 16-year-old grandson, acting as an escort, punched her back. She turned, giving him that grandmother look — the one clearly asking, “What are you doing?” He’d behaved so well up until then.

“Nana, you won. Get up,” he exclaimed.

She already picked out the winner, and it wasn’t Selma Johnson. “It was a nice surprise,” she said. “What an honor for Carmen Ashby, the 2011 Ms. Senior Parker County, to crown me.” She admired the 98-year-old, who was the epitome of aging without growing old. Carmen passed away this past January. “She was quite a lady. A lady of charm,” Selma said.

Selma entered the pageant, which benefits Meals On Wheels, as a dare of sorts. Why not? It would be fun and support one of her favorite charities. She never dreamed of winning.

Fifty years earlier, Selma had been crowned Miss Flame of River Oaks. So it wasn’t her first time to win a pageant. Selma was born October 24, 1944, in Fort Worth. When her mother saw extreme shyness in her daughter, she entered her in beauty pageants and speech classes to overcome it. “I hated them,” Selma said. “Looking back, the pageants weren’t about beauty. They helped me talk to people and not be afraid.” As she looks forward to competing in the Ms. Texas Sr. Classic in August, she doesn’t look at outer beauty. She sees only what lies inside. “The Lord gave me some gifts, and I’m using them,” said the vivacious woman, who is quickly approaching her 70th birthday.

Selma spent most of her life as an uncrowned beauty queen, aimed on one thing — encouraging women. She began her ministry career at North Richland Hills Baptist Church. In a repeated pattern, she accepted positions, organized and started ministries for women, children and adults, and then moved on to a new place. She soon accepted this as normal — not expecting



long-term positions. That wasn’t her calling.

Her ministry took her to other countries, educating women who hungered to learn. Her first overseas trip took her to Korea for two weeks. Selma spent time in Sri Lanka, and once she spent two weeks in Peru, living on a boat in the Amazon River with 37 women and one bathroom. They taught in a Shipilo Village. Another trip took her to an orphanage in Tenali, India, for about three weeks, where guards escorted her everywhere, locking the hotel room from outside at night for safety.

After 45 years on staff at some of the largest churches in the United States, she founded Kaleidoscope Paths, a speaking/consulting ministry, and retired from a position at a large nondenominational church near Las Vegas, Nevada. Her husband, Chop, managed the church-owned restaurant. They worked together for the first time, yet with differing schedules, they seldom saw each other. The Johnsons decided to pack up and move home to Texas to be closer to family.

Retirement didn’t slow her down. Operating in personal ministry, she traveled, spoke and wrote. “For some reason my family didn’t think I had enough to do. They’d ask when I was gonna get a job,” she said. She spotted an advertisement for a position at Freedom House as a sexual assault coordinator. She’d never worked an eight-to-five job, but the idea appealed to her,



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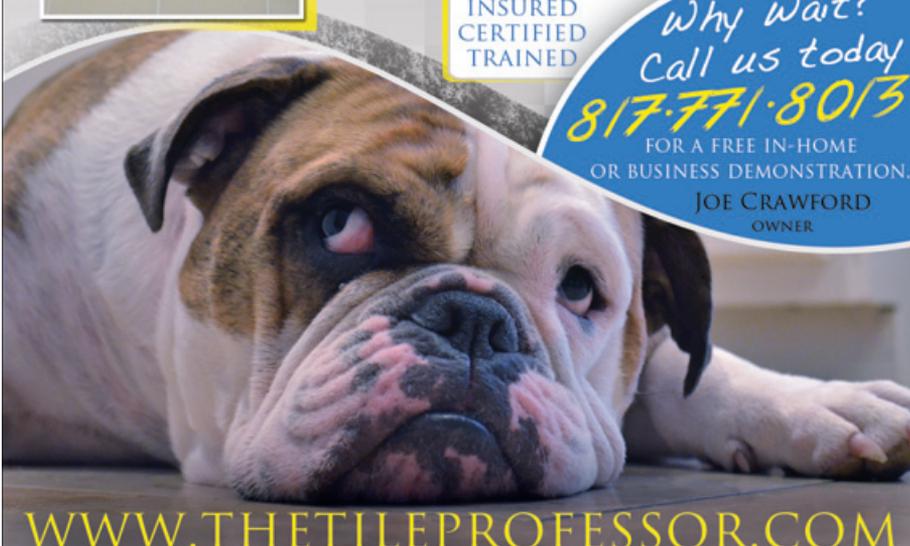
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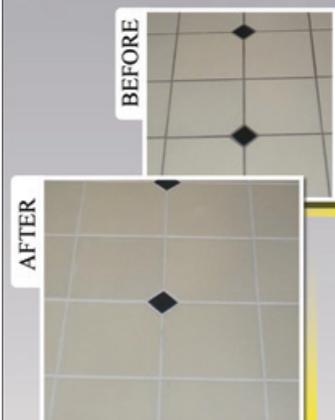
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and she met the requirements. Somewhat uncertain about the job, she applied.

The offer call came the day her brother-in-law passed away. She told them they'd have to wait, but accepted with an understanding she had obligations with her ministry. Her first assignment — to create a prevention program as part of a proposal for a grant needed to pay her salary.

The education the girl received had literally saved her life.

Selma wrote curriculum for children and adults focused on education about sexual assault and prevention. Her crowning achievement arrived when she went to Austin, stood before the state House and Senate and read a thank-you



letter from a 14-year-old girl. The education the girl received had literally saved her life. The Texas Association Against Sexual Assault approved the materials, which Selma and a group of volunteers now teach in schools. Selma was recognized by the association in March as the 2012 Community Engagement Award winner.

She volunteers for many organizations in Parker County, including Zonta, the Carecity Foundation and as chaplain with the Guardians of Children. She also serves on the board of Freedom Horses.

Chop is her biggest supporter, but no one gets away with addressing him as Selma's husband. They respect each other's need for independence. They met in 1964 on a blind date, when her sister said, "You have to meet Chop."

"Yeah right," Selma said nonchalantly. "I need to meet some man named Chop?" He had tickets to see *South Pacific* at Casa Mañana in Fort Worth,

and when his date got sick, she agreed to go. He took her to dinner, the play and then out for coffee, where they talked until the staff made them leave.



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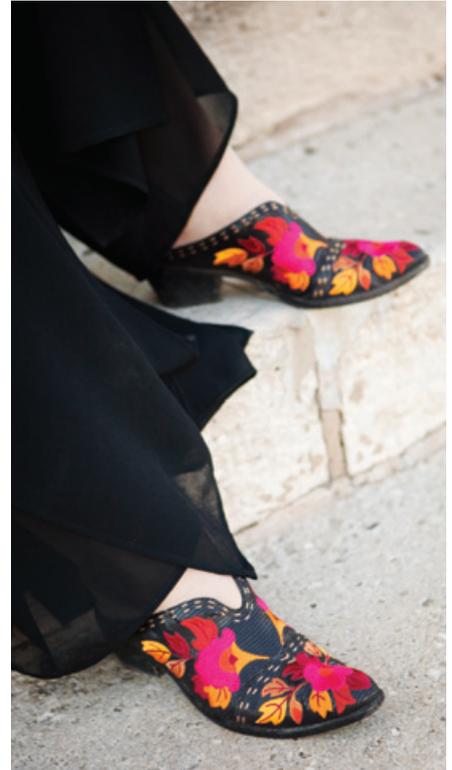
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On their second date, he took her to The Palace Theater in Fort Worth for the premier of *The Sound of Music*. They met in June and married in September. People said it would never last. Forty-eight years later, they still spend hours on Saturday mornings sipping coffee and talking. Through ups and downs in marriage, they haven't quit. Selma recently asked if he regretted it. "You've had the opportunity to have a career," Chop answered. "Why should I squash it down and squash you down? I had different things I could have pursued, but the Lord didn't open those doors."

Perhaps his attitude gave her the encouragement she needed to teach women all over the world to live in freedom. For now, she continues making memories. Perhaps one day, she'll write them all down. Until then, look for Selma, dressed in purple with a hat, perhaps complete with a crown. **NOW**



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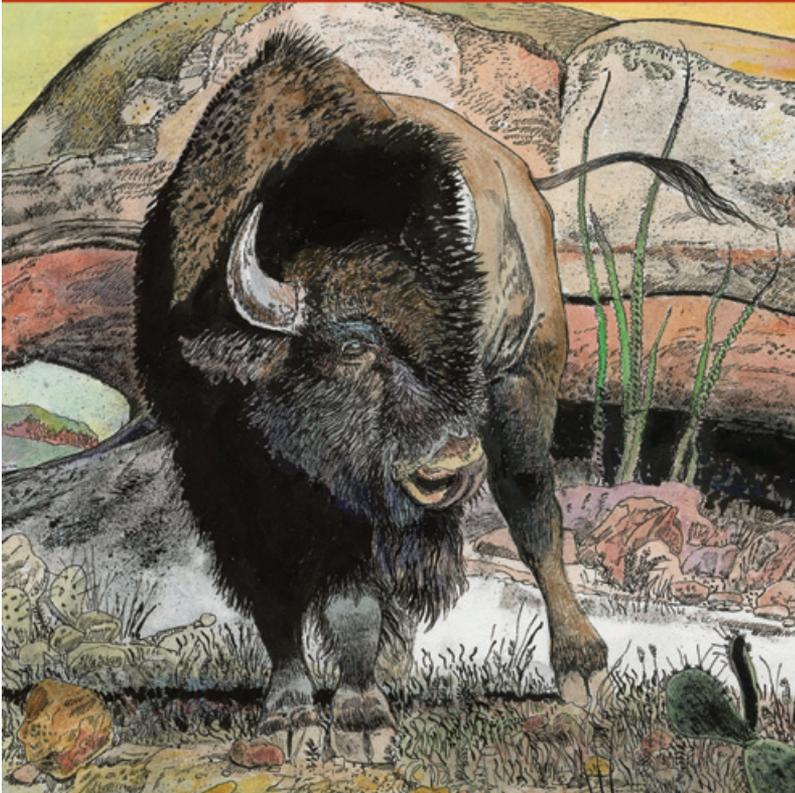


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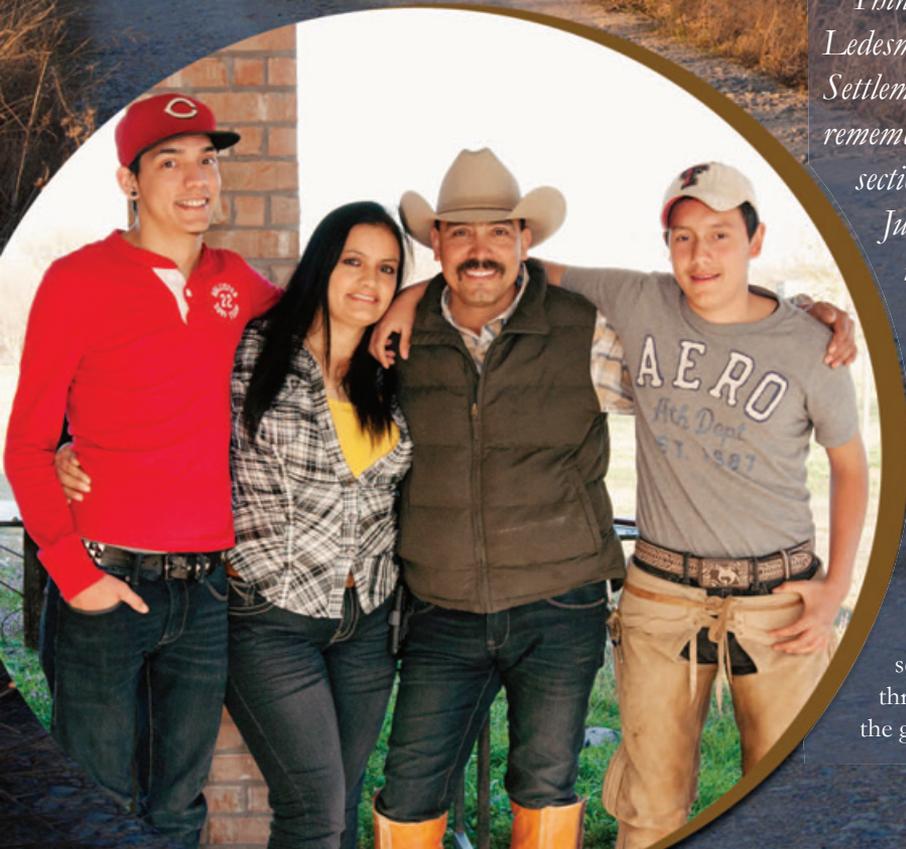
— By Amber D. Browne

AT HOME WITH TONY AND SOFIA LEDESMA

Thinking back to 2002 when Tony and Sofia Ledesma first purchased their five-acre lot off White Settlement Road in Weatherford, the couple fondly remembers the quiet, dark nights. They built the first section of their home in 2004 and moved in that June. “When we moved to this place, there was nothing. Nothing,” Tony recalled. The landscape has changed over the years, with houses on five-acre or more lots now dotting the neighborhood.

Tony was the main contractor on his home and built it down a long gravel driveway, far from passing traffic. “I don’t want to hear anybody’s cars,” he said. “I don’t want to hear anything.”

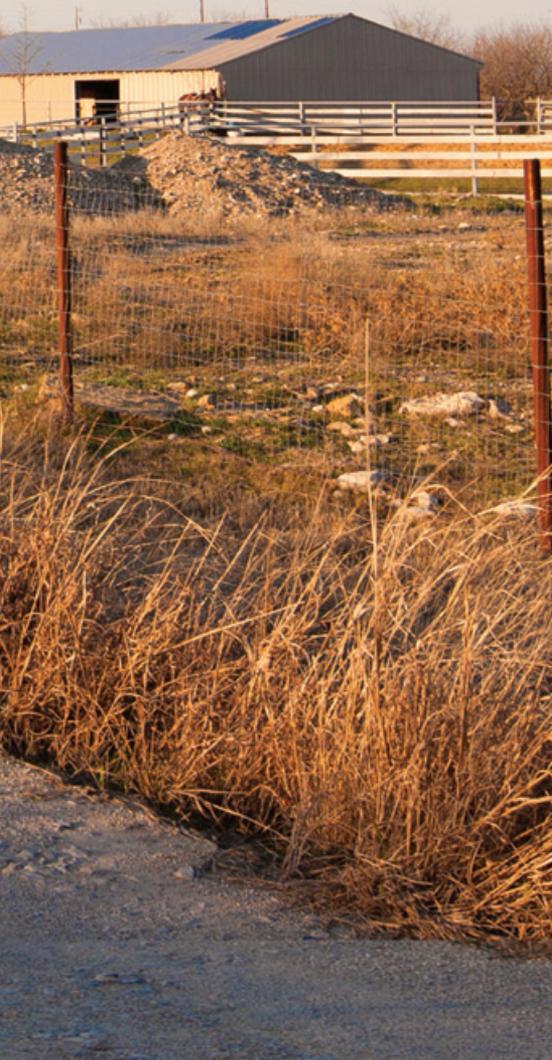
He wanted to add more space and a garage, so he attached an addition to their one-story home a few years after they moved in. The first floor of the new section gives his family a garage large enough to park three vehicles including his dually truck. A doorway from the garage leading back into the main home brings visitors



to an oversized staircase, leading to the new upstairs addition. "It's not normal," he said about the extra-wide, wooden staircase. "It's commercial standard. It's for safety. Just in case there is an evacuation, you can get out a lot quicker," Tony explained. It also gives him more space to move furniture.

"I built two bedrooms, one bathroom, a living room and workout room," he said. "It's still not 100-percent complete." He converted a patio into the window-lined workout room, where he and his family spend a lot of time. The space houses weights for his sons, as well as a bicycle, treadmill and other workout equipment.

The upstairs living area is painted in neutral colors with white trim and beautiful, dark wood flooring. The upstairs area gives the Ledesma boys, Cesar and Christian, plenty of space. Dark green walls and dark wood furniture make it cozy in one of the boys' rooms. Their other son's room is an earthy



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yellow color. They share a full bathroom painted a bright coral and make the most of their loft, hanging out upstairs to play video games.

Back downstairs, a computer desk is tucked into a space in front of the large staircase. Stained concrete floors lead to another living area. In the corner, the Ledesmas have created a shrine for their infant granddaughter, Aaliyah Nicol. The Ledesmas are Catholic and have candles, flowers and other keepsakes on a table to honor the baby. "This is the Niño Dios,



the God baby. This is the Santo Niño. It's the Saint baby," Tony explained.

In the main living space, a colorful painting of *The Last Supper* brightens up the wall above another big screen television. A photograph of their daughter, Gabi, dressed in a beautiful white dress at her quinceañera is proudly displayed along with other family photos. Tony and Sofia often curl up on their leather sofa to warm up by the fireplace on crisp north Texas nights.

A fuchsia-colored hallway leads to three bedrooms. They have one room for their granddaughter to sleep in when their daughter and son-in-law visit. Two other brightly painted guest rooms give the Ledesmas plenty of space for overnight guests. "All different colors," Tony said. The master bedroom has a king size bed and full bath just for Tony and Sofia.

Sofia spends a lot of time in the kitchen, which is partially separated

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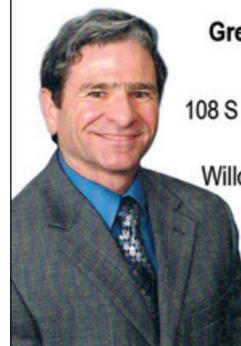
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from the living room by a wooden bar. She enjoys cooking big meals for family and friends. Tony loves her homemade tortillas. "Those get you fat pretty easy," he laughed. They enjoy hosting friends out on their large covered porch out the back door. "A lot of fajitas and chicken," he said about cooking out on the grill.

They have a vegetable garden and plant roses every year. Sofia enjoys tending the garden. "I like the flowers." She often brings in some of the colorful flowers to display them in vases. Sofia also enjoys spending time outside, entertaining friends.

Tony added a covered porch across the back side of the house, so everyone could sit and have a place to chat. Tony plans to extend another covered porch on the east side of the home. "It will be connected to the house," he said. He appreciates the shade and security from the elements that porches provide.

Just steps away from the house is a barn where Tony's two horses, Barby and Black, make their home. Barn cats also keep a close eye on things when Tony's not around. Tony enjoys spending time out in his barn with his horses. "When you're tired, frustrated, mad or something, if I had a bad day at my work, that's where I go. To clear my mind and that really helps."

Tony works full time as a safety consultant manager, providing services for The Beck Group. And, once home from work, he spends time each day riding the horses with his sons. He has even trained a few horses in his day.

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But, his hobby is rodeo. “We do Spanish rodeo.” Tony mostly competes in rodeos in the local area. “We grab the bull by the tail and knock him down. Americans grab them by the horns and knock them down,” he explained. “It’s a lot of fun to do that.” Tony wears a sombrero, which is hard, during rodeo competitions. “If you fall off the horse, this will protect our heads,” he explained. When the horses are not at rodeo or training in the ring near the barn, passersby can often see them roaming the front of the property, near a seasonal creek.

Tony grew up in Oregon and met Sofia while visiting Mexico in 1991. It was love at first sight for the couple, who has been happily married for 21 years. They moved to their home after living 10 years on North Side in Fort Worth. Tony has spent a lot of time making it their dream home. “I went crazy with this house,” he jokingly admitted. “Once all this is completely finished, it will be good.”

“My goal is to sell this house in the next three or four years.” That is when his younger son will graduate from the Aledo Independent School District. “And, the other one will get married soon,” Tony said. “So, they’re going to make their own living.”

Once his sons move out on their own and start their own families, the Ledesmas plan to downsize. “I want to buy another piece of property somewhere and build a small house,” Tony said. “We’ll get something smaller for me and my wife.” **NOW**



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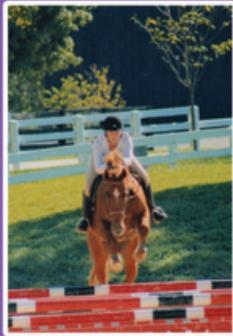
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— By Erin McEndree

Playing softball in the yard is one of the activities Paul Flora enjoys doing with his three children. When his family moved to Aledo in 2008, he looked for a softball league his girls, Gracie and Maddy, could join. He found Aledo Athletics, Inc., and found they also needed some coaches. Even though Paul never



coached before, when he was asked he agreed. He was willing to help, but more importantly, he could be involved with his girls. "After that season, I knew I wanted to keep coaching," Paul said. "I've always loved baseball. I watch every Ranger game," Paul said. "I like watching. I love playing, and I realized I love coaching more than anything." He continues to help his girls and the other team members develop their skills and flourish into stronger players.

When he was 15, Paul's mom said no more snow in Missouri, and their family transplanted to Texas. "I am the first generation not to farm," Paul recounted. He attended Grapevine High School where he met his sweetheart, Shannon. They were married in 1997 and now have three children — Gracie, 9; Maddy, 7; and Ian, 4.

"I like watching. I love playing, and I realized I love coaching more than anything."

Paul works at Lockheed Martin as a materials engineer. "Growing up, my dad and I would go to Aledo to get firewood. It reminded me of my home town, Fayette, Missouri, with a population of about 1,900 people," Paul reminisced. "I loved the community of Aledo. When we realized [our town] was growing too fast, we decided to move. It had to be Aledo."

When Gracie was only 4, Paul got her a left-handed glove and they began playing ball in the yard. After moving to Aledo when she was 5, the softball

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commissioner approached Paul and asked him to be an assistant coach for the 7- and 8-year-old team. He agreed with one concession, that even though Gracie was 5, she could play on the older team so he could spend time with his daughter. "The team was co-ed," Paul said. Maddy's 3-year-old team needed a coach, too. Her division was called Honk Ball, because the bases honk when a player steps on them, giving smaller kids an incentive to step on every base when they run around the diamond and deters cutting corners. Paul enjoys the extra time spent coaching both his daughters. He loves teaching them the skills of softball and is also building a lifelong bond filled with fun memories.



Paul teaches the girls how to judge the speed of a ball to hit effectively. He teaches them about perfect timing, so the most energy is put on the ball when they swing. He teaches them to stand relaxed and comfortable for the best balance.

"The first year of coaching was difficult," Paul admitted. He had never pitched before, and he also had to interact with parents. But he must have done something right, because people started requesting him as their coach. "When kids give me a hug when they see me in off season, I know it is worth it," Paul said. "I want them to keep playing, and when they return the next year, it's worth it because I know they enjoy it."

Gracie and Maddy like having their

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daddy as a coach, too. Paul gave them a choice to play for another coach, but they chose their dad. "I love it, because he's my dad, and because he makes it fun!" Maddy exclaimed.

After the first year, Paul noticed Maddy needed something to improve her softball skills. Paul tried her on a left-handed glove. "I thought it was statistically impossible [for both my girls to be left-handed], but Maddy improved within two weeks," Paul said. "What's even better is apparently my son, Ian, is left-handed, too." Statistically, having three left-handed children is off-the-charts rare, but it works for them.

Maddy has a passion for softball. She is serious about practice and focuses on learning skills. "She is really part of the field," Paul said. "Gracie and Ian are there to have fun. They figure if their friends are playing, they will too."

Gracie now plays kid pitch, and Paul is her team's assistant coach. "He makes it really fun, and I get to play first base," said Gracie, who really enjoys the sport. "I like softball because your size doesn't matter. All you have to do is be able to throw, catch, hit and run."

Many of the dads in their neighborhood coach. They got together and had a practice in Paul's large backyard. "It was nice because I could work around my schedule," Paul said. Paul liked practicing at his house so much he decided to build a batting cage. He put poles in the ground and welded

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the frame together. He put 70 feet of netting around the cage. Now, he has two pitching machines for his girls and the team to use for practice. Paul liked the idea of practicing at home so much he sowed his backyard with rye and Costal Bermuda. Now other coaches call him to see if they can practice at his house. Shannon and the kids like the space for more than playing softball. They can run around, fly kites and have fun on their large property.

Paul is on the board of directors for Aledo Athletics, Inc. and is also a co-field director. His duties include grooming the field before the games, getting bases set, landscaping and some mowing and painting.

Paul likes the fact the girls haven't gotten tired of playing softball. They have played in the spring and fall for four years in a row. "I think both girls are good. They want to play through college," Paul said. "Maddy got interested in pitching this year, so she takes a pitching class once a week." Practicing the skills needed to be a good softball player involves muscle memory. Continuous practice of the fundamentals is important, and they are all dedicated to working hard to keep their skills honed.

"It is great to see the girls learn [skills] and see them get stronger. It is the most amazing feeling to see them accomplish goals," Paul beamed. "I love being on the field and watching them play. I have the best seat."

As long as Paul's girls play, he will coach and help them achieve their goals. "I love getting to help. I love coaching even though I'm not the best coach, and I love Aledo," Paul said. "The parents really seem to care about their kid's education." Being able to go in the backyard to practice is convenient. Just like the movie line in *Field of Dreams* suggests, "If you build it, they will come." This has also been true at Paul's house. He wouldn't have it any other way. **NOW**



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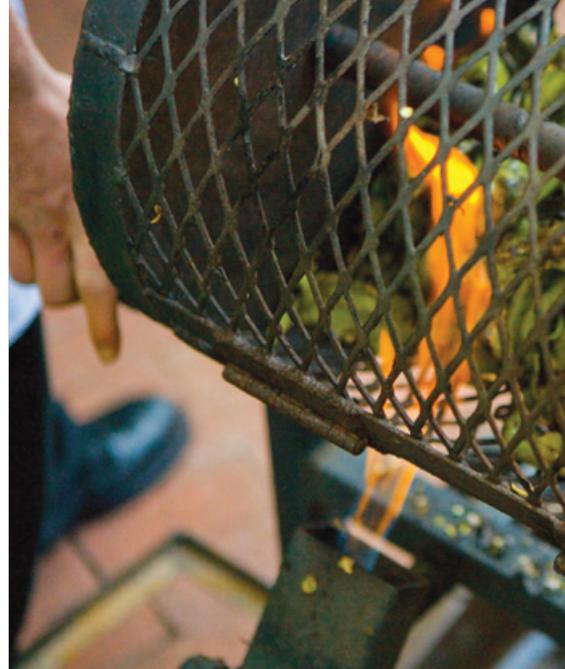
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You can find chile on the menu year-round in Albuquerque. Some local favorites include green or red chile stew, blue corn enchiladas and carne adovada (pork simmered in a red chile-based stew) and for dessert, *sopapilla*, a fried puffy pastry best enjoyed with a drizzle of honey. If your mouth isn't watering yet, that's OK. Albuquerque has a diverse array of culinary offerings that will satisfy any appetite.

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out a local film tour for a glimpse at popular site locations. It's Hollywood without the frill, and film crews seem to like it that way.

It would be difficult to visit Albuquerque and not stumble upon Central Avenue, what was formerly known as Route 66. The city grew up along the nation's Mother Road and still flashes vintage neon signage along with aesthetic treatments modernized from the route's heyday. A visit along Central Avenue will take you from the volcanoes on the city's far west side past Old Town, the ABQ BioPark, into downtown and through the trendy Nob Hill district. It's one of the longest preserved stretches of Route 66 in an urban area.

Albuquerque's neighborhoods are as diverse as its culinary offerings. For familiar, upscale retail and dining options, check out the ever-developing ABQ Uptown, the city's newest shopping district. Visit Old Town for a taste of Southwestern history with local shops, galleries and museums. Enjoy dinner and a cocktail in trendy Nob Hill, featuring some of the city's best restaurants, boutiques and nightlife options.

New Mexico is commonly referred to as The Land of Enchantment. How appropriate that enchantment, by definition, means to fill (someone) with great delight; charm. Whether it's the people, the sky or the chile that beckons you, prepare to be enchanted by Albuquerque. It'd be hard to resist such an invitation. **NOW**

By Kelly Ryan. Photos by Albuquerque Convention & Visitors Bureau. For more information on planning your trip to Albuquerque, please visit www.ItsATrip.org or @VisitABQ on social media.



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Saturday: 10:00 a.m.-5:00 p.m.
Closed on Sundays



The Resale Secret has plenty to offer from clothes and accessories to shoes and home decor.



Secret of a Good Find

Shirley Clark offers high-quality merchandise without expensive prices at The Resale Secret.

— By Amber D. Browne

At The Resale Secret in Weatherford, it's always a win-win. The high-end consignment shop gives customers great merchandise at a great price. And, it pays consignors a certain percentage of the sale, while clearing out some space in their closets. "Instead of having a garage sale and getting a dollar for it," said owner, Shirley Clark, "we're doing them a service by selling it. And, they make a little money. I make a little money." The Resale Secret offers a wide variety of clothing — both women's and men's — jewelry, purses, shoes and home decor. And any item with a hole punched on the tag is half off daily.

Shirley has always loved resale. "I like to dress nice, but I don't like to pay the prices," Shirley confessed. She was one

of six children. "My mom dressed us in resale," she explained. She took that passion for resale and decided to become an entrepreneur when she and her husband, Phil Clark, moved to Weatherford.

"I always dreamed of having my own business," she said. "I was just out shopping one day and saw the space." She first purchased the Elegance Designs shoe store in 2009. She decided to begin offering consignment to her shoe clients. Shirley joined the East Parker County Chamber of Commerce and became a member of the National Association of Resale Professionals to stay educated about the business. She moved into her current location just steps away from the first space, and eventually

changed the shop's name to The Resale Secret. "We have stayed open the last four years out of pure faith, with the help of the Weatherford community, too."

Business has picked up, so Shirley decided to do some remodeling. The shop has doubled in size and now boasts 3,200 square feet of retail space. "There's more room. It's not so cramped." Racks and racks of clothing, from Gap and Ralph Lauren to Ann Taylor and Nordstrom, fill the space, with shelves full of shoes and purses.

The customers know where to go to find exactly what they're looking for inside The Resale Secret. "I'm really picky about being clean and organized," Shirley admitted. She has about 1,500 consignors, so Shirley and her staff put out about 100 new items each day. "We require clothing to be cleaned, pressed and on hangers when they bring them in. If they are stained, we don't take them." She also only accepts clean shoes, with no toe-prints. "We have a lot of consignors who buy shoes and then never wear

"Anything a woman would like!"

them." Shirley often donates merchandise left behind by consignors to Manna, the South Main Church of Christ or the Weatherford senior center. "It helps the community all the way around."

The Resale Secret previously sold prom and wedding dresses, but Shirley has decided to end that tradition. She still offers party and cocktail dresses, along with tuxedo rentals.

The clothing offered at The Resale Secret changes with the seasons. "Anything a woman would like!" And, with the addition of housewares, there are plenty of gift ideas for Mother's Day. Gift cards are also a nice choice.

Shirley has one employee, Bonnie Odom, who takes care of pricing the merchandise and making sure it is up to The Resale Secret's standards. "People don't have to pay full price," Shirley said, about the high quality merchandise at The Resale Secret. "They can come here to get it." **NOW**

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Several Zonta Club of Parker County members meet for their monthly luncheon at the Alkek Fine Arts Center.



Lisa Watson of the Texas Pythian Home receives a donation from Lance Winter, president of the Rotary Club of Weatherford.



Gunnar Keye grabs breakfast from Carol Herrero at Aledo Donuts.



The Weatherford Art Association acknowledges Rebecca Glasgow with first place in its February Artists of the Month for her oil painting titled Pots and Bowls.



The Weatherford High School varsity baseball team wins the Jerry Durant Classic Tournament.



Stephen F. Austin Elementary School second graders perform Peter and the Wolf.



Dallas and Jamey Stuart warm up for tee-ball tryouts with Aledo Athletics.



Several young models prepare for the catwalk at the Belk Kidfest Fashion Show.

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Do Women and Men Invest Differently?

Several years ago, a book titled *Men Are From Mars, Women Are From Venus* was quite popular. As the title suggests, the book argues that men and women are vastly different from each other, particularly in their emotional needs and in the way they communicate. While not everyone agrees with the notion that men and women might as well be from different planets, most of us would probably concur that the two genders frequently behave differently — and this divergence in behavior may also show up in the way we invest.

In fact, various studies and anecdotal evidence suggest the following differences in the way men and women invest:

Men tend to trade more often than women. Men seem to buy and sell investments more frequently than women. This difference could result in an advantage for women investors. For one thing, those who trade less often may incur fewer commission charges, fees and other expenses, all of which can eat into investment returns. Also, by holding investments longer, women may be able to take better advantage of market rallies. During the 2008-2009 financial crisis, for example, men were more likely than women to sell shares of stock at market lows, which led to bigger losses among male traders — and fewer gains when some of the stock values began to rise again, according to a study by Vanguard, a mutual fund company.

Men tend to invest more aggressively than women. Perhaps not surprisingly, men seem to be more willing to take risks with their investments. This trait can be both positive and negative. On the positive side, risk is associated with reward, so the more aggressive the investment, the greater the potential for growth. On the negative side, taking too much risk can speak for itself. Ideally, all investors — men

and women — should stick with investments that fit their individual risk tolerance.

Women are more likely to look at the “big picture.” Although both men and women investors want information, women seem to take a more holistic approach — that is, instead of focusing strictly on performance statistics, they tend to delve deeper into their investment’s background, competitive environment and other factors. This quest for additional knowledge may help explain why all-female investment clubs have achieved greater returns than all-male clubs, according to a study by the National Association of Investors Corp., which represents thousands of investment clubs across the country.

Men may be more optimistic about the financial markets. Some studies show that men are more optimistic about key economic indicators and future stock market performance. Optimism can be a valuable asset when it comes to investing: If you have confidence in the future, you’re more likely to invest for it, and to continue investing. On the other hand, false optimism may lead to overconfidence, which can have negative results for investors.

Neither men nor women have a monopoly on positive investment behaviors; each gender can probably learn something from the other. Ultimately, of course, it’s your decision making, not your X or Y chromosomes, that can determine your ability to make progress toward your long-term goals. So educate yourself about your choices, and get the help you need from a financial professional, as you invest through the years. **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.

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Help for a Good Day

— By Betty Tryon, BSN

Your first conscious feeling when you wake up in the morning could be a great barometer for determining whether this will be a good day or a bad day for you. Your mental health can lift you up or hang around your neck like a wet blanket. It is just as important as your physical health, and the month of May is designated as National Mental Health Month in the United States. This month, advocates for good mental health hope to raise the awareness of its importance and the realities and challenges of mental illness.

Your mental health is defined as your overall approach to life. Those who enjoy a good sense of mental health generally boast positive feelings of well-being and are able to appreciate their life and enjoy other people. The challenges that come with day-to-day living can be handled in an appropriate and satisfying manner if you have a positive outlook. Many factors determine your mental health. How you are physically is one factor. If you are suffering from a chronic, debilitating disease, the stress associated with the disease will negatively impact your mental outlook. Stress is unavoidable in life, but an overload of it can literally kill you. Sometimes, in addition to your physician, a mental health care professional can offer just as much in the area of treatment.

Your mental health status reaches into every corner of your life. For example, it can affect how you eat. Many times, food is used for comfort. Overeating can lead to obesity and a host of complications. Having an unhealthy self-image and a lack of self-confidence can lead to destructive eating patterns. A teenager experiencing this may engage in bingeing or become anorexic.

There are many things you can do to improve your mental mood. Sometimes, it helps to get a fresh perspective: take a walk in the fresh air, chat with a trusted friend, avoid the company of those who have a negative outlook, watch an upbeat and positive movie, exercise, get a good night's sleep, take the time to work on something that brings you pleasure. If you need help, do not hesitate to contact a mental health professional. Contacting one no longer has the stigma it did in the past. Because of the efforts of those who diligently work in the field of mental health, attitudes have changed for the better. People are more open to help and are more accepting of mental illnesses. Just as you guard your physical health, your mental health needs attention, too. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician for questions regarding this topic.

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Beads and Rawhide: Heritage of the Plains Indians: **Monday-Friday** 10:00 a.m.-5:00 p.m.; **Saturday** 11:00 a.m.-4:00 p.m., Museum of the Americas, 216 Fort Worth Hwy. Enjoy an overview of the Plains Indians stretching back to the period of the horse and buffalo. Visit www.museumoftheamericas.com for more information.

May 2

Parker County National Day of Prayer: 7:00 p.m., Weatherford ISD Ninth Grade Center, 1007 S. Main St. Join others from all religions to pray for the nation. Visit www.ndpparkercounty.org to find out more.

May 3 — 5

Greenwood Farm Horse Trails: 8:00 a.m.-3:00 p.m., 2100 Greenwood Rd. Come out and watch a horse triathlon including dressage, stadium jumping and cross-country jumping for free while picking up a few goodies from vendors. Contact Christie Tull at (817) 599-8159 or visit www.greenwoodfarmonline.com for more information.

May 4

2nd Annual Weatherford Food Truck Bash: 3:00-10:00 p.m., Albertson's Parking Lot, 225 E. Spring St. Bring a lawn chair and enjoy live music and great food while benefiting The Parker County Health Foundation. Visit qxfm.com/foodtruck for more information.

8th Annual GospelGrass Festival: 10:00 a.m.-10:00 p.m., Harmony Baptist Church, 242 Harmony Rd. This free event will feature multiple bands, bounce houses for the children and home-style cooking concessions. A free breakfast will be served from 8:30-9:30 a.m. Donations will be accepted to cover band expenses. Call (817) 901-7100 or e-mail ewandbj@gmail.com to find out more.

Parker County Live: 3:00-5:00 p.m., Texas Opry Theater, 315 York Ave. Young country bands will entertain guests. Call (817) 341-1000 or visit www.parkercountydrive.org for more information.

May 9 — 11

Trinity Christian Academy's Spring Musical, *The Wizard of Oz*! 7:00 p.m.

nightly, 1:00 p.m. **Saturday** matinee, TCA Campus, The Barber Gym, 4954 E. IH-20 Service Rd. South, Willow Park. Tickets are \$12 for adults and \$10 for students. Visit www.tcathewizardofoz.eventbrite.com or call (817) 441-5897 for more information.

May 11

First Annual "Blooming Car Show:" 9:00 a.m.-3:00 p.m., Heritage Park, 200 Santa Fe Dr. The Parker County Cruisers' car show will feature antiques, classics, street rods and motorcycles. You can find out more at www.parkercountycruisers.com or by calling (817) 320-4280.

Millsap Log Cabin Days: 8:00 a.m.-3:00 p.m., downtown Millsap, 200 Fannin St. The event includes a Trail Ride starting at 8:00 a.m., Kiddie Pedal Tractor Pull races and candle making and flint fire starting demonstrations. Don't forget raffle drawings, log cabin tours and plenty of food booths and other vendors. For information call (940) 682-4667 or visit www.waldenfarmandranch.com.

May 12

Mother's Day Luncheon: 10:00 a.m.-5:00 p.m., Clark Gardens, 567 Maddux Rd. Treat mom to a tasty lunch and capture a photo on a trip through the Gardens. A buffet brunch by Brioche Bistro will be served from 11:30 a.m.-1:30 p.m. Call (940) 682-4856 to find out more about pricing and make a reservation.

May 17

May Madness Block Party - Canned Food Drive: 5:00-9:00 p.m., 118 S. Main. Small businesses will offer food and fun for the children. Carriage rides, bounce houses and live DJs will entertain. Contact (817) 587-8947 for more information.

Careity Hats Off to Heroes: 5:30-8:30 p.m., Clear Fork Station, 4971 E. I-20 Service Road North, Willow Park. Funds raised will stay in Parker County for Careity Breast Care Center Services to provide diagnostic services, biopsies and more. Visit www.careity.org or call (817) 882-4100 for more information.

May 18

Dreams on Wings 5K and 1-Mile Fun Run: 6:00 a.m.-12:00 p.m., Parker County Physical Therapy, 879 E. Eureka St. The Hemispherectomy Foundation's annual

Dreams on Wings 5K and 1 Mile Fun Run will support children who have undergone a hemispherectomy to prevent seizures. Visit www.hemifoundation.org or call (817) 312-2265 to find out more.

Walk to End Lupus: 9:00 a.m.-12:00 p.m., Texas Pythian Home, 1825 Bankhead. The casual walk around the Pythian Home will raise funds for people diagnosed with Lupus. For more information, visit www.weatherfordlupuswalk.kintera.org or call (817) 992-5353.

Weatherford Holistic Fair: 10:00 a.m.-6:00 p.m., BW Cutting Horse Inn, 210 Alford Dr. Area residents are invited to attend the free fair featuring holistic energy based modalities, intuitive consultations and aura photos. Contact (817) 771-2566 for more information.

Annual Shredding and Recycling Event: 9:00 a.m.-1:00 p.m., Snow Garrett Williams CPA parking lot, 1207 Santa Fe Dr. Bulldog Shredding Company will have their destruction vehicle onsite to destroy documents, computer hard drives, catalogs and magazines. For details, call (817) 596-9301.

May 28

Weatherford Chapter of the Daughters of the American Revolution Reception: 3:30 p.m., North Side Baptist Church Fellowship Hall, 910 N Main St. The local chapter will commemorate its 110 year anniversary. Contact Rebecca Henson Peters at (817) 297-7779 for more information.

June 1

Annual Pancake Breakfast Fly-In: 8:00-11:00 a.m., Mid-Way Regional Airport, 131 Airport Dr., Midlothian. This event includes classic airplanes and fighters, full motion simulator instructional flights, live music and activities for the children. Breakfast tickets: 8 and over \$7, 7 and under \$3. Parking is free. For more information, call (972) 923-0080 or visit www.mid-wayregional.com.

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



In The Kitchen With Mark Allen Johnson

— By Amber D. Browne

Inspired by his grandfather, from whom he learned to cook and bake while growing up in Fort Worth, Mark Allen Johnson took his passion for cooking and made it a career. He attended Chicago Culinary Institute and now shares his talents as a chef at Clear Fork Station in Willow Park.

He enjoys cooking Texas Cuisine and Italian Gourmet. “If you are hungry, I will cook for you,” Mark said. He has inherited old family recipes, but is always searching for new exquisite dishes and for what’s popular in other locations. Mark often invents many of his dishes. “I just start a dish with exotic spices, fresh vegetables, adding what I know is going to be the perfect taste and give a great presentation.” **NOW**

Smoked Mushroom Oyster Soup

1/4 cup vegetable stock
 1 tsp. shallot, chopped
 1 tsp. leek, chopped
 1 tsp. smoked paprika
 1/4 tsp. fresh garlic, chopped
 1 cup white wine
 2 tsp. butter
 1 cup wild mushrooms, sliced
 1 cup smoked oysters
 2 cups water
 Salt and pepper to taste

1. Combine all ingredients in a large pot. Cover and cook for 1 hour, 45 minutes on medium heat. Stir occasionally. Serve with Lavash bread.

Salmon à la Ginger

8 oz. of wild-caught salmon
 1 tsp. ginger, fresh
 1/2 tsp. roasted garlic, chopped
 1/2 tsp. crushed red pepper
 1/2 tsp. chives, fresh
 1/2 cup extra virgin olive oil
 Kosher sea salt and pepper to taste

1. Preheat oven to 425F.
 2. Place salmon in a 13x9-inch baking dish.
 3. Combine the ginger, garlic, red pepper, chives and olive oil in a bowl. Pour the mixture over the salmon, cover with foil; let set for 1 hour.
 4. Reduce oven to 350F; bake for 20 minutes. Remove from oven and uncover fish. Turn oven to broil and brown the salmon for about 3 minutes.

Rib Eye Steak

1/4 tsp. garlic, chopped
 1/4 tsp. cayenne pepper
 1 tsp. olive oil
 1/4 tsp. balsamic vinegar
 Pinch of salt and pepper
 16 oz. rib eye steak

1. Combine all of the ingredients into a bowl and mix together well. Rub the mixture on both sides of the rib eye.
 2. Place the steak on the medium heat grill for 3 minutes on each side for medium rare.

Fire Cracker Shrimp With Caesar Salad

Shrimp:

2 tsp. garlic butter
 1 tsp. crushed red pepper
 4 tsp. white wine
 Salt to taste
 5 jumbo shrimp, peeled and cleaned

Dressing:

1 tsp. garlic, roasted and chopped
 1 tsp. Worcestershire sauce
 1 tsp. Dijon mustard
 1 tsp. Tabasco sauce
 1/2 cup red wine vinegar
 2 Tbsp. lemon juice, fresh
 2 Tbsp. capers, crushed
 5 anchovies, chopped
 1/2 cup Parmesan cheese, shredded
 3 tsp. olive oil
 Salt and pepper to taste

Salad:

2 cups spring mix, fresh
 1 cup Romaine lettuce
 2 tsp. Asiago cheese, shredded
 3-4 rounds of red onions, thinly sliced
 1 tsp. sundried tomatoes, chopped
 Tortilla strips, fried

1. Mix together first 4 ingredients in a bowl. Add shrimp to mixture and stir until they are coated.
 2. Cook the shrimp in a skillet on medium heat for 4 minutes. Set aside.
 3. In a large bowl, mix dressing ingredients.
 4. Add the spring mix and Romaine lettuce to the dressing and toss until well coated.
 5. Place the salad on a plate and top with the Asiago cheese, red onions, sundried tomatoes and fried tortilla strips.
 6. Top with Fire Cracker Shrimp and serve.



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Non-Invasive Skin Tightening Procedures

20% OFF

MATRIX Fractional Co2 Skin Tightening

- is completely safe
- is nonsurgical
- has no downtime
- produces dramatic results

BEFORE

AFTER



G3 Whisper ErYag Laser Technology

Will improve uneven color and texture, minimize pore size, and reduce fine lines with minimal downtime.

COSMETIC FACIAL SURGERY

- Nasal Surgery
- Eyelid Surgery
- Browlift Surgery
- Face lift
- CO2 Laser Skin Resurfacing

PROFESSIONAL SKIN CARE

- Facials
- Chemical Peels
- Silk peel
- Fractional CO2 Laser Skin
- Tightening & Wrinkle Reduction
- Ultrasound Facial Firming

BOTOX COSMETIC

MASSAGE THERAPY

Dr. Bruce N. Epker DDS, MSD, PhD,
BOARD CERTIFIED

Dr. Meagan Hill, MD



Weight & Wellness Management

Meagan Hill, MD
Board Certified Family Medicine

Comprehensive Physical and Laboratory (Blood) Evaluation

Nutritional Assessment by Ashley Phillips, RDL

Individualized Treatment Plans Utilizing:

*Medical Management, Hormone Replacement
Nutritional Counseling, Radiofrequency Body Contouring
Radiofrequency Skin Tightening*

Look Better – Feel Better – Enjoy Life More

First National Bank

Honors community hero...

Joe Sharp



Photo by Michael's Studio

Joe Sharp

Zan Prince



Presents:

Hats
off to
Heroes

May 17th 2013

First National Bank

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