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ON THE COVER



Pottery has become Carolyn Bernard Young's favorite pastime.

Photo by Sarah McVean.

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Editor's Note

Happy Halloween, WeatherfordNOW readers!

Halloween will be here soon, and I am getting into the spirit. It's time to rummage through the attic for those spooky decorations. I'll stretch a few cobwebs in the corners and display our ceramic pumpkins on the mantel.

And, don't forget about those tasty treats for the little super heroes and princesses among us. What child doesn't enjoy dressing up in costume and hitting the pavement for some free candy? I'm sure there are a few, but for my little ones, it's all about

their candy stash on Halloween night.

Why not get into the spirit of Halloween by taking an evening tour of the Parker County Courthouse? You just may hear a few unexpected creaks along the way. Contact Joel Kertok with Parker County Judge Mark Riley's Office at (817) 598-6166 to find out more.

Have fun!

Amber

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WeatherfordNOW Editor
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Heart OF A POTTER

— By Lisa Bell

Almost 20 years ago, Carolyn Bernard Young stepped into a pottery class at what was then Tarrant County Junior College. Gravel-laced clay and a teacher who kept them from the potter's wheel didn't deter her. A second class at Lockheed Martin Recreational

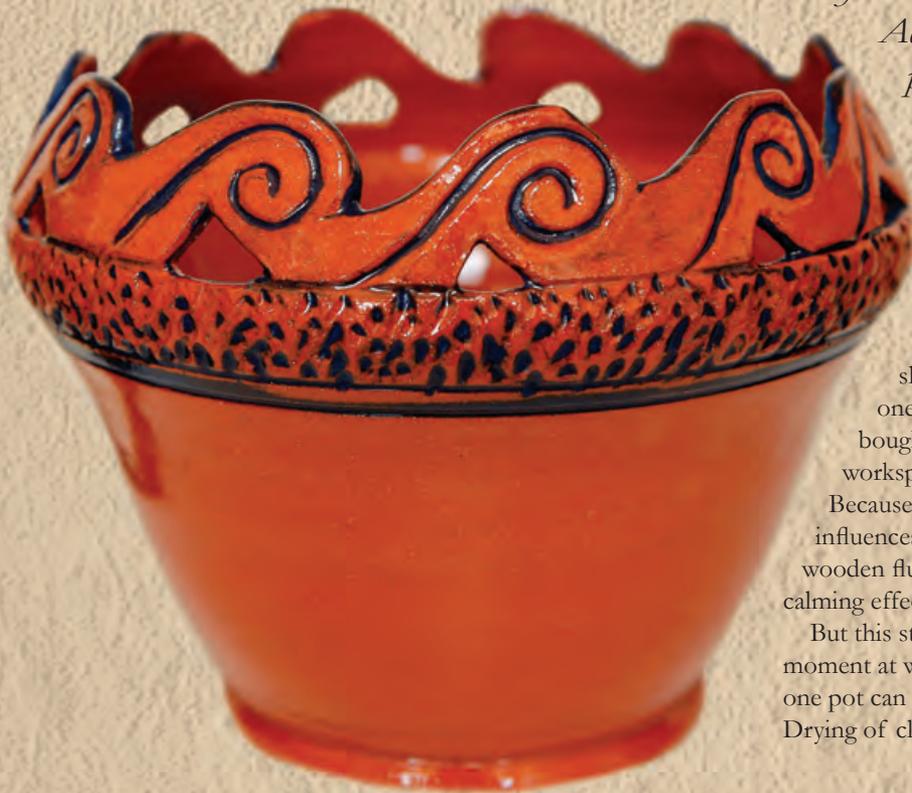
Association came with an instructor eager to get students on the wheel and commercial grade clay that didn't tear her hands. More importantly, Carolyn met Harry there — a man in his 80s who threw the most beautiful platters imaginable. He encouraged yet chastised, always pushing her to do better.

According to Harry, until you threw 100 pots, you couldn't say you could do it. He made her practice until she got it right.

"He was a taskmaster," she said, "and I loved him dearly."

What began as an outlet from a high-stress job filled with international travel became a love affair with clay. She kept working at LMRA until she acquired her own wheel and kiln for firing. At one time, she used a closet as a studio. Eventually, she bought a house and converted the two-car garage into her workspace. Now, she works in the studio of her dreams. Because of her Choctaw heritage, southwestern style influences her artwork. The studio overflows with sounds of wooden flutes and nature floating through the air, ushering in a calming effect.

But this studio isn't all fun. Although Carolyn relishes every moment at work, she takes it seriously. The process of making one pot can require as long as six weeks from start to finish. Drying of clay and layers of glaze consumes much of that time.



After
20 years,
Carolyn
still sees
throwing
a pot as
magical.



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In My Heart There Lives a Potter



However, each step takes from several minutes up to hours. Beginning with a large block of clay, she cuts off the needed amount. "When making a series of artwork, it's important to keep them the same size, so I usually weigh the clay," she said.

Next, she wedges the clay. Some people refer to this step as kneading, because it resembles kneading bread. Electricity tingles in the air as she shares a little history. "In ancient days, potters dug their own clay. Some still do," she said. "They wedged it to work out air bubbles." Today, commercial manufacturers use a process to remove the air. However, a potter cannot throw a square, stiff block on the wheel. Wedging wakes the clay so it becomes a soft, usable material. "Harry always said you should wedge 100 times. Everything was 100 with him," she said. With only a few minutes of labor, she can mold the thick chunk into a bell shape. She rounds the base, so it will stick to the wheel better and prevent too much water from getting beneath the clay. Otherwise, the piece would slide around.

After 20 years, Carolyn still sees throwing a pot as magical. She takes the lump, places it on a bat (a flat disc easily removed from the wheel), adds the right

amount of water, then pushes and pulls with her hands while the wheel is turning. She opens the top with her thumb. In less than 15 minutes, a perfectly shaped pot appears. What seems like a simple process in her hands took her years to learn. She covers the pot with plastic so drafts won't dry it too quickly. Everything she does with the clay has purpose. The art of producing a unique piece without cracks requires knowledge and care.

After drying, she continues with the next steps. Some pots have a glaze, while others carry a unique design produced from a technique called *scraffito* — an Italian word meaning “to scratch.” In this process, she literally scratches through a coating, revealing the contrasting color beneath. The carving process takes one to three hours, depending on the level of detail.

“It’s really interesting to watch her. I’ll sit across the table from her and watch. She’ll drift away,” said her husband, Sam. “A couple of hours later I’ll ask if she’s OK,” he added with a chuckle.

Multiple layers of glaze and firing in the electric kiln complete the process. She’s learned to use her wheel to decrease the amount of time required for finishing the inside of pots.

Sam is Carolyn’s biggest fan, encourager, taskmaster and devoted caretaker. The two met in 1978, but when she had an opportunity to work in Europe a year later, he didn’t give her a reason not to go. Over the years, they dated some, but not seriously. In 2011, she contacted him by email, and he didn’t waste any time. In one email, he wrote, “In my heart, there lives a potter. There always has and always will.”

Sam wanted to build a studio bigger and better than anything she’d ever had, and he did. Designing the layout, he found saloon doors to divide the back studio from the front space where she displays and sells pottery through her business, Earth to Art. As a surprise, when they finished the building, she painted the words “In my heart there lives a potter” above the swinging doors. The dual meaning comes from the heart of a potter living in her and the reminder of a sweet love. In her studio, she brings pottery to life and teaches those who want to learn. October 1, 2013, marked their two-year wedding anniversary and a grand opening of the studio.

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As Carolyn works with pottery, she takes precautions. Clay dust has a deadly affect much like the disease found in coal miners. While many teachers insist students clean their bats after removing a piece of pottery, she leaves the dried clay alone until using the bat again. Then she flushes it with water, scraping off the remains of the previous pot. In this way, she keeps her studio free from dust and protects her lungs.



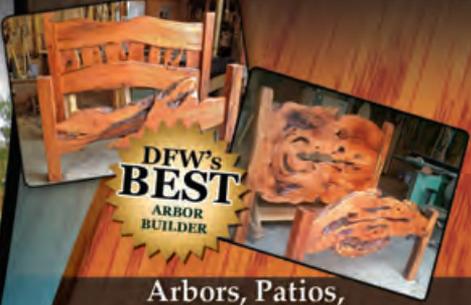
Since making pottery requires repetitive motions, Carolyn mixes things up to avoid carpal tunnel syndrome. Instead of uninterrupted time wedging followed by multiple hours at the wheel, she chooses to wedge three or four pieces of clay and throws those. She stands at the wheel to protect her back from long hours of sitting in a bent position. Then she goes back to wedge more or perhaps moves on to a different step, such as glazing or carving. She spends most of the day in the studio, although she and Sam eat three meals together each day, discussing progress. He makes sure she stops midafternoon for a break, too. Pottery is physically demanding.

Carolyn also participates in the Empty Bowls program to support local food banks. She donates glazed bowls — a few more intricate ones the organization can sell for an additional donation and a piece for their silent auction. A swirl in the bottom indicates a hand-thrown pot. Unique designs crafted with love signify the heart of a potter. **NOW**

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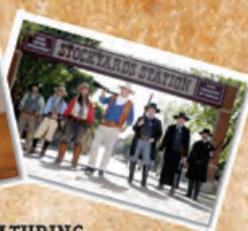
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A Lifetime OF Memories

— By Erin McEndree

AT HOME WITH Mary D. Pearson

Being surrounded by memories of good friends, good vacations and family ties brings comfort. At the Pearson Ranch, Mary D. Pearson immerses herself with mementos and souvenirs that remind her of all the things she has experienced in 87 years of life. The memories she collects in her ranch-style home reflect her fondest times growing up, visiting countries abroad and being involved in others' lives. "I have a collection for everything," Mary said. "I need a 10-story house to keep it all. Stuff is everywhere. I have boxes of china under the bed." Mary laughed as she cuddled a soft bear.



In the extra bedroom, several bears from Mary's collection sit on a quilt made by her grandmother, Mattie Clark. The material she used was bright and silky, and it still holds the luster from years gone by. Each patchwork shape has a different type of stitch binding it together, creating a unique effect.

A cabinet by the bed holds decorative boxes of every shape and size. There are so many, they are stacked one on top of another. Along the opposite wall is a whole bedroom suit from the same grandmother. The intricately carved wood of the headboard imitates the chest of drawers. "I think I was born in that bed in 1926 in a blizzard in Bowie," Mary said. Atop this bed are more bears, hats and dolls — an overflow from Mary's collections. "My husband, Fant, gave me bears. When people give me something," Mary explained, "I can't ever give it away."

Walter "Fant" Pearson was a cattleman

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who lived and worked on this ranch his whole life alongside his parents. He was born in 1907, and his family moved into the ranch house in 1912. His grandfather homesteaded with land grants from Governor Sal Ross in the early 1800s. He helped operate a threshing crew, raised steers and drove them to the Fort Worth Stockyards. The ranch was also a working dairy. "My husband drank tea every morning about 4:00, then he would go to the barn, feed and milk the cows," Mary said. "He would come



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in, eat breakfast and go out again to clean up the barn.” He had the same routine in the evening, too.

Fant lived to be 97 years old. He was the last of nine children in the Pearson family. He loved the Dickey community. His grandfather donated land for the Dickey Cemetery where he is buried. “Fant loved this place,” Mary shared. “He said he was going to take it with him.”

Mary giggled as she brought out a poster advertising homecoming for the Dickey community. Every year, Mary can’t wait for the reunion. This year, the small community northeast of Weatherford turns 155 years old. Several events are held at the Clear Fork Baptist Church to celebrate its existence. Mary remembers her first Dickey homecoming. “Fant and I were married between his morning and evening milking. We attended the homecoming the very next day,” Mary laughed. “He had to milk the cows, so we delayed our honeymoon for a while.” This year, Mary was the oldest member present at the homecoming.

Mary continues to raise cattle on the 304 acres. Pearson Ranch Road runs through the property. Lately, Mary feels dismayed by what people call progress. She now has power lines towering over her land, and gas drilling machinery mars the view once nothing but cows and pasture. She has 30 head of mostly Angus cattle and two donkeys named Lady and Pokie. “The donkeys keep coyotes away from the cows,” Mary said. “Pokie has a cross on his back. He is like the donkey Jesus rode.” Mary admits she is slowing down this year and neighbors help her tend the cattle.

One of Mary’s biggest collections is teapots. They’re all over the house in cabinets and on shelves. Some are shaped liked cats. One blue and yellow striped tea set she received when she was 4 years old from her late aunt, Hylma Kirkland. Hylma was a school teacher and had a big influence in Mary’s life. “She was like a mentor to me,” Mary remembered.

Mary drinks tea every morning. “I have teapots from England, France, Spain and Ireland,” Mary said. She keeps little notes inside her teapots to remind her where she got them. One of her favorite teapots has blue birds on it. An innkeeper in Germany gave it to her in 2005, when she stayed in his 1800s bed-and-breakfast.

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Two Aladdin lamps have a place of honor in Mary's home. One, with two large globes, belonged to Hylma. Both globes glow pink when lit. The other lamp is copper-colored with a hand-painted shade. Mary's granddad would read the paper by the lamp. "He read Uncle Wiggly stories from the paper," Mary remembered. "My sister and I would sit at his feet by the fire, and he would read about the rabbit."

Toni is Mary's younger sister who lives in a nursing home. Mary talks to her every day and spends Sunday afternoons with her, reading the *Weatherford Democrat* and sharing thoughts about the week. Mary credits Southwestern Bell for supporting Mary and her sister while they were growing up. "Ma Bell raised me," Mary said. "It was a good job." Mary started working there as an operator when she was 19. She became a supervisor and instructor in the long distance traffic department. "I was there 30 years, 3 months and 17 days," Mary said proudly.

Community service is also important to Mary. Her deepest gratification is getting involved and helping others. She has a Bible study in her home once a month. She sang in the choir at church and taught Sunday school. She loved volunteering to hold babies at Cook Children's Hospital. She was a member of the garden club. Together, Fant and Mary whirled around during Cowtown Twirlers Square Dance events. They also participated in "pickin and grinnin'" in Azle. "Fant played the French harp," Mary said, explaining that is what they called a harmonica long ago.

Throughout the years, Mary enjoyed writing poetry. She was a member of a poetry society for artists, writers and poets. In a place of honor by the fireplace, Mary displays her favorite poetry book by author James Whitcomb Riley. The delicate copy from the late 1800s has a dark green cover. Mary is also proud of a book of her own poetry her niece compiled for her.

Mary feels her life has been personally fulfilling. "I've had a good life," she confessed. "I couldn't be here if I didn't love the Lord." Mary always keeps the past she enjoyed in mind, as well as her service to others. She might be slowing down, but her home is always open to family and friends, and she always has a hug for everyone. **NOW**

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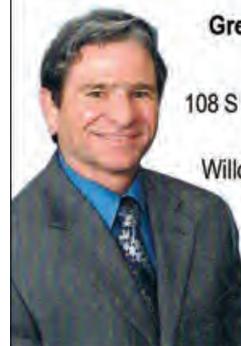
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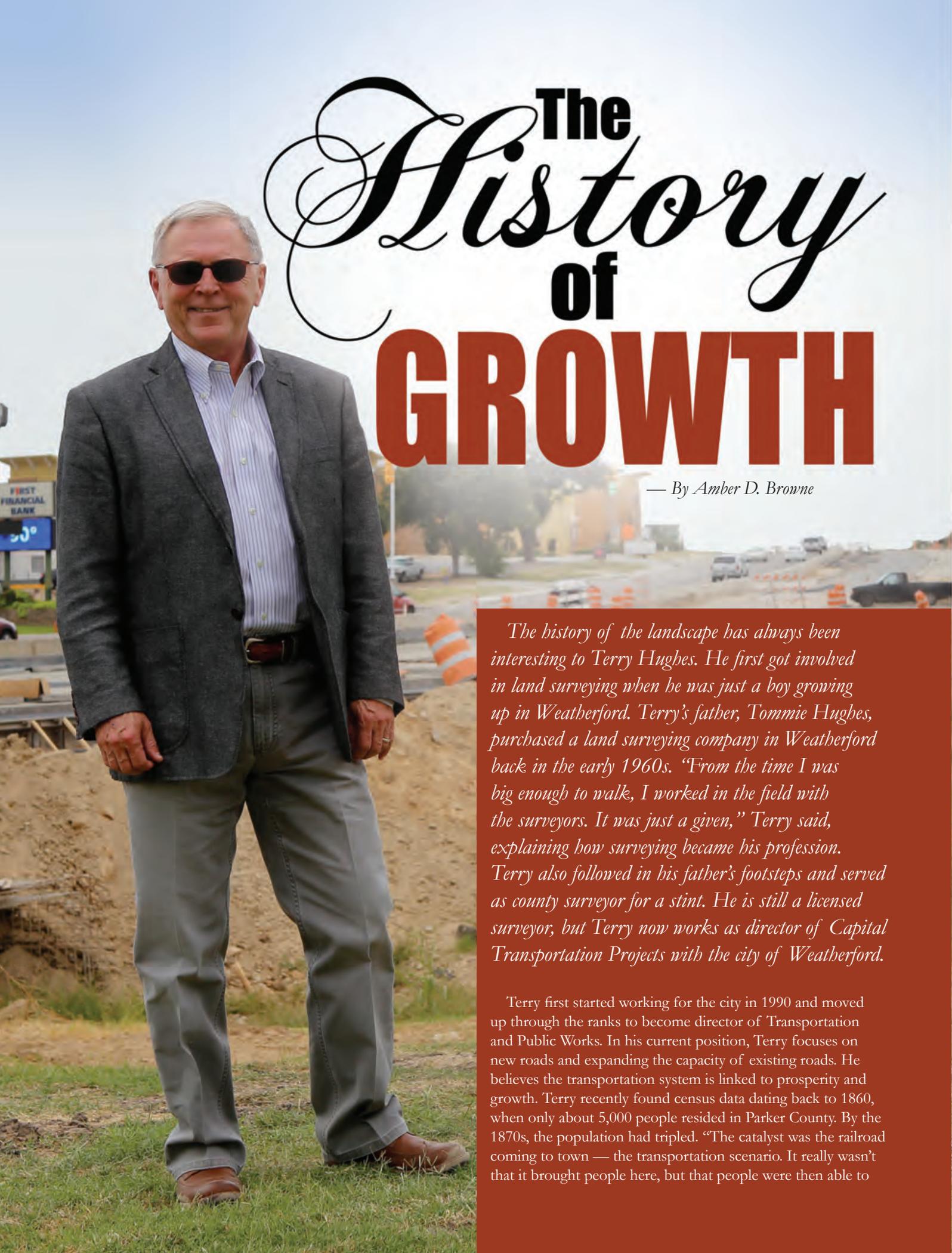
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The History of GROWTH

— By Amber D. Browne

The history of the landscape has always been interesting to Terry Hughes. He first got involved in land surveying when he was just a boy growing up in Weatherford. Terry's father, Tommie Hughes, purchased a land surveying company in Weatherford back in the early 1960s. "From the time I was big enough to walk, I worked in the field with the surveyors. It was just a given," Terry said, explaining how surveying became his profession. Terry also followed in his father's footsteps and served as county surveyor for a stint. He is still a licensed surveyor, but Terry now works as director of Capital Transportation Projects with the city of Weatherford.

Terry first started working for the city in 1990 and moved up through the ranks to become director of Transportation and Public Works. In his current position, Terry focuses on new roads and expanding the capacity of existing roads. He believes the transportation system is linked to prosperity and growth. Terry recently found census data dating back to 1860, when only about 5,000 people resided in Parker County. By the 1870s, the population had tripled. "The catalyst was the railroad coming to town — the transportation scenario. It really wasn't that it brought people here, but that people were then able to



be entrepreneurial,” Terry explained. The consensus was that residents could focus on cash crops, instead of growing crops for their own use. “Our growth stayed stable until about 1968-69. Then we started spiking up. That’s when the interstate came to town. It’s all driven by your ability to transfer goods; for people to move. It’s a very interesting field to be in.”

The Barnett Shale helped move some local transportation projects forward in the 2000s. Since 2006, the city of Weatherford has seen a lot of growth in new road construction. Terry has been instrumental in that growth — from B.B. Fielder Drive and the Franklin Street Bridge widening to the widening on S. Main Street and the new frontage roads off I-20. Economic growth along I-20 has boomed, bringing jobs and boosting property values. “That development wouldn’t have happened if we hadn’t invested in those frontage roads,” he explained.

Jack Borden Way was part of that package, too. An old transportation thoroughfare study Terry found from 1961 actually included a proposed road where Jack Borden Way sits today. “It’s interesting to me, to see how these things change, and in some cases, go back to what was originally planned.” The roadway is named after the mayor at the time of the original 1961 transportation map, Jack Borden. “He was an attorney here in town. Worked for the FBI,” Terry recalled. “One of the probably half a



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dozen true gentlemen I've ever known in my life. I mean true southern gentlemen," he said, referring to Jack, who was honored with the street naming the year of his 100th birthday.

Terry often wonders why previously proposed transportation routes were never implemented. "I have plan maps dating back to the '60s that everybody knew needed to happen. They just couldn't make themselves pay the price to make them happen," he explained.



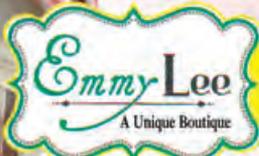
"That's interesting to me in the sense of 'why didn't they move forward with this plan? Why did it change?'" He believes funding was probably part of it, but he also believes people at the time couldn't make those connections to future transportation needs. He believes part of his job is to reiterate and show the importance of those connections.

Up until about the last decade, Terry had not seen much growth in transportation projects in Weatherford. "It has gone slowly up the last few years.

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My personal opinion is there hasn't been an impetus to make roadway connections that should have been made."

Growing up, Terry saw first-hand the construction of two major roadways in Weatherford. One of those was Santa Fe Drive. "When it was first built, I was a young man probably in my teens. The road went through rural land. I couldn't have imagined in my wildest dreams anything was going to happen out there," he recalled. He also witnessed the construction of Bowie Drive and actually surveyed the land for the city.



"I enjoy watching roads develop and morph into a catalyst for growth. I like that," he said. "When we're done, and things are back to normal, everybody is happy with that. I like to see the end result. The end results ultimately are people are allowed to move around, which is in our DNA." For Terry, it also goes back to being able to connect with one another. "It's not just roads. A cell phone — connectivity," he stated. Terry dropped his cell phone in the

Gulf of Mexico while on vacation this summer and was without it for three days. "There's a psychological trauma that comes with not being connected. It's the same thing with our need to move around."

Terry spends his days looking at the old city transportation plans and maps showing the landscapes of the past. He makes it a point to keep history alive with his collection of maps from city records, and he has framed several to showcase at his city office. Terry also

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satisfies his interest in the history of land ownership by keeping dozens of books of transportation feasibility studies and surveyor maps on book shelves in his office. "Land ownership in America is different than it is anywhere else in the world. That's what built our wealth," Terry explained. He likes to study the chain of titles, which previously included the history of land ownership. "I loved going through the old abstracts. They don't do that anymore," he said. "But the old chain of title had a lot of history involved about the land. Who owned it, and what happened on it."

For now, Terry will stay busy updating the city's thoroughfare plan to keep pace with predicted growth stretching into 2035. The city is already busy working with the county to build an outer loop to help alleviate traffic in town. The first section from Highway 51 to I-20 on the west side of Weatherford should be complete by early 2015. The next phase will be frontage roads between Bowie Drive and Bethel Road.

"I get passionate about this, because I have blood in the ground here. I have people buried here. I've lost people who have been friends over the years." Terry wants to continue their vision to benefit the community and continue the city's growth on the map. "Think about 20 years from now — because all the projections we have, we better continue what we're doing right now," he stated. "You know in the end, you're going to get something better out of it." **NOW**

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A Level Playing Field

— By Amber D. Bronne



A little competition can be good for the soul, providing people an opportunity to show their strengths, excel in their talents and simply have a little fun. In Weatherford, regardless of ability, all students get their shot at competing with their peers.



On October 18, more than 600 special education students from Weatherford Independent School District and about a dozen other ISDs in the area will come together for some friendly competition at Roo Stadium. Patti Young, executive director of special programs for WISD, oversees the annual





Fall Festival. The festival is recognized as an Athletes in Training event for the Special Olympics of Texas. "I'm blessed that Special Olympics of Texas has endorsed us," Patti explained. "It's a way to get kids started to find a community Special Olympics team. I'm proud to say we've had several gold Olympians."

Parents and qualified coaches sponsor the Special Olympics teams, which compete at regional, state and national levels. Weatherford has its own Special Olympics team dubbed the WISD Special Roos that participates in bowling, track and field, and equestrian events. Those events are also highlighted at the Fall Festival, which has evolved to include more festival-type activities, such as bean bag toss, face painting and jump houses. Because the special education students range in age from 3 to 21, those events give participants of all ages and abilities a chance to play. Other students, who have significant health issues, including cancer, can also have a little fun out on the field. "If we have a special needs child who is extremely disabled, we will make sure we have an event they can be a part of," Patti shared. "I think it levels the playing field."

Every October, the Weatherford students line up with their colleagues from Aledo, Azle, Brock, Bursleson, Palo Pinto, Mineral Wells, Springtown and other local cities for a parade at the stadium. They dress in their team colors and wave matching flags as they march before the gathering crowds. "All of the schools get to show their colors," Patti explained. Students with disabilities who are homeschooled or attend private

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schools are also invited to join in the fun.

Patti is always amazed at what she sees the special education students accomplish at the Fall Festival. One year, a wheelchair-bound student participated in the bowling competition and went on to win the gold medal at state. She believes the Fall Festival gives students a chance to try something new outside of the classroom. "I think it's a lifelong skill the students can be a part of after they leave WISD."

Community members and volunteers come out in droves to support the competitors. "I am so blessed that local businesses support us. They give us donations. They help pay for the medals, all the supplies, the food," Patti said. Vendors also have literature available for families looking for local resources. Weatherford police and fire department personnel, paramedics and Parker County Sheriff's Office officials volunteer to keep things running smoothly while supporting the student participants.

The competitors can hear the crowds cheering from the stands. Weatherford College athletes and Weatherford High School students set up shop to support the players out on the field. The cheerleaders cheer, the band plays a few tunes and the Blue Belles perform at the event. "We see nondisabled mentors, older kids, working with our kids. So, our kids feel like, 'Oh my gosh! I'm special, and they're giving me attention.' But they're also realizing they can do more than they ever thought about," Patti said.

"You see parents who have never seen their kids compete in anything," she explained. "It's really rewarding. It's our best day ever. You just can't believe when you see these kids. They are so excited to get their medals." Besides getting a chance to show off their athleticism, the

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students make lifelong friends. It's also a great way for parents to meet other parents of special needs children outside the local community.

Patti knows first-hand what it is like to have a person with a disability in her family. Her nephew, Shane Whitehurst, gave her that spark to get involved in special education. "He has special physical needs, but he's brilliant," she gushed. She wanted to give students like her nephew a voice. Shane went on to graduate from The University of Texas at Austin and has worked for the Longhorn Foundation as an adult. "I think if people would have looked at him because of his limitations, they wouldn't have ever pursued him."

Patti received her special education certification from Texas Wesleyan University and earned her graduate degree from Texas Woman's University. She began teaching in special education and eventually served as assistant principal and as principal at various schools in Weatherford. She's worked as executive director of the district's



special programs department for the past seven years. The department includes special education students and students with identified disabilities. "They need accommodations. They might need some specialized instruction. That also includes students who have dyslexia and reading problems," she explained.

Students with special needs and disabilities are educated in the classroom

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with their nondisabled peers, and her department works to assess and meet their educational needs. "It's the law. It's what you're supposed to do, so you're not denying free and appropriate education for students. There are some kids who need specialized instruction. And, some need it much more than others." A more individualized educational plan is available for students who are considered medically fragile, visually impaired or hearing impaired.

Patti manages a team of specialized service individuals that supports teachers and administrators at Weatherford ISD campuses. She enjoys collaborating with other teachers on educational plans for the students. "Teachers all want to teach for the right reasons. They want to do the very best for kids. So, if you just put a couple of resources together, it's amazing."

She wants to educate the public about the stigmas related to disability and help them understand these students' resilience. "I love the kids," she admitted. Patti thinks she has learned more from her special education students than they learn from her. "They are really inspirational."

You can see that inspiration and resilience out on the field during competitions at the Fall Festival. "I think it justifies all the hard days when you are really tired," she said about seeing the children having fun and competing. "You know what you're doing makes a difference." It's very gratifying to Patti. "But, it's not really about us. It's about the kids." **NOW**

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Patrons enjoy their favorite Mexican food dishes outside on the patio or inside the contemporary dining area at Rio Mambo in Weatherford.

Delicioso!

At Rio Mambo in Weatherford, chefs use fresh, high-quality ingredients to create delicious cuisine.

— By Amber D. Browne

For some, it doesn't get much better than sitting on a patio, enjoying a gentle breeze with a margarita in hand, munching on free chips and salsa. Rio Mambo Tex Mex Y Mas in Weatherford provides the perfect setting to enjoy just that experience. Brent Johnson opened the Rio Mambo Weatherford location in November 2012. "Weatherford is our kind of town," he proclaimed.

Brent has been building restaurants for 35 years, so he knows what it takes to be successful. "I spend as much time in my restaurant as I do in my house. So, I'm building a restaurant like I would build my house." Rio Mambo's main

restaurant provides plenty of room for large parties or just an evening out with a loved one. Brent wanted to incorporate a more contemporary feel to the restaurant, which features black furniture, white tablecloths and a water wall that separates the large bar from the main dining area. Bar visitors can enjoy happy hour Monday through Friday, complete with complimentary chili con queso, cheese quesadillas and nachos gringos.

Rio Mambo purchases high-quality ingredients every day, so every dish is fresh. A variety of Tex Mex from fajitas, enchiladas and tacos to soups, salads and seafood dishes is

offered daily. One of the restaurant's signature dishes is the grilled brisket tacos. "The brisket is slow-cooked overnight with poblano peppers, onions and garlic." It's then sautéed with a pasilla sauce — much like a Mexican barbecue sauce. Rio Mambo has several specialty dishes featuring fish, shrimp or scallops.

Brent has incorporated a dish similar to street tacos into Rio Mambo's menu. Rio Mambo's Tacos Rolando is an interactive dinner with a bowl of sautéed chicken, a bowl of cilantro, chopped onions and limes. The diner starts off with a sauce, the meat, a bit of cilantro, onions and a squeeze of lime to a corn tortilla. "When this is done right, they're like 'Wow! I had no idea.'"

Mexican food is Brent's favorite type of dish, stemming from his childhood in San Antonio. "If you can put a tortilla around it, I'm going to eat it." Brent's wife, Rosanne, says he is even more Hispanic than she is, and he agrees. "Here's a woman who doesn't cook and doesn't like spicy foods," he joked.

Rio Mambo boasts both a strong kitchen staff and a knowledgeable service staff. Brent hires locally and spends most of the day side-by-side with his employees. "We cook the food when you order it," he explained. "We shoot for 10 minutes or less during lunchtime, and 15 minutes for dinner." Rio Mambo lunch specials are offered from 11:00 a.m.-3:00 p.m., seven days a week.

Churches make up a large part of Rio Mambo's Sunday brunch, so Brent has decided to give back to the local church community. If a parishioner brings in the Sunday's church worship bulletin, Brent will tally up the sales totals until they reach a certain amount. He'll then give 10 percent back to the church in gift cards.

With four Rio Mambo locations under his belt and a fifth on the way, Brent plans to stay in the Mexican food business for some time. "When you come in, you're not a customer — you're a guest at my house." **NOW**

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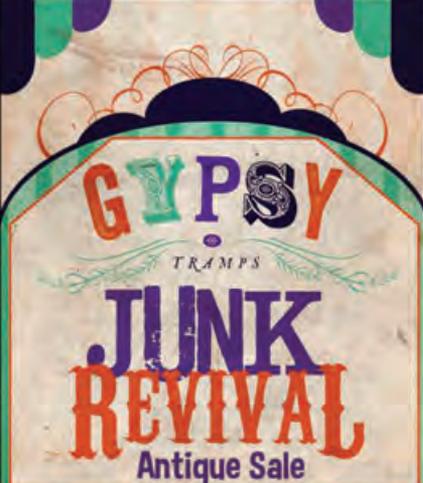
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How Should Your Risk Tolerance Influence Investment Decisions?

As an investor, how much risk can you tolerate? It's an important question — because the answer can help you make the right investment choices.

Before you know your risk tolerance, you'll want to make sure you first understand the nature of investment risk — the risk of losing principal. This risk is especially prevalent when you invest in stocks, because stock prices will always fluctuate — and there are never any guarantees about performance. Of course, a decline in value does not mean you need to sell; you can always hold on to the stock with the hope that its value will bounce back. And this can certainly happen, but again — no guarantees.

How you respond to this type of investment risk will tell you a great deal about your own risk tolerance. Of course, no one, whether he or she has a high tolerance for risk or a low one, particularly likes to see declines. But people do react differently. If you're the sort of person who can retain your confidence in your investment mix and can focus on the long term and the potential for a recovery, you may well have a higher tolerance for risk. But if you find yourself losing sleep over your losses (even if, at this point, they're just "paper" losses), becoming despondent about reaching your goals, and questioning whether you should be investing at all, then you may have a low tolerance for risk.

This self-knowledge of your own risk tolerance should help inform your investment decisions — to a point. Even if you determine you have a high tolerance for risk, you almost certainly should not load up your portfolio exclusively with stocks. If the stock market enters a prolonged slump, you could face heavy losses that may take many years to overcome, causing you to lose

significant ground in the pursuit of your financial goals. Conversely, even if you discover you don't have much tolerance for risk, you won't want to invest only in supposedly safe vehicles, such as certificates of deposit (CDs). During those periods when rates on CDs and similar instruments are low, as has been the case in recent years, your interest payments from these investments may not even keep up with inflation — meaning that, over time, you could end up losing purchasing power, which, over the long term, can be just as big a risk as market declines.

Ultimately, then, you'll probably want to let your risk tolerance guide your investment choices — but not dictate them with an iron hand. So, if you believe you are highly tolerant of risk, you might have a somewhat higher percentage of stocks in your portfolio than if you feel yourself to be highly risk-averse — but in any case, you'll likely benefit from building a diversified portfolio containing stocks, bonds, government securities, CDs and other investments. While this type of diversification can't guarantee profits or protect against loss, it can help reduce the effects of volatility on your portfolio.

By knowing your own risk tolerance, and the role it can play in your choices, you can help yourself create an effective, suitable investment strategy — one that you can live with for a long time. And that can help you avoid the biggest risk of all — not reaching your long-term 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.



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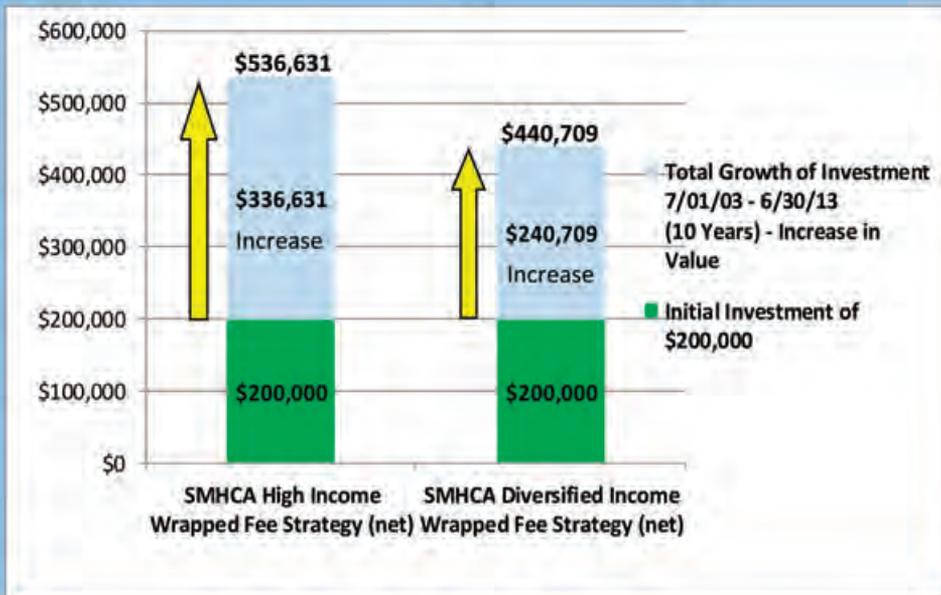
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Men Get It, Too

— By Betty Tryon, BSN

When the term breast cancer is used, it is most often assumed the words refer to breast cancer in women. However, men can and do get breast cancer. The incidence is very rare and accounts for only 1 percent of breast cancers. But, for that 1 percent male population, the cancer can manifest itself as devastatingly as it does for women.

The reason men can get breast cancer is because everyone is born with breast tissue. However, during puberty a female's hormones will trigger the growth and development of breast tissue. For a male, testosterone will suppress the growth of these tissues, and they remain underdeveloped. However, what is present can undergo cancerous changes.

Breast cancer in men is typically discovered in patients past the age of 60. Men most often present with symptoms of advanced development of the disease, because earlier signs and symptoms were ignored or misdiagnosed. One of the more common signs is the presence of a lump in the breast. Most of the time, the lump is painless. Changes in the appearance of the skin are another indication of possible cancer. These symptoms may be dimpling or puckering of the skin, redness, swelling or a change in the contour of the breast. Nipple discharge or a nipple that begins to retract or turn inward may indicate presence of the disease. Any persistent change in the breast area should be brought to the attention of a physician.

What causes male breast cancer is not fully known. There is the possibility of inheriting an increased risk in the form of mutated genes BRCA1 and BRCA2, which stand for breast cancer susceptibility gene 1 and breast cancer susceptibility gene 2. Radiation, obesity, age and estrogen are a few of the risk factors. If a man has several female relatives who have developed breast cancer, his risk of getting it is increased.

Many men with breast cancer may feel isolated in a world of pink. Because the disease is atypical for men, they may be hesitant to reach out for support particularly with other men. As with any serious illness, the emotional state plays a significant part. Sharing with others about all the manifestations of this disease from diagnosis to recovery makes the journey easier. Check with your health care provider for any local support groups. If none are available, the Internet could be an option. One site specifically for male breast cancer is www.mdjunction.com/male-breast-cancer, where men can share their experiences. Living with breast cancer can be daunting. It is important that every tool available for a positive outcome is used. **NOW**

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

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October 10

Parker County Build Strong Lunch: Noon, North Side Baptist Church, 910 N. Main St. Please RSVP by **October 4** at (817) 926-9219, ext. 124 or at kay.van@trinityhabitat.org.

October 11

8th Annual Pink Luncheon: 11:30 a.m.-1:00 p.m., Victory Baptist Family Life Center, 1311 E. Bankhead Hwy. The Parker County Health Foundation raises funds to fight cancer. Visit parkercountyhealthfoundation.org to find out more.

October 12

2nd Annual Hometown Heritage Stampede: 10:00 a.m.- 4:00 p.m., historic downtown Weatherford. This free, family-friendly event

will feature bands, vendors and a Kids' Dress-Up Contest and Downtown Trick-or-Treat. Visit www.downtownweatherford.org to find out more.

Weatherford Food Hub: 10:00 a.m.-noon, Weatherford Library, 1014 Charles St. Each bag of food contains fresh fruit and vegetables for \$5. It's sponsored by the Rotary Club of Weatherford, and you can find out more weatherfordrotary.org.

October 17

13th Annual Weatherford College Foundation Golf Tournament: Noon-7:00 p.m., Canyon West Golf Club, 160 Club House Dr. The tourney benefits the Title III Matching Grant Scholarship Fund. Get more information at www.wc.edu/golf_tournament.

Business Expo: 4:00-7:30 p.m., Willow Park Baptist Church, 129 S. Ranch House Rd., Willow Park. More than 60 businesses will exhibit products and services. Get more information at www.eastparkerchamber.com.

October 19

2013 Talking Tombstones Tour: 1:00-3:00 p.m., Old City Greenwood Cemetery, 300 Front St. Presenters will share stories during the tours, which begin every 15 minutes. Visit

www.parkercountyheritagesociety.com to find out more.

Education Foundation Gold Star Gala: 6:00 p.m., Omni Fort Worth Hotel, 1300 Houston St., Fort Worth. The event raises funds for the Weatherford Independent School District. Visit wisdef.wordpress.com for more information.

October 20

Autumn Art Walk at Chandor Gardens: Noon-4:00 p.m., Chandor Gardens, 711 W. Lee Ave. Enjoy food, music and the gardens while browsing booths filled with paintings, jewelry and sculptures. Call (817) 613-1700 to find out more.

October 27

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In The Kitchen With Jane Bilodeau

— By Amber D. Browne

Mexican-inspired dishes are a favorite for Jane Bilodeau. She grew up near the Mexican border in South Texas and spent some time running a bed-and-breakfast with her husband, David, in Taos, New Mexico. “That’s where I discovered the taste of Hatch green chiles and the aroma of pinion wood,” Jane admitted. She attended cooking schools during her travels to Guanajuato and Oaxaca, Mexico, and incorporates those culinary experiences into her dishes.

Cooking is a form of creative expression for Jane, and she often tweaks the recipes to share with loved ones. She enjoys cooking simple and tasty dishes. “I find it more fun to cook that way,” she explained. “Then you have time to sit and enjoy the meal with friends or family.” **NOW**

Taos Chicken Enchilada Casserole

- 1 10 3/4-oz. can cream of mushroom soup
- 1 10 3/4-oz. can of chicken soup
- 1/2 cup water
- 1 4-oz. can green chile peppers, diced
- 12 blue corn tortillas
- 2 1/2 cups Longhorn cheddar cheese, grated
- 2 cups chicken, cooked, skinned, boned and cubed

1. Preheat oven to 350 F
2. Add soups, water and peppers to a medium saucepan; bring to a boil and turn off heat.
3. Stagger 3 tortillas in a greased 9x13-inch casserole dish. Sprinkle 1/4 of the cheese on top; add 1/3 of the chicken. Spoon on

1/3 of the soup mixture. Repeat process twice more; top with final layer of cheese.

4. Bake for 1 hour; serve.

Sopa de Arroz

- 2 Tbsp. corn oil
- 1/2 medium onion, minced
- 2 cups white rice, uncooked
- 1 garlic clove
- 1 medium tomato, peeled, seeded and chopped
- 4 cups chicken stock
- Salt and pepper, to taste
- Pinch of ground cumin (optional)

1. Heat oil in a 12-inch skillet over medium heat. Add onion and sauté for 2-3 minutes; add rice and sauté until rice turns opaque and onion is translucent.
2. Purée next 3 ingredients in a blender.

Add mixture to rice; season with salt and pepper; add cumin. Cover and simmer for 25 minutes. Fluff rice with fork when ready to serve.

Sopa de Fideo

- 3 Tbsp. corn oil
- 1 medium onion, chopped
- 1 2-oz. pkg. vermicelli noodles
- 4 cups chicken stock
- 1 medium tomato, peeled, seeded and chopped
- 1 garlic clove, minced
- Salt and pepper, to taste
- 1 waxy white potato, peeled and cubed (optional)
- 1 serrano pepper (optional)

1. Heat oil in a 4-quart saucepan over medium heat. Add onion and vermicelli; brown until vermicelli is golden and onion is translucent.
2. Add remaining ingredients; simmer for 30-minutes. Serve.

Pineapple Salad With Epazote

- 1 pineapple, cubed into bite-sized pieces
- 1/2 onion, finely chopped
- Chile pepper, to taste
- Epazote (chopped), to taste

1. Mix all ingredients together; serve cold.

Salsa Cruda

- 2 large tomatoes, peeled and chopped
- 4 tomatillos, husked and chopped
- 2 serrano peppers, seeded and finely chopped
- 2 jalapeño peppers, seeded and finely chopped
- 5 green onions, chopped
- 1 tsp. fresh lime juice
- 1 tsp. fresh cilantro, minced
- 1 tsp. cumin
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/2 tsp. black pepper, freshly ground

1. Add all ingredients together in a large bowl and mix well. Serve with tortilla chips.

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